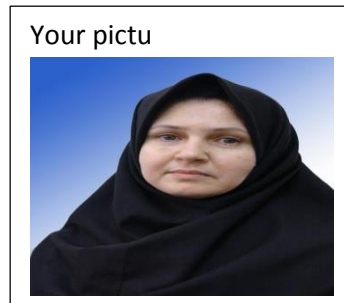


*sabzevar university of medical sciences*

## ***CURRICULUM VITAE***



### **PERSONAL INFORMATION(۹۷.۶)**

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**Name:** Roya

**Surname:** Akbarzadeh

**Affiliation:** Sabzevar University of Medical Sciences, Sabzevar, Iran

**Tel:** (*office*) + ۹۸۵۱۴۴۰۱۸۳۲۸

**Fax:**

**Email:** roakbarzadeh۰۳@gmail.com

**Webpage:**

### **EDUCATIONAL BACKGROUND**

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**MSc.** Iran University of Medical Sciences, School of Nursing & Midwifery

**BSc.** Mashhad University of Medical Sciences, School of Nursing & Midwifery

### **DISSERTATIONS**

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**MSc Thesis Title:**

- ✓ The relationship between of waist to hip ratio(WHR) and triglycerids, high density lipoproteins and low density lipoproteins in diabetic type ۲

### **Awards and Ranks**

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- ✓ Top rank within the university in Shahid Motahari festival ۲۰۱۷
- ✓ Superior researcher of Sabzevar University of Medical Sciences in ۲۰۱۷.
- ✓ Top rank within the university Shahid Motahari festival ۲۰۱۴
- ✓ Superior researcher of Sabzevar University of Medical Sciences in ۲۰۱۲
- ✓ Superior teacher of Sabzevar University of Medical Sciences in ۲۰۱۴
- ✓ Superior teacher of Sabzevar University of Medical Sciences in ۲۰۰۰
- ✓ Superior nurse of Sabzevar University of Medical Sciences in ۲۰۰۰
- ✓ Grade ۲ in Book Festival of Hakim University ۲۰۰۰

## **TEACHING EXPERIENCES**

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### ***I: Teaching Experiences I***

- ✓ Principles of Anesthesia
- ✓ Anesthesia (۱)
- ✓ Anesthesia(۲)
- ✓ Anesthesia(۳)
- ✓ Anesthesia (۴)
- ✓ Anesthesia in the midwifery
- ✓ Research Methodology
- ✓ Anesthesia and its care
- ✓ Advanced Principles of Care in Recovery Room
- ✓ Nursing Principles
- ✓ Professional Ethics
- ✓ Knowledge of diseases

## **PROFESSIONAL MEMBERSHIP**

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- ✓ Member of operating &Anesthesia Department, Faculty of Paramedics, Sabzevar University of Medical Sciences.
- ✓ Manuscript Reviewer of Jurnal of Sabzevar University of Medical Sciences.
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## **RESEARCH FIELDS OF INTERESTS**

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- ✓ Research Field I Breast cancer
- ✓ Research Field II Nursing

- ✓ Research Field III Nutrition

## CONFERENCE PARTICIPATION

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1. **Environmental tobacco exposure during pregnancy in women with and without asthma and impact on pregnancy outcome**, Fazel N, Kundi, M, Jensen-Jarolim, E, Pali Schöll I, Kazemzadeh, A, Fattahi Abdizadeh, M, Esmaily H, **Akbarzadeh, R**, Ahmadi R 14th YSA PhD Symposium, Thursday, June 14th 2018, Medical University of Vienna.
2. **Prospective Cohort Study of Pregnancy Complications and Birth Outcome in Women with Asthma**, Fazel, N. , Kundi, M. , Jensen-Jarolim, E, Pali Schöll, I, Kazemzadeh, A. , Fattahi Abdizadeh, M. , Esmaily, H. , **Akbarzadeh, R**, Ahmadi, 14th YSA PhD Symposium, Thursday, June 14th 2018, Medical University of Vienna.
3. **Reflex to learning according to new method of reflective educational on anesthesia students: a qualitative study**, Fazel N, Hashemian M, **Akbarzadeh R**, 14th YSA PhD Symposium 2018, Thursday, June 14th
4. **Relationship between Serum Levels of Total IgE Antibody and Percentage of Eosinophil Cells in Asthmatics pregnant women**, Fazel N, Kundi, M, Jensen-Jarolim, E, Pali Schöll I, Kazemzadeh, A, Fattahi Abdizadeh, M, Esmaily H, **Akbarzadeh, R**, Ahmadi R, 14th YSA PhD Symposium 2018, Thursday, June 14th
5. **The prevalence of the most common method of breast self-examination in women referring to health centers in sabzevar, Iran**, Fazel N, **Akbarzadeh R**, Estagi Z, Otrish 2018 (poster presentation).
6. **Study of lifestyle and some stressful factors .....**, Fazel N, **Akbarzadeh R**, Iranian Women Cancer Congress, November 18-20, Poster
7. **Evaluation of normal delivery after one of cesarean section and its effect on pregnancy outcomes**, **Akbarzadeh R**, Yousefzadeh S, Eftakhari M, International Women's Congress, University of Tehran, Poster
8. **Evaluation of Knowledge and Practice of Women over 20 Years of Breast Self-Examination**, Fazel N, **Akbarzadeh R**, Estagi Z, Akaberi A, Third Congress of Breast Cancer Tehran, 1389, poster

## PUBLICATIONS

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1. A Kooshki, **R Akbarzadeh**, B Amin, T Tofighiyan, E Foroumandi, Synbiotic Supplement for Treatment of Iron Deficiency Anemia in Hemodialysis Patients: A Randomized Controlled Trial, Nephrology, 2023
2. Ghardashi F, **Akbarzadeh R**, Zardosht R, Hossein Zadeh Hesari M. Education, the Key to Success in Non-Pharmacological Interventions in the Control and Treatment of Type 2 Diabetes: A Systematic Review. J Research Health 2023; 13 (6) : 4-8
3. Zardosht R, Ghardashi F, Borzoe F, **Akbarzadeh R**, Vafi F, Yazdimoghaddam H, et al. Fear of the unknown, anxiety, and social isolation in Iranian patients with Covid-19, the grounded theory. J Edu Health Promot 2023; 12:360.
4. Akram Kooshki, Mohammad Reza Memarzadeh, Mohammad Hassan Rakhshani, **Roya Akbarzadeh**, Tahereh Tofighiyan, , Elaheh Foroumandi 1. Aloe vera

supplementation improves cardiovascular risk factors in hemodialysis patients: A randomized, double-blind, placebo-controlled trial. *Avicenna J Phytomed*, ۲۰۲۳

۶. A Davarinia, F Borzoe, Z Mohammadzadeh Tabrizi, **R Akbarzadeh**, Design, implementation and evaluation of web-based electronic logbooks for anesthetic and operating room students in clinical setting, *Journal of Sabzevar University of Medical Sciences*, ۲۰۲۲; ۲۹ (۲): ۱۹۰-۲۰۰
۷. M Robotjazi, A Dareyni, HR Baghani, M Hosseinzade, **R Akbarzadeh**, Investigation of radiation dose around C-arm fluoroscopy and relevant cancer risk to operating room staff, *Radiation and Environmental Biophysics*, ۲۰۲۲; ۶۱ (۲): ۳۰۱-۳۰۷
۸. A Kooshki, M Taghizadeh, **R Akbarzadeh\***, The effects of *Nigella sativa* oil supplement on serum systemic inflammatory and oxidative stress markers and lipid profiles in dialysis patients: double-blind clinical trial, *Journal of Nutrition and Food Security*. ۲۰۲۲; ۷ (۳): ۲۷۲-۲۸۱
۹. N Fazel, M Kundi, E Jensen-Jarolim, IM Pali-Schöll, A Kazemzadeh, **R Akbarzadeh**, Quality of life and asthma control in pregnant women with asthma, *BMC Pulmonary Medicine*, ۲۰۲۱, ۲۱ (۱): ۱-۸
۱۰. E Samadipour, **R Akbarzadeh**, A Kooshki, Using Local *Nigella Sativa* Oil to Relief Premenstrual Syndrome Symptoms, ۲۰۲۱; *JNFS* ۶ (۳): ۲۳۹-۲۴۰
۱۱. H Yazdimoghaddam, E Samadipour, F Ghardashi, F Borzoe, **R Akbarzadeh**,...Designing a comprehensive clinical competency test for operating room technology student: Using Delphi technique and CIPP model evaluation, *Journal of Education and Health Promotion*, ۲۰۲۱; ۱۰
۱۲. Nasrin Fazel, Michael Kundi, Asghar Kazemzadeh, Habibollah Esmaily, **Roya Akbarzadeh** & Raheleh Ahmadi, Environmental tobacco smoke exposure during pregnancy affects complications and birth outcomes in women with and without asthma, *BMC Pregnancy and Childbirth*, ۲۰۲۰; volume ۲: ۳۱۴
۱۳. Davarinia motlagh quchan A, **Akbarzadeh R**, Mohammadzadeh tabrizi Z, Navipour E. Comparison of two methods of electronic and traditional education on learning anesthesia machine in anesthesiology students of Sabzevar University of Medical Sciences. *Horizon of Medical Education Development*. ۲۰۲۰; ۱۱(۲): ۲۰-۲۷
۱۴. Kooshki A, Rhvandi M, Behroozikhah MR, **Akbarzadeh R\***. The Effect of Consuming Mineral Water and Piped Water on Blood Pressure and Lipid Profiles of Hypertensive Men, *JNFS*, ۲۰۱۹; ۴(۲): ۱۰۱-۱۰۶
۱۵. Masoumeh Hashemian, Fatemeh Ghardashi, [...], and **Roya Akbarzadeh**, Prioritizing the health education needs based on community participation: AHP method, *J Educ Healt Prom*, ۲۰۱۹; ۸: ۱۲۷
۱۶. Nasrabadi Z, Rakhshani M H, Ebadi H, **Akbarzadeh R\***. Comparison of the Effect of Gabapentin and Evening Primrose Oil on Peripheral Neuropathy Pain in Patients with Type ۲ Diabetes. *Avicenna J Clin Med*. ۲۰۱۹; ۲۶ (۱) :۵-۱۱

۱۶. Nasrin Fazel, Michael Kundi, Erika Jensen - Jarolim, Isabella Pali - Scholl, Asghar Kazemzadeh, Mojtaba Fattahi Abdizadeh, Habibollah Esmaily, **Roya Akbarzadeh**, Raheleh Ahmadi. Prospective cohort study of pregnancy complications and birth outcomes in women with asthma, *Gynecology and Obstetrics*, ۲۰۱۸; ۲۴ may.
۱۷. Akram Kooshki, Mahmood Rivandi, **Akbarzadeh R**. The Relationship between Macronutrient Intake and Women's Abdominal Obesity in Sabzevar, Iran, *JNFS*, ۲۰۱۸; ۳(۳): ۱۲۳-۱۲۹
۱۸. Nasrin Fazel, Michael Kundi, Erika Jensen-Jarolim, Isabella Maria Pali-Schöll, Asghar Kazemzadeh, Mojtaba Fattahi, Habibollah Esmaily, **Roya Akbarzadeh**, Raheleh Ahmadi, To determine how frequently pregnant asthmatics are sensitive to food and inhalation allergens, *J of family medicine*, ۲۰۱۷, ۱۰ (۵): ۲۶-۳۳
۱۹. Kooshki A, Eftekhari M, yousefi Moghaddam M, **Akbarzadeh R\*** Status of antioxidant and Hhomocysteine-lowering vitamins related to cardiovascular diseases in hemodialysis patients, *J of Electronic physician*, ۲۰۱۷; ۹(۷):
۲۰. Akram Kooshki, Mahmood Rivandi, Mohammad Reza Behroozikhah, **Roya Akbarzadeh\***, Relationship between DMF index and food intake in elementary students (Sabzevar, Iran), *Biomecine jurnal*, ۲۰۱۷, ۱(۴)
۲۱. Kooshki A, Tofoghian T, **Akbarzadeh R\***, Effect of Synbiotic Supplementation on Weight, Body Mass Index and Blood Sugar in Type II Diabetic Patients, *J of Research & Health*, ۲۰۱۷, ۷(۲): ۷۷۱-۷۷۶
۲۲. Hashemian M, **Akbarzadeh R**, Khosroabadi A, Asadi Z, Salehabadi S, Hoseini L, A Ten-Year Study on the Prevalence and Frequency of Risk Factors for Breast Cancer in Sabzevar, Iran, *Journal of Midwifery and Reproductive Health*, ۲۰۱۶, ۴(۳): ۶۷۳-۷۸
۲۳. Kooshki A, Rivandi M, **Akbarzadeh R\***, Medicine students reasons for choosing medicine as a career and changes in their motivation during the course, *Biomecine jurnal*, ۲۰۱۶, ۱(۲):
۲۴. Kooshki A, yousefi Moghaddam M, **Akbarzadeh R\***, Study of fruit and vegetables Intake in breast cancer patients in the city of Sabzevar, *J of Electronic physician*, ۲۰۱۶, ۸(۹): ۳۰۱۱-۱۴.
۲۵. Kooshki A, Samadi pour E, **Akbarzadeh R**, The association between serum c-reactive protein and macronutrients and antioxidants intake in hemodialysis patients, *Jurnal of medicine and life*, ۲۰۱۵, ۸(۲): ۴۳-۴۶.
۲۶. M Gholizadeh, R Akrami, M Tadayonfar, **R Akbarzadeh**, An Evaluation on the Effectiveness of Patient Care Education on Quality of Life of Stroke Caregivers: a Randomized Field Trial, *Jurnal of Sabzevar University of Medical Sciences*, ۲۰۱۶; ۲۲ (۶), ۹۵۵-۹۶۴
۲۷. Yusefzadeh E, **Akbarzadeh R**, SM KHADEMOLHOSEINI, R AKRAMI, The effect of implementing evidence-based guidelines on the quality of nursing care provided to patients with angina pectoris, *IRANIAN JOURNAL OF CRITICAL CARE NURSING (IJCCN)*, ۲۰۱۵; ۸ (۱), ۱-۶

۲۸. Koshki A, **Akbarzadeh R**, Ghardashi F, Hashemian M. Assesment of energy, macronutrients and antioxidants intake in women with breast cancer, *Journal of Sabzevar University of Medical Sciences*;, ۲۰۱۵; ۲۲ (۵), ۷۱۶-۷۲۳
۲۹. Kooshki A, Tofighian T, **Akbarzade R**. Nutritional Status and Blood Indices in Patients with  $\beta$ -thalassemia Major, *Journal of Mazandaran University of Medical Sciences*, ۲۰۱۴; ۲۴ (۱۱۵), ۹۳-۱۰۰
۳۰. A Kooshki, **Akbarzadeh R**, Assessment of dairy products, dietary calcium and vitamin D Intake in patients with breast cancer, *Iranian Journal of Obstetrics, Gynecology and Infertility*, ۲۰۱۴; ۱۷ (۱۰۱), ۱۳-۱۸
۳۱. A KOOSHKI, **Akbarzadeh, R** M Rivandi, Assessment of nutritional intake and its relationship to educational achievement among high school students, *Journal of Sabzevar University of Medical Sciences*;, ۲۰۱۴; ۲۱ (۴), ۵۲۲-۵۲۸
۳۲. **Akbarzadeh R**, Koushan M, Rakhshani MH, HASHEMi Nik M, Effect of the Benson Relaxation Technique on Quality of Sleep in Patients with Chronic Heart Disease, *Journal of Sabzevar University of Medical Sciences*, ۲۰۱۴; ۲۱ (۳), ۴۹۲-۵۰۰
۳۳. Ghardashi F, Rahnama F, **Akbarzadeh R**, Stagi Z, Relationship between kindergarten attendance and cognitive-motor development of preschool children in sabzevar city, *Life science journal*, ۲۰۱۳, ۹(۱۰): ۳۷۷-۳۸۰.
۳۴. **Akbarzadeh R**, Ghardashi F, Koshki A, Tabaraei R. Individual characteristics, family history and blood group in with breast cancer in sabzevar, *Journal of Sabzevar University of Medical Sciences*; ۲۰۱۱; ۲۰ (۵), ۵۸۲-۵۸۹
۳۵. Fazel N, **Akbarzadeh R**, Estagi Z, Akaberi A. Breast self-examination: knowledge, and performance among upper ۲۰ year old women in medical-health centers in sabzevar-Iran in ۲۰۱۰, *IRANIAN QUARTERLY JOURNAL OF BREAST DISEASE*, ۲۰۱۰; ۳(۱۲): ۴۹-۵۴
۳۶. **Akbarzadeh R**, Rahnama F, Hashemian M. Evaluation of the incidence of congenital malformations in live births of Mobinin Hospital in Sabzevar ۲۰۰۶-۲۰۰۸, *J Sabzevar Univ Med Sci*, ۲۰۰۸; ۱۵(۴): ۲۳۱-۲۳۶
۳۷. Yousefzadeh S, **Akbarzadeh, R**, Eftekhari Yazdi M. The Effectiveness of Induction of Labor Instead of Fetal Observation on Outcome of Post Term Pregnancy, *Iranian journal of obstetrics, gynecology and infertility*, ۲۰۰۷ ۱۰ (۲), ۴۹-۵۴

۳۸. Estaji Z, Akbarzadeh R, Tedayyaonfar M, Rahnama F, Zardosht R, Najjar L. Lifestyle of the residents of the city of Sabzevar, J Sabzevar Univ Med Sci, ۲۰۰۶; ۱۳(۳): ۱۳۴-۱۳۹
۳۹. Yousefzadeh S, Akbarzadeh R, Eftekhari Yazdi M. The study of vaginal birth after cesarean section (VBAC) and its effects on pregnancy outcome, *Iranian Journal Obstetrics, gynecology and infertility*, ۲۰۰۵; ۸(۳): ۴۳-۴۹

## WORKSHOPS

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۱. "Cochrane Systematic Review" workshop, Sabzevar University of Medical Sciences (Sabzevar- Iran, ۲۰۱۸)
۲. Course design and lesson plan in Sabzevar University of Medical Sciences, Sabzevar, June ۱۰th, ۲۰۱۵ (Khordad ۲۰th, ۱۳۹۳)
۳. Searching the web for medical and electronic resources, in Sabzevar University of Medical Sciences, Sabzevar, June ۱۶th and ۱۷th, ۲۰۱۵ (Khordad ۲۶th and ۲۷th, ۱۳۹۳)
۴. "How to write and publish articles in international journals". Iran Doc. ۰۱/۰۵/ ۲۰۱۱
۵. Research Methodology. Sabzevar University of Medical Sciences, Feb ۱- ۴, ۲۰۰۳
۶. Regional Workshop on *Advanced Search Methods in Databases*. Sabzevar University of Medical Sciences, Iran, November ۲-۴, ۲۰۰۸ (Aban ۱۱-۱۳, ۱۳۸۷). ۱۱
۷. Writing Research Articles (Practical). Workshop in Sabzevar University of Medical Sciences, Iran, January ۲۱-۲۵, ۲۰۱۰. (Bahman ۱-۴, ۱۳۸۸)
۸. Ethics in Research, Workshop in Sabzevar University of Medical Sciences, Iran, ..... ۲۰۱۰. (۳ Ordibehesht, ۱۳۸۸)
۹. Systematic Review and Meta-analysis, Sabzevar University of Medical Sciences, ۲۸-۲۹ Aban ۱۳۸۸ (.....)
۱۰. Effective relationship with university students. Sabzevar University of Medical Sciences, ۲۸ Dey ۱۳۸۹ (.....)
۱۱. Course design and lesson plan in Sabzevar University of Medical Sciences, Sabzevar, June ۱۰th, ۲۰۱۵ (Khordad ۲۰th, ۱۳۹۳)
۱۲. Searching the web for medical and electronic resources, in Sabzevar University of Medical Sciences, Sabzevar, June ۱۶th and ۱۷th, ۲۰۱۵ (Khordad ۲۶th and ۲۷th, ۱۳۹۳)

۱۳. *Course Plan and Lesson Plan Workshop*. Sabzevar University of Medical Sciences, Iran, December ۳, ۲۰۰۸.
۱۴. *Writing Research Articles and Endnote Software*. Workshop in Sabzevar University of Medical Sciences, Iran, ۱-۳ March ۲۰۰۹. (Esfand ۱۲-۱۳, ۱۳۸۷)
۱۵. *Ethics in Research*, Workshop in Sabzevar University of Medical Sciences, Iran, ۱۱-۱۳ March ۲۰۰۹. (Esfand ۲۲, ۱۳۸۷)
۱۶. *Regional Workshop on Advanced Search Methods in Databases*. Sabzevar University of Medical Sciences, Iran, November ۲-۳, ۲۰۰۸ (Aban ۱۱-۱۳, ۱۳۸۷).
۱۷. *Syllabus design, teaching and testing methods*. Sabzevar University of Medical Sciences, September ۸-۱۳, ۲۰۰۲.
۱۸. Workshop "Research Method". ۱۶/۰۹/۲۰۰۶
۱۹. Workshop "lesson plane". ۳۱/۰۳/۲۰۰۶
۲۰. Workshop "Digital library in medical sciences". ۸-۱۰/۱۱/۲۰۰۸
۲۱. Workshop "Ethics in research". ۲۲/۱۲/۲۰۰۸
۲۲. Workshop "Search electronic resources". ۱۱-۱۳/۰۸/۲۰۰۸
۲۳. Workshop "End Note". ۱۵/۱۲/۲۰۰۸



- 9- *Course Plan and Lesson Plan Workshop*. Sabzevar University of Medical Sciences, Iran, December 9, 2008.
10. Writing Research Articles and Endnote Software. Workshop in Sabzevar University of Medical Sciences, Iran, 1-3 March 2009. (Esfand 12-13, 1387)
11. Ethics in Research, Workshop in Sabzevar University of Medical Sciences, Iran, 11-13 March 2009. (Esfand 22, 1387)
12. Meaning of Life, Workshop in Sabzevar University of Medical Sciences, Iran. June 11th, 2009. (Khordad 21, 1388)
13. Writing Research Articles (Practical). Workshop in Sabzevar University of Medical Sciences, Iran, January 21-20, 2010. (Bahman 1-9, 1388)
14. Ethics in Research, Workshop in Sabzevar University of Medical Sciences, Iran, 2010. (3 Ordibehesht, 1387)
15. Systematic Review and Meta-analysis, Sabzevar University of Medical Sciences, 28-29 Aban 1388 (.....)
16. Effective relationship with university students. Sabzevar University of Medical Sciences, 28 Dey 1389 (.....)
17. Course design and lesson plan in Sabzevar University of Medical Sciences, Sabzevar, June 10th, 2010 (Khordad 20th, 1393)
18. Searching the web for medical and electronic resources, in Sabzevar University of Medical Sciences, Sabzevar, June 16th and 17th, 2010 (Khordad 26th and 27th, 1393)

1. Workshop on How to review a paper, Tehran university of medical sciences, *Tehran, Iran, November 2008*

## **EXPERIENCE**

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### **Computer Skills**

- Operating Systems: ADSL

### **Software:**

- ENDNOTE, Statistical analysis software (SPSS)
- Microsoft office (Word, Power point, Excel)