

Curriculum Vitae (CV)

Personal information	
First name: Zeinab	Last name: Makvandi
Date of birth: 09/21/1985	E-Mail: zeinabmakvandi@ gmail.com
Address: Asadabad School of Medical Sciences	Phone number: 081-33132015
Education	
Ph.D. degree: Health Education and Health Promotion – Isfahan University of Medical Sciences Title of thesis: Developing messages tailoring and providing an educational program to prevent hookah use among young women: An application of the Kreuter planning approach Year of graduation: 2020 Ph.D. degree average: 18.36	
Master's degree: Health Education and Health Promotion - Hamadan University of Medical Sciences Title of dissertation: Investigating the effect of an educational program for mothers on oral hygiene in children aged 1-2 years using the theory of planned behavior. Year of graduation: 2013 Master's degree average: 18.32	
Bachelor's degree: Public Health - Hamadan University of Medical Sciences Title of dissertation (if there was): Year of graduation: 2010 Bachelor's degree average: 18.69	
Associate's degree: Family Health - Hamadan University of Medical Sciences Year of graduation: 2007 Associate's degree average: 17.50	
Diploma degree: Experimental sciences Year of graduation: 2004 Diploma degree average: 18.50	

Executive experiences:

1. Director of the School Health Department
2. Director of the Public Health Department
3. Head of the Health Development and Technology Center
3. Secretary of the Curriculum Planning and Lesson Plan Committee - Medical Sciences Education Studies and Development Center, Asadabad School of Medical Sciences
4. Secretary of the Student Assessment and Evaluation Committee - Medical Sciences Education Studies and Development Center, Asadabad School of Medical Sciences
5. Secretary of the Working Group on the Development of Education and New Technologies to Promote Learning - Medical Sciences Education Studies and Development Center, Asadabad School of Medical Sciences
6. Secretary of the Ethics Committee in Education
7. Responsible for compiling the operational plan of the Asadabad School of Medical Sciences
8. Expert of the Working Group on Improving Monitoring, Assessment and Evaluation Processes
9. Secretary of the Scientific Committee of the Family and Youth Support Center
10. Secretary of the Cultural Committee of the Family and Youth Support Center
11. Responsible for the Population Protection Committee, Educational Vice-Chancellor

Experiences in journal management:**Membership in state, national, and international communities:**

Scientific Association for Health Education and Health Promotion

Honors:

Obtaining third place in the Associate Degree in Family Health

Achieving first place in the Bachelor's Degree in Public Health - Member of the Brilliant Talents of Hamadan University of Medical Sciences and Health Services

Teaching experiences:

Row	Academic semester	Course name	University
1	Second semester of the academic year 2013-2014	Management and quality improvement in maternal and child health, principles of management and its application in midwifery, principles of management in the operating room, specialized language (nursing), specialized language (operating room)	Shushtar Faculty of Medical Sciences
2	First semester of the academic year 2014-2015	Principles and generalities of health services, principles of health planning, national program to combat non-communicable diseases, active and passive immunization, internship in the field	Asadabad School of Medical

		of public health 1, internship in the field of community health, school and student health, national program to combat communicable diseases	Sciences
3	Second semester of the academic year 2014-2015	Management and supervision in health centers, educational technology, elderly health, internship in the field of community health, internship in the field of public health 2	Asadabad School of Medical Sciences
4	First semester of the academic year 2015-2016	Principles and generalities of health services, management and supervision in health centers, principles of health planning, national program to combat non-communicable diseases, active and passive immunization, internship in the field of public health 1, internship in the field of community health	Asadabad School of Medical Sciences
5	Second semester of the academic year 2015-2016	Principles and generalities of epidemiology, school and student health, management and supervision in health centers, national program to combat communicable diseases, educational technology, elderly health, internship in the field of public health.	Asadabad School of Medical Sciences
6	First semester of the academic year 2016-2017	Health measures and first aid, principles and generalities of health services, management and supervision in health centers, principles of health planning, national program to combat non-communicable diseases, active and passive immunization, internship in the field of public health 1, internship in the field of community/individual and family/environmental health	Asadabad School of Medical Sciences
7	Second semester of the academic year 2016-2017	Principles and generalities of epidemiology, school and student health, management and supervision in health centers, national program to combat communicable diseases, educational technology, internship in the field of public health 2	Asadabad School of Medical Sciences
8	First semester of the academic year 2017-2018	National program to combat non-communicable diseases, internship in the field of public health 1	Asadabad School of Medical Sciences
9	Second semester of the academic year 2017-2018	Educational technology, internship in the field of public health 2, internship in the field of community/individual and family/environmental nursing	Asadabad School of Medical Sciences
10	First semester of the academic year 2018-2019	Internship in the field of public health 1	Asadabad School of Medical Sciences
11	Second semester of the academic year 2018-2019	Internship in the field of public health 2	Asadabad School of Medical Sciences
12	First semester of the academic year 2019-2020	Maternal and neonatal health nursing, internship in the field of public health 1	Asadabad School of Medical Sciences
13	Second semester of the academic year 2019-2020	Internship in the field of community/individual and family/environmental nursing, internship in the field of public health 2	Asadabad School of Medical Sciences

14	First semester of the academic year 2020-2021	Public health specialist language, internship in the field of public health 1	Asadabad School of Medical Sciences
15	Second semester of the academic year 2020-2021	Management and supervision in health centers, educational technology, school and student health, public health, internship in the field of public health 2	Asadabad School of Medical Sciences
16	First semester of the academic year 2021-2022	Principles of management in health services, health education and communication, principles of health planning, internship in the field of public health 1	Asadabad School of Medical Sciences
17	Second semester of the academic year 2021-2022	Oral and dental health, research methods in health sciences, principles of management in health services, educational technology, principles of health planning, internship in the field of public health	Asadabad School of Medical Sciences
18	First semester of the academic year 2022-2023	Principles of management in health services, educational technology, principles of health planning, internship in the field of public health	Asadabad School of Medical Sciences
19	Second semester of the academic year 2022-2023	Oral and dental health, elderly health, management and supervision in health centers, school and student health, internship in the field of public health	Asadabad School of Medical Sciences
20	First semester of the academic year 2023-2024	Principles of management in health services, educational technology, principles of health planning, internship in the field of public health	Asadabad School of Medical Sciences
21	Second semester of the academic year 2023-2024	Principles of management in health services, school and student health, nursing and environmental health, elderly health, internship in public health	Asadabad School of Medical Sciences
22	First semester of the academic year 2024-2025	Active and passive immunization, educational technology, principles of health planning, health measures and first aid, national program to combat non-communicable diseases, general public health, sociology of health, internship in public health	Asadabad School of Medical Sciences
23	Second semester of the academic year 2024-2025	Mental, social and addiction health, oral and dental health, management and supervision in health centers, applied epidemiology in schools, learning and teaching theories, individual and community health nursing, geographical pathology of Iran, mental health and addiction, nursing and environmental health	Asadabad School of Medical Sciences

Participation in training courses and workshops:

Academic rules and regulations, familiarity with the promotion regulations and upcoming changes, ethics in education, introductory teaching methods, advanced teaching methods, professional ethics, how to design descriptive questions, virtual flipped classroom, familiarity with the duties of a consulting professor, virtual education and assignment design, curriculum review, 4-choice question design and test analysis, gamification

and its application in teaching, scenario writing, educational design in simulation-based learning, electronic content production using I-spring software, the second summit in educational leadership and management, lesson plan and course design workshop, workplace-based assessment methods and how to provide effective feedback, active teaching-learning techniques in the classroom, principles and methods of assessing learners in medical sciences, written exam workshop, Mitney's evidence-based medicine workshop, familiarity with Google Sheet software, logbook and portfolio, familiarity with educational scholarship, VR-AR webinar, development of education and new technologies to enhance learning, educational and research experiences in the use of art, games and entertainment in medical education, key clues The difference between writing development plans and research plans in education, writing innovative development plans and research plans in education, article writing, peer review of articles, registration of Iranian clinical trial studies IRCT, familiarity with electronic resources and OVID databases, introductory workshop on statistics and SPSS, familiarity with Mendelian software, systematic review and meta-analysis, Journal Watch program in medical education, design of case crossover clinical trial studies, narrative review article writing, National Symposium on Crisis Intervention (with emphasis on suicide), the employment status of women and their role in Iran's demographic window of opportunity, policy challenges and requirements, family law and ethics, policy responses to low fertility: international experiences and local capacities, and...

Entrepreneurship:

Published books:

Social marketing and its application in health science research

Research projects:

1. Investigating factors affecting oral health behaviors in mothers with children aged 1 to 5 years who referred to health-treatment centers in Hamadan city using the theories of planned behavior and self-efficacy in 2012
2. Investigating the effect of an educational program for mothers on observing oral health of children aged 1-2 years using the theory of planned behavior
3. Investigating factors affecting the correct breakfast consumption pattern among high school students in Hamadan city using the theory of planned behavior in 2014-2015
4. Investigating the relationship between quality of work life and job satisfaction of nurses in teaching hospitals of Hamadan University of Medical Sciences
5. Investigating the rate of hookah consumption and its related factors among students in Asadabad city based

on the theory of planned behavior in 2015

6. Investigating the prevalence of depression and its related factors in female students in dormitories in Asadabad city in 2015
7. Investigating the rate of cervical cancer screening and barriers to screening It in women aged 18-50 years in Asadabad city in 2016
8. Study of the prevalence of obesity and its related factors in primary school students in Asadabad city in 2016
9. Design and evaluation of messages based on the game of Maru Pele to teach healthy snacks to female students in the third grade of primary school
10. Development of messages tailoring and presentation of an educational program for the prevention of hookah use in young women: an application of the kreuter planning approach
11. Investigation of the epidemiological situation of Covid-19 in Asadabad city
12. Investigation of demographic, clinical and laboratory factors associated with death in suspected and confirmed patients with Covid-19 in Asadabad city
13. Investigation of self-efficacy behaviors with adherence to medication regimen in patients with chronic diseases hospitalized in the teaching hospital of Asadabad University of Medical Sciences in 2016
14. Design, implementation and evaluation of the process of combining theoretical education and early exposure of public health students to the internship: an application of the Preceptor ship model& preceptor
15. Investigating the effect of educational programs on the intention to have children among single-child women in Asadabad city: Using the theory of planned behavior
16. Investigating the relationship between health literacy and preventive behaviors against respiratory diseases among Arbaeen pilgrims in 2023
17. Study of factors affecting breast self-examination in women aged 20 to 69 in Asadabad in 2023-2024: Application of the theory of protective motivation
18. Study of the effect of educational intervention on knowledge, attitude and nutritional behaviors of type 2 diabetic patients in Asadabad in 2024
19. factors affecting oral and dental health behaviors in pregnant women referring to comprehensive health centers in Asadabad in 2023-2024: Based on the theory of planned behavior
20. the effectiveness of educational intervention based on self-efficacy theory on stress, anxiety and depression of pregnant women referring to health centers in Asadabad
21. oral health literacy of mothers and its relationship with the oral health status of their 3–6-year-old children

in Asadabad in 1403

22 Design, implementation, and evaluation of a combined final exam (electronic exam and OSCI exam) to assess clinical competency of public health students at Asadabad School of Medical Sciences in 2024

23. Study of the relationship between spiritual health and stress, anxiety and depression of patients with chronic failure kidney disease (CKD) undergoing dialysis treatment in teaching hospitals in Hamedan in 2025

Educational grants:

Research grants:

Design, implementation, and evaluation of a combined final exam (electronic exam and OSCI exam) to assess clinical competency of public health students at Asadabad School of Medical Sciences in 2024

Experience as being supervisor in education, research projects, dissertation, or thesis:

Experience as being advisor in education, research projects, dissertation, or thesis:

Professor advisor for the master's thesis titled Psychosocial Consequences of Intentional (Unsafe) Abortion in Married Women in Asadabad County

Participation in meeting, journal club, and conferences:

Row	Congress/Conference	year	Presenting a lecture or poster	Topic of the lecture or poster
1	10th Conference on Health Sciences Updates - School of Public Health, Shahid Beheshti University of Medical Sciences	2017	poster	Prevalence of depression and its associated factors among female students in dormitories in Asadabad city in 2016
2	3th International Congress and the 8th National Congress of Health Education and Health Promotion, Isfahan	2017	poster	Assessment of Knowledge management aspects among the healthcare workers– Asadabad city in 2017
3	3th International Congress and the 8th National Congress of Health Education and Health Promotion, Isfahan	2017	poster	relationship between physical activity and quality of life for older men of Asadabad in 2017
4	3th International Congress and the 8th National Congress of Health Education and Health Promotion, Isfahan	2017	poster	Assessment the associated factors of water pipe smoking by college students Asadabad city base on the theory of planned behavior (TPB) in 2016.

5	3th International Congress and the 8th National Congress of Health Education and Health Promotion, Isfahan	2017	poster	Investigating Adult Health Literacy in Asadabad City
6	The 9th National Congress on Health Education and Health Promotion and the Second National Conference on Health Literacy	2018	poster	Water pipe Smoking Outcome Expectations among Young girls and women: a qualitative study
7	The 9th National Congress on Health Education and Health Promotion and the Second National Conference on Health Literacy	2018	poster	prevalence of obesity and its associated factors in elementary school students in Asadabad city
8	The 9th National Congress on Health Education and Health Promotion and the Second National Conference on Health Literacy	2018	poster	The effect of game-based education on children's nutritional behaviors: A three-group training trial
9	The 9th National Congress on Health Education and Health Promotion and the Second National Conference on Health Literacy	2018	poster	Comparing traditional education with self-help-based education on children's physical activity: A three-group training trial
10	The 4th National Congress and the 1th International Congress on Tobacco and Health, Hormozgan University of Medical Sciences	2021	poster	Sociocultural factors contributing to hookah tobacco smoking among adolescents and young adult women
11	The 4th National Congress and the 1th International Congress on Tobacco and Health, Hormozgan University of Medical Sciences	2021	poster	Perceptions of adolescence and young adults' women about the Predictors of Hookah tobacco smoking: A Qualitative Content Analysis
12	The 4th National Congress and the 1th International Congress on Tobacco and Health, Hormozgan University of Medical Sciences	2021	poster	Adolescents and Young adults' women preferences Regarding Waterpipe tobacco smoking prevention educational interventions: A Qualitative Study in Iran
13	The 4th National Congress and the 1th International Congress on Tobacco and Health, Hormozgan University of Medical Sciences	2021	poster	An Exploration of the Role of Family Influences on Waterpipe Tobacco Smoking among Women
14	The 4th National Congress and the 1th International Congress on Tobacco and Health, Hormozgan University of Medical Sciences	2021	poster	The status of tobacco uses among health and medical care personnel: A systematic review study
15	The 4th International Health Congress in Arbaeen	2024	poster	Investigating the relationship between health literacy and preventive behaviors against respiratory diseases among Arbaeen pilgrims in 2023.

Published articles:

1. Karimi Shahanjarini A, Makvandi Z, Faradmal J, Bashirian S, Hazavehei S M. Assessing the tooth decay status of 2-5 years children and the role of their mothers' caring behaviors. Avicenna J Nurs Midwifery Care 2013; 21 (4) :41-50

2. Makvandi Z, Karimi-Shahanjarini A, Faradmal J, Bashirian S. Evaluation of an oral health intervention among mothers of young children: a clustered randomized trial. *J Res Health Sci*. 2015 Spring;15(2):88-93. PMID: 26175290.
3. Karimi-Shahanjarini A, Makvandi Z, Faradmal J, Bashirian S, Hazavehei MM. An Examination of the Past Behaviour-Intention Relationship in the Case of Brushing Children's Teeth. *Oral Health & Preventive Dentistry*. 2016 Jan 1;14(6):509-17.
4. Makvandi Z, Sharifi M, Barati M. Assessment of Factors Associated with Hookah Consumption Among College Students of Asad Abad City Base on The Theory of Planned Behavior (TPB) in 2015-2016. *Iranian Journal of Health Education and Health Promotion*. 2018 Jan 10;5(4):270-9.
5. Sharifi M, Mohammadi Z, Makvandi Z, Rostami P, Moradi A. Assessment of cervical cancer screening and its barriers in 18–50-year-old women referring to Asad Abad comprehensive health centers. *Pajouhan Scientific Journal*. 2018 Jan 10;16(2):35-45.
6. Hamidi Y, Vakilian M, Roshanaei G, Makvandi Z, Atogara M, Bayat F. Correlation of nurses' quality of working life and job satisfaction in teaching hospitals of Hamadan University of Medical Sciences. *Avicenna Journal of Nursing and Midwifery Care*. 2019 Mar 10;27(1):64-72.
7. Makvandi Z, Mostafavi F, Bashirian S, Zamani-Alavijeh F, Kelishadi R. Sociocultural factors contributing to waterpipe tobacco smoking among adolescents and young adult women: a qualitative study in Iran. *International journal of qualitative studies on health and well-being*. 2021 Jan 1;16(1):1857043.
8. Mohammadi Z, Darderafshi S, Akhlaghi M, Makvandi Z. Evaluation of Level of Moral Awareness and Sensitivity in Nursing Students of Hamadan University of Medical Sciences, Iran. *Journal of Health System Research*. 2022 Oct 10;18(3):207-15.
9. Mohammadi Z, Darderafshi S, Akhlaghi M, Makvandi Z. The Relationship Between Ethical Awareness in Nursing Profession, and Moral Sensitivity in Nurses of Hamadan University of Medical Sciences, Iran.
10. Makvandi Z, Alidosti M, Shafaian M, Hemati F. factors affecting childbearing in single-child and multiple-children's mothers: a comparative study. *Nursing And Midwifery Journal*. 2023 Aug 10;21(5):385-93.
11. Zahedi A, Makvandi Z, Rostami M, Najafi Z, Khazaei S, Salehi I. Clinical, laboratory, and demographic factors contributing to COVID-19 mortality risk. *Health and Development Journal*. 2023 Jul 1;12(2):92-100.
12. Khatty Dizabadi F, Makvandi Z, Yazdani Cherati J, Mostafavi F. Investigating the Effect of an Educational Intervention on Fruit and Vegetable Consumption and its Effect on Blood Lipid Levels in Government Employees: A Clustered Randomized Trial. *Health Education and Health Promotion*. 2023 Oct 10;11(3):365-71.
13. Zamani-Alavijeh F, Heidari Z, Mostafavi F, Bashirian S, Makvandi Z, Kelishadi R. Psychometric evaluation of a new instrument to hookah tobacco smoking-related factors in the Iranian female university students based on the Extended Parallel Process Model. *Journal of Education and Health Promotion*. 2024 Apr 1;13(1):138.
14. Mohammadi Z, Najafi M, Zaree A, Akhlaghi M, Makvandi Z. Relationship between perceived psychological stress and anxiety caused by COVID-19 in students and healthcare workers. *Journal of Ilam University of Medical Sciences*.

2024 Sep 15;32(4):1-2.

15. Dizabadi FK, Makvandi Z, Charati JY. Relationship of Human Capital Resources and Health Status with the Quality of Service Provided by Untrained Caregivers to Elderly in Qaemshahr: A Cross-sectional Study.

16. Khatty DF, Makvandi Z, Yazdani CJ. Assessing Expectations and Perceptions of the Quality of Services of Family Physician Plan Based on SERVQUAL Model.

17. Khatti–Dizabadi F, Mohammadi Z, Ahmadi M, Ezati E, Makvandi Z. Relationship Between Life Satisfaction and Cognitive Impairment Among the Elderly: A Cross-sectional Study. avicenna journal of aging and healthcare
Учредители: Maad Rayan Publishing Company. 2024;2(1):1-7.

In press articles:

Experience as being reviewer (book, journal, conference, research projects, etc):

- BMC Women Health
- BMC Public Health
- Plos One
- Health education research
- Journal of Health System Research
- Health Education and Health Promotion
- Journal of Education and Community Health
- Payesh Health Monitor
- Journal of Ilam University of Medical Sciences
- Nursing And Midwifery Journal
- Avicenna Journal of Aging and Health Care