

## **CURRICULUM VITAE**



**Name:** Dr. Elham Zare

**Position:** Assistant Professor  
(Faculty Member)

**Major:** Reproductive Health

**Marital Status:** Married

**Nationality:** Iranian

**Address:** Vali-Asr Avenue, Cross of Vali-Asr and Neiaiesh Highway, Opposite to Rajaee Heart Hospital, P.O. Box: 1996835119, Tehran, IR Iran

**Email Address:** [elhamzare@sbmu.ac.ir](mailto:elhamzare@sbmu.ac.ir)

**Research Interest:** Adolescent health promotion and related factors, menopausal health improvement of obstetrics care, Complementary medicine

### **Education**

2012-2016, Ph.D. in Reproductive Health with a GPA of 19.67 (nineteen point sixty seven), my thesis is approved with a grade of 20 (Twenty), Shaheed Beheshti University of Medical Sciences, Tehran, Iran

2006-2008, M.S. with a GPA of 18.50 (eighteen point fifteen), my thesis is approved with a grade of 18.80 (eighteen point eighty), Shaheed Beheshti University of Medical Sciences, Tehran, Iran

1999-2003, B.S with a GPA of 18.25 (eighteen point twenty five), my final grade is 18.75 (eighteen point seventy five), Shiraz azad university, shiraz.iran.

High school Diploma with a GPA of 18.28 (eighteen point twenty eight), Alzahra High school, shiraz, Iran

**Discipline Average: 20(twenty)**

**License** : Reproductive Health Specialist License, Midwifery License, Iran

**Languages** : 1) Persian (Native Language) 2) English

### **Computer experiences:**

1) windows, internet, Word, Excel, Access, PowerPoint)

2) SPSS, MAXQDA, Endnote, LISREL, ESQ, ...

### **Career Summary: (Teaching)**

Obstetrics and vaginal delivery  
Pregnancy & Child Birth  
Gynecology Diseases  
Policy making in maternal health  
Breast Feeding (Workshop), Sexology (Workshop)

## **Experiences:**

August 2015-Present, Assistant Professor, School of Midwifery & Nursing, Department of Reproductive health and Midwifery, Shaheed Beheshti University of Medical Sciences, Tehran, Iran

2008-2014, Instructor, School of Midwifery & Nursing, Islamic Azad university, Shirz, Iran

2015-Present, Member of Research Committee in School of Midwifery & Nursing, Shaheed Beheshti University of Medical Sciences, Tehran, Iran

2005-2009, Member of Reproductive health and Research Center of midwifery department in nursing and midwifery , Medical University of Shaheed Beheshti, Tehrn, Iran.

## **Publications:**

### **a) Journal Papers (\*= Corresponding Authors)**

1. Koliji, T., Keshavarz, Z., Zare, E., Mojab, F., Nasiri, M. A systematic review of herbal medicines to improve the sexual function of menopausal women. 2021 Journal of HerbMed Pharmacology, 10(1), pp. 51-60
2. Simbar, M., Zare, E., Shahhosseini, Z. Adolescent's psychological health in Iran. International journal of adolescent medicine and health. 2020.
3. Zare, E., Roozbeh, N., Akbari, P.A., Ghazanfarpour, M. HPV and its high-risk genotypes in Middle Eastern countries: a meta-analysis. 2019. Future Virology, 15(9), pp. 595-607
4. Rahnemaie, F.S., Zare, E., Zaheri, F., Abdi, F. Effects of complementary medicine on successful breastfeeding and its associated issues in the postpartum period. Iranian Journal of Pediatrics 2019, 29(1), e80180
5. effect of licorice root on number of hotflashes at nights. Faculty Of Nursing Of Midwifery Quartely. 2010. 19(67)21-25
6. Zare, E., Nahidi, F., Mojab, F., Alavi H. The effect of Licorice root extract on hot flashes in menopause. Pejouhandeh 2011; 16(1):11-7
7. Zare, E., Nahidi, F., Mojab, F., Alavi H. Effects of Licorice on Relief and Recurrence of Menopausal Hot flashes. Iranian Journal of pharmaceutical research. 2012. 11 (2)
8. Simbar, M., Zare, E., Shahhosseini, Z., Alavi, H. Design and Psychometric Properties of Male Adolescent Health Needs-Assessment Scale. 2016. international journal of community baased nursing and midwifery.
9. Simbar, M., Zare, E., Shahhosseini, Z. The Priorities of Iranian Male Adolescents Health Needs. American journal of mens health. 2017
10. Simbar, M., Zare, E., Shahhosseini, Z. Explaining Sexual Health Needs Among Adolescent Boys In Iranian Society. Trends in Life Science; 2015; 4(1); 2319-2322
11. Simbar, M., Zare, E., Shahhosseini, Z. Explaining the Concept of Self-Care in Adolescents. Journal of qualitative Research in Health Sciences. 2016; 4 (4) :395-405
12. Zare, E., Mehrabi, F., Attrzdeh S. Comparison of primipara's women perception of pain, fear and anxiety of vaginal delivery among Persian, Kurdish and Turkish women. Journal of clinical

research in Paramedical Services.2015:4(3):223-230

13. Zare ,E, Soleimani M, Bahrami N.Comparison of Self-esteem in Fertile and Infertile Women. IJN. 2014; 27 (90 and 91) :14-21
14. Zre, E.Effectiveness of couple therapy by Gottman Method on Family Function and Marital Adjustment in Divorce Applicant Couples. Iranian Journal of Rehabilitation Research in Nursing.2019:5(2),10-17
15. Ayoubi, S., Pazandeh, F., Simbar, M, Zare, E., Potrata, B.A questionnaire to assess women's perception of respectful maternity care (WP-RMC): Development and psychometric properties 2020. Midwifery. / Midwifery 80 (2020) 102573.
16. Simbar, M., Zare, E., Shahhosseini, Z Social health needs of Iranian male adolescents. International Journal of Adolescent Medicine and Health. 2019; 20180055.
17. Simbar, M., Zare, E., Shahhosseini, Z Adolescent's psychological health in Iran. International Journal of Adolescent Medicine and Health. 2019; 20180221.
- 18.

#### BOOK

1. Complementary overview on williams obstetrics. Medical Sciences Publication.translation.2010-2014-2018
2. Persian Obstetrics.2021.Jame Negar Publication.
3. Maternity Health Nursing. Medical Sciences Publication.2010

**+Conference articles from 2015 till now.**

#### **I have the certificates for participating in the following short courses, workshops and conferences:**

1. MAXQDA Workshop (qualitative data analysis software for Windows and Mac), 15 hours, 2013
2. SPSS Workshop (Statistical for Psychology and the Social Sciences), 30 hours, 2012
3. SPSS Workshop (Statistical for Psychology and the Social Sciences), 15 hours, 2006

#### **Awards:**

1. Selected as the Iranian distinguished Educational Midwife in 2020.
2. The first ranked student of the Ph.D test in reproductive health of the Shaheed Beheshti University of Medical Sciences in the year of 2014.