

# **Mitra Safari Alighiarlo**

**Shahid Jalil St- Educational Campus of Yasuj University of Medical Sciences-School of Medicine**

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## **EDUCATION**

Assistant Professor of Midwifery ,2011

MSc.,Midwifery, Isfahan University of Medical sciences , 1994

BSc.,Midwifery ,Shiraz University of Medical Sciences, 1991

Dissertation: *Comparison of asymptomatic bacteriuria prevalence in pregnant women at different trimesters referred to Yasuj Medical Centers*

## **EMPLOYMENT/ PROFESIONAL EXPERIENCE**

Head of Department of Midwifery, 1993-1995

Deputy of education, School of Paramedicine, Yasuj University of Medical Sciences, -2000  
2002

Research Officer , School of Paramedicine & School of Nursing and Midwifery , Yasuj  
University of Medical Sciences, 2002-2011

Executive Director of Journal, School of Nursing and Midwifery , Yasuj University of  
Medical Sciences, 2006-2012

Editorial board of Journal, School of Nursing and Midwifery , Yasuj University of Medical  
Sciences, 2006-2012

Directory of Midwifery Department, School of Nursing and Midwifery , Yasuj University of  
Medical Sciences, 2011-2017

Member of Research Council, School of Medicine , Yasuj University of Medical Sciences,  
2017-present

Director of Education in Yasuj University of Medical Sciences.2021-2022

## **TEACHING EXPERIENCE**

faculty member, Islamic Azad University of Yasuj, 1993- 1995

Courses: Obstetrics , gynecology, Maternal & Neonatal Health

faculty member of Yasuj University of Medical Sciences, 1995-present

Courses: Obstetrics , gynecology, Maternal & Neonatal Health, Midwifery regulations,  
Midwifery Ethics

Clinical courses: Midwifery practice in labor ward , gynecology, Maternal & Neonatal Health, Maternal and child Cares, Family planning ,Research Method , Research Seminar

### **RESEARCH EXPERIENCE**

1-Prevalence of vaginal infections and its relation with contraceptive methods in women referring to Clinic of Shahid Mofattah Yasuj, Iran – 1998

2- Prevalence of preeclampsia and maternal and fetal complications in pregnant women referring to Imam Sajjad Hospital, Yasuj, Iran- 2001

A survey on rural women's attitude towards rural midwife in Kohgiluyeh and Boyerahmad provinces, Iran ,2001

3- Factors affecting child bearing and Polygamy in Households of Kohgilouyeh and Boyerahmad Province, Iran 2003-2004

4-The effectiveness of hepatitis B booster immunization in 5-to 7-year- old children in Kohgilouyeh and Boyerahmad Province, Iran, 2004- 2005

5- Immunity of 0-6 month infants against measles in Yasuj, Iran, 2004- 2005

6- Priority setting of health research in Kohgilouyeh and Boyerahmad Province, Iran 2002-2003

7- Comparison of group discussion and lecture method on nursing students' learning and satisfaction, Yasuj University of Medical Sciences, Iran,2005

8- Health Companion Model, a community based participatory research for solving health problem in Kohgilouyeh and Boyerahmad Province, Iran, 2005- 2006

9- Knowledge and practice of pregnant women about prenatal care who referring to Imam Sajjad Hospital Yasuj- Iran, 2010

10-Comparison of the effect of lecture and peer teaching on learning and satisfaction of midwifery students in gynecology and infertility course, Yasuj University of Medical Sciences, Iran,2016

11- Investigatiion the relationship between the recurrence rate of genital warts and receiving the quadrivalent human papilloma virus vaccine in women. Yasuj University of Medical Sciences, Iran,2023

12- - Investigation of the relative frequency of endometriosis symptoms and related factors in women reffering to Yasouj health and treatment centers in 2023. Yasuj University of Medical Sciences, Iran,2023

### **PUBLICATIONS**

1. **Safari M.** *Comparison of asymptomatic bacteriuria prevalence in pregnant women at different trimesters referred to Yasuj Medical Centers. Armaghane-danesh, Yasuj University of Medical Sciences Journal .1996; 1(1,2): 35-41.*

2. **Safari M, Yazdanpanah B, Malekzadeh JM.** *Symptomatic f vaginitisl and its association with the methods of contraception in women referring to Clinic of Shahid Mofattah Yasuj, Iran. Armaghane-danesh, Yasuj University of Medical Sciences Journal .1998; 3(7,8):15-22.*

3. Yazdanpanah B , **Safari M** ,Changes in laboratory tests of patients with cirrhosis. *Armaghane-danesh, Yasuj University of Medical Sciences Journal*.2002;7(27):17-22.
4. Garmaznegad S. **Safari M**. Rural women's attitude towards rural midwife in Kohgiluyeh and Boyerahmadsal provinces. *Armaghane-danesh, Yasuj University of Medical Sciences Journal* .2002; 7(25):7-12.
5. Yazdanpanah B, Pourdanesh F, **Safari M**, et al. Priority setting of health research in Kohgilouyeh and Boyerahmad Province. *Armaghane-danesh, Yasuj University of Medical Sciences Journal* .2003; 8(31):1-20.
6. **Safari M**, Yazdanpanah B. Prevalence of pre-eclampsia and its correlated maternal and fetal complications, Emam Sajjad Hospital, Yasuj, 2001. *J Shahrekord Univ Med Sci*. 2003; 5 (2) :47-53
7. **Safari M**, Yazdanpanah B, Ghafarian H, Yazdanpanah SH. Comparing the Effect of Lecture and Discussion Methods on Students` Learning and Satisfaction. *Iranian Journal of Medical Education* 2006; 6(1): 59-63.
8. **Safari M**, Pad M, Gharibpour R, Rezaie M. The causes of women's referring to gynecology outpatient of Shahid Mofateh clinic of Yasuj, Iran. *DENA; Quarterly Journal of Yasouj faculty of Nursing and Midwifery*.2007; 1(1):21-28.
9. **Safari M**, Yazdanpanah B . Polygamy and some related in Households of Kohgilouyeh and Boyerahmad Province. *Journal of Humanities , University of Isfahan*. 2008; 25(4):178-192.
10. Yazdanpanah B, **Safari M**, Yazdanpanah S, Sharifi A. Measles immunity in infants at the time of delivery and 6 months age in Yasouj. *J Shahrekord Univ Med Sci*. 2008; 9 (4) :42-51.
11. **Safari M**, Saadatmand N, Azarman M. Food intake pattern and related factors in women referred to medical and health centers of Yasuj , Iran. *DENA; Quarterly Journal of Yasouj faculty of Nursing and Midwifery*.2007;2:27–37.
12. **Safari M**, Yazdanpanah B. The midwife situation and role of ethical issues in midwifery practice at new millinieume. *DENA; Quarterly Journal of Yasouj faculty of Nursing and Midwifery*.2008;3,4(11,12):60-74.
13. Yazdanpanah B, **Safari M**. The Efficacy of Administration of a Single Booster dose of Hepatitis B Vaccine in 5-7 Year Old Children in Kogiloyeh and Boyerahmad Province- Iran. *Armaghane danesh*. 2009; 14 (2) :65-67.
14. **Safari M**, Soleimani M, Ashko M, Sayad F. Growth and development of children under 2 who referred to Shafiee health center of Yasouj- Iran. *Journal of faculty of Nursing and Midwifery. Shaheed Beheshti University of Medical Sciences .Tehran, Iran*.2010;19(67):6-12.
15. **Safari M**., Yazdanpanah B. Yazdanpanah Sh. High Risk Pregnancy and Some of Related Factors in Women who Referred to Vasouj Health and Medical Centers. *Avicenna J Nurs Midwifery care*. 2008; 16 (2) :18-28.
16. Yazdanpanah B, **Safari M**, Yosefi M, Angha P, Habibian M, Zandi K et al . Effects of Community Based Educational Prevention Program of Drug Abuse in Reduction of High Risk Behavior . *JSSU*. 2010; 18 (3) :191-198.
17. **Safari M**, Yazdanpanah B. Decline of hepatitis B antibody level in vaccinated 5-7 year-old children. *ZJRMS*. 2010; 12 (2) :24-28.

18. Yazdanpanah B, **Safari M**, Yazdanpanah S. Persistence of HBV Vaccine's Protection and Response to Hepatitis B Booster Immunization in 5- to 7-Year-Old Children in the Kohgiluyeh and Boyer-Ahmad Province, Iran. *Hepat Mon.* 2010;10(1):17–21.
19. Yazdanpanah S, **Safari M**, Yazdanpanah B. Antibiotic Resistance of Isolated Bacterial Agents of Cultures of Patients Who Referred to Shahid Faghihi Medical Center of Shiraz. *J Urmia Nurs Midwifery Fac* 2010, 8(2): 118-123.
20. Yazdanpanah B, **Safari M**, Angha P, Karami M, Emadi M, Yazdanpanah S, et al . Efficacy of Community-Based Participatory Research on Diabetes Care in Yasouj-Iran. *irje.* 2012; 7 (4) :1-8.
21. Yazdanpanah B , **Safari M** , Yazdanpanah Sh , Angha P , Karami M , Emadi M, Yazdanpanah S , Poorbehesht A. The effect of participatory community-based diabetes cares on the control of diabetes and its risk factors in western suburb of Yasouj, Iran. *Health Educ Res.* 2012 Oct; 27(5): 794–803.
22. Yazdanpanah B, **Safari M**, Bahreini F, Vafae F, Salari M, Yousefi M, et al . Community Based Participatory Research, a model for health promotion. *sjsph.* 2013; 11 (1) :17-28.
23. **Safari M**, Yazdanpanah B, Yazdanpanah B, Mobasheri A. A population-based screening of type 2 diabetes in high-risk population of Yasuj, Iran. *J Health Popul Nutr.* 2014 Dec;32(4):677-86.
24. Yazdanpanah B, **Safari M**, Vafaei F, Zandi K. Life skills education of rural families in Iran: a community-based participatory study. *Public Health.* 2015 May;129(5):587-90.
25. **Safari M**, Bahadornegad MH, Yazdanpanah B, Safari M. Knowledge of Prenatal Healthcare among Pregnant Women in Boyer-Ahmad and Dena County of Kohgiluyeh and Boyer-Ahmad Province, Iran. *World Health Popul.* 2016;16(3):39-47.
26. Yazdanpanah B, Mitra Safari, Farahosadat Bahreini, Farzad Vafaei, Mohsen Salari, Mehran Yosefi, Masood Rezaei, Ali Hosseni, Mohammad Habibian, Farid Moradian, Behzad Yazdanpanah. **Health Companion Project: A community based participatory research model for health promotion- Iran.** [2018](#); 16(2):
27. **Safari M**, Yazdanpah B, Mahmoudi F, Yaghobean N. Comparing students' rate of learning through lecturing and peer group teaching and study their viewpoints . *rme.* 2018; 10 (3) :24-34.
28. **Safari M** , Yazdanpanah B , Islam-Nik PS. Comparison of Midwifery Students Satisfaction with the Teaching of Gynecology and Infertility by Lecture and Peer Education. *Armaghane-danesh* 2019; 23(6): 722-736.
29. Mitra Safari , Behrouz Yazdanpanah and Saphora Hatamipour. Learning outcomes and perceptions of midwifery students about peer-teaching and lecture method in gynecology and infertility course. *Journal of Pedagogical Research.* 2020; 4(3): 291-298.
30. MitraSafari,BehrouzYazdanpanah,shahrzadYazdanpanah,ShamilaYazdanpanah.The experiences and attitudes of student-tutors to peer tutoring in the class time of the gynecology and infertility course. . *Journal of Peer Learning* (2022) Vol 15: 66-78.

## **INTERNATIONAL PRESENTATIONS**

1. Garmaznegad s. **Safari M.** Rural Womens Attitudes Towards Rural Midwives in Kogloyeh and Boirahmad Province, Iran. Impact of Global Issues on Women and Children. Dhaka. Bangladesh. February 12 to 16. 2006.
2. **Mitra Safari.** Behrouz Yazdanpanah,Shahrzad Yazdanpanah. Effective factors on Childbearing on households of Kobgiloyeh and Boir ahmad – Iran. Impact of Global Issues on Women and Children. Dhaka. Bangladesh. February 12 to 16. 2006.
3. Behrouz Yazdanpanah, **Mitra Safari**,Shahrzad Yazdanpanah. Prevalence of Hepatitis B and C virus in Thalacemic children that received blood transfusion in Beheshti Hospital, Yasouj. Iran. Impact of Global Issues on Women and Children. Dhaka. Bangladesh. February 12 to 16. 2006.
4. Behrouz Yazdanpanah, **Mitra Safari.** Laboratory Tests abnormalities in patients with liver circohosis. 2nd International Conference on Chemistry and its Applications. Doha – Qatar. December 6-9,2003.
5. **Mitra Safari,** Behrooz Yazdanpanah. Prevalence of preeclampsia and its correlated maternal and fetal complications in Women referred to Emam Sajjad Hospital of Yasuj Summer to Autumn 2001. 4th International Trauma & Emergency Medicine Conference (4th ITEM-Qatar). February 24 – 27,2008.
6. **Mitra Safari,** Behrooz Yazdanpanah. Nutritional status and related factors of 0-2 years old children who referred to Shahid shafiee health center of Yasuj. Breast Feeding. Canberra Australia. September, 4-7 , 2009.
7. Behrouz Yazdanpanah, **Mitra Safari**,Behzad Yazdanpanah ,Shahrzad Yazdanpanah, Bahman Sharifi, Parvin Angha, et al. The effect of community based diabetes cares on control of diabetes and its risk factors in west region of Yasouj city. International Conference on Multidisciplinary Approaches to Diabetes Research & Health. Jaipur, India. November 14-16, 2010.
8. **Mitra Safari ,** Behrouz Yazdanpanah, Behzad Yazdanpanah. Population Based study of diabetes and risk characteristics in west area of Yasouj, Iran. International Conference on Multidisciplinary Approaches to Diabetes Research & Health. Jaipur, India. November 14-16, 2010.
9. Behrouz Yazdanpanah, **Mitra Safari**, Mohammad Poormozafar, Rahmat Majidpour, Shahin Mohammadi, Abdolkhalegh Khorsandian. The effect of community based healthy lifestyle promotion on reduction of cardiovascular diseases risk in Chitab of Dena county, Boyerahmad. Iran. Decolonizing Indigenous Health Research Conference. Niagara Falls, Canada. Sep 8-10, 2010.
10. **Mitra Safari,** Behrouz Yazdanpanah, Mohsen Salari, Gashtasb Mal Abstract ekpour, Hamid Esmaili.The effect of community based modification of eating habits and life style on gastrointestinal symptoms in Kakan region of Boyerahmad county, Iran. Decolonizing Indigenous Health Research Conference. Niagara Falls, Canada. Sep 8-10, 2010.
11. **Mitra Safari,** Behrouz Yazdanpanah. Seroprevalence of Helicobacter pylori infection among the population upper 18 years old of age in Aliabad and Mansorkhani villages of Kakan in Boyerahmad. Forth Iranian Conference of Clinical Microbiology. Esfahan.Iran. 9-11 November, 2010.

12. Behrouz Yazdanpanah, **Mitra Safari**. Persistence of HB vaccine immune protection and response to hepatitis B booster immunization in 5-7 years old children of Kohgiluyeh and Boyer-Ahmad province- Iran . Forth Iranian Conference of Clinical Microbiology. Esfahan.Iran. 9-11 November, 2010.
13. **Safari Mitra**, Yazdanpanah Behrouz, Rezaii Masoud, Hosseini Ali, Yazdanpanah Behzad, Yazdanpanah Parviz. The Effect of Community Based Program of Exercise and Suitable Posture on Low Back Pain in 30- 65 Years Old Population of BiarehVillage of Dena County-Iran. International Scientific conference. Selesa Beach R esort Port Dickson ,Malaysia. 2-4 Nov 2011.
14. Yazdanpanah B, **Safari M**, Yosefi M, Abgha P, Habibian M, Zandi K, Aranpour H. The Effect of Community Based Educational Prevention Program of Drug Abusing to Reduction of High Risk Behavior in Vezg Village of Boyer-Ahmad County-IRAN. International Scientific conference. Selesa Beach R esort Port Dickson ,Malaysia. 2-4 Nov 2011.
15. **Safari M**, Yazdanpanah B, Yazdanpanah SH, Yazdanpanah BE. The effect of physical exercise and healthy diet on reducing the risk factors ofcardiovascular diseases in diabetic patients; a community based participatory research. ESC CONGRESS 2014. Barcelona-Espain. 30 Aug- 3 .September,2014
16. **Mitra Safari, Behrouz Yazdanpanah, Parvinosadat Eslamnik. Learning outcomes and perceptions of midwifery students about peer teaching and lecture method in gynecology and infertility course.** 29<sup>TH</sup> WORLD NURSING AND NURSING CARE CONGRESS. 16-17 SEPTEMBER,2019. London ,Uk
17. **Mitra Safari, Maryam Baziabdegah, Saphora Hatamipour.** Preferred Delivery Type by Pregnant Women Referred to the Obstetric Ward and Gynaecologic Clinic of the Yasuj University Hospital- Iran. 29<sup>TH</sup> WORLD NURSING AND NURSING CARE CONGRESS. 16-17 SEPTEMBER,2019. London ,Uk

**BOOKS:**

1. **Safari Mitra .(2002).** Abstract of Reproductive Health Research of Yasuj University of Medical Sciences.Yasuj:YUMS &Navid Shiraz
2. **Safari Mitra**, Yazdanpanah Behrouz. Translation.(2005). Ethics in Midwifery. (**Authors:** Shirley Jones).Yasuj:YUMS & Navid Shiraz Publication.
3. Yazdanpanah B, Pourdanesh F, **Safari M**,et al.(2004). Health Priority Setting in Kohgiluyeh & Boyer Ahmad Province: YUMS &Navid Shiraz Publication.
4. Afshar R, Pourdanesh F, Chaman R, Khosravi A, **Safari M**,et al.(2005). Strategic Plan of University of Medical Sciences and Health Services of Kohgiluyeh and Boyer-Ahmad Province. Yasuj: YUMS & Navid Shiraz Publication.

5. **Safari Mitra**, Yazdanpanah Behrouz. 1th ed:(2008). Gynecology and its Diagnostic Tests. Yasuj: YUMS.& Navid Shiraz Publication. 2nd ed:( 2018):Jame e Negar Publication.3th ed(2020): Jame e Negar Publication
6. Behrouz Yazdanpanah,**Mitra Safari**, Farzad Vafaei, Behzad Yazdanpanah.(2018). Rural Education. Teaching Strategies, Students Issues and Trends.(The effectiveness of a community based life skills education in the Banestan village of Dena county, Iran ). New York USA. NOVA Science Publication.

### **AWARDS AND HONORS**

Receive Appreciation as top midwife 1998, 2004, 2008, 2002

Receive Appreciation as top professor 2001, 2009

Receive Appreciation as top researcher 2002, 2003, 2010

### **PROFESSIONAL MEMBERSHIPS**

Iranian Scientific Association of Midwifery

### **RELEVANT SKILLS**

- Education and training
- Midwifery practice
- Research
- Instruction
- Therapy and counselling
- Computers and electronics
- Reading comprehension
- Fluent in English language
- Extensive knowledge of SPSS statistical programs