

Curriculum Vitae

Last update:29.12.2022

Personal Information



First Name: Esmat

Last Name: Mehrabi

Title: Assistant Professor

Department: Midwifery, Tabriz University of Medical Sciences, Tabriz, Iran

Nationality: Iranian

Date of Birth:27/4/1983

Place of Birth: Tabriz

Address: South Shariati street, Tabriz, Iran.

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b.Mehrabi62@gmail.com

Researcher IDs

Scopus ID: <https://www.scopus.com/results/authorNamesList/Mehrabi> Esmat.

Google Scholar ID: <https://scholar.google.com/citations?user=549CMAIAAAAJ&hl=en>.

Academic Qualifications

- PhD of sexual and reproductive health, Shahid Beheshti University of medical science, Tehran, Iran, 2014.

(Thesis Title: Designing and Psychometric Evaluation of Adjustment to Illness Measurement Inventory for Iranian Women With Breast Cancer. Shahid Behesti University of Medical Sciences, 2015).

- M.Sc. Midwifery, Tabriz University of Medical Sciences, Tabriz, Iran, 2009.

(Thesis Title: Relationship between pregnancy related complications and maternal anthropometric indices. Tabriz University of Medical sciences, 2010).

- B.Sc. Midwifery, Tabriz University of Medical Sciences, Tabriz, Iran, 2004

- Assistant Professor, Department of Midwifery, Tabriz University of Medical Sciences, Tabriz, Iran. From 2015 until now.
- Midwifery lecturer in Tabriz Islamic Azad University (from 2008 until 2012).
- Head of Midwifery Group (2010-2012).

Field of interests (or the major research areas)

Childbirth care model, postpartum care, sexual and reproductive health promotion models

Professional Membership: (Administrative or executive Experience ...)

Supervisor of accreditation committee in Faculty of Nursing and Midwifery (from 2018 until now)

Membership in scientific societies and committees

Member of systematic review and meta-analysis committee of Faculty of Midwifery (2019-2020).

Member of Childbearing committee of Faculty of Midwifery.

Teaching Experience

Theories & Models of midwifery

Women's reproductive Health

Obstetrical concepts

Conducting clinical courses (Normal vaginal child birth, family planning centers, maternity health care, ...) from 2005 until now.

Research Projects

1. Mehrabi E, Kamalifard M, Yavarikia P, Mameghani ME. The Relationship of Demographic Factors and anthropometric Measurements in Women at First Trimester of Pregnancy. Journal of Tabriz Nursing and Midwifery 2010;3(7):56.
2. Mehrabi E, Kamalifard M, Yavarikia P, Mameghani ME. Relationship between macrosomia and maternal anthropometric indices. Journal of Tabriz Nursing and Midwifery 2010;5(9):43.
3. Mehrabi E, Kamalifard M, Yavarikia P, Mameghani ME. The Relation between Early Pregnancy Anthropometric Indices among Primiparous Women and Macrosomia. Journal of caring sciences. 2021;1(3):153.
4. Jabbari H, Alikhah H, Alamdari NS, Behzad MN, Mehrabi E, Borzui L, et al. Developing the use of quality indicators in sterilization practices. Iranian journal of public health. 2012;41(7):64.
5. Ebrahimi-Mameghani M, Mehrabi E, Kamalifard M, Yavarikia P. Correlation between body mass index and adiposity with pregnancy complications in pregnant women. Health promotion perspectives. 2013;3(1):7.

6. Jahdi F, Eghdampoor F, Kheirkhah M, Haggani H, Taghizadeh M, Mehrabi E. Effectiveness of Topical Aloe vera on the severity of perineal pain related to episiotomy, Single-blind randomized clinical trial. *Journal of medical science Sabzevar*. 2013;4(18):244.
7. Jabbari H, Bakhshian F, Velayati A, Mehrabi E, Allahverdizadeh S, Alikhah H, et al. Effectiveness of presence of physician and midwife in quantity and quality of family planning services in health care centers. *Journal of family & community medicine*. 2014;21(1):12-16.
8. Mehrabi E, Hajian S, Simbar M, Hoshyari M, Zayeri F. Coping response following a diagnosis of breast cancer: A systematic review. *Electronic physician*. 2015;7(8): 34-39.
9. Mehrabi E, Hajian S, Simbar M, Houshyari M, Zayeri F. Post-traumatic growth: a qualitative analysis of experiences regarding positive psychological changes among Iranian women with breast cancer. *Electronic physician*. 2015;7(5):1239-44.
10. Hajian S, Mehrabi E, Simbar M, Houshyari M, Zayeri F, Hajian P. Designing and Psychometric Evaluation of Adjustment to Illness Measurement Inventory for Iranian Women With Breast Cancer. *Iranian journal of cancer prevention*. 2016;4(6),56-61.
11. Mehrabi E, Hajian S, Simbar M, Hoshyari M, Zayeri F. The Lived Experience of Iranian Women Confronting Breast Cancer Diagnosis. *Journal of caring sciences*. 2016;5(1): 56-61.
12. Mehrabi E, Hajian S, Simbar M, Hoshyari M, Zayeri F. Religion, Spirituality and Coping with Breast Cancer: A Phenomenological Study. *Journal of Research in Religious and health*. 2016;2(2):40.
13. Hajian S, Mehrabi E, Simbar M, Hoshyari M, Zayeri. Coping Strategies and Experiences in Women with a Primary Breast Cancer Diagnosis. *Asian pacific journal of cancer prevention*. 2017;18(1):224-215.
14. Nikkhesal, N., Nourizadeh, R., Dastgiri, S., & Mehrabi, E* . . "The Factors Affecting Women's Decision about Unplanned Pregnancy: A Hierarchical Modeling Strategy." *International Journal of Women's Health & Reproduction Sciences* 6.4 (2018): 483-490.
15. Alizadeh, P. S., Mehrabi, E., Nourizadeh, R., Poursharifi, H., & Mousavi, S. (2018). The Effect of Counseling on Breast Cancer Awareness in Rural Iranian Women: a Randomized Controlled Clinical Trial. *Journal of cancer education: the official journal of the American Association for Cancer Education*. 34, pages1083–1091
16. Nikkhesal, N., Nourizadeh, R., Dastgiri, S., & Mehrabi, E*. Prevention Strategies of unplanned pregnancies among adolescents: a systematic review. *Payesh journal*. 2018. 17(4),434-445.
17. Oskouei, B. S., Sufiani, M., & Mehrabi, E. (2019). Phenomenology of Depression of Cancer-Improved Patients and Reaching to Philosophy-therapy as a caring approach. Vol. 13/ Issue.27/ summer 2019.
18. Roya Azari-Barzandig, Niloofar Sattarzadeh-Jahdi, Esmat Mehrabi, Roghayeh Nourizadeh, Leila Najmi. Sexual Dysfunction in Iranian Azeri Women with Multiple Sclerosis: Levels and Correlates. *Crescent Journal of Medical and Biological Sciences*. 2019 Summer;6(3).
19. Samar Azami, Roghayeh Nourizadeh², Esmat Mehrabi, Hamid Poursharifi, Azizeh Farshbaf- Khalili. The Effect of Motivational Interviewing on Dietary Intake and Weight Changes among Preconception Women with Overweight and Obesity: A Randomized Controlled Trial. *Crescent Journal of Medical and Biological Sciences*. 2019 Summer;6(3).
20. Nayyer Bayrampour, Roghayeh Nourizadeh, Mojgan Mirghafourvand, Esmat Mehrabi*, Saeed Mousavi: Psychometric Properties of the Pregnancy-Related Anxiety Questionnaire-Revised₂ (PRAQ-R₂) Among Iranian Women. *Crescent Journal of Medical and Biological Sciences*. 2019 Summer;6(3).

21. Akbari, Z., Mehrabi, E^{*}, Mirghafourvand, M., & Nourizadeh, R. The Effect of Decision Aid on Breast Cancer Screening Behaviors Based on Theory of Stage of Change: An Interventional Study. *Crescent Journal of Medical and Biological Sciences*, 7(2). Vol. 7, No. 3, July 2020, 404–408.
22. Adeli Gargari , M., Esmailpour ,Kh, Mehrabi, E^{*}, Mirghafourvand, M., & Nourizadeh, R. Effects of Psycho-education Interventions on Perceived Childbirth Fear and anxiety by Pregnant Women: A Systematic Review and Meta-Analysis. *International Journal of Women’s Haelth & Reproduction Sciences*, 2020.
23. Nourizadeh, R., Azami, S., Farshbaf-Khalili, A., & Mehrabi, E^{*}. (2020). The Effect of Motivational Interviewing on Women with Overweight and Obesity before Conception. *Journal of Nutrition Education and Behavior*. <https://doi.org/10.1016/j.jneb.2020.04.219>.
24. Alizadeh Sabeg, P., Mehrabi, E., Nourizadeh, R. *et al*. The Effect of Counseling on Breast Cancer Awareness in Rural Iranian Women: a Randomized Controlled Clinical Trial. *J Canc Educ* **34**, 1083–1091 (2019). <https://doi.org/10.1007/s13187-018-1411-z>.
25. Nourizadeh, R., Azami, S., Farshbaf-Khalili, A., & Mehrabi, E. (2020). The effect of motivational interviewing on women with overweight and obesity before conception. *Journal of Nutrition Education and Behavior*, 52(9), 859-866.
26. Safdari-Molan, M., Mehrabi, E., Nourizadeh, R., Hakimi, S., & Nikkhesal, N. (2021). Predictors of the Worry About Cancer Recurrence Among Women With Breast Cancer.
27. Alizadeh-Sabeg, P., Mehrabi, E., Nourizadeh, R., Hakimi, S., & Mousavi, S. (2021). The effect of motivational interviewing on the change of breast cancer screening behaviors among rural Iranian women. *Patient Education and Counseling*, 104(2), 369-374.
28. Safdari-Molan, M., Mehrabi, E., Zamiri, R. E., Nourizadeh, R., & Hakimi, S. (2020). Predictors of illness perception among women with breast cancer undergoing chemotherapy and radiotherapy. *Crescent Journal of Medical and Biological Sciences*, 8(3).
29. Pourebrahim-Alamdari, P., Mehrabi, E., Nourizadeh, R., Esmailpour, K., Mousavi, S., & Hakimi, S. (2022). The Effect of Face-to-Face and Phone Call Motivational Interviewing on Cervical Cancer Screening. *Cancer Nursing*, 10-1097.
30. Malekzadeh, E., Nourizadeh, R., Farshbaf-Khalili, A., Mehrabi, E., & Hakimi, S. (2022). The effect of decision-aid-based counseling on cervical cancer screening behavior among women: An interventional study. *Journal of Education and Health Promotion*, 11.
31. Shamoradifar, Z., Asghari-Jafarabadi, M., Nourizadeh, R., Mehrabi, E., Areshtanab, H. N., & Shaigan, H. (2022). The impact of effective communication-based care on the childbirth experience and satisfaction among primiparous women: an experimental study. *Journal of the Egyptian Public Health Association*, 97(1), 1-9.
32. Pourebrahim-Alamdari, P., Mehrabi, E., Nourizadeh, R., Esmailpour, K., Mousavi, S., & Hakimi, S. (2022). The Effect of Face-to-Face and Phone Call Motivational Interviewing on Cervical Cancer Screening. *Cancer Nursing*, 10-1097.
33. Kohansal, F., Nourizadeh, R., attarzadeh Jahdi, N. S., Mehrabi, E., & Bafrani, M. A. (2022). The Effect of Educational Interventions on Sexual Behavior and Reproductive Health of Women: A Systematic Review. *Advances in Nursing & Midwifery*, 31(1), 14-21.

34. Bakhtari-Aghdam, F., Abedini, S., Nourizadeh, R., Mehrabi, E., Havizari, S., & Nikkhesal, N. (2021). The effect of counseling on women's coping with unplanned pregnancy. *Journal of Reproductive and Infant Psychology*, 1-10.
35. Mortazavi Ghehi, L. M., Jafarabadi, M. A., Hakimi, S., Nourizadeh, R., Mehrabi, E., Ebrahimpour, M. Menopausal Symptoms Management Decision Aid Trails: A Systematic Review and Meta-analysis. *International Journal of Women's Health and Reproduction Sciences* Vol. 10, No. 2, April 2022, 71–78.
36. Mahdie Arab Bafrani , Roghaiyeh Nourizadeh , Sevil Hakimi , Seyed Alireza Mortazavi , Esmat Mehrabi , Nafiseh Vahed,. (2022). The Effect of Psychological Interventions on Sexual and Marital Satisfaction: A Systematic Review and Meta-Analysis. *Iranian Journal of Public Health*. (accepted, in press).
37. Shiva Shamsdanesh, Roghaiyeh Nourizadeh, Sevil Hakimi, Mohammad Asghari-Jafarabadi, Fatemeh Ranjbar ,Esmat Mehrabi, Hanieh Salehi pourmehr. (2022). The Effect of Educational and Psychological Interventions on the Anxiety and Breastfeeding Self-efficacy during the Covid-19 Pandemic: A systematic review and meta-analysis. *Iranian Journal of Public Health*. (accepted, in press).
38. Saba Baharvand, Mohammad.Asghari-Jafarabadi, Roghaiyeh.Nourizadeh, Niloufar.Sattarzadeh Jahd, Esmat.Mehrabi, Maryam.Vaezi. (2022). The Effect of Decision Aid on Satisfaction with Decision and Anxiety in Choosing the Type of Follow-up Method among Women with abnormal cervical screening results. *Cancer Nursing*. (accepted, in press).
39. Maryam Shahveisi, Roghaiyeh Nourizadeh, Esmat Mehrabi. (2022). The Effect of Shared Decision-Making in Choosing the Method of Labor Analgesia on Childbirth Experience among Primiparous Women. *PLOS ONE*. (accepted, in press).
40. Farasati M, Nourizadeh R, Sattarzadeh-Jahdi N, Esmailpour E, Mehrabi E, Raeisi L. The Effect of In-Home Supportive Counseling on Breastfeeding Self-Efficacy and Breastfeeding Performance Following Cesarean Section Among Primiparous Women. 2022. *International Journal of Women's Health and Reproduction Sciences*. Accepted article. (In press).
41. Farasati M, Nourizadeh R, Sattarzadeh-Jahdi N, Esmailpour E, Mehrabi E, Raeisi L. The effect of in-home supportive counseling on maternal functioning and self-efficacy following cesarean section among primiparous women. 2022. *Journal of education and health promotion*. Accepted article. (In press).

Supervision of Dissertation & Thesis

1	<p>Comparison the effect of non-pharmacological analgesia and pharmacological analgesia with remifentanil on childbirth fear, experience and postpartum depression: A Randomized controlled clinical trial</p> <p>Parinaz Masroor Esmat Mehrabi Roghaiyeh Nourizadeh Hojjat Pourfathi</p>	<p>Tabriz University of Medical Sciences</p>	<p>2022- 7-9</p>
2	<p>The effect of mindfulness-based counseling on childbirth experience and support and control among nullipar women: a randomised controlled clinical trial</p>	<p>Tabriz University of</p>	<p>2022- 4-11</p>

	Bahareh Sharegy Oskouie Esmat Mehrabi Roghaiyeh Nourizadeh Khalil Esmaeilpour	Medical Sciences	
3	Effectiveness of Cognitive Behavioral Therapy and Communication Thecniques Training on fear of childbirth, Childbirth Experiences and postpartum depression in Nulliparous Pregnant Women Zahra Alivand Roghaiyeh Nourizadeh Sevil Hakimi Khalil Esmaeilpour Esmat Mehrabi	Tabriz University of Medical Sciences	2021-11-8
4	The Effect of Positive psychology (optimistic) based Counseling on Sexual and Marital Satisfaction among Reproductive Aged Women during Corona Pandemic: A Quasi-Experimental Study Mahdie Arab Bafrani Esmat Mehrabi Roghaiyeh Nourizadeh Sevil Hakimi Seyedalireza Mortazavi	Tabriz University of Medical Sciences	2021-11-8
5	The relationship between maternal mental health in the postpartum period and infant's behavior Pegah Tayefeh Sardari Sevil Hakimi Leyla Valizade Esmat Mehrabi	Tabriz University of Medical Sciences	2021-10-13
6	The effect of probiotic supplement on episiotomy wound healing and postpartum depression in nulliparous mothers: A Randomized controlled trial DERAKHSHAN ABDOLAPOUR Roghaiyeh Nourizadeh Sevil Hakimi Aziz Homayouni Rad Esmat Mehrabi	Tabriz University of Medical Sciences	2021-8-30
7	Quality of prenatal care in Bandar Abbas health centers during the Covid-19 pandemic Mari Goudarzi Sevil Hakimi Niloufar Sattarzadeh Sedigheh Abedini Esmat Mehrabi	Tabriz University of Medical Sciences	2021-6-22
8	Comparison of effect of vitamin E vaginal cream with vaginal estradiole on atrophic vaginitis among menopausal women Nazila Azari Sevil Hakimi Esmat Mehrabi Yousef Javadzadeh	Tabriz University of Medical Sciences	2021-6-20
9	The effect of counseling with cognitive-behavioral approach and education based on sexual health Selfcare needs on sexual assertiveness and satisfaction in recently married women	Tabriz University of	2021-5-8

	Sanaz Jangi Roghaiyeh Nourizadeh Niloufar Sattarzadeh Mamoud Farvareshi Esmat Mehrabi	Medical Sciences
10	The effect of health awareness counseling on self-care needs and reproductive and sexual health literacy of newly married women: a quasi-experimental study Fereshteh Kohansal Esmat Mehrabi Roghaiyeh Nourizadeh Niloufar Sattarzadeh	Tabriz University of Medical Sciences 2021-5-5
11	The effect of counseling with stress management approach on anxiety and distress and breastfeeding self-efficacy during Corona pandemic: a quasi-experimental study Shiva Shamsedanesh Esmat Mehrabi Roghaiyeh Nourizadeh Fatemeh Ranjbar Sevil Hakimi	Tabriz University of Medical Sciences 2021-3-9
12	The effect of counseling based of EXPLISSIT model on the sexual function of married women with lumpectomy for Breast cancer: a randomized controlled clinical trial Esmat Mehrabi Mahasti Alizadeh Mizani Roghaiyeh Nourizadeh Zivar Akbari Mozhgan Mirghforund	Tabriz University of Medical Sciences 2021-2-13
13	The effect of supportive counseling on anxiety in women undergoing colposcopy: a quasi experimental study Fateme Hemmati Roghaiyeh Nourizadeh Khalil Esmaeilpour Nushin Mobaraki Asl Esmat Mehrabi	Tabriz University of Medical Sciences 2021-1-9
14	The effect of supportive counseling in home on breastfeeding practice and maternal functioning after cesarian section in primiparous women: a quasi experimental study Mahsa Ferasati Roghaiyeh Nourizadeh Niloufar Sattarzadeh Khalil Esmaeilpour Esmat Mehrabi Leila Reisy	Tabriz University of Medical Sciences 2020-12-27
15	The Effect of Communication Techniques Training on Fear of Childbirth in Nulliparous Women Elham Dorosti Roghaiyeh Nourizadeh Esmat Mehrabi Sepideh Herizchi Ghadim	Tabriz University of Medical Sciences 2020-10-6
16	Effect of communication based care on childbirth experience and satisfaction inprimiparous women: An interventional study	Tabriz University of 2020-8-17

	Zahra Shamoradifar Esmat Mehrabi Roghaiyeh Nourizadeh Hossein Namdar Areshtanab Hurie Shaygan	Medical Sciences	
17	Effect of shared Decision making on the satisfaction about choice of Management Method of Menopausal symptom among women:Pre and Post interventional study Leyla Mortazavi Esmat Mehrabi Sevil Hakimi	Tabriz University of Medical Sciences	2020- 6-23
18	The effect of shared decision making on decision self-efficacy and satisfaction among women with abnormal cervical cytology: an interventional study Saba Baharvand Esmat Mehrabi Roghaiyeh Nourizadeh Niloufar Sattarzadeh	Tabriz University of Medical Sciences	2020- 6-23
19	The effect of shared decision making about selection of type of child birth analgesia in women`s child birth experience: an interventional study Maryam Shahveysi Esmat Mehrabi Roghaiyeh Nourizadeh	Tabriz University of Medical Sciences	2020- 6-23
20	Comparison between the effect of mother`s own milk and donor milk on antropometric parameters and some outcomes among preterm newoborns Maryam Alizadeh Sevil Hakimi Esmat Mehrabi Manizheh Mostafa Gharehbaghi	Tabriz University of Medical Sciences	2020- 6-23
21	Psychometry of adaptation to illness inventory among Iranian women with breast cancer Sepideh Hajian Esmat Mehrabi Masoumeh Simbar Mohammad Houshyari Farid Zayeri	Shahid Beheshti University of Medical Sciences	2020- 1-25
22	Psychometric properties of Age and state questionnaire3 (ASQ) Sevil Hakimi Niloufar Sattarzadeh Mariam Soltanzad Roghaiyeh Nourizadeh Esmat Mehrabi	Tabriz University of Medical Sciences	2020- 1-12
23	Comparison the effects of motivational interview and motivational telephone interview on performing Pap smear: an experimental study Parvin Pourebrahimealamdari Roghaiyeh Nourizadeh Khalil Esmaeilpour Esmat Mehrabi Saeed Musavi	Tabriz University of Medical Sciences	2019- 12-3

24	Title:Effect of Decision Aid on Breast Cancer Screening Behaviors among Women:Á quasi-experimental Zivar Akbari Esmat Mehrabi Roghaiyeh Nourizadeh Mozhgan Mirghforund	Tabriz University of Medical Sciences	2019- 9-3
25	The related factors of illness perception in women with breast cancer referring to oncology centers of Tabriz, 2019 Masoom Safdari Roghaiyeh Nourizadeh Esmat Mehrabi Reza Eghdam Zamiri	Tabriz University of Medical Sciences	2019- 8-27
26	The survey effect of counseling on coping strategies of unplanned pregnant women: a randomized controlled clinical trial Soheyla Abedini Fatemeh Bakhtari Aghdam Roghaiyeh Nourizadeh Esmat Mehrabi Haidar Nadrian Leila Jahangiry	Tabriz University of Medical Sciences	2019- 7-31
27	The impact of decision aid on the stages of change in the behavior of cervical cancer screening in women: Interventional-experimental study Elnaz Malekzadeh Esmat Mehrabi Roghaiyeh Nourizadeh Azizeh Farshbaf Khalili	Tabriz University of Medical Sciences	2019- 7-7
28	Effect of empowerment approach counseling on pregnancy anxiety and child birth self efficacy: a Randomized Controlled Clinical Trial Masomrh Adeli Gargari Esmat Mehrabi Khalil Esmailpour Roghaiyeh Nourizadeh Mozhgan Mirghforund	Tabriz University of Medical Sciences	2018- 12-26
29	The effect of counselling on coping with decision to continue an unplanned pregnancy: a randomized controlled clinical trial Nayyer Bayramour Esmat Mehrabi Amir Erfani Roghaiyeh Nourizadeh Mozhgan Mirghforund	Tabriz University of Medical Sciences	2018- 2-5
30	The Effect of Motivational Interviewing on Dietary intake and Physical Activity change of Overweight and Obese Preconceptional Women: A Randomized Controlled Clinical Trial Samar Azami Roghaiyeh Nourizadeh Esmat Mehrabi Azizeh Farshbaf Khalili Hamied Poursharifi	Tabriz University of Medical Sciences	2017- 8-5
31	The related factors of decision-making to abort or continue an unplanned pregnancy	Tabriz University of	2017- 6-25

Neda Nikkhesal Esmat Mehrabi Saeed Dastgiri Roghaiyeh
Nourizadeh Saeed Musavi Medical Sciences

32 The Effect of Motivational Interviewing on Breast Cancer Screening Behaviors of (Iranian Azeri) Rural Women: A Randomized Controlled Clinical Trial Tabriz University of 2017-
Parvin Alizadeh Roghaiyeh Nourizadeh Esmat Mehrabi Saeed Medical 6-20
Musavi Hamied Poursharifi Sciences

Training Course (Participant or Speaker)

- International work shop of Active Birth 2020, Istanbul, Turkey.
- International work shop of Haptonomy 2020, Istanbul, Turkey.
- International work shop of Birth psychodrama 2020, Istanbul, Turkey.
- Short-term course (six months) of professional ethics.
- 60-hour physiological childbirth course.

Honors and awards

Top midwife selected in the University of Medical sciences, Tabriz, Iran. 5 May of 2019.

International journal editors or reviewers

- Academic editorial board of PLOS ONE.
- Academic editorial board of Advances in Nursing & Midwifery.
- International Conference on Psychiatry and Mental Health, PMH 2021.

Presentation in seminars, conferences and congresses (Oral or Poster)

- Waist circumference in relation to prediction of delivery outcomes (oral presentation). **14th World Congress on Controversies in Obstetrics, Gynecology & Infertility** (FRANCE) 2012.
- Prediction value of maternal 1st trimester BMI and waist circumference in gestational complications (Poster). **14th World Congress on Controversies in Obstetrics, Gynecology & Infertility** (FRANCE) 2012.
- Relationship between low birth weight and maternal anthropometric Indices. National congress of nursing challenges about care of children with chronic disease, Iran, Tabriz, 2011.
- Emotional based approach of women after breast cancer diagnosis. National congress of Nursing Ethics, Iran, Tehran. 2014.
- Lecturer of the childbirth risk management workshop (2018, 2019, 2020)
- Lecturer of the puberty health workshop (2018)
- Lecturer of the Workshop on pelvic floor disorders (2019)
- Lecturer of the workshop on childbirth dystocia (2020, 2022)

- Lecturer of the childbearing workshop (2022)
- Lecturer of the workshop on the quality of clinical education (preceptorship)(2019)

Published Books

- Khalili, Leila, Khadijeh Eslamnezhad, Ali Barzegar, Azadeh Dehghani, Nazanin Zakeri, and Esmat Mehrabi. "Role of Probiotics in Diabetes Control." In *Microbiome-Gut-Brain Axis*, pp. 337-353. Springer, Singapore, 2022.
- Esmat Mehrabi. Infertility, Elvin publisher, 2009. (Persian)
- Decision making in reproductive aged women (2021), Persian, in press.