



Sabzevar University of Medical Sciences

Curriculum Vitae



Personal Information

Name: Mostafa

Surname: Rad

Affiliation: Nursing Department, School of Nursing and Midwifery, Iranian Research Center on Healthy Aging, Sabzevar University of Medical Sciences, Sabzevar, Iran

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Educational background

PhD in: Nursing education, Mashhad University of Medical Sciences

MSc in: Medical Surgical Nursing Education, Tarbiat Modares University (Tehran)

BSc in: Nursing, Shiraz University of Medical Sciences

Dissertations

MSc Thesis Title:

Effect of Designed Exercise Program on Fatigue Severity of Patients undergoing External Radiation Therapy

PhD Thesis Title:

Exploring the process of managing incivility in nursing students by faculty members: model

development for promotion civil behavior

Awards and Ranks

Superior Nursing Instructor (Educational Superiority) of *Sabzevar University of Medical Sciences* in 2010

Superior researcher of *Sabzevar University of Medical Sciences*, 2011

Top rank at Shahid Motahari National Festival in 2009 with the design of a training program for carrying the injured victim

A desirable Educational process in *Sabzevar University of Medical Sciences* in the fourth Shahid Motahhari Educational Festival titled Logbook of Nursing Procedures

Superior Nursing Instructor (Educational Superiority) of *Sabzevar University of Medical Sciences* in 2017

Receiving Appreciation of Designing Superior Educational Process in *Sabzevar University of Medical Sciences* in 2017

Selected as top Researcher at Nursing and Midwifery School in 2016

Teaching Experiences

- I. Teaching Experiences I: Instructor, Shahed Nursing School, *Tehran University of Medical Sciences*, 2000-2001
- II. Teaching Experiences II: Instructor, Nursing School, *Sabzevar University of Medical Sciences*, 2001-2004
Teaching Experiences III: Instructor, Nursing School, *Ferdows Azad Islamic University*, 2005-2006
- III. Teaching Experiences IV: Instructor and Faculty Member, Nursing School, *Sabzevar University of Medical Sciences*, 2006 until now.

Professional Membership

1. Iranian Scientific Nursing Association
2. Scientific Editor of *Sabzevar University of Medical Sciences Journal*
3. Member of Research Council, Faculty of Nursing and Midwifery
4. Head of Postgraduate Studies and Research at Nursing Faculty
5. Member of the research council of the Aging Research Center

Research Field of Interest

1. Nursing Education
2. Qualitative studies
3. Nursing Care in Cancer And ESRD

Conference participation

1. Poster presentation titled: effective English program for Nursing undergraduate degree students, *Golestan University of Medical sciences*
2. Presentation of the poster titled: the accuracy of the Manometer in *Sabzevar*

hospitals, Golestan University of Medical sciences

3. Presentation of the poster titled: Ucivil behaviors in Iranian nursing education system based on the experiences of nursing lecturers and students: a quantitative content analysis study, Bojnord University of Medical sciences
4. Oral Presentation titled: How to Breaking Bad news in midwifery with the SPIKES strategy, Mashhad University of Medical sciences
5. Oral Presentation titled: The effect of laughter therapy on the severity of fatigue and quality of life of breast cancer patients under external radiation therapy, Tehran University of Medical sciences
6. Oral Presentation titled: The effect of cold dialysis on itching during dialysis in patients with chronic renal failure, Tehran University of Medical sciences
7. Oral Presentation titled: The effect of laughter therapy on the fatigue of cancer patients under external radiation therapy, Mashhad University of Medical sciences
8. Oral Presentation titled: Non-pharmacological interventions in the treatment of cancer-related fatigue: a review study, Mashhad University of Medical sciences

Publications

1. Aghili M, Farhan F, **Rade M**. A pilot study of the effects of programmed aerobic exercise on the severity of fatigue in cancer patients during external radiotherapy. *European Journal of Oncology Nursing*. 2007 Apr 1;11(2):179-82.
2. Karimi Monaghi H, **Rad M**, Bakhshi M. DO the new methods of teaching in medical education have adequate efficacy?: A systematic review. *Strides in development of medical education*. 2013 Aug 15;10(2):271-80.
3. **Rad M**, Ildarabadi EH, Moharreri F, Moonaghi HK. Causes of incivility in Iranian nursing students: A qualitative study. *International journal of community based nursing and midwifery*. 2016 Jan;4(1):47.
4. **Rad M**, Ildarabadi EH, Moharreri F, Moonaghi HK. A study of incivility in the Iranian nursing training system based on educators and students' experiences: a quantitative content analysis. *Global journal of health science*. 2015 Mar;7(2):203.
5. **Rad M**, Ildarabadi EH, Moharreri F, Moonaghi HK. A study of incivility in the Iranian nursing training system based on educators and students' experiences: a quantitative content analysis. *Global journal of health science*. 2015 Mar;7(2):203.
6. Heydari A, **Rad M**, Rad M. Evaluating the Incivility between Staff Nurses and Matrons Employed in Iran/Procena nepristojnog ponašanja u međusobnom odnosu medicinskih sestara i glavnih medicinskih sestara zaposlenih u Iranu. *Acta Facultatis Medicae Naissensis*. 2015 Jun 1;32(2):137-46.
7. **Rad M**, Mirhaghi A, Shomoossi N. Self-assertiveness interfacing incivility in student nurses: Possible outcomes. *Nurse education today*. 2015 Oct 1;35(10):e6.
8. **Rad M**, Moonaghi HK. Strategies for managing nursing students' incivility as experienced by nursing educators: a qualitative study. *Journal of caring*

sciences. 2016 Mar;5(1):23.

9. Shomoossi N, **Rad M**, Rakhshani MH. Efficacy of English language programs as judged by nurses and students of nursing: Do nurses in Iran need to know English?. *Acta Facultatis Medicae Naissensis*. 2013 Sep 1;30(3):137-44.
10. **Rad M**, Torkmannejad Sabzevari M. Association between domestic violence against women with pre-invasive and invasive cervical lesions: a review study. *The Iranian Journal of Obstetrics, Gynecology and Infertility*. 2015;18(176):1-0.
11. **Rad M**, Borzoe F, Shahidsales S, Tabarraie Y, Varshoe-Tabrizi F. The Effects of Humor Therapy on the Fatigue in Breast Cancer Patients Undergoing External Radiotherapy. *Journal of Babol University of Medical Sciences*. 2015 Jan 15;17(1):45-52.
12. Heydari A, **Rad M**, Ghasemi MR, Sabzevari MT, Rad M. Challenges ahead of emergency medical technician graduates in the workplace in Iran: a qualitative study. *Journal of allied health*. 2014 Jun 3;43(2):19E-24E.
13. Karimi Moonaghi H, **Rad M**, Torkmannejad Sabzevari M. Management of challenging behavior (incivility) among medical students. *Future of Medical Education Journal*. 2014 Mar 1;4(1):41-.
14. **Rade M**, Khalili H, Rakhshani M. Nursing And Midwifery Students'perceptions Of The Characteristics Of An Effective Clinical Teacher.
15. Mohebbi Dehnavi Z, Torkmannejad Sabzevari M, Rastaghi S, **Rad M**. The relationship between premenstrual syndrome and type of temperament in high school students. *The Iranian Journal of Obstetrics, Gynecology and Infertility*. 2017;20(5):15-23.
16. **Rad M**, Jaghouri E, Sharifipour F, Rakhshani MH. The effects of cool dialysate on pruritus status during hemodialysis of patients with chronic renal failure: A controlled randomized clinical trial. *Iranian Red Crescent Medical Journal*. 2017;19(1).
17. Tofighiyan T, **Rad M**. Prevalence of Cardiac Arrhythmia Disorders in Patients with Myocardial Infarction Admitted to CCU Ward in the Vasei Hospital of Sabzevar. *Quarterly Journal of Ahvaz Faculty of Nursing and Midwifery/Vol*. 2012;1(2).
18. Heydari A, **Rad M**. The Methodological Accuracy in Interventional Medical Education Articles Published in Approved Iranian Journals from 2005 to 2013. *Strides Dev Med Educ*. 2014;10(4):341-8.
19. **Rad M**, Shamousi N, Rakhshani M. The efficiency of English language teaching at undergraduate level from nursing and midwifery students and practitioners' point of view. *Journal of Medical Education Development*. 2010 Apr 1;3(4):12-9.
20. **Rad M**, Sabzevari MT, Dehnavi ZM. Factors associated with premenstrual syndrome in female high school students. *Journal of Education and Health Promotion*. 2018;7.
21. **Rad M**, Sabzevari MT, Rastaghi S, Dehnavi ZM. The relationship between anthropometric index and primary dysmenorrhea in female high school students. *Journal of education and health promotion*. 2018;7.
22. Armat MR, Assarroudi A, **Rad M**, Sharifi H, Heydari A. Inductive and deductive: Ambiguous labels in qualitative content analysis. *The Qualitative Report*. 2018;23(1):219-21.

23. **Rad M**, Shomoossi N, Mirhosseini Z, Kashani E. Can cool dialysate alleviate restless leg syndrome in hemodialysis patients?. *Journal of Research in Medical Sciences*. 2017 Dec 3;22(11):J-Res.
24. **Rad M**, Rad M. A study of the factors related to cardiopulmonary resuscitation physical fatigue and the quality of resuscitation. *Acta facultatis medicae Naissensis*. 2017 Mar 1;34(1):43-53.
25. **Rad M**, Borzoe F, Mohebbi M. The Effect of Humor Therapy on Fatigue Severity and Quality of Life in Breast Cancer Patients Undergoing External Radiation Therapy. *ZUMS Journal*. 2016 Apr 1;24(103):102-14.
26. **Rad M**, Mirhaghi A, Shomoossi N. Loving and Humane Care: A Missing Link in Nursing. *Nursing and midwifery studies*. 2016 Jun;5(2).
27. Heydari A, Karimi Moonaghi H, **Rad M**, Bakhshi M. The publication status and general quality of internationally published articles by Iranian nursing scholars. *Journal of Nursing and Midwifery Sciences*. 2015 Sep 15;2(2):1-0.
28. Shomoossi N, Mostafa **Rad M**, koushan M Ganjloo J. Nurses as Death Notifiers: a Report from Nurses in Iran. *Life Science Journal*. 2013;10(4s).
29. **Rad M**, Memarian R, Aghili M. THE EFFECT OF THE SCHEDULED EXERCISE PROGRAM ON THE FATIGUE OF CANCER PATIENTS UNDER EXTERNAL RADIOTHERAPY.
30. TorkmannejadSabzevary, **Rad M**. [The relationship between temperaments and postpartum depression in health centers in Sabzevar, 1396](#)
31. **Rad M**, Bidi A, Khaligh GR, Rad M. Causes of Late Referral to the Emergency Department in Patients with Myocardial Infarction in Iran. *Acta facultatis medicae Naissensis*. 2018 Jun 1;35(2):105-13.
32. Javanvash Z, **Rad M**. The effect model-based self-management program 5A on quality of life of elderly patients with acute coronary syndrome Bojnourd Year 1395
33. **Rad M**, Hassanpour K, Shomoossi N. Outpatient Education: An Overlooked Concern in Iran. *SDME*. 2018;22(3):212-9.
34. **Rad M**, [Wandering Internship during training in the hospital wards](#)
35. Sabzevari MT, Khalili H, **Rad M**. Non-Pharmacological Treatments of Pruritus in Hemodialysis Patients: A Review Study. *Jundishapur Journal of Chronic Disease Care*. 2018;7(2).
36. **Rad M**, Sabzevary MT, Dehnavi ZM. Association Between Menstrual Disorders and Obesity-Related Anthropometric Indices in Female High School Students: A Cross-Sectional Study. *International Journal of School Health*. 2018;5(2).
37. **Rad M**, Shomoossi N, Rakhshani MH, Sabzevari MT. Psychological capital and academic burnout in students of clinical majors in Iran. *Acta facultatis medicae Naissensis*. 2017 Dec 1;34(4):311-9.
38. **Rad M**, Moonaghi HK, Ildarabadi E. Can nurse teachers manage student incivility by guided democracy? A grounded theory study. *BMJ open*. 2017 Jul 1;7(7):e014639.
39. Baghdari N, **Rad M**, Sabzevari MT. Effect of SPIKES-based education by role playing and multimedia approaches on breaking bad news skills in midwifery students (a comparison). *Acta facultatis medicae Naissensis*. 2017 Jun 1;34(2):137-46.
40. **Rad M**, Assarroudi A, Armat MR, Shomoossi N. Timeliness: The authors' vested right but the editors' last concern. *Journal of research in health*

- sciences. 2016 Aug 12;16(4):235-6.
41. **Rad M**, Torkmannejad Sabzevari M. Association between domestic violence against women with pre-invasive and invasive cervical lesions: a review study. *The Iranian Journal of Obstetrics, Gynecology and Infertility*. 2015;18(176):1-0.
 42. **Rad M**, Mohebbi M, Borzoe F. Non-pharmacological interventions for cancer-related fatigue. *Clinical Excellence*. 2016;5(1):96-112.
 43. Baghdari N, Torkmannejad Sabzevari M, Karimi Moonaghi H, **Rad M**, Amiri M. The Effect of Educational Approaches on Knowledge and Attitude of Midwifery Students in Breaking bad News to Patients. *Journal of Medical Education Development*. 2016 Jul 1;9(22):12-20.
 44. **Rad M**, Torkmannejad Sabzevari M. Association between domestic violence against women with pre-invasive and invasive cervical lesions: a review study. *The Iranian Journal of Obstetrics, Gynecology and Infertility*. 2015;18(176):1-0.
 45. **Rad M**, Borzoe F, Mohebbi M. The Effect of Humor Therapy on Fatigue Severity and Quality of Life in Breast Cancer Patients Undergoing External Radiation Therapy. *ZUMS Journal*. 2016 Apr 1;24(103):102-14.
 46. **Rad M**, Bidi A, Khaligh G, Rad M. Factors Linked To Delayed Reference Of Myocardial Infarction Patients Toemergency Department Of Sabzevar Vaseii Hospital In 1390-91.
 47. **Rad M**, Torkmannejadsabzevari M, Karimimoonaghi H. Dealing With Challenging Behaviors (Incivility) In Medical Sciences Students: A Review Study. *Journal Of Torbat Heydariyeh University Of Medical Sciences*. 2015;3(1):58-49.
 48. Heydari A, **Rad M**, Ghasemi Mr. Academic Engagement Concept And Its Affecting Factors In Medical Education: A Review Study.
 49. Namayande A, **Rad M**. [The impact of ice bag on pain intensity associated with pulling sutures of the leg vein removal after cardiac surgery](#)
 50. [Educational Challenges in Emergency Medicine Technician: A Qualitative Research](#)
 51. Khalili H, **Rad M**. An Study Of The Accuracy Of Sphygmomanometers In Hospitals In Sabzevar.
 52. Khalili H, Rad M, Shiri S. Hyperparathyroidism With Pathological Fracture Of The Femur In Sleeping.
 53. **Rad M**, Khalili H, Ebrahimi M. Food-borne botulism due to Kame (a dairy product): Case report of a family. *Journal of Mazandaran University of Medical Sciences*. 2010 Apr 15;20(75):77-81.
 54. Tofighiyan T, **Rad M**. Prevalence of Cardiac Arrhythmia Disorders in Patients with Myocardial Infarction Admitted to CCU Ward in the Vasei Hospital of Sabzevar. *Quarterly Journal of Ahvaz Faculty of Nursing and Midwifery/Vol*. 2012;1(2).

Workshops

Participation in Faculty empowerment workshops:

Participation in the Feast of Thoughts at Sabzevar University of Medical Sciences held in Khazarabad, Sari, 2016

Participation in the scientific writing workshop

Participation in the Scientific Conference about Health Justice
Participation in workshop entitled Research Ethics
Participation in the Continuing education program_Workshop of the Medical education (Mechanical Ventilation Workshop)
Participation in PowerPoint Training Workshop
Participation in workshop titled: How to create a BEME Review proposal (systematic review of medical education)?
Participation in Workshop of scientific writing
Participation in Communication skills workshop
Participation in Familiar with Curriculum Designing and Formation
Participation in Workshop titled Introduction to Theory
Participation in workshop titled Delphi research method
Participation in scientific Writing Workshop
Participation in Workshop about effective teaching methods
Participation in Research method workshop
Participation in Workshop for familiarization with research regulations
Participation in Workshop on Ethics in Research
Participation in Educational methodology workshop in medical education
Participation in Society-based collaborative research workshop
Participation in Electronic resources search workshop
Participation in Familiarity with research guidelines
Participation in Writing Workshop
Participation in Workshop on familiarity with digital resources of medical sciences
Participation in the crisis management seminar in unexpected events
Participation in the Nursing Science and Research Festival
Participation in Workshop for the third Olympiad of medical students of the country
Participation in congress familiar with the techniques of connecting the faculty with the student counselor
Participation in OSCE Training Workshop
Participation in Workshop on teaching methods
Participation in Workshop on systematic review and meta-analysis
Participation in Workshop for familiarization with databases
Participation in Third Conference of the Crisis
Participation in CPR Workshop
Participation in Research method workshop
Participation in Writing Workshop
Participation in Workshop on the Principles and Foundations of Islamic
Participation in Research in Medicine Workshop
Participation in Tutorial Workshop and Lesson Plan
Participation in Workshop Ten Steps in Research
Participation in Internal evaluation workshop
Participation in Empowered Faculty Workshop
Participation in Training teachers on Student Evaluation Methods Workshop
Participation in Familiarity with General Health Education Reform Workshop

Participation in Workshop for the third Olympiad of medical students of the country
Participation in Teaching and guiding students in the field of clinical reasoning
Participation in Evidence of participation in the arbitration of evidence-based congress papers
Participation in The first cultural meeting of professors

Theses Supervision:

The effect of laughter therapy on fatigue in patients with breast cancer under external radiation therapy

Effect of ice bag on pain caused by suture removal site surgery

The effect of cold dialysis solution on the condition of itching during hemodialysis in patients with chronic renal failure in Imam Reza Hospital, Mashhad

The effect of supplementation of curcumin on serum lipid profile and systemic inflammation in hemodialysis patients

Investigating the Effect of Evidence Based Ambulation on Nausea and Pain in Patients After Inguinal Hernia

Comparison of the effect of cold dialysis solution and standard dialysis solution on restless leg syndrome in patients undergoing hemodialysis

The effect of cold dialysis solution on the quality of sleep in patients undergoing hemodialysis in Vasei Hospital, Sabzevar

Comparison of the effect of using cushion gel pads with foam on prevention of bed sore in patients with traumatic patients admitted to the intensive care unit of Mashhad hospitals

The effect of self-management plan based on 5A model on quality of life of elderly people with acute coronary syndrome in Bojnourd city in 1395

Investigate the simultaneous effect of pressure, rapid release of skin and skin irritation due to muscle intramuscular injection

Comparative study of heparin in two methods of intermittent intravenous injection and continuous infusion with a syringe pump; on laboratory results and possible complications in patients with acute coronary syndrome

Comparison of the Effect of Topical Use of Black Nutrient Oil on Diclofenac Bonded Joint Gel in the Elderly Patient Referring to Health Center of Traditional Medicine in Sabzevar University of Medical Sciences in 1396

Comparison of the effect of training on the knowledge, attitude and practice of nurses on the use of physical inhibition of patients admitted to the intensive care unit

The effect of educating elderly carers on the way of virtual social networks on the treatment of acute coronary artery disease

Comparative study on the effect of heparin 1000 and 5,000 units on arterial blood gas in patients in intensive care unit of Sabzevarer hospitals in 1396

Executive Responsibility:

Head of the Nursing group from 20/4/2016 to 20/12/2017

Member of the OSCE Exams Committee

Member of the Committee for the Prevention of Student Academic failure

A member of the interviewing group to recruit a faculty member to the letter No. 6361/14 / A dated 30/5/87

Member of the interviewing team for admitting medical emergency students in the years 2008 and 2009 by letters 8735/122 / A and 275/122 / pp.

Supervisor of Talent Student in 2008 with the letter No. 543/122 / EDC

Member of the Council for the Coordination and Planning of Continuing Education of the Medical Society of the Faculty of Medical Sciences for 4 years from the date of 10/90/1886 to 10908

The designer of the university employment exam on 7 and 27/12/2009, with the letter No. 6385/122 / d and on September 20, 2008

Member of the Research Council of the Center for Research and Development of Medical Education for three years, No. 566/122 / EDC

Head of Committee on Lesson Planning and Curriculum Development Center for Education and Development for three years, No. 535/122 / EDC dated 19/5/87

Head of the field of clinical argumentation of the 3rd Olympiad of Medical Sciences Students in Sabzevar University of Medical Sciences, No. 58/910 / p / d / 90 dated 8/3/90