

Kourosh Zarea, PhD, RN, PNP

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July 30th, 2025

Address:

Work:

Professor

Nursing and Midwifery School

Ahvaz Jundishapur University of Medical Sciences (AJUMS)

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EDUCATION

Degrees	Institution and Location	Graduation
PhD	Tehran University of Medical Sciences (TUMS), Tehran, Iran	2012
MSN	Shiraz University of Medical Sciences (SUMS), Shiraz, Iran	2001
BSN	Mazandaran University of Medical Sciences (MUMS), Sari, Iran	1998
Associate's Degree	Babol University of Medical Sciences, Babol (BUMS), Babol, Iran	1996

Post-graduate Training:

Deakin University, Research Visitor	2024
SUMS, Virtual Medical Education Fellowship	2016-2017
AJUMS, School of Nursing, Incite Faculty Development Workshops	2014, 2016, 2020
AJUMS, Systematic Review and Meta-Analysis Research Course	2019
IUMS, Medical Journalism and Ethical Issues Workshop	2017

PROFESSIONAL EXPERIENCES

Academic Rank/Title/ Position	Institution	Dates
Iranian Nursing Board	Ministry of Health and Medical Education, Tehran	2024-presnt
Full Professor of Nursing	School of Nursing & Midwifery, Ahvaz	2024-present

Research Visitor	Deakin University, Melbourne, Australia	2024-2024
Vice Chancellor for Research	School of Nursing & Midwifery, Ahvaz	2013-2015, 2020-present
Editor in Chief	Jundishapur Journal of Chronic Disease Care	2017-present
Head of Psychiatric Nursing Department	School of Nursing & Midwifery, Ahvaz	2018-2020
Associate Professor of Nursing	Ahvaz Jundishapur University of Medical Sciences	2017-2024
Founding Board	Nursing Care Research Center in Chronic Diseases	2015-present
Vice Chancellor for Education	Ahvaz School of nursing & midwifery	2016-2018
Program Director	Postgraduate program	2012-2014
Assistant Professor of Nursing	Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran	2012-2017
Instructor of Nursing	Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran	2006-2012
Program Director	Azad Islamic University, Behbahan Branch	2010-2015
Instructor of Nursing	Shiraz University of Medical Sciences	2001-2004

Professional Positions:

2024-present	Member of the National Board of Nursing
2012-2013	Director of postgraduate students in nursing and midwifery
2012-2015	The Head of Psychiatric Nursing Department
2015-2017	Board of Nursing in Khuzestan Province
2017-2017	Director of National Nursing PhD Examination in the Southwest of Iran
2020-present	Vice Chancellor for Research in Nursing and Midwifery School
2015-2017	Vice Chancellor for Education, Nursing and Midwifery School
2017-present	Editor in chief of Jundishapur Journal of Chronic Diseases Care (JJCDC)
2016-present	Founding Board of the Nursing Care Research Center for Chronic Diseases

Licensure & Certificates:

2005- present	Registered Nurse, Iran (8438519)
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2006-present Psychiatric Nurse Practitioner (Iran)

Research Experience

COVID-19 Related Research Projects:

1. **The effect of the progressive muscle relaxation technique on stress, anxiety, and depression in nurses caring for COVID-19 patients: a randomized clinical trial**
Sponsor: AJA University of Medical Sciences
Years: 2020-2022
Grant amount: 30,000,000 IRR.
Achievements: two articles published in peer-reviewed journals
2. **The role of cognitive emotion-regulation strategies in the quality of life of COVID-19 patients of Razi Hospital in Ahvaz, 2020**
Sponsor: Ahvaz Jundishapur University of Medical Sciences
Years: 2020-current
Grant amount: 30,000,000 IRR.
Achievements: ongoing
3. **Exploring of nonconformity to quarantine rules, while prevalence of COVID-19: A qualitative study**
Sponsor: Ahvaz Jundishapur University of Medical Sciences
Years: 2020-2022
Grant amount: 44,900,000 IRR.
Achievements: one article published in a peer reviewed journal.
4. **Factors associated with nonconformity to quarantine rules, while prevalence of COVID-19**
Sponsor: Ahvaz Jundishapur University of Medical Sciences
Years: 2020-current
Grant amount: 44,500,285 IRR.
Achievements: ongoing
5. **Investigating the Relationship between Shift Work and Medication errors of Nurses Working in Teaching Hospitals in COVID-19 Pandemic**
Sponsor: Ahvaz Jundishapur University of Medical Sciences
Years: 2021-current
Grant amount: IRR. 8,900,000
Achievements: ongoing
6. **A Study of the simultaneous effect of Covid 19 and air pollutants on respiratory and cardiovascular diseases: A review study**
Sponsor: Ahvaz Jundishapur University of Medical Sciences
Year: 2021-2022
Grant amount: 0 IRR.
Achievements: 1published one article in a peer reviewed journal.

7. Evaluation of the type of home care of patients with COVID-19, and the degree of stability of their symptoms

Sponsor: Ahvaz Jundishapur University of Medical Sciences

Year: 2020-2022

Grant amount: 29,700,000 IRR.

Achievements: 1article published

8. Final triage methods to decide on home-isolation versus hospitalization in the COVID-19 pandemic: a challenge for clinicians

Year: 2020-2022

Grant amount: 0 IRR.

Achievements: 1published one article in a peer reviewed journal.

Funded Research Projects:

No	Project title	Budget	Period
1.	Predicting academic procrastination based on internet addiction and personality traits in nursing students at AJUMS	18,000,000 IRR	2024-present
2.	People's experiences with eyebrow transplantation: A qualitative study	48,000,000 IRR	2024-present
3.	Investigating the relationship between successful aging, mental well-being, and perceived social support among the elderly in Ahvaz in 2024	19,000,000 IRR	2024-present
4.	The effect of peer-based education on resilience and life expectancy in women with breast cancer and their spouses refers to Yazd University of Medical Sciences clinics	25,000,000 IRR	2024-present
5.	Effect of Acceptance and Commitment Therapy (ACT) using two methods, internet-based and book therapy, on anxiety and depression in patients with breast cancer	19,600,000 IRR	2024-present
6.	Design and psychometric evaluation of an adjustment questionnaire for spouses of patients undergoing hemodialysis	26,000,000 IRR	2023-present
7.	Medication adherence, readmission rates, and the factors affecting them in patients with psychiatric disorders discharged from the psychiatric wards of hospitals of AJUMS	19,900,000 IRR	2023-present
8.	Explaining the adaptation process in liver transplant recipients: A grounded theory study	48,000,000 IRR	2023-present
9.	Predicting treatment adherence based on psychological well-being, social support, and health literacy in patients with heart failure referred to the teaching hospitals of AJUMS	19,900,000 IRR	2023-present
10.	Exploring the experiences of faculty members regarding ethical considerations in research and strategies for improving them: A qualitative study	52,900,000 IRR	2023-present

11.	Designing a model to predict self-care behaviors based on psychological well-being, social support, and self-efficacy in patients with type 2 diabetes referred to Khatam al-Anbiya (PBUH) Hospital in Shushtar City	29,900,000 IRR	2023-present
12.	Identifying and predicting symptom clusters in patients with advanced cancer: a multi-method study	58,900,000 IRR	2023-present
13.	Effectiveness of palliative drug treatments on fatigue in patients with advanced cancer: RCT	59,900,000 IRR	2023-present
14.	Investigating the effect of psychological resilience training on psychological well-being and resilience of adults with cancer referred to teaching hospitals in Ahvaz city	12,900,000 IRR	2023-present
15.	Study of the perception and attitude towards teamwork and its influencing factors among operating room personnel of hospitals affiliated with Jundishapur University of Medical Sciences, Ahvaz, in 2023	19,900,000 IRR	2023-present
16.	The effect of positive thinking training on tolerating the suffering and burden of care in mothers with cerebral palsy	10,500,000 IRR	2022-present
17.	Evaluating the perception and attitude toward teamwork and its related factors in teaching hospitals affiliated with Ahvaz Jundishapur University of Medical Sciences in 2022	39,900,000 IRR	2022-present
18.	Evaluation of factors affecting low back pain in operating room personnel by an artificial intelligence analysis method	42,100,000 IRR	2022-2024
19.	Psychometric evaluation of a Chinese version of auditory hallucination risk assessment scale (AHRAS) in patients with schizophrenia in Iranian population	49,000,000 IRR	2022-present
20.	Study of the prevalence of shift work-related health consequences in nurses working in hospitals of Ahvaz Jundishapur University of Medical Sciences	93,400,000 IRR	2022-2023
21.	Investigating the relationship between social support and mental health in pregnant women in Ahvaz	8,900,000 IRR	2022-present
22.	Investigating the relationship between Shift Work and Medication errors of Nurses Working in Teaching Hospitals amidst the COVID-19 Pandemic	8,900,000 IRR	2022-present
23.	Development of a community-based care service package for adults with severe and persistent mental disorders	41,000,000 IRR	2022-2025
24.	Comparison of personality traits of couples with experience of Infidelity in those who refer to counseling centers in Ahvaz in 2021	5,000,000 IRR	2022-2023
25.	A Study of the Simultaneous Effect of COVID-19 and Air Pollutants on Respiratory and Cardiovascular Diseases: A Review Study	--	2021-2022

26.	Predicting the quality of life of hemodialysis patients who were referred to AJUMS based on perceived social support, spiritual well-being, health literacy, and resilience using the Structural Equation Model (SEM) and Artificial Neural Network (ANN)	4,900,000 IRR	2021-2022
27.	Curriculum Design for the MSc in Infection Prevention and Control in Nursing.	40,000,000 IRR	2022-2024
28.	Association between sociodemographic variables, anthropometric indices, sleep quality, physical activity, and diabetes mellitus in the Hoveyze Cohort Study	30,000,000 IRR	2022-2023
29.	A Study of the Effect of Air Pollutants on Physical, Mental, and Social Health: A Review Study	0	2022-2022
30.	Frequency of self-medication and its effective factors in the families of Ardabil, Isfahan, and Khuzestan provinces	50,000,000 IRR	2022-present
31.	Evaluation of the type of home care for patients with COVID-19 and the degree of stability of their symptoms	29,700,000 IRR	2022-2022
32.	Evaluation of nutrition status and its related factors in adult patients with coronavirus hospitalized in Ahvaz Razi Hospital	28,500,000 IRR	2022-present
33.	The role of cognitive emotion-regulation strategies in the quality of life of COVID-19 patients of Razi hospital in Ahvaz: 2020	30,000,000 IRR	2022-present
34.	Factors associated with nonconformity to quarantine rules, while the prevalence of COVID-19	44,500,285 IRR	2022-present
35.	Five-year epidemiological study of the risk factors for stroke in Ahvaz Educational Hospitals from 2018 to 2020	0	2022-2023
36.	Association of the effect of using the Peplau model on tokophobia, stress, and anxiety in pregnant women referred to public health centers in Ahvaz in 2020	9,800,000 IRR	2022-present
37.	Effect of positive thinking skills training on the happiness and resilience of nurses at Shahid Baqaei 2 Hospital in Ahvaz	16,300,000 IRR	2020-2022
38.	Exploration of nonconformity to quarantine rules during the prevalence of COVID-19: A qualitative study	44,900,000 IRR.	2020-2022
39.	Designing and validating an adaptation tool for spouses of women undergoing mastectomy	12,500,000 IRR	2019-2023
40.	Effect of self-care education on the general health of adolescents with thalassemia in Ahvaz, 2019	16,700,000 IRR	2019-2021

41.	Explaining the process of managing urinary incontinence in elderly women: A grounded theory study	44,900,000 IRR	2019-2022
42.	The relationship between alexithymia, depression, anxiety, and perceived stress with mobile phone addiction in students of the Nursing and Midwifery Faculty of Khuzestan Province in 2019	28,300,000 IRR	2019-2024
43.	Explaining the effective factors on the burnout of nurses in the oncology department and their relation to personality factors	11,450,000 IRR	2019-2022
44.	The effect of group reality therapy on adherence to the therapeutic regimen and improvement of health indicators in patients with Diabetes Type 2	9,900,000 IRR	2019-2024
45.	Comparing the effect of play therapy and storytelling on preoperative anxiety in preschool age children In Ahvaz Golestan Hospital 2020	15,200,000 IRR	2019-2023
46.	The Relationship Between Adhering to Ethical Principles and Job Motivation and Aggression in Nurses Working in Educational Hospitals in Ahvaz, 2019	6,000,000 IRR	2019-2022
47.	A study on the relationship between depression, anxiety, and religious attitudes with self-care behaviors in patients with heart failure referred to educational hospitals in Ahvaz in 2019	7,920,000 IRR	2019-2022
48.	The study of the relationship between self-care, coping strategies, and spiritual health in patients with type II diabetes referred to the diabetes control center in Ahvaz, 2019	11,580,000 IRR	2019-2022
49.	Assessment of anxiety, depression, and quality of life in patients with heart failure in hospitals affiliated with Ahvaz Jundishapur University in 2019	5,700,000 IRR	2019-2024
50.	Relationship between Internet addiction, loneliness and interpersonal problems in nursing and midwifery students of Khuzestan province in 2018	43,050,000 IRR	2018-2024
51.	The Effectiveness of Group Therapy Based on Acceptance and Commitment on Hope and Perceived Social Support of Hemodialysis Patients	36,550,000 IRR	2018-2022
52.	Investigating some of the factors associated with the psychotropic substances use in women referred to addiction treatment centers in selected cities of Khuzestan province	14,000,000 IRR	2018-2020
53.	The Relationship between Social Support and Social Capital with Job Burnout of Nurses in Ahvaz Hospitals	3,500,000 IRR	2018-2021
54.	Study of the frequency of Violence Against Nurses and its Influencing Factors in Abadan Hospitals in 2019	3,000,000 IRR	2018-2021
55.	Investigating the Effectiveness of acceptance and Commitment therapy (ACT) on Cognitive and Emotional Problems in Patients with Multiple Sclerosis	5,100,000 IRR	2018-2020

56.	Investigating the relationship between religious attitude and open and secret anxiety and self-esteem in students of Shoushtar medical school in 2018	22,000,000 IRR	2018-2020
57.	Effectiveness of Discussion with Simulation Training on Quality of Nursing Care in (ECT)	5,100,000 IRR	2018-2020
58.	Developing a hospice care delivery system for adults with cancer	30,070,000 IRR	2018-2022
59.	The effect of acupressure on pain intensity and perception and physiological indicators of male addicts in addiction retardation camp	10,000,000 IRR	2018-2020
60.	Comparison of the effect of massage therapy with music therapy on pain intensity and fatigue in adult patients with acute leukemia	5,700,000 IRR	2017-2020
61.	Relation between individual image and satisfaction of body with depression and marital status in patients with psoriasis	47,500,000 IRR	2017-2020
62.	Designing and Psychometrics of a Care Needs Assessment Tool in Patient With second-degree Burn admitted	17,600,000 IRR	2017-2019
63.	Explain the process and development of self-assessment instrument for faculty members of Ahvaz based on attitudes of students	29,950,000 IRR	2017-2019
64.	Survey of job satisfaction and its related factors in emergency personnel (pre hospital & hospital emergency) of Ahvaz University of Medical Sciences in 2016	11,700,000 IRR	2016-2019
65.	Sleep Management Process in Shift Worker Nurses and Presentation a Care Plan	55,000,000 IRR	2016-2019
66.	Exploration of "Burnout" Processes and Design of a Burnout Preventive Model for Nurses in Psychiatric Wards	28,500,000 IRR	2016-2018
67.	Exploring Parents' Caring Experiences of a Child with Hirschsprung's Disease	7,830,000 IRR	2016-2018
68.	The relationship between happiness and life expectancy with death anxiety in patients with Breast cancer in the hospitals of Ahvaz in 2016	3,500,000 IRR	2016-2018
69.	Impact of nurses' uniform color on the anxiety of hospitalized school-age (6-12) children in the pediatric wards of Ahvaz Golestan Hospital	44,500,000 IRR	2016-2018
70.	Development and psychometric validation of care needs questionnaire in the rehabilitation of patients with coronary artery disease	41,520,000 IRR	2015-2017

71.	Effect of group education on self-concept and self-efficacy of patients with intestinal stomas	3,600,000 IRR	2015-2017
72.	Survey of school-age children's anxiety and its relationship with maternal health, Dezful, 2015	6,180,000 IRR	2015-2017
73.	Lived experience of spouses of victims suffering from post-traumatic stress: a study of hermeneutic phenomenology	0	2015-2017
74.	Investigation of the types and causes of errors among nurses at Ahvaz Imam Khomeini Hospital, 2014.	13,400,000 IRR	2015-2017
75.	Exploration of the coping process among family caregivers in families with a hemodialysis patient and designing an appropriate model	44,500,000 IRR	2015-2017
76.	Drug compliance in severe and chronic mental disorders	23,218,480 IRR	2014-2016
77.	Exploring the Lived Experience of Patients with Psoriasis	27,000,000 IRR	2014-2016
78.	Explanation of experiences of betrayed spouses	5,750,000 IRR	2014-2016
79.	Exploring parents' experiences of the process of postoperative pain care in children: Providing an appropriate caring model	29,300,000 IRR	2014-2016
80.	Designing and psychometry of coping with transplant assessment questionnaire in the kidney transplantation patients	39,600,000 IRR	2014-2016
81.	Explore the experiences of parents and children for sexual development (Ahvaz, 2013); A qualitative case study	11,635,000 IRR	2013-2015
82.	The effect of organizational Culture Improvement Model of patient education on anxiety and satisfaction of hospitalized burn patients	8,400,000 IRR	2013-2015
83.	Exploring the process of Life management in family of children with Autism: designing and offering an applied model	34,600,000 IRR	2013-2015
84.	Exploring the Caring Process of Patients in a Vegetative State	38,050,000 IRR	2013-2015
85.	The effect of continuous care model on the side effect of chemotherapy in breast cancer patients	9,000,000 IRR	2013-2015

86.	Caring experiences of nurses working in burn units	15,050,000 IRR	2013-2015
87.	The effect of using Peplau's therapeutic Relationship model on anxiety and depression of candidate patients for coronary artery bypass	8,000,000 IRR	2012-2014
88.	Comparison of two educational and supportive program on problems and quality of life of hemodialysis patients	43,960,000 IRR	2012-2014
89.	Explanation of post traumatic growth process in individuals with traumatic spinal cord injuries	39,200,000 IRR	2012-2014
90.	Study of types of medication errors and affecting factors in the nurses who work in the hospitals of Ahwaz University of Medical Sciences	5,000,000 IRR	2012-2014
91.	The effect of family-centered empowerment model from educational program on Re-admission of the patient with schizophrenia	14,955,000 IRR	2012-2014
92.	Evaluation of quality of life of thalassemia patients referred to Ahvaz Shafa Hospital	9,050,000 IRR	2007-2009

Bibliography:

Journal Papers:

Google Scholar: <https://scholar.google.com/citations?user=92gLoqQAAAAJ&hl=en>

H. Index: 28

Number of citations: 6148

I have published more than 146 ISI, PubMed, or Scopus articles in reputable journals; some of them are (from new to old) as follows:

1. Mohammadi Z, **Zarea K**, Jahani S, Rassouli M, Aadizaker M, Beiranvand S. Challenges and Requirements in Community-Based Care for Severe Mental Illness in Iran: A Qualitative Study. *Iranian Journal of Psychiatry and Behavioral Sciences*; 2025, 19:e164932. <https://doi.org/10.5812/ijpbs-160577>
2. Anza-Ramirez C, Miranda JJ, Armocida B, Correia JC, Van Spall HGC, Beran D, ..**Zarea, K**. Characterising acute and chronic care needs: insights from the Global Burden of Disease Study 2019. *Nature Communication*; 2025;16(1):4235. <https://doi.org/10.1038/s41467-025-56910>

3. Bigdeli Shamloo, M. B., Elahi, N., & **Zarea, K.** Lived Experience of Caring for Dying Muslim Patients in Emergency Room: A Phenomenological Study. *OMEGA - Journal of Death and Dying*; 2025, 91(3), 1286-1298. <https://doi.org/10.1177/00302228231153254>
4. Nikraves, M., Ghanbari, S., Badiie, M., **Zarea, K.**, Moosavi, M., & Matin, M. Relationship Between Arsenic in Biological Media and Breast Cancer: A Systematic Review and Meta-Analysis. *Biological Trace Element Research*; 2025, 203(1), 61–68. <https://doi.org/10.1007/s12011-024-04157-w>
5. Gorjian, Z., Asadizaker, M., **Zarea, K.**, Irajpour, A., Ahmadi, F., & Rokhafroz, D. A comparative study of infection prevention and control curricula in nursing master's degree programs worldwide, with practical suggestions for Iran. *Journal of Education and Health Promotion*; 2025, 14(1), 71. https://doi.org/10.4103/jehp.jehp_1723_23
6. Nazari, H., Raiesifar, Z., Chan, S. W. C., Darabiyan, P., **Zarea, K.**, & Ghanbari, S. Epidemiology and Related Factors of Internet Addiction with Emphasizing the Role of Feeling Loneliness and Interpersonal Problems in University Students. *Jundishapur Journal of Chronic Disease Care*; 2024, 13(2). <https://doi.org/10.5812/jjcdc-142334>
7. Gorjian, Z., Asadizaker, M., **Zarea, K.**, Irajpour, A., Ahmadi, F., & Rokhafroz, D. Experiences and attitudes of clinical and academic nurses about infection prevention and control nursing curriculum and duties - a qualitative study. *BMC Medical Education*; 2024, 24(1), 672. <https://doi.org/10.1186/s12909-024-05633-6>
8. Zabihirad, J., Moniri, S., Tavakkol, R., Karimi, A., & **Zarea, K.** Prevalence of Low Back Pain and Association Factors Among Operating Room Personnel of Ahvaz Hospitals: A Cross-Sectional Study. *Jundishapur Journal of Chronic Disease Care*; 2024, 13(4). <https://doi.org/10.5812/jjcdc-145854>
9. Beiranvand, S., **Zarea, K.**, Molavynejad, S., Madhooshi, S., & Jaber, P. S. The Relationship Between Perceived Comfort Level with Moral Sensitivity and Moral Distress Among Oncology Nurses: A Descriptive Correlational Study. *Seminars in Oncology Nursing*; 2024, 40(6), 151742. <https://doi.org/10.1016/j.soncn.2024.151742>
10. Darabiyan, P., Nazari, H., **Zarea, K.**, Ghanbari, S., Raiesifar, Z., Khafaie, M. A., & Tuveesson, H. Relationship Between Alexithymia and Mobile Phone Addiction with an Emphasis on the Mediating Role of Anxiety, Stress, and Depression: A Structural Model Analysis. *Jundishapur Journal of Chronic Disease Care*; 2024, 13(3), 85–95. <https://doi.org/10.5812/jjcdc-143458>
11. Hematipour, A., Alijani Renani, H., **Zarea, K.**, Rostami, S., & Jahangirimehr, A. Comparison of the Effectiveness of EMLA Cream, 2% Lidocaine Gel, and Ice Bag on Pain Intensity Caused by Venipuncture in Children Aged 6-12 Years. *Jundishapur Journal of Sciences*; 2024, 22(6), 775–788. <https://doi.org/10.32592/jsmj.22.6.775>
12. Miladinia, M., **Zarea, K.**, Gheibizadeh, M., Jahangiri, M., Karimpourian, H., & Rokhafroz, D. A multiphase study protocol of identifying, and predicting cancer-related symptom clusters: applying a mixed-method design and machine learning algorithms. *Frontiers in Digital Health*; 2024, 6, 1290689. <https://doi.org/10.3389/fdgth.2024.1290689>

13. Miladinia, M., Jahangiri, M., White, S. J., Karimpourian, H., Inno, A., Chan, S. W.-C., Ganji, R., Maniati, M., **Zarea, K.**, & Ghalamkari, M. 5-EPIFAT trial protocol: a multi-center, randomized, placebo-controlled trial of the efficacy of pharmacotherapy for fatigue using methylphenidate, bupropion, ginseng, and amantadine in advanced cancer patients on active treatment. *Trials*; 2024 25(1), 230. <https://doi.org/10.1186/s13063-024-08078-w>
14. Hemmatipour, A., **Zarea, K.**, Karami, F., Jahangirmehri, A., & Bakht, S. A. Evaluation of relation between anxiety and religious attitude with self-actualization in the undergraduate faculty students. *Minerva Psychiatry*, 2024; 65(1), 86–93. <https://doi.org/10.23736/S2724-6612.22.02358-2>
15. Nazari, H., Raiesifar, Z., Darabiyan, P., **Zarea, K.**, Ghanbari, S., & Chan, S. W. C. Epidemiology and Related Factors of Internet Addiction with Emphasizing the Role of Feeling Loneliness and Interpersonal Problems in University Students. *Jundishapur J Chronic Dis Care* 2024; 13(2), e142334. <https://doi.org/10.5812/jjcdc-142334>
16. Nikmanesh, Y., **Zarea, K.**, Hatamzadeh, N., Cheraghi, M., Taherian, M., Jalali, S., Tahery, N., Shahriyari, H. A., Zhiani Fard, A., & Mohammadi, M. J. (2024). Effect of COVID-19 and Air Pollution on the Risk Factors Attributed to COPD, Cardiovascular, and Respiratory Diseases. *Jundishapur J Chronic Dis Care*, 2024; 13(1), e139881. <https://doi.org/10.5812/jjcdc-139881>
17. Shamloo MBB, Elahi N, Zaker MA, **Zarea K**, Zareian A. Role playing and interdependence among husbands of Iranian women after a mastectomy. *Int J Palliat Nurs*. 2023;29(8):360-369. <https://doi.org/10.12968/ijpn.2023.29.8.360>
18. Ong KL, Stafford LK, McLaughlin SA, , **Zarea K**...et al. Global, regional, and national burden of diabetes from 1990 to 2021, with projections of prevalence to 2050: a systematic analysis for the Global Burden of Disease Study 2021. *Lancet*. 2023;402(10397):203-234. [https://doi.org/10.1016/S0140-6736\(23\)01301-6](https://doi.org/10.1016/S0140-6736(23)01301-6)
19. Alehamid Z, **Zarea K**, Rostami S, Ghanbari S, Tashakori A. Comparing the effectiveness of therapeutic play and storytelling on preoperative anxiety in preschool-age children: a randomized controlled trial. *J Psychiatr Nurs*. 2023;14(2):137-145. <https://doi.org/10.14744/phd.2022.46690>
20. Hosseini SA, Beiranvand S, **Zarea K**, Noemani K. Demographic variables, anthropometric indices, sleep quality, Metabolic Equivalent Task (MET), and developing diabetes in the southwest of Iran. *Front Public Heal*. 2023;11:1020112. <https://doi.org/doi:10.3389/fpubh.2023.1020112>
21. Mirzazadeh-Qashqaei F, **Zarea K**, Rashidi H, Haghighizadeh MH. The relationship between self-care, spiritual well-being and coping strategies in patients with type 2 diabetes mellitus. *J Res Nurs*. 2023;28(4):259-269. <https://doi.org/10.1177/17449871231172401>
22. Gilavand A, Jafarian N, **Zarea K**. Evaluation of medication errors in nursing during the COVID-19 pandemic and their relationship with shift work at teaching hospitals: a cross-sectional study in Iran. *Front Med*. 2023;10:1200686. <https://doi.org/10.3389/FMED.2023.1200686/BIBTEX>
23. Bigdeli Shamloo MB, Elahi N, Asadi Zaker M, **Zarea K**, Zareiyan A. Designing and validating an adaptation questionnaire among the husbands of Iranian Muslim women with breast cancer. *Front*

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145. Ghorbani Birgani A, Hakim AS, **Zare K**. Epidemiologic study of fatal traffic accidents in khuzestan province in 2010. J rescue Reli. 2012;4(2):28–35. <http://jorar.ir/article-1-118-en.html>
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<https://doi.org/10.1111/j.1442-2018.2009.00466.x>

Selected Books:

I have translated and authored more than 10 book that some of them are as follows:

1. Sharif F. Zarea H Dehbozorgi S. Dejbakhsh T. Mental Health Nursing. 3th ed. Tehran: Jamenegar; 2017
2. Zarea, K, Solmaz M, Kohpaye, Interpersonal Relationship in nursing, Peplau, H. Translation, 2019
3. Jahani S, Bigdeli F, Ashrafizadeh H, Zarea K. Policy and policy making in nursing, 2021, Lorestan pub.
4. Aemi, F. Mohammadi E, Zarea K. A guide for Sleep management for nurses who works as shift working. Jameenegar, Tehran, 2023

Selected conference presentation:

No.	Title	Place	year
1	Introduction to Psychometry	Iran, Shiraz	2025
2	Introduction to Qualitative study	Iran, Abadan	2024
3	Global nursing research: Nurses International	Webinar, USA	2021
4	The role of cognitive emotional control strategies in the quality of life of COVID-19 patients	Iran	2021
5	Investigating the Factors Affecting the Clinical Symptoms of Irritable Bowel Syndrome	Iran	2019
6	Survey Of Knowledge, Worry and Screening Behavior Towards Breast Cancer Among Female Students of Ahvaz Jundishapur University of Medical Sciences	Iran	2019
7	Knowledge, attitudes and behaviors in the prevention of breast cancer in women in Iran: A Review of the Evidence	Iran	2019
8	Sexual Dysfunction in Women with Epilepsy: A Systematic Review	Iran	2019
9	Progressive Exhaustion: Experiences of Iranian Family Caregivers of the Patients Undergoing Hemodialysis: A Qualitative Study	Germany	2018
10	A survey of types and causes of medication errors and related factors in clinical nurse in Iran	Malaysia	2017
11	Commitment to hopeful care for patients with vegetative status at home: A qualitative study	Iran	2016
12	The relationship between sleep quality and depression in students of the School of Nursing and Midwifery, Ahvaz Jundishapur University of Medical Sciences	Iran	2016
13	Prevalence of drug self-medication among paramedical students of Ahvaz Jundishapur University of Medical Sciences in 2015	Iran	2015
14	Evaluation of the relationship between sleep quality and anxiety in students of the School of Nursing and Midwifery of Ahvaz Jundishapur University of Medical Sciences per year 2015	Iran	2015
15	Evaluation of depression, anxiety and stress in students of the School of Nursing and Midwifery of Ahvaz Jundishapur University of Medical Sciences in 2015	Iran	2015
16	A review of gestational diabetes and related factors	Iran	2015

17	A review of anxiety and depression in patients with coronary artery disease	Iran	2015
18	Investigating the relationship between Internet addiction and general health of Shushtar University of Medical Sciences students	Iran	2015
19	Study of obesity and some factors affecting it in male employees of Ahvaz District 7 Municipality	Iran	2015
20	self-perception in Iranian adolescents with diabetes: A qualitative study	Dubai-UAE	2015
21	The effect of family-centered empowerment model on hospital readmission	Iran	2014
22	Holistic care; Responding to the needs of burn patients: A qualitative content analysis study	Iran	2014
23	Lived experience of menopause women	Iran	2013
24	Experience of Iranian mental health nurses in inpatient psychiatric wards: A qualitative study	Darwin-Australia	2012
25	Effect of exercise on the elderly depression	Antalya- Turkey	2010
26	Quality of life in thalassemia patient and their care caregiver	Seoul-Korea	2009
27	Evaluation of depression, anxiety and stress in students of the School of Nursing and Midwifery of Ahvaz Jundishapur University of Medical Sciences in 2004	Iran	2005

Professional Memberships:

2019-present	Danish Diabetes Academy (DDA)
2005-present	Member, Iranian Nursing Organization (INO)
2008-present	International Conseil of Nurses (ICN)
2008-present	Member, Iranian Nursing Association (INA)
2014-present	Member, Iranian Psychiatric Nursing Association

Courses Taught at SUMS:

Fall 2006	N599C	Social-individual Psychology
Fall 2006	N502	Mental Health Nursing-1
Fall 2006	CSSS	Mental Health Nursing-2
Fall 2007	NURS 587	Medical-Surgical-4
Summer 2007	NURS 509A	Psychiatric Nursing
Winter 2007	N599C	Mental Health Nursing-2
Winter 2007	NCLIN593	Critical Care Nursing
Spring 2008	N599C	Research methods
Spring 2008	NURS405	Community Health Nursing-1
Summer 2008	NURS 201	Community Health Nursing-2

Courses Taught at AJUMS:

Fall 2008	OPR 587	Operation Room Requirements
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Winter 2009	OPR 455	Circular and Scriber Nurse
Winter 2010	NURS 599	Mental Health Nursing-1
Winter 2010	NURS 205	Social and Individual Psychology
Winter 2010	MIDV 2541	Psychiatry in Midwifery
Winter 2010	NURS 391	Research Methods
Spring 2011	NURS 469	Nursing Research
Spring 2011	NURS 205	Nursing as a Career
Fall 2011	NURS 308	Fundamental Nursing
Fall 2011	NURS 557	Advanced Nursing Research
Fall 2011	SocWI 591C	General Psychology
Fall 2012	NURS 308	Basic Nutrition
Fall2012	NURS 557	Advanced Research Method
Fall 2012	NURS 587	Nursing Challenges
Winter 2013	NURS 585	Educational Systems in the world
Winter 2013	NURS 580	Philosophy and Nursing Theories
Fall 2014	NURS 591	Essential Subjects in Nursing
Fall 2015	NURS 345	Nursing and Psychology Theories
Spring 2016	NURS 419	Nursing management
Spring 2017	NURS 419	Advanced Research Method in Nursing
Spring 2018	NURS 419	Geriatric Mental Health Nursing
Spring 2018	NURS 419	Nursing management
Spring 2020	NURS 540	Addiction Nursing
Fall 2021	NURS 345	Advanced Nursing Research
Spring 2022	NURS 619	Advanced Research Method in Nursing
Spring 2022	NURS 619	Mental disorders and Nursing care
Spring 2023	NURS 548	Policy and Policy making in Nursing
Spring 2023	NURS 652	Psychiatric Nursing
Spring 2023	NURS 326	Medical terminology (English for nurses)
Spring 2023	NURS750	Nursing Research methods and Critiques
Spring 2023	NURS 468	Critical Psychiatric Nursing Care
Spring 2023	NURS 532	Nursing theories

Member of Editorial Board

Jundishapur Journal of Chronic Diseases Care (JJCDC)	2015- present
Iranian Journal of Psychiatric Nursing	2013- present
Education & Ethics in Nursing	2018-present
Frontiers in Clinical Diabetes and Health care	2022- present
Frontiers in Public Health	2022- present
BMC Nursing	2023-present

Journal Reviewer

There are many reviews for different journals, for example, PLOS ONE, Frontiers in Public Health, Frontiers in Psychology, Journal of Pediatric Nursing, Collegian, Journal of Pilot and Feasibility Studies, BMC Psychiatry, BMC Nursing, and Jandishapur Journal of Chronic Diseases Care (Editor-in-Chief).

Scientific Congress Secretary

Executive Secretary of 2th national congress of Chronic Diseases Care: Diabetes, Ahvaz, Iran 2018

Executive Secretary of 1th international congress of Child Berth and population, Ahvaz, Iran 2024

Awards and Honors

- 2024; Top Researcher of Ahvaz Jundishapur University of Medical Sciences (Ahvaz, Iran)
- 2023; Global Talent VISA(PR) holder, Australia
- 2023; Best Journal Manager (Editor-in-Chief) of Jundishapur University of Medical Sciences (Ahvaz, Iran)
- 2023; Best Journal Manager (for getting SCOPUS index) of the Deputy Minister for Research and Technology at the Ministry of Health in Iran (Tehran, Iran)
- 2021; Top Professor(associated) of School of Nursing & Midwifery (Ahvaz, Iran)
- 2020; Top Researcher of School of Nursing & Midwifery (Ahvaz, Iran)
- 2019; Top Medical Education Process of Ahvaz Jundishapur University of Medical Sciences (Shahid Motahari Festival, Iran)
- 2018; Top Researcher of Ahvaz Jundishapur University of Medical Sciences (Ahvaz, Iran)
- 2017; Top Researcher of Ahvaz Jundishapur University of Medical Sciences (Ahvaz, Iran)
- 2013; Top nurse of Ahvaz Jundishapur University of Medical Sciences (Ahvaz, Iran)

Student Thesis Mentoring:

Date	Student's name	Title	Degree	Position
2012-2013	Alireza Rezaey	The effect of the family-centered empowerment model from the educational program on Readmission of the patient with schizophrenia	MS	Advisor
2012-2014	Zahra Hoseinigolafshani	Explanation of post post-traumatic growth process in individuals with traumatic spinal cord injuries	PhD	Advisor
2012-2014	Solmaz Maghsudi	The effect of using Peplau's therapeutic Relationship model on anxiety and depression of candidate patients for coronary artery bypass	MS	Supervisor
2013-2014	Parisa Sheini-Jaberi	Caring experiences of nurses working in burn units	MS	Supervisor
2013-2017	Mahsa Imanian	The effect of continuous care model on the side effect of chemotherapy in breast cancer patients	MS	Supervisor
2013-2015	Nawal Gudarzi	Exploring the Caring Process of Patients in a Vegetative State	PhD	Advisor
2013-2018	Fatemeh Gangeh	Exploring the process of Life management in family of children with Autism:designing and offering an applied model	PhD	Supervisor
2013-2014	Leila Hasimi	The effect of organizational Culture Improvement Model of patient education on anxiety and satisfaction of hospitalized burn patients	MS	Advisor
2013-2016	Mahsa Ghorbani	Explore the experiences of parents and children for sexual development: A qualitative case study	MS	Advisor
2014-2018	Najmeh Vali Zadeh Zarea	Designing and psychometry of coping with transplant assessment questionnaire in the kidney transplantation patients.	PhD	Supervisor
2014-2017	Fateme Valizadeh	Exploring parents' experiences of the process of postoperative pain care in children: Providing an appropriate caring model	PhD	Supervisor
2014-2015	Shila Latif Zadeh	Explanation of the experiences of betrayed spouses	MS	Supervisor
2014-2016	Alireza Ghorbani	Exploring the lived experience of patients with psoriasis	PhD	Supervisor
2015-2018	Shahriar Salehi-Tali	Exploration of the coping process among family caregivers in families	PhD	Supervisor

		with a hemodialysis patient and designing an appropriate model		
2015-2020	Hamid Hojati	Lived experiences of spouses of victims suffering from post-traumatic stress disorder: a study of hermeneutic henomenology	PhD	Supervisor
2015-2018	Zeinab Banaipour	Survey of school-age children's anxiety and its relationship with maternal health, Dezful, 2015	MS	Advisor
2016-2015	Huri Faisali	Effect of group psychoeducation on the self-concept and self-efficacy of patients with an intestinal stoma	MS	Supervisor
2015-2018	Neda Sayadi	Development and psychometric validation of care needs questionnaire in the rehabilitation of patients with coronary artery disease	PhD	Supervisor
2016-2018	Sarah Karampour	The relationship between happiness and life expectancy, along with death anxiety, in patients with breast cancer in the hospitals of Ahvaz in 2016	MS	Advisor
2015-2016	Huriye Abbasi Asl	Exploring Parents' Caring Experiences of a Child with Hirschsprung's Disease	MS	Advisor
2016-2020	Fatemeh Ghavidel	Exploration of "Burnout" Processes and Designing a Burnout Preventive Model for Nurses in Psychiatric Wards	PhD	Advisor
2016-2021	Seyedeh Zahra Aemmi	Sleep Management Process in Shift Worker Nurses and Presentation of a Care Plan	PhD	Supervisor
2016-2018	Reza Ghanbari	Survey of job satisfaction and its related factors in emergency personnel (pre-hospital and hospital emergency) of Ahvaz University of Medical Sciences in 2016	MS	Supervisor
2017-2019	Sima Mohammadhossini	Designing and Psychometrics of a Care Needs Assessment Tool in Patients with Second-Degree Burns Admitted	PhD	Supervisor
2018-2020	Yaghob Madmoli	The effect of acupressure on pain intensity, perception, and physiological indicators of male addicts in an addiction rehabilitation camp	MS	Advisor
2018-2021	Samira Beiranvand	Developing a hospice care delivery system for adults with cancer	PhD	Supervisor

2018-2020	Fatemeh Shakernejad	Effectiveness of Education with Simulation Training on the Quality of Nursing Care in ECT	MS	Supervisor
2018-2020	Mahnaz Ghasemimofrad	Investigating the Effectiveness of Acceptance and Commitment Therapy (ACT) on Cognitive and Emotional Problems in Patients with Multiple Sclerosis	MS	Advisor
2018-2020	Seyed Ahmad Mousavi Khorsani	Study of the Frequency of Violence Against Nurses and Its Influencing Factors in Abadan Hospitals in 2019	MS	Supervisor
2018-2021	Samereh Nasirnejad	The effect of rhythmic breathing on pain intensity and anxiety in patients after coronary artery bypass graft surgery	MS	MS Committee
2018-2020	Sasan Taghian	The Relationship between Social Support and Social Capital with Job Burnout of Nurses in Ahvaz Hospitals	MS	Advisor
2018-2020	Sedigheh Rezagahialipour	Investigating some of the factors associated with the use of psychotropic substances in women referred to addiction treatment centers in selected cities of Khuzestan province	MS	Advisor
2019-2021	Firouzeh Mirzazadeh-ghashghaei	The study examines the relationship between self-care, coping strategies, and spiritual health in patients with type II diabetes referred to the diabetes control center in Ahvaz, 2019	MS	Supervisor
2019-2021	Nahid Kashisaz	A study on the relationship between depression, anxiety, and religious attitudes with self-care behaviors in patients with heart failure referred to educational hospitals in Ahvaz in 2019	MS	Supervisor
2019-2021	Maedeh Rahnavaard	The Relationship Between Adhering to Ethical Principles, Job Motivation, and Aggression in Nurses Working in Educational Hospitals in Ahvaz, 2019	MS	Supervisor
2019-2020	Zahra Alehamid	Comparing the effects of play therapy and storytelling on preoperative anxiety in preschool-aged children at Golestan Hospital in Ahvaz, 2020	MS	Supervisor
2019-2021	Negin Zangenehzadeh	The effect of group reality therapy on adherence to the therapeutic regimen	MS	Supervisor

		and improvement of health indicators in patients with Type 2 Diabetes		
2019-2022	Sorur Javanmardifard	Explaining the process of managing urinary incontinence in elderly women: A grounded theory study	PhD	Advisor
2019-2022	Mahbubeh Asadi	The effect of self-care education on the general health of adolescents with thalassemia in Ahvaz 2021	MS	Advisor
2019-2023	Marziye Beigom Shamlo	Designing and validating an adaptation tool for spouses of women undergoing mastectomy	PhD	Advisor
2020-2021	Faezeh Ansarimehr	The effect of positive thinking skills training on happiness and resilience of nurses in shahid Baqaei 2 Hospital of Ahvaz	MS	Supervisor
2020-2023	Ehsan Dehghani	5-year Epidemiological study of the risk factors for stroke in Ahvaz Educational Hospitals from 94 to 98	MD	Advisor
2020-2021	Yasaman Darbpoor Ghandali	Association of the effect of using the Peplau model on tokophobia, stress, and anxiety in pregnant women referred to public health centers in Ahvaz in 2020	MS	Supervisor
2020-2024	Zahra Gorjian	Curriculum Designing for Nursing MSc of Infection Prevention & Control	PhD	Supervisor
2021-2023	Leila Jaafer	Comparison of Personality Traits of couples with experience of Infidelity in those who refer to counseling centers in Ahvaz in 2021	MS	Advisor
2021-2022	Nurse Ganjali	Assessing the effect of progressive muscle relaxation training with demonstration methods on the levels of stress, anxiety, and depression among nurses encountering COVID-19 in the selected military hospital in Tehran city	MS	Advisor
2021-Present	Zahra Mohammadi	Development of community-based care service package for adults with severe and persistent mental disorders	PhD	Supervisor
2021-2023	Negar Jafarian	Investigating the Relationship between Shift Work and Medication errors of Nurses Working in Teaching Hospitals amidst COVID-19 Pandemic	MD	Advisor

2021-2023	Aram Roohandeh	Investigating the relationship between social support and mental health in pregnant women in Ahvaz	MS	Advisor
2022-2023	Reza Moradi Ajgil	The effect of chest physiotherapy on the clinical outcomes of patients with COVID-19	MS	MS Committee
2023-Peresent	Zeynab Najafipour	The effect of positive thinking training on tolerating the suffering and burden of care in mothers of children with cerebral palsy	MS	Advisor
2022-2023	Negin Hemmati	The effect of mental toughness on the psychological well-being and resilience of adults with cancer referred to Ahvaz teaching hospitals	MS	Supervisor
2023-present	Mojtaba Miladinia	Identifying and predicting symptom clusters in patients with cancer: using a multi-method study	PhD	Supervisor
2023-present	Razieh Farzi Kakaesh	Designing a model for predicting self-care behaviors based on psychological well-being, social support, and self-efficacy in patients with type 2 diabetes referred to Khatam al-Anbia Shushtar Hospital in 2023	MS	Supervisor
2023-present	Soodabeh Mohammad Alizadeh	Comparison of oxygen saturation in arterial blood gas and pulse oximetry	MS	Advisor
2023-present	Meraj Moridi	Examining the rate of medication adherence and re-hospitalization, as well as the factors affecting them in patients with psychiatric disorders discharged from the psychiatric wards of Jundishapur University of Medical Sciences hospitals	MS	Advisor
2023-present	Melika Chigoonian	The impact of peer-led education on resiliency and life expectancy for women with breast cancer and their spouses	MS	Supervisor
2023-present	Aliasghar Ahmadi-niko	Investigating the relationship between successful aging, psychological well-being, and perceived social support in the elderly of Ahvaz city in 2023	MS	Supervisor
2023-present	Masomeh Elahi	Exploring the adaptation process in liver transplant recipients: A grounded theory study	PhD	Supervisor

2024-present	Niloufar Baghlani	Effect of Acceptance and Commitment Therapy (ACT) using two methods, internet-based and book therapy, on anxiety and depression in patients with breast cancer	MS	Supervisor
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