



Academic Curriculum Vitae

Fatemeh Estebsari,

Associate professor;

Fellowship Evidence Based Clinical and Health Care

Fellowship Evaluation.

Ph. D. health education& promotion.

MAs Health Education, BSN,

H Index: 17

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Contact Information

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Research Lines and interests:

Health Promotion & Education Models /Health Literacy /Lifestyle/ Elder Abuse

Self-efficacy/ Empowerment/ Scholarly Activities/Expertise

National Programs and Committees

- Member of the Health, Art, and Media Working Group, Academy of Medical Sciences of the Islamic Republic of Iran.



- Member of the National Document Development Committee for Community Health Nursing, Ministry of Health and Medical Education, Iran (2025).

2015- Current Associate professor, School of Nursing and Midwifery, Shahid Behesht University of Medical Sciences, Tehran, Iran
2012-2015 Islamic Azad University, Science and Research Branch
2010-2012 Gilan University of Medical Sciences, School of Health
207-2010 Babol University of Medical Sciences, Rasmsar Fatemeh Zahra School of Nursing and Midwifery, University of Medical Sciences

Education(Academic Degrees):

Ph.D. Health Education & Promotion. Iran University of Medical Science. Tehran-Iran, March 2014

Title of doctoral Thesis: Health Promotion and Social Support for Prevention of Elder Abuse (An Explanatory model)

Master of Science in Health Education, Tehran University of Medical Science. Tehran-Iran, December 2005.

Title of Thesis: Comparison of Lifestyle in Type II Diabetic Patients with none diabetic persons.

Bachelor of Science in Nursing, Babol University of Medical Sciences. Tehran-Iran, March 2001.

Professional, Academic, and Scientific Activities

- Member of the **World Health Organization (WHO) Healthy Ageing Platform**.
- Member of the **WHO Accelerator Program Working Group on Interventions to Prevent Elder Abuse**. (<https://www.decadeofhealthyageing.org/topics-initiatives/other-initiatives/aop-ia>)
- Member of the **International Union for Health Promotion and Education (IUHPE)**.
- Member of the **Iranian Association for Health Education and Health Promotion**.
- Registered member of the **Iranian Nursing Organization** (Registration No. 8551819).
- **Editor Selector** of the *Iranian Journal of Nursing and Midwifery Research*.
- Member of the Editorial Board of the *Journal of Health Education and Health Promotion*, affiliated with the Iranian Association for Health Education and Health Promotion (2017–2021).
- Member of the Editorial Board of the *Health Literacy Journal*, affiliated with the Iranian Association for Health Education and Health Promotion (2017–2021).



- Head of the **Student Research Committee**, School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences (November 2016–November 2020).
- Member of the **University Publications Committee**, Shahid Beheshti University of Medical Sciences (February 2017–Present).
- Member of the **Educational Development Office (EDO)** and the Faculty Empowerment Committee, School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences (2015–November 2020).
- University EDO representative in the **Social Needs Assessment, Burden of Disease Studies, and Health Problems Committee**, and Director of the Center for Educational Development Studies (2018–November 2020).
- Member of the **Research Council**, School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences.

Research- Publications

1. Arezoo Shahsavari, Sima Hejazi, **Fatemeh Estebsari***, Effect of tele-nursing follow-up on quality of life and biochemical parameters in hemodialysis patients, BMC nephrology, 2026.
2. **F Estebsari**, S Ghorbanzadeh, E Goodarzi, A Shahsavari, M Mohammadi, A Sheikh Milani, Z Rahimi Khalifeh Kandi, Mindset to Action: Predicting Medical Students' Safety Practices in Clinical Environments via Protection Motivation Theory, Health Education and Health Promotion, 2026
3. Zahra Raisi Filabadi, Arezoo Sheikh Milani, Zahra Rahimi Khalifeh Kandi, **Fatemeh Estebsari**, Protecting the Little Ones: Empowering Mothers to Prevent Home Hazards-A Quasi-Experimental Study, Iranian Journal of Nursing and Midwifery Research. 2026.
4. **Estebsari F**, Dastoorpoor M, Mostafaei D, Khanjani N, Rahimikhalifehkandi Z, Rahimi Froushani A, Aghababaeian H, Taghdisi MH. Design and implementation of an empowerment model to prevent elder abuse: a randomized controlled trial . Clinical Interventions in Aging (**IF: 2.56**).2018; 4.
5. Kiajamali M, Hosseini M, **Estebsari F**, Nasiri M, Ashktorab T, Abdi A, Mahmoudi A, Salimiakinabadi A. Correlation between social support, self-efficacy and health-promoting behavior in hemodialysis patients hospitalized in Karaj in 2015, Electronic Physician, July **2017**; 9, Issue: 7.(**Pub Med**).



6. ***Estebarsari F***, Mostafaei D, Rahimikhalifehkandi Z, Estebarsari K, Taghdisi MH. Concepts and Indexes of Elder Abuse: The Conceptual Framework for Applied Studies in the Field of Elder Abuse, Iranian Journal of Health Education and Health Promotion, 2017; 1(5) s.
7. Estebarsari F, Taghdisi MH, Mostafaei D, Rahimi Z. Elements of healthy death: a thematic analysis. Med J Islam Repub Iran. 2017; 9(7). (1-7). (Pub Med).
8. Mirzaei HR, Mostafaei D, Estebarsari F, Sattarzadeh S, K Estebarsari K. The Quality of Life of Breast Cancer Patients Receiving Palliative and Supportive Care. Iranian Journal of Rehabilitation Research. 2017; 3 (2), 19-26. ISC.
9. Estebarsari F, Taghdisi MH, Rahimikhalifehkandi Z, Hosseini AF. The Effect of Students Role on Parents Performance on Waste Disposal in Maragheh. Journal of Health Literacy. 2017; 2 (2), 107-116. ISC.
10. Darkhor Sh, Estebarsari F, Charati JY, The Impact of E-Learning on Aspects of Health-Promoting Lifestyle Nurses , BMJ Open 7 (Suppl 1), bmjopen-2016; 015415.140.
11. Zardosht M, Dastoorpoor M, Banihashemi F, Estebarsari F, Jamshidi E, Abbasi-Ghahramanloo A, Khazaeli P. Prevalence and Causes of Self Medication among Medical Students of Kerman University of Medical Sciences, Kerman, Iran. Global Journal of Health Science. 2016; 150(8). (Pub Med).
12. Estebarsari F, Dastoorpoor M, Mosaviesfahani H, Mostafaie D. The Causes of Discharge against Medical Advice from the Emergency Department of a Teaching Hospital of Tehran in 2012. Journal of Health and Development. 2016; 5 (3), 267-276. ISC.
13. Tomaj OK, Estebarsari F, Taghavi T, Nejad LB, Dastoorpoor M, and Ghasemi A. The Effects of Group Play Therapy on Self-Concept among 7 to 11 Year-Old Children Suffering From Thalassemia Major. Iran Red Crescent Med J. 2016; 18(4):e35412. (Pub Med; Scopus; ISI; IF: 0.8).
14. Estebarsari F, Mostafaie D, Taghdisi MH, Ghavami M. Health Promoting Hospitals: Concepts, Indexes and Standards. Iranian Journal of Health Education & Promotion. 2016; 3 (4), 281. ISC.



15. Dastoorpoor M, Moradi M, Estebarsari F, Zolala F. Mentors' and Postgraduate Students' Perception about Characteristics of Effective Education, Kerman University of Medical Sciences, Iran. *Strides Dev. Med Educ.* 2016; 12 (4) :626-64. ISC.
16. Sharifikia I, Rohani C, Estebarsari F, Salmani F, Matbouei M, Hossein-nejad A et al . Awareness about warning signs for cancers in women referred to health centers affiliated with bushehr university of medical sciences. 3. 2016; 1 (1) :30-39.
17. Mirzaee HR, Mostafaie D, Estebarsari F, Bastani P, Kalhor R , SS Tabatabaee. Medication Errors in Hospitals: A Study of Factors Affecting Nursing Reporting in a Selected Center Affiliated with Shahid Beheshti University of Medical Sciences, *Journal of Pharmaceutical Care.* 2015; 2 (96-102), ISC.
18. Estebarsari F, Taghdisi MH, Mostafaie D, Latifi M, Estebarsari K. A Qualitative Study on Affecting Factors on Quality of Life in End-Stage Patients. *Iranian Journal of Health Education and Health Promotion.* 2015; 2 (4), 290-302. ISC.
19. Sangelaji B, Estebarsari F, Nabavi SM, Jamshidi E, Morsali D, Dastoorpoor M. The effect of exercise therapy on cognitive functions in multiple sclerosis patients: A pilot study. *Medical journal of the Islamic Republic of Iran.* 2015;29(205) .(Pub Med).
20. Dehghani D, Mostafaie D, HayaviHaghighi MH, Estebarsari F, Rafati S. The Relationship between social capital and organizational citizenship behavior among teaching hospitals staff at Hormozgan Univercity of Medical Sciences. *Journal of Modern Medical Information Sciences.* 2015; 1 (1), 24-32.
21. Taghdisi MH, Estebarsari F, Rahimi Foroushani A, Eftekhar Ardebili H, Shojaeizade D, Dastoorpoor M, Mostafaie D. The educational program based on the successful aging approach in elders health-promoting behaviors: A clinical trial study. *Razi Journal of Medical Sciences.* 2014; 21 (125), 26-36.
22. Estebarsari F, Taghdisi MH, Foroushani AR, Ardebili HE, Shojaeizadeh D. An Educational Program Based on the Successful Aging Approach on Health-Promoting Behaviors in the Elderly: A Clinical Trial Study. *Iranian Red Crescent Medical Journal.* 2014; 16 (4), (Pub Med; Scopus; ISI; IF: 0.8).



23. Ghasemi A, Estebarsari F, Bastaminia A, Jamshidi E, Dastoorpoor M. Effects of Educational Intervention on Health-Promoting Lifestyle and Health-Related Life quality of Methamphetamine Users and Their Families: a Randomized Clinical Trial. *Iran Red Crescent Med J.* 2014; 16(11): e20024. (Pub Med; Scopus; ISI; IF: 0.8).
24. Abdi J, Eftekhari H, Estebarsari F, Sadeghi R. Theory -Based Interventions in Physical Activity: A Systematic Review of Literature in Iran. *Global Journal of Health Science.* 2014; 17(3). (Pub Med).
25. Foroushani AR, Estebarsari F, Mostafaei D, Ardebili HE, Shojaeizadeh D, Dastoorpour M, Jamshidi E, Taghdisi MH. The Effect of Health Promoting Intervention on Healthy Lifestyle and Social Support in Elders: A Clinical Trial Study, *Iranian Red Crescent Medical Journal* 16 (8), 2014. (Pub Med; Scopus; ISI; IF: 0.8).
26. Taghdisi MH, Latifi M, Afkari ME, Dastoorpour M, Estebarsari F. The impact of educational intervention to increase self-efficacy and awareness for the prevention of domestic violence against women. *Iranian Journal of Health Education & Promotion.* 2015; 3 (1), 32. (ISC).
27. Shrifian E, Estebarsari F, Haghjou L, Nedjat S, Majdzadeh SR. Determining behavioral preventive factors of blindness based on BASNEF model in the Chaharborj Village, city of Esfahan. *Iranian Journal of Health Education and Health Promotion.* 2014.2(3),186-198.
28. Taghdisi MH, Estebarsari F, Dastoorpour M, Jamshidi E, Jamalzadeh F, Latifi M. The Impact of Educational Intervention Based on Empowerment Model in Preventing Violence Against Women. *Iran Red Crescent Med J.* 2014 July; 16(7). (Pub Med; Scopus; ISI; IF: 0.8).
29. Sangelaji B, Nabavi SM, Estebarsari F, Bani MR, Rashidian H. Effect of Combination Exercise Therapy on Walking Distance, Postural Balance, Fatigue and Quality of Life in Multiple Sclerosis Patients: A Clinical Trial Study. *Iranian Red Crescent Medical Journal* 16 (6), 2014. (Pub Med; Scopus; ISI; IF: 0.8).
30. Estebarsari F, Taghdisi MH, Mostafaei D, Jamshidi E. Determining the Factors Contributing to Quality of Life of Patients at the End-Stage of Life: A Qualitative Study. *World Applied Sciences Journal.* 2013; 28 (12), 2097-2102.



31. Mostafaei D; Marnani AB; Esfahani HM; Estebsari F; Shahzaidi S; Jamshidi E; Aghamiri SS. Medication Errors of Nurses and Factors in Refusal to Report Medication Errors among Nurses in a Teaching Medical Center of Iran in 2012, Iran Red Crescent Med J. 2014; 16(10). (Pub Med; Scopus; ISI; IF: 0.8).
32. Taghdisi MH, Estebsari F, Rahimi Foroushani A, Eftekhari Ardebili H, Shojaeizadeh D, Dastoorpoor M et al . The educational program based on the successful aging approach in elders health-promoting behaviors: A clinical trial study. RJMS. 2014; 21 (125):26-36
URL: <http://rjms.iums.ac.ir/article-1-3420-en.html>. (Pub Med).
33. Estebsari F, Taghdisi MH, Mostafaei D, Jamshidi E, Latifi M. Determining the Factors Contributing to Quality of Life of Patients at the Last Stage of Life: A Qualitative Study.
Iranian Red Crescent medical journal. 2013;15 (12),. (Pub Med; Scopus; ISI; IF: 0.8).
34. Khodabandehlooie S, Estebsari F , Rohani C, Shaarbafeidgahi E, Mehvar M, Kazemisaleh D. Relationship between Lifestyle and Coronary Risk Factors and the Number of Coronary Stents in Patients after Angioplasty in Tehran. Pharmacophore. .2017.12.(ISI)
35. Geravand A, Rahimikhalifehkandi Z, Taghdisi MH, Azam K , Kamian Sh, Estebsari F. Promoting Spiritual Health in Breast Cancer Patients based on Integrated Behavioral Model. Pharmacophore. (ISI) .2017.12.
36. Estebsari F, Shojaeizadeh D, Mostafaei D, Farahbakhsh M. Planning and evaluation of an educational program based on precede model to improve physical activity in female students. Hayat Journal.2010; 16 (1), 48-54. (Scopus).
37. Estebsari F, Shojaeizadeh D , Batebi A, Aezam K, Mostafaei D. Comparison of Diabetes Type II Patients Life Style Effective Factors with Healthy People. Journal of Shahid Sadoughi University of Medical Sciences.2008. 16 (2), 71-79

Books

**University Committee Membership**

- Member of Supervisory Committee on University Press. Shahid Beheshti University of Medical Sciences. 2015- Current

College Committee Membership

- Member of EDO and Member of the Empowerment Committee for the. School of Nursing and Midwifery, Shahid Beheshti University of Medical Sciences. 2015- Current

Language Proficiency

- Persian (Good)
- English (Good)

Skills

- Computer skills (ICDL 1&2, Microsoft Offices, SPSS. End Note, scientific writing, AMOS, Lisrel, MAXQDA, R,

Interests/Hobbies