Curriculum Vitae

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# Personal Data

First name: Maryam

Family name: Shaygan

Date of Birth: 18.09.1982

Place of Birth: Shiraz, Iran

Nationality: Iranian

Marital status: Married, two children

# Work Address

Community-based Psychiatric Care Research Center, Psychiatric Nursing Department, School of Nursing and Midwifery

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# I. Education

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| **Years** | **Degree** | **Institution** | **Location** |
| 2008 | Bachelor of Science in Nursing | Isfahan University of Medical Sciences | Isfahan, Iran |
| 2010 | Master of Science in Psychiatric Nursing | Shiraz University of Medical Sciences | Shiraz,  Iran |
| 2014 | Ph.D. in Psychology/ Psychiatric Nursing | George August University | Göttingen, Germany |

**II. Professional experience**

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| **Years** | **Position** | **Institution** | **Location** |
| 2012-2014 | Research Assistant | Department of Clinical Psychology and Psychotherapy, George August University | Göttingen, Germany |
| 2012-2014 | Research Assistant | Red Cross Hospital | Kassel,Germany |
| 2014 until now | Faculty Member | Shiraz University of Medical Sciences | Shiraz, Iran |
| 2018 until now | Research Center Director | Community-based Psychiatric Care Research Center | Shiraz, Iran |

**III. Teaching experiences**

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| **Years** | **Course** | **University** | **Students** |
| 2014 until now | Mental Health | Shiraz University  of Medical Sciences | [Bachelor of Science](https://en.wikipedia.org/wiki/Bachelor_of_Science) |
| 2014 until now | Psychology | Shiraz University  of Medical Sciences | [Bachelor of Science](https://en.wikipedia.org/wiki/Bachelor_of_Science) |
| 2014 until now | Mental Disorders | Shiraz University  of Medical Sciences | [Bachelor of Science](https://en.wikipedia.org/wiki/Bachelor_of_Science) |
| 2014 until now | Principles of  Mental Health | Shiraz University  of Medical Sciences | Master of Science in Psychiatric Nursing |
| 2014 until now | Cognitive Behavioral Therapy | Shiraz University  of Medical Sciences | Master of Science in Psychiatric Nursing |
| 2014 until now | Group Therapy | Shiraz University  of Medical Sciences | Master of Science in Psychiatric Nursing |
| 2014 until now | Child and Adolescent Psychiatric Disorders | Shiraz University  of Medical Sciences | Master of Science in Psychiatric Nursing |
| 2014 until now | Psychiatric Disorders in the Elderly | Shiraz University  of Medical Sciences | Master of Science in Gerontology |
| 2017 until now | Quantitative and Qualitative Research Methods | Shiraz University  of Medical Sciences | Ph.D. in Nursing |

**IV. Honors and Awards**

• Top student in BSC program, Faculty of Nursing, Isfahan University of Medical Sciences.

• First Top student in MSC program, Faculty of Nursing, Shiraz University of Medical Sciences.

• Nikon Company grant “Valence and arousal value of visual stimuli and their role in the mitigation of chronic pain: What is the power of pictures?”, 2014.

• High-rank article grant, “Valence and Arousal Value of Visual Stimuli and Their Role in the Mitigation of Chronic Pain: What Is the Power of Pictures?”, 2017.

• Health week grant, “The effect of picture viewing on mood state and suicidal thoughts in patients with major depressive disorder”, 2017.

• High-rank article grant, “Predicting factors of outcome in multidisciplinary treatment of chronic neuropathic pain”, 2018.

• Winner of the Martyr Motahari Educational Festival, 2019.

• High-rank article grant, “How does reduction in pain lead to reduction in disability in patients with musculoskeletal pain?”, 2019.

• High-rank article grant, “The effect of online multimedia psychoeducational interventions on the resilience and perceived stress of hospitalized patients with COVID-19: a pilot cluster randomized parallel-controlled trial”, 2021.

• High-rank article grant, “The effect of a smartphone‑based pain management application on pain intensity and quality of life in adolescents with chronic pain”, 2021.

**V. Membership**

* Member of the Iranian Psychosomatic Society
* Member of the Iranian Pain Society

**VI. Publications:**

1. **Dissertations**

1. Effect of a psycho-educational intervention for family members on psychiatric symptoms in patients with schizophrenia in Shiraz, Iran.
2. Chronic Pain With Neuropathic Characteristics
3. **Articles**
4. Sharif, F., Shaygan, M., & Mani, A. (2012). Effect of a psycho-educational intervention for family members on caregiver burdens and psychiatric symptoms in patients with schizophrenia in Shiraz, Iran. BMC Psychiatry, 12, 48, DOI: 10.1186/1471-244X-12-48.
5. Shaygan, M., & Sharif, F. (2013). The impact of psychoeducational groups for caregivers on the psychiatric symptoms and quality of life of patients with schizophrenia (in Persian). Bimonthly Journal of Urmia Nursing And Midwifery Faculty, 11, 147-153.
6. Shaygan, M., Böger, A., & Kröner-Herwig, B. (2013). Clinical features of chronic pain with neuropathic characteristics: A symptom-based assessment using the Pain DETECT Questionnaire. European Journal of Pain, 17, 1529-1538.
7. Shaygan, M., Böger, A., & Kröner-Herwig, B. (2014). Neuropathic sensory symptoms: Association with pain and psychological factors. Neuropsychiatric Disease and Treatment, 10, 1-10.
8. Shaygan, M., Böger, A., & Kröner-Herwig, B. (2017). Valence and arousal value of visual stimuli and their role in the mitigation of chronic pain: What is the power of pictures?. The Journal of Pain, 18, 124-131.
9. Shaygan, M. (2017). Intensity of depression, its predictive and mediating factors in the patients with chronic headache. Scientific Journal of Kurdistan University of Medical Sciences, 22 (2), 110-119.
10. Shaygan, M., Böger, A., & Kröner-Herwig, B. (2018). Predicting factors of outcome in multidisciplinary treatment of chronic neuropathic pain. Journal of pain research, 11, 2433.
11. Shaygan, M., Böger, A. (2019). Predictive factors for reduction in disability after multidisciplinary treatment of patients with chronic pain. Journal of Mazandaran University of Medical Sciences, 28:169, 65-74.
12. Shaygan, M., Böger, A., & Kröner-Herwig, B. (2019). How does reduction in pain lead to reduction in disability in patients with musculoskeletal pain? Journal of pain research, 12: 1879–1890.
13. Shaygan, M., Shayegan, L. (2019). Understanding the relationship between spiritual well-being and depression in chronic pain patients: The mediating role of pain catastrophizing. Journal of Pain Management Nursing, 20: 358-364.
14. Kheiry, F., Rakhshan, M., Shaygan, M. (2019). Evaluation of Chronic Pain and Pain Intensity: A Study among Nurses of Iran. Journal of Clinical and Diagnostic Research, 13(3): LC11-LC15.
15. Kheiry, F., Rakhshan, M., Shaygan, M. (2019). The Prevalence and associated factors of chronic pain in nurses. Revista Latinoamericana de Hipertensión, 14(1):20-5.
16. Emadi, F., Sharif, F., Shaygan, M., Shaygan, M., Sharifi, N., Ashjazadeh, N. (2019). The factors affecting headache chronicity to pain-related and psychological variables in chronic and acute migraine patients. International Journal of Community Based Nursing and Midwifery, 7 (3): 192-200.
17. Torabizadeh, C., Asadabadi poor, Z., Shaygan, M. (2019). The Effects of Resilience Training on the Self-efficacy of Patients with Type 2 Diabetes: A Randomized Controlled Clinical Trial. International Journal of Community Based Nursing and Midwifery, 7 (3): 211-221.
18. Shaygan, M., Rahmanian, S., Emadi, F., Rakhshan, M. (2019). Predictive factors for disability in patients with acute and chronic headache. Shiraz E-Medical Journal, 20(10):e87499.
19. Shaygan, M., Mozafari, M., Zahedian Nasab, N., Shayegan, L., Bagheri, S. (2020). Comparison of depression and spiritual well-being between chronic pain patients and healthy control group. Journal of Research on Religion & Health, 6; 2: 100/114.
20. Shaygan, M., Bahadori, F. (2020). Considerations for Mitigation of the Psychological Impacts of COVID-19 in Older Adults. International Journal of Community Based Nursing and Midwifery, 8: 3: 277-279.
21. Shaygan, M., Karami, Z. (2020). Chronic pain in adolescents: the predicting role of emotional intelligence, self-esteem and parenting style. International Journal of Community Based Nursing and Midwifery, 8: 3: 253-263.
22. Shaygan M, Yazdanpanah M. (2020). Prevalence and Predicting Factors of Chronic Pain among Workers of Petrochemical and Petroleum Refinery Plants. Int J Occup Environ Med (The IJOEM), 5;11(1 January):1632-3.
23. Shaygan, M., Hassanipour, H, Mollaie, M. (2021). Some Practical Suggestions for Mitigation of Psychological Burden of Hospitalized Patients with COVID-19. International Journal of Community Based Nursing and Midwifery, 9(1):86.
24. Shaygan, M., Yazdani, Z., Valibeigi, A. (2021). The effect of online multimedia psychoeducational interventions on the resilience and perceived stress of hospitalized patients with COVID-19: a pilot cluster randomized parallel-controlled trial. BMC Psychiatry, 11;21(1):93.
25. Shaygan, M., Jaberi, A. (2021). The effect of a smartphone‑based pain management application on pain intensity and quality of life in adolescents with chronic pain. Scientific Reports, 11:6588.
26. Shaygan, M., Sheybani negad, S., Motazedian S. (2021). The effect of combined sertraline and positive psychotherapy on hopelessness and suicidal ideation among patients with major depressive disorder: a randomized controlled trial. The Journal of Positive Psychology, 24:1-0.
27. Shaygan, M., Jahandide, Z., zarifsanaiey, N. (2021). An Investigation of the Effect of Smartphone-based Pain Management Application on Pain Intensity and the Quality of Life Dimensions in Adolescents with Chronic Pain: A Cluster Randomized Parallel-controlled Trial. Qual Life Res. https://doi.org/10.1007/s11136-021-02891-5
28. Shaygan, M., Bostanian, P., Zarmehr, M., Hassanipour, H., Mollaie, M. (2021). Understanding the relationship between parenting style and chronic pain in adolescents: A structural equation modelling approach. BMC Psychology. BMC psychology, 9(1):1-3.
29. Shaygan, M., Yazdanpanah, M. (2021). Depression and work-family conflict mediating the effects of job stress on chronic pain: A structural equation modelling approach: The relationship between job stress and chronic pain. International Journal of Occupational Safety and Ergonomics, 14;1-8.
30. Shaygan, M., Saranjam, E. Faraghi, A., Mohebi, Z. (2022). Migraine headaches: The predicting role of anger and emotional intelligence. International Journal of Community Based Nursing and Midwifery, 1;10(1):74-83.
31. Mohebbi, Z., Shaygan, M., Ghanavati, M (2022). The effect of Benson Relaxation Technique on the quality of sleep and working life of operating room nurses. Shiraz E Medical Journal, 23(4):e117346.
32. Shaygan, M., Jaberi, A. Firozian, R., Yazdani, Z. (2022). Effect of Pain Management Training on Pain Intensity and Depression in Patients with Non-Specific Chronic Back Pain. Investigacion y Educacion en Enfermeria, 40(1): e13.
33. Gholamzadeh, S., Shaygan, M., Naderi, Z., Hosseini, FA. (2022). Age discrimination perceived by hospitalized older adult patients in Iran: A qualitative study. Health Promot. 2022;12(1):46.
34. Shaygan, M., Tehranineshat, B., Mohammadi, A., Foruhi, Z. (2022). A National Survey of the Prevalence of Chronic Pain in Nursing Students and the Associated Factors. Investigacion y Education en Enfermeria, 40(1): e 09.
35. Hosseini, FA., Parvan, K.,, Shaygan, M., Thomson, B. (2022). Male Nursing Students’ Perception of Gender Barriers in Nursing Curricula in an Iranian University of Medical Sciences. Revista en Investigación y Educacion en Enfermería, 40(1): e 03.
36. Shaygan, M., Jaberi, A. Zarifsanaiey, N., Yazdani, Z. (2022). Effect of Pain Management Training on Pain Intensity and Depression in Patients with Non-Specific Chronic Back Pain. PLOS ONE, 17(6): e0269785.
37. Molazem, Z., Jalali, F., Jannati, M., Shaygan, M., Khademian, MH. (2022). The effect of self-care training on happiness and resilience of patients undergoing coronary artery bypass graft surgeries. International Journal of Surgery Open. 2022 Mar 1;40:100454.
38. Farzadfar, F., Naghavi, M., Sepanlou, SG., Moghaddam, SS., Dangel, WJ., Weaver, ND., Aminorroaya, A., Azadnajafabad, S., Koolaji, S., Mohammadi, E., Rezaei, N. (2022). Health system performance in Iran: a systematic analysis for the Global Burden of Disease Study 2019. The Lancet. Apr 23;399(10335):1625-45.
39. Shaygan, M., & Hosseini, F. A. (2022). Comparison of the effect of psychosocial skills training on acute and chronic musculoskeletal pain intensity: The effectiveness of early intervention in the reduction of acute musculoskeletal pain. Musculoskeletal care, 20(4), 839–847.
40. Shaygan, M., Yazdani, Z., & Rambod, M. (2022). The Effect of Interactive Virtual Psycho Educational Interventions via Social Networks on Self Efficacy and Anxiety among Patients Infected with COVID 19 and Living in Home Quarantine: A Randomized Control Trial. Iranian Journal of Nursing and Midwifery Research, 28(1), 65-71.
41. Shaygan, M., Jaberi, A., Firozian, R., & Yazdani, Z. (2022). Comparing the effects of multimedia and face-to-face pain management education on pain intensity and pain catastrophizing among patients with chronic low back pain: A randomized clinical trial. Plos one, 17(6), e0269785.
42. Shaygan, M., Hosseini, F. A., Bustani, A., & Zahedian Nasab, N. (2022). Effect of Combining Adapted Physical and Artistic Activities on Feeling of Loneliness and Aggression in the Elderly Living in Nursing Homes. Iranian Journal of Ageing, 17(3), 366-379.
43. Mohebbi, Z., Dehbozorgi, R., Setoodeh, G., Momennasab, M., Heydari, N., & Shaygan, M. (2022). Lived Experience of Iranian Family Caregivers of Tubercular Patients: A Qualitative Study. Investigación y Educación en Enfermería, 40(3).
44. Salari, S., Shaygan, M., & Setoodeh, G. (2022). The mediating role of maladaptive cognitive schemas regarding the relationship between parenting styles and chronic pain in adolescents: a structural equation modelling approach. Child and Adolescent Psychiatry and Mental Health, 16(1), 1-15.
45. Shaygan, M., & Jaberi, A. (2022). The experience of chronic pain among adolescents: suffering and attempt to overcome pain?. BMC pediatrics, 22(1), 1-11.
46. Shaygan, M., Hosseini, F. A., & Negad, S. S. (2022). Temporal relationships between changes in depression and suicidal ideation: A mediation analysis in a randomized double-blinded clinical trial. Psychology and psychotherapy, 10.1111/papt.12444. Advance online publication. https://doi.org/10.1111/papt.12444
47. Shaygan, M., Zamani, M., Jaberi, A., Eghbal, K., & Dehghani, A. (2023). The impact of physical and psychological pain management training on pain intensity, anxiety and disability in patients undergoing lumbar surgeries. The spine journal : official journal of the North American Spine Society, S1529-9430(23)00025-6. Advance online publication. <https://doi.org/10.1016/j.spinee.2023.01.016>
48. Behzadi, S., Yektatalab, S., Momennasab, M., Shaygan, M., & Zareiyan, A. (2023). Care self-efficacy in adolescents with mental disorders: A qualitative study. Journal of Education and Health Promotion, 12(1), 237.
49. Shaygan, M., Jaberi, A., Razavizadegan, M., & Shayegan, Z. (2023). Prevalence of chronic pain and contributing factors: a cross-sectional population-based study among 2,379 Iranian adolescents. The Korean Journal of Pain, 36(2), 230-241.
50. Shaygan, M., & Jaberi, A. (2023). Assessing the Impact of a Smartphone-based Pain Management Application on Pain Intensity and Quality of Life in Adolescents with Chronic Pain: A Mixed Method Study. Journal of Biomedical Physics & Engineering, 13.
51. Shaygan, M., Hosseini, F. A., & Jaberi, A. (2023). The Effect of a Mobile-Based Educational Application on Chronic Pain Management in Adolescents: A Randomized Clinical Trial. Journal of Biomedical Physics & Engineering, 13.
52. Hosseini, F. A., Momennasab, M., Guàrdia-Olmos, J., Yektatalab, S., Shaygan, M., & Zareiyan, A. (2023). Designing and psychometric properties of the hospitalized patients’ spiritual needs questionnaire (HPSNQ) in the medical-surgical hospital setting. BMC Palliative Care, 22(1), 112.
53. Shaygan, M., Hosseini, F. A., Shemiran, M., & Hedayati, A. (2023). The effect of mobile-based logotherapy on depression, suicidal ideation, and hopelessness in patients with major depressive disorder: a mixed-methods study. Scientific reports, 13(1), 15828.
54. Hosseini, F., Shaygan, M., & Jahandideh, Z. (2023). Positive imagery in depressive suicidal patients: A randomized controlled trial of the effect of viewing loved ones’ photos on mood states and suicidal ideation. Heliyon, 9, e22312. doi: 10.1016/j.heliyon.2023.e22312
55. Shaygan, M., Jaberi, A., Hosseini, F. A., & Fereidooni Moghadam, M. (2023). How to prepare nursing students for mental health clinical engagement: a qualitative study. BMC Medical Education, 23(1), 672.
56. Ferreira, M. L., De Luca, K., Haile, L. M., Steinmetz, J. D., Culbreth, G. T., Cross, M., ... & Mahmoodpoor, A. (2023). Global, regional, and national burden of low back pain, 1990–2020, its attributable risk factors, and projections to 2050: a systematic analysis of the Global Burden of Disease Study 2021. The Lancet Rheumatology, 5(6), e316-e329.

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| 1. Haghshenas, H., Shaygan, M., Pasyar, N., & Rambod, M. (2024). Explaining the Components of Resilience in Patients with Chronic Pain: A Qualitative Content Analysis. Iranian Journal of Nursing and Midwifery Research, 29(3), 343-351. 2. Shaygan, M., Salari, S., Jaberi, A., & Shaygan, S. (2024). Gender Differences in Suicidal Ideation during the COVID-19 Pandemic among Iranian Adolescents and its Contributing Factors. Child & Family Behavior Therapy, 1-17. |
| 1. Shaygan, M., Khaki, S., Zarei, D., Moshfeghinia, R., Beheshtaeen, F., & Sadeghi, Y. (2024). Effects of meaning-based psychotherapy on post-traumatic growth and death anxiety in patients with cancer: a systematic review and meta-analysis. Supportive Care in Cancer, 32(4), 251. |
| 1. Shaygan, M., Tehranineshat, B., Teshnizi, S. H., & Mohammadi, A. (2024). The predicting factors of chronic pain among nursing students: a national study in Iran. BMC psychology, 12(1), 297. |
| 1. Dokoohaki, R., Rambod, M., Pasyar, N., Parviniannasab, A. M., Shaygan, M., Kalyani, M. N., ... & Jaberi, A. (2024). Comparison of professional competency and anxiety of nursing students trained based on two internship models: a comparative study. BMC Medical Education, 24(1), 968. |
| 1. Shamsi, F., Azadinia, F., & Shaygan, M. (2024). Does brain entrainment using binaural auditory beats affect pain perception in acute and chronic pain?: a systematic review. BMC Complementary Medicine and Therapies, 24(1), 34.   **Submitted article:**   1. Do physical activity, body mass index, and dietary iron intake mediate the relationship between depression and chronic headaches? A path analysis using results from the RaNCD cohort study 2. The relationship between academic satisfaction and academic performance of nursing students: Mediating role of anxiety and depression 3. Investigating the mediating role of academic satisfaction in the relationship between depression and academic performance in nursing students 4. The Effect of Virtual Reality-Based Positive Psychotherapy on Emotional Experiences, Life Satisfaction, and Suicidal Ideation in Patients Suffering from Major Depressive Disorder: A Mixed-Methods Study 5. Exploring Challenges and Effective Factors in Addressing OSCE Test Anxiety among Nursing Students: A Qualitative Study 6. The Effect of Resilience Training for Mothers of Hospitalized Children with Burn Injuries on Mothers' Resilience and Their Children's Pain: A Randomized Controlled Trial in the Pediatric Units of Shiraz Burn Center 7. Building Resilience: A Promising Approach to Reduce Anxiety in Mothers and Hospitalized Children with Burn Injuries 8. Is an early biopsychosocial pain management program more effective than physiotherapy alone for postoperative pain and disability in middle-aged and older adults with lower-limb trauma? A Double-Blinded RCT 9. Relationships between early maladaptive schemas, emotion regulation difficulty, and perceived social support and moral intelligence in nursing students: a structural equation model 10. The mediating role of cognitive schemas in the relationship between parenting styles and suicidal ideation in adolescents: a structural equation modeling approach 11. Psychological capital of nursing students: the predictive role of emotional quotient, communication skills, and perceived social support |

1. **Books**

* Shaygan, M. Hosseini FA. Psychological basics (homeostasis, stress and individual and family adaptation). In Abbaszadeh, A. et al. (2024). Professional nursing (basic concepts 1 and 2), Tehran; Jameeh Negar publications. In press.
* Sharif, F., Shaygan, M. Psychiatric and Mental Health Nursing. In Salsali, M. et al. (2009). *Clinical Guideline for Nursing*, Volume 2, Tehran; Pouneh.
* Shaygan, M., Saranjam, E. Everything You Need to Know About Psychosis. (2021). Tehran; Narvan.

**VII. Presentations in Congress**

* Yazdani N., Shaygan, M. (2024). The implications of artificial intelligence in influence patient adherence to preventive health strategies, AI in Health, Tehran, Iran.
* Yazdani N., Shaygan, M. (2024). The ethical implications of artificial intelligence in clinical decision-making of healthcare professionals, AI in Health, Tehran, Iran.
* Hosseini, FA., Shaygan, M. (2024). The Role of Digital Health Literacy in Improving Healthcare: A Review Study, The 13th International Conferance on Woman's Health and the 5th international conferences on social studies in health, Shiraz, Iran.
* Shaygan, M., Hosseini, FA. (2024). Investigating the effect of cyberspace-based logotherapy on depression, suicidal thoughts, and hopelessness in patients with major depressive disorder: a clinical trial study, The 13th International Conferance on Woman's Health and the 5th international conferences on social studies in health, Shiraz, Iran.
* Shaygan, M., Hosseini, FA. (2024). The Effect of Virtual Reality-Based Positive Psychotherapy on Emotional Experiences, Life Satisfaction, and Suicidal Ideation in Patients Suffering from Major Depressive Disorder: A MixedMethods Study, The 13th International Conferance on Woman's Health and the 5th international conferences on social studies in health, Shiraz, Iran.
* Hosseini, FA., Shaygan, M. (2024). The mediating role of physical activity, morning wake-up time, and sleep-inducing medication use in the relationship between age and depression: A path analysis of a large cohort study in Iran, The 13th International Conferance on Woman's Health and the 5th international conferences on social studies in health, Shiraz, Iran.
* Rambod M., Shaygan, M. (2024). Investigating the relationship between clinical competency and ethical climate of female nursing internship students of Shiraz University of Medical Sciences, The 13th International Conferance on Woman's Health and the 5th international conferences on social studies in health, Shiraz, Iran.
* Hosseini, FA., Shaygan, M (2023). Investigating Iranian teenage girls' awareness of reproductive health, The 12th International Conferance on Woman's Health, Shiraz, Iran.
* Hosseini, FA., Shaygan, M (2023). The effectiveness of spiritual therapy on reducing anxiety and depression in women with breast cancer, The 12th International Conferance on Woman's Health, Shiraz, Iran.
* Shaygan, M., Hosseini, FA (2023). Factors predicting depression in female nursing students of the universities of medical sciences, The 12th International Conferance on Woman's Health, Shiraz, Iran.
* Understanding the relationship between mental health and depression in chronic pain patients: the mediating role of pain catastrophizing, First Biennial National Conference of Religion, Man, and Health, Shiraz, Iran.
* Shaygan, M., Hosseini, FA (2021). Comparison of the effect of psychosocial training on pain intensity between patients with acute and chronic musculoskeletal pain. 7th International Conference on Health, Treatment and Health Promotion, Tbilisi, Georgi.
* Hosseini, FA., Shaygan, M., Zarshenas, L., Parvan, K (2021). Psychometric properties of Nurses Professional Values Scale-Revised: An Iranian version. 7th International Conference on Health, Treatment and Health Promotion, Tbilisi, Georgi.
* Shaygan, M., Yazdani, Z. (2020). The effect of multimedia pain management program on pain intensity and catastrophizing in women with low back pain. [9th International Conference on Women's Health, Shiraz, Iran.](https://conferencealerts.com/show-event?id=204326)
* Shaygan, M., Yazdani, Z. (2020). The Effect of Interactive Psycho-educational Interventions via Social Networks on Anxiety and Self-efficacy of patients infected with COVID-19 in Home Quarantine. The Third International Congress on Social Studies on Health, Shiraz, Iran.
* Shaygan, M., Yazdani, Z. (2020). The effect of online multimedia psychoeducational interventions on the perceived stress and resilience of hospitalized patients with COVID-19. The Third International Congress on Social Studies on Health, Shiraz, Iran.
* Shaygan, M., Mirshah, E., Yazdani, Z. (2019). Designing, implementation and evaluation of multimedia to teach effective communication skills to nursing students. 20th Iranian Conference on Health Professions Education (HPE). Tehran, Iran.
* Shaygan, M. (2019). Predictive factors of depression in patients with chronic pain. The Second National Congress of Non-communicable Diseases. Fasa, Iran.
* Shaygan, M. (2019). Comparison of pain intensity and depression among Iranian and German patients with chronic headache. The Second National Congress of Non-communicable Diseases. Fasa, Iran.
* Shaygan, M., Yazdanpanah, M. (2019). Comparison of demographic characteristics and work-family conflict between Oilfield workers with chronic pain and without. The Second International Congress on Social Studies on Health, Tehran, Iran.
* Shaygan, M., Yazdanpanah, M. (2019). Prevalence and predictive factors of depression among Oilfield workers in Asaluyeh. The Second International Congress on Social Studies on Health, Tehran, Iran.
* Shaygan, M., Karami, Z. (2019). Assessment of relationship between parenting style and depression, anxiety and stress among adolescents. The Second International Congress on Social Studies on Health, Tehran, Iran.
* Shaygan, M., Shayegan, L. (2018). The role of spiritual well-being in predicting pain intensity, catastrophizing and depression of women with chronic pain. [7th International Conference on Women's Health, Shiraz, Iran.](https://conferencealerts.com/show-event?id=204326)
* Shaygan, M. (2018). Comparison of self-esteem and emotional intelligence between [adolescent girls](https://link.springer.com/article/10.1007/s40519-016-0359-4) with chronic pain and healthy control group in Shiraz, 2018. [7th International Conference on Women's Health, Shiraz, Iran.](https://conferencealerts.com/show-event?id=204326)
* Shaygan, M., Böger, A., & Kheiri, F. (2017). Predictors of reduction of kinesiophobia in patients with chronic pain. 13th Congress of Iranian Pain Society, Tehran, Iran.
* Shaygan, M., Yazdanpanah, M. (2017). Effect of a multidisciplinary pain treatment program for the management of chronic low back pain and headache. The 5th Iranian International Headache & 1st Joint Headache-Pain Congress, Tehran, Iran.
* Shaygan, M., Yazdanpanah, M. (2017). Predictors of outcome of multidisciplinary treatment in chronic pain. The 5th Iranian International Headache & 1st Joint Headache-Pain Congress, Tehran, Iran.
* Shaygan, M., Böger, A., & Kröner-Herwig, B. (2016). Disability, its predicting and mediating factors in patients with chronic headache. International Congress on Social Studies on Health, Shiraz, Iran.
* Shaygan, M., Böger, A., & Kröner-Herwig, B. (2016). Valence and arousal value of visual stimuli and their role in the mitigation of chronic pain: What is the power of pictures? Deutscher Schmerzkongress, Mannheim, Germany.
* Shaygan, M., Böger, A., & Kröner-Herwig, B. (2015). The effects of viewing the family pictures on self-reported pain in patients with chronic pain. Iranian congress of family centre care, Shiraz, Iran.
* Shaygan, M., Böger, A., & Kröner-Herwig, B. (2013). Somatosensorische Phänomene bei Patienten mit unterschiedlichen Formen chronischer Schmerzen. Deutscher Schmerzkongress, Hamburg, Germany.
* Shaygan, M., Böger, A., & Kröner-Herwig, B. (2013). Welche Faktoren sagen die Reduktion der Bewegungsangst durch die multimodale Schmerztherapie vorher. 8. Workshopkongress und 31. Symposium der DGPs, Fachgruppe Klinische Psychologie und Psychotherapie, Trier, Germany.
* Shaygan, M., Böger, A., & Kröner-Herwig, B. (2012). Neuropathische und nozizeptive Schmerzkomponenten bei chronischen Schmerzpatienten ─ Ein Vergleich. Deutscher Schmerzkongress, Mannheim, Germany.
* Shaygan, M., & Sharif, F. (2012). The impact of psychoeducational group for caregivers on the quality of life of patients with schizophrenia, International Conference on Schizophrenia, India.
* Shaygan, M., & Sharif, F. (2011). The effect of family psychoeducational intervention on family burden and patients’ quality of life in Iranian outpatients with schizophrenia, 3rd European conference on schizophrenia reseach, Berlin.
* Shaygan, M., & Sharif, F. (2009). The role of maturity in the adolescent depression, Shiraz (in Persian).

**VIII. Thesis Supervision and Advisement**

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| --- | --- | --- | --- | --- |
| Years | Student | Title of Dissertation | Role | School/University |
| 2017 | Sasan Rahmanian | Assessment of predictive factors of depression and disability in patients with chronic headache referred to clinics affiliated to Shiraz University of Medical Sciences | Supervisor | Shiraz University of Medical Sciences |
| 2017 | Zahra Asadabadi | The Effects of Resilience Training on the Self-efficacy of Patients with Type 2 Diabetes | Advisor | Shiraz University of Medical Sciences |
| 2018 | Fatemeh Kheiri | Prevalence of chronic pain in nurses working in hospitals affiliated to Bandar Abbas University of Medical Sciences | Advisor | Shiraz University of Medical Sciences |
| 2018 | Maryam Shaygan | Evaluation of predictors of headache chronicity in patients with migraine referred to clinics affiliated to Shiraz University of Medical Sciences | Supervisor | Shiraz University of Medical Sciences |
| 2018 | Zeinab Karami | The predictive role of parenting styles, adolescents’ emotional intelligence and self-esteem in the development of chronic pain in adolescents | Supervisor | Shiraz University of Medical Sciences |
| 2018 | Marzieh Razavi Zadegan | Prevalence of chronic pain among adolescents in Shiraz | Advisor | Shiraz University of Medical Sciences |
| 2019 | Mahsa Zamani | The effect of pain management education on the intensity of pain, anxiety, and disability after lumbar surgery in patients with chronic low back pain | Supervisor | Shiraz University of Medical Sciences |
| 2019 | Maryam Yazdanpanah | The chronic pain and its associated factors among employees of Assaluyeh petrochemical and refinery industries | Supervisor | Shiraz University of Medical Sciences |
| 2019 | Roghayeh Firoozian | The effect of multimedia pain management program on pain intensity, depression and catastrophizing in patients with chronic non-specific low back pain | Supervisor | Shiraz University of Medical Sciences |
| 2020 | Fatemeh Moosavi | The effect of pain management education on pain intensity and disability of older adults with post-traumatic lower extremity pain after surgical operation | Supervisor | Shiraz University of Medical Sciences |
| 2020 | Maryam Ghanavati | The effect of Benson Relaxation Technique on the quality of sleep and working life of operating room nurses | Advisor | Shiraz University of Medical Sciences |
| 2020 | Fatemeh Jalali | The effect of self-care training on happiness and resilience of patients undergoing coronary artery bypass graft surgery | Advisor | Shiraz University of Medical Sciences |
| 2020 | Zahra Jahandideh | The effect of mobile-based pain management education on the intensity of pain and quality of life of adolescents with chronic pain | Supervisor | Shiraz University of Medical Sciences |
| 2020 | Soheila Sheibani Nejad | The effect of positive psychotherapy on depressive symptoms, hopelessness, and suicidal ideation in patients with major depressive disorder | Supervisor | Shiraz University of Medical Sciences |
| 2021 | Saghar Salari | Investigation of the mediating role of cognitive schemas in the relationship between parenting styles and chronic pain in adolescents | Supervisor | Shiraz University of Medical Sciences |
| 2021 | Marzieh Shemiran | The effect of mobile-based Logotherapy on depressive symptoms, suicidal ideation, and hopelessness in patients with major depressive disorder | Supervisor | Shiraz University of Medical Sciences |
| 2021 | Hajar Haghshenas | Designing, implementation and evaluation of a virtual resilience promotion program in chronic pain patients: A mixed-method study | Supervisor | Shiraz University of Medical Sciences |
| 2022 | Samira Harati | Comparison of the effect of drug therapy with auricular therapy and drug therapy alone on the severity of depressive symptoms, quality of life and self-efficacy of the elderly with major depressive disorder | Supervisor | Shiraz University of Medical Sciences |
| 2022 | Kimia Bahman | The Comparison of positive psychotherapy via face to face vs. virtual reality on emotional experiences, life satisfaction and suicidal ideation of patients suffering from major depressive disorder, admited to hospitals affiliated to Shiraz university of medical science | Supervisor | Shiraz University of Medical Sciences |
| 2022 | Sahar Khaki | Design, implementation and evaluation of a virtual training program for behavior empowerment of family caregivers of patients with chronic pain: A mixed method study | Supervisor | Shiraz University of Medical Sciences |
| 2023 | Sepideh Alipor | The comparison of the effect of positive psychotherapy via face-to-face and virtual reality techniques on the meaning of life, self-criticism and suicidal thoughts in teenagers with suicidal thoughts hospitalized in neuropsychiatric hospitals of Shiraz university of medical sciences. | Supervisor | Shiraz University of Medical Sciences |

# IX. Research Project Manager

# Investigating the effect of ventromedial prefrontal transcranial direct current stimulation on empathy, resilience, decision-making and electroencephalography in nursing students

# Investigation of socioeconomic factors associated with suicide attempt, method and causes in Fars province, Iran a cross-sectional survey

# Design and effectiveness of exam stress management simulator of Objective Structured Clinical Examination (OSCE) on the level of stress and self-efficacy of students of medical sciences

# The Effect of Quran Teaching on Resilience and Caring Behavior of Nursing Students in Clinical Wards during the Covid-19 Pandemic

* Explaining the psychological challenges and opportunities of patients with cancer during the Covid 19 pandemic
* The effect of multidisciplinary and multimedia pain management education on the severity of disability in patients with chronic musculoskeletal pain and its mediating factors
* Investigating the mediating role of emotion regulation difficulty and perceived social support in the relationship between primary maladaptive schemas and moral intelligence in Faculty of Nursing and Midwifery ,2021-2022
* Investigating the mediating role of loneliness and social support in the relationship between perceived elder abuse and death anxiety in elderly patients hospitalized at Hormozgan medical hospital in 2023
* Explaining the strengths and weaknesses of health system interventions in the field of suicide prevention
* Investigating the effect of ventromedial prefrontal transcranial direct current stimulation on empathy, resilience, decision-making and electroencephalography in nursing students

# Investigating the mediating role of cognitive schemas in the relationship between parenting styles and suicidal thoughts in adolescents

# Comparison of the effects of platelet-rich plasma versus a combination of platelet-rich plasma and ozone therapy on pain intensity, disability and quality of life in patients with knee osteoarthritis, Randomized Controlled Trial

# Designing and evaluation of the effectiveness of intelligent simulator of effective communication with the patient on self-efficacy and caring behavior of nursing students

# A national survey of the prevalence of chronic pain among nursing students and the associated factors.

# The predictive role of some of the mental health components on the educational status of students of Shiraz University of Medical Sciences: a longitudinal study

# Explaining the effectiveness of pain management on chronic pain intensity and quality of life in adolescents: a mixed method study

# The comparison of emotional intelligence and anger intensity between migraine patients referred to clinics and healthy control group.

# Investigating inter-brain neural synchronization and pain relief during mutual gaze in chronic pain patients

# Perceived age discrimination in elderly patients admitted to hospitals affiliated to Shiraz University of Medical Sciences (SUMS): a qualitative study.

# The effect of resilience training for mothers on pain intensity of burned children hospitalized in Burn Hospital in Shiraz

# The effect of a combination of adapted physical and artistic activities on isolation and aggression of the elderly living in nursing homes

# Investigating the mediating role of cognitive schemas in the relationship between parenting styles and suicidal thoughts in adolescents.

# The effect of educational doctrine in Quran and Hadith on resilience and caring behavior of nursing students in clinical wards during the Covid-19 pandemic.

# The effect of interactive psychological interventions via social networks on anxiety and self-efficacy of patients infected with COVID-19 in home quarantine.

* Investigating the effect of multimedia psycho-educational interventions on perceived stress and resilience of hospitalized patients with COVID-19.

# The effect of picture viewing on mood state and suicidal thoughts in hospitalized patients with major depressive disorder.

**X. Research interests**

* Psychological factors in chronic diseases
* Psychological aspects of health and illness
* Psychiatric disorders (Schizophrenia, Mood disorders, Anxiety disorders, PTSD, OCD)
* Clinical research and treatment of stress-related health conditions, including chronic pain, affective disorders, post-traumatic stress, etc.
* Clinical research and designing of digital healthcare, multimedia and smartphone-based health interventions.
* Mindfulness and meditation-based interventions
* Psycho-educational interventions
* Psychological interventions and psychotherapy (CBT, Mindfulness, Positive Psychotherapy, ACT, Group therapy)
* Pain Management

**XI. Language Skills**

* **Farsi (Persian):** First language
* **English:** Reading, Writing, Listening, and Talking
* **German:** Reading, Writing, Listening, and Talking.