

Curriculum Vitae

Nafiseh Ghassab-Abdollahi

Place of Birth: Tabriz

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Department: Geriatric Health

Institution: Faculty of Health Science, Tabriz University of Medical Sciences, Tabriz, Iran



Qualifications

- BSc in Midwifery, (2012) (Tabriz University of Medical Sciences, Tabriz, Iran)
- MSc in Midwifery, (2019) (Tabriz University of Medical Sciences, Tabriz, Iran)
- Ph.D. in Gerontology, (2023) (Tabriz University of Medical Sciences, Tabriz, Iran)

Awards

- Ranking 2 in Ph.D. Test.
- Recognized Students in Tabriz University of Medical Sciences, (MSc). (Member of Talented Student Office) (2019).
- Recognized Students in Tabriz University of Medical Sciences, (Ph.D.). (Member of Talented Student Office (2022).
- Premier Researcher Student in Tabriz University of Medical Sciences (Ph.D.), 2022.
- Selected student project in the 5th International Alavi Congress, 2022.
- Silver medal of the American International Invention Competition (Silicon Valley), 2024.

Thesis Titles

- **The topic of MSc thesis:** The effect of Mullein capsule on uterine leiomyomas volume and the amount of menstrual bleeding: A randomized controlled trial
- **The topic of Ph.D. thesis:** Investigating the status of medication error and explaining its causes among illiterate and low literate older adults with polypharmacy: a sequential mixed-methods study

Educational Experience

- Midwifery educator in Marand Azad University
- Teaching of Gerontological related topics in Geriatric Health Department

Administrative Experiences

- Tabriz health center employee from 2012-2014
- Assistant Professor at Tabriz University of Medical Science from 2023.

Scientific Activities

- Member of the Central Council of the Scientific Association of Gerontology and Geriatrics
- Secretary of the Scientific Association of Gerontology and Geriatrics
- The best secretary among the secretaries of student scientific associations
- The Research Officer of the Student Research Committee of Tabriz University of Medical Sciences

- Educational assistant of Geriatric Health Department
- Head of Geriatric Health Department

Full paper published in Peer reviewed journals

1. **Ghassab-Abdollahi N**, Sadeghzade Oskouei B, Asgharian P, Jahanshahi A, Farshbaf-Khalili A. The effect of Mullein capsule on uterine leiomyomas volume and the amount of menstrual bleeding: A randomized controlled trial. *Journal of Herbal Medicine*. 2020;20 .
2. **Ghassab-Abdollahi N**, Mirghafourvand M, Osouli Tabrizi S. The effect of centchroman on mastalgia: a systematic review. *European Journal of Contraception and Reproductive Health Care*. 2019;24 .(1)
3. **Ghassab-Abdollahi N**, Mirghafourvand M, Mollazadeh S. The effects of fennel on menstrual bleeding: A systematic review and meta-analysis. *Journal of Complementary and Integrative Medicine [Internet]*. 2018;15(3).
4. **Ghassab-Abdollahi N**, Shakouri S, Aghdam A, Farshbaf-Khalili A, Abdolalipour S, Farshbaf-Khalili A. Association of quality of life with physical activity, depression, and demographic characteristics and its predictors among medical students. *Journal of Education and Health Promotion*. 2020;9 .(1)
5. **Ghassab-Abdollahi N**, Mobasser K, Dehghani Ahmadabad A, Nadrian H, Mirghafourvand M. The effects of Huperzine A on dementia and mild cognitive impairment: An overview of systematic reviews. *Phytotherapy Research*. 2021;35(9):4971–87 .
6. Sanagoo S, Sadeghzadeh Oskouei B, **Ghassab-Abdollahi N**, Salehi-Pourmehr H, Hazeri N, Farshbaf-Khalili A. Effect of Tribulus terrestris L. on sperm parameters in men with idiopathic infertility: A systematic review. *Complementary Therapies in Medicine*. 2019;42:95–103 .
7. Salehi-Pourmehr H, Dolatkhah N, **Ghassab-Abdollahi N**, Farrin N, Mojtahedi M, Farshbaf-Khalili A. Screening of depression in overweight and obese pregnant women and its predictors. *Journal of Obstetrics and Gynaecology Research*. 2019;45(11):2169–77 .
8. Abdolalipour S, Mirghafourvand M, **Ghassab-Abdollahi N**, Farshbaf-Khalili A. Health-promoting lifestyle and quality of life in affected and unaffected menopausal women by primary osteoporosis. *Journal of Education and Health Promotion*. 2021;10.
9. Mollazadeh S, Mirghafourvand M, Abdollahi NG. The effects of Vitex agnus-castus on menstrual bleeding: A systematic review and meta-analysis. *Journal of Complementary and Integrative Medicine*. 2020;17(1).
10. Jafarizadeh A, Raeisi SA, **Ghassab-Abdollahi N**, Yarani R, Araj-Khodaei M, Mirghafourvand M. Effect of Citrullus colocynthis on glycemic factors and lipid profile in type

II diabetic patients: a systematic review and meta-analysis. *Journal of Diabetes and Metabolic Disorders*. 2022.

- 11 . Toopchizadeh V, Mirghafourvand M, Sarrafi S, Sarmad Z, **Ghassab-Abdollahi N**, Tabrizi SO, et al. The prevalence, electrophysiologic feature, and outcome of obstetric brachial plexus injury in East Azerbaijan province, Iran. *Majallah-i Pizishki-i Danishgah-i ulum-i Pizishki-i Tabriz*. 2022;44(3):243–50 .
- 12 . Azimi-Shomali S, Farshbaf-Khalili A, Eslamian F, Dolatkah N, **Ghassab-Abdollahi N**. The Relationship Between Usual Daily Physical Activity with Serum Markers Related to Bone Metabolism and Demographic Characteristics in Postmenopausal Women Aged 50–65 Years. *Journal of Physical Activity and Health*. 2022;19(6):417–24 .
- 13 . Fazlju SMB, Heris JA, Farshbaf-Khalili A, Khodadadi K, Mohammadi AB, Shahabi P, **Ghassab-Abdollahi N**, et al. HYSSOP and POLIUM could help to prevent COVID-19 in high-risk population: The results of a parallel randomized placebo-controlled field trial. *Indian Journal of Traditional Knowledge*. 2022;21(2):243–53 .
- 14 . Aghajanloo R, Nadrian H, Baraei B, Shirzadi S, Sarbakhsh P, Keshavarzian K, **Ghassab-Abdollahi N**, et al. Health literacy, treatment adherence, bone mass density and health-related quality of life among Iranian older adults with osteoporosis. *International Journal of Health Promotion and Education*. 2022.
- 15 . Abdollahi A, Adelibahram F, **Ghassab-Abdollahi N**, Araj-Khodaei M, Parsian Z, Mirghafourvand M. The effect of *Salvia officinalis* on blood glycemic indexes and blood lipid profile in diabetic patients: A systematic review and meta-analysis. *Journal of Complementary and Integrative Medicine*. 2022.
- 16 . Saadati F, Nadrian H, Golkar MH, Taghdisi MH, Gilani N, **Ghassab-Abdollahi N**, et al. Indices and Indicators Developed to Evaluate the “Strengthening Community Actions” Mechanism of the Ottawa Charter for Health Promotion: A Scoping Review. *American Journal of Health Promotion*. 2022;36(5):881–93 .
- 17 . Malekian S, **Ghassab-Abdollahi N**, Mirghafourvand M, Farshbaf-Khalili A. The effect of *Nigella sativa* on oxidative stress and inflammatory biomarkers: A systematic review and meta-analysis. *Journal of Complementary and Integrative Medicine*. 2021;18(2):235–59 .
- 18 . Osouli Tabrizi S, Meedya S, **Ghassab-Abdollahi N**, Ghorbani Z, Jahangiry L, Mirghafourvand M. The effect of the herbal medicine on severity of cyclic mastalgia: A systematic review and meta-analysis. *Journal of Complementary and Integrative Medicine*. 2021.
- 19 . Maghalian M, Mirghafourvand M, **Ghassab-Abdollahi N**. The Effect of *Melissa officinalis* on Premenstrual Syndrome and Primary Dysmenorrhea in Women of Reproductive Age: A Systematic Review and Meta-Analysis. *Current Women s Health Reviews*. 2021;18(3).
- 20 . Hassanzadeh-Nokashti K, Ahmadian-Herisi J, Yavarikiai P, Farshbaf-Khalili A, **Ghassab-Abdollahi N**, Ghahremaninasab P. The Investigation of Metabolic Syndrome Among Middle-Aged Women, Kamyaran, Iran: A Cross-sectional Study. *Crescent Journal of Medical and Biological Sciences*. 2022;9(2):81–8 .

21. **Ghassab-Abdollahi N**, Nadrian H, Pishbin K, Shirzadi S, Sarbakhsh P, Saadati F, Moradi MS, Azar PS, Zhianfar L. Gender and urban–rural residency based differences in the prevalence of type-2 diabetes mellitus and its determinants among adults in Naghadeh: Results of IraPEN survey. *Plos one*. 2023 Mar 7;18(3):e0279872.
22. Saadati F, Nadrian H, Gilani N, **Ghassab-Abdollahi N**, Taghdisi MH. Psychometric Properties of a Brief Health Literacy Instrument (HL-8) Among 18-65-Year-Old Iranians: A Scale Developed for Online Surveys. *Health Scope*. 2023 Aug 31;12(3).
23. Malekian S, Mirghafourvand M, Najafipour F, Ostadrahimi A, **Ghassab-Abdollahi N**, Farshbaf-Khalili A. The Associations between Bone Mineral Density and Oxidative Stress Biomarkers in Postmenopausal Women. *Korean Journal of Family Medicine*. 2023 Mar;44(2):95.
24. **Ghassab-Abdollahi N**, Nadrian H, Saadati F, Pashazadeh F, Shaseb E, Hashemiparast M, Allahverdipour H. Global Mapping of Potentially Inappropriate Prescribing for Older Adults in Community Settings: An Umbrella Review, *Korean J Fam Med*. 2023;44(4):189-204.
25. Saadati F, Nadrian H, **Ghassab-Abdollahi N**, Pashazadeh F, Gilani N, Taghdisi M. Indices/Indicators Developed to Evaluate the “Creating Supportive Environments” Mechanism of the Ottawa Charter for Health Promotion: A Setting-Based Review on Healthy Environment Indices/ Indicators. *Korean J Fam Med*. 2023;44.
26. Ahmadi A, Allahverdipour H, Valiee S, Pashazadeh F, **Ghassab-Abdollahi N**, Abdoli F, Matlabi H. COVID-19 stress and coping strategies among older adults: a systematic review of qualitative evidences. *BMC Psychol*. 2023; 11, (333)
27. Farshbaf-Khalili A, Monshikarimi A, Shakouri SK, Jafarilar-Aghdam N, **Ghassab-Abdollahi N**. Objective and Subjective Investigation of Physical Activity Levels and Its Relation with Socio-Demographic Characteristics among Medical Students. *J Lifestyle Med*. 2021 Jan 31;11(1):23-32.
29. **Ghassab-Abdollahi N**, Nadrian H, Shaseb E, Kheirollahi N, Hashemiparast M. Self-administration medication errors at home and its predictors among illiterate and low-literate community-dwelling older adults with polypharmacy: A negative binomial hierarchical regression. *PLoS One*. 2024;19.
30. Ghahremaninasab P, Nadrian H, **Ghassab-Abdollahi N**, Sarbakhsh P, Zarghami F. Doing Housework with a Walker? No Way!”: Exploring the Perceptions of Community-Dwelling Frail Older Adults and Their Informal Caregivers on “Informal Caregiver-Induced Forced Immobility. *Journal of the Korean Academy of Family Medicine*. 2024 Sep 24.

Presentations (Oral/Poster)

1. The effect of centchroman on mastalgia: a systematic review (Oral presentation in 3th International Conference on New Findings in Midwifery, Women, Maternity and Infertility (ICMWMI 2021))
2. The effect of Mullein capsule on uterine leiomyomas volume and the amount of menstrual bleeding: A randomized controlled trial (Oral presentation in 11th National Conference on Medicinal Plants and Sustainable Agriculture)
3. The effects of Vitex agnus-castus on menstrual bleeding: A systematic review and metaanalysis (Oral presentation in 5th International Conference on Obstetrics, Infertility and Mental Health)
4. Association of quality of life with physical activity, depression, and demographic characteristics and its predictors among medical students (Oral presentation in 1st International Conference on Educational Science, Psychology, Sport Science, and Physical Education)
5. Objective and Subjective Investigation of Physical Activity Levels and Its Relation with Socio-Demographic Characteristics among Medical Students (Oral presentation in 8th International Conferences on Health, Treatment and Health Promotion)
6. The prevalence of “potentially inappropriate prescribing” among older adults in community settings: An umbrella review (Oral presentation in 5th international Alevi meeting)
7. The effects of fennel on menstrual bleeding: A systematic review and meta-analysis (Poster presentation in 3rd International Congress and 4th National Conference on Biotechnology of Medicinal Plants & Mushrooms)
8. Exploring the reasons for self-administration medication errors among community-dwelling older adults with polypharmacy: A qualitative study; in the 2nd Healthy Aging Congress (6th Abass Alavi meeting) held on 14-15 May 2024 in Tabriz, Iran.
9. The effects of Huperzine A on dementia and mild cognitive impairment: an overview of systematic reviews in the 2nd **International Healthy Aging Congress** (6th Abass Alavi meeting), **Poster** held on 14-15 May 2024 in Tabriz, Iran.
10. Self-administration medication errors at home and its predictors among illiterate and low-literate community-dwelling older adults with polypharmacy: A negative binomial hierarchical regression in the 2nd **International Healthy Aging Congress** (6th Abass Alavi meeting), **Poster**, held on 14-15 May 2024 in Tabriz, Iran.
11. The relationship between usual daily physical activity with bone serum markers and demographic characteristic in postmenopausal women, **Oral Presentation**, 1st **International Conference** on Health, Hygiene and Education, Iran. 2023.

Research Projects

1. The effects of Huperzine A on dementia and mild cognitive impairment: An overview of systematic reviews, 2021.
2. Effect of *Citrullus colocynthis* on glycemic factors and lipid profile in type II diabetic patients: a systematic review and meta-analysis, 2021.
3. The effect of *Salvia officinalis* on blood glycemic indexes and blood lipid profile in diabetic patients: A systematic review and meta-analysis, 2021.
4. HYSSOP and POLIUM could help to prevent COVID-19 in high-risk population: The results of a parallel randomized placebo-controlled field trial, 2020.
5. Prevalence of potentially inappropriate medication use among community-dwelling elderly: a review of systematic review studies, 2021.
6. Examining the status of medication errors in illiterate and low-educated elderly with polypharmacy and explaining the reasons related to it and providing a solution: a sequential descriptive mixed method study.
7. Investigating and diagnosing primary osteoporosis in postmenopausal women aged 50-65 in Tabriz.
8. The relationship between air pollution and frailty syndrome in the elderly: a systematic review.
9. Effective interventions to improve social adjustment in the elderly: a scoping review

Patent

- Azizeh Farshbaf-Khalili, **Nafiseh Ghassab-Abdollahi**, Majid Mobasser, Alireza Ostadrahimi, Hamed Hamishekar, 2022, Patent 107539, Herbal supplement for osteoporosis.
- Reyhaneh Mostafanejad, Nafiseh Ghassab-Abdollahi. Safe female external catheter with anti-link capability and reduction of infection caused by using the catheter. 2024.

Book

- Oxford American handbook of hospice and palliative medicine and supportive care, 2nd, 2 ed. Fatemeh Adeli Rad, Farzaneh Bahadri, Abdul Rahim Asadollahi, **Nafiseh Ghassab-Abdollahi**, et al. (Translated to Persian language).
- Research designs in aging and social Gerontology, Shahab Papi, **Nafiseh Ghassab-Abdollahi**, Ali Dehgani. (Translated to Persian language).

Softwares

- SPSS, REVMAN, MAXQDA, Mendely, MS Excel, MS Word, MS PowerPoint, GPower, Endnote.

Research Interests

- Systematic Review
- Meta-Analysis
- Review Studies
- Medication Use in Older Adults
- Women Health