

In the name of God

Curriculum Vitae

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Google Scholar URL:

<https://scholar.google.com/citations?user=ft8wPB4AAAAJ&hl=en&oi=ao>

Birth Date: **1981**

Marital Status: **Married**

EDUCATIONAL BACKGROUND

PhD degree in Health Education & Promotion

Department of Health Education & Promotion, Faculty of Health, Tabriz University of Medical Sciences, Tabriz, Iran. 2018

Thesis title: “Exploration, designing, and effectiveness of a comprehensive model of prevention and counseling on improving sexual motivation and function of women at menopausal period”.

Supervisor: Prof. Hamid Allahverdipour & Dr. Effat Merghati-Khoei, Advisors: Dr, Mohammad Asghari Jafarabadi, Dr. Mojghan Mirghafourvand

Master of Health Education & Promotion

Department of Health Education & Promotion, Faculty of Health, Tabriz University of Medical Sciences, Tabriz, Iran. 2013

Thesis title: “Assessing the effectiveness of “physical activity persuasion educational program” on quality of life of menopausal women”.

Supervisor: Prof. Hamid Allahverdipour & Dr, Ahmad Kousha. Advisors: Dr, Mohammad Asghari Jafarabadi & Hosein Talibian

B.Sc in Public Health

Department of Health Education & Promotion, Faculty of Health, Tabriz University of Medical Sciences, Tabriz, Iran. 2011

Thesis title: The prevalence of musculoskeletal symptoms among primary school child".

Supervisor: Prof. Hamid Allahverdipour.

Awards:

First ranking in all Degrees

Top Thesis in M.Sc degree at Tabriz University of Medical Sciences, Tabriz, Iran. 2014.

Publications:

1. Dianat, I., **JavadiVala, Z.**, & Allahverdipour, H. (2011). School bag weight and the occurrence of shoulder, hand/wrist and low back symptoms among Iranian elementary schoolchildren. *Health promotion perspectives*, 1(1), 76.
2. **JavadiVala, Z.**, Allahverdipour, H., Dianat, I., & Bazargan, M. (2012). Awareness of parents about characteristics of a healthy school backpack. *Health promotion perspectives*, 2(2), 166.
3. Dianat, I., **JavadiVala, Z.**, Asghari-Jafarabadi, M., Asl Hashemi, A., &

- Haslegrave, C. M. (2013). The use of schoolbags and musculoskeletal symptoms among primary school children: are the recommended weight limits adequate? *Ergonomics*, 56(1), 79-89.
4. **Javadivala, Z.**, kousha, A., Allahverdipour, H., Asghari Jafarabadi, M., & Tallebian, H. (2013). Modeling the relationship between physical activity and quality of life in menopausal-aged women: a cross-sectional study. *Journal of research in health sciences*, 13(2), 168-175.
 5. Bakhtari Aghdam, F., Ahmadzadeh, S., Hassanalizadeh, Z., Ebrahimi, F., Sabzmakan, L., & **Javadivala, Z.** (2015). The effect of maternal employment on the elementary and junior high school students' mental health in Maku. *Global journal of health science*, 7(2), 379.
 6. Ebrahimzadeh Attari, V., Malek Mahdavi, A., **Javadivala, Z.**, Mahluji, S., Zununi Vahed, S., & Ostadrahimi, A. (2018). A systematic review of the anti-obesity and weight lowering effect of ginger (*Zingiber officinale* Roscoe) and its mechanisms of action. *Phytotherapy research*, 32(4), 577-585.
 7. **Javadivala, Z.**, Merghati-Khoei, E., Asghari-Jafarabadi, M., Allahverdipour, H., Mirghafourvand, M., Nadrian, H., & Kouzekanani, K. (2018). Efficacy of pharmacological and non-pharmacological interventions on low sexual interest/arousal of peri- and post-menopausal women: A meta-analysis. *Sexual and Relationship Therapy*, 1. doi: [10.1080/14681994.2018.1446515](https://doi.org/10.1080/14681994.2018.1446515)
 8. **Javadivala, Z.**, Allahverdipour, H., Kouzekanani, K., Merghati-Khoei, E., Asghari-Jafarabadi, M., & Mirghafourvand, M. (2018). A Randomized Trial of a Relationship Enhancement Approach in Improving Marital Intimacy in Middle-aged Iranian Couples. *Journal of sex & marital therapy*. doi: [10.1080/0092623X.2018.1501447](https://doi.org/10.1080/0092623X.2018.1501447)
 9. **Javadivala, Z.**, Merghati-Khoei, E., Underwood, C., Mirghafourvand, M., & Allahverdipour, H. (2018). Sexual motivations during the menopausal transition among Iranian women: a qualitative inquiry. *BMC Women's Health*, 18(1), 191. doi: [10.1186/s12905-018-0684-z](https://doi.org/10.1186/s12905-018-0684-z)
 10. Allahverdipour, H., **Javadivala, Z.**, Kush, A., & Asgharijafarabadi, M. (2014). IRANIAN WOMEN'S PHYSICAL ACTIVITY NETWORKS: INCREASING PHYSICAL ACTIVITY IN TRADITIONAL CULTURES. In *INTERNATIONAL CONGRESS OF BEHAVIORAL MEDICINE (ICBM 2014)* (Vol. 21, pp. S111-S111).

11. Farzane Divsalar, Ahmad kousha, Hamid Allahverdipour , Mohammad Asghari Jafar Abadi , Simin khayatzade , **Zeinab JavadiVala**. Associated factors with patient and health system delay during diagnosis of tuberculosis in East-Azerbaijan province, Iran GMP Review. 2015.

Submitted papers

1. Women's neighbourhood networks development: An interventional strategy of physical activity promotion for reduction of menopause
Zeinab JavadiVala, Hamid Allahverdipour, Mohammad Asghari Jafar Abadi
2. Psychological well-being and happiness among middle-aged menopausal women: a cross-sectional study.
Zeinab JavadiVala, Zahra Karimzadeh, Mohammad Asghari Jafar Abadi, Nilufar Alizadeh
3. The Persian Version of Menopause Rate Scale (MRS) questionnaire: A psychometric study.
Hamid Allahverdipour, Mohammad Asghari Jafar Abadi, **Zeinab JavadiVala**.
4. The effects of Nigella sativa L. on rheumatoid arthritis: A systematic review
Alireza Khabbazi, **Zeinab JavadiVala**, Aida Malek Mahdavi.
5. Community-based educational interventions for type 2 diabetes prevention: A systematic review and meta-analysis
Tayebeh Shirvani, Haidar Nadrian, Somayeh Azimi, Abdolreza Shaghghi,
Zeinab JavadiVala, Zahra Fathifar, Mohammad Hiva Abdekhoda

Research Projects & Grants:

1. The School Bag Carriage Status, Parental Awareness and prevalence of musculoskeletal symptoms among primary school child. 2009
2. The effect of "encouraging physical activity" educational program on quality of life of menopausal women. 2011

3. The Effect of Promoting Women's Physical Activity on Reducing Menopausal Symptoms and Problems and Common Chronic Diseases among Tabriz Women.2012. From Ostandari
4. The Effectiveness of the "Sexual Health Education Program" on Sexual Function and Sexual Quality of Life in Women (20-35): A Randomized Controlled Trial. 2014
5. A Systematic Review of the Impact of Prevention and Therapeutic Interventions on "Low Sexual Desire" Based on Health Promotion Approach. 2014
6. Exploration, designing, and effectiveness of a comprehensive model of prevention and counseling on improving sexual motivation and function of women at menopausal period.2015
7. The effect of sexual function and its quality on interpersonal relationships between women 55-80 years in Tabriz. 2016
8. Mental Health and Happiness among Middle-aged Women in Tabriz.2017
9. A systematic review of the effect of couple therapy approaches on improving couples' relationships/ communication and satisfaction.2019

Presentation in Congresses:

The 1st International & 4th National Congress on Health Education and Promotion

Parent awareness about carrying school bags among primary school students in Tabriz.(poster)

Contribution of parents and children in selection and use of school bags among primary school children in Tabriz. (poster)

7th National Conference on Occupational Safety and Health - May 2011:

Musculoskeletal Disorders Due to School Bag Containment among Elementary School Students in Tabriz.(poster).

The Study of School Bag Carriage among Elementary Students in Tabriz.(poster).

The first Iranian International Conference on women's health (June2012, Shiraz. Iran)

Modeling the relationship between Physical Activity and Quality of Life Menopausal-aged women (A cross -sectional study) (poster)

International Congress on women's health promotion (September 2013 Uremia-Iran)

Quality of life in Iranian menopause women relationship between physical activity and quality of life in middle-aged women

The national congress of women health (19-21 february2014. Isfahan, Iran):

Investigation of addicted women's reason for willingness to addiction from their perspective.
(poster)

Iranian Women's physical activity networks, the persuasion factor for increasing physical activity

The 2st International & 6 th National Congress on Health Education and Promotion: 2015.

Associated between quality of life and physical activity (Application of Trans theoretical model)

Iranian Women's Physical Activity Networks, the Persuasion Factor for Increasing Physical Activities

Assessment of Mental health, physical activity and relationship between them among older women

Attending on the Fifth National Congress on Health Education and Health Promotion (27- 28 Nov 2013)

Attending on the Second International Congress and the 6th National Congress on Health Education and Health Promotion (27 and 28 May 2015)

Teaching Experiences:

Public Health for B.Sc. students

Geographical pathology for B.Sc. students

Health Education for B.Sc. students

Evidence based elderly health research for MSc.Students

Elderly health needs assessment for MSc.Students

Medical/ health information systems for MSc.Students

Health systems in Iran and the world for MSc.Students

Administrative Experiences:

Head of Student Research Committee of School of Health.
Member of the Board of Directors of the Scientific Association of Health Education of the Northwest Branch of Iran

Other Activities:

Providing training multimedia on how to properly choose and carry backpack and musculoskeletal problems.

Contributing to the preparation of the booklet of the First International Congress on Health Education and Health Promotion

Collaborating with "East Azerbaijan Province Health Center" to generalize the approved physical activity plan for women in Tabriz city by establishing an agreement between the municipality's municipal health and health organizations.

Reviewer of Journals:

Health Promotion Perspectives (Indexed in ISI)

Soft wares:

SPSS, MAXQDA10, MS Excel, MS Word, MS PowerPoint and Endnote.

Language:

Farsi, English, Turkish