



**Shadab Shahali**  
**Associate**  
**professor**

**RESUME**

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**Address:**

Department of Reproductive Health and Midwifery, Faculty of Medical  
Sciences, Tarbiat Modares University, Tehran, I.R. Iran

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**Educational Records:**

<b>Degree</b>	<b>Institution</b>	<b>Field</b>	<b>Date</b>
<b>BSc</b>	Ahvaz Jundishapur University of Medical Science	Midwifery	2005
<b>MSc</b>	Iran University of Medical Science	Midwifery	2008
<b>PhD</b>	Tarbiat Modares University	Reproductive health	2015
<b>Fellowship</b>	Shiraz University of Medical Sciences	E-Learning	2021
<b>Fellowship</b>	Virtual University of Medical Sciences	Measurement and Evaluation in Medical Sciences	2021

**Academic and Professional experience:**

1. Faculty member at Academic Center of Education, Culture and Research (ACECR) Iran University of Medical Sciences branch - 2 years. (2008 - 2010).
2. Faculty member at Ahvaz Jundishapur University of Medical Science (2010- 2011)
3. Assistant Professor, Islamic Azad University, Ahvaz Branch (2015-2016)
4. Assistant Professor, Reproductive Health & Midwifery Department, Ahvaz Jundishapur University of Medical Science (2016-2017)
5. Sexual health specialist, Sexual Health Clinic, Avicenna Infertility and Recurrent Abortion Center (2017 - present)
6. Associate professor, Reproductive Health & Midwifery Department,

### Research Interests:

1. Sexual health
2. Women's reproductive health
3. Pelvic floor dysfunctions
4. Qualitative Research

### Research Publications:

1. The implications of surgery on sexual dysfunction in patients with lumbar disc herniation with cauda equina syndrome: a systematic review. *BMC musculoskeletal disorders*, 2025: 26(1), 489. <https://doi.org/10.1186/s12891-025-08736-3>
2. The Right to Freeze Oocyte for Women in Iranian Fertility Centers: A Qualitative Study. *Med J Islam Repub Iran* 2025; 39 (1) :262-269
3. The Health Effects of Gender-Based Violence in Conflict. *JSBCH* 2024; 8 (2) :1344-1346
4. Barriers to the provision of sexual health services for people with disabilities: A systematic review. *Sexual and Relationship Therapy*, 2024; 39(4), 1518–1543.
5. Health challenges faced by parents of children with disabilities: a scoping review. *BMC Pediatr.* 2024 Sep 30;24(1):619.
6. Effect of Yoga on Women's Sexual Function and Sexual Quality of Life after Vaginal Delivery. *Health Educ Health Promot* 2024; 12 (3) :439-441
7. Sexual health literacy among rural women in Southern Iran. *Scientific Reports.* 2024. 14 (1), 17377
8. Assessment of the relationship level of sexual health literacy with sexual function in married women of reproductive age: a quantitative study in rural areas. *Health Education and Health Promotion.* 2024, 12 (2), 1001-1020
9. New perspectives on women's reproductive rights. *bioethics*. 2024
10. Sexual quality of life among Afghan immigrant and Iranian women: A comparative study. *Journal of the Iranian Institute for Health Sciences Research*. 2024. 23 (3)
11. Challenges of emotional support for women with genital warts: A qualitative study. *Payesh (Health Monitor)* 2024. 23 (2), 233-244
12. Correlates of sexual function in women with acute lumbar disc herniation in Iran: a cross-sectional study. *Scientific Reports*. 2024. 14 (1), 6430
13. Barriers to the provision of sexual health services for people with disabilities: a systematic review. *Sexual and Relationship Therapy*, 2024. 1-26
14. The unmet need for sexual health services among women with physical disabilities: a scoping review. *Journal of Public Health*, 2024, 1-12
15. The Effect of mHealth Interventions on Women's Health Outcomes: A Systematic Review of Randomized Controlled Trials. *Journal of Health and Biomedical Informatics*. 2023. 10 (3), 309-325
16. Humoral immunogenicity assessment after receiving three types of SARS-CoV-2 vaccine. *Sci Rep.* 2023 Nov 18;13(1):20213.
17. Genital warts and women's sexual challenges: is sexual compatibility possible? A qualitative study. *BMC Womens Health.* 2023 Nov 16;23(1):610.
18. Provision of sexual health services for women with physical disability: A scoping review. *Payesh* 2023; 22 (5) :509-521
19. The effect of trunk-stabilizing muscles training in women with stress urinary incontinence: A Randomized Controlled Trial. *PM R.* 2023 Oct 7.
20. The Effect of Modified Buerger–Allen Exercises on Lower Extremities Edema in Late Pregnancy: Randomized Clinical Trial .*The Journal of Obstetrics and Gynecology of India.* 2023 Oct 9.
21. The Western Ontario and McMaster Universities Osteoarthritis, Lequesne Algofunctional index, Arthritis Impact Measurement Scale-short form, and Visual Analogue Scale in patients with knee osteoarthritis: responsiveness and minimal clinically important differences. *Disabil Rehabil.* 2023 Jun;45(13):2185-2191.

22. Effects of sensate focus technique and position changing on sexual function of women with deep-infiltrating endometriosis after surgery: A clinical trial study. *Int J Reprod Biomed.* 2023 Jul 24;21(6):509-520.
23. Effects of oral Shilajit tablets on sexual function and sexual quality of life among reproductive-aged women: a triple-blind randomized clinical trial. *Traditional Medicine Research* 2023; 8 (11), 66
24. Effects of sensate focus technique and position changing on sexual function of women with deep-infiltrating endometriosis after surgery: A clinical trial study. *International Journal of Reproductive BioMedicine* 2023 :21 (6), 509-520
25. Effect of and the association between vitamin D and outcomes of assisted reproductive techniques among infertile men and women: protocol for an overview of systematic reviews and meta-analysis. *BMJ open*, 2023. 13 (3), e060483
26. The co-effect of sensate focus technique and sexual position changing on sexual function of women who use medical treatment for endometriosis. *Journal of Obstetrics and Gynaecology.* 2022.42(8): 3706-3711
27. Effects of evening primrose oil capsules on the sexual function of reproductive-aged women: a randomized clinical trial study. *sexologies.* 2022. 31(4): 461-467
28. Sexual and reproductive health aspects in women with polycystic ovary syndrome: An integrative review. *International Journal of Reproductive BioMedicine.* 2022. 20 (9), 723-738
29. Parents' approaches to sexuality education of their adolescent boys: a qualitative study in Ahvaz, Iran. *Reproductive Health.* 202;19 (1), 1-10
30. Changes in sexual life in women with genital warts: A Qualitative Study. *Health Education and Health Promotion.* 2022; 10 (3), 1-13
31. Effects of oral ginger capsule on sexual function and sexual quality of life in women: A double-blinded, randomized, placebo-controlled trial. *Sexologies.* 2022. *Sexologies* 31 (4), 387-393
32. The Western Ontario and McMaster Universities Osteoarthritis, Lequesne Algofunctional index, Arthritis Impact Measurement Scale-short form, and Visual Analogue Scale in patients with knee osteoarthritis: responsiveness and minimal clinically important differences. *Disabil Rehabil.* 2022 Jun 11:1-7
33. Effect of sex education on sexual function and sexual quality of life in women with endometriosis: a quasi-experimental study. *International Journal of Gynecology & Obstetrics.* 2022; doi:https://doi.org/10.1002/ijgo.14254
34. Non-pharmacological Interventions for the Management of Lower Extremity Edema During Pregnancy: A Narrative Review Study. *Medical-Surgical Nursing Journal.* 2022;11 (1)
35. Sexual self-efficacy and sexual quality of life before and after laparoscopic surgery in women with endometriosis lesions: A cross-sectional study. *International Journal of Reproductive BioMedicine.* 2022; 20 (6), 469-476
36. Health care providers' responses to sexually abused children and adolescents: a systematic review. *BMC Health Serv Res.* 2022 Apr 4;22(1):441.
37. The relationship between sexual health literacy and sexual assertiveness in married women: A quantitative study in southern Iran. *Payesh.* 2022; 21 (1), 59-67
38. Genomic and serological assessment of asymptomatic severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infections in child labor. *Pathog Glob Health.* 2022 Feb 13:1-7.
39. Development and validation of a guideline on sexual and reproductive health services for polycystic ovary syndrome in Iran: a mixed-methods study protocol. *Health Research Policy and Systems.* 2021; 19 (1), 1-9
40. Identifying Barriers to Self-advocacy in Women With Multiple Sclerosis in Iran: A Qualitative Study. *Archives of Rehabilitation* 2021. 22 (3), 378-393
41. Relationship between Maternal Employment and 9-12 Month-Old Infants' Growth Indexes in Ahwaz. *Iranian Journal of Epidemiology.* 2021; 17 (2), 163-173
42. Effects of sensate focus technique on female sexual function after vaginal delivery. *Sexologies.* 2021; 30 (4), e163-e170
43. Investigating the association between maternal serum Interleukin- 6 and CRP levels in first trimester of pregnancy with gestational diabetes occurrence. *Journal of Obstetrics, Gynecology and Infertility.* 2021; 24 (5):59-68.

44. Sexual violence against women by so-called Islamic state of Iraq and Syria (ISIS): protocol for a systematic review. *Syst Rev.* 2020 Oct 12;9(1):239.
45. Exploring the Experiences of Parents of Children with Cerebral Palsy about Therapists' Rehabilitation Services in Ahvaz, Iran: A Qualitative Study. *Journal of Research in Rehabilitation Sciences.* 2020, 1 (1), 126-135
46. Impact of Applying 5S Management Method on Clients' Satisfaction in Healthcare Centers' Services. *Health Education and Health Promotion.* 2020, 8 (4), 197-202
47. Maternal and neonatal outcomes of pregnant women with COVID-19 in Amir-al-momenin hospital during March to May 2020. *The Iranian Journal of Obstetrics, Gynecology and Infertility.* 2020, 23 (9), 35-42
48. Assessment of Observance of Ethics Codes in Midwifery and Underlying Factors Among a Group of Midwives Participated in Continuing Education Programs at Avicenna Fertility Center. *Iranian Journal Of Biomedical Law And Ethics* 2019, 1 (1), 72-80
49. Effects of Maternal Coagulation disorder on Birth Weight and Post-Natal Non-Coagulation Problems of Neonates. *Archives of Medical Laboratory Sciences.* 2019, 5 (2), 36-44
50. Effects of shallomin and podophyllin solution 25% for genital HPV warts in women: a randomized controlled trial. *Journal of Acute Disease.* 2019; 8 (3):118
51. Perceived social support and self-esteem in sexual violence victims. *Medical journal of the Islamic Republic of Iran* 2019;33, 19
52. Assessing Challenges of clinical education model in Ahvaz Jundishapur University of Medical Science. *Educational Development of Judishapur.* 2019;9 (1), 52-60
53. The effect of vaginal evening primrose capsule on cervical ripening in nulliparous women with post-term pregnancy: A clinical trial, *Iranian Journal of Obstetrics, Gynecology and Infertility* 2018;21 (8): 30-38
54. Histopathological diagnosis of ovarian mass. *Journal of Pathology of Nepal.* 2018; 8: 1261-1264
55. Evaluation of job motivation among midwives of khuzestan province and its related factors in 2018. *Pharmacophore*
56. The relationship between pelvic floor muscle's strength and severity of urinary incontinence with quality of life in women with stress urinary incontinence. *The Iranian Journal of Obstetrics, Gynecology and Infertility.* 2017, 20 (8): 26-32
57. The compliance rate of the family planning counseling with the national standards in public health centers in Ahvaz, Iran 2015. *Helix.* 2017. 7(4): 1668-1774
58. Sexual health issues and disability in veterans with spinal cord injury: An Iranian qualitative study. *International Journal of Advanced Biotechnology and Research* 2016. 7 (4), 2148-54
59. Barriers to healthcare provision for victims of sexual assault: a grounded theory study. *Iranian Red Crescent medical journal.* 2016 Mar; 18(3): e21938.
60. Effects of acupressure at the Sanyinjiao point (SP6) on the process of active phase of labor in nulliparas women, *J Matern Fetal Neonatal Med.* 2009 Sep 15:1-4.
61. Evaluation of the effect of pelvic floor muscle training (PFMT or Kegel exercise) and assisted pelvic floor muscle training (APFMT) by a resistance device (Kegelmaster device) on the urinary incontinence in women "comparison between them: a randomized trial. *European Journal of Obstetrics & Gynecology and Reproductive Biology.* 2011 Nov; 159(1):218-23.
62. Social issues facing women victims of sexual violence: Sexual assault victims' experiences with the medical and health systems. *Journal of research and health.* 2016; 6 (5), 504-511
63. Effects of pelvic floor muscle exercises on quality-of-life outcomes in women with stress urinary incontinence. *Physiotherapy journal* Volume 97 Supplement S1 (abstract).
64. Effects of pelvic floor muscle exercises on quality-of-life outcomes in women with stress urinary incontinence. *Medical Journal of the Islamic Republic of Iran.* Vol. 24, No. 3, November 2010. pp.159-162
65. Effect of breast feeding on pain relief during immunization injection. *International Journal of Gynecology & Obstetrics,* Volume 107, Supplement 2, October 2009, Page S683(abstract).
66. Pain relief during immunization injection: comparison between the effects of breast feeding with routine procedure. *Journal of paediatrics and child health,* volume 46, supplement 2, 2010, page 21

**Books:**

1. M Lamyian, S Shahali. Counseling in midwifery and reproductive health. Tarbiat Modares University Press. 2019
2. S Shahali. Anthrax. first edition, published by Naim publication, Ahvaz. 2004
3. S Taavoni, M F Mohabbat, S Shahali. What is Alzheimer's disease? first edition, nashre shahr publication, Tehran. 2010

**Research Supervised:**

1. Developing and validating a guideline to enhance the sexual health of married women with Systemic Lupus Erythematosus. Kiani M. (PhD), 2025
2. Assessment of Sexual Health Literacy and Its Relationship with Sexual Function and Sexual Quality of Life in Reproductive-Aged Women with Endometriosis. Abbasi F (Msc), 2025
3. The Effect of Combined Hypnosis and Self-Hypnosis on Pregnancy-Specific Anxiety and Birth Method Selection in Primiparous Women During the Third Trimester of Pregnancy: A Clinical Trial Study. Jokar M. (Msc), 2025
4. Investigating the effect of mindfulness-based sexual counseling, virtual reality, and cognitive-behavioral therapy on sexual function, quality of sexual life, and sexual health literacy of infertile women with polycystic ovary syndrome. Hadian F (Msc), 2025
5. The Co-effect of the Sensate Focus Technique and Pelvic Floor Muscle Exercises on the Sexual Function in Married Women with Stress Urinary Incontinence (SUI). Naghavi F (Msc), 2025
6. Investigating the effect of sensate focus technique and body image counseling on the sexual function of married women of reproductive age with polycystic ovarian syndrome: a Randomized Clinical Trial. Payamaskari M (Msc), 2025
7. Developing and validating a guideline to provide sexual health improvement services to married women with urinary incontinence. Askarloo Z, (PhD), 2024
8. Comparison of sexual function and sexual quality of life in married women with chronic non-specific low back pain versus chronic specific low back pain, Aghaee S (Msc), 2024
9. Comparison of sexual function and marital compatibility of married women with lumbar disc herniation before and 6 months after surgery. SoleimaniKia Z (Msc), 2024
10. Providing sexual function Improvement Strategies to married women with lumbar disc herniation: a mixed method study. Moradi Z (PhD), 2022
11. Development and validation a guideline to providing sexual Health Care Services to married Women with physical and mobility disabilities. Naghdi P (PhD), 2022
12. Developing and validating a guideline for protecting the reproductive rights of clients for egg freezing. Moaia M, (PhD), 2020
13. Development and evaluation of a clinical guideline to provide health care and clinical services for children and adolescents who have been victims of sexual abuse.

Rahnavardi M, (PhD), 2019

14. The Effects of 5s management technique on client satisfaction in Community health center No. 4, Ahvaz. khadjeh hassani M, (MSc), 2016
15. The effect of oral and vaginal evening primrose oil on cervical ripening in post term pregnancy. Khatami F, (MSc), 2016
16. The effect of sensate focus technique and pelvic floor muscle exercises blended learning on sexual quality of life and sexual function in primiparous women after vaginal delivery, hamdollahi E, (MSc), 2018
17. The effect of laparoscopic excision of endometriosis on dyspareunia, sexual self-efficacy and sexual quality of life. Malek maleki S, (MSc), 2018
18. Effects of oral ginger capsules on sexual function and sexual quality of life of married women in the reproductive age. Afshar Z, (MSc), 2019
19. The Effect of Yoga Techniques on Women's Sexual Function and Sexual Quality of Life after vaginal delivery. Shadani F, (MSc), 2019
20. The effect of oral evening primrose oil capsule on sexual function and sexual quality of life of married women in reproductive ages: A double-blinded randomized placebo-controlled trial. Torkan S, (MSc), 2019
21. The co-effect of sensate focus technique and position changing on sexual function in women with deep-infiltrating endometriosis three to six months after surgery. Tajik P, (MSc), 2020
22. The co-effect of sensate focus technique and position changing on sexual function in women with pelvic endometriosis who use medication. Tajik M, (MSc), 2020
23. Effects of oral Shilajit tablet on sexual function and sexual quality of life among married women of reproductive age: A triple blind; randomized; controlled; clinical trial study. Mousavi S, (MSc), 2020
24. The effect of Modified Buerger Allen exercise on peripheral lower extremities edema during late pregnancy. Mollaelahi F, (MSc), 2020
25. The effect of administering L - Carnitine to Clomiphene citrate stimulated cycles on ovulation and conception rate in infertile women with polycystic ovary syndrome: a randomized controlled clinical trial in Kabul. Chamanshahi A, (MSc), 2021
26. Comparing the sexual quality of life and sexual function, between Afghan and Iranian women living in Tehran province during the COVID-19 pandemic. Akhlaghi F, (MSc), 2021
27. Comparison of sexual function and sexual quality of life in married women with chronic non-specific low back pain versus chronic specific low back pain. Aghaee S, (MSc), 2023

### **Research Co-Supervised:**

1. The effect of self-care education on prevention of peripheral lower extremities edema during pregnancy. Fooladi N. (MSc), 2024
2. The effect of self-care education on management of peripheral lower extremities edema during late pregnancy. Mahmoudi N. (MSc), 2024
3. Development of a Mobile-based Clinical Decision Support System for Early Prediction of Preeclampsia in Nulliparous Pregnant Women. Majdipoor L. (MSc), 2022
4. Investigation of Help-seeking behaviours Related Factors in menopause women

with sexual dysfunction who referring to Isfahan comprehensive selected urban health services centers 2020 – 2021. Bagheri Z. (MSc), 2020

5. Survey of serum antibody and SARS-CoV-2 genome in respiratory specimens of child labour. Najafi SN. (MSc), 2020
6. The impact evaluation of sexual education on sexual function and sexual quality of life in women with endometriosis. Matloobi M, (MSc), 2019
7. Adapting Sexual Life in Women with Genital Warts: Designing and Assessing especial Sexual Consultative package based on Perceived Women's Needs. Adeli M, (PhD), 2018
8. Explaining the experience of self-advocacy in women with multiple sclerosis. Bachari S, (MSc), 2018
9. Exploring the experiences of parents of children with Cerebral Palsy regarding the rehabilitation services in Ahvaz city. Saber jahromi, (MSc), 2018
10. Exploring the parent's experiences and perceptions regarding male adolescent's sexual education: Qualitative content analysis. Rouh paravar Z, (MSc), 2016
11. Comparison of Trunk muscles activation level in women with and without stress urinary incontinence during coughing. Amir pour P, (MSc), 2016
12. Relation between maternal employment statuses with 12-month infant's growth indexes. Najibi S, (MSc), 2016
13. The perception and experience of care among veterans with Spinal Cord Injury in Ahvaz. Sheikh esmaeeli M, (MSc), 2016
14. Relationship between Sexual function and Pelvic Organ prolapse in women of reproductive age. Esalat far Kh, (MSc), 2016

### **Research Project:**

1. Android mobile health applications for women's health and prenatal care: analysis of functionalities and technical features (associate, 2021)
2. Evaluation of shallomin (a pure fraction of shallot extract) in the treatment of genital HPV warts in women in comparison with Podophyllin solution 25%. (Supervisor, 2016)
3. Study of Ovarian masses in women to refer Imam Khomeini Hospital Ahvaz from 2005-2015. (Supervisor, 2016)
4. Effects of pelvic floor muscle exercises on quality-of-life outcomes in women with stress urinary incontinence (Supervisor, 2009)
5. Evaluation of the effect of pelvic floor muscle training (PFMT or Kegel exercise) and assisted pelvic floor muscle training (APFMT) by a resistance device (Kegelmaster device) on the urinary incontinence in women "comparison between them: a randomized trial". (Main associate, 2009)
6. Comparison of the effect of breast feeding, sucking the pacifier and being in mother's hug on pain during infant's immunization injection, health centers of West Tehran 2008. (Main associate, 2008)
7. Effects of acupressure at the Sanyinjiao point (SP6) on the process of active phase of labor in nulliparas women. (Main associate, 2008)
8. A comparison between the effects of low dose oral contraceptives with Cyclofem in women, referring to health centers in west of Tehran, 2010. (Main associate, 2010)
9. Designing and evaluation of a protocol to provide health care and clinical services for female victims of sexual assault (main associate, 2013)
10. Compare health-related quality of life of mothers of children resulting from assisted

reproductive treatment with natural conception mothers (associate,2010)

11. The prevalence of primary neck and shoulder belt disorders in breastfeeding mothers

**Courses Taught:**

1. Quantitative Research Methods
2. Qualitative Research Methods
3. Epidemiology
4. Women's empowerment
5. Sexual dysfunction
6. Counseling in midwifery and reproductive health
7. Standards of midwifery services and maternal and child health
8. Management of midwifery services
9. Semiology
10. Internal medicine
11. Ob & gynecology
12. Pediatrics disorders
13. Neonatal disorders
14. Principles of Community Health
15. Reproductive Health 1,2,3,4

**Academic editor:**

1-PLOS One

2-Archives of Medical Laboratory Sciences

**Awards:**

1. Member of National Elite Foundation since 2018
2. National outstanding student award 2005 and 2009
3. Best opinion in "The second event of new patterns and solutions in cooperation between university, society and industry" 2021
4. National best dissertation on violence award, 2022