

# Solmaz Ghanbari Homaie

**Birth Date:** March 21, 1991

**Current Position:** Assistant Professor; Dean of Education & Research Deputy of Taleghani Hospital; Head of Clinical Research Development Unit

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## Qualifications

2019 PhD of Midwifery, Tabriz University of Medical Sciences

2015 Masters of Midwifery, Tabriz University of Medical Sciences

2013 Bachelor of Midwifery, Tabriz University of Medical Sciences

## Awards

2020 National Outstanding Researcher

2019 Professor Shahriyari Award

2019 The First Ph.D. Midwifery Graduate in Iran

2017 Received Two Grants from the National Elite Foundation

2015 Best Postgraduate Student Award, Tabriz

2013 Best Undergraduate Student Award, Tabriz

## Projects

1. The status of uterine cancer screening and its effective factors among Tabriz women
2. Relationship between preeclampsia syndrome and seasonal changes
3. Comparison of religious orientation and its relationship with marital adjustment in infertile and fertile women
4. Sleep status and its relationship with depression up to one year after delivery in women referring to Tabriz health centers
5. The impact of pharmacological and non- pharmacological interventions on the negative childbirth experience: A systematic review and meta-analysis study

6. The Relationship between birth experience and maternal performance and postpartum mental health
7. Comparison of thinking styles and its relationship with marital adjustment in infertile and fertile women
8. Social determinants of a healthy lifestyle in Iranian women: A systematic review and meta-analysis
9. Comparison of domestic violence in infertile and fertile women and help seeking behaviors
10. Effect of Curcumin on metabolic indicators in women with polycystic ovary syndrome: a randomized controlled clinical trial
11. Psychometrics properties of pregnancy anxiety questionnaires and signs of pregnancy and their relationship with maternal-fetal attachment
12. Effects of prebiotics on menopausal symptoms and metabolic indicators in postmenopausal women: A randomized controlled clinical trial
13. The effects of lemon balm (*melissa officinalis* L.) alone and in combination with *nepeta menthoides* on the premenstrual syndrome (PMS) and menstrual bleeding in students with premenstrual syndrome: a randomized controlled trial (**MSc Dissertation**)
14. Developing of a new guideline for improving birth experiences among Iranian women: a mixed method study protocol (**PhD Thesis**)
15. Comparison of birth experience in different Iranian ethnic groups
16. The revision of Midwifery PhD curriculum in Iran
17. Design, implementation and evaluation of the educational software of principles of healthy eating based on Gamification in nursing students of Tabriz University of Medical Sciences
18. The relationship between adherence with the World Health Organization guideline for creating positive birth experience with fear of childbirth and birth experience: a cross-sectional study
19. Designing a guideline to improve birth experiences as a mobile application and evaluating its effectiveness on knowledge of midwifery students
20. Comparison of maternal and neonatal outcomes after vaginal delivery by birth attendant: a cohort study
21. Determine of prevalence of postpartum psychological outcomes and it's predictors among adolescent mothers: A systematic review and meta-analysis

22. The relationship between birth experience with childbearing, short and long maternal outcomes: a cohort study
23. Comparison of the effect of companion with natural childbirth experience compared to cesarean delivery experience on fear of childbirth and childbirth experience: a randomized controlled clinical trial study
24. Investigating the causes of stunting in children under five years of age due to birth abnormalities with ecological-social pattern in East Azarbaijan province
25. Pregnant women's preferences and awareness regarding childbirth pain relief methods and its relationship with some maternal outcomes: a longitudinal study
26. Epidural analgesia and psychological disorders (PPD, PTSD, anxiety): a systematic review and meta-analysis
27. Designing an electronic registration system for the summary of women's medical records in different periods of life for the clients of Taleghani Hospital in Tabriz

### **Thesis**

1. Association of pregnancy experience with some maternal and neonatal outcomes: a longitudinal study (Supervisor)
2. Birth experience, post-traumatic stress syndrome following childbirth and their relationship with maternal functional among adolescent mothers: a cross-sectional study (Supervisor)
3. Comparison of birth experience and fear of childbirth among mothers with pre-term and full-term labour: a cross-sectional study (Supervisor)
4. Pregnancy symptoms and its relationship with nutritional status, physical activity and social support among pregnant women: a cross-sectional study (Supervisor)
5. The effect of 78% dark chocolate on depression among postmenopausal women: a randomized controlled clinical trial (Supervisor)
6. The effect of evening primrose oil on clinical symptoms of women with polycystic ovary syndrome: a randomized controlled clinical trial (Advisor)
7. Effect of vitamin D on healing rate of anogenital warts and quality of life associated with human papillomavirus (HPV): a randomized controlled clinical trial (Second Supervisor)

8. The effect of basil capsules on postpartum depression symptoms: a randomized controlled trial (Supervisor)
9. Determining the association of remifentanyl analgesia with postpartum depression and childbirth experience: a cohort study (Second Supervisor)
10. The effect of topical ointment of propolis on severity of episiotomy pain and wound healing: a randomized controlled trial (Second Supervisor)
11. Implementation and evaluation of the Centering Pregnancy group prenatal care model in pregnant women with diabetes: A convergent parallel mixed methods study (Advisor)

## **Publications**

1. Fereshteh Vahidi, Mojgan Mirghafourvand, Elaheh Naseri, **Solmaz Ghanbari-Homaie\***. Birth-related posttraumatic stress disorder and negative childbirth experience related to maternal functioning among adolescent mothers: a cross-sectional study. *BMC Pregnancy and Childbirth* 23 (1), 1-9. **IF= 3.2**
2. Zahra Najafi, Mojgan Mirghafourvand, **Solmaz Ghanbari-Homaie\***. Are women with preterm labour at risk for negative birth experience? A comparative cross-sectional study from Iran. *BMC Pregnancy and Childbirth* 23 (1), 1-9. **IF= 3.2**
3. Niloofar Ghanbarzadeh-Ghashti, **Solmaz Ghanbari-Homaie**, Elnaz Shaseb, Shamsi Abbasalizadeh, Mojgan Mirghafourvand. The effect of Curcumin on metabolic parameters and androgen level in women with polycystic ovary syndrome: a randomized controlled trial. *BMC Endocrine Disorders* 23(1), 40. **IF= 3.2**
4. **Solmaz Ghanbari-Homaie**, Sakineh Mohammad-Alizadeh-Charandabi, Mohammad Asghari-Jafarabadi, Shahla Meedya, Eesa Mohammadi, Mojgan Mirghafourvand. (2023). Persian version of the support and control in birth questionnaire among Iranian women. *Journal of Education and Health Promotion* 12. **IF= 1.4**
5. Mirghafourvand, M., Meedya, S., Mohammadi, E., Mohammad-Alizadeh-Charandabi S, Asghari, M., **Ghanbari-Homaie\***, S. (2022). Iranian women's perception on the determinants of birth experience: a qualitative study. *BMC Pregnancy Childbirth* 22, 751. **IF= 3.10**

6. **Ghanbari-Homaie, S.,** Meedya, S., Mohammad-Alizadeh-Charandabi, S., Asghari Jafarabadi, M., Mohammadi, E., Mirghafourvand, M. (2022). Correlations between Primiparous Women's Perceived Internal Control, External Control, Support and Their Birth Experience. *International Journal of Childbirth*. 12 (3): 131-138. **IF= 0.39.**
7. **Ghanbari-Homaie, S.,** Hasani, S., Mirghafourvand M., Correlation of Anxiety with Pregnancy Symptoms and Maternal-fetal Attachment. (2021). *Shiraz E-Medical Journal*.
8. **Ghanbari-Homaie, S.,** Meedya, S., Mohammad-Alizadeh-Charandabi, S., Jafarabadi, M. A., Mohammadi, E., & Mirghafourvand, M. (2021). Recommendations for improving primiparous women's childbirth experience: results from a multiphase study in Iran. *Reproductive health*, 18(1), 1-13. **IF= 3.12**
9. Ghasemi Yngyknd, S., Asghari Jafarabadi, M., **Ghanbari-Homayi, S.,** Laghousi, D., & Mirghafourvand, M. (2021). A systematic review of social determinants of healthy lifestyle among Iranian women. *Nursing Open*, 8(5), 2007-2017. **IF= 1.69.**
10. **Ghanbari-Homayi, S.,** Mohammad-Alizadeh-Charandabi, S., Meedya, S., Jafarabadi, M. A., Mohammadi, E., & Mirghafourvand, M. (2021). The Impact of First Childbirth Experience on Women's Attitude Towards Having Another Child and Subsequent Vaginal Birth. *Current Women's Health Reviews*, 17(3), 244-250. **IF= 0.48.**
11. **Ghanbari-Homaie, S.,** Ataei-Almanghadim, K., & Mirghafourvand, M. (2021). Effect of vitamins on sexual function: A systematic review. *International Journal for Vitamin and Nutrition Research*. **IF= 1.78**
12. **Ghanbari-Homayi, S.,** Hasani, S., Meedya, S., Asghari Jafarabadi, M., & Mirghafourvand, M. (2021). Nonpharmacological approaches to improve women's childbirth experiences: a systematic review and meta-analysis. *The Journal of Maternal-Fetal & Neonatal Medicine*, 34(3), 479-491. **IF= 1.67**
13. **Homaie, S. G.,** Hasani, S., & Mirghafourvand, M. (2021). Correlation of Anxiety with Pregnancy Symptoms and Maternal-fetal Attachment. *Shiraz E Medical Journal (In Press)*
14. **Ghanbari-Homaie, S.,** Asghari Jafarabadi, M., Hasani, S., & Mirghafourvand, M. (2021). Psychometric Properties of the Persian Version of Pregnancy Symptoms Inventory (PSI). *Clinical Nursing Research*, 10547738211067319. **IF= 2.07**
15. Havizari, S., **Ghanbari-Homaie, S.,** Eyvazzadeh, O., & Mirghafourvand, M. (2021). Childbirth experience, maternal functioning and mental health: how are they

- related?. *Journal of Reproductive and Infant Psychology*, 1-13. **IF= 2.48**
16. Mirghafourvand M, **Ghanbari S**, Hasani S, Pourfathi H. (2021). Effectiveness of Pharmacological Pain Relief Methods on Birth Experience: A Systematic Review and Meta-Analysis. *Current Women's Health Reviews*. **IF= 0.48**
17. **Ghanbari-Homayi, S.**, Fardiazar, Z., Mohammad-Alizadeh-Charandabi, S., Jafarabadi, M. A., Mohamadi, E., Meedy, S., & Mirghafourvand, M. (2020). Developing of a new guideline for improving birth experiences among Iranian women: a mixed method study protocol. *Reproductive Health*, 17(1), 17. **IF= 3.12**
18. Gholizadeh Shamasbi, S., Barkin, J. L., **Ghanbari-Homayi, S.**, Eyvazzadeh, O., & Mirghafourvand, M. (2020). The Relationship between Maternal Functioning and Mental Health after Childbirth in Iranian Women. *International Journal of Environmental Research and Public Health*, 17(5), 1558. **IF= 2.84**
- Mirghafourvand, M., Jafarabadi, M. A., & **Ghanbari-Homayi, S.** (2020). Adaptation of short version of questionnaire for assessing the childbirth experience (QACE) to the Iranian culture. *BMC Pregnancy and Childbirth*, 20(1), 1-8. **IF= 2.94**
19. **Ghanbari-Homayi, S.**, Fardiazar, Z., Mohammad-Alizadeh-Charandabi, S., Meedy, S., Jafarabadi, M. A., Mohammadi, E., & Mirghafourvand, M. (2020). Skin-to-skin contact, early initiation of breastfeeding and childbirth experience in first time mothers: a cross sectional study. *Journal of Neonatal Nursing*. **IF= 0.95**
20. Shamasbi, S. G., **Ghanbari-Homayi, S.**, & Mirghafourvand, M. (2019). The effect of probiotics, prebiotics, and synbiotics on hormonal and inflammatory indices in women with polycystic ovary syndrome: a systematic review and meta-analysis. *European journal of nutrition*, 1-18. **IF= 4.44**
- Mirghafourvand, M., Mohammad Alizadeh Charandabi, S., **Ghanbari-Homayi, S.**, Jahangiry, L., Nahae, J., & Hadian, T. (2019). Effect of birth plans on childbirth experience: A systematic review. *International journal of nursing practice*, 25(4), e12722. **IF= 2.06**
21. **Ghanbari-Homayi, S.**, Hasani, S., Meedy, S., Asghari Jafarabadi, M., & Mirghafourvand, M. (2019). Nonpharmacological approaches to improve women's childbirth experiences: a systematic review and meta-analysis. *The Journal of Maternal-Fetal & Neonatal Medicine*, 1-13. **IF= 1.67**

22. **Ghanbari-Homayi, S.**, Fardiazar, Z., Meedy, S., Mohammad-Alizadeh-Charandabi, S., Asghari-Jafarabadi, M., Mohammadi, E., & Mirghafourvand, M. (2019). Predictors of traumatic birth experience among a group of Iranian primipara women: a cross sectional study. *BMC pregnancy and childbirth*, 19(1), 182. **IF= 2.94**
23. Mirghafourvand, M., Farshbaf-Khalili, A., & **Ghanbari-Homayi, S.** (2019). Marital Adjustment and Its Relationship with Religious Orientations Among Iranian Infertile and Fertile Women: A Cross-Sectional Study. *Journal of religion and health*, 58(3), 965-976. **IF= 1.89**
24. Seiedi-Biarag, L., Mirghafourvand, M., & **Ghanbari-Homayi, S.** (2019). The effect of cognitive-behavioral therapy on psychological distress in the mothers of preterm infants: a systematic review and meta-analysis. *Journal of Psychosomatic Obstetrics & Gynecology*, 1-10. **IF= 1.88**
25. Mirghafourvand, M., Zandinava, H., Shafaei, F. S., Mohammad-Alizadeh-Charandabi, S., & **Ghanbari-Homayi, S.** (2019). Effectiveness of Self-Care Training on Pregnancy Consequences in Gestational Diabetes: A Randomized Controlled Clinical Trial. *Shiraz E-Medical Journal*, 20(6). **IF= 0.58**
26. **Ghanbari-Homayi, S.**, Dencker, A., Fardiazar, Z., Jafarabadi, M. A., Mohammad-Alizadeh-Charandabi, S., Meedy, S., ... & Mirghafourvand, M. (2019). Validation of the Iranian version of the childbirth experience questionnaire 2.0. *BMC Pregnancy and Childbirth*, 19(1), 465. **IF= 2.94**
27. Mirghafourvand, M., Barkin, J. L., Jafarabadi, M. A., Karami, F., & **Ghanbari-Homayi, S.** (2019). The psychometric properties of the Barkin index of maternal functioning (BIMF) for the Iranian population. *BMC Women's Health*, 19(1), 166. **IF= 1.35**
28. Ghelichkhani, F., Mirghafourvand, M., Asghari Jafarabadi, M., **Ghanbari Homayi, S.**, Bahrami-Vazir, E., & Mohammadi, A. (2019). Psychometric Properties of the Revised Osteoporosis Knowledge Test in Iranian Adolescent. *International Journal of Pediatrics*, 7(2), 8959-8968.
29. Meedy, S., **Ghanbari-Homayi, S.**, Fardiazar, Z., Mohammad-Alizadeh-Charandabi, S., Mohammadi, E., & Mirghafourvand, M. (2019). Predictors of traumatic childbirth experiences in a group of Iranian women. *Women and Birth*, 32, S23. **IF= 3.17**
30. Hadian, T., Mirghafourvand, M., Mohammad-Alizadeh-Charandabi, S., **Ghanbari-**

- Homayi, S.**, Nahaeii, J., & Meedya, S. (2018). The Effect of Prenatal Home Visiting for Adolescent Mothers on Maternal and Neonatal Outcomes: A Systematic Review and Meta-Analysis. *International Journal of Pediatrics*
31. Zandinava, H., Shafaei, F. S., Charandabi, S. M. A., **Homayi, S. G.**, & Mirghafourvand, M. (2017). Effect of educational package on self-care behavior, quality of life, and blood glucose levels in pregnant women with gestational diabetes: a randomized controlled trial. *Iranian Red Crescent Medical Journal*, 19(4). **IF= 0.28.**
32. Mirghafourvand, M., Malakouti, J., Charandabi, S. M. A., Khalili, A. F., & **Homayi, S. G.** (2016). The efficacy of lemon balm (*Melissa officinalis* L.) alone and combined with lemon balm—*Nepeta menthoides* on premenstrual syndrome and quality of life among students: A randomized controlled trial. *Journal of Herbal Medicine*, 6(3), 142-148. **IF= 2.83**
33. Mirghafourvand, M., Mohammad-Alizadeh-Charandabi, S., Jafarabadi, M. A., Shiri, F., & **Ghanbari-Homayi, S.** (2016). Feasibility, reliability, and validity of the Iranian version of the quality of life questionnaire for pregnancy. *Iranian Red Crescent Medical Journal*, 18(9). **IF= 0.28.**
34. Mirghafourvand, M., Malakouti, J., Mohammad, a. C. S., Farshbaf, k. A., & **Ghanbari, h. S.** (2016). The effects of lemon balm (*melissa officinalis* l.) alone and in combination with *nepeta menthoides* on the menstrual bleeding in students with premenstrual syndrome: A randomized controlled trial. *Iranian Red Crescent Medical Journal*. **IF= 0.28**
35. Mirghaforvand, M., **Ghanbari Homayi, S.**, & Farshbaf Khalili, A. (2016). The relationship between marital adjustment and thinking styles in infertile women referred to Alzahra hospital, tabriz-2014. *The Journal of Urmia Nursing and Midwifery Faculty*, 13(11), 964-972.
36. Charandabi, S. M. A., Mirghafourvand, M., Khaki-Rostami, Z., Malakouti, J., Jafarabadi, M. A., & **Ghanbari-Homayi, S.** (2015). Sexual dysfunction and help seeking behaviors in newly married men in Sari City: a descriptive. *Journal of caring sciences*, 4(2), 143.
37. Zeinab, K. R., Mirghafourvand, M., Jamileh, M., Alizadeh Charandabi, S. M., Jafarabadi, M. A., & **Ghanbari, S.** (2015). Sexual dysfunction and help seeking behaviors in newly married women in Sari, Iran: a cross-sectional study. *Payesh (Health Monitor)*, 14(6), 677-686.



38. Mirghafourvand, M., Asghari Jafarabadi, M., & **Ghanbari-Homayi, S.** (2015). Comparison of the diagnostic values of premenstrual syndrome screening tool (PSST) and daily record of severity of problems (DRSP). *Journal of Babol University of Medical Sciences*, 17(8), 27-33.
39. Shahnazi, M., Farshbaf Khalili, A., & **Ganbari, S.** (2014). Factors related to cervical cancer screening among women referring to health centers in Tabriz, Iran 2012. *The Iranian Journal of Obstetrics, Gynecology and Infertility*, 16(89), 15-24.
40. **Ghanbari Homayi, S.**, Malakouti, J., Asghari, M., Farshbaf Khalili, A., & Ghahremani Nasab, P. (2013). Relationship between season of conception, birth and other predictors in women with eclampsia referring to Alzahraa and Taleghani hospitals in Tabriz, Iran, 2007-2012. *The Iranian Journal of Obstetrics, Gynecology and Infertility*, 16(75), 22-29.

#### **Manuscript under Review**

1. Relationship between pregnancy experience and childbirth experience with maternal-fetal attachment and mother-child bonding: A longitudinal study
2. Paternal fear of childbirth among fathers with full-term and preterm neonate: A cross-sectional study
3. Association of Childbirth Experience with Long-term Psychological Outcomes: A Prospective Cohort Study
4. The relationship between pregnancy experience with childbirth experience, postpartum depression and anxiety: A longitudinal study
5. The effect of Iranian guideline on primiparous women's birth experience: A pilot randomized controlled trial
6. Birth experience and postpartum depression among adolescent mothers: A cross-sectional study

#### **Registered Clinical Trials**

1. The effect of combined Lemon balm-Nepeta menthoides and only Lemon balm on students' PMS (Premenstrual Syndrom) and quality of life: a ranomized controlled trial. 28th September 2014.<https://en.irct.ir/trial/10794>

2. The effect of supportive interventions on birth experience: Randomized Controlled Trial. 28th June 2019. <https://en.irct.ir/trial/38227>
3. Assessment of The Effect of Dark Chocolate 78% on Depression among Menopausal Women: A Randomized Controlled Trial
4. The effect of Ocimum Basilicum capsule on postpartum depression symptoms: A Randomized Controlled Trial

### **Conference Presentations- last 10 years**

1. Mojgan Mirghafourvand, Shahla Meedya, Eesa Mohammadi, Sakineh Mohammad-Alizadeh-Charandabi, Mohammad Asghari-Jafarabadi, **Solmaz Ghanbari-Homaie\***. (2023). Iranian women's perception on the determinants of birth experience: a qualitative Study. The Second International Hybrid Congress of Ethics in Midwifery and Reproductive Health with the focus on Maternal Dignity, **Iran**.
2. Mojgan Mirghafourvand, Shahla Meedya, Sakineh Mohammad-Alizadeh-Charandabi, Mohammad Asghari-Jafarabadi, Eesa Mohammadi, **Solmaz Ghanbari-Homaie\***. (2023). Recommendations for improving primiparous women's childbirth experience. The Second International Hybrid Congress of Ethics in Midwifery and Reproductive Health with the focus on Maternal Dignity, **Iran**.
3. Meedya S, **Ghanbari-Homayi S**, Fardiazar Z, Mohammad-Alizadeh-Charandabi S, Mohammadi E, Mirghafourvand M. (2019). Predictors of traumatic childbirth experiences in a group of Iranian women. Abstract of the paper presented in the Australian College of Midwives National Conference, **Australia**.
4. **Solmaz Ghanbari-Homayi**, Mojgan Mirghafourvand, Azizeh Farshbaf-Khalili, Arezoo Moeeni. (2016). The marital adjustment and thinking styles in infertile women. The poster presented in the 2nd International Congress on Reproduction, Tehran, **Iran**.
5. **Solmaz Ghanbari**, Jamileh Malakouti, Azizeh Farshbaf. (2016). Relationship between Season of Conception, Birth and Other Predictors in Women with Eclampsia. The poster presented in the Debatable Topics on Obstetrics Gynecology & Infertility, Tehran, **Iran**.
6. **Solmaz Ghanbari-Homayi**, Mojgan Mirghafourvand, Mohammadali Torbati. (2015). The efficacy of lemon balm and combination of lemon balm and nepeta menthoides in menstrual

bleeding among students with premenstrual syndrome: a randomized controlled trial. Abstract of the paper presented in the the International Congress on Complementary and Alternative Medicine, Mashhad, **Iran**.

### **Editorial Board**

1. BMC Pregnancy and Childbirth

### **Peer Reviewer**

1. BMC Pregnancy and Childbirth
2. BMJ open
3. BMC Pediatrics
4. Health and Quality of Life Outcomes
5. Journal of Caring Science (JCS)
6. Iranian Journal of Neonatology
7. Applied Nursing Research
8. Journal of Herbal Medicine

### **Skills**

1. Python (Elementary)
2. Clinical teaching of vaginal delivery for BSc, MSc students
3. Clinical teaching of Obstetric & Gynecologic diseases for BSc students
4. Theoretical teaching of research methods for MSc students
5. Theoretical teaching of professional English for BSc students
6. Theoretical teaching of Epidemiology in Midwifery for BSc students
7. Theoretical teaching of new pain relief methods in labour for PhD students
8. Computer skills: Office, Word, Power point, EndNote software, G-POWER.

9. Qualitative and quantitative researches: Data analysis in qualitative and quantitative studies, Mix method researches, Instruments development and psychometric properties, SPSS, CMA.

**Participated in workshops/ courses:**

1. Traditional medicine in midwifery course (3 years)
2. Research methods workshop
3. Ethics in research workshop
4. Physiologic delivery workshop
5. Sexual health workshop
6. Clinical consultation workshop
7. Non-pharmacological methods for pain relief during labour workshop
8. Pleasant delivery workshop
9. Qualitative research method
10. Communication skills workshop
11. Support and promotion of breastfeeding workshop
12. Systematic Review
13. Principle of protocol writing
14. E-learning
15. Artificial Intelligence