

Updated: December 2024

## CURRICULUM VITAE

### Mahsa Houra

#### Identification:

First Name: Mahsa

Family Name: Houra

Gender: Female

Date of Birth: January 16th, 1997

Place of Birth: Bardsir-IRAN

Nationality: Iranian

Marital Status: married

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## **Academic Records:**

- ❖ BS in midwifery, School of Nursing and Midwifery, Rafsanjan University of Medical Sciences, Iran, 2015-2019, Total GPA: 17.72
- ❖ MS in Midwifery Education, School of Nursing and Midwifery, Mashhad University of Medical Sciences, Iran, 2019-2022, Total GPA: 17.91\*
- ❖ 1st place in the doctoral entrance exam (Phd) in reproductive health and midwifery in 2024.

## **Master thesis:**

- ❖ The effect of oral use of Mentha Longifolia capsule on the symptoms of premenstrual syndrome and primary dysmenorrhea

## **Experience:**

- ❖ **2016-2024**
- ❖ Responsible for student mobilization at the Rafsanjan School of Nursing and Midwifery, Sisters Branch. 2016-2017
- ❖ Working as midwife in labor Department. Ghaem Hospital, Bardsir, Kerman, Iran. July/2019-September/2019
- ❖ Stage presenter of the national conference "100 Years of Academic Midwifery" hosted by Mashhad University of Medical Sciences. 2019
- ❖ Working as midwife in Gynecological Surgery Department. Pasteur Hospital, Bam, Kerman, Iran. August/2020-September/2020

- ❖ Working as Midwifery instructor in Mashhad University of medical sciences, nursing midwifery faculty, midwifery department, Mashhad, Iran. February/2021-June/2021
- ❖ Working as Midwifery instructor in Kerman University of medical sciences, nursing midwifery faculty, midwifery department, Kerman, Iran. July/2022-December/2022
- ❖ Working as Midwifery instructor in Babol University of medical sciences, nursing midwifery faculty, midwifery department, Babol, Iran. February/2023-August/2024
- ❖ Working as Midwifery instructor in Rafsanjan University of medical sciences, nursing midwifery faculty, midwifery department, Rafsanjan, Kerman, Iran. November/2024-Present
- ❖ Has successfully completed the TOEFL course conducted by Parsian language institute. 2011-2014
- ❖ Member of Geriatric Care Research Center, Rafsanjan University of Medical Sciences, Rafsanjan, Iran. 2024

## **Publications:**

- ❖ Nosratabadi R, Kazemi Arababadi M, Mortazavi M, **Houra M**, Bidaki R, Nazem Kazarani F. "Investigating the relationship between IFN- $\gamma$  levels in the maternal serum and neonatal cord blood in term and prolonged deliveries in Rafsanjan NIKNAFS Maternity in 2018". Journal of Community Health 13, no. 1 (2019): 1-9. (Persian)
- ❖ **Houra, Mahsa**, Fatemeh Nazem-Kazerani, Maryam Mortazavi, Maryam Hadavi, S. M. Moosavi, and M. K. Arababadi. "The roles played by IL-10, IL-23 and IL-17A in term delivery." Journal of Neonatal-Perinatal Medicine 14, no. 1 (2021): 85-93.
- ❖ .Bagheri, Reza, **Mahsa Houra**, Maryam Saberi-Karimian, Negin Seyfzadeh, Alireza Ghodsi, Hafez Teimorian, Matin Moallem Shahr, Davood Attaran, Negar Morovatdar, and

Seyed Ziaollah Haghi. "The Effects of Glubran Glue on Alveolar Air Leak in Patients with Chronic Empyema." *Journal of Cardio-Thoracic Medicine* 10, no. 1 (2022): 925-930.

- ❖ Saberi-Karimian, Maryam, Mahsa Houra, Tannaz Jamialahmadi, Pooria Sarvghadi, Mahlagha Nikbaf, Saeed Akhlaghi, and Amirhosein Sahebkar. "The effects of N-Acetyl-L-Leucine on the improvement of symptoms in a patient with multiple sulfatase deficiency." *The Cerebellum* 22, no. 6 (2023): 1250-1256.
- ❖ Beyraghi-Tousi, Mehran, Amirhosein Sahebkar, Mahsa Houra, Pooria Sarvghadi, Tannaz Jamialahmadi, Reza Bagheri, Shima Tavallaie, Eric Gumprich, and Maryam Saberi-Karimian. "Efficacy and safety of N-acetyl-L-leucine in patients with ataxia telangiectasia: A randomized, double-blind, placebo-controlled, crossover clinical trial." *European Journal of Paediatric Neurology* 50 (2024): 57-63.

## **Skills:**

- ❖ Familiar with Microsoft office
- ❖ SPSS
- ❖ Endnote
- ❖ Chat GPT
- ❖ E-learning software
- ❖ Speaking skills and techniques and art of expression
- ❖ Teaching Quran recitation and chanting

## **Interests:**

- ❖ Herbal Medicine in midwifery
- ❖ Sexual health literacy
- ❖ Counseling in midwifery
- ❖ Reproductive health
- ❖ Maternal health

## **Research Project:**

- ❖ The effect of oral use of curcuminoid capsule on the symptoms of premenstrual syndrome and primary dysmenorrhea. (In Progress)
- ❖ Investigating the factors related to the decision-making of the first childbearing in men and women in Mashhad. (In Progress)
- ❖ The mental health of women with polycystic ovary syndrome: A Report of the Babol Polycystic Ovary Syndrome Registry. (In Progress)