

*In the name of Creator of Beauty*

***Curriculum vitae:***

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**EDUCATION AND QUALIFICATIONS**

**Birjand University of Medical Sciences, Iran, BSc. Nursing Science 2006**

**Mashhad University of Medical Sciences, Iran, MSc. Nursing Science 2009**

**MSc SUBJECT THESIS:**

**The Relationship between Self-concept and Adherence to Therapeutic Regimens in Patients with Heart Failure ([PubMed](#)) 2011**

**Advisor: Dr. Abbas Heydari PHD**

**Published Article:**

- 1- Heydari, Abbas; **Ahrari, Shahnaz**; Vaghee, Saeed. The Relationship Between Self-concept and Adherence to Therapeutic Regimens in Patients With Heart Failure .*Journal of Cardiovascular Nursing* November/December 2011 - Volume 26 - Issue 6 - pp 475-480. ([PubMed](#))

- 2- **Ahrari, Shahnaz** ; Heydari, Abbas; Vaghee Saeed. The role of self-concept mode of roy's adaptation model on adherence of diet regimen in heart failure patients. *Ofogh e danesh; journal of Gonabad University of medical sciences*;2012:18(1). (Persian)
- 3- Haresabadi M, sedaghat M, Vejdani MA, **Ahrari SH**, Toghian CHaharsougi N, Momeni AV. Epidemiologic Study of Acute Poisoning in children aged under 12years referred to Imam Reza Hospital 2010-2012. *Journal of North Khorasan University of Medical Sciences*. Spring 2013;5(1):53.(Persian)
- 4- **Shahnaz Ahrari**, Mahdi Moshki, Mahnaz Bahrami. The Relationship Between Social Support and Adherence of Dietary and Fluids Restrictions among Hemodialysis Patients in Iran. *Journal of Caring Sciences*, 2014, 3(1), 11-19
- 5- Narges Toghian Chaharsoughi, **Shahnaz Ahrari**, Shahnaz Alikhah. Comparison the Effect of Teaching of SBAR Technique with Role Play and Lecturing on Communication Skill of Nurses. *Journal of Caring Sciences*, 2014, 3(2), 141-147
- 6- Roghayeh Rahmani, **Shahnaz Ahrari**, Azam Mahmoodian, Nematollah Dadpur , Mitra Beshagh, Marzieh Taghany, Zahra Zohoorian. The relationship between pre-eclampsia and periodontal infection in pregnant women. *Journal of Research & Health Social Development & Health Promotion Research Center*. Vol. 3, No.4, 2013

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- 1- **S. Ahrari** , Mohammadpour A. Poster The relationship between cognitive perception and adherence of medical treatments in diabetics patients. *Basic and Clinical Neuroscience*2013
- 2- **Ahrari, Shahnaz** ; Heydari, Abbas; Vaghee Saeed. The relationship between self-concept cognitive perception and adherence to medication regimen in Iranian heart failure patients. *Journal of the Saudi Heart Association*. Volume 22, Issue 2 , Pages 94-95, April 2010
- 3- **S. Ahrari**, A. Heidary, S. Vaghee, S. Ebrahimzadeh. Poster Moderated The relationship between self-concept cognitive perception and adherence to exercise regimen in Iranian heart failure patients. *European Journal of Cardiovascular Nursing - EUR J CARDIOVASC NURS* 01/2010; 9(1). DOI:10.1016/S1474-5151(10)60112-0

- 4- **S. Ahrari, A. Heydari, S. Vaghee, S. Ebrahimzadeh . Poster The influence of Roy adaptation model on adherence of diet regimen in heart failure patients .European Journal of Cardiovascular Nursing - EUR J CARDIOVASC NURS. 1/2010; 9(1).**