

**In the Name of God**  
**Kermanshah University of Medical Sciences and Health Services**  
**School of Nursing and Midwifery**  
**Curriculum Vita**

**personal information:**

**Name:** lida menati

**Gender:** Female

**Place of birth:** Kermanshah, Iran

**Citizenship:**

Iran

**Address and Telephone Number:**

**Office:** Department of Midwifery, Faculty of Nursing & Midwifery , Kermanshah University of medical Sciences, Kermanshah, Iran

**Academic Position:**

Faculty rank: Instructor

Tel: +۹۸ ۰۸۳ ۳۸۱۶۲۵۵۹

Fax: +۹۸ ۸۳۳۸۲۶۱۰۸۳

- **E mail:** lidamenati@yahoo.com

**Educational Statue:**

**PhD.** Reproductive health, Department of Midwifery and Reproductive health , faculty of Nursing & Midwifery, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

**Thesis:** Comparison of the effect of licorice plant and hormone therapy on hot flashes in menopausal women

**M.Sc.** Midwifery, Department of Midwifery, faculty of Nursing & Midwifery, Ahvaz University of Medical Sciences, Ahvaz, Iran.

**B.Sc.** Midwifery, Department of Midwifery, faculty of Nursing & Midwifery, Kermanshah University of Medical Sciences, Kermanshah, Iran.

**Academic position/Employment:**

۲۰۱۳-present, Faculty member, Department of Midwifery, faculty of Nursing & Midwifery,

Kermanshah University of Medical Science, Kermanshah, Iran.

### **Awards:**

Received Award for Midwife in the Field of education clerk in ۲۰۱۶.

Received Award for midwife- clerk in ۲۰۱۶. National Exemplary Midwife (National ۳rd Rank) in the Field of education in ۲۰۱۶.

Received Award for Midwife in the Field of education clerk in ۲۰۲۰.

Outstanding professor of KermanshahUMS in ۲۰۲۱.

More than ۵ awards by different managers for different works

### **Professional Membership**

Member of the EDO (Educational Planning) Committee - Kermanshah School of Nursing and Midwifery - July ۲۰۱۰ to present.”.

Activity & member of the EDO (Educational Evaluation) Committee - Kermanshah School of Nursing and Midwifery - July ۲۰۱۰ to present

Head of the Educational Evaluation Committee - Kermanshah Faculty of Nursing and Midwifery - March ۲۰۱۴ to March ۲۰۱۵

Member of the Scientific Committee of the National Conference on Youth Health Promotion – School of Nursing and Midwifery, Kermanshah – ۲۰۱۱

Activity & member of the Scientific Committee of the National Conference on Elderly Health - School of Nursing and Midwifery, Kermanshah – ۲۰۱۲

Activity & member of the Faculty Research Council

Activity & member of Mo'tazedi Hospital(Kermanshah) Research Council.

Activity & Head of HEDO, Mo'tazedi Hospital, Kermanshah.

- Research manager of Kermanshah school of Nursing and Midwifery
- Activity & member of University Committee of neonate resuscitation

- Activity & member of research in education committee of EDC
- Activity & member of research in education committee of EDO
- Activity & member of lesson programming committee of EDO

### Teaching Experiences:

Many workshop and conference for midwives as a presenter :

- Delivered speeches/presentations at multiple workshops education program for nursing-midwifery personnel in Kermanshah University of Medical Sciences.
- Lecture in multiple breastfeeding workshop in Kermanshah University of Medical Sciences.
- Teaching “obstetric”, ١, ٢, ٣ and ٤ for midwifery students in Kermanshah University of Medical Sciences.
- Teaching “child & maternal health “ ١ and ٢ for Nursing student in Kermanshah University of Medical Sciences.
- Teaching “family planning” for Dental students and paramedical students in Kermanshah University of Medical Sciences.
- Teaching “Communications, Health Education, and Counseling ...” for midwifery students in Kermanshah University of Medical Sciences.
- Training as a clinical education and apprenticeship in wards and clinics of “ labor, delivery, obstetrics, emergency, child & maternal health, Gynecology for Midwifery students.

### Faculty Teaching Experiences:

#### Bachelors' degree

Obstetrics I  
Obstetrics II  
Obstetrics III  
Obstetrics IV  
Mother & infant health  
Gynecology  
Midwifery Management  
Ethics and regulations of midwifery  
Reproductive health

#### Master degree

professional Ethics  
Communication skills ١  
Communication skills ٢  
Menopause consultation  
Family Planning consultation

## Articles Published in English

### ۱. Evaluation of Contextual and Demographic Factors on Licorice Effects on Reducing Hot Flashes in Postmenopause Women

۱- چاپ on line

Copyright © Taylor & Francis Group, LLC  
ISSN: ۰۷۳۹-۹۳۳۲ print / ۱۰۹۶-۴۶۶۵ online  
DOI: ۱۰.۱۰۸۰/۰۷۳۹۹۳۳۲.۲۰۱۳.۷۷۰۰۰۱

۲- Reducing Hot Flashes in Postmenopause. Women health Jornal—۲۰۱۰- ISI

۳. A Comparative study of Maternal and Neonatal Outcomes Physiological and Non-physiological Delivery in Nulliparous Women and their Infants, Admitted to Motazwdi Hospital of Kermanshah, Iran in ۲۰۱۱- ۲۰۱۲

۴. The potential effects of dietary flavones on diabetic nephropathy; a review of mechanisms- Journal of Renal Injury Prevention, Volume ۹, Issue ۲, June ۲۰۲۰

۵. The effect of three methods of follow-up(short Message service SMS, Telephone and regular) on the quality of life in heart failurepatients- ۲۰۲۰- Embase

۶. The Relationship Between Care Burden and Coping Strategies in Caregivers of Hemodialysis Patients in Kermanshah, Iran- Psychology Research and Behavior Management- ۲۰۲۰: ۱۳۱-۱۴۰- ISI

۷. The Effect of Sleep Quality on Students' Academic Achievement- ISI

۸. High vs Low Academic Achievement: What Difference Does Sleep Make? [Response to Letter]-ISI

۱. [A Comparative study of Maternal and Neonatal Outcomes Physiological and Non-physiological Delivery in Nulliparous Women and their Infants, Admitted to Motazwdi Hospital of Kermanshah, Iran in ۲۰۱۱- ۲۰۱۲](#)

۲. [The effect of sleep quality on students' academic achievement](#)  
R Jalali, H Khazaei, BK Paveh, Z Hayrani, L Menati  
Advances in medical education and practice, ۴۹۷-۵۰۲

۱۳۹

۲۰۲۰

۳. [Evaluation of contextual and demographic factors on licorice effects on reducing hot flashes in postmenopause women](#)  
L Menati, K Khaleghinezhad, M Tadayon, A Siahpoosh  
Health care for women international ۳۵ (۱), ۸۷-۹۹

۴۰

۲۰۱۴

۴. [The relationship between care burden and coping strategies in](#)

۳۰

۲۰۲۰

- [caregivers of hemodialysis patients in Kermanshah, Iran](#)  
L Menati, Y Torabi, B Andayeshgar, A Khatony  
Psychology research and behavior management, ۱۳۳-۱۴۰
۵. [A randomized double blind clinical trial of licorice on hot flash in post-menopausal women and comparison with hormone replacement therapy.](#) ۱۹ ۲۰۱۰  
L Menati, A Siahpoosh, M Tadayon
۶. [The effect of sleep quality on students' academic achievement. Advances in Medical Education and Practice, ۱۱, ۴۹۷-۵۰۲](#) ۱۱ ۲۰۲۰  
R Jalali, H Khazaei, BK Paveh, Z Hayrani, L Menati
۷. [The potential effects of dietary flavones on diabetic nephropathy; a review of mechanisms](#) ۸ ۲۰۲۰  
L Menati, A Meisami, M Zarebavani  
Journal of Renal Injury Prevention ۹ (۲), e۰۹-e۰۹
۸. [Exploration of women's experiences of sexual function after female genital cosmetic surgery: a phenomenological descriptive study](#) ۶ ۲۰۲۳  
FT Nezhad, R Jalali, F Karimi, L Menati  
Current Women's Health Reviews ۱۹ (۱), ۷۷-۸۲
۹. [The effect of sleep quality on students' academic achievement \[Response to Letter\]](#) ۴ ۲۰۲۰  
R Jalali, H Khazaei, B Khaledi Paveh, Z Hayrani, L Menati  
Advances in Medical Education and Practice, ۶۰۹-۶۱۰
۱۰. [The effect of three methods of follow-up \(short message service SMS, telephone and regular\) on the quality of life in heart failure patients.](#) ۴ ۲۰۱۸  
R Jalali, A Hoseinpour, L Menati, M Amini  
Future of Medical Education Journal ۸ (۱)
۱۱. [Postnatal weight loss and exclusive breastfeeding in newborn](#)  
A Haseli, M Bagherinia, L Menati, S Farshadfar, F Karpasand, Z Karimian  
BMC pediatrics ۲۰ (۱), ۳۶۶ ۲۰۲۰
۱۲. [Prevalence of Premarital Sex Among Youths in Iran: A Meta-Analysis](#)  
A Haseli, L Menati, F Egdampour, S Jahanfar, M Hassani  
Interdisciplinary Journal of Acute Care ۵ (۲), ۷۱-۷۹ ۲۰۲۴
۱۳. [Survivor's Experiences of Psychological Challenges in COVID-۱۹ Patients: An Internet-based Phenomenological Study](#) ۲۰۲۲  
M Jalilian, R Jalali, L Menati  
Journal of Kermanshah University of Medical Sciences ۲۶ (۴)  
۲۰۲۰
۱۴. [COMPARISON OF LICORICE AND HORMON REPLACEMENT](#) ۲۰۰۹

## THERAPY ON SEVERITY AND TIME OF HOTFLASHES IN MENOPAUSAL WOMEN

MT Najafabady, NB Mohammadzadeh, L Menati  
Maturitas ٦٣, S٧٩

### Articles Published in Persian

- ١- منتي، ليدا - بررسي باليني اثر گياه شيرين بيان بر گرگرفتگي زنان يائسه به صورت دو سوکور تصادفي و مقايسه آن با هورمون درماني - مجله علمي دانشگاه علوم پزشكي اهواز. ١٣٨٩، ٩ (٢) (مسلسل ٦٥): ١٥٧-١٦٧.

### Approved Projects & Proposals

“A curettage device equipped with a drug injection reservoir and a camera capable of Pap smear collection and amniotomy.”

“A curettage device equipped with a drug injection reservoir and a camera capable of Pap smear collection and amniotomy.”

### Research Experience

١٥. A Comparative study of Maternal and Neonatal Outcomes Physiological and Non-physiological Delivery in Nulliparous Women and their Infants, Admitted to Motazwdi Hospital of Kermanshah, Iran in ٢٠١١- ٢٠١٢
١٦. The effect of sleep quality on students' academic achievement  
R Jalali, H Khazaei, BK Paveh, Z Hayrani, L Menati  
Advances in medical education and practice, ٤٩٧-٥٠٢ ١٣٩ ٢٠٢٠
١٧. Evaluation of contextual and demographic factors on licorice effects on reducing hot flashes in postmenopause women  
L Menati, K Khaleghinezhad, M Tadayon, A Siahpoosh  
Health care for women international ٣٥ (١), ٨٧-٩٩ ٤٠ ٢٠١٤
١٨. The relationship between care burden and coping strategies in caregivers of hemodialysis patients in Kermanshah, Iran  
L Menati, Y Torabi, B Andayeshgar, A Khatony  
Psychology research and behavior management, ١٣٣-١٤٠ ٣٠ ٢٠٢٠
١٩. A randomized double blind clinical trial of licorice on hot flash in post-menopausal women and comparison with hormone replacement therapy.  
١٩ ٢٠١٠

L Menati, A Siahpoosh, M Tadayon

۲۰. [The effect of sleep quality on students' academic achievement.](#)  
[Advances in Medical Education and Practice, ۱۱, ۴۹۷-۵۰۲](#) ۱۱ ۲۰۲۰  
R Jalali, H Khazaei, BK Paveh, Z Hayrani, L Menati
۲۱. [The potential effects of dietary flavones on diabetic nephropathy: a review of mechanisms](#) ۸ ۲۰۲۰  
L Menati, A Meisami, M Zarebavani  
Journal of Renal Injury Prevention ۹ (۲), e۰۹-e۰۹
۲۲. [Exploration of women's experiences of sexual function after female genital cosmetic surgery: a phenomenological descriptive study](#) ۶ ۲۰۲۳  
FT Nezhad, R Jalali, F Karimi, L Menati  
Current Women's Health Reviews ۱۹ (۱), ۷۷-۸۲
۲۳. [The effect of sleep quality on students' academic achievement \[Response to Letter\]](#) ۴ ۲۰۲۰  
R Jalali, H Khazaei, B Khaledi Paveh, Z Hayrani, L Menati  
Advances in Medical Education and Practice, ۶۰۹-۶۱۰
۲۴. [The effect of three methods of follow-up \(short message service SMS, telephone and regular\) on the quality of life in heart failure patients.](#) ۴ ۲۰۱۸  
R Jalali, A Hoseinpour, L Menati, M Amini  
Future of Medical Education Journal ۸ (۱)
۲۵. [Postnatal weight loss and exclusive breastfeeding in newborn](#) ۲۰۲۵
۲۶. [Prevalence of Premarital Sex Among Youths in Iran: A Meta-Analysis](#) ۲۰۲۴
۲۷. [Survivor's Experiences of Psychological Challenges in COVID-۱۹ Patients: An Internet-based Phenomenological Study](#) ۲۰۲۲  
۲۰۲۰
۲۸. [COMPARISON OF LICORICE AND HORMON REPLACEMENT THERAPY ON SEVERITY AND TIME OF HOTFLASHES IN MENOPAUSAL WOMEN](#) ۲۰۰۹

#### Books (Compilation, Translation, Edition)

“Principles and Techniques of Nursing and Midwifery, and Work Procedures in the Operating room and Delivery room.”

## Field(s) Research Interest

Reproductive Health

complementary medicine

Menopause Health

Encouraging procreation

## Conference presentations

### National

۱- **Speaker at retraining courses from ۲۰۱۲ to now**

۲- Attending the National Conference on Senior Health: February ۲۰-۲۲, ۲۰۱۳

۳- Attending the First International Congress on Menopause and Andropause - Ahvaz Jundishapur University of Medical Sciences - February ۲۶ to March ۱, ۲۰۱۳

۴- Attending the Congress of the Reproductive Health and Infertility Research Center, Tehran's Shahid Beheshti University - January ۲۲-۲۴, ۲۰۱۵

۵- Attending the ۱۲th International Congress on Obstetrics and Gynecology of Iran - October ۸-۱۱, ۲۰۱۵

۶- Attending the ۷th Congress of the Reproductive Health Research Center - January ۲۲-۲۴, ۲۰۱۵

۷- Participation in the Second International Congress of Minimally Invasive Methods in Gynecology and Obstetrics in Iran and the Thirteenth International Congress of Gynecology and Obstetrics in Iran - January ۱۹-۲۲, ۲۰۱۷

۸- Attending the ۱۲th International Congress on Gynecology and Obstetrics - October ۹-۱۱, ۲۰۱۸

۹- “Review of Pre-Marital Educational Needs from the Perspective of Couples Referring to Health Treatment Center No. ۷, Neyshabur City, Year ۲۰۰۸”

۱۰- “Clinical Investigation of the Effect of Licorice Plant on Menopausal Hot Flashes: A Double-Blind Randomized Trial and Comparison with Hormone Therapy” – The ۷th National Conference on Care and Treatment of Patients



- ۴- “Investigating Risky Behaviors Among Youth” - Kermanshah National Youth Health Promotion Conference - Poster - July ۲۰۱۱
- ۵- “The Importance of the Role of Sports in Women” – Tehran - Poster – ۲۰۱۱
- ۶- “The Role of Special Prenatal Care in Preventing and Reducing Maternal Mortality” - Poster – ۲۰۱۱
- ۷- “Investigating the Severity, Duration, and Frequency of Hot Flashes in Menopausal Women Using Estrogen and Progesterone in Ahvaz City” - Poster – ۲۰۱۲
- ۸- “Investigating the Effect of Hormone Therapy on the Severity, Duration, and Frequency of Hot Flashes in Menopausal Women Visiting Gynecology Clinics in Ahvaz City” - Poster - February ۲۱, ۲۰۱۳
- ۹- “The Effect of Reminiscence Therapy on Reducing the Severity of Depression in the Elderly” - Poster – ۲۰۱۲

## **International**

- ۱- “Psychological Aspects of Pregnancy in Uterus Donors” - Lecture - ۷th Shahid Beheshti Congress on Fertility and Infertility - ۲۰۱۴ - Top Speaker
- ۲- “Predisposing Factors of Post-Natal Depression” - Poster - International Conference on Research in Engineering, Science and Technology - Istanbul, Turkey - July ۲۲, ۲۰۱۵
- ۳- “The Importance of a Healthy Lifestyle in the Elderly” - Poster – ۲۰۱۵
- ۴- “The Importance of a Healthy Lifestyle in the Elderly” - Poster – ۲۰۱۵
- ۵- “Control of Labor Progression in Nulliparous Mothers Using Partograph” - Poster – ۲۰۱۵
- ۶- “Self-Care and Its Importance in Women’s Health” – Poster – ۲۰۱۵
- ۷- “The Link Between Abortion and Breast Cancer” – Poster – ۲۰۱۵
- ۸- “The Role of Exercise in the Mental Health of Youth” – Poster – ۲۰۱۵
- ۹- “The Role of Family in the Mental Health of Youth” – Poster – ۲۰۱۵
- ۱۰- “A Study of Health-Promoting Behaviors Among Students at Kermanshah University of Medical Sciences” – Poster – ۲۰۱۵
- ۱۱- “A Study of the Relationship Between Prayer and the Incidence of Depression Among Nursing and Midwifery Students at Kermanshah University of Medical Sciences” – Poster – ۲۰۱۵

- ۱۲- “The Importance of Pre-Marital Counseling in Improving Couple Relationships” – Poster – ۲۰۱۵
- ۱۳- “A Study of Health-Promoting Behaviors Among Students at Kermanshah University of Medical Sciences in ۲۰۱۵” – Poster – ۲۰۱۵
- ۱۴- “The Role of Exercise in the Mental Health of Youth” – Poster – ۲۰۱۵
- ۱۵- “The Role of Family in the Mental Health of Youth” – Poster – ۲۰۱۵
- ۱۶- “The Relationship Between Substance Abuse During Pregnancy and Behavioral Disorders in Childhood” – Poster – ۲۰۱۶
- ۱۷- “Maternal and Fetal Consequences of Narcotic Substance Abuse in Pregnant Women” – Poster – ۲۰۱۶
- ۱۸- “Evaluation of Quality of Life in Women with Endometriosis” - Lecture – ۲۰۱۶
- ۱۹- “The Relationship Between Prenatal Substance Abuse and Behavioral Disorders in Childhood” - Poster - Tehran – ۲۰۱۶
- ۲۰- “Maternal and Fetal Outcomes of Narcotic Substance Abuse in Pregnant Women” - Poster – ۲۰۱۶
- ۲۱- “The Effect of Acupressure on Labor Progress and Delivery” – Poster – ۲۰۱۶
- ۲۲- “The Effect of Reflexology on Pregnancy Outcomes” – Poster – ۲۰۱۶
- ۲۳- “Effectiveness of Acupuncture in Ovulation Induction in Infertile Women with Polycystic Ovary Syndrome” – Poster – ۲۰۱۶
- ۲۴- “The Importance of Postpartum Screening of Diabetes in Women with Gestational Diabetes” – Poster – ۲۰۱۷
- ۲۵- “The Effect of Maternal Hypothyroidism on Pregnancy Outcomes” - Poster - ۲۰۱۷
- ۲۶- “Investigating the Health Needs of Women in the Postpartum Period: A Study of Women Newly Delivered in Neyshabur in ۲۰۱۶” – Poster – ۲۰۱۷
- ۲۷- “The Effect of Medicinal Plants on the Treatment of Polycystic Ovary Syndrome (PCOS)” – Poster – Tehran – ۲۰۱۷

- ۲۸- “Stimulation of Ovulation and the Risk of Cancer in Women” – Poster – Tehran – ۲۰۱۷
- ۲۹- “A Study of the Effects of Childbirth Preparation Classes on Pregnant Women’s Stress and Mental Health” – Poster – Tehran – October ۲۰۱۸
- ۳۰- “Determining the Sexual Health Needs in the Postpartum Period for Nulliparous Women in Neyshabur, ۲۰۱۶” – Poster – Tehran – October ۲۰۱۸
- ۳۱- “Prevalence and Factors Associated with Sexual Dysfunction in Rural Women Attending Rural Health Centers in Neyshabur, ۲۰۱۷-۲۰۱۶” – Poster – Tehran – October ۲۰۱۸
- ۳۲- “Survey of Reasons for Not Conducting Pre-Pregnancy Counseling in Primiparous Women in Kermanshah” – Poster – Tehran – October ۲۰۲۱
- ۳۳- “The Effect of Pre-Pregnancy Maternal Body Mass Index on Pregnancy Outcomes in Nulliparous Women” – Poster – Tehran – October ۲۰۲۱
- ۳۴- “Breast Cancer and Pregnancy” – Poster – Tehran – October ۲۰۲۱

<b>Editorial Responsibilities:</b>
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