

Raheleh Bahrami

MSN, RN, Ph.D. Student in Nursing and Healthcare Innovation

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Education and Training

- 2023-Current **PhD Student in Nursing and Healthcare Innovation**
Edson College of Nursing and Health Innovation, Arizona State University,
Phoenix, AZ, USA
Mentor: Dr. Sunny Kim, Ph.D. (Associate Professor)
- 2014-2018 **MSN in Psychiatric Nursing**
School of Nursing and Midwifery, Iran University of Medical Sciences,
Tehran, Iran
Advisor: Dr. Naiemeh Seyedfatemi, Ph.D. (Professor)
- 2009-2013 **BSN in Nursing**
Nursing and Midwifery School, Iran University of Medical Sciences

Research Interests

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| Developing and testing interventions that address the mental health challenges of caregivers and social dimensions of caregiving through psychoeducation, narrative-based interventions, and biofeedback. The goal is to provide practical approaches to enhance caregivers' needs, focusing on <i>Resilience</i> , <i>Spirituality</i> , and <i>Hope</i> while addressing broader social and emotional aspects (i.e., <i>Stigma</i>). | Mental Health Caregiver Alzheimer's Disease and Related Disorders (ADRD) Severe Psychiatric Illnesses (SMI) Resilience Nursing Health Promotion |
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Publications

Peer-Reviewed Articles

Sunny W. Kim; Dara L. James; Rachel E. Koffer; Lakshmi Nair; **Raheleh Bahrami**; Lihong Ou; Veena Fauble; Nandita Khera; & Linda K. Larkey. A novel digital storytelling intervention combined with heart rate variability biofeedback for improving

psycho-emotional well-being of hematopoietic cell transplant patients. *Journal of Clinical and Translational Science*, 0(0), 0-0. <https://doi.org/10.0000000000000000> [in progress to online publication]

Seyedfatemi, N., **Bahrami, R.**, Hamidi, S., Hamooleh, M. M., Khorin, Z. S., & Abbasi, Z. Investigation the Relationship between Moral Courage and Caring Behaviors among Nurses Working in COVID-19 Wards in Iran. *Nursing Open*, 11(10), e70046. <https://doi.org/10.1002/nop2.70046help>

Seyedfatemi, N., Abbasi, Z., **Bahrami, R.**, Siah Mansour Khorin, Z. (2023). The association between caring behavior and death anxiety among Iranian nurses working in Covid-19 wards. *SAGE Open Nursing*. 9, 1-9. <https://doi.org/10.1177/23779608231219125>

Bahrami, R. & Khalifi, T. (2022). The effect of psychoeducation on the affiliate stigma in family caregivers of clients with bipolar disorder. *SAGE Open Nursing*, 8, 1-8. <https://doi.org/10.1177/23779608221132166>.

Seyedfatemi, N., AhmadzaAsl, M., **Bahrami, R.**, & Haghani, H. (2021). The effect of virtual social network-based psycho-education on the hope of family caregivers of clients with severe mental disorders. *Archives of Psychiatric Nursing*, 35, 290-295. <https://doi.org/10.1016/j.apnu.2021.02.004>.

Bahrami, R. & Khalifi, T. (2021). Effect of psychoeducation on the resilience of the family caregivers of patients with bipolar disorder. *Iran Journal of Nursing*. 34(130), 25-37. <https://doi.org/10.52547/ijn.34.130.25> [In Persian]

SeyedFatemi, N., AhmadzaAsl, M., **Bahrami, R.**, & Haghani, H. (2019). The effect of virtual social network-based psychoeducation on the resilience of family caregivers of clients with severe mental disorders, *Iranian Journal of Psychiatric Nursing*. 6(6), 1-8. <https://doi.org/10.21859/ijpn-06061>. [In Persian]

Manuscripts Under Review:

Raheleh Bahrami, Shahram Sadeghi, Taliah Khalifi. Spiritual Well-Being and Resilience among Family Caregivers of People with Mental Disorders. *Journal of Mental Health, Religion and Culture*

Raheleh Bahrami, Sara Dastoor, Zahra Abbasi, Zahra Siah Mansour Khorin, and Sanam Panbee. Subjective Vitality and Irrational Health Beliefs: Insights from Undergraduate Nursing Students.

Zahra Siah Mansour Khorin, **Raheleh Bahrami**, Taraneh Taghavi Larijani, Soheil Rahimi, Shima Haghani. The Association between Caring Behavior, Self-Efficacy, and Work Engagement among Formal Caregivers Serving Children with Intellectual Disability. *Journal of Applied Research in Intellectual Disabilities*

Research in progress

VR and secondary family caregivers of people with ADRD: A series of focus groups about their role and needs- preliminary data.

Effects of Heart Rate Variability Biofeedback Training on College-aged Females with Eating Disorders

Comparative Analysis of Intervention Protocols in Heart Rate Variability Biofeedback for Stress Management. (Review)

Daily Spiritual Experiences and Hope in Family Caregivers of People with Severe Mental Disorders

Research Experiences

- 2023 - current **Research Assistant**
Effects of heart rate Variability Biofeedback training on college female students with eating disorders
PI: Dr. Sunny W. Kim
Edson College of Nursing and Health Innovation, Arizona State University
- 2024: May-Aug **Research Assistant**
CarePRO Long-Term Care workshop for Alzheimer’s Disease caregivers
PI: Dr. David W. Coon
Edson College of Nursing and Health Innovation, Arizona State University
- 2024: May-Aug **Research Assistant**
Learning about secondary caregivers of people with ADRD: Focus groups and a virtual reality experience
PI: Dr. Abigail Gomez-Morales
Edson College of Nursing and Health Innovation, Arizona State University
- 2020-2022 **Research Assistant**
Investigating the relationship between caring behavior and death anxiety of Iranian nurses working in the Covid-19 ward."
PI: Dr. Marjan Mardani-Hamooleh
Nursing Care Research Center (NCRC), Iran University of Medical Sciences
- 2020-2022 **Research Assistant**
The relationship between moral courage and caring behavior of nurses working in the Covid-19 ICU
PI: Dr. Marjan Mardani-Hamooleh

Presentations

- Nov 2024 **Poster Presenter**
Raheleh Bahrami, Dr. Sunny W. Kim
The Effects of Heart Rate Variability Biofeedback in Reducing Death Anxiety in Older Adults: A Pilot Randomized Controlled Trial
ISSR Graduate Student Poster Contest
Arizona State University, Tempe, Arizona, USA
- Sep 2024 **Poster Presenter**
Dr. Abigail Gómez-Morales, Raheleh Bahrami
VR and secondary family caregivers of people with ADRD: A series of focus groups about their role and needs- preliminary data
Arizona Alzheimer's Consortium: 25th Annual Scientific Conference (hosted by Barrow Neurological Institute)
Arizona State University, Tempe, Arizona, USA
- Apr 2024 **Podium Presenter**
Lakshmi Nair, Raheleh Bahrami, Dr. Sunny W. Kim, Danielle Martin
Integrated heart rate variability biofeedback and digital storytelling intervention
2024 WIN Conference
Hilton Salt Lake City Center, Utah, USA
- Oct 2021 **Instructor**
Personality Disorders and Nursing Interventions
Continuous training of healthcare staff
Ghods Psychiatric Hospital, Sanandaj, Iran
- Sep 2021 **Virtual Presenter**
The effect of psychoeducation on the resilience in the family caregivers of clients with bipolar disorder
The 8th International Conference on Psychology of Education Sciences and Lifestyle
- Feb 2019 **Podium Presenter**
The effect of virtual social network-based psycho-education on resilience of family caregivers of clients with severe mental disorders
The Second Congress of Mood Disorder, Tehran, Iran
- Jun 2016 **Instructor**

Workshop on therapeutic communication skills and coping strategies toward aggressive clients in long-term psychiatric care centers
Ehsan Hall (Long-term Care Center), Kahrizak, Tehran, Iran

Certifications

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| Nov 2023 | GCP – Social and Behavioral Research Best Practices for Clinical Research Arizona State University |
| Aug 2023 | IRB – Social & Behavioral Research (Group 2) RCR – Social and Behavioral Responsible Conduct of Research Conflicts of Interest Arizona State University |
| Dec 2016 | Certificate in Patient Safety in Qualitative Models of clinical Governance and Accreditation of Health Services Certificate in Infection Control and Patient Safety Iran University of Medical Science, Tehran |
| Sep 2015 | Certificate in Therapeutic Communication Skills Iran University of Medical Science, Tehran |

Clinical Experience

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| 2018 – 2023 | Registered Nurse Emergency Unit Ghods Psychiatric Hospital, Sanandaj, Iran |
| Jul-Oct, 2018 | Registered Nurse Surgical Unit Kowsar Hospital, Sanandaj, Iran |
| 2017 – 2018 | Registered Nurse Women Psychiatric Unit Mehregan Psychiatric Hospital, Tehran, Iran |
| 2016 – 2018 | Registered Nurse Department of Hematology and Oncology Taleghani Hospital, Tehran, Iran |

- 2015 – 2016 **Registered Nurse**
 Women Psychiatric Unit
 Mehregan Psychiatric Hospital, Tehran, Iran
- 2011 – 2012 **Independent Nursing Student (last year bachelor’s student)**
 Department of Plastic Surgery
 Panzdah-e-Khordar Professional Surgical Medical Center, Tehran, Iran

Volunteer Experience

- Jun – Jul, 2020 **Second Peak of COVID-19 Pandemic**
 Department of Infectious Disease
 Tohid General Hospital, Sanandaj, Iran

Professional Memberships

- Oct 2024 – Present Arizona State University - Graduate Nurses Organization (GNO)
 Jan 2013 – Present Nursing Organization of Islamic Republic of IRAN
 Feb 2018 – Present Iranian Nursing Scientific Association (INA)

Honors and Awards

- July 2024 **University Graduate Fellowship**
 Edson College of Nursing and Health Innovation, Arizona State University
- February 2024 **Travel Grant**
 Edson College of Nursing and Health Innovation, Arizona State University
- March 2023 **University Graduate Fellowship**
 Edson College of Nursing and Health Innovation, Arizona State University
- February 2019 **Selected Speaker**
 The Second Congress of Mood Disorders, Tehran, Iran

SKILLS

- Language** Kurdish (Native), Persian/Farsi (Fluent), English (Upper Intermediate)

**Data Analysis
Software**

Excel, SPSS, REDCap

Computer

Fundamental Skills (Word, PowerPoint, Excel, Google Docs,
Dropbox)

Websites and Professional Profiles

LinkedIn: <https://www.linkedin.com/in/raheleh-bahrami-605a1999/>

Google Scholar:

<https://scholar.google.com/citations?user=tU0wMEcAAAAJ&hl=en&inst=1960582506653781529>

ORCID: <https://orcid.org/0000-0001-7001-8140>