

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

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 *Resilience*, *Spirituality*, and *Hope* while addressing broader social and emotional aspects (i.e., *Stigma*).

Mental Health
Caregiver
Alzheimer's Disease and Related Disorders (ADRD)
Severe Psychiatric Illnesses (SMI)
Resilience
Nursing
Health Promotion

Publications

Peer-Reviewed Articles

- Bahrami, R.**, & Sadeghi, Sh. (in press). Spiritual Well-Being and Resilience among Family Caregivers of People with Mental Disorders. *Journal of Mental Health, Religion & Culture*.
- Kim, S. W., James, D. L., Koffer, R. E., Nair, L., **Bahrami, R.**, Ou, L., Fauble, V., Khera, N., & Larkey, L. K. (2025). Testing the feasibility of a digital storytelling intervention combined with heart rate variability biofeedback in hematopoietic cell transplant patients. *Journal of Clinical and Translational Science*, 9(1), e35.
<https://doi.org/10.1017/cts.2024.619>.

- Seyedfatemi, N., **Bahrami, R.**, Hamidi, S., Hamooleh, M. M., Khorin, Z. S., & Abbasi, Z. (2024). 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., AhmadzadAsl, 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>.
- Seyedfatemi, N., AhmadzadAsl, 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>.

Manuscripts Under Review:

- Bahrami, R.**, & Sadeghi, Sh. (0000). The Correlation of Daily Spiritual Experiences and Hope in Family Caregivers of People with Severe Mental Disorders
- Bahrami, R.**, Juwadi, K., Nair, L., Kim, Y., Raysik, M., Kash, J., & Kim, S. (0000). Female College Students' Experiences with Heart Rate Variability Biofeedback Intervention for Disordered Eating Behaviors. *Journal of American College Health*
- Siah Mansour Khorin, Z., **Bahrami, R.**, Taghavi Larijani, T., Rahimi, S., & Haghani, Sh. (0000). The Association between caring behavior, self-efficacy, and work engagement among formal caregivers serving children with intellectual disability. *International Journal of Disability, Development and Education*

Research in Progress with ASU's Faculties

ADRD secondary family caregivers: VR, needs, roles, and primary caregivers' perspectives

Effects of Heart Rate Variability Biofeedback Training on College-aged Females with Eating 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-Sep **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-Sep **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
Nursing Care Research Center (NCRC), Iran University of Medical Sciences

Presentations

- Nov 2024 **Poster Presentation**
Raheleh Bahrami, Dr. Sunny W. Kim
Rhythm of Relief: Heart Rate Variability Biofeedback for Death Anxiety in the Elderly
Institute for Social Science Research (ISSR) - Graduate Student Poster Contest
Arizona State University, Tempe, AZ

- Sep 2024 **Poster Presentation**
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 (AAC): 25th Annual Scientific Conference (hosted by Barrow Neurological Institute)
 Arizona State University, Tempe, AZ
- Apr 2024 **Podium Presentation**
Lakshmi Nair, Raheleh Bahrami, Dr. Sunny W. Kim, Danielle Martin
 Integrated heart rate variability biofeedback and digital storytelling intervention
 2024 WIN Conference
 The Hilton Salt Lake City Center, UT
- 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 Presentation**
 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

- 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 Experiences

2024 – current Registered Nurse
Arizona State Board of Nursing

2018 – 2023 **Registered Nurse**
Emergency Unit
Ghods Educational, Medical, and Healthcare Center, Sanandaj, Iran

Jul-Oct, 2018 **Registered Nurse**
Surgical Unit
Kowsar Educational, Medical, and Healthcare Center, Sanandaj, Iran

2017 – 2018 **Registered Nurse**
Women Psychiatric Unit
Mehregan Psychiatric Hospital, Tehran, Iran

2016 – 2018 **Registered Nurse**
Department of Hematology and Oncology
Taleghani Educational, Medical, and Healthcare Center, Tehran, Iran

2015 – 2016 **Registered Nurse**
Women Psychiatric Unit
Mehregan Psychiatric Hospital, Tehran, Iran

2011 – 2012 **Independent Nursing Student (Senior Nursing Student)**
Department of Plastic Surgery
Panzdah-e-Khordar Professional Surgical Medical Center, Tehran, Iran

Volunteer Experiences

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

Professional Membership

Jan 2013 – Present Nursing Organization of Islamic Republic of IRAN
Feb 2018 – Present Iranian Nursing Scientific Association (INA)

Honors and Awards

- February 2025 **ASU Travel Grant**
Edson College of Nursing and Health Innovation, Arizona State University
- December 2024 **Research Grant Program (2024-2025)**
Graduate Student Government (GSG) and ASU Graduate College Graduate Research Support Program (GRSP), Arizona State University
- November 2024 **Additional University Graduate Fellowship**
Edson College of Nursing and Health Innovation, Arizona State University
- November 2024 **1st Place Poster Contest Winner - Institute for Social Science Research (ISSR)**
Arizona State University, Tempe, Arizona, USA
- July 2024 **University Graduate Fellowship**
Edson College of Nursing and Health Innovation, Arizona State University
- February 2024 **ASU 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, NVivo
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>