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Education

- ✓ B.Sc, Psychology, Ferdowsi University of Mashhad - 1988
- ✓ MS, General Psychology, Alzahra University - 2000
- ✓ PhD, General Psychology, Alzahra University - 2006

Journals Papers

2021

1. The Mediating Role of Alexithymia in the Relationship between Defense Mechanisms and Tendency to High Risk Behaviors among Adolescents

Zahra Nikmanesh, mehdi Darvishmolla, mehrnosh mehranfard

Journal of Research and Health Volume: (11) 29 - 36

2. Effectiveness of Stress-Based Mindfulness Therapy on the Students' Feelings of Loneliness and Internet Addiction

mojtaba ahmadi, Zahra Nikmanesh, Ali Farnam

Volume: (19) 1 - 9

3. Relationship Between the Use of Pornography and Marital Sexual Satisfaction with Attitudes Towards Marital Infidelity in Married Women in Zahedan City

Zahra Nikmanesh,

International Journal of High Risk Behaviors and Addiction Volume: (10) 1 - 5

2020

4. The Mediating Role of Positive and Negative Affect in the Association of Perceptions of Parenting Styles with Resilience among Adolescents with Addicted Parent

Zahra Nikmanesh, hadi norostrak, Mehdi Darvishmolla

Iranian Journal of Psychiatry Volume: (4) 297 - 304

5. The Effect of Training Emotion Regulation Techniques on Resilience and Psychological Well-Being among Nurses in Zaheda

Zahra Nikmanesh, zohre khosravi

Advances in Nursing and Midwifery Volume: (29) 1 - 6

6. Validity and Reliability of the Persian Version of Cyber Pornography Use Inventory-9 Among Iranian Students

, Zahra Nikmanesh

Journal of Research and Health Volume: (10) 69 - 77

7. The Effect of Loneliness and Family Communication on Addiction Potential: A Study Conducted in Sistan and Baluchestan, Iran

Zahra Nikmanesh, Yahya Kazemi, masome khosravy, Zahra Hasanzadeh

Iranian Journal of Psychiatry and Behavioral Sciences Volume: (14) 1 - 5

8. The Effectiveness of Positive Thinking Training in the Quality of Life and Emotion Regulation Among Patients With Multiple Sclerosis

Zahra Nikmanesh, leyda mirkazehi

Journal of Research and Health Volume: (10) 207 - 216

2019

9. The role of spirituality in feelings of suffering and quality of life in self-introduced addicts

, Zahra Nikmanesh, Ehsan Liaghat, Mojahed Hematian

Journal of Research and Health Volume: (9) 104 - 111

10. The Effectiveness of Mindfulness-Based Stress Reduction Group Therapy in Rumination Among Multiple Sclerosis Patients

, Zahra Nikmanesh

Jundishapur Journal of Chronic Disease Care Volume: (2) 1 - 5

2018

11. The Relationship of Self-Esteem and Attributional Styles with Self-Handicapping in Primary Schools

yahya kazemi, Zahra Nikmanesh, masome khosravi, zahra hasanzade

International Journal Of School Health Volume: (1) 1 - 6

12. The Relationship of Self -Esteem and Attributional Styles with Self- Handicapping in Primary Schools

Zahra Nikmanesh

International Journal Of School Health Volume: (1) 1 - 6

13. The Effect of Positive Psychotherapy on Perceived Competence and Quality of Life Among Children With Thalassemia

Marziyeh Zeykani, Zahra Nikmanesh

Jundishapur Journal of Chronic Disease Care Volume: (7) 1 - 11

14. The Effectiveness of Emotion Regulation Training with a Positive Thinking Approach in Quality of Life and Its Dimensions Among Children with Cancer

Faride Marashi, Zahra Nikmanesh

Jundishapur Journal of Chronic Disease Care Volume: (7) 1 - 7

15. The Role of Difficulties in Emotion Regulation and Thought Control Strategies on Pornography Use

, Mahmoud Shirazi, Zahra Nikmanesh

practice in clinical psychology Volume: (6) 119 - 128

16. The Role of Perceived Stress in Families of Patients with Hemophilia in Prediction of Cognitive Failures and Mental Health of Patients with Hemophilia

Fatemeh Makki, Zahra Nikmanesh

Jundishapur Journal of Chronic Disease Care Volume: (7) 1 - 7

17. The role of religious coping in predicting the quality of life dimensions in women with breast cancer

Zahra Nikmanesh, , behgat kalantari

Journal of Research Development in Nursing and Midwifery Volume: (15) 1 - 7

18. TheRelationshipof Self-EsteemandAttributionalStyleswith Self-HandicappinginPrimarySchools

yahya kazemi, Zahra Nikmanesh, masome khosravi, zahra hasanzade

International Journal Of School Health Volume: (5) 1 - 6

19. Religious Coping Styles, General Health, and Psychological Well-Being Among Mothers of Mentally Disabled Children

Zahra Nikmanesh,

Iranian Rehabilitation Journal Volume: (16) 3 - 10

20. TheRelationshipof Self-EsteemandAttributionalStyleswith Self-HandicappinginPrimarySchools

Yahya Kazemi, Zahra Nikmanesh, ,

International Journal Of School Health Volume: (5) 1 - 7

21. TheRelationshipof Self-EsteemandAttributionalStyleswith Self-HandicappinginPrimarySchool

Yahya Kazemi, Zahra Nikmanesh, masome khosravi, zahra hasnzade

International Journal of School Health Volume: (5) 1 - 6

2017

22. The Role of Religious Coping in Perception of Suffering among Patients Undergoing Dialysis

Zahra Nikmanesh,

Jundishapur Journal of Chronic Disease Care Volume: (6) 1 - 7

23. Examining the Predictive Role of Emotional Self0Regulation in Quality of Life and Perception of Suffering among Patients with Breast Cancer

Zahra Nikmanesh, Mahmoud Shirazi,

Middle East Journal of Cancer Volume: (8) 93 - 101

24. The Effect of Life Skills Training on Anger Management and Perception of Competence in Children

Zahra Nikmanesh, Yahya Kazemi,

Volume: (14) 221 - 243

25. The Relationship Between Quality of Life and Self-esteem and Attribution Styles in Primary School Students

Yahya Kazemi, Zahra Nikmanesh, Masome Khosravi

Iranian Journal of Psychiatry and Behavioral Sciences Volume: (11) 1 - 6

26. The Role of Self-Efficacy Beliefs and Social Support on Prediction of Addiction Relapse

Zahra Nikmanesh, Mohamad Hossin Baluchi,

International Journal of High Risk Behaviors and Addiction Volume: (6) 1 - 6

27. Examining the Predictive Role of Emotional Self-Regulation in Quality of Life and Perception of Suffering among Patients with Breast Cancer

Zahra Nikmanesh, Mahmoud Shirazi,

Middle East Journal of Cancer Volume: (8) 83 - 101

28. Examining the Predictive Role of Emotional Self-Regulation in Quality of Life and Perception of Suffering among Patients with Breast Cancer

Zahra Nikmanesh, Mahmoud Shirazi,

Middle East Journal of Cancer Volume: (8) 93 - 101

29. Religious Coping and general health in mothers of normal children and those with mentally retarded children

Zahra Nikmanesh, Hadi Ostrak

Volume: (7) 288 - 293

2016

30. Comparing Religious Orientation and Perception of God in Addicts and Non-Addicts

Yusuf Tork Barahoi, Ali Arab, Zahra Nikmanesh

Annals of Military and Health Sciences Research Volume: (14) 1 - 6

31. Role of religious coping in predicting post traumatic growth in patients with breast cancer

Zahra Nikmanesh,

Journal of Research and Health Volume: (6) 445 - 451

32. The Role of Caregiver Burden in Quality of Life and Perception of Patients with Chronic Kidney Failure on Hemodialysis

Zahra Nikmanesh, Mozghan Shahinfar

Annals of Military and Health Sciences Research Volume: (14) 2 - 6

33. Effect of Spiritual Intelligence and Self-Efficacy on Nurses' Resiliency in Therapeutic and Teaching Centers of Zahedan

Zahra Nikmanesh, Shahnaz Keykhah

Journal of Research Development in Nursing and Midwifery Volume: (12) 71 - 78

34. Examining Perceived Social Support, Positive Action, and Spirituality, as Resilience Factors, Among Boys of Drug-Dependent Fathers

Zahra Nikmanesh, fateme honakzehe

shiraz e medical journal Volume: (17) 1 - 7

35. Comparing Religious Orientation and Perception of God in Addicts and Non-Addict

Yusuf Tork barahoi, Ali Arab, Zahra Nikmanesh

Annals of Military and Health Sciences Research Volume: (14) 1 - 6

36. Examining Perceived Social Support, Positive Action, and Spirituality, as Resilience Factors, Among Boys of Drug-Dependent Father

Zahra Nikmanesh, fateme honakzehe

Shiraz E Medical Journal Volume: (17) 1 - 8

37. Examining Perceived Social Support, Positive Action, and Spirituality, as Resilience Factors, Among Boys of Drug-Dependent Fathers

Zahra Nikmanesh,

shiraz e medical journal Volume: (17) 1 - 9

2015

38. The Role of Social Support and Positive Affect on Prediction of Addiction Relapse

Zahra Nikmanesh, mohammadhosein baluchi,

Annals of Military and Health Sciences Research Volume: (3) 96 - 100

39. The Religious Coping and Quality of Life in Mothers of Children with Hearing Deficiency

Zahra Nikmanesh, Leila Parande khozani, Syed Hamid Reza Abtahi,, Mahsa Sepehrnejad, Mohammad Hossein

iranian rehabilitation journal Volume: (13) 113 - 118

40. Role of Feeling of Loneliness and Emotion Regulation Difficulty on Drug Abuse

Zahra Nikmanesh, Yahya Kazemi,

Journal of Community Health Research Volume: (1) 55 - 64

41. The effectiveness of Interventions based on Positive Psychotherapy on improving coping styles, relapse prevention in people with Substance use disorder

, Farhad Kahrazei, Zahra Nikmanesh

Volume: (4) 41 - 54

42. Comparing early maladaptive schemas and coping styles in drug dependent and non-dependent prisoners of Zahedan city, Iran

Zahra Nikmanesh, Yahya Kazemi, , Mahmood Bahonar

Volume: (13) 26 - 31

43. -

Zahra Nikmanesh,

Journal of Research Development in Nursing and Midwifery Volume: (12) 71 - 78

44. Depression, Stress and Anxiety in Delinquent Juveniles ,The Effect of Positive Thinking Training on Quality of Life

Zahra Nikmanesh

Volume: (1) 53 - 64

45. The Effect of Positive Thinking Training on Quality of Life, Depression, Stress and Anxiety in Delinquent Juveniles

Zahra Nikmanesh,

Volume: (2) 53 - 64

46. Comparing early maladaptive schemas and coping styles in drug dependent and non-dependent prisoners of Zahedan city Iran

Zahra Nikmanesh, Yahya Kazemi, Masoumeh Khosravi, Mahmoud Bahonar

Annals of Military and Health Sciences Research Volume: (13) 26 - 31

47. Role of Self-handicapping on Prediction of Quality of Life in Primary students

Yahya Kazemi, Zahra Nikmanesh,

practice in clinical psychology Volume: (3) 61 - 68

48. Knowledge and Attitudes towards AIDS in Mashhad (Northeast of Iran) Female Sex Workers

Zahra Nikmanesh, ,

International Journal of Medical Toxicology and Forensic Medicine Volume: (5) 131 - 135

49. Comparing early maladaptive schemas and coping styles in drug dependent and non-dependent prisoners of Zahedan city, Iran

Zahra Nikmanesh, Yahya Kazemi, ,

annals of military and health sciences research Volume: (13) 26 - 31

50. The Religious Coping and Quality of Life in Mothers of Children with Hearing Deficiency

Zahra Nikmanesh, leyla parande, Syed Hamid Reza Abtahi, Mahsa Sepehrnejad, Mohammad Hossein Nilforou

Iranian Rehabilitation Journal Volume: (13) 113 - 118

2014

51. The Effect of Positive Thinking Training on Reduction of Depression Stress and Anxiety of Juvenile Delinquents

Zahra Nikmanesh

International Journal of Medical Toxicology and Forensic Medicine. Volume: (2) 55 - 62

52. Study Role of Different Dimensions of Emotional Self-Regulation on Addiction Potential

Zahra Nikmanesh, Yahya Kazemi, khosraci masome

Journal of Family and Reproductive Health Volume: (8) 69 - 72

53. The Effect of Positive Thinking Training on Reduction of Depression, Stress and Anxiety of Juvenile Delinquents

Mohammad Taghi Zand Vakili, , Zahra Nikmanesh

International Journal of Medical Toxicology and Forensic Medicine Volume: (4) 55 - 62

54. The role of positive affection on predicting the aspects of pain perception in multiple sclerosis

Zahra Nikmanesh, nahid askary

Journal of Research and Health Volume: (4) 570 - 574

55. The Relationship of Spirituality and Awareness and Attitude towards Disease with Feeling of Suffering in Patients with AIDS/HI

Ali-Akbar Pirasteh Motlagh, Zahra Nikmanesh, Tayebbeh Akbari Ali Abad

Volume: (8) 43 - 53

56. Relationship of Spiritual Intelligence with Resilience and Perceived Stress

, Zahra Nikmanesh

Iranian Journal of Psychiatry and Behavioral Sciences Volume: (8) 52 - 56

2013

57. Predictions of post-traumatic growth according to spirituality social support and positive affection in eferent age groups with breast cancer

Zahra Nikmanesh

Journal of Research Health Volume: (3) 353 - 362

58. Role of Early Maladaptive Schemas on Addiction Potential in Youth

Zahra Nikmanesh

International Journal of High Risk Behaviors and Addiction Volume: (2) 72 - 76

59. Effectiveness of Mindfulness-Based Cognitive Therapy (MBCT) in Reducing Aggression of Individuals at the Juvenile Correction and Rehabilitation Center

Atefeh Milani, Zahra Nikmanesh, Ali Farnam

International Journal of High Risk Behaviors and Addiction Volume: (2) 126 - 131

60. پیش بینی رشد پس از آسیب بر اساس معنویت و حمایت‌های اجتماعی در افراد مبتلا به سرطان سینه

Zahra Nikmanesh, ,

Volume: () 35 - 42

2012

61. Predictors of Adolescents Pornography Level of sexual behavior and family environment

Yahya Kazemi, Zahra Nikmanesh

Journal of Family and Reproductive Health Volume: (6) 165 - 168

62. Minnesota Multiphasic Personality Inventory Score as a Predictor of Addiction Potential in Youth

Zahra Nikmanesh, mahdeh adrom, Nour-Mohammad Bakhshani

International Journal of High Risk Behaviors and Addiction Volume: (1) 22 - 26

63. Investigating the relationship of woman is being exposed to vilence and their psychological traits in zahedan

Razieh Khosravi, , Zahra Nikmanesh

Volume: () 35 - 48

64. Effectiveness of the Optimism Skills Group Training: an examination on attribution styles of boys of Kerman Juvenile Correction and Rehabilitation Center

Zahra Nikmanesh, Yahya Kazemi, ,

International Journal of High Risk Behaviors and Addiction Volume: (1) 61 - 65

65. Predictors of Adolescents' Pornography: Level of Sexual Behavior and Family Environment

, , Zahra Nikmanesh

journal of family and reproductive health Volume: () 165 - 168

66. Effectiveness of Optimism Skills Group Training Examination of the Attributional Styles of Boys at the Kerman Juvenile Correction and Rehabilitation Center

Zahra Nikmanesh, Yahya Kazemi, , marjan Rabani Bavejdan

International Journal of High Risk Behaviors and Addiction Volume: (1) 61 - 65

2010

67. Smokeless Tobacco Use among University Students: A Cross-Sectional Study in Iran, Sistan Baluchestan Province

, Zahra Nikmanesh, Yahya Kazemi,

Iranian Journal of Psychiatry and Behavioral Sciences Volume: (4) 23 - 29

68. An examination of the effects of a model for teaching of optimism by storytelling on depression of children

Zahra Nikmanesh, Yahya Kazemi

Volume: (5) 12 - 20

2008

69. An examination of the effects of a Model for Teaching of Optimism by Storytelling on Attribution Styles of children

Zahra Nikmanesh, Yahya Kazemi

Volume: (2) 6 - 18

Conferences Papers

2019

1. Investigating the living conditions and vulnerabilities of children with addicted parents

Third National Conference on Psychology and Social Injury

Zahra Nikmanesh, Ali Arab, Soodeh Shakermahani

Research Project

2015

1. A Study on Strategic Methods of Retaining Literacy Learners in Literacy Classes in Sistan and Baluch

Yahya Kazemi, Zahra Nikmanesh, , - 2015