



CURRICULUM VITAE

Name and Surname: Aysu YILDIZ KARAAHMET
Date of Birth: 1987
Academic Title: Assistant Professor
Work Address:
Email: aysuy@biruni.edu.tr
Foreign Languages Known (Score and Year): English, B2 Upper Intermediate, 2017
Area of Expertise: Health Sciences

Degree	Department/Program	University	Year
Doctorate	EBELİK (DR)		2021
Master's Degree	EBELİK (YL) (TEZLİ)	İstanbul University	2017
Bachelor's Degree	EBELİK BÖLÜMÜ	Haliç University	2012

Master's Thesis Title (abstract attached) and Thesis Supervisor(s):

Gebe kadınların cinsel doyumlarının belirlenmesi ve cinselliği etkileyen etmenlerin incelenmesi

Doctoral Thesis/Proficiency Study/Medical Specialization Thesis Title (abstract attached) and Supervisor(s):

Anne beslenmesine eklenen probiyotiğin infantil kolik ve bağırsak mikrobiyota içeriğine etkisi: Randomize kontrollü çalışma

Position Title	Workplace	Year
Assistant Professor	Haliç University	2022-2022
Lecturer	Haliç University	2019-2021
Research Assistant	Haliç University	2017-2019

Supervised Master's Theses:

1. Gebelikte ve emzirme döneminde geleneksel beslenme yaklaşımlarının değerlendirilmesi (2024)

Administrative Duties:

Head of Department - Haliç University (2023 - Continues)

Deputy Head of Department - Haliç University (2022 - Continues)

Memberships in Scientific Organizations:

Recognized Scientific Organization (Principal Member) (2025 - 2027)

Awards:

2. Sözlü Bildiri Ödülü (2021)

PUBLICATIONS

A. Articles published in international peer-reviewed journals:

- A1. "Health Outcomes of Umbilical Cord Clamping Techniques in Preterm Neonates: Meta-analysis", *Revista da Associação Médica Brasileira*, 2025.
- A2. "The Influence of Circumcision on Male Sexual Function: A Meta-Analysis of Satisfaction, Erectile Function, and Dyspareunia", *Journal of Sex & Marital Therapy*, 2025.
- A3. "The Impact of Pacifiers and Positioning on Pain Management in Neonates: Meta-Analysis", *Pain Management Nursing*, 2025.
- A4. "The Effect of Online Progressive Muscle Relaxation Exercises on Sexual Satisfaction and Function of Applied to Women with Low Sexual Satisfaction: A Randomized Controlled Study", *International Journal of Sexual Health*, 2025.
- A5. "The Impact of Pacifiers and Positioning on Pain Management in Neonates: Meta-Analysis", *Pain Management Nursing*, 2025.
- A6. "Superstitions and practices of women in the perinatal period in Turkey: a cross-sectional study", *Revista da Associação Médica Brasileira*, 2025.
- A7. "Effect of Maternal Probiotics on Infantile Colic Symptoms and Maternal Quality of Life and Maternal Attachment: A Single-Blind, Randomized Controlled Study", *Altern Ther Health Med*, 2025.
- A8. "The Effect of Counseling Based on the Roy Adaptation Model on Mothers' Infant Feeding Attitude and Anthropometric Measurements of the Baby: A Randomized Controlled Study", *Clinical Lactation*, 2025.
- A9. "More Than a Sense: The Sense of Smell and Its Reflection in Mother and Baby: A Comprehensive Review", *Journal of Evaluation in Clinical Practice*, 2025.
- A10. "The effect of music interventions on anxiety, pain, and pregnancy rates in women undergoing fertility treatment before oocyte collection and embryo transfer: Systematic review and meta-analysis of randomized controlled trials", *European Journal of Integrative Medicine*, 2024.
- A11. "The effect of soy isoflavones given to women in the climacteric period on menopausal symptoms and quality of life: Systematic review and meta-analysis of randomized controlled trials", *Explore*, 2024.
- A12. "The Effect of Carob (*Ceratonia Siliqua*) on Sperm Parameters of Infertile Men: Systematic Review and Meta-Analysis of Randomized Controlled Trials", *Reproductive Sciences*, 2024.
- A13. "Relationship between the frequency and duration of masturbation and the sexual health literacy and sexual function of women in western Turkey: a cross-sectional study", *Journal of Sexual Medicine*, 2024.
- A14. "The effect of telehealth on incontinence severity given to women with urinary incontinence: A systematic review and meta-analysis of randomized controlled trials Impacto de la telemedicina en la gravedad de la incontinencia urinaria en mujeres: revisión sistemática y metaanálisis de ensayos controlados aleatorizados", *Actas Urológicas Españolas*, 2024.
- A15. "Effects of probiotics on gastrointestinal symptoms, anthropometric measurements, and breastfeeding duration in infants with colic: a randomized control trial", *Sao Paulo Med J* ., 2024.
- A16. "The relationship between infertility and sleep quality in women: Systematic review and meta-analysis La relación entre infertilidad y calidad del sueño en las mujeres: revisión sistemática y metaanálisis", *Actas Urológicas Españolas*, 2024.
- A17. "The Effect of Carob (*Ceratonia Siliqua*) on Sperm Parameters of Infertile Men: Systematic Review and Meta-Analysis of Randomized Controlled Trials", *Reproductive Sciences*, 2024.
- A18. "The effect of telehealth on incontinence severity given to women with urinary incontinence: A systematic review and meta-analysis of randomized controlled trials.", *Actas Urol Esp (Engl Ed)*., 2024.
- A19. "Effects of probiotics on gastrointestinal symptoms, anthropometric measurements, and breastfeeding duration in infants with colic: a randomized control trial", *Sao Paulo Medical Journal*, 2024.
- A20. "The impact of herbal treatments on cervicovaginal human papillomavirus infection: a systematic review and meta-analysis", *Revista da Associacao Medica Brasileira*, 2024.
- A21. "Evaluation of the relationship between Human Papilloma Virus knowledge level and vaccination in adult individuals: a cross-sectional study", *Journal of Public Health (Germany)*, 2024.
- A22. "The Effect of Psychotherapy Interventions After Stillbirth on the Grief Process and Depression: Systematic Review and Meta-Analysis", *Omega (United States)*, 2024.
- A23. "Effects of non-pharmacological interventions on sleep in premature infants: meta-analysis", *Revista da Associacao Medica Brasileira*, 2024.

- A24. "The Effect of Non-Pharmacological Interventions on Quality of Life, Depression, and Pregnancy Outcomes in Infertile Women: A Meta-Analysis of Randomized Controlled Studies", *Reproductive BioMedicine Online*, 2023.
- A25. "An irreversible method: Opinions of women with tubal ligation in Turkey: A qualitative study", *Reproductive BioMedicine Online*, 2023.
- A26. "Sexuality, quality of life and psychological well-being in older adults: A correlational study", *European Journal of Obstetrics and Gynecology and Reproductive Biology*: X, 2023.
- A27. "Colic and sleep outcomes of nonpharmacological intervention in infants with infantile colic: systematic review and metaanalysis", *Revista da Associacao Medica Brasileira*, 2023.
- A28. "The impact of the coronavirus disease 2019 outbreak on decision-making styles and breastfeeding of pregnant women: a cross-sectional study", *Revista da Associacao Medica Brasileira*, 2023.
- A29. "The effect of yoga on sexual function and body image in primiparous pregnant Women: A randomized controlled single-blind study", *European Journal of Obstetrics and Gynecology and Reproductive Biology*, 2022.
- A30. "Probiotics added to maternal nutrition affect infantile colic symptoms and fecal microbiota profile: a single-blind randomized controlled study", *Clinical and Experimental Pediatrics*, 2022.
- A31. "Attitudes and beliefs regarding sexuality in pregnancy affect sexuality Turkey example: A cross-sectional study", *European Journal of Obstetrics and Gynecology and Reproductive Biology*, 2022.
- A32. "COVID-19: The unmet need for family planning and its effects on sexuality: a cross-sectional study", *Revista da Associacao Medica Brasileira*, 2022.
- A33. "Does perinatal period pelvic floor muscle exercises affect sexuality and pelvic muscle strength? A systematic review and meta-analysis of randomized controlled trials", *Revista da Associacao Medica Brasileira*, 2022.
- A34. "Breastfeeding success in the first 6 months of online breastfeeding counseling after cesarean delivery and its effect on anthropometric measurements of the baby: A randomized controlled study", *Revista da Associacao Medica Brasileira*, 2022.

B. Papers presented at international scientific meetings and published in proceedings:

- B1. "PLISSIT Model)ne Dayalı Çevr(m)ç) C)nsel Danışmanlığın Türk Gebe Kadınların C)nsel İşlev ve Tutumları Üzer)ndek) Etk(s): Rastgele Kontrollü B)r Çalışma", 7. Uluslararası, 8. Ulusale EBELİK KONGRESİ, 2025.

C. National/international books written or chapters in books:

C2. Chapters in national/international books written:

- C2.1. ""Olgularla Emzirme Sorunlarına Yaklaşım", *Akademisyen Yayınevi*, 2025.
- C2.2. "Ebeler için Doğum ve Doğum Sonu Dönem", *IUC press*, 2024.

D. Articles published in national peer-reviewed journals:

- D1. "Does Perinatal Period Pelvic Floor Muscle Exercises Affect Urinary Incontinence? A Systematic Review and Meta-Analysis of Randomized Controlled Trials", *Istanbul Gelisim University Journal of Health Sciences* (, 2025.
- D2. "The Effect of Counseling Based on the Roy Adaptation Model on Mothers' Infant Feeding Attitude and Anthropometric Measurements of the Baby: A Randomized Controlled Study", *Clinical Lactation*, 2025.
- D3. "Exercise and Sexuality in Women With Menopausal Symptoms: A Systematic Review and Meta-Analyses of Randomized Controlled Trials", *International Journal of Nursing Practice*, 2025.
- D4. "Brain drain in health professionals: a bibliometric study", *Adıyaman Üniversitesi Sağlık Bilimleri Dergisi*, 2025.
- D5. "Brain drain in health professionals: a bibliometric study", *Health Sciences Journal of Adıyaman University*, 2024.
- D6. "Birth Simulation and Birth Environment Experiences of Midwifery Students: A Semi-Experimental Study", *Fenerbahçe Üniversitesi Sağlık Bilimleri Dergisi*, 2024.
- D7. "The Effect of Fear of COVID-19 on the Birth Preferences of Pregnant Women", *Gümüşhane Üniversitesi Sağlık Bilimleri Dergisi*, 2024.
- D8. "The effect of aromatherapy on labor pain, duration of labor, anxiety and Apgar score outcome: a systematic review and meta-analysis", *The European Research Journal*, 2023.
- D9. "The Opinions of Married Women Living in the Metropolitan Area of Turkey on the Family Planning Method they Use: A Qualitative Research", *Turkish Journal of Family Medicine and Primary Care*, 2023.
- D10. "Türk Miti Tasavvurunda Anne Arketipi: Günümüze Yansıyan Geleneksel Uygulamalar", *Mersin Üniversitesi Tıp Fakültesi Lokman Hekim Tıp Tarihi ve Folklorik Tıp Dergisi*, 2023.
- D11. "Ebelik Öğrencilerinin Ailelerinde Duydukları Doğum Öyküleri Meslek Seçimlerini ve Mesleki Aidiyetlerini Etkiler Mi? Kesitsel Bir Çalışma", *Fenerbahçe Üniversitesi Sağlık Bilimleri Dergisi*, 2023.
- D12. "Sexuality, Quality of Life and Psychological Well-being in Older Adults: A Correlational Study", *European Journal of Obstetrics & Gynecology and Reproductive Biology*: X, 2023.

- D13. "Gender perception and dating violence attitude of women students of health sciences: a cross-sectional study", Journal of Ethnicity in Substance Abuse, 2023.
- D14. "Kanguru Bakımına Yönelik Görüş, İnanış ve Tutum: Ebe ve Hemşire Perspektifi", Adnan Menderes Üniversitesi Sağlık Bilimleri Fakültesi Dergisi, 2022.
- D15. "Changing sexuality and influencing factors during pregnancy: A cross-sectional study", Sağlık ve Yaşam Bilimleri Dergisi, 2022.
- D16. "Covid-19 Pandemisinde Ebe-Hemşirelerin Uygulama ve Tükenmişliklerinin İncelenmesi: Kesitsel Bir Çalışma", Fenerbahçe Üniversitesi Sağlık Bilimleri Dergisi, 2022.
- D17. "Investigation of Coronavirus Fear and Perceived Stress Levels of Midwifery Students in Clinical Practice in the COVID-19 Pandemic: A Cross-Sectional Study COVID-19 Pandemisinde Klinik Uygulamadaki Ebelik Öğrencilerinin Koronavirüs Korkusu ve Algılanan Stres Düzeylerinin İncelenmesi: Kesitsel Bir Çalışma", Journal of Midwifery and Health Sciences, 2022.
- D18. "COVID-19, pregnancy, human milk and microbiota: An overview", JOUR UMRANIYE PEDIATR, 2021.
- D19. "The effect of probiotics added to maternal nutrition on infantile colic: A systematic review and meta-analysis Maternal Beslenmeye Eklenen Probiyotiklerin Infantil Kolik Üzerine Etkisi: Sistematik Bir İnceleme ve Meta-analiz", Türkiye Klinikleri Pediatri, 2021.
- D20. "The Effect of Covid-19 on Breast Milk Microbiome and Its Bioactive Components", JOUR UMRANIYE PEDIATR, 2021.
- D21. "The Effect of Episiotomy on The Postpartum Comfort Level: A Case-Control Study", International Journal of Caring Sciences, 2021.
- D22. "Worry and concerns of pregnant women about the outbreak of Covid-19 being followed-up/monitored by a pandemic hospital in Turkey: Findings from a Cross-Sectional Study", Haliç Üniversitesi Sağlık Bilimleri Dergisi, 2021.
- D23. "Epizyotomide Güncel Durum", Revista da Associação Médica Brasileira, 2017.
- D24. "Epizyotomide Güncel Durum", Sağlık Bilimleri ve Meslekleri Dergisi /Journal of Health Sciences and Professions, 2017.