

**Babak (Alfred) Saatchi, PhD, RN, PCCN**

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## Academic Appointments

**Assistant Professor**, August 2025 – present

The Valley Foundation School of Nursing

San José State University

**Psychiatric/Mental Health Nursing Content Expert**, August 2025 – present

The Valley Foundation School of Nursing

San José State University

## Education & Training

**Doctor of Philosophy, Nursing Science**, 2025

University of California, Irvine

Dissertation: *Trait and state irritability in college-attending young adults*

Dissertation Committee: Michelle A. Fortier, PhD (chair); Miriam Bender, PhD; Sanghyuk Shin, PhD; and Sarah R. Martin, PhD

**Master of Science, Psychiatric Nursing**, 2019

Tehran University of Medical Sciences

Thesis: *Training of NANDA-I NDs, NIC, and NOC in psychiatric wards: A randomized controlled trial (with highest honors)*

Advisor: Taraneh Taghavi Larijani, PhD

**Bachelor of Science, Nursing**, 2015

Ardabil University of Medical Sciences

## Research & Scholarly Interests

- Irritability and emotion regulation in young adults
- Mental health disparities in college populations
- Artificial intelligence (AI) implementation in psychiatric/mental health nursing

- Innovative teaching methods in health sciences
- Mindfulness-based interventions and emotional health

## Grants & Funding

**2025 CHHS College Unrestricted Research Fund (CURF) “Artificial Intelligence In...” Theme,** College of Health and Human Sciences, San José State University (Awarded on Oct 23, 2025). **Amount awarded: \$5,000.**

## Publications

**Peer-Reviewed Articles** (\*denotes corresponding author of the publication)

1. **Saatchi, B.\***, Olshansky, E. F., & Fortier, M. A. (2023). Irritability: A concept analysis. *International Journal of Mental Health Nursing*. <https://doi.org/10.1111/inm.13140>
2. **Saatchi, B.\***, Agbayani, C. G., Clancy, S. L., & Fortier, M. A. (2023). Measuring irritability in young adults: An integrative review. *Journal of Psychiatric and Mental Health Nursing*, 30(1), 35–53. <https://doi.org/10.1111/jpm.12851>
3. Burton, C. W., Rodrigues, S. M., Jones-Patten, A. E., Ju, E., Abraham, H. L., **Saatchi, B.**, ... & Bender, M. (2021). Novel pedagogical training for nursing doctoral students. *Nurse Educator*, 46(4), E79–E83. <https://doi.org/10.1097/NNE.0000000000000967>
4. Taghavi Larijani, T., Ghadirian, F., **Saatchi, B.\***, Layegh, Kh., & Arshiha, M. S. (2020). Effect of training William Glasser’s Choice Theory on nursing students’ happiness. *International Journal of Choice Theory & Reality Therapy*, 15(1), 27–31. <https://psycnet.apa.org/record/2021-45513-004>
5. **Saatchi, B.\***, & Taghavi Larijani, T. (2019). Risk for suicide nursing diagnosis and related risk factors. *Nursing Open*, 6(4), 1438–1445. <https://doi.org/10.1002/nop2.342>
6. Taghavi Larijani, T., & **Saatchi, B.\*** (2019). Training of NANDA-I NDs, NIC, and NOC in psychiatric wards: A randomized controlled trial. *Nursing Open*, 6(2), 612–619. <https://doi.org/10.1002/nop2.244>

## Presentations

### Invited Talks

- Saatchi, B. (2025, Nov 18). *Rigorous, Not Restrictive: Teaching with AI in Health Sciences Education*. Exploring AI Together Workshop Series, College of Health and Human Sciences, San José State University.

- Saatchi, B. (2024, Feb 7). *My experience in developing and publishing a concept analysis study*. UC Irvine School of Nursing.
- Saatchi, B. (2023, Jan 31). *Surviving through ups and downs in grad school*. UC Irvine School of Nursing.
- Saatchi, B. (2022, Apr 4). *Tips on NCLEX preparation and success*. UC Irvine School of Nursing.

## Conference Presentations (Posters)

**Saatchi, B.**, Bender, M., Holman, E. A., & Fortier, M. A. (2023, Apr). *A conceptual analysis of irritability*. Poster presented at Western Institute of Nursing (WIN) Annual Conference, Portland, OR.

## Teaching Experience

1. Faculty Instructor (Lecture), **Adult Care Management I**, Undergraduate Program (60 BSN Students), The Valley Foundation School of Nursing, San José State University, Spring 2026
2. Faculty Instructor (Clinical), **Mental Health Practicum**, Undergraduate Program (8 BSN Students), The Valley Foundation School of Nursing, San José State University, Spring 2026
3. Faculty Instructor (Lecture), **Mental Health Theory**, Undergraduate Program (59 BSN Students), The Valley Foundation School of Nursing, San José State University, Spring 2026
4. Faculty Instructor (Seminar), **Theoretical Foundations**, Graduate Program (23 MSN Students), The Valley Foundation School of Nursing, San José State University, Fall 2025
5. Faculty Instructor (Clinical), **Mental Health Practicum**, Undergraduate Program (10 BSN Students), The Valley Foundation School of Nursing, San José State University, Fall 2025
6. Faculty Instructor (Lecture), **Mental Health Theory**, Undergraduate Program (59 BSN Students), The Valley Foundation School of Nursing, San José State University, Fall 2025
7. Clinical Instructor, **Community Health**, Undergraduate and Graduate Programs (≈10 BSN and MEPN students), Sue & Bill Gross School of Nursing, University of California, Irvine, Spring 2023
8. Clinical Instructor, **Nursing Skills**, Undergraduate and Graduate Programs (≈25 BSN and MEPN students), Sue & Bill Gross School of Nursing, University of California, Irvine, Winter 2022

## Leadership, Service to Academia & Profession

- **Ad-hoc Reviewer:** *Nursing Research and Practice*, *BMC Medical Education*, *Autism Research*, *BMC Nursing*
- Faculty Member, **Research, Scholarship, and Creative Activity (RSCA) Advisory Committee**, College of Health and Human Sciences, San José State University, Aug 2025 – present
- Faculty Member, **Student Affairs Committee**, The Valley Foundation School of Nursing, San José State University, Aug 2025 – present

- Faculty Member, **Student Health Advisory Committee**, Student Wellness Center, San José State University, Aug 2025 – present
- **Graduate Fellow**, Division of Teaching Excellence and Innovation (DTEI), University of California, Irvine, 2020–2022
- **Graduate Interconnect Peer Mentor**, International Center, University of California, Irvine, 2020

## Licensure & Certifications

- Progressive Care Certified Nurse (PCCN — Adult), American Association of Critical-Care Nurses (AACN), Aug 2024 – present
- ACLS Provider (Advanced Cardiovascular Life Support), American Heart Association (AHA), Nov 2022 – present
- NIH Stroke Scale Certification, American Heart Association (AHA), Nov 2022 – present
- Registered Nurse (RN), California Board of Registered Nursing, Sep 2022 – present
- BLS Provider (Basic Life Support), American Heart Association (AHA), 2022 – present
- QPR (Question, Persuade, Refer) Gatekeeper Training, QPR Institute, University of California, Irvine, July 2022
- Registered Professional Nurse, New York State Education Department, Apr 2022 – present
- **Advanced Training in Student-Centered Course Design**, Division of Teaching Excellence & Innovation (DTEI), University of California, Irvine, Feb 2022
- **Center for the Integration of Research, Teaching, and Learning (CIRTL) Associate Level**, DTEI, University of California, Irvine, Feb 2022
- Certificate in Inclusive Hybrid Teaching, Division of Teaching Excellence & Innovation (DTEI), University of California, Irvine, Summer 2021
- Certificate in Salivary Bioscience Training, Institute for Interdisciplinary Salivary Bioscience Research (IISBR), University of California, Irvine, Feb 2021
- Certificate in Remote Instruction, Division of Teaching Excellence & Innovation (DTEI), University of California, Irvine, Summer 2020
- **Mentoring Excellence Certificate Program**, Graduate Division, University of California, Irvine, Spring 2020

## Clinical Experience

- Registered Nurse, Definitive Observation Unit (Cardiac Telemetry and Step Down Unit), Scripps Memorial Hospital La Jolla, 2024–2025

- Registered Nurse, Behavioral Health (Adult and Geriatric Psychiatric Units), Huntington Beach Hospital, 2023–2024
- Registered Nurse, Step Down Unit, Corona Regional Medical Center, 2022–2024

## **Professional Memberships**

- National League for Nursing, 2025 – present
- American Association of Critical-Care Nurses (AACN), 2024 – present
- Sigma Theta Tau International Honor Society of Nursing, 2021 – present
- American Psychiatric Nurses Association (APNA), 2021 – present
- Western Institute of Nursing (WIN), 2021 – present

## **Honors & Awards**

Murray Hochman Award, Sue & Bill Gross School of Nursing, University of California, Irvine, 2021