

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

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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
- Artificial intelligence (AI) implementation in psychiatric-mental health nursing
- Mental health disparities in college populations

- 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. (Awarded on Oct 23, 2025). *Adopting AI in Health Sciences Education: A Scoping Review of Effectiveness, Limitations, and Equitable Access*. College of Health and Human Sciences, San José State University. **Amount awarded: \$5,000.** Role: PI.

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.

Invited Blogs

- Saatchi, B. (2022, March 11). Using Flipped Classrooms in Health Sciences Education: The Latest Evidence and Recommendations. The FLIP'D Blog, Division of Teaching Excellence and Innovation, University of California, Irvine.
<https://dtei.uci.edu/2022/03/11/using-flipped-classrooms-in-health-sciences-education-the-latest-evidence-and-recommendations/>
- Saatchi, B. (2020, September 22). Creating Your Own IDP (Individual Development Plan). Graduate Interconnect Blog, Graduate Division, University of California, Irvine.
<https://sites.uci.edu/graduateinterconnect/2020/09/22/creating-your-own-idp-individual-development-plan-2/>

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 (9 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 (\approx 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 (\approx 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

- **Certified Nurse Educator (CNE)**, National League for Nursing (NLN), Feb 2026 – present
- **Progressive Care Certified Nurse (PCCN — Adult)**, American Association of Critical-Care Nurses (AACN), 2024 – present
- ACLS Provider (Advanced Cardiovascular Life Support), American Heart Association (AHA), 2022 – present
- NIH Stroke Scale Certification, American Heart Association (AHA), 2022 – present
- **Registered Nurse (RN)**, California Board of Registered Nursing, 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, 2022
- Registered Professional Nurse, New York State Education Department, 2022 – present
- **Center for the Integration of Research, Teaching, and Learning (CIRTL) Associate Level**, DTEI, University of California, Irvine, 2022
- **Advanced Training in Student-Centered Course Design**, Division of Teaching Excellence & Innovation (DTEI), University of California, Irvine, 2022

- Certificate in Inclusive Hybrid Teaching, Division of Teaching Excellence & Innovation (DTEI), University of California, Irvine, 2021
- Certificate in Salivary Bioscience Training, Institute for Interdisciplinary Salivary Bioscience Research (IISBR), University of California, Irvine, 2021
- Certificate in Remote Instruction, Division of Teaching Excellence & Innovation (DTEI), University of California, Irvine, 2020
- **Mentoring Excellence Program**, Graduate Division, University of California, Irvine, 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 (NLN), 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