

CURRICULUM VITAE (Brief)

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EDUCATION

<u>Institution and Location</u>	<u>Degree</u>	<u>Year</u>	<u>Major</u>
The University of North Carolina at Greensboro, Greensboro, NC, USA	PhD	2016	Nursing
Taipei Medical University Taipei, Taiwan	MSN	1998	Nursing
Taipei Medical University Taipei, Taiwan	BSN	1992	Nursing

HONORS AND AWARDS

- 2017 Retirement Research Foundation (RRF) Scholar (Scholarship Recipient and Fellow), The 2017 RRF Scholars Program at the Johns Hopkins University, School of Nursing, Center for Innovative Care in Aging
- 2017 Selected to attend the Summer Research Institute on Developing Behavioral Interventions, Center for Innovative Care in Aging, Johns Hopkins University (June 5-7, 2017)
- 2015 Professional Development Fund (PDF) Award, Graduate Student Association, The University of North Carolina at Greensboro
- 2015 Predoctoral Mentees Conference Fund, TRIAD-2 Center for Health Disparities Research, School of Nursing, The University of North Carolina at Greensboro

- 2014 Selected Scholar, accepted into the Preparing Future Leaders (PFL) Program (Preparing Future Faculty), The Graduate School, The University of North Carolina at Greensboro
- 2014 International Student Academic Achievement Award, The University of North Carolina at Greensboro
- 2014 Selected Scholar, accepted into the Research Development Program (RDP), The Graduate School, The University of North Carolina at Greensboro
- 2013 International Student Academic Achievement Award, The University of North Carolina at Greensboro
- 2013 Inducted as a member of the Gamma Zeta Chapter of the Honor Society of Nursing, Sigma Theta Tau International
- 2012 International Student Academic Achievement Award, The University of North Carolina at Greensboro
- 2011 Student Speaker, Interlink Language Center Ceremony, The University of North Carolina at Greensboro
- 1992 Student Group Service Achievement Award for Outstanding Leadership, Taipei Medical University

LICENSES AND CERTIFICATIONS

<u>Institution & Location</u>	<u>Title</u>	<u>Year</u>
Georgia Board of Nursing, USA	Registered Nurse (Active)	2016
North Carolina Board of Nursing, USA	Registered Nurse (Inactive)	2015
California Board of Registered Nursing, USA	Registered Nurse (Active)	2014
Ministry of Education, Taiwan	Lecturer (Permanent)	1999
Ministry of Health and Welfare, Taiwan	Registered Professional Nurse (Permanent)	1992

PROFESSIONAL EXPERIENCE

Academic Positions

<u>Institution & Location</u>	<u>Title/Role</u>	<u>Courses Taught</u>	<u>Dates</u>
Georgia State University, School of Nursing, Byrdine F. Lewis College of Nursing and Health Professions, Atlanta, GA	Assistant Professor	<ul style="list-style-type: none"> • NURS 8035 Theoretical and Philosophical Foundations for Nursing (PhD Program) • NURS 7010 Gerontological Nursing (Master Program) • NURS 2010 Health and Human Development Across the Lifespan (Undergraduate Program) 	2016-present
Georgia State University, Gerontology Institute, Atlanta, GA	Affiliate Faculty		2016-present
National Tainan Junior College of Nursing, Department of Nursing, Tainan City, Taiwan	Lecturer	<ul style="list-style-type: none"> • Public Health Nursing • Women's Health 	2001-2002
Chang Jung Christian University, Department of Nursing, Tainan City, Taiwan	Lecturer	<ul style="list-style-type: none"> • Nursing Ethics • Spiritual Nursing 	1999 - 2001
Yuanpei University of Medical Technology, Department of Nursing, Hsinchu City, Taiwan	Teaching Assistant (Role:Instructor)	<ul style="list-style-type: none"> • Nursing Skills • Medical-Surgical Nursing • Practicum in Medical-Surgical Nursing • Practicum in Physical Examination & Assessment 	1993 - 1996

Employment in Research

<u>Institution & Location</u>	<u>Title / Role (Job Description)</u>	<u>Dates</u>
The University of North Carolina at Greensboro, School of Nursing, TRIAD-2 Center for Health Disparities Research, 2P20MD002289-06. National Institute for Minority Health and Health Disparities/NIH/ Large study #2 (R01 level): <i>A Family-Based Diabetes Intervention for Hispanic Adults in an Emerging Community</i> (PI: Dr. Jie Hu)	Research Assistant: <ul style="list-style-type: none"> • Data entry • Literature review with using the reference management software (EndNote & Zotero) • Thematic analysis • Preparing manuscripts • Training: ATLAS.ti & data collection 	2014 - 2016
The University of North Carolina at Greensboro, School of Nursing, Research Office, Greensboro, NC	Research Assistant: <ul style="list-style-type: none"> • Data entry • Literature review • Preparing posters 	2011-2014
Taipei Medical University, College of Nursing, Taipei City, Taiwan Title of Project: <i>Effectiveness of an Inpatient Treadmill Exercise Program and a Home-Based Exercise Program in Coronary Artery Bypass Graft Surgery (CABG) Patients</i> (PI: Dr. Chii Jeng) Funding Agency: Ministry of Science and Technology (NSC86-2314-B-038-032)	Research Assistant: <ul style="list-style-type: none"> • Interventionist (exercise trainer) • Exercise testing & prescription • Data collection 	1996 - 1998
Taipei Medical University, College of Nursing, Taipei City, Taiwan Title of Project: <i>Effectiveness of a Treadmill Exercise Program in Adults with Type 2 Diabetes</i> (PI: Dr. Chii Jeng) Funding Agency: Taipei Medical University (TMC84-D120)	Research Assistant: <ul style="list-style-type: none"> • Interventionist (exercise trainer) • Exercise testing & prescription • Data collection 	1996 - 1997

Employment in Nursing Administration and Clinical Practice

<u>Institution & Location</u>	<u>Title</u>	<u>Dates</u>
Sinlau Christian Hospital, Department of Nursing, Tainan City, Taiwan	Supervisor (Maxwell Memorial Palliative Care Center, Community Health Center, Surgery Unit, Intensive Care Unit)	1998 - 2000
Taipei Medical University Hospital, Department of Nursing, Taipei City, Taiwan	Staff Nurse (Internal Medicine Ward)	1992 - 1993

RESEARCH AND SCHOLARSHIP**Doctoral Dissertation**

2016 **Chen, M.-L.** (2016). *The effectiveness of a lifestyle-based intervention on physical activity, blood pressure, and health-related quality of life in older adults with hypertension.* The University of North Carolina at Greensboro, Greensboro, NC.

Master's Thesis

1998 **Chen, M.-L.** (1998). *Body image change during exercise training among heart transplant patients.* Taipei Medical University, Taipei, Taiwan.

Funded Extramural Research Grant

<u>Dates</u>	<u>Title of Project</u>	<u>Funding Agency</u>	<u>Role</u>
2016 - 2018	Factors Predicting Physical Activity and Health-Related Quality of Life in Older Chinese Adults with Hypertension in Taiwan (Amount: \$600)	Ruth P. Council Research Grant, Gamma Zeta Chapter of Sigma Theta Tau International Honor Society of Nursing	Principle Investigator (PI)

Funded Intramural Research Grant

<u>Dates</u>	<u>Title of Project</u>	<u>Funding Agency</u>	<u>Role</u>
2017 - 2018	Effects of Resistance Exercise Training in Community-Dwelling Older Chinese Americans (Amount: \$7,000)	The Lewis College Intramural Grant Program, College of Nursing and Health Professions, Georgia State University	Principle Investigator (PI)

Other Research Support and Funding

<u>Dates</u>	<u>Title of Project</u>	<u>Funding Agency</u>	<u>Role</u>
2017 - 2019	Effects of Tai Chi in older adults: A systematic review and meta-analysis	Lewis College SRMA Initiative, College of Nursing and Health Professions, Georgia State University	Principle Investigator (PI)
2016 - 2019	Effects of an exercise-based intervention in older adults (Amount: \$10,000)	New Faculty Research Funds (Start-Up Funds), College of Nursing and Health Professions, Georgia State University	Principle Investigator (PI)

PUBLICATIONS

* Data Based

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2016 * Title of Work: *The effectiveness of a lifestyle-based intervention on physical activity, blood pressure, and health-related quality of life in older adults with hypertension.*

Author: **Mei-Lan Chen**

Refereed Journals

2018 * **Chen, M.-L.**, Hu, J., McCoy, T. P., Letvak, S., & Ivanov, L. (2018). Effect of a lifestyle-based intervention on health-related quality of life in older adults with hypertension. *Journal of Aging Research*, 2018, 1-8. Article ID 6059560. DOI: 10.1155/2018/6059560. PMID: 29854460

- 2016 **Chen, M.-L.** (2016). The growing costs and burden of family caregiving of older adults: A review of paid sick leave and family leave policies. *The Gerontologist*, 56 (3), 391-396. DOI:10.1093/geront/gnu093. PMID: 25335873 (Impact Factor: 4.078)
- 2014 **Chen, M.-L.,** & Hu, J. (2014). Health disparities in Chinese Americans with hypertension: A review. *International Journal of Nursing Sciences*, 1(3), 318-322. DOI:10.1016/j.ijnss.2014.07.002
- 2001 * **Chen, M.-L.,** Jeng, C., Lai, Y.-H., & Wei, J. (2001). Body image change during exercise training among heart transplant patients. *New Taipei Journal of Nursing*, 2(3), 37-49.

Manuscripts (Submitted; Under Review; Refereed Journals)

- 2018 * Helvig, A., Epps, F., Lee, J., **Chen, M.-L.,** Imes, C., & Chasens, E. (Under Review). Sleep and self-rated health in an aging workforce. (Refereed Journal)
- 2018 * **Chen, M.-L.,** Hu, J., McCoy, T., Letvak, S., & Ivanov, L. (Submitted). Effects of a lifestyle intervention on physical activity and blood pressure in older adults with hypertension. (Refereed Journal)

Book Chapters

- 2003 **Chen, M.-L.** (2003). Epidemiology. In L.-L.Yei et al. (Eds.), *Practical public health nursing* (pp. 103-125). Taiwan: Wagners.
- 2003 **Chen, M.-L.** (2003). Environmental health. In L.-L.Yei et al. (Eds.), *Practical public health nursing* (pp. 401-448). Taiwan: Wagners.
- 1998 **Chen, M.-L.,** & Tseng, Y.-J. (1998). Roy's adaptation model. In M.-S. Lu et al. (Eds.), *Nursing theory and application* (pp. 229- 264). Taiwan: Weyfar.

Other Publications

- 2018 **Chen, M.-L.** (2018). Being active for healthy aging: Physical activity and older adults. *CAPASUS Journal*, 2018, 34.

- 2016 **Chen, M.-L.** (2016). Factors predicting physical activity and health-related quality of life in older Chinese adults with hypertension in Taiwan. *Gamma Zeta Chapter of Sigma Theta Tau International Honor Society of Nursing Newsletter*, 8-9.
- 1999 **Chen, M.-L.** (1999). Spiritual care. *Sinlau Christian Hospital Newsletter*, 48, 21 - 22.
- 1999 **Chen, M.-L.** (1999). Nursing ethics. *Journal of Nurses Evangelical Fellowship*, 42, 10 - 13.
- 1999 **Chen, M.-L.** (1999). Suffering. *Tainan Church Newsletter*, 18, 7 - 8.

PRESENTATIONS AND SPEECHES

* Data Based

Last Five Years (since 2016 Fall - 2018):

- 2018 (USA) * Chao, Y.-Y., **Chen, M.-L.**, & Dong, X. (Accepted, Poster Presentation, 2018). *The association between physical function and Tai Chi among community-dwelling Chinese Older Adults in U.S.* The Gerontological Society of America (GSA) 70th Annual Conference, Boston, Massachusetts, November 14-18, 2018.
- 2018 (USA; International Conference) **Chen, M.-L.** (Invited presentation, 2018). *Healthy Brain Aging: Evidence-based Interventions on Improving Cognitive Functions in Older Adults.* 2018 International Conference on Neuroscience and Kids, intergenerational Parenting, and Healthy Aging, and the 42nd Chinese-American Academic and Professional Association in Southeastern United States (CAPASUS) Annual Meeting, Atlanta, GA, August 3-5, 2018.
- 2018 (USA) **Chen, M.-L.** (Paper presentation, 2018). *Exercise, Mobility, and Cognition: Evidence-based Interventions on Improving Cognitive Functions in Community-Dwelling Older Adults.* The 39th Joint Meeting of the Southern Gerontological Society (SGS) and Georgia Gerontology Society (GGS), Buford, GA, April 11 – April 14, 2018.

- 2017 (USA; International Conference) **Chen, M.-L.** (Invited presentation, 2017). *Being active for healthy aging: The effects of physical activity in older adults*. Innovation in 21st Century: Medical Biotechnology, Circular Economy, and Technology-based Pedagogy International Conference, The Chinese-American Academic and Professional Association in Southeastern United States (CAPASUS), Atlanta, GA, August 6, 2017.
- 2017 (USA; International Conference) **Chen, M.-L.** (Invited presentation, 2017). *Early Career Scholar Mentoring Panel Discussion*. Innovation in 21st Century: Medical Biotechnology, Circular Economy, and Technology-based Pedagogy International Conference, The Chinese-American Academic and Professional Association in Southeastern United States (CAPASUS), Atlanta, GA, August 5, 2017.
- 2017 (USA) ***Chen, M.-L.,** Hu, J., McCoy, T., Letvak, S., & Ivanov, L. (Poster Presentation, 2017). *The effectiveness of a 6-month lifestyle intervention on physical activity and blood pressure in older adults with hypertension*. Southern Gerontological Society Annual Meeting, Asheville, NC, April 6 – April 9, 2017.
- 2017 (USA) ***Chen, M.-L.,** Hu, J., McCoy, T., Letvak, S., & Ivanov, L. (Paper Presentation, 2017). *The effect of a lifestyle intervention on health-related quality of life in older adults with hypertension*. Southern Gerontological Society Annual Meeting, Asheville, NC, April 6 – April 9, 2017.

SERVICE ACTIVITIES

Professional Service (Editor, Reviewer of Journals / Committees)

- 2018 - present State Liaison (Georgia Liaison), Membership Committee, Southern Nursing Research Society (SNRS), USA
- 2017 - present Committee Chair, Early Career Scholar Committee, Chinese-American Academic and Professional Association in Southeastern United States (CAPASUS), USA
- 2018 Session Moderator, 2018 International Conference on Neuroscience and Kids, intergenerational Parenting, and Healthy Aging, and the 42nd Chinese-American Academic and Professional Association in Southeastern United States (CAPASUS) Annual Meeting, Atlanta, GA.

- 2018 Abstract Reviewer, The Gerontological Society of America (GSA) 2018 Annual Scientific Meeting, USA
- 2018 Manuscript Reviewer, *American Journal of Hypertension* (Refereed Journal)
- 2018 Manuscript Reviewer, *Geriatrics* (Refereed Journal)
- 2018 Manuscript Reviewer, *Journal of Clinical Medicine* (Refereed Journal)
- 2017 - 2018 Committee Member, Program Committee, 2018 International Conference on Neuroscience and Kids, intergenerational Parenting, and Healthy Aging, and the 42nd Chinese-American Academic and Professional Association in Southeastern United States (CAPASUS) Annual Conference
- 2017 Manuscript Reviewer, *International Journal of Environmental Research and Public Health* (Refereed Journal)
- 2017 Manuscript Reviewer, *INQUIRY: The Journal of Health Care Organization, Provision, and Financing* (Refereed Journal)
- 2017 Session Moderator, Southern Gerontological Society Annual Meeting, Asheville, NC, April 6 – April 9, 2017.
- 2015 Manuscript Reviewer, *Research on Aging* (Refereed Journal)
- 2000 - 2001 Advocacy Counselor, Palliative Care Foundation of Taiwan
- 1998 - 2000 Committee Member, Research Committee, Sinlau Christian Hospital, Taiwan
- 1998 - 2000 Committee Member, TPN & Nutrition Committee, Sinlau Christian Hospital, Taiwan
- 1998 - 2000 Committee Member, Accreditation Committee, Sinlau Christian Hospital, Taiwan
- 1996 - 1997 Editor, *Journal of Nurses Evangelical Fellowship*, Nurses Evangelical Fellowship of Taiwan, Taiwan
- 1995 - 1997 Counselor and Member, Executive Board, Nurses Evangelical Fellowship of Taiwan, Taiwan

University Service

2017 - present	Committee Member, Academic Affairs Committee, Byrdine F. Lewis College of Nursing and Health Professions, Georgia State University
2017 - present	Committee Member, PhD Committee, School of Nursing, Georgia State University
2017	Judge, Undergraduate Research Conference, Georgia State University, April 11, 2017
2014	International Student Orientation Ambassador, International Programs Center, The University of North Carolina at Greensboro
2012 - 2014	Committee Member, Equity, Diversity, & Inclusion Committee, School of Nursing, The University of North Carolina at Greensboro
1994 - 1996	Practicum Coordinator, Department of Nursing, Yuanpei University of Medical Technology, Hsinchu City, Taiwan
1994 - 1996	Faculty Advisor, Nursing Student Association, Department of Nursing, Yuanpei University of Medical Technology, Hsinchu City, Taiwan
1993 - 1994	Nursing Skills Lab Coordinator, Department of Nursing, Yuanpei University of Medical Technology, Hsinchu City, Taiwan
1991 - 1992	President, Christian Student Association, Taipei Medical University, Taipei, Taiwan
1989 - 1990	Editor-in-Chief, <i>Journal of Christian Student Association</i> , Christian Student Association, Taipei Medical University, Taipei, Taiwan

Memberships and Positions Held in Professional Organizations**Last Five Years (2013 – 2018):**

2017 -	American Heart Association/American Stroke Association, member
2017 - present	Southern Nursing Research Society, member (2018 – present: State Liaison, Membership Committee)
2016 - present	Southern Gerontological Society, member

- 2015 - present The Gerontological Society of America, member
- 2015 - American Public Health Association, member
- 2013 - Sigma Theta Tau International Honor Society of Nursing, member

Community Service Activities

- 2018 Health Education (Invited Presentation: *Being active for healthy aging with disability-free and independent living: Exercise training in older adults*), Atlanta Chinese Christian Church North, Johns Creek, GA
- 2017 Health Education (Invited Presentation: *Being active for healthy aging with disability-free and independent living: Exercise training in older adults*), Circle of Love Adult Day Healthcare, Chamblee, GA
- 2017 Health Education (Invited Presentation: *Being active for healthy aging with disability-free and independent living: Exercise training in older adults*), Chinese American Organizations, Chamblee, GA
- 2007 - 2010 Volunteer (Health Education), Middle-Aged & Older Adults Fellowship, Fumei Christian Church, Tainan City, Taiwan
- 1999 Lecturer, Health Education, Tainan County Christian Church, Taiwan
- 1998 Lecturer, Health Education, Tainan City Christian Church, Taiwan
- 1991 Health Education Team Leader, Medical Services & Health Education in Rural Areas in Taiwan, Christian Student Association, Taipei Medical University
- 1989 - 1991 Volunteer (Health Education), Medical Services & Health Education in Rural Areas in Taiwan, Christian Student Association, Taipei Medical University