



# 健康管理学院

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#### 学习及工作经历

1986-1991年：中国医科大学 预防医学 本科  
2001-2004年：中国医科大学 儿少卫生与妇幼保健学 硕士  
2007-2010年：中国医科大学 劳动卫生与环境卫生学 博士  
2004- 2009年：中国医科大学 公共卫生学院 社会医学教研室 讲 师  
2009- 2014年：中国医科大学 公共卫生学院 社会医学教研室 副教授  
2014- 2021：中国医科大学 公共卫生学院 社会医学教研室 教 授  
2021-至今：中国医科大学 健康管理学院 社会医学教研室 教 授  
2016-2017： 美国，杜克大学访问学者

#### 科研工作

社会、心理、行为等因素与健康  
职业紧张与职业健康心理、职业健康促进  
重点人群健康管理

### 承担课题

1. 国家自然科学基金：基于心理资本理论的医护人员慢性疲劳综合征预警模型构建及干预策略研究。2017-2020；48万元
2. 辽宁省社会科学规划基金项目：基于社会支持理论的独生子女孕妇焦虑症状预警模型构建研究。2019-2021；2万元
3. 横向课题：肿瘤患者健康管理。2020-2023；61.0万元。
4. 辽宁省普通高等教育本科教学改革研究项目：医学院校公共事业管理学生胜任能力评价研究。2019-2020；
5. 辽宁省自然科学基金：新生儿脐带血中POPs暴露水平与先天性心脏病发病风险研究。2015-2018；5万元
6. 辽宁省普通高等学校本科教育教学改革研究项目：公共管理专业本科生科研能力培养模式研究。2014-2015；
7. 沈阳市科技计划项目：医护人员职业倦怠风险模型建立与干预策略研究。2013-2015；5万元
8. 辽宁省教育厅科学技术研究项目：辽宁省医护人员职业紧张暴露与职业心理危害机制研究。2010-2012；4.0万元。
9. 中国医科大学医学教育科学研究“疫情防控背景下线上教学改革”专项课题：线上教学环境下大学生学习行为的指标体系构建研究。2020.4-2020.7；2.0万元。
10. 中国医科大学新冠肺炎疫情防控相关科研攻关项目：疫病的公共卫生防控应急管理公共卫生专业人员岗位胜任力评价体系构建研究。2020-2021；5.0万元。

### 获得科学技术奖情况

辽宁省科学技术三等奖：医护人员及教师职业紧张与职业心理危害研究。2012年；第三完成人。

### 论文

以通讯作者和第一作者在国内外杂志上发表论文62篇，其中被SCI及 SSCI源期刊收录论文30篇，教学论文4篇。

1. Yu M, Tian F, Cui Q, Wu H\*. Prevalence and its associated factors of depressive symptoms among Chinese college students during the COVID-19 pandemic. BMC Psychiatry. 2021, 21(1):66.
2. Li Y, Li GX, Yu ML, Liu CL, Qu YT, Wu H\*. Association between anxiety symptoms and problematic smartphone use among Chinese university students: the mediating/moderating role of self-efficacy. Frontiers in Psychiatry. 2021, 12:581367.
3. Li M, Li Liu, Yang Y, Wang Y, Yang X, Wu H\*. Psychological impact of health risk communication and social media on college students during the COVID-19 pandemic: cross-sectional study. Journal of Medical Internet Research. 2020, 22(11): e20656.

4. Li Y, Li G, Liu L, Wu H\*. Correlations between mobile phone addiction and anxiety, depression, impulsivity, and poor sleep quality among college students: a systematic review and meta-analysis. *Journal of Behavioral Addictions*. 2020, 9(3):551-571.
5. Liu L, Wu D, Wang LL, Wu H\*. Effort-reward imbalance, resilience and perceived organizational support: a moderated mediation model of fatigue in Chinese nurses. *Risk Management and Healthcare Policy*. 2020, 13:893-901.
6. Mingli Yu, Tian Qiu, Chunli Liu, Qi Cui, Wu H\*. The mediating role of perceived social support between anxiety symptoms and life satisfaction in pregnant women: a cross-sectional study. *Health Qual Life Outcomes*. 2020, 18(1):223.
7. Yang S, Huang H, Qiu T, Tian F, Gu Z, Gao X, Wu H\*. Psychological capital mediates the association between perceived organizational support and work engagement among Chinese doctors. *Frontiers in Public Health*. 2020, 8:149.
8. Li M, Shu Q, Huang H, Bo W, Wang L, Wu H\*. Associations of occupational stress, workplace violence, and organizational support on chronic fatigue syndrome among nurses. *J Adv Nurs*. 2020, 76(5):1151-1161.
9. Gu ZH, Qiu T, Yang SH, Tian FQ, Wu H\*. A study on the psychological factors affecting the quality of life among ovarian cancer patients in China. *Cancer Management and Research*. 2020, 12: 905-912.
10. Tian F, Shu Q, Cui Q, Wang L, Liu C, Wu H\*. The mediating role of psychological capital in the relationship between occupational stress and fatigue: a cross-sectional study among 1,104 Chinese physicians. *Front Public Health*. 2020, 8:12.
11. Qiu T, Yang Y, Liu C, Tian F, Gu Z, Yang S, Wu W, Wu H\*. The association between resilience, perceived organizational support and fatigue among Chinese doctors: a cross-sectional study. *Journal of Affective Disorders*. 2020, 265: 85-90.
12. Gu ZH, Qiu T, Tian FQ, Yang SH, Wu H\*. Perceived organizational support associated with depressive symptoms among petroleum workers in China: a cross-sectional study. *Psychology Research and Behavior Management*. 2020, 13:97-104.
13. Yu M, Yang S, Qiu T, Gao X, Wu H\*. Moderating role of self-esteem between perceived organizational support and subjective well-being in Chinese nurses: A Cross-Sectional Study. *Front Psychol*. 2019, 10:2315.
14. Liu C, Liu S, Yang S, Wu H\*. Association between transformational leadership and occupational burnout and the mediating effects of psychological empowerment in this relationship among CDC employees: a cross-sectional study. *Psychology Research and Behavior Management*. 2019, 12:437-446.
15. Huang H, Liu L, Yang S, Cui X, Zhang J, Wu H\*. Effects of job conditions, occupational stress and emotional intelligence on chronic fatigue among Chinese nurses: a cross-sectional study. *Psychology*

Research and Behavior Management. 2019, 12:351-360.

16. Qiu T, Liu C, Huang H, Yang S, Gu Z, Tian F, Wu H\*. The mediating role of psychological capital on the association between workplace violence and professional identity among Chinese doctors: a cross-sectional study. *Psychology Research and Behavior Management*. 2019, 12:209-217.

17. Huang H, Liu SQ, Cui XX, Zhang JF, Wu H\*. Factors associated with quality of life among married women in rural China: a cross-sectional study. *Quality of life research*. 2018, 27(12):3255-3263.

18. Liu L, Xu P, Zhou K, Xue J, Wu H\*. Mediating role of emotional labor in the association between emotional intelligence and fatigue among Chinese doctors: a cross-sectional study. *BMC Public Health*. 2018, 18(1):881.

19. Huang H, Liu S, Sharma A, Zou F, Tian F, Wu H\*. Factors associated with life satisfaction among married women in rural China: a cross-sectional study based on large-scale samples. *Psychol Res Behav Manag*. 2018, 11:525-533.

20. Wu H, Zhou K, Xu P, Xue J, Xu X, Liu L. Associations of perceived stress with the present and subsequent cortisol levels in fingernails among medical students: a prospective pilot study. *Psychol Res Behav Manag*. 2018, 11:439-445.

21. Liu CL, Liu L, Zhang Y, Dai XZ, Wu H\*. Prevalence and its associated psychological variables of symptoms of depression and anxiety among ovarian cancer patients in China: a cross-sectional study. *Health Qual Life Outcomes*. 2017, 15(1): 161.

22. Liu C, Zhang Y, Jiang H, Wu H\*. Association between social support and post-traumatic stress disorder symptoms among Chinese patients with ovarian cancer: a multiple mediation model. *PLoS One*. 2017, 12(5): e0177055.

23. Wang XX, Liu L, Zou FT, Hao JH, Wu H\*. Associations of occupational stressors, perceived organizational support and psychological capital with work engagement among Chinese female nurses. *Biomed Res Int*. 2017, 2017:5284628.

24. Hao JH, Wang JN, Liu L, Wu W, Wu H\*. Perceived organizational support impacts on the associations of work-family conflict or family-work conflict with depressive symptoms among Chinese doctors. *Int J Environ Res Public Health*. 2016, 13:326.

25. Hao JH, Wu D, Liu L, Li XR, Wu H\*. Association between work-family conflict and depressive symptoms among Chinese female nurses: the mediating and moderating role of psychological capital. *Int J Environ Res Public Health*. 2015, 12(6):6682-6699.

26. Li XR, Kan D, Liu L, Shi M, Wang Y, Yang XS, Wang JN, Wang L, Wu H\*. The mediating role of psychological capital on the association between occupational stress and job burnout among bank employees in China. *Int J Environ Res Public Health*, 2015, 12(3): 2984-3001.

27. Wu H, Liu L, Sun W, Zhao X, Wang JN, Wang L. Factors related to burnout among Chinese female hospital nurses: cross-sectional survey in Liaoning province of China. *Journal of Nursing Management*. 2014, 22 (5):621-629.
28. Wu H, Liu L, Wang Y, Gao F, Zhao X, Wang L. Factors associated with burnout among Chinese hospital doctors: a cross-sectional study. *BMC Public Health*, 2013, 13:786.
29. Wu H, Sun W, Lie W. Factors associated with occupational stress among Chinese female emergency nurses. *Emerg Med J*, 2012, 29(7):554-558.
30. Wu H, Ge CX, Sun W, Wang JN, Wang L. Depressive symptoms and occupational stress among Chinese female nurses: the mediating effects of social support and rational coping. *Res Nurs Health*, 2011, 34(5):401-407.
31. Wu H, Chi TS, Chen L, Wang L, Jin YP. Occupational stress among hospital nurses: cross-sectional survey. *J Adv Nur*, 2010, 66 (3):627-634.
32. Wu H, Zhao Y, Wang JN, Wang L. *CHINA Int Arch Occup Environ Health*, 2010, 83(2):155-164.

#### 研究生培养情况

培养研究生情况：2011年起，共培养博士、硕士研究生44人，已毕业20人

2020年度校优秀毕业生：学生杨诗晗

2019年度校优秀毕业生：学生黄浩

2016年度校优秀硕士学位论文：学生郝俊晖

#### 教材编写和期刊编委情况

2021年：《TEXTBOOK OF PREVENTIVE MEDICINE 预防医学（英文改编版）》编委

2020年：《工作场所心理健康促进实施指南》人民卫生出版社 编委

2018年：《职业紧张评价与控制》人民卫生出版社 编委

2017年：《健康教育学》人民卫生出版社 编委

2016年：《社会医学》北京大学医学出版社 编委

2015-2020年：国家医师资格考试模拟试卷（公共卫生职业医师），人民卫生出版社，编委

2015-2020年：国家医师资格考试模拟试卷（公共卫生职业助理医师），人民卫生出版社，编委

学术任职：

2021-至今：中华预防医学会 行为健康分会委员  
2020-至今：中国医学救援协会公共卫生分会 理事  
2019-至今：中华预防医学会煤炭系统分会职业心理健康学组 副组长  
2018-至今：环境与职业医学期刊 编委  
2017-至今：辽宁省中西医结合学会快速康复妇科专业委员会 常务委员  
2016-至今：辽宁省流行病与卫生统计专业委员会 委员  
2016-至今：世界中联临床科研统计学专业委员会 理事

获得奖励及荣誉称号情况

2020年度校优秀毕业研究生指导教师  
2019年度校优秀毕业研究生指导教师  
2016年度校优秀研究生指导教师

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