



健康管理学院

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杨小湜

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杨小湜，女，博士，副教授，硕士生导师

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学习及工作经历

1999-2004年:中国医科大学预防医学本科

2007-2010年:中国医科大学流行病与卫生统计学硕士

2013-2016年:中国医科大学卫生事业管理博士

2018-2019年:美国宾西法尼亚大学访问学者

2004-2009年:中国医科大学公共卫生学院社会医学教研室助教

2009-2015年:中国医科大学公共卫生学院社会医学教研室讲师

2015年-至今:中国医科大学公共卫生学院社会医学教研室副教授

科研工作

主要从事积极心理学、行为心理干预、移动医疗（mHealth）与健康、长期照料服务、卫生经济与卫生服务研究。

承担课题

1. 中国博士后科学基金，移动医疗视角下胃肠癌患者生命质量提升干预研究，5万，2020.11-2022.11
2. 医疗卫生资源区域配置策略研究。国家卫生健康委规划司课题5万，2020年。

3. 新民兴隆堡康养产业发展视域下的医疗运营方案。14万，2019年。
4. 辽宁省教育科学“十二五”规划2016年度立项课题:大学生艾滋病防治知识及高危行为新媒体干预效果评估。2016-2017年。
5. 主持国家自然科学基金青年基金:男性跨性别认同者艾滋病高危行为及风险预测研究。2014-2016年; 23万元。
6. 主持辽宁省科学技术计划项目:社区失能老人护理负担评价体系的构建。2012-2014年; 5万元。
7. 主持美国中华医学会(CMB)基金: Research on the Differences in Caregiver Burden and Quality of life between Chinese Family Caregivers of the Elderly in the Community with or without Care Insurance. 2011-2012年; 1万美金。
8. 中国医科大学“十二五”第二批医学教育科学研究立项课题:临床医学学生预防医学知识体系的整合研究。2012-2013年, 1万元。

获得科学技术奖情况

1. 辽宁省科技进步三等奖:医护人员及教师职业紧张与职业心理危害研究。2012年, 第四完成人。

论文

1. Weiyu Zhang, Kristin Sznajder, Fengzhi Yang, Yajing Jia, Can Cui, Xiaoshi Yang*. Positive Psychological Responses and Information Seeking Behaviors Influence Anxiety among the WeChat Users During the Early Stages of the COVID-19 Pandemic in Mainland China: A Cross-sectional Survey Study. Journal of Medical Internet Research. 2021(中科院1区, IF=5.03)
2. Lina Zhao#, Fengzhi Yang#, Kristin K Sznajder, Changqing Zou, Yajing Jia, Xiaoshi Yang*. Resilience as the Mediating Factor in the Relationship between Sleep Disturbance and Post-Stroke Depression of Stroke Patients in China: A Structural Equation Modeling Analysis. Frontiers in Psychiatry. 2021MAY10. doi.org/10.3389/fpsy.2021.625002
3. Xiaoshi Yang*, Carrie Kovarik, Yuke Wang, Shenshui Yu. A multi-site cross-sectional study of anxiety symptoms and the associated factors among Chinese drug users undergoing compulsory detoxification treatment. Frontiers in Public Health. 2021
4. Yajing Jia#, Jing Shi#, Kristin K. Sznajder, Fengzhi Yang, Can Cui, Weiyu Zhang, Xiaoshi Yang*. Positive Effects of Resilience and Self-efficacy on WHO Quality of Life among Caregivers of Stroke Inpatients in China. Psychogeriatrics. 2020 Dec 9; 21: 89 - 99. doi: 10.1111/psy.12635.
5. Yang Song#, Fengzhi Yang#, Kristin Sznajder, Xiaoshi Yang*. Sleep Quality Mediates the Effect of

- Perceived Stress on Job Burnout among Chinese nurses: A Structural Equation Modeling Analysis. *Frontiers in Psychiatry*. 2020 Nov 13;11:566196. doi: 10.3389/fpsy.2020.566196. eCollection 2020.
6. Weiyu Zhang, Xiaoting Yang, Jinfeng Zhao, Fengzhi Yang, Yajing Jia, Can Cui, Xiaoshi Yang*. Depression and psychological-behavioral responses among the general public during the Early Stages of the COVID-19 Pandemic: survey study. *Journal of Medical Internet Research*. 2020 Sep 4. DOI: 10.2196/22227 (中科院1区, IF=5.03)
 7. Fengzhi Yang # , Jialin Ding # , Ruqing Ma , Wenjie Song, Yajing Jia , Jinfeng Zhao, Xiaoshi Yang*. Recovery Experience: a New Concept for Maintaining Quality of Life and its Mediating Effect among Female Nurses in China. *Psychology Research and Behavior Management*. 2020 Oct 9;13:831-841.
 8. Yang Song, Yajing Jia, Kristin Sznajder, Jialin Ding, Xiaoshi Yang*. Recovery Experiences Mediate the Effect of Burnout on Life Satisfaction among Chinese physicians: A Structural Equation Modeling Analysis. *International Archives of Occupational and Environmental Health (IAOE)*. 2020 Jun 2. doi: 10.1007/s00420-020-01554-1.
 9. Lijuan Zhang, Jinfeng Zhao, Weiyu Zhang, Can Cui, Fengzhi Yang, Ruqing Ma, Yajing Jia, Xiaoshi Yang*. Prevalence of Prenatal Depression Among Pregnant Women and the Importance of Resilience: a Multi-site Questionnaire-Based Survey in Mainland China. *Frontiers in Psychiatry*. 2020 May 6;11:374. doi: 10.3389/fpsy.2020.00374. eCollection 2020.
 10. Jialin Ding, Philip R. Gehrman, Shuchang Liu, Fengzhi Yang, Ruqing Ma, Yajing Jia, Xiaoshi Yang*. Recovery Experience as the Mediating factor in the relationship between Sleep Disturbance and Depressive Symptoms among Female Nurses in Chinese public hospitals: A structural equation modeling analysis. *Psychology Research and Behavior Management*. 2020, Mar 27;13:303-311. doi: 10.2147/PRBM.S243864.
 11. Jialin Ding#, Yajing Jia#, Jinfeng Zhao, Ruqing Ma, Xiaoshi Yang*. Optimizing quality of life among Chinese physicians: the positive effects of resilience and recovery experience. *Quality of life research*. 2020 Jun 8;29(6):1655-1663. doi: 10.1007/s11136-020-02414-8. Epub 2020 Jan
 12. Jing Shi#, Aoran Huang#, Yajing Jia, Xiaoshi Yang*. Perceived stress and social support influence anxiety symptoms of Chinese family caregivers of community-dwelling older adults: a cross-sectional study. *Psychogeriatrics* 2020 Jul 23;20(4):377-384. doi: 10.1111/psyg.12510. Epub 2020 Jan 23.
 13. Xiaoshi Yang, Carrie Kovarik. A Systematic Review of Mobile Health Interventions in China: Identifying Gaps in Care. *Journal of Telemedicine and Telecare*. 2019
 14. Xiaoshi Yang, John S. Barbieri, Carrie Kovarik. Cost Analysis of a Store and Forward Tele dermatology Consult System in Philadelphia. *JAAD*. 2018, 18:1-6. (中科院1区, IF=8.2)
 15. Xiaoshi Yang, Lie Wang, Yuan Gu, et al. A cross-sectional study of associations between casual

- partner, friend discrimination, social support and anxiety symptoms among Chinese transgender women. *Journal of Affective Disorder*. 2016, 203, 22-29.
16. Xiaoshi Yang, Lina Zhao, Lie Wang, et al. Quality of Life of Transgender Women from China and Associated Factors: A Cross-sectional Study. *Journal of sexual medicine*. 2016. doi:10.1016/j.jsxm.2016.03.369.
17. Xiaoshi Yang, Lutian Yao, Hui Wu, et al. Quality of Life and Its Related Factors in Chinese Unemployed People: A Population-Based Cross-Sectional Study. *Int. J. Environ. Res. Public Health*. 2016, 13(8), 797.
18. Xiaoshi Yang, Wang L, Hao C, Gu Y, Song W, Wang J, et al. Sex Partnership and Self-Efficacy Influence Depression in Chinese Transgender Women: A Cross-Sectional Study. *PLoS ONE*. 2015, 10(9): e0136975.
19. Xiaoshi Yang, Wang L, He J, Ge C, Chang Y, Fu J, Wei J, Pattaramongkolar E, Zhou Y. Factors related to depressive symptoms among Chinese caregivers of cancer patients. *Psycho-Oncology* 2012, 21:1063-1070.
20. Xiaoshi Yang, Hao Y, George SM, Wang L. Factors associated with health-related quality of life among Chinese caregivers of the older adults living in the community: a cross-sectional study. *Health and Quality of Life Outcomes*. 2012, 10:143.
21. Xiaoshi Yang, Wang L, Ge C, Hu B, Chi T. Factors associated with occupational strain among Chinese teachers: a cross-sectional study. *Public Health* 2011, 125:106-113.
22. Xiaoshi Yang, Ge C, Hu B, Chi T, Wang L. Relationship between quality of life and occupational stress among teachers. *Public Health*. 2009, 123, 750-755.

研究生培养情况

硕士招生：2017年开始，共招收12人，已毕业2人。

学会任职

1. 全国临床肿瘤青委会成员
2. 辽宁省矫治与戒毒学会副会长

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