

YAN ZHANG, Ph.D. L.Ac.
Professor of Professional Practice
Department of Applied Health Sciences
Harris College of Nursing & Health Sciences
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EDUCATION

Doctor of Philosophy in Health Services Research 2005
Old Dominion University, Norfolk, VA
Dissertation: Using Social Cognitive Theory to Model Health Behaviors among Chinese-American Children

Master of Medicine 1999
China Academy of Chinese Medical Sciences, Beijing, P.R. China
Thesis: Meridian Diagnosis and Test: A Clinical Study on Hand Three-Yin Meridians and Relevant Symptoms

Bachelor of Medicine 1996
Beijing University of Traditional Chinese Medicine, P.R. China
Major: Traditional Chinese Medicine and Acupuncture

ACADEMIC APPOINTMENT

Professor of Professional Practice 2023-
Harris College of Nursing & Health Sciences
Texas Christian University

Associate Professor of Professional Practice 2019-23
Harris College of Nursing & Health Sciences
Texas Christian University

Adjunct Faculty 2019-
Department of Medical Education,
Texas Tech University Health Sciences Center,
Lubbock, Texas

Visiting Fellow: International Complementary Medicine Research Leadership and Capacity Building Program. 2014-20
Australia Research Center for Complementary and Integrative Medicine,
University of Technology at Sydney, Sydney, Australia
This program is the world-first program to help develop the next generation of leaders in the field and encourage international collaboration. I am one of the first 12 fellows selected worldwide.

Associate Professor (Health Services Research and Integrative Medicine) Department of Family and Community Medicine, Texas Tech University Health Sciences Center, Lubbock, Texas	2011-19
Research Faculty Laura W. Bush Institute for Women Health, Texas Tech University Health Sciences Center, Lubbock, Texas	2009-11
Research Faculty West Texas Influenza Research Center, Texas Tech University Health Sciences Center, Lubbock, Texas	2008-10
Assistant Professor (Health Services Research): Department of Family and Community Medicine, Texas Tech University Health Sciences Center, Lubbock, Texas	2005-11
Research Database Manager/Consultant Frontier Aging Study (former Cochran County Aging Study) Department of Neurology Texas Tech University Health Sciences Center Lubbock, Texas	2007-09
Graduate Faculty Graduate School of Biomedicine Sciences Texas Tech University Health Sciences Center Lubbock Texas	2005-10
Adjunct Instructor: biostatistics College of Health Sciences, Old Dominion University Norfolk, VA	2004-05
Teaching Assistant and Research Assistant College of Health Sciences, Old Dominion University Norfolk, VA	2000-05
ADMINISTRATIVE APPOINTMENT Founding Director: Division of Integrative Medicine (DIM) http://legacy.ttuhsc.edu/medicine/family/divisions/integrativemed.aspx Department of Family and Community Medicine Texas Tech University Health Sciences Center, Lubbock, Texas Main contributions and responsibilities include:	2013-19
<ul style="list-style-type: none"> • Led the application to join Academic Consortium for Integrative Medicine and Health since 2013 • Secured funding from Weil Foundation in 2013, 2014, 2015 and 2016 • Launched Integrative Medicine Residency Track program since 2015 	

- Launched and coordinated Integrative Medicine Lecture Series since 2014
- Oversight of educational, clinical, and research aims of the division and its regular activities
- Supervising student and resident IM activities such as interest group and selective IM courses
- Organizing IM network activities, conferences and CME events
- Continuously seeking future funding opportunities

CLINICAL APPOINTMENT

Practicing Acupuncturist (40% FTE): Lubbock Texas

Family Medicine Clinic at Texas Tech Physician Pavilion (30% FTE)	2008-19
Southwest Cancer Center (10% FTE)	2016-19

CERTIFICATION AND LICENSURE

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|---|-------|
| • Certified Diplomate: National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM): Acupuncture (Dipl. Ac.) and Oriental Medicine (Dipl. O.M.) | 2008- |
| • Texas Licensed Acupuncturist: Texas Medical Board (AC01048 active) | 2008- |

HONORS AND AWARDS

President's Excellence in Inter-professional Teamwork Award Texas Tech University Health Sciences Center, Lubbock, Texas	11/2014
GEC Geriatrics Teaching Scholar Award Texas Tech University Health Sciences Center, Lubbock, Texas	06/2011
Poster of Distinction 2009 American Academy of Health Behavior Conference, Hilton Head, South Carolina	2009
Best Student Research Poster Award College of Health Sciences, Old Dominion University, Norfolk, Virginia	2005
Supplemental Dissertation Stipend Award Old Dominion University, Norfolk, Virginia	2005
Third Presentation Prize (Doctoral Level), The Third International Conference on Urban Health, Boston, Massachusetts	2004
Graduate Assistant Excellence Award Old Dominion University, Norfolk, Virginia	2004
Outstanding Poster Award American Academy of Health Behavior 3 rd annual conference, St. Augustine, Florida	2003
Phi Kappa Phi Honor Society	2001
Dominion Scholarship Award Old Dominion University, Norfolk, Virginia	2000

EDITORIAL BOARDS/INVITED REVIEWER

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|--|-------|
| • Associate Editor: Global Advances in Health and Medicine | 2022- |
| • Associate Editor: BMC Complementary Medicine and Therapies | 2012- |

- Editorial Board Member: Evaluation & the Health Professions 2010-
- Abstract reviewer: 2018 International Congress on Integrative Medicine & Health, Baltimore, 2017-18
- Abstract Reviewer: Annual Meeting of the APHA. 2005-
 - Alternative and Complementary Health Practices
 - Women's Caucus
- Guest Editor: Special Issue "Biophysical and Clinical Research on Acupuncture and Moxibustion" in Evidence-Based Complementary and Alternative Medicine 2013-14
- Abstract Reviewer: Public Health Education and Health Promotion of 139th Annual Meeting of the APHA. 2011
- Review panel: RFA-HS-10-003, titled, "Recovery Act 2009 Limited Competition: AHRQ Clinical and Health Outcomes Initiative in Comparative Effectiveness (CHOICE) Grants (R01)". 2010
- Research Review Committee Chair and Poster Judge for American Academy of Health Behavior 2008 Annual Conference. 2008
- Poster Judge and Abstract Reviewer for American Academy of Health Behavior 2007 Annual Conference. 2007
- Reviewer of Peer-reviewed journals 2005-
 - Alternative Therapies in Health and Medicine*
 - American Journal of Preventive Medicine*
 - Annals of Epidemiology*
 - Annals of Family Medicine*
 - Arthritis Research & Therapy*
 - BMC Family Practice*
 - Evaluation & the Health Professions*
 - Evidence-Based Complementary and Alternative Medicine*
 - Family Medicine*
 - International Electronic Journal of Health Education*
 - Journal of Adolescent Health*
 - Journal of Rural Health*
 - Journal of School Health*
 - Research Quarterly for Exercise and Sport*

NATIONAL/REGIONAL/LOCAL APPOINTED COMMITTEE POSITIONS

- Member, Bylaws Committee, Academic Consortium for Integrative Medicine & Health 2024-26
- Member, Nominating Committee, Academic Consortium for Integrative Medicine & Health 2021-24
- Chair, Clinical Working Group, Consortium of Academic Health Center for Integrative Medicine 2019-20
- Vice-Chair, , Consortium of Academic Health Center for Integrative Medicine 2018-19
- Steering Committee TTUHSC Deputy Representative, Consortium of Academic Health Center for Integrative Medicine 2018-19
- Consortium's 2018 International Congress for Integrative Medicine & Health Program Planning Committee 2017-18
- Steering Committee TTUHSC Representative, Consortium of Academic Health Center for 2013-18

Integrative Medicine

- Professional Development Committee member, American Academy of Health Behavior. 2008-13

INSTITUTIONAL COMMITTEE POSITIONSTexas Christian University*University Level*

- Research and Creative Activities Committee Chair 2024-25
- Research and Creative Activities Committee Member 2020-26

Harris College Level

- College New Dean Search Committee Member 2025-26
- Harris College Technology Task Force 2024-25
- Harris College Applied Health Department New Faculty Selection Committee 2023-24
- Harris College Three-Minute Thesis (3MT) Judge 2020-21

Applied Health Sciences Department Level

- Department New Chair Selection Committee Member 2024-25
- Department Curriculum Committee Member 2024-

Texas Tech University Health Sciences Center, Lubbock, Texas

- Steering committee member: TTUHSC Research Center of Integrative Health 2018-
- Chair: 2019 TTUHSC Integrative Medicine Symposium planning committee 2018-19
- Member: School of Medicine Faculty Research Committee 2016-18
- Chair: 2017 TTUHSC Integrative Medicine Symposium planning committee 2016-17
- Facilitator: School of Medicine Faculty Network 2016-19
- Member: School of Medicine Admission Committee 2007-16
- Member: School of Medicine Faculty Appointment Committee 2012-16
- Member: Employee Wellness Program committee 2014-19
- Chair: TTUHSC Integrative Medicine Conference planning committee 2013
- Member: Institute of Rural Health Frontier Project Research Review Panel 2013-19
- Member: Quality Enhancement Plan Fall Symposium Task Force 2012-19
- Poster Judge, TTUHSC 26th Student Research Week, March 2014, 2014
- Seed Grant Reviewer: Laura W. Bush Institute for Women Health 2013
- Honor Project Poster Competition Judge: TTUHSC School of Medicine Early Clinical Experience (ECE1) 2009-10
- Poster Judge, TTUHSC 21st GSBS Annual Student Research Week, March 3-6, 2009. 2009
- Member of the Review Panel: Target Fund of Developmental Research, School of Nursing, TTUHSC. 2007

PROFESSIONAL AFFILIATIONS

- Member, American Statistical Association, Teaching Statistics in Health Sciences Section 2024-
- Research Working Group: Consortium of Academic Health Centers for Integrative Medicine
- American Academy of Health Behavior (AAHB) 2004-12
- Health Academy 2004-09
- American Public Health Association (APHA) 2000-
- Society of Teachers of Family Medicine (STFM) 2010-

- Society for Acupuncture Research (SAR) 2009-
- Texas Association of Acupuncture & Oriental Medicine

FACULTY DEVELOPMENT AND CONTINUING EDUCATION

Texas Christian University, Fort Worth Texas

Koehler Center Teaching Seminars and Workshops, TCU, Fort Worth, Texas

- New to TCU Full-Time Faculty Orientation, Tuesday, 8/20/19 2019
 - Smart Syllabus Design, Thursday, 8/8/19
 - TCU Online: Using Assignments Tool, Tuesday, 9/17/19 Webinar
 - TCU Online: Using the quizzes Tool, Thursday, 9/5/19
 - TCU Online: Data & Your Course, Tuesday, 11/12/19
 - A.C.E. Your Class! Active, Collaborative, and Engaged Learning Using Google Drive: Beginner and Intermediate, 2/11/20 2020
 - TCU Online: Managing Quizzes to Accommodate Student Needs, 2/4/20
 - TCU Online: Video Conferencing Within Your Course, Tuesday, 2/25/20
 - TCU Online: Building Your Course, Thursday, 4/23/20, Webinar
 - TCU Online: Using Panopto to Create Course Videos, Tuesday, 9/1/20, WEBINAR
 - Build a Better Exam Using Bloom's Taxonomy, WEBINAR, 9/9/21 2021
 - Feedback on the Fly: Checking for Student Understanding, WEBINAR, 9/15/21
 - eFaculty 2.0 award in Ramping Up Rapidly with TCU Online Skills. 2023-24
 - AI-Enhanced Teaching & Assessment and Generative AI Teaching Innovator, 09/24/25 2025
 - YuJa Advanced, Intermediate and Basic Badges, 02/10/25
 - Generative AI 101, Monday, 01/27/25
 - AI Tinker Time: Hands-On Experiments for Teaching and Learning for Health Sciences Faculty, 1/09/26 2026
- CITI Training for Human Subject Research and re-certified 2020, 2024
- Nearpod Virtual Professional Learning 2026
- ### Texas Tech University Health Sciences Center, Lubbock, Texas
- Lessons, Life and Leadership Seminar Series for Women Faculty in Academic Medicine, Texas Tech University Health Sciences Center, Lubbock, TX 2013-18
 - Stanford Geriatric Education Center (SGEC) 160-Hour Faculty Development Program in Ethnogeriatrics, Stanford University, Pala Alto, CA 2012-13
 - Integrative Medicine Program's 8th Annual Oncology Training Conference for Acupuncturists, Massage Therapists, and Yoga Teachers (20 CAE credits), Houston, TX 07/2012
 - Spring Teaching Institute, School of Medicine, TTUHSC, Lubbock Texas 04/2012
 - 8th Annual Advancing Teaching and Learning Conference, Teaching, Learning, & Professional Development Center, Texas Tech University, Lubbock Texas 02/2012

- Faculty Leadership Study Group, Office of Faculty Affairs and Development, TTUHSC, Lubbock Texas 2009-10
- Winter Teaching Institute, School of Medicine, TTUHSC, Lubbock Texas 2008
- Academic Socialization, Office of Faculty Affairs and Development, TTUHSC, Lubbock Texas 2007
- Ensuring Confidence in the Conduct of Clinical Research: An FDA Perspective. Office of Continuing Medical Education, TTUHSC and West Texas Chapter of the Society of Clinical Research Associates, Lubbock Texas 2007

TEACHING EXPERIENCE

Texas Christian University, Fort Worth TX

Instructor of Record

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|---|-------|
| HCHS 20203 Epidemiology and Biostatistics (new course), Undergraduate, 3-credit | 2022- |
| HCHS 80213 Quant/Qual Methods (new course): Doctoral Level, 3-credit | 2020- |
| HCHS 80233 Advance Statistics (new course): Doctoral Level, 3-credit | 2019- |
| HCHS 80223 Intermediate Statistics (new course): Doctoral Level, 3-credit | 2019- |
| HCHS 70233 Scientific and grant writing (new course): Doctoral Level, 3-credit | 2019- |
| HCHS 80253 Multilevel Modeling (new course): Doctoral Level, 3-credit | 2025- |

Research Mentor

- Doctoral Comprehensive Exam Committee: research methodology
 - Haylei Scoggins, Nadja Zimmermann 2025
 - Sarah Junkersfeld, Sunil Prajapati, Morteza Farivar, and Jeremy Hutson 2024
 - Kate Webb, Caleb Voskuil 2023
 - Diana Singer, Daryl Campbell-Pierre 2022
 - Dave Farbo, Andreas Kreutzer, Kamiah Moss, Summer 2021
 - Beth Rogers, Zoë Thjis, Matthew Dumican, Austin Graybeal, 2020
- Sarah Woodford and Anastasia Helms, interprofessional senior honors project, Pediatric Nurse Practitioners' Perceptions of Practices and Needs in Identifying Communication Disorders in Young Children (Advisor: Lisa Bashore and Jennifer Watson) 2022
- Diana Singer, Psychometric Testing of Scales to Assess Undergraduate Nursing Students' Experiences of Belongingness in the Clinical Learning Environment/Protocol and Qualtrics Survey Development (Advisor Danielle Walker) 2021-22
- Kamiah Moss: The Relationship between Dietary Intakes and Sleep Quality in Endurance Athletes (Advisor, Meena Shah) 2020-21
- Jermaine Rucker, McNair Scholar project, Assess general health knowledge of undergraduate students (Advisors: Glenda Daniels and Janie Robinson) 2021-23
- Kate Webb, Daryl Campbell-Pierre and Dave Farbo, LiiNK Projects (Advisor: Debbie Rhea) 2019-24
- Introductory Statistics Self-Study: 3 Ph.D. students, Spring (ended early due to COVID pandemic) 2020

Dissertation/Thesis Committee Member (*indicating master student thesis)

- Haylei Scoggins: Video Game Play and Physical Activity in Adult Video Game Players: Measurement Innovations and Health Implications (Chair: Dr. Robyn Trocchio) 2025-26
- Eileen Duhamel: NGNs transitioning to practice in critical care units (Chair: Dr. Kathy 2025-26

- Baker)
- Nadja Zimmermann: Mapping Vulnerability in Partner Labor Trafficking: A Socioecological Analysis of Survivor Narratives (Chair: Aesha John) 2025-26
 - Sarah Junkersfeld: Technological Influence on Affect and Exercise Performance Among Young Adults (Chair: Dr. Robyn Trocchio) 2024-25
 - Jeremy Hutson: Comparing Novice Nurses' Cognitive Load in Routine and Non-Routine Simulations with Mixed Methods (Chair: Dr. Ashley Franklin) 2024-25
 - Morteza Farivar: Coordination Analysis of Forward and Backward Walking In Young, Older, And Parkinson's Disease (Chair: Dr. Adam King) 2024-25
 - G. Kate Webb: Muscle strength and neuromuscular control of elementary-aged children (Chair: Dr. Debbie Rhea) 2023-24
 - Caleb Voskuil: Neural and Musculoskeletal Adaptations to Acute and Chronic Training in Athletic Populations (Chair: Dr. Josh Carr) 2023-24
 - Diana Singer: Modifiable Factors Contributing to Belongingness of Undergraduate Nursing Students in the Clinical Learning Environment: An Exploratory Study (Chair, Dr. Danielle Walker) 2022-23
 - Daryl Campbell-Pierre: Assessing KTK tool in LiiNK project (Chair: Dr. Debbie Rhea) 2022-23
 - Emma Snodgrass, The Strength of Association Between Self-Perceived Voice Handicap and Laryngeal Function Study Measurements* (Chair: Dr. Chris Watts) 2021-22
 - Dave Farbo, The effects of a multi-recess intervention on weight status and physical activity of elementary aged children. (Chair: Dr. Debbie Rhea) 2021-22
 - Kamiah Moss, The Relationship between Dietary Intakes and Sleep Quality in Endurance Athletes (Chair, Meena Shah) 2021-22
 - Beth Rogers: Describing the Feasibility, Usability, and Reliability of Measuring Clinical Judgment in Pre-Licensure Nursing Simulation Observers. (Chair: Dr. Ashley Franklin) 2020-21
 - Zoë Thjis: Self-Perceived Affective, Behavioral, and Cognitive Reactions Associated with Voice and Communication in People with Parkinson's Disease. (Chair: Dr. Chris Watts) 2020-21
 - Matthew Dumican: Swallow Safety and Kinematics in Neurological Impairment and Dysphagia: an Epidemiological Study (Chair: Dr. Chris Watts) 2020-21

Texas Tech University Health Sciences Center, Lubbock TX

Lecturer: Medical Student

- Patients, Physicians and Populations (P3-C) Selective Week 2017: 2-hour workshop Acupuncture and Traditional Chinese Medicine, March 19 and 20, 2019, 24 students 2019
- Patients, Physicians and Populations (P3-C) Selective Week 2017: 2-hour workshop *Acupuncture and Traditional Chinese Medicine*, March 9, 2017, 12 students 2017
- Patients, Physicians and Populations (P3-C) Selective Week 2016: 2-hour workshop *Acupuncture and Traditional Chinese Medicine*, March 11, 2016, 12 students 2016
- Patients, Physicians and Populations (P3-C) Selective Week 2015: 2-hour workshop *Acupuncture and Traditional Chinese Medicine*, co-taught with Dr. Tommie Farrell, March 12, 2015, 12 students 2015
- Patients, Physicians and Populations (P3-C) Selective Week 2015: 2-hour workshop *Acupuncture for Headache*, co-taught with Dr. Tommie Farrell, March 12, 2015, 12 students 2015
- *Assessing Medical Evidence*, 8~10 sessions, School of Medicine, 2010 to 2014, 2010-14

approximately 140 second-year medical students each Fall and Spring, classroom teaching.

- Patients, Physicians and Populations (P3-C) Selective Week 2014: 2-hour workshop *Acupuncture and Traditional Chinese Medicine*, co-taught with Dr. Tommie Farrell, March 10, 2014, 12 students 2014
- Patients, Physicians and Populations (P3-C) Selective Week 2014: 2-hour workshop *Acupuncture for Headache*, co-taught with Dr. Tommie Farrell, March 10, 2014, 12 students 2014
- Patients, Physicians and Populations (P3-C) Selective Week 2014: 1-hour lecture *A Practical Guide to Designing your Research*, March 11, 2014, approximately 60 students 2014
- Early Clinical Experience I Selective: *Integrative and Complementary Medicine*, co-taught with Dr. Peck, 7 students, 6 hours total, Spring 2013 2013
- Early Clinical Experience I Selective: *Practical Guide for Medical Student Research Projects*, 9 students, 6 hours total, Spring 2013 2013
- *Introduction to Biostatistics*, School of Medicine, Fall 2009 to 2011 (co-taught with Drs. Ronald Warner and Lara Johnson), approximately 140 first-year medical students, classroom teaching 2009-11
- *Early Clinical Experience I and II*, School of Medicine, 2008-2009, Leading first and second-year medical students' discussion of different issues involved in early clinical experience, 8-10 medical students, small group seminar 2008-09
- *Assessing Medical Evidence Small Group*: School of Medicine, 2007 to 2014; facilitated second-year medical student small group discussion in *Assessing Medical Evidence*, 8-10 medical students, small group seminar 2007-14

Lecturer: Resident and Fellow

- *Clinical Applications of Acupuncture in Palliative Care*, Department of Family Medicine Palliative Program Seminar, July 25, 2018 2018
- *Clinical Applications of Acupuncture in Pain Management and Palliative Care*, Department of Family Medicine Palliative Program Seminar, June 6, 2018 2018
- *Clinical Applications of Acupuncture in Pain Management*, Department of Internal Medicine Grand Round, May 31, 2018 2018
- *Acupuncture and Palliative Care*, Department of Family and Community Palliative Fellowship Seminars, 2 fellows and 4 staff, February 17, 2016 2016
- *Acupuncture and Women's Health*, Department of Family and Community Medicine Grand Rounds, 20+ Family Medicine Residents, December 1, 2015 2015
- *Resident Integrative Medicine Electives*, 4 residents enrolled, 200-hour UA/CIM online course plus clinical perception, 07/2014-Date 2014-
- *Acupuncture*, Department of Family and Community Medicine Grand Rounds, 20+ Family Medicine Residents, April 1, 2014 2014
- *Complementary and Alternative Medicine Use among elderly*, Department of Family and Community Medicine Grand Rounds, 20+ Family Medicine Residents, April 30, 2013 2013
- *Complementary and Alternative Medicine*, Department of Family and Community Medicine Grand Rounds, 20 Family Medicine Residents, June 2012 2012
- *Traditional Chinese Medicine and Acupuncture*, Department of Family and Community Medicine Grand Rounds, 15 Family Medicine Residents, July 2010 2010

- *Introduction to Epidemiology* (3 hours), Department of Neuropsychiatry Residents Workshop, School of Medicine, September 2007, 2007
- *Research Methodology* (3 hours), Department of Urology Residents workshop, School of Medicine June 2006 2006

Lecturer: Graduate Student: The graduate courses I taught were discontinued due to the institutional decision of removing the funding and dismissing the Master Program of Health Sciences since the academic year of 2008.

- No course number: *Acupuncture and Pain*, one-hour guest speaker, Department of Psychological Sciences of Biomedical Sciences, Fall 2007, a 3-credit graduate-level lecture course, 20+ Doctoral degree students, classroom 2007
- GSBS5310: *Introduction to Statistical Methods in Health Sciences*, Graduate School of Biomedical Sciences, Fall 2007, a 3-credit graduate-level lecture course, 12 Master's and Doctoral degree students, classroom, and Teletch-linked teaching 2007
- GHSR5306: *Health Planning and Services Research*, Graduate School of Biomedical Sciences Spring 2006, a 3-credit graduate-level lecture course, 9 Master's degree students, classroom and Teletch-linked teaching 2006
- GHSR5311: *Evaluation of Health Promotion Programs* (3 credits), Graduate School of Biomedical Sciences, Summer 2006, graduate-level directed reading courses 2006
- GHSR5211: *Introduction of Community Health* (2 credits), Graduate School of Biomedical Sciences, Summer 2006, graduate-level directed reading courses 2006

Course Supervisor/Advisor

- MSCI 5407/ 6407: Integrative, Complementary, and Alternative Medicine (ICAM) Elective, MSII enrolled, 2014-18
- Texas Tech Apprenticeship Program (TTAP): Recognition for Focused Practice in Acupuncture, a minimal 4 hours of apprenticeship per week with a medical student (Nuvneet Khandelwai), 2015

Mentor: Clinical or Non-Research

- Integrative and Complementary and Alternative Medicine (ICAM) Student Interest Group, 2013-19
- Medical students, residents, HSC and South Plain College Nursing students shadowing acupuncture clinic, Texas Tech University Health Sciences Center (TTUHSC) Family Medicine Clinic 2009-19
- Jasmin Adfridge: Leadership & Education Program for Students (LEAPS) in Integrative Medicine Project- Healing Arts Day 2016 2016-17
- Jacquelyn Benner: Leadership & Education Program for Students (LEAPS) in Integrative Medicine Project- Mindfulness in Your Daily Life and Practice 2016-17
- Anastasia Ruiz, MSIV Clinical Rotation-Acupuncture: The Potential benefits of Traditional Chinese Medicine for Psychiatric Conditions 2016
- Nuvneet Khandelwai: Leadership & Education Program for Students (LEAPS) in Integrative Medicine Project: Wellness Retreat Day 2016 2015-16
- Justine Johnson, MSIV Research Rotation-Acupuncture and Women's Health 2014
- Charles Willnauer M.D., and Alyssa Tochterman M.D., PGY2 Elective Course Integrative Medicine 2014-15

- Asha Kovelamudi: Leadership & Education Program for Students (LEAPS) in Integrative Medicine Project 2014-15

Mentor: Research

- TTUHSC P3 Honors Project: Alikhan Karimi, Reid Rivers, Ali Zain, Sean Noormohamed, Katerina Kellar, Alesia Voice, Assessment of knowledge of personal health insurance among the medical students 2017-18
- SOM medical student summer research program: Luke Bacon, Review of Complementary and Alternative Medicine (CAM) use among people with Arthritis and other rheumatic conditions 2017-19
- SOM medical student summer research program: Taylor Lindgren, Evaluation of the Patient-Centered Medical Home in a Family Medicine setting in Lubbock, Texas, 2016-17
- TTUHSC P3 Honors Project: Jacquelyn Benner, Margaret Santucci, Rachel Wai, and Colton McCoy, The Relationship Between Aerobic Activity, Weight Lifting or Mind-Body Exercise and Stress Levels 2015-17
- Independent Student Project: Bailey Bell, Clinical Dementia Rating Scale and its Relationship to the Repeatable Battery for the Assessment of Neuropsychological Status to Delayed Memory 2015-16
- TTUHSC P3 Honors Project: Asha Kovelamudi, Swetha Mandaloju, Vivian Giels, Integrative, Complementary and Alternative Medicine Awareness and Practices among TTUHSC Faculty and students 2013-15
- TTUHSC MS/Resident Research Project: Julia Berry, Mary Ramirez, Sarah Carzola, Exploration of Demographics, Attitudes, Beliefs, and Barriers of Breast Health among Breast Cancer Patients in a West Texas Cancer Center 2013-15
- TTUHSC MSII Research Project: Ramya Vangipuram, Amna Aziz, Jessica Acosta, Julia Berry, Mary Rose, Beliefs, Behaviors, and Barriers Regarding Breast Cancer Diagnosis and Treatment in West Texas Women 2012-13
- TTUHSC MSI ECE Honors Project: Michael Song, Danielle Crane, Steven Dahl, Jason Hunt, Michael Trevor Walker, Improving Osteoporosis Prevention in Rural Women 2011
- TTUHSC MSI ECE Honors Project: Michelle McClelland, Sunny Walia, TJ Henry, Joseph Holeman, and Kelechi Azuogo, Sex Education and Sexual Health in College Students 2011
- TTUHSC MSI S ECE Honors Project: Leighanne Jones, Joe Lopez, Andrew Moran, Lauren Rovinelli, Assessing the influenza vaccination rates in Hispanic versus Non-Hispanic White elderly populations in West Texas 2009-10
- Jake McClintock and Sarah McClintock PGY II and III, survey of family medicine resident graduates on managing obesity in clinical practice 2008
- Chris Shanklin PGY III participation in Whole Foods Diet study; mentored survey development and research protocol. 2007

Other Teaching at TTUHSC

- Small Group Facilitator for the TTUHSC Inter-Professional Education Fall Symposium 2017
- Small Group Facilitator for the TTUHSC Inter-Professional Education Fall Symposium 2015

Old Dominion University, Norfolk VA

Undergrad:

- Adjunct Instructor: *Clinical Research Methods* (Statistics and Research Design), 3 credits 2004
- Graduate:**
- Teaching Assistant: *Research Methodology, Biostatistics, Health Policy, Decision Analysis, Survey Design, and SPSS Software Application* 2002-05
 - Master Degree Thesis Committee Member: Leslie Smith, Physical Activity and the Built Environment: An In-Depth Study of DR CHIP Program, 2004

FUNDED PROJECTS

1. Chris Watts (PI), **Yan Zhang (Consultant)**, NIH National Institute on Deafness and Other Communication Disorders (1R15DC021255-01A1), Translaryngeal Vibration for Hyperfunctional Voice Disorders, Total Cost, \$340,417, 09/01/2024 – 08/31/2027 (ongoing)
2. Bingyang Wei (PI), **Yan Zhang (Co-I)**, TCU RCAF grant, Empowering Faculty with AI for Scholarship and Teaching (EFAIST): An AI Integration Training Program for Enhanced Research and Teaching. Total cost \$4,500, 06/01/2024-05/31/2025 (completed)
3. Carol Howe (Co-PI) **Yan Zhang (Co-I)**, TCU IS grant, Mechanism for a pilot on AI tools for fidelity assessment of clinician health literacy practices. Total cost, \$19,828, 06/01/2024-05/31/2025 (ongoing)
4. **Zhang Y (PI)**, Kathy Baker (Co-I): TCU RCAF grant, A pilot study to assess faculty and students' perception and attitudes towards statistics in health sciences graduate programs. Total cost \$4,494. 06/01/2022- 05/31/2023 (completed)
5. Brennan Lewis (PI) Carol Howe (Co-PI) **Yan Zhang** (statistical consultant): Children Hospital Early Career Research Award, Communicate to CARE: A mixed-method study with providers and staff in pediatric ambulatory clinics, total cost \$73,150, 07/2021-06/2023 (completed)
6. **Zhang Y (PI)**, No number, 07/1/2018 to 06/30/2019, Effect of Acupuncture on hypogalactia (decreased milk supply): A pilot study, TTUHSC SOM Seed Grant, \$19,936 (terminated due to departure from the institution)
7. **Zhang Y (PI)**, Gender differences in 30-day mortality rates and unplanned readmission for patients treated for heart attack and stroke, Laura W. Bush Institute for Women's Health & University Medical Center Women's Health Scholar Program. \$20,000, 9/1/2017-8/31/2019 (Changed to Co-I role in 2019 June after departure from the institution, completed).
8. **Zhang Y (Co-I)** Phy J (PI) Effect of Acupuncture on Vascular Biomarkers and Psychological Well-Being of Women Undergoing In Vitro Fertilization (IVF), LWBIWH & UMC Women's Health Research Scholar Program 2014-2018, \$20,000 (completed).
9. **Zhang Y (Project Director)**, No number, 07/1/2016 to 06/30/2017, Integrative Medicine Symposium at TTUHSC, Weil Foundation, \$5,000 (completed)
10. **Zhang Y (Co-I)**, Yoon YS (PI), Characterizing the Effect of Oriental Medical Treatment of Tinnitus, 9/1/2015-8/31/2016, The CH Foundation, \$52,428 (completed)

11. **Zhang Y** (Project Director), No number, 07/1/2015 to 06/30/2016, Advancing Integrative Medicine Education among Residents, Medical Students and Health Professionals at TTUHSC, Weil Foundation, \$10,000 (completed)
12. **Zhang Y** (Project Director), No number, 07/1/2014 to 06/30/2015, Expanding Integrative Medicine Education among Medical Students, Residents and Faculty at TTUHSC, Weil Foundation, \$30,000 (completed)
13. **Zhang Y** (Program Evaluator, Co-I), Chauncey K, (PI) 12/1/2013 to 11/30/2016, CPRIT 2012 RFA P-12-PPE-1: Health Behavior Change Through Public and Professional Education and Training: West Texas Cancer Survivors Network – *Phase II* (WTCSN – II) \$300,000 (completed)
14. **Zhang Y** (Project Director), No number, 03/1/2013 to 06/30/2014, Establishment of Division of Integrative Medicine within the Department of Family and Community Medicine, Weil Foundation, \$30,000 (completed)
15. **Zhang Y** (Program Evaluator), Stephanie McClure and Ravindra Bhardwaj (PIs), HRSA UB4HP19201, Texas Tech University Health Sciences Center Geriatric Education Center, July 1,2010 - June 30, 2015, \$ 1,131,789 (completed)
16. **Zhang Y** (PI), Acupressure's Impact on Knee Pain among Osteoarthritic Women, Laura W. Bush Institute for Women's Health & University Medical Center Women's Health Scholar Program. \$20,000, 3/1/2011-2/28/2013 (completed).
17. **Zhang Y** (Co-I), O'Bryant (PI), Development and Validation of the Cumulative Environmental Exposure Index for Arsenic: A Novel Environmental Public Health Indicator. National Center For Environmental Research (R834794), 3/1/2011-12/31/2011, \$482,900 (subcontract ended after PI left TTUHSC)
18. **Zhang** (Co-I), Lance Evans (PI), Developing an interdisciplinary Medicare wellness clinic for Elderly patients in a primary care setting. TTUHSC Quality Enhancement Plan Seed Grant. \$2500. (completed) 2011-2012
19. **Zhang Y** (Program Evaluator, Co-I, Jenkins M (PI), PP100174, "Access to Breast Care for West Texas – ABC 4 WT" Cancer Preventive Research Institute of Texas (CPRIT), This study is to provide and evaluate educational resources, breast cancer screenings, and preventative care in the underserved populations of the Panhandle and South Plains. \$1,682,980, 09/2010-09/2013 (completed).
20. **Zhang** (Co-I), O'Bryant S (PI) Understanding and Improving the Health of Rural West Texans, The CH Foundation. \$50,000 (completed) 12/1/2010-11/30/2011.
21. **Zhang** (Co-I), Tom Xu (Project Director) Cindy Jumper (PI) Texas Department of Health Services, Chronic Kidney Disease in Texas. The objectives of this study are to 1) Identify statistically significant subgroups that are at risk and recent patterns of change within these subgroups and 2) Identify costs associated with kidney disease and its precursors including projected costs over the next ten years. \$1,000,000, (completed), 09/01/2009-02/28/2011.

22. **Zhang Y** (Design team member): The Texas Health and Human Services Commission (HHSC), Medicaid Curriculum for Dental Students and Medical and Dental Residents Scope of Work, \$102,209 (completed) 12/31/09-12/31/11.
23. **Zhang Y** (Co-PI), Laurence A (PI), O'Bryant S (Co-PI), "Community-based respite for Cochran county," Carl B. & Florence E. King Foundation, \$49,770, 12/12/08 – 12/11/10. (completed).
24. **Zhang Y** (Co-I), Shen, CL (PI), Martial Arts Exercise Program for Overweight/Obese Premenopausal Women- a feasibility Study, 2009-2010 Women's Health Innovation Fund Grant program, \$5,000 (completed).
25. **Zhang Y** (PI), Spalding M, (Co-PI), Peck, K (Co-PI) "An Examination of Complementary and Alternative Medicine Use in Primary Care Settings: Type, Reason, and Interaction between Patients and Physicians" Clinical and Basic Science Seed Grant Program, \$20,000 (completed), 01/01/08 – 12/31/09.
26. **Zhang Y** (PI), Chauncey, K (Co-PI): Explore whole foods eating plan's impact on cardiovascular diseases risk factors. TTUHSC School of Medicine Clinical Research Academy Fund, \$38,820, 2006-2009 (completed).
27. **Zhang Y** (Site Co-I): Genetic and Biomarkers Study of Alzheimer's disease: A Collaborative Effort of the Texas Alzheimer's Disease Research Consortium. Texas Council on Alzheimer's disease and Related Disorders. Site Principal Investigators: Sid E. O'Bryant, October 2006 – September 2009, Total Direct Costs: \$2,555,000.00.
28. **Zhang Y** (PI): EXPORT Seed Grant: West Texas Rural EXPORT Center. Clarifying Criteria and Assessments of Hispanic Sub-population Definitions. \$10,000, 2007(completed).
29. **Zhang Y** (Project Director), "Pfizer visiting professorship award: Health literary and communication". \$7,500 (completed). Wallace L, (Visiting Professor), Ragain M (Host), 2006.
30. **Zhang Y** (Co-I), O'Bryant, S, (PI) "Cochran County Aging Study: Prevalence of Dementia in Rural West Texas" King Foundation Grant, \$58,402, 2006 (completed).
31. **Zhang Y** (Co-PI), Esperat, C. (PI), Feng, D.(Co-PI), "Explore the relationships between self-efficacy and exercise activity among people with Type 2 Diabetes Mellitus" TTUHSC School of Nursing Targeted Development Funds, \$24, 680, 2006 (completed).

PUBLISHED PEER-REVIEWED JOURNAL ARTICLES (IN REVERSE CHRONOLOGICAL ORDER)

1. Scoggins H, Porter R, **Zhang Y**, Trocchio R, (2026) The Relationship Between Gameplay and Leisure Time Physical Activity in Adult Video Game Players, *Journal of Electronic Gaming and Esports* (Under Review)
2. Webb, G. K., Zhang, Y., & Rhea, D. J. (2025). Utilizing physical educators to monitor muscular strength and neuromuscular control among children with varied recess time.

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3. Webb, G. K., **Zhang, Y.**, & Rhea, D. J. (2025). A Preliminary Study to Explore Muscular Strength and Neuromuscular Control Differences in Elementary-aged Children. *Journal of Kinesiology & Wellness*, 14(1), 1–8. <https://doi.org/10.56980/jkw.v14i1.151>
4. Rhea DJ, Kirby K, Cheek D, **Zhang Y**, Webb GK. The Impact of Recess on Chronic Stress Levels in Elementary School Children. *Children (Basel)*. 2025 Jun 30;12(7):865. doi: 0.3390/children12070865. PMID: 40723058; PMCID: PMC12293798. DOI: <https://doi.org/10.3390/children12070865>
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PEER-REVIEWED JOURNAL ABSTRACTS/CONFERENCE PROCEEDINGS

1. Moss, Kamiah; Kreutzer, Andreas; Graybeal, Austin J.; Braun-Trocchio, Robyn; **Zhang, Yan**; Porter, Ryan R.; and Shah, Meena (2022) "Nutrient Adequacy in Endurance Athletes," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2 : Iss. 14 , Article 28.
Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss14/28>
2. J. L. Phy, J. Orlando, **Y. Zhang**, S. Garos, L. Penrose, S. Prien, J. Huang, (2017) Effect of acupuncture on vascular biomarkers and psychological well-being of women undergoing IVF, *Fertility and Sterility*, V108 , Issue 3, Supplement, e302 - e303, <https://doi.org/10.1016/j.fertnstert.2017.07.894>
3. S. Fussner , **Y. Zhang** , R. Smalligan , E. MacLaughlin , R. M. Bharadwaj, Effectiveness of educational interventions for practice behavior changes in dealing with fall risks in the geriatric population, *Journal of the American Geriatrics Society*, 2015, supplement: D61

4. **Zhang Y.** American Adult Acupuncture Use: Preliminary Findings from NHIS 2012 Data, *The Journal of Alternative and Complementary Medicine*. May 2014, 20(5): A109-A110. doi:10.1089/acm.2014.5291.abstract. available at <http://online.liebertpub.com/doi/full/10.1089/acm.2014.5291.abstract>
5. **Zhang Y.** American Adult Yoga Practice: Preliminary Findings from NHIS 2012 Data, *The Journal of Alternative and Complementary Medicine*. May 2014, 20(5): A122-A122. doi:10.1089/acm.2014.5298.abstract. available at <http://online.liebertpub.com/doi/full/10.1089/acm.2014.5298.abstract>
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7. Prairie BA, **Zhang Y**, Jenkins M. Comparing sexual function at midlife in Hispanic and non-Hispanic women in West Texas. *Menopause*. 2012 Nov; 19(12):1365-1404.
8. **Y Zhang**, K Chauncey, Q Gan, M Ragain, Lessons learned from a preliminary study of Whole Food Diet used by primary care patients, *BMC Complementary and Alternative Medicine* 2012, 12(Suppl 1): P227 (12 June 2012)
9. **Y Zhang**, M Chyu, C Shen, Martial arts exercise improves quality of life in overweight/obese premenopausal women, *BMC Complementary and Alternative Medicine* 2012, 12(Suppl 1):P83 (12 June 2012)
10. **Yan Zhang**, Kathy Chauncey, Qiwei Gan, Mike Ragain, Assessment of whole food eating plan on eating behaviors among cardiovascular patients, *Fam Med* 2012:44(S4). Available from: <http://www.stfm.org/fmsup/fmconferencesupplement.cfm?confid=177>
11. **Zhang Y**, Irons B, Cook RL, Evans L, Bogschultz R, Jones BG, Bradley C, Cole J, McCauley J, Parker A, Merrill E, Sun G, Mitchell TM. Developing an interdisciplinary Medicare wellness clinic for elderly patients in a primary care setting. *Fam Med* 2012:44(S4). Available from: <http://www.stfm.org/fmsup/fmconferencesupplement.cfm?confid=177>
12. **Zhang Y**, Ragain RM, Cook RL, Jones BG. (2010). An evaluation of 3-year financial trends of family medicine residency programs in Texas. *Fam Med*, 42 (S4).
13. **Zhang Y**, Peck EK, Spalding MC, Jones BG, Cook RL. (2010). Do patients discuss use of cam with health care providers? Assessing patients' use and providers' understanding. *Fam Med*, 42(S4).
14. **Zhang Y**, Peck, K, Spalding, M (2009). Primary health care professionals' attitude toward and knowledge of complementary and alternative medicine *Alternative Therapies*, 15 (3), S162.
15. Humphreys, JD, Silva, M, Hobson, V, Schrimsher, G, **Zhang, Y**, & O'Bryant, SE (2008). An evaluation of the MMSE-adjusted score among rural-dwelling Mexican American Elders: The Cochran

County Aging Study. *Archives of Clinical Neuropsychology*, 23(6), 678.

16. **Zhang, Y**, Plichta SB, Houseman C, Garzon LS. (2005). Using Social Cognitive Theory to Model Behaviors among Chinese American Children. *Journal of Urban Health*, v82 (supplement 2): ii126, June.
17. **Zhang Y**, Tweed S, Plichta SB. (2005). Maintaining and Improving Positive Health Behaviors in High-Risk Adolescent Girls. *Journal of Urban Health*, v82 (supplement 2): ii52, June.
18. Plichta SB, Houseman C, Goodman JS, **Zhang Y**. (2003). Training elementary school personnel to detect and prevent child sexual abuse: what do they want to know? *Journal of Urban Health*, v80 (supplement 2): ii45.

BOOK CHAPTER

Olaniran, Bolanle A. and **Yan Zhang**. "Rethinking ICTs and E-Health: A Focus on Issues and Challenges." Encyclopedia of E-Health and Telemedicine. IGI Global, pp. 998-1012. Web. 31 Jan. 2017. doi:10.4018/978-1-4666-9978-6.ch078

NATIONAL AND INTERNATIONAL CONFERENCE PRESENTATIONS>(*PRESENTER)

1. Carol Howe*, Emily Carsey, Jordan Gamboa, **Yan Zhang**, Brennan Lewis (2024) Communicate to CARE: Using the consolidated framework for implementation research to implement health literacy practices in a pediatric ENT clinic, oral presentation. 2nd Global Summit on Health Literacy, Rotterdam, The Netherlands, from September 18-20, 2024.
2. Howe, C.J*., Lewis, B., Carsey, E., **Zhang, Y**. (Feb 2024) Implementation of Health Literacy Practices in a Pediatric ENT Clinic: A Mixed Methods Study. Southern Nursing Research Society Annual Conference
3. **Zhang Y***, Khan D, and Baker K (2023, August), A pilot study to assess faculty and students' perception and attitudes towards statistics. Poster Presentation, 2023 Joint Statistical Meetings, Toronto Canada
4. Thijs, Z. *, **Zhang, Y.**, Van Lierde, K., Vanryckeghem, M., Watts, C.R. (2021, October 22-23). Partner Perception of Affective, Behavioral, and Cognitive Reactions to Voice in People with Parkinson's Disease [Poster presentation]. Fall Voice Conference, Miami, FL, USA.
5. Thijs, Z. *, **Zhang, Y.**, Van Lierde, K., Vanryckeghem, M., Watts, C.R. (2021) Self-perceived Affective, Behavioral, and Cognitive Reactions Associated with Hypophonia in People with Parkinson's Disease, presentation at 2021 ASHA Convention.
6. Christopher R Watts* and **Yan Zhang** (2021) Progression of Self-Perceived Speech and Swallowing Impairment in Early-Stage Parkinson's Disease: Longitudinal Analysis of the Unified Parkinson's Disease Rating Scale (MDS-UPDRS), poster presentation at 2021 ASHA Convention.
7. Kamiah Moss*, Andreas Kreutzer, Austin J. Graybeal, **Yan Zhang**, Robyn Braun-Trocchio, Ryan R. Porter, and Meena Shah, The Relationship between Dietary Intake and Sleep Quality in Endurance Athletes, Virtual Poster presentation at 2021 (April) TACSM Annual Meeting

8. Martin, S. D*., Johnson, A., Urban, R., Wilson, J., Walker, N., Magner, D., & **Zhang, Y.** (2021, February). Mindfulness Meditation Related to Improved Measures of Flourishing in Nursing Students. Poster Presentation, Southern Nursing Research Society 35th Annual Conference, Humanizing Care through Technology and Interdisciplinary Collaboration, Virtual Conference.
9. **Yan Zhang* (invited speaker):** Business of Integrative Medicine Questionnaire: Clinical Services Preliminary Report-An Update, Zoom presentation at Academic Consortium for Integrative Medicine & Health Working Group Joint Virtual Meeting, August 10, 2020
10. Jeff Dennis*, **Yan Zhang**, Fangyuan Zhang, Nan Mi, Noah De La Cruz, and Greg Hannabas: Sex differences in hospitalization, 30-day mortality, and readmission for stroke, APHA's 2020 VIRTUAL Annual Meeting and Expo (Oct. 28) <https://apha.confex.com/apha/2020/meetingapp.cgi/Paper/466082>
11. **Yan Zhang**, Jeff Dennis*, Romy Lauche, Holger Cramer, and Niki Munk, Increasing Trend of Yoga Practice among US Adults: The findings from NHIS 2002 to 2017. Poster Presentation at APHA 2019 annual meeting, Philadelphia, Nov. 2-6 2019.
12. **Yan Zhang* (Invited Speaker)**, Acupuncture and Pain Management at SOCRA 2019 Annual Conference, San Antonio, September 27, 2019
13. Jeff Dennis*, **Yan Zhang**, and Samantha Curtis, Complementary and alternative medicine use among individuals with acute and chronic joint pain: Findings from NHIS 2012, poster presentation at APHA's 2018 Annual Meeting & Expo, San Diego CA, November 10 - 14 2018
14. Irene XY Wu*, Victor CK Lam, Robin ST Ho, William KW Cheung, Regina WS Sit, Li-Wei Chou, **Yan Zhang**, Samuel YS Wong, Vincent CH Chung, Acupuncture and related interventions for Carpal Tunnel Syndrome: An Updated Systematic Review, poster presentation at International Conference on Brain Research in Chinese Medicine: Degeneration and Repair, Hong Kong, 26-28 July 2018
15. **Zhang Y***, Phy JL, Orlando J, Garos S., Penrose L., Prien S., and Huang J., Effects of a Delphi Consensus Acupuncture Treatment Protocol on the Levels of Stress and Vascular Tone in Women Undergoing In-Vitro Fertilization: A Randomized Clinical Pilot Study Preliminary Findings, poster presentation at 2018 International Congress on Integrative Medicine & Health, Baltimore, May 7-11 2018
16. **Yan Zhang***; Renée J. Bogschutz and Betsy Jones, Showcase of collaboration between Integrative Medicine and Inter-professional Education, poster presentation at 2018 International Congress on Integrative Medicine & Health, Baltimore, May 7-11 2018
17. J. L. Phy*, J. Orlando, **Y. Zhang**, S. Garos, L. Penrose, S. Prien, J. Huang, Effect of acupuncture on vascular biomarkers and psychological well-being of women undergoing IVF, poster presentation at American Society for Reproductive Medicine Congress, San Antonio, October 28-November 1, 2017
18. Taylor H*. Lindgren, David Trotter, Ron Cook, **Yan Zhang**, Evaluation of the Patient-Centered Medical Home in a Family Medicine setting in Lubbock, Texas, poster presentation at STFM annual

conference, San Diego CA, May 5-9 2017

19. **Zhang Y***, Tochtermann A, Willnauer C. (2016). Headache sufferers and their use of CAM: Preliminary findings from NHIS 2012. Poster presentation at International Congress on Integrative Medicine and Health (ICIMH) 2016, Las Vegas, May 17-20
20. Chwan-Li Shen, Shengping Yang, Jean-Michael Brismee, Peihuan Tsai, Ming-Chien Chyu, **Yan Zhang**, Jia Han, Matthew E. Lambert, Investigation Of Gait Disturbance And Grip Strength In A Rural Cohort: A Project Frontier Study, poster at the 2015 American College of Sports Medicine (ACSM), San Diego, California, May 26- 30, 2015.
21. S. Fussner , **Y. Zhang** , R. Smalligan , E. MacLaughlin , R. M. Bharadwaj, Effectiveness of educational interventions for practice behavior changes in dealing with fall risks in the geriatric population, poster at the 2015 Annual Scientific Meeting of the American Geriatrics Society, National Harbor, MD, May 16, 2015.
22. Armaity Austin, Roberta Weintraut, **Yan Zhang**, Kim Peck, Using Integrative Medicine to Enhance Student Experience in Family Medicine and the PCMH, Lecture-Discussion at the 48th STFM Annual Spring Conference, Orlando FL, April 25-29, 2015
23. **Zhang Y (invited speaker)**: State of Acupuncture Research and Practice for Women’s Health, at 6th Symposium of Integrative Medicine Professionals in the Land of Enchantment (SIMPLE), Albuquerque, New Mexico, October 13-15, 2014
24. **Zhang Y**, American Adult Yoga Use: Preliminary Findings from NHIS 2012 Data, poster presentation at The International Research Congress on Integrative Medicine and Health (IRCIMH), Florida, USA, on May 13-16, 2014.
25. **Zhang Y**, American Adult Acupuncture Use: Preliminary Findings from NHIS 2012 Data, poster presentation at The International Research Congress on Integrative Medicine and Health (IRCIMH), Florida, USA, on May 13-16, 2014.
26. Berry J., Ramirez M., Cazorla S., Vangipuram R., Acosta J., Aziz A., Purdom A., **Zhang Y.**, Arentz C. Exploration of Demographics, Attitudes, Beliefs, and Barriers of Breast Health among Breast Cancer Patients in a West Texas Cancer Center, poster presentation at American Society of Breast Surgeons’ 15th Annual Meeting, April 30 – May 4, 2014, in Las Vegas, NV.
27. Ramirez M, Berry J, **Zhang Y**, Arentz C, Exploration of demographics, attitudes, beliefs, and barriers of breast health among breast cancer patients in a west Texas cancer center” a Mini Talk at the 53rd Annual Meeting of the North Texas Chapter of the American College of Surgeons, Dallas, Texas. February 21-22, 2014
28. Shen CL, Defina LF, Leonard DS, Willis BL, Barlow CE, Jenkins M, Pence BC, **Zhang Y**, Chyu MC, E. Lewiecki ME. High cardiorespiratory fitness is associated with reduced risk of osteopenia and osteoporosis in women: Cooper Center Longitudinal Study. American Society for Bone and Mineral Research. ASBMR 2013 Annual Meeting, October 4-7, 2013 Baltimore, Maryland, USA

29. Shen CL, Chyu, M; Pence, Barbara; **Zhang**, Yan; DeFina, Laura; David Leonard; Willis, Ben; Wright, Beth; Mike Lewiecki, Positive Association Between Cardiorespiratory Fitness And Femoral Neck Bone Mineral Density: Cooper Center Longitudinal Study, poster presentation at the 60th Annual Meeting and 4th World Congress on Exercise is Medicine of the American College of Sports Medicine, Indianapolis, Indiana, May 28- June 1, 2013
30. Lance Evans, Renee Bogschutz, Kathryn Panasci, Jaye Cole, Brian Irons, Grace Sun, Yan **Zhang**, and Ron Cook, An education initiative to increase students' knowledge and understanding of team-based collaborative practice: A report on the interprofessional wellness clinic, poster presentation at Annual Southern Group on Educational Affairs/Southern Group on Student Affairs (SGEA/SGSA) meeting, April 18-20, 2013, in Savannah, Georgia.
31. Grace Sun, Renee Bogschutz, Jaye Cole, Ron Cook, Lance Evans, Brian Irons, Kathryn Panasci, and **Yan Zhang**, Bridging Innovations: Development, Implementation, and Evaluation of an Interprofessional Medicare Wellness Clinic, oral presentation for the 39th The National Organization of Nurse Practitioner Faculties 39th Annual Conference in Pittsburgh, PA. April 11-14, 2013
32. **Zhang Y**, Shen LC, Brismee JM, Peck K, Dagda R, Lo D, Doctolero S, 2012, Exploring the Effects of Self-Managed Acupressure on Pain, Function and Osteoarthritis Biomarkers among Postmenopausal Women with Osteoarthritic Knee Pain: A Feasibility Study, poster presentation at the Society of Acupuncture Research 2013 International Conference in Ann Arbor, MI, April 18-21,2013.
33. **Zhang Y**, Shen, LC, Peck, K, Brismee JM, Doctolero S, Lo, D, Lim Y, Lao L, 2012, *Training Self-Managed Acupressure to Improve Physical Function among Postmenopausal Women with Osteoarthritic Knee Pain: A Feasibility Study*, Poster Presentation at the 2012 International Congress for Educators in Complementary and Integrative Medicine in Washington, DC, October 24 – 26,2012
34. **Zhang Y**, Pence B, Rahman R, Arentz C, Jones B, Johnson L, Jenkins M “Continuing Progress In A Rural Breast Cancer Screening Program: Update On ABC4WT Access To Breast Care For West Texas” Cancer Prevention and Research Institute of Texas Innovations Conference, Austin, Texas. October 2012 (Poster)
35. Bogschutz, R., Evans, L., Panasci, K., Cole, J., Irons, B., Sun, G., Cook, R., & **Zhang, Y.**, *Use of an Interprofessional Medicare Wellness Clinic for Interprofessional Healthcare Education and Preventative Care*. Texas Tech University Health Sciences Center Quality Enhancement Plan Fall 2012 Symposium Poster, Lubbock Texas, October 26, 2012
36. Danielle Jahn, Evans, Lance; Bogschutz, Renee; Cole, Jaye; Cook, Ron; Irons, Brian; Panasci, Kathryn; Sun, Grace; **Zhang, Yan**, Implementation of an Inter-Professional Medicare Wellness Clinic in a Primary Care Setting, a presidential poster session focusing on interprofessional practice and interdisciplinary research on August 4, 2012, American Psychological Association's 2012 Convention, August 2-5, 2012, Orange County, CA,
37. **Yan Zhang**, Ming-Chien Chyu , and Chwan-Li Shen, Martial arts exercise improves quality of life in overweight/obese premenopausal women, poster presentation 2012 International Research Congress of Integrative Medicine and Health Congress, Portland, OR, May 15-18, 2012

38. **Yan Zhang**, Kathy Chauncey, Qiwei Gan, Mike Ragain, Lessons learned from a preliminary study of Whole Food Diet used by primary care patients, poster presentation at 2012 International Research Congress of Integrative Medicine and Health Congress, Portland, OR, May 15-18, 2012
39. **Yan Zhang**, Kathy Chauncey, Qiwei Gan, Mike Ragain, Assessment of whole food eating plan on eating behaviors among cardiovascular patients, poster presentation at 45th STFM Annual Spring Conference, Seattle, Washington, April 25-29, 2012
40. **Yan Zhang**, Brian Irons, Ronald Cook, Jaye Cole, Lance Evans, Renee Bogenschutz, Emily Merrill, Ahnna Parker, Craig Bradley, Juli McCauley, Grace Sun, Tedd Mitchell, Betsy Jones, Developing an Interdisciplinary Medicare Wellness clinic for elderly patients in a primary care setting,
 - Poster presentation at 45th STFM Annual Spring Conference, Seattle, Washington, April 25-29, 2012
 - Poster presentation at TTUHSC Quality Enhancement Plan Fall Symposium: Inter-professional Teamwork, October 28, 2011, Lubbock Texas
41. Ming-Chien Chyu, Raul Y. Dagda, Susan Doctolero, Eugene Chaung, Vera Von Bergen, **Yan Zhang**, Michael Ragain, Jean-Michel Brismée, Chwan-Li Shen. “Effect of martial arts exercise on body composition, bone biomarkers, and quality of life in overweight premenopausal women,” poster presentation 59th American College of Sports Medicine annual conference, May 29- June 2, San Francisco, 2012.
42. **Yan Zhang**, Marjorie Jenkins, Betsy Jones, Rakhshanda Rahman, Leigh Johnson, Barbara Pence, “Challenges associated with the assessment of rural mammography screening rates”
 - Poster presentation at CPRIT annual conference, Austin, Nov15-17. 2011;
 - Poster presentation at Texas Public Health Association annual conference, Arlington, Texas, March 21-23, 2012.
43. Rahman R, Jones B, Johnson L, **Zhang Y**, Arentz C, Pence B, Jenkins M. “ABC4WT: Access to Breast Care for West Texas; Public Health Region 1: Successes and barriers in an Underserved Breast Cancer screening Program” Cancer Prevention and Research Institute of Texas Innovations Conference, Austin, Texas. November 2011 (Poster)
44. **Zhang Y**, Xu K, Hill L. ”Time trends in the prevalence of four chronic conditions in Texas: 1999-2008,” oral presentation at APHA 138th Annual Conference, Denver, CO, November 6-10 2010.
45. **Zhang Y**, Peck, K, Spalding, M, Xu K, Ragain M, “Primary and specialty care providers’ attitudes towards complementary and alternative medicine,” oral presentation at APHA 138th Annual Conference, Denver, CO, November 6-10 2010.
46. Jenkins MR, Jones BG, Rahman R, Johnson L, **Zhang Y**, Pence B. “ABC4WT: Access to breast care for West Texas Public Health Region 1. CPRIT Innovations in Cancer Prevention and Research Conference,” Poster. Austin, TX, November 17-19, 2010.
47. Shen CL, Chyu MC, Yeh JK, **Zhang Y**, Pence BC, Felton CK. Dagda RY, Dagda M, Doctolero S,

- Flores MJ, Wang JS. "Effect of 24-week green tea polyphenols supplementation and tai chi exercise on bone biomarkers in postmenopausal osteopenic women". Poster presentation at the American Society for Bone and Mineral Research (ASBMR) 2010 Annual Meeting, October 15-19, 2010 in Toronto, Ontario, Canada.
48. Shen CL, Chyu MC, Yeh JK, **Zhang Y**, Pence BC, Felton CK, Dagda RY, Dagda M, Doctolero S, Flores MJ, Wang JS. "Green tea polyphenols and tai chi exercise for postmenopausal osteopenic women: safety report from a 24-week placebo-controlled randomized trial". Poster presentation at the Annual Meeting of Experimental Biology April 2010, Anaheim, CA.
 49. Shen CL, Phisitkul S, Chyu MC, **Zhang Y**, Do T, Dagda RY, Camp C, Dagda M, Prahakar S. "Effect of 12-week modified tai chi exercise on bone metabolism in hemodialysis patients". Poster presentation at the Annual Meeting of American College of Sports Medicine 2010, Baltimore, MD.
 50. **Zhang Y**, Jenkins M, Johnson L, Jones B, "Combined early cancer detection behavior among three age groups of women: BRFSS 2008", poster presentation at
 - Women's Health 2010: The 18th Annual Congress, Washington DC. March 26-28, 2010
 - American Academy of Health Behavior 10th Annual Scientific Meeting of the AAHB, Clearwater Beach, Florida. February 7-10, 2010.
 51. **Zhang Y**, Ragain RM, Cook R, Jones BG. "An evaluation of three-year financial trends of family medicine residency programs in Texas," poster presentation for the 43rd STFM Annual Spring Conference, Vancouver BC, April 2010.
 52. **Zhang Y**, Peck KE, Spalding M, Jones BG, Cook R. "Do patients discuss use of CAM with healthcare providers? Assessing patients' use and providers' understanding". Oral presentation for the 43rd STFM Annual Spring Conference, Vancouver BC, April 2010.
 53. **Zhang Y**, Peck, K, Spalding, M "Primary health care professionals' attitude toward and knowledge of complementary and alternative medicine," poster presentation at North American Research Conference on Complementary and Integrative Medicine, May 2009.
 54. Debate, R., Pettee, K., Zwald, M., Huberty, J., **Zhang, Y**. "Changes in psychosocial factors and physical activity frequency among 3rd to 8th grade girls who participated in a developmentally focused youth sport program", poster presented at the American Academy of Health Behavior annual conference in Hilton Head, SC, March 8-11, 2009.
 55. **Zhang Y**, Jones B., Spalding M., Ragain M., Young R. "Building a Primary Care Practice-Based Research Network: Assessment and Lessons Learned" poster presentation at NAPCRG Annual Meeting, Puerto Rico, November 2008.
 56. **Zhang Y**, O'Bryant S, Humphreys J, Silvia M. "An exploration the relationship between alcohol and tobacco usage and mental status in a rural Hispanic community" poster presentation at the American Academy of Health Behavior annual conference in Oxnard, CA March 9-12, 2008.
 57. **Zhang Y**, Jones B., Spalding M., Ragain M., Young R., & Mannschreck D. "Exploration of the

relationship between health behaviors and health confidence” poster presentation at the American Academy of Health Behavior annual conference in Oxnard, CA March 9-12, 2008.

58. DeBate RD, Lewis M, Blunt H, **Zhang Y**, Thompson SH. “Gender differences in socio-cultural attitudes towards appearance, body shape dissatisfaction, and weight control behavior among college students” poster presentation at
 - American Academy of Health Behavior annual conference in Oxnard, CA March 9-12, 2008
 - 2008 International Conference on Eating Disorders, "Bridging Science and Practice: Prospects and Challenges," at The Westin Seattle in Seattle, Washington, May 15-17, 2008.
59. **Zhang, Y**; Speer J. “Objective criteria for identifying ethnic sub-populations: assessing Hispanic patients in rural practice settings,” poster presentation at 135th APHA Annual Meeting in Washington DC, November 3-7, 2007.
60. **Zhang Y.**, Jones B., Spalding M., Ragain M., Young R., & Mannschreck D. “An exploration of complementary and alternative medicine usage among primary care patients” poster presentation AcademyHealth Annual Research Meeting 2007 in Orlando FL, June 3-5.
61. **Zhang Y.**, Jones B., Spalding M., Ragain M., Young R., & Mannschreck D. “What are the factors related to being an internet user for medical information?” poster presentation AcademyHealth Annual Research Meeting 2007 in Orlando FL, June3-5.
62. **Zhang, Y**; Scholl J; Buchanan J. “Who are the college students behind the wheel after drinking?” presented at the 2007 meeting of the American Academy of Health Behavior in Savannah, GA March 25-58.
63. DeBate RD, **Zhang Y**, Thompson S. “Changes in motivation to participate in physical activity among 8-11-year-old girls” poster presented at
 - 2007 meeting of the American Academy of Health Behavior in Savannah, GA March 25-58.
 - 133rd APHA Annual Meeting in Philadelphia, PA, December 10-14, 2005.
64. Ranne, J; **Zhang, Y**; Houseman, C “Exploration of child health service effectiveness through health practice retention,” poster presented at
 - 134th APHA Annual Meeting & Exposition (November 4-8, 2006) in Boston, MA.
 - Academy Health 2006 Annual Research Meeting in Seattle, June 25-27, 2006.
65. **Zhang, Y**; Borders, T; Rohrer J. “Using the Health Belief Model to explain elderly women's intent to have a pap test,” poster presentation at the 6th annual meeting of the American Academy of Health Behavior in Carmel, CA March 5-8, 2006.
66. **Zhang Y**, Plichta S, Houseman C, Garzon L. “Using Social Cognitive Theory to Model Health Behaviors Among Chinese-American Children,” poster presentation at
 - 5th Annual Meeting of the American Academy of Health Behavior in Charleston, SC, February 20-23, 2005
 - 132nd APHA Annual Meeting in Washington, DC, November 2004.

67. **Zhang Y**, Tweed S, Plichta S "Maintaining and improving good health behaviors in high-risk adolescent girls," poster presentation at
 - the 5th Annual Meeting of the American Academy of Health Behavior in Charleston, SC, February 20-23, 2005
 - 132nd APHA Annual Meeting in Washington, DC, November 2004
 - 3rd International Conference on Urban Health in Boston MA, October 2004.
68. **Zhang, Y**, Plichta S., Fu, H. "Effects of the First Annual Chinese-American Health Fair in Hampton Roads," poster presentation at
 - 132nd APHA Annual Meeting in Washington, DC, November 2004
 - Advancing Community Health: Meeting the Needs of the Underserved in Norfolk VA, May 2004.
69. **Zhang Y**, Plichta S, Houseman C, Garzon L. "Using Social Cognitive Theory to model health behaviors among Chinese-American children," oral presentation at the Third International Conference on Urban Health in Boston MA, October 2004.
70. Goodman J, **Zhang Y**, Beard H, Plichta S, Houseman C. "Community Health Fairs: Going Where the People Are," poster presentation at International conference of The Network: Community-Campus Partnership for Health (CCPH) & Toward Unity For Health (TUFH), Atlanta GA, October 2004.
71. Tweed S, **Zhang Y**, Plichta SB. "A study of tobacco prevention, exercise and healthy eating programs for young girls," presented at
 - Advancing Community Health: Meeting the Needs of the Underserved in Norfolk VA, May 2004
 - 5th International Conference on the Scientific Basis of Health Services, Washington DC, September 2003.
72. Tweed S, **Zhang Y**, Plichta S. "Unhealthy lifestyles: Who's at risk?" presented at
 - Advancing Community Health: Meeting the Needs of the Underserved in Norfolk VA, May 2004
 - AAHB 3rd Annual conference in St. Augustine, FL, March 2003
 - APHA 130th Annual Meeting in Philadelphia, PA, November 2002.
73. Plichta SB, Houseman C, Goodman JS, **Zhang Y**. "Training elementary school personnel to detect and prevent child sexual abuse: What do they want to know?" presented at
 - 131st annual meeting of the American Public Health Association, San Francisco CA, and November 2003.
 - 2nd International Conference on Urban Health, International Society for Urban Health, NYC, NY, October 2003.
74. Plichta SB, **Zhang Y**, Caldwell M, Marks C. Women surviving: A study of the effects of short-term stay at a domestic violence shelter. Poster presented at
 - 131st annual meeting of the American Public Health Association, San Francisco CA, November 2003.
 - 8th International Conference on Family Violence, San Diego, September 2003.
75. Banks C, Jenkins T, Kumar S, Ranne J, Rubino G, Tweed S, Vogel E, **Zhang Y**, Plichta S. "Factors predicting cost and length of stay of acute psychiatric inpatients" presented at APHA 130th Annual

Meeting in Philadelphia, PA, November 2002.

76. Plichta S, **Zhang Y**, Vogel E, “Women working toward safety,” presented at APHA 130th Annual Meeting in Philadelphia, PA, November 2002.
77. **Zhang Y**, Sainsbury M, Jarour S. “Public Health Justice Week, 2002” presented at the Annual Meeting of the Virginia Public Health Association, Roanoke, VA, December 2000.

GRANTS SUBMITTED

Leah Botkin, Yan Zhang (Co-I) , American Occupational Therapy Foundation, AOTF IR/IRG/CERG Grants, The Feasibility and Acceptability of a Modified Lee Silverman Voice Treatment BIG® Approach (under review)	11/2025
Adam King (PI), Yan Zhang (Co-I) , NIH R15, Balance Performance in Children with Sensorineural Hearing Loss, 07/01/2026 – 06/30/2029 (resubmission under review)	10/2025
Ashely Parmer (PI), Yan Zhang (Consultant) , Pipeline Grant, Russell Sage Foundation (not funded)	10/2025
Carol Howe (PI), Yan Zhang (Co-I) , AHRQ PA-24-266: Using Innovative Digital Healthcare Solutions to Improve Quality at the Point of Care (R21/R33 phased grant) (\$996,425.14). Refining, Implementing, and Evaluating HealthLitPro: An AI-Driven Health Literacy Fidelity Tool for Pediatric Clinics. (under review)	06/2025
Carol Howe (PI), Yan Zhang (Co-I) , Agency for Healthcare Research and Quality (R03 Resubmission) (\$99,998.18). Refining HealthLitPro: Enhancing an AI Driven Health Literacy Fidelity Audit and Feedback Tool in Pediatric Ambulatory Clinics. (resubmission under review)	06/2025
Adam King (PI), Yan Zhang (Co-I) , NIH R15, Balance Performance in Children with Sensorineural Hearing Loss, Total Cost: \$423,618 (Direct Costs: \$298,953, Indirect Costs: \$124,663), 07/01/2025 – 06/30/2028 (not funded)	06/2024
Carol Howe (PI), Yan Zhang (Co-I) , AHRQ R03, Refining HealthLitPro: Enhancing an AI-Driven Health Literacy Fidelity Audit and Feedback Tool in Pediatric Ambulatory Clinics, Total Cost: \$99,898 (Direct Costs: \$92,695, Indirect Costs: \$7,203), 07/01/2025 – 06/30/2028 (not funded)	06/2024
Carol Howe (PI). Zhang (statistical consultant) : IHA Grant, Enhancing Organizational Health Literacy through a Human-Centered AI-Driven Audit and Feedback System (not funded)	02/2024
Teresa Drulia (PI), Zhang (statistical consultant) : NIH/NIDCD R21, Advancing symptom management of swallowing disorders: determining the clinical efficacy of a novel approach using mental practice to improve swallowing and psychosocial outcomes, 06/01/2024-05/31/2026. (not funded)	10/2023

Rivera-Pérez JF (PI), Lund E (Co-I) and Zhang Y (Co-I) : NIH/NIDCD R01 Clinical Trial Optional "Comparative Efficacy of Bilingual Computer-Assisted vs. Human-Led Interventions on Vocabulary Growth in Dual Language Learners," (not funded)	8/2023 1/2024
Josh Carr (PI) Zhang (statistical consultant): DoD, Unilateral Strength Training to Accelerate Return to Readiness Following ACL Reconstruction (uSTARR), 06/01/2023-05/31/2025 (not funded)	5/2023
Lund E and Werfel K (PIs), Zhang (statistical consultant): NIH/NIDCD R01, Establishing Treatment Intensity for telepractice emergent literacy skills of children with hearing loss, 04/01/2023-03/31/2027, total cost \$3,395,812 (Resubmission)	2/2023
Zhang Y (Project Director), No number, 07/1/2022 to 06/30/2023, Building a network to bridge the gaps between integrative medicine/health education, research, and practice in the DFW area, Weil Foundation, \$39,850	01/2021
Howe C (PI), Zhang Y (Co-I) , Universal Precautions to Provide Literate Instructions for Transformed Care (UPPLIFT): a hybrid type 3 randomized trial of implementation strategies to scale up health literacy practices in community primary care settings. AHRQ Health Services Research Demonstration and Dissemination Grants (R18). SEN: Research on Improving Organizational Health Literacy to Prevent and Manage Chronic Disease Requested \$1,587,294.19.	09/2020
Zhang Y (PI): Assessing physician trainees' well-being in a local health care system amid/post COVID-19 pandemic, TCU Invests in Scholarship Award 2020, 06/01/2020- 05/31/2021, \$ 29,996	04/2020
Lund E and Werfel K (PIs), Zhang (statistical consultant): NIH/NIDCD R01, Establishing Treatment Intensity for telepractice emergent literacy skills of children with hearing loss, 04/01/2021-03/31/2026, total cost \$3,395,812	06/2020 & 03/2021
Rhea D (PI), Zhang Y (Co-PI) , The Connection Between Cortisol Stress Response and Cognitive, Social-Emotional, and Physical Health in Children and Teachers, Spencer Foundation Large Grant, \$ 495,880.21, 8/1/2020-12/1/2024	02/2020
Zhang Y (PI), A novel Artificial Intelligence (AI) based decision support system for low back pain management, Presidents' Collaborative Research Initiative 2017 Program. \$49,970, 9/1/2017-8/31/2019	06/2017
Jeff Dennis (PI) Zhang (Co-PI), Patient-Centered Assessment of Cancer Survivorship in Lubbock County, the CH Foundation, \$22,980, 1/1 2018 -12/31/2018.	11/2016
Chauncey K (PI) Zhang Y (program evaluator, 10%), CPRIT FY 2016 RFA P-17.1-CCE: Competitive Continuation/Expansion, West Texas Cancer Survivors Network – Phase 3, \$300,000, 3/1 2017 -2/28/2019.	08/2016
Zhang Y (PI, 20%) Building a PCOR community with West Texas Cancer Survivor	3/2016

Network, submitted to PCORI for a Eugene Washington PCORI Engagement Award, \$250,000.

- Zhang Y (PI, 20%)** Social media assisted acupressure intervention for osteoarthritis knee pain management-a feasibility study, submitted to NIA PA-14-343: Self-Management for Health in Chronic Conditions (R21), 9/1/2016-8/31/2018, total cost requested \$432,367 10/2015
- Zhang Y (PI, 35%),** electronic patient-centered interactive portal for cancer survivorship care in West Texas, submitted to CPRIT RFA P-15-EBP-1 Evidence-Based Cancer Prevention Services, Total cost \$1,427,000 07/2014
- Zhang Y (PI),** Using Patient-Reported Outcomes Measurement Information System (PROMIS) to assess the effectiveness of self-administered acupressure protocol among KOA patients: a pragmatic study, submitted to NCCAM PA-12-006, R15 Academic Research Enhancement Award, 1/10/2014-1/09/2016, Total Cost \$452,646 02/2013
- Zhang Y (PI),** Training Self-Managed Acupressure to Improve Physical Function among knee OA patients, submitted to NIAM R21 PAR-10-282 Pilot and Feasibility Clinical Research Grants in Arthritis and Musculoskeletal and Skin Diseases, 9/1/2013-8/31/2015, \$275,000 06/2012
- Betsy Jones (PI). **Zhang Y**(program evaluator, 5%) iInTIME Educational Scholarship Grants program, The Virtual Patient Speaks: Student-Generated Videos to Teach Geriatrics to Second- and Fourth-Year Medical Students, \$24,530 04/2012
- Chauncey K, (PI) **Zhang Y** (program evaluator, 7%), CPRIT 2012 RFA P-12-PPE-1: Health Behavior Change Through Public and Professional Education and Training Title: West Texas Cancer Survivors Network – *Phase II* (WTCSN – II) \$500,000 03/2012
- Jones B (PI), **Zhang Y** (program evaluator, 25%) Primary Care Accelerated Training Consortium. Submitted to the Centers for Medicare and Medicaid Innovation Health Care Challenge, \$23,034,092 requested. 01/2012
- Zhang (PI, 15%)** iMACC: iPad Music Advances in Cancer Care, \$100,000, 05/01/2012-04/30/2014, NCI PA-09-168 (resubmission) 03/2011
- Cl Shen (PI) **Zhang Y** (Consultant), GTP and Tai Chi for Musculoskeletal Health, Submitted to NIH R01, Request \$3,186,823.00, 09/01/2011-08/31/2016 10/2010
- PI: CL Shen (25%). Co-investigator: M Ragain, **Y Zhang**, MC Chyu (TTU), JS Wang (UGA). Consultants: JK Yeh (Winthrop-University Hospital), BC Pence, X Song (UGA) “GTP and exercise for obese postmenopausal women. Submitted to NIH, Exploratory/Developmental Clinical Research Grants in Obesity (R21). Request: \$429,994. 6/1/2011-5/31/2013 06/2010
- Zhang (PI, 15%)** iNMACC: iPad Nutrition and Music Advances in Cancer Care, \$100,000, 06/2010

05/01/2011-04/30/2013, NCI PA-09-168

- Chwan-Li Shen (PI, 25%). **Zhang Y (Co-I, 10%)** “Martial Arts for Children’s Health (MARCH) program to increase quality physical activity in children at risk of overweight/obesity” submitted to Department of State Health Services, Texas: Community-Based Obesity Prevention, Family and Community Health Services Division, Nutrition, Physical Activity & Obesity Prevention Program, & Office of Border Health. 1-6-2010. \$294,808. RFP#HPCDP/OBES-0378.1 01/2010
- Zhang Y (PI,25%)**, BONEPro: Building Osteoporosis Novel Educational Programs RFA-HS-10-004: Recovery Act 2009 Limited Competition: Innovative Adaptation and Dissemination of AHRQ Comparative Effectiveness Research Products (iADAPT), \$1,419,577, 09/01/2010-08/31/2013. 12/2009
- Zhang Y (PI)**, An examination of auricular acupuncture treatment on obese women’s eating pattern and weight status, submitted to 2009-2010 Laura W. Bush Institute for Women’s Health & University Medical Center Women’s Health Seed Grant Project. \$20,000. 11/2009
- Reed D, (PI), **Zhang Y (Co-I, 8%)**, Fresh, Fit & Sustainable–Nutrition and Physical Fitness in University Freshmen Using Innovative Technology and Tailored Messaging, USDA, \$1,250,000 (not funded), 3/01/2010-3/01/2013. 06/2009
- Pence B, Feng D (PI) **Zhang Y (Co-I 10%)**. Using Promoters To Improve Minorities’ Participation In A Tai Chi Exercise Program For Type 2 Diabetes, NIH- Challenge Area (04) Clinical Research, AG-111, 10/01/2009-9/31/2011. \$997,865. 05/2009
- Chandice Y. Covington (PI), **Zhang Y (Co-I, 10%)**, “Sleep Prescription Efficacy on Self-Imposed Sleep Debtor’s Obesity/Cognitive Risk” National Institute of Nursing Research, \$1,586,626, 10/01/2009-9/30/2011. 05/2009
- Sid O’Bryant (PI), **Zhang Y (Co-I, 10%)**, Inflammatory Mediators of Cardiovascular-Related Cognitive Dysfunction in a Rural cohort: A Project FRONTIER study, NIH/NCMHD – RO1 in response to RFA-MD-09-004, \$1,250,000, 9/1/2009 – 8/31/2014 04/2009
- Laurence A (PI), O’Bryant S (Co-PI), **Zhang Y (Co-PI, 5%)**, “Community-Based Respite for Lubbock County” Isla Carroll Turner Friendship Trust, \$29,893. 01/2009
- Zhang Y (PI)**, O’Bryant S (Co-I). “An examination of women’s health literacy in a rural-dwelling ethnically diverse cohort,” applied 2008-2009 University Medical Center Women’s Health Seed Grant Project, \$10,000. 2008
- Zhang Y (PI, 15%)**, O’Bryant S, and Grammas P. “A cohort study of relationship between Cardiovascular Disease and Alzheimer’s Disease in rural areas” applied AHA National Scientist Development Fund, \$77,000/year for 4 years. 2007
- Zhang Y (PI, 5%)**, O’Bryant S, Sutker P., “Educating Elderly Hispanics about Alzheimer’s 2007

Disease: An Outreach of the **Healthy Brain Aging** study in **Latino Elders (Project HABLE)** applied for DHHS “mini” grants of \$2500 to \$5000 to address minority health issues. \$4997.

Chiriva-Internati, M (PI), **Zhang Y** (Consultant, 5%), “Sp17: a novel biomarker for early screening of prostate cancer patients”, Application for DoD US ARMY MRMC/ PC073665, \$556,875. 2007

Chiriva-Internati, M (PI), **Zhang Y** (Consultant, 5%), “Sp17: a novel biomarker for early screening of prostate cancer patients”, Application for 1R21CA133794-01, \$408,375.00. 2007

Sid E. O’Bryant (PI) **Zhang Y (Co-I)**, Title: **Healthy Aging Brain** study in **Latino Elders (Project HABLE)** applied for The Gil and Doody Weaver Foundation. \$44,314. 2007

Zhang Y (PI), Esperat, C. (Co-I), Feng, D.(Co-I), Owen, D (Co-I), “Health Behaviors of Low-Income Pregnant Minority Women in West Texas ” Applied for The CH Foundation \$49,123. 2007

Chiriva-Internati, M (PI), **Zhang Y** (Consultant), Cancer testis novel antigen as a possible vaccine in ovarian cancer, Application number 1RO1 CA121056-01. 2006

Zhang Y (PI), Esperat, C. (Co-I), Feng, D.(Co-I), Owen, D (Co-I), “Health Behaviors of Low-Income Pregnant Minority Women in West Texas ” Applied for TTUHSC School of Medicine Seed Grant , \$19, 580. 2006

Zhang, Y (PI), Boswell, C. (Co-PI), “Health Literacy and Health Behaviors among heart diseases patients” applied to TTUHSC EXPORT seed grant \$ 22,808. 2005

PROFESSIONAL SERVICES

- Initiated, coordinated and presented Lunch and Learn Series at Texas Christian University, Harris College of Nursing and Health Sciences
 - 2019 Fall Series 2019
 - The ABCD of Research Analytical Planning
 - Power, Sample Size and G*Power
 - Descriptive Statistics to Check Your Data (SPSS)
 - 2020 Series 2020
 - Qualtrics & Survey Design
 - Statistical Considerations Related to Multiple Comparisons
 - Parametric statistics for bivariate analysis Part I: to correlate
 - Parametric statistics for bivariate analysis Part II: to compare
 - Repeated-Measures ANOVA Workshop
 - 2021 Series 2021
 - Panel Discussion: Scholarly Writing Habits
 - Generate analytical research questions/hypotheses
 - Single Case Designs
 - Descriptive Statistics
 - 2022 Series 2022

- Effect size and sample estimation
- Qualitative Research Analysis panel discussion
- Measurement Reliability
- Handing Missing Data (by Guest Speaker Dr. Fan Zhang from UNTHSC)

2023 Series 2023

- Statistical Considerations for Intervention Research
- Statistical Considerations for Pilot Studies
- JASP-A fresh way to do statistics
- Introduction to Bayesian Analysis (by Guest Speaker Dr. Nelis Potgieter from Department of Mathematics)

2024 Spring Series

- Introduction to Data Visualization in Health-Related Practice and Research
- Statistical Considerations for Implementation Research
- Statistical Considerations for Implementation Research for Nursing Faculty
- Project Consultant: Girls on The Run program, Williamsburg, Virginia 2005
- Health Educator and Program Evaluator: Virginia Tobacco Settlement Foundation Funded Sentara Health Promotion “All Stars” program (Urban League Award Winner). 2004
SUMMER
- Health educator assistant and program evaluator of the Sentara Girls Community Basketball League Program- “Healthy Me” program Summer/Fall session. 2002-2003
- Evaluator of the Health Risk Appraisal Data for Sentara Healthcare 2001
- Member of the Natural Science Funding Program: Research of Heart- Small Intestine Meridian Relationship, Hefei, Anhui, P.R China. 1999

INVITED SPEAKER/WRITER/CONTRIBUTOR

- Discovering Traditional Chinese Medicine A Gentle Introduction, Silver Frogs, Fort Worth, Texas 04/2024
- Ease Knee Pain Naturally With This DIY Acupressure Massage! Study Proven to Work, interviewed by the author, <https://www.firstforwomen.com/health/pain-management/acupressure-for-knee-pain-soothes-joint-aches-how-to-guide> 07/2024
- Acupuncture 101: Ancient Chinese Medicine Therapy for Modern American, Silver Frogs, Fort Worth, Texas 10/2023
- Acupuncture 101: Ancient Chinese Medicine Therapy for Modern American, Silver Frogs, Fort Worth, Texas 05/2022
- Acupuncture 101: Ancient Chinese Medicine Therapy for Modern American, Seniors are Specials group, UMC, Lubbock Texas 7//2018
- Introduction of Acupuncture: invited presentation at Integrative Complementary and Alternative Medicine (ICAM) Group meeting, Texas Tech University Health Sciences Center, Lubbock, Texas 1/2017
- Acupuncture and Cancer Care for cancer survivors, Southwest Cancer Center, Lubbock Texas 9/2017
- Acupuncture and Cancer Care for health professionals, Southwest Cancer Center, Lubbock Texas 5/2016
- Introduction of Traditional Chinese Medicine: invited presentation at Integrative Complementary and Alternative Medicine (ICAM) Group meeting, Texas Tech University Health Sciences Center, Lubbock, Texas 2/2016
- Introduction of Acupuncture: invited presentation and demonstration at Integrative 11/2014

- Complementary and Alternative Medicine (ICAM) Group meeting, Texas Tech University Health Sciences Center, Lubbock, Texas
- Introduction of Acupuncture: invited presentation and demonstration at First Integrative Complementary and Alternative Medicine (ICAM) Group meeting, Texas Tech University Health Sciences Center, Lubbock, Texas 10/2013
 - Overview of acupuncture and its Evidence-Based for chronic pain and cancer care, TTUHSC First Integrative Medicine Conference, Overton Hotel, Lubbock, Texas 9/2013
 - Complementary and Alternative Medicine Use among elderly, TTUHSC GEC sponsored conference, The Balancing Act: Nutrition, Medications, Homeopathic & Complementary/Alternative Remedies, Amarillo, Texas 4/2013
 - “Traditional Chinese Medicine and Acupuncture” Global Health Lecture Series, TTUHSC, Lubbock, Texas. 2/2013
 - Acupuncture at Nurse Talk, Family and Community Medicine, TTUHSC, Lubbock, Texas 1/2013
 - “Traditional Chinese Medicine and Acupuncture” at Osher Lifelong Learning Institute (OLLI), Lubbock, Texas. 11/2012
 - “Acupressure”, Women's Health Top 5 sponsored by Laura W. Bush Institute for Women's Health (LWBIWH) and UMC Health System, Lubbock, Texas 5/2012
 - “Let your fingers do the healing with acupressure”, Lubbock Avalanche-Journal, Lubbock Texas 1/2012
 - “Acupuncture and Cancer” Cancer Nutrition Network for Texans N-Sights Newsletters 2011 December issue, Lubbock, Texas. 12/2011
 - “Traditional Chinese Medicine and Acupuncture” at Seniors Are Special Event, University Medical Center, Lubbock, Texas. 11/2011
 - “Acupressure and Osteoarthritis knee pain”, Health Matters, KCBD TV station, Lubbock, Texas. 8/2011
 - “Medicine in China, an introduction” at TTUHSC Special Edition Global Health Lecture with Dr. Ke Xu and Dr. Weimin Gao, Lubbock, Texas. 4/2011
 - “Traditional Chinese Medicine and Acupuncture” at Osher Lifelong Learning Institute (OLLI), Lubbock, Texas. 4/2011
 - “Acupuncture for chronic pain in autoimmune diseases” at Lubbock Lupus support group, Lubbock, Texas. 3/2011
 - “Traditional Chinese Medicine and Acupuncture” at TTUHSC student CAM club, Lubbock, Texas. 2/2011
 - Fox 950 Radio YTalk “Acupuncture and complementary and alternative medicine” hosted by YWCA in Lubbock, Texas. 9/2009
 - “Traditional Chinese Medicine” at TTUHSC MSI student CAM club. 10/2008
 - “Traditional Chinese Medicine” at TTUHSC President International Health Forum. 5/2008
 - Old Dominion University's "Health Education Movie Night" series - "Super Size Me" and Health Behaviors. 2/2005
 - “Obesity” in the Brown Bag Lunch Series Seminar in Observation of the National Public Health Week at College of Health Sciences, ODU. 2004

COMMUNITY SERVICES

- Faculty Advisor, Association of Chinese Students and Scholars at Lubbock, TTU, 2017-2019

Lubbock Texas

- Volunteer, Complementary and Alternative Medicine exhibit booth at TTUHSC 2011 Community Medical School. 2011
- Volunteer Teacher: Lubbock Chinese School, Lubbock, TX. 2005
- Volunteer, South Plain Fair, Lubbock, TX. 2005
- Volunteer, “Public Health Fair at Young’s Terrace Park”, Norfolk, VA. 2004
- Initiator and Coordinator, first “Chinese Family Health Fair Day” in Tidewater area, Norfolk, VA. 2003
- Volunteer, “Public Health Fair at Lambert Point Neighborhood”, Norfolk, VA. 2002-03

LANGUAGES (FLUENT)

Chinese (Mandarin, native language), English.

COMPUTER SKILLS

Microsoft Word, Microsoft Excel, Microsoft Powerpoint, SPSS, STATA, Endnote, QuickQuant (Decision Analysis Software), Questionnaire Development System (QDS).