



YU-TING CHEN

ASSISTANT PROFESSOR

EDUCATION

PhD Taipei Medical University, School of Nursing (2013)
MS U. of Colorado Health Sciences Center, USA (1994)
BS National Yang-Ming Medical University, School of Nursing (1997)

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RESEARCH DIRECTIONS

Psychiatric Mental Health Nursing · Benzodiazepine use in Anxiety/Insomnia · Tobacco Control

TEACHING SUBJECTS

Psychiatric Nursing · Coping and Mental Health · Principle & Methods of Teaching · Introduction to Bioethics · Introduction of Counseling

RESEARCH

- You feel you need or you really need? Building a sense of Self-Mastery through Mindfulness-based intervention and examining the effects on reduction / discontinuation of benzodiazepine receptor agonists (BzRAs)(NSTC 112-2314-B-182-011 · 112-113)
- Program Evaluation of the 2018 Quit and Win contest in Taiwan (MOHW-HPA G1080101 · 2019)
- The associations among symptom remission, social support and quality of life in patients with Schizophrenia (CMRPD1H0331 · 2018-2019)
- Longitudinal study on associations between BZD discontinuation, insomnia, anxiety and related factors, and effects of intervention on BZD discontinuation for patients with Depression or Anxiety disorders (MOST 106-2314-B-182 -039 - MY3 · 2017-2020)
- Factors associated with long term use of Benzodiazepines (MOST 104-2314-B-182-067 · 2014-2016)

PUBLICATIONS

1. Hsiao, F.H., Lin, Z.Z., Huang, F.Y., Lai, Y.M., **Chen, Y.T.**, Shih, J.Y., Ho, C.C., Yu, C.J., & Hsieh, C.C. (2022). The Long-Term and Mediating Effects of Mindfulness Integrated with Body-Mind-Spirit Group Therapy on Depressive Symptoms and Quality of Life Among Non-small Cell Lung Cancer Patients. *Mindfulness*, 13(2), 351-361. <https://doi.org/10.1007/s12671-021-01793-4>
2. Fan, C.H., Hsu, S.C., Hsiao, F.H., Chang, C.M., Liu, C.Y., Lai, Y.M., & **Chen, Y.T.*** (2021). The Association of Social Support and Symptomatic Remission among Community-Dwelling Schizophrenia Patients: A Cross-Sectional Study. *Int. J. Environ. Res. Public Health*, 18(8), 3977, <https://doi.org/10.3390/ijerph18083977> (* Corresponding author)
3. **Yu-Ting Chen**, Chia-Yih Liu, Chia-Ming Chang, Yu-Ming Lai, Bi-Hwa Wang, Tsui-Yun Yang, Shih-Chieh Hsu (2020). Perceptions, clinical characteristics, and other factors associated with prolonged and high daily dose of benzodiazepine use among patients with anxiety or depressive disorders. *Journal of Affective Disorders*, 271, Pages 215-223. <https://doi.org/10.1016/j.jad.2020.03.077>
4. Jen-Wei Liu, Yu-Kang Tu, Ying-Fan Lai, Hsin-Chien Lee, Pei-Shan Tsai, Ting-Jhen Chen, Hui-Chuan Huang, **Yu-Ting Chen**, Hsiao-Yean Chiu (2019). Associations between sleep disturbances and suicidal ideation, plans, and attempts in adolescents: a systematic review and meta-analysis. *Sleep* 42(6).119-126 <https://doi.org/10.1093/sleep/zsz054>
5. Wu, C.R., Chen, P.Y., Hsieh, S.H., Huang, H.C., **Chen, Y.T.**, Chen, T.J., & Chiu, H.Y. (2019). Sleep Mediates the Relationship Between Depression and Cognitive Impairment in Older Men. *American Journal of Men's Health*, 13(1): 1–10. IF: 2.306, ranking: 39/157 <https://doi.org/10.1177/1557988319825765>
6. Hsiao, F. H., Kuo, W. H., Jow, G. M., Wang, M. Y., Chang, K. J., Lai, Y. M., **Chen, Y.T.**, Huang, C. S. (2019). The changes of quality of life and their correlations with psychosocial factors following surgery among women with breast cancer from the post-surgery to post-treatment survivorship. *Breast*, 44, 59-65. doi:10.1016/j.breast.2018.12.011
7. Chiu, H.Y., Chen, P.Y., **Chen, Y.T.**, Huang, H.C. (2018) Reality orientation therapy benefits cognition in older people with dementia: A meta-analysis. *International Journal of Nursing Studies*, 86, 20-28. DOI: <https://doi.org/10.1016/j.ijnurstu.2018.06.008>
8. Kang-Hua Chen, **Yu-Ting Chen**, Shu-Ling Yeh, Li-Chueh Weng, Feng-Chun Tsai. (2018). Changes in quality of life and health status in patients with extracorporeal life support: A prospective longitudinal study. *PLOS ONE*, 13(5):e0196778. doi: 10.1371/journal.pone.
9. Hsiao FH, Jow GM, Kuo WH, Wang MY, Chang KJ, Lai YM, **Chen YT**, Huang CS. (2017). A longitudinal study of diurnal cortisol patterns and associated factors in breast cancer patients from the transition stage of the end of active cancer treatment to post-treatment survivorship. *The Breast*, 36, 96-101, <http://dx.doi.org/10.1016/j.breast.2017.06.016>
10. **Yu-Ting Chen**, Fei-Hsiu Hsiao, Ching-Mei Lee, Ruey-Hsia Wang and Ping-Ling Chen (2016) Effects of a Parent-Child Interactive Program for Families on Reducing the Exposure of School-Aged Children to Household Smoking. *Nicotine Tob Res*, 18 (3): 330-340. doi: 10.1093/ntr/ntv105. (IF: 5.825, ranking=3/36 or 13/145)
11. Hui-Chuan Huang, **Yu-Ting Chen**, Pin-Yuan Chen, Sophia Huey-Lan Hu, Fang Liu, Ying-Ling Kuo, Hsiao-Yean Chiu. (2015) Reminiscence Therapy Improves Cognitive Functions and Reduces Depressive Symptoms in Elderly People With Dementia: A Meta-Analysis of

Randomized Controlled Trials. J Am Med Dir Assoc. Dec 1;16(12):1087-94. doi: 10.1016/j.jamda.2015.07.010.

12. **Chen YT**, Chen PL. Perceptions of parental smoking and sociodemographic factors associated with the adoption of home smoking bans among parents of school-aged children. *Nicotine and Tobacco Research*. 2014;16(8):1112-1120. doi: 10.1093/ntr/ntu043
13. **Chen, Y.T.**, Liao, Y.-M., & Chen, P.-L. (2014). Development and Psychometric Testing of Four Scales to Measure Perceptions and Family Influences on Parental Smoking in Taiwan. *Children's Health Care*, 43(4). 308-326. doi: 10.1080/02739615.2013.865185
14. Hsiao, F.H., Lai, Y.M., **Chen, Y.T.**, Yang, T.T., Liao, S.C., Ng, S.M., Ho, T.H., Chan, L.W., & Jow, G.M. (2014). Efficacy of Psychotherapy on Diurnal cortisol patterns and Suicidal Ideation in Adjustment Disorder with Depressed Mood. *General Hospital Psychiatry*, 36(2), 214-219 (IF: 2.898, ranking 32/124=0.26)
15. Liao, Y. M., **Chen, Y. T.**, Kuo, L. C., & Chen, P. L. (2013). Factors associated with parental smoking in the presence of school-aged children: A cross-sectional study. *BMC public health*, 13(1). doi: 10.1186/1471-2458-13-819
16. 陳玉婷, & 陳品玲. (2013). 防制孩童暴露於家庭二手菸害之介入成效：系統性文獻回顧. *長庚護理雜誌*, 24(3), 252-266
17. **Chen, Y. T.**, Hsiao, F. H., Miao, N. F., & Chen, P. L. (2013). Factors associated with parents' perceptions of parental smoking in the presence of children and its consequences on children. *International Journal of Environmental Research and Public Health*, 10(1), 192-209. doi: 10.3390/ijerph10010192
18. Hsiao F-H, Jow G-M, Kuo W-H, Chang K-J, Liu Y-F, Ho RTH, Ng S-M, Chan CLW, Lai Y-M, **Chen Y-T**. (2012). The Effects of Psychotherapy on Psychological Well-Being and Diurnal Cortisol Patterns in Breast Cancer Survivors. *Psychotherapy and Psychosomatics*, 81(3):173-182 (DOI: 10.1159/000329178) (IF=7.632, R/C=7/142, Psychiatry)
19. **Chen, Y.T.**, Chung, M.C., Hsiao, F.H., Miao, N-F., & Chen. P.L.(2012). Exploration of parental smokers' experience, perceptions, and family's influences on their smoking in the presence of children. *Advances in Nursing Science*, 35(1), E1-E13.
20. Hsiao, F. H., Jow, G. M., Lai, Y. M., **Chen, Y. T.**, Wang, K. C., Ng, S. M., Ho, R. T. H., Chan, C. L. W. & Yang, T. T. (2011). The long-term effects of psychotherapy added to pharmacotherapy on morning to evening diurnal cortisol patterns in outpatients with major depression. *Psychotherapy and Psychosomatics*, 80, 166-172. (IF=7.632, R/C=7/142, Psychiatry)
21. Lai, Y.M., Hsiao, F. H. & **Chen, Y.T.** (2010). Somatization of loss of fatherhood: A case study of a Chinese man with major depression. *Illness, Crisis and Loss*, 18(2), 163-171.
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25. **陳玉婷**、王碧華、胡懷文、陳瑞娥、柯薰貴、林明珍。(2006) .探討不同意願層次之安樂死倫理爭議. 安寧療護雜誌，11（4）：353-368.
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