

SHUFANG SUN, PH.D.

Associate Professor

Brown University

Associate Director of [Mindfulness Center](#) at Brown

Director/PI of the [Global Mental Health & Flourishing Lab](#)

ADDRESS

Department of Behavioral and Social Sciences

Brown University School of Public Health

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ACADEMIC APPOINTMENTS

Associate Professor

July 2025 – Present

Department of Behavioral and Social Sciences, Brown University School of Public Health (Primary)

Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University (Secondary)

Associate Director, Mindfulness Center at Brown University

May 2024 – Present

Assistant Professor (Research Scholar Track)

October 2020 – June 2025

Department of Behavioral and Social Sciences, Brown University School of Public Health (Primary)

Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University (Secondary)

LICENSURE

Licensed Psychologist

May 2020 – Present

Rhode Island, License No. PST00241

PROFESSIONAL TRAINING

Postdoctoral Fellow, Brown University

August 2018 – September

2020

Awarded by National Institute of Mental Health

T32 award in Biobehavioral HIV Research

Department of Psychiatry and Human Behavior, Brown University Alpert Medical School

Rhode Island Hospital, Providence, RI

Clinical Psychology Resident/Intern, Emory University

July 2017 – June 2018

Department of Psychiatry and Behavioral Sciences, Emory University School of Medicine

Grady Health System, Atlanta, GA

EDUCATION

Doctor of Philosophy, Counseling Psychology (APA-accredited program) Fall 2012 – Spring 2018

University of Wisconsin-Madison

Dissertation: "Mental and physical health outcomes of incarcerated individuals living with HIV after release: A test of predictions based on the minority stress model"

Master of Arts, Community Counseling

Fall 2010 – Spring 2012

East Tennessee State University

Bachelor of Science, Psychology (Minor, Sociology)

Fall 2006 – Spring 2010

Joint East Tennessee State University & Shandong Teachers' University Degree

SCHOLARSHIPS & AWARDS – Research and Teaching

- 2025 **International Collaborative Prevention Research Award, Society for Prevention Research**
- 2025 **Early Career Research Achievement Award, Brown University**
- 2024 **The Early Career Award for Excellence in Counseling Health Psychology, American Psychological Association, Div 17 (Health Psychology Section),** in recognition of contributions in science and practice of counseling psychology in health-related contexts, teaching and training, and involvement with health policy and advocacy.
- 2024 **The Barbara Smith & Jewell E. Horvat Early Career Award for Research on LGBTQ Individuals of Color, American Psychological Association, Div 45 (Society for the Study of Race, Culture, and Ethnicity),** in recognition of significant contributions to student mentoring and research

- 2023 **Dean's Award for Excellence in Research Collaboration, Brown School of Public Health**
- 2016-2017 **International Academic Program Scholar, University of Wisconsin-Madison**
- 2016 **Research Travel Award, American Psychological Association, Division 52 (International Psychology)**
- 2016 **Rothney Research Award, University of Wisconsin-Madison, in recognition of contribution to research and teaching at the university**
- 2012 **Honored Instructor Award, University of Wisconsin-Madison**
Nominated and selected by students. *Reason for Award: "In a course that encourages self-reflection and self-awareness, Shufang has gone above and beyond to empower and support us through our individual growth and in her support and facilitation of our class discussions that often relate to identity and culture."*

MAJOR ADMINISTRATIVE LEADERSHIP POSITIONS – National and University

- 2025- present Member, Mental Health Technology Advisory Committee (MHTAC), the American Psychological Association (APA)
- 2025- present Advisory Group, AI Research Institute on Interaction for AI Assistants (ARIA), Brown University
- 2025-present Faculty Advisory Council, Brown University School of Public Health
- 2022-present Co-Chair, DIAP (Diversity and Inclusion Action Plan) committee, Department of Behavioral and Social Sciences, Brown University School of Public Health
- 2022-present Member, Brown University School of Public Health, Behavioral and Social Health Sciences PhD Program Admissions Committee
- 2022 Member, Research Faculty Search Committee, Department of Behavioral and Social Sciences, Brown University School of Public Health
- 2021-2022 Member, Antiracist Committee, Department of Behavioral and Social Sciences, Brown University School of Public Health
- 2018-present Member, Diversity Committee, Department of Psychiatry and Human Behavior, Brown University Alpert Medical School

RESEARCH GRANTS – Current

1. Principal Investigator (Contact MPI)
Advancing resources for systematic reviews and meta-analyses of complementary and integrative health interventions

Type: R24 (AT012845)

Sponsor: NCCIH/NIH

Grant aims to create an open-access data repository of mindfulness and integrative health randomized controlled trials for evidence synthesis with input from key stakeholders, along with pilot awards and educational resources for scientists in the field.

Period: 04/2024 –03/2029

Total amount: \$3,036,691

2. Principal Investigator (PI)

Addressing the public mental health crisis among displaced Ukrainians

Type: Brown-Ukraine Public Health Exchange Endowment Fund

Sponsor: Brown University School of Public Health

Grant aims to foster collaborative relationships with local investigators and organizations at Ukraine to understand and address the mental health needs of displaced Ukrainians affected by the Russian invasion, with an emphasis of developing mindfulness interventions responsive to experiences of war, violence, grief, and displacement. Two pilot projects are ongoing, including (a) developing mindfulness treatment program for displaced adolescents in Germany; and (b) addressing the needs of internally displaced adult patients on MOUD treatment in methadone clinics within Ukraine.

Total amount: \$50,000

3. Role: Principal Investigator (PI)

Evaluating digital mobile health intervention with displaced Ukrainian adolescents in Germany to promote mental health

Type: Brown Mindfulness Pilot Award

Employing a randomized controlled trial design following an open pilot, the grant aims to evaluate a mindfulness-based digital health intervention developed by our team among displaced Ukrainian adolescents in Germany.

Total amount: \$50,000

4. Principal Investigator (PI)

Thriving in a digital world: Ecological momentary assessment and intervention to address problematic smartphone use in teens

Type: Research Pilot Award

Sponsor: Bradley Hospital

Grant aims to support a community-centered pilot to assess and develop a mobile awareness-based intervention leveraging ecological momentary assessment/intervention to disrupt problematic smartphone use among teenagers

Total amount: \$50,000

5. Principal Investigator (Contact MPI)

Engaging youth, caregivers, and teachers for suicide prevention: Developing and implementing a multi-level intervention in rural China

Type: R34 (MH136243)

Sponsor: NIMH/NIH

Grant aims to develop and pilot test a stigma-reduction focused, school-to-family based suicide prevention program including mindfulness and other socioemotional learning through community-engaged research and engaging adolescents, caregivers, and teachers in rural China, where suicide has been the #1 leading cause of death among young people.

Period: 07/2024 – 06/2027

Total amount: \$621,655

6. Principal Investigator (Contact MPI)

Engaging vulnerable women in HIV prevention and health promotion through a stigma-reduction intervention

Type: R01 (TW012677)

Sponsor: Fogarty International Center/NIH

Grant aims to develop and test a mobile-health based, stigma reduction and acceptance focused, peer-delivered gender affirmation intervention for Chinese transfeminine women and engage them in HIV prevention via promoting mental and sexual health. This research will evaluate gender affirmative care as an HIV prevention strategy for this key population in the region.

Period: 08/2024 – 07/2027

Total amount: \$597,938

7. Principal Investigator (PI)

Developing internet-delivered, mindfulness-based intervention to reduce HIV risk and promote mental and sexual health among young adult MSM

Type: K23 (AT011173)

Sponsor: NIH/National Center for Complementary and Integrative Health (NCCIH)

PI on a research project for five years to systematically adapt Mindfulness-based Stress Reduction (MBSR) both in content (targeting minority stress) and delivery (e-health) as a novel HIV strategy targeting bio-psychosocial outcomes among young adult sexual minority men, followed by a feasibility RCT trial.

Period: 09/2020 – 09/2025

Total amount: \$841,850

8. Principal Investigator (PI)

Developing internet-delivered, mindfulness-based intervention to reduce HIV risk and promote mental and sexual health among young adult MSM

Type: Administrative Supplement Award (3K23AT011173-03S1)

Sponsor: The NIH Office of Disease Prevention (ODP)

This administrative supplement has the goal of advancing HIV prevention intervention with populations that experience health disparities, specifically by incorporating STI self-testing into existing protocol and recruiting additional participants who are Black/Latino young adult sexual minority men to the randomized controlled trial.

Period: 01/01/2023 – 12/31/2025

Total amount: \$168,370

9. Principal Investigator (Contact MPI)

HIV risk reduction intervention for trans women with intimate partner victimization

Type: R34 (MH119968)

Sponsor: NIH/National Institute of Mental Health (NIMH)

This project aims to develop and pilot test a primary HIV prevention intervention to address the interconnected risks of HIV and intimate partner victimization among transgender women.

Period: 06/2022 – 05/2024

Total amount: \$488,804

10. Principal Investigator (PI)

Developing and testing an internet-based mindfulness intervention for women diagnosed with gestational diabetes mellitus

Type: Varela Research Grant

Sponsor: Mind & Life Institute

This project aims to develop and test a tailored, mindfulness-based intervention to improve emotional well-being, glycemic regulation, and maternal and fetal health outcomes among women with gestational diabetes.

Period: 01/2022 – 09/2025

Total amount: \$20,000

11. co-Investigator (PI: Loucks)

Mindfulness-based stress reduction: An implementation science-informed systematic review and meta-analysis

Type: R01 (R01AT011745)

Sponsor: NIH/National Center for Complementary and Integrative Health (NCCIH)

This project aims to conduct a systematic review and meta-analysis of the effectiveness of MBSR on a range of health-related outcomes in order to fill gaps in evidence syntheses that are essential for policy decision making related to MBSR in various medical and non-medical settings across populations.

Period: 06/2022 – 05/2027

Total amount: \$2,876,905

12. co-Investigator (PI: Operario)

Stigma reduction and gender affirmation to promote HIV prevention/testing in trans women

Type: R21 (TW012010)

Sponsor: NIH/National Institute of Mental Health (NIMH)

This project aims to develop and test a gender-affirmative HIV prevention intervention to promote HIV self-testing, linkage to HIV prevention and care services, behavioral risk reduction, and service engagement among transgender women in the Philippines.

Period: 08/2021 – 07/2025

Total amount: \$372,584

13. co-Investigator (PI: Operario)

Promoting HIV testing among Chinese MSM via app-based mobile health

Type: R01 (MH123352)

Sponsor: NIH/National Institute of Mental Health (NIMH)

The major goal of this project is to improve the science and implementation of app-based mobile health approaches to optimize HIV testing and linkage to care as part of a single intervention continuum with MSM in China.

Period: 04/15/2020 – 04/15/2025

Total amount: \$2,851,955

RESEARCH GRANTS – Pending (PI grants only)

1 Principal Investigator (Contact MPI)

Developing and evaluating a mobile health program to address adolescent mental health in the context of war and humanitarian crisis in Ukraine

Type: R21/R33

Sponsor: NIMH/NIH

Grant aims to co-develop and evaluate a mindfulness-based mental health app program (powered by AI-guided deterministic pathways) to address common mental health issues (depression, anxiety, and PTSD symptoms) among adolescents in Ukraine, and to enhance research and technical capacity for technology-driven mental health solutions in Ukraine and other LMIC settings affected by war and humanitarian crisis.

Status: Pending administrative review (Score: 26; Percentile: 8); JIT request received

Total amount: \$1,355,750

2 Principal Investigator

Promoting optimal maternal and fetal health outcomes among people with gestational diabetes mellitus via mindfulness

Type: R34

Sponsor: NCCIH/NIH

Grant aims to test a mindfulness-based mHealth program to address stigma, enhance emotional well-being, promote glucose regulation, and reduce risk for type 2 diabetes among people newly diagnosed with gestational diabetes.

Status: Pending Council Review (Score: 29; Percentile: 11)

Total amount: \$739,990

RESEARCH GRANTS – Completed

1. Principal Investigator (PI)

Testing a mobile mindfulness intervention to address the burden of obesity among mid-age sexual minority women affected by early life adversities

Type: Reversibility Network pilot funding

Sponsor: NIH/National Institute of Aging (NIA)

The aim of this grant is to examine the acceptability and preliminary efficacy of an app-based mindfulness intervention for overweight (BMI > 25) midlife sexual minority women (lesbian, bisexual, and queer women) affected by psychosocial forms of early life adversity, as well as to understand the potential mechanisms of mindfulness to address mental and behavioral health outcomes affected by early life adversities.

Period: 10/2021- 05/2022

Total amount: \$15,000

2. co-Investigator (PI: Pachankis)

Developing efficient intervention technologies to reduce stigma-related stress, mental health problems, and HIV risk among young Chinese MSM

Type: R21 (TW011762-01)

Sponsor: NIH/National Institute of Mental Health (NIMH)

Grant aims to develop and test a digitalized psychotherapy intervention for distressed sexual minority men in China to lower mental health symptoms and HIV risk.

Period: 08/2020 – 08/2022

Total amount: \$380,606

3. Principal Investigator (Contact MPI)

Exploring a Mindfulness-based Approaches to Promote Mental and Sexual Health in Young MSM

Type: Catalyst Award

Sponsor: Brown University School of Public Health

Through quantitative (n = 400) and qualitative (n = 15) data collection, the study aims to test a minority stress and self-regulation informed theory to explore the utility of mindfulness

and self-compassion informed approaches for mental and sexual health promotion among young gay, bisexual and queer men.

Period: 09/2020 – 06/2022

Total amount: \$20,000

4. co-Investigator (PI: Loucks)

Extending interdisciplinary research network on interventions to reverse effects of early life adversity

Type: R24 (AG065174)

Sponsor: NIH/National Institute on Aging (NIA)

The aim of this training grant is to extend an interdisciplinary, international Research Network on Interventions to Reverse Effects of Early Life Adversity (aka “Reversibility Network”) through funding pilot research, organizing pre-conference workshops, and develop ELA measures toolkit.

Period: 04/2020 – 12/2021

Total amount: \$420,804

5. Fellow (PI: Brown)

Postdoctoral training in adolescent/young adult biobehavioral HIV research

Type: T32 MH078788

Sponsor: NIH/National Institute of Mental Health (NIMH)

The aim of this training grant is to facilitate Ph.D. and M.D. fellows to develop methodological skills to carry out independent research in areas of HIV prevention and treatment, sexually transmitted infections, substance abuse, and international health.

Period: 08/2018 – 8/2020

6. Principal Investigator (PI)

HIV testing, risk behaviors, and sexual and mental health among Chinese men who have sex with men (MSM): An examination based on the minority stress model

Type: Global Health Institute Research Award

Sponsor: University of Wisconsin-Madison

The aim of this grant is to examine the relevance of the minority stress theory to understand the mental and behavioral health among Chinese men who have sex with men, as well as to contextualize this theory to this population through quantitative ($n > 900$) and qualitative ($n = 24$) research methods.

Period: 8/2016 – 8/2018

Total amount: \$5,000

PEER-REVIEWED JOURNAL PUBLICATIONS

*Names with asterisks indicate mentored students and trainees. Senior authorship is underlined. *Summary*: 87 peer-reviewed publications, including 30 first-authored & 12 senior authored. h-index = 30; i10-index = 59. View [Google Scholar Profile here](#).

1. Qu, D., Liu, B., Zhang, X., Cai, C., Chen, D., Liu, D., Wen, X., Wu, Z., Sun, S., Saxena, S., An, J., Chen, R. (2026). School-based suicide prevention using the gatekeeper programme: A cluster-randomised trial. *Nature Health*. <https://doi.org/10.1038/s44360-025-00037-2>
2. Sun, S., *Rajasankar, V., Kang, *K., Chen, C., Scott, T., Pisani, C., Giovannone, N., & Operario, D. (2025). Mindfulness-based Queer Resilience (MBQR) to promote mental and sexual health among sexual and gender minority young adults: An internet-delivered feasibility trial. (in press). *Mindfulness*.
3. Luo, Dan., Wang, S., Zhao, X., Huang, Z., Hu, X., Liu, C., Dai, Z., Zha, H., Gao, P., Wang, J., Sun, Y., Sun, S., Yang, C., Smith, M. K., Livingston, M. D., Operario, D., Zhang, H., & Zhang, Z. (2026). Sexualized drug use linked to higher HIV testing frequency among men who have sex with men in three Chinese cities with higher HIV prevalence. *Substance Use and Misuse*. <https://doi.org/10.1080/10826084.2026.2633229>
4. *Poon, J. A., *Zelaya, D. G., Rajasankar, V., *Murphy, M. J., Russell, R. A., & Sun, S. (2026). Childhood threat vs. deprivation, psychopathology, and suicide risk among young sexual minority men, and the differential roles of mindfulness and emotion regulation as mediators. *International Journal of Environmental Research and Public Health*, 23(5), 609. <https://doi.org/10.3390/ijerph23050609>
5. *Zelaya, D. G., *Guy, A. A., Feinstein, B. A., *Murphy, M., Maglalang, D., Kahler, C. W., & Sun, S. (2026). Heterosexist discrimination and hazardous alcohol use among young sexual minority men: Examining the roles of rejection sensitivity and internalized heterosexism. (in press). *Stigma and Health*.
6. Nardi, W., Guthrie, K., Freedman, R., Dunsiger, S., Sun, S., & Brewer, J. (2026). "Customize it to that population, my population, my people, my peeps." Qualitative Evidence of Usability, Appropriateness, and Feasibility of an Anxiety-Facing Mobile Application for Co-Occurring Substance Use and Anxiety Disorders. *Proceedings of the 59th Hawaii International Conference on System Sciences*. <https://doi.org/10.24251/HICSS.2026.465>
7. Wen, X., Sun, S., Lin, D., Yue, W., & Chen, R. (2025). A social-ecological perspective on social contagion of self-harm among young people. *Nature Reviews Psychology*. <https://doi.org/10.1038/s44159-025-00495-1>
8. Torous, J., Linardon, J., Goldberg, S. B., Sun, S., Bel, I., Nicholas, J., Hassan, L., Hua, N., Milton, A., & Firth, J. (2025). The evolving field of digital mental health: Current evidence and implementation issues for smartphone apps, generative artificial intelligence, and virtual reality. *World Psychiatry*. <https://doi.org/10.1002/wps.21299>

9. Guy, A., Chen, C. A., McCarthy-Belash, N., Kang, T. K., Kolbasov, L. A., Gregory, R., Scott, T., Garcia, J., Banson, J., Zlotnick, C., Operario, D., Johnson, D. M., & **Sun, S.** (2026). Mixed-methods trial of a peer intervention for HIV and partner victimization in transgender women. *Journal of Counseling Psychology*. (2026). <https://doi.org/10.1037/cou0000832>.
10. Sukhbaatar, S, **Sun, S.**, Scarpaci, M.M., Neves, V.V., Sheridan, M.A., Loucks, E.B. (2026). Mindfulness for Heart and Mind: MB-BP Randomized Clinical Trial for Depression Symptoms. *Journal of Health Psychology*. <https://doi.org/10.1037/hea0001568>
11. Yi, M., Hagaman, A., Goldsamt, L., **Sun, S.**, Li, M., & Li, X. (2025). A conceptual framework of digital therapeutic alliance in internet-based cognitive behavioral therapy: A qualitative study. *INQUIRY*, 63: 1-12. doi: 10.1177/00469580261436993
12. **Sun, S.**, *Pisani, C., Pellowski, J., *Go, M., & Loucks, E. (2024). Addressing Mental Health, Glucose Management, and Type 2 Diabetes Prevention among People with Gestational Diabetes via Mindfulness: Community Perspectives and Implications for Intervention Design. *Mindfulness*. <https://doi.org/10.1007/s12671-025-02699-1>
13. Linardon, J., Xie, Q., Swords, C., Torous, J., **Sun, S.**, & Goldberg, S. B. (2025). Methodological quality in trials of mental health apps: Systematic review and longitudinal analysis. *BMJ Mental Health*. <https://doi.org/10.1136/bmjment-2025-301595>
14. Sison, O., Hernandez, L., Caser, A. P., Baluscang, J. D., Laguig, T., **Sun, S.**, Casison, A., Moodley, R., Restar, A., & Operario, D. (2025). HIV self-test experiences and implementation considerations among transgender women in the Philippines: Getting ready for scale-up. *AIDS Education and Prevention*. <https://doi.org/10.1521/aeap.2025.37.4.245>.
15. **Sun, S.**, Simonsson, O., McGarvey, S., Torous, J., Goldberg, S. B. (2024). Mobile phone interventions to improve health outcomes among patients with chronic diseases: An umbrella review and evidence synthesis from 34 meta-analyses. *The Lancet Digital Health*. [https://doi.org/10.1016/S2589-7500\(24\)00119-5](https://doi.org/10.1016/S2589-7500(24)00119-5)
16. *Go., M., Sokol, N., Ward, L., Anderson, M., & **Sun, S.** (2024). Characterizing racial and economic disparities and predictors of Gestational Diabetes Mellitus among pregnant people: An Analysis of PRAMS data, 2016-2022. *BMC Pregnancy and Childbirth*. <https://doi.org/10.1186/s12884-024-07034-5>
17. Cafferky, V., **Sun, S.**, Saadeh, F. B., & Loucks, E. B. (2025). Identifying the changing landscape of younger adult mortality in the United States from 1999 to 2021. *Journal of Adolescent Health*. <https://doi.org/10.1016/j.jadohealth.2024.11.247>
18. *Maglalang, D. D., Wang, K., Moitra, E., *Zelaya, D. G., & **Sun, S.** (2025). Discrimination, internalized heterosexism, and use of cigarettes and e-cigarettes in young sexual minority men. *Sexual and Gender Diversity in Social Services*. <https://doi.org/10.1080/29933021.2025.2469051>

19. **Sun, S.**, *Guy, A. A., *Murphy, M. J., *Zelaya, D. G., Fernandez, Y., & Operario, D. (2024). Minority stress, mental health, and mindfulness and self-compassion as moderators among young sexual minority men: A moderated structural equation analysis. *Journal of Contextual Behavioral Science*. <https://doi.org/10.1016/j.jcbs.2024.100804>
20. Du, J., Wang, S., Zhang, H., Liu, T., **Sun, S.**, Yang, C., Zaller, N., Dai, Z., Zha, H., Zhao, Y. and Zhao, Y., (2025). Pre-exposure Prophylaxis (PrEP) Awareness and Engagement Among MSM at High Risk of HIV Infection in China: A Multi-City Cross-Sectional Survey. *AIDS and Behavior*, pp.1-11. <https://doi.org/10.1007/s10461-025-04633-x>
21. Lucas, R., Moodley, R., Seiler, J. M., Singh, D., Rogers, H., Sherwood, J., Dusic, E., Governo, D., **Sun, S.**, Operario, D., & Restar, A. (2024). Review protocol for a systematic review and meta-analysis on HIV inequities in transgender and nonbinary populations. *BMJ Open*. <https://doi.org/10.1136/bmjopen-2024-087821>
22. Pu, Y., **Sun, S.**, Wei, C., & Xu, W. (2025). Endorsement of Confucianism and depressive symptoms among Chinese LGB individuals: The role of proximal processes and outness. *Psychology of Sexual Orientation and Gender Diversity*. <https://doi.org/10.1037/sgd0000808>
23. *Guy, A. A., *Murphy, M. J., *Zelaya, D. G., Kahler, C. W., & **Sun, S.** (2024). Data integrity in an online world: Demonstration of multimodal bot screening tools and considerations for preserving data integrity in two online social and behavioral research studies with marginalized populations. *Psychological Methods*. <https://doi.org/10.1037/met0000696>
24. Yi, M., Li, X., Chiaramonte, D., **Sun, S.**, Pan, S., Eisenstadt, B., Ljótsson, B., Hagaman, A., & Pachankis, J. E. (2024). Guided internet-based LGBTQ-affirmative cognitive behavioral therapy: A randomized controlled trial among sexual minority men in China. *Behaviour Research and Therapy*. <https://doi.org/10.1016/j.brat.2024.104605>
25. Zhu, Z., Du, J., Zhang, H., Liu, T., **Sun, S.**, Yang, C., Zaller, N., Cha, H., Zhao, X., Hu, X., Gao, P., Wang, J., Sun, Y., Zhang, Z., & Operario, D. (2024). The prevalence and associated factors of HIV self-testing among high-risk men who have sex with men in China: a study based on Bayesian network model. *Archives of Sexual Behavior*. <https://doi.org/10.1007/s10508-025-03192-5>
26. *Wei, C., Israel, T., & **Sun, S.** (2024). Psychiatric symptoms, risk, and protective factors among bisexual people in Mainland China, Hong Kong, and Taiwan. *LGBT Health*. <https://doi.org/10.1089/lgbt.2023.04>
27. Dejene, A., Carter, Z., Woo, E., **Sun, S.**, Loucks, E., & Proulx, J. (2024). The evolution of Mindfulness-Based Stress Reduction teacher training programs for people who serve historically underrepresented racial and ethnic groups. *Global Advances in Integrative Medicine and Health*. <https://doi.org/10.1177/27536130241244744>
28. *Maglalang, D. D., Keene, L., Mabrouk, F., Agostino, J., Guy, A., & **Sun, S.** (2024). Heterosexist discrimination and substance use in young adult sexual minorities: Examining

- the moderating role of mindfulness. *Health Equity*. <https://doi.org/10.1089/heq.2024.0015>
29. *Nardi, W. R., Kelly, P., Roy, A., Becker, S., Brewer, J., & **Sun, S.** (2024). A systematic review and meta-analysis of psychosocial interventions for persons with comorbid anxiety and substance use disorder. *Journal of Substance Use and Addiction Treatment*. <https://doi.org/10.1016/j.josat.2024.209442>
 30. Frank, H. E., Albanese, A., **Sun, S.**, Saadeh, F., Johnson, B. T., & Loucks, E. B. (2024). Mindfulness-based Stress Reduction health insurance coverage: If, how, and when? An integrated knowledge translation (iKT) delphi key informant analysis. *Mindfulness*. <https://doi.org/10.1007/s12671-024-02366-x>
 31. Zhu, Z., Lu, X., Gao, P., Wang, X., Hu, X., Zhao, Y., Dai, Z., Zhang, H., Wang, J., Sun, Y., Liu, T., **Sun, S.**, Cui, Y., Zaller, N., Zhang, Z., & Operario, D. (2024). Feasibility of WeTest-Plus for providing a continuum of HIV services for MSM at risk: Pilot study of a mobile health program in 3 cities in China. *Current HIV Research*. [https://doi: 10.2174/011570162X280190240105063449](https://doi.org/10.2174/011570162X280190240105063449)
 32. Goldberg, S. B., **Sun, S.**, Carlbring, P., & Torous, J. (2023). Selecting and describing control conditions in mobile health randomized controlled trials: A proposed typology. *npj Digital Medicine*. *6*, 181. <https://doi.org/10.1038/s41746-023-00923-7>
 33. Gathright, E. C., Salmoirago-Blotcher, E., Hughes, J. W., **Sun, S.**, DeCosta, J., Balletto, B. L., Carey, M. P., Scott-Sheldon, L. A. (2024). Effects of stress management interventions on heart rate variability in adults with cardiovascular disease: A systematic review and meta-analysis. *Journal of Behavioral Medicine*. [https://doi: 10.1007/s10865-024-00468-4](https://doi.org/10.1007/s10865-024-00468-4)
 34. Johnson, B. T., Acabchuk, R. L., George, E. A., Nardi, W., **Sun, S.**, Salmoirago-Blotcher, E., Scharf, J., & Loucks, E. B. (2023). Mental and physical health impacts of mindfulness training for college undergraduates: A systematic review and meta-analysis of randomized controlled trials. *Mindfulness*, *14*, 2077–2096 (2023). <https://doi.org/10.1007/s12671-023-02212-6>
 35. Cai, C., Qu, D., Liu, D., Liu, B., Zhang, X., Chen, P., Chen, D., **Sun, S.**, Tong, Y., An, J., Chen, R. (2023). Effectiveness of a localized and systematically developed gatekeeper training program in preventing suicide among Chinese adolescents. *Asian Journal of Psychiatry*. <https://doi.org/10.1016/j.ajp.2023.103755>
 36. **Sun, S.**, Pellowski, J., *Pisani, C., *Pandey, D., *Go, M, Chu, M., Ruan, J., & Werner, E. F. (2023). Experience of stigma, psychological distress and facilitative coping among pregnant people with gestational diabetes mellitus. *BMC Pregnancy and Childbirth*, *23*(1), 643. <https://doi.org/10.1186/s12884-023-05949-z>
 37. **Sun, S.**, *Nardi, W., *Murphy, M. J., *Scott, T., Saadeh, F., Roy, A., & Brewer, J. (2023). Mindfulness-based mobile health to address unhealthy eating among mid-age sexual minority women with early life adversity: A feasibility trial. *Journal of Medical Internet*

Research. [https://doi: 10.2196/46310](https://doi.org/10.2196/46310)

38. Crooks, N., **Sun, S.**, Wise, A., DiClementi, R., & Sales, J. (2023). Does parental protective factors matter? Predicting HIV/STI risk among a sample of African American girls involved in the juvenile justice system. *Children and Youth Services Review*. <https://doi.org/10.1016/j.childyouth.2023.106970>
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7. *Chen, C. A., *Kang, T. K., *Rajasankar, V., Kane, C. P., Operario, D., & **Sun, S.** (2025). "We are resilient and it's our superpower": Building community, mindfulness, and health through the internet-delivered Mindfulness-based Queer Resilience (MBQR) program. (under review).
8. *Bryer, C., Okawa, M., Harris, S., Weston, J., Dove, D., O'Brien, K., **Sun, S.**, & Proulx, J. (2025). A Group-Focused Mindfulness Intervention to Examine Psychological Openness Leveraging Indigenous Cultural Strengths and Craft Making in a Northeast Tribal Community: Results from the IndigenousMIND Project. (revise and resubmit).
9. **Sun, S.**, *Rajasankar, V., Giovannone, N., Miguel, C., Harrer, M., Cuijpers, P., Loucks, E. B., & Goldberg, S. (2025). Synthesizing evidence on decades of meditation-based research across populations, comparisons, and outcomes: Protocol for a meta-analytic database of randomized controlled trials. (revise and resubmit).
10. **Sun, S.**, *Jiwani, Z., Xu, S., Goldberg, S., Curtin, J., & Chen, R. (2025). Identifying risk factors of suicide ideation and attempts among young adults in China: A machine learning approach using XGBoost and SHAP Values. (revise and resubmit).
11. Jin, Y., Liu, B., Qu, D., An, J. **Sun, S.**, & Chen, R. (2025). Effectiveness of a school-based

- gatekeeper training program on adolescent suicide prevention in rural China: A secondary analysis of a randomized controlled trial on student suicide outcomes. (under review).
12. Nardi, W., Dunsiger, S., Freedman, Guthrie, Roy, **Sun, S.**, & Brewer. (2025). Investigating the Unwinding Anxiety mobile application for patients with anxiety and co-occurring substance use disorders: A single arm study assessing usability & associated changes in anxiety and substance use. (under review).
 13. *Rajasankar, V., *Chen, C. A., *Kang, T. K., Gutiérrez, J. M. G., Giovannone, N., *Medrano, M., Restar, A. J., Operario, D., Guy, A. A., & **Sun, S.** (2025). Mental and behavioral health interventions for transgender and nonbinary populations: A systematic review and meta-analysis. (revise and resubmit).
 14. *Pisani, C., & **Sun, S.** (2025). "My partner will love me at every size": Exploring individual and community factors related to healthy eating among sexual minority women with early life adversity. (under review).

BOOK CHAPTERS

- 1 Koerbel, L., Holland, P., & **Sun, S.** (2025). Mindfulness-based stress reduction (MBSR): Curriculum and teacher training. *The Palgrave Handbook of Third-Wave Psychotherapies*.
- 2 **Sun, S.**, Hoyt, W. T., & Westergaard, R. P. (2017). HIV/AIDS and global health: A minority stress perspective. In Stout, C. (editor). *Why Global Health Matters*. New York City, NY: John Wiley & Sons.
- 3 **Sun, S.**, Budge, S. L. (2017). Women's group therapy. In Nadal, K. L. (editor). *The Sage Encyclopedia of Psychology and Gender*. Thousand Oaks, CA: Sage.
- 4 **Sun, S.**, Minero, L. P., & Budge, S. L. (2017). Multiracial people and gender. In Nadal, K. L. (editor). *The Sage Encyclopedia of Psychology and Gender*. Thousand Oaks, CA: Sage.

INTERNATIONAL & NATIONAL PRESENTATIONS

1. Salt Lake City, USA, 2026. **Sun, S.**, Lam, C., Lau, W. S. Y., Swords, C. M., Rosenkranz, M. A., Davidson, R. J., & Goldberg, S. B. Do adverse childhood experiences moderate the effects of a meditation-based well-being app on depression? [Paper presentation]. In D. Joss (Chair), How do adverse childhood experiences affect neural and psychological effects of meditation-based interventions? Panel conducted at the International Congress on Integrative Medicine & Health in Salt Lake City, UT, USA. April 21-23, 2026.

2. Atlanta, GA, 2024. 2024 National LGBTQ Health Conference. Pisani, C., & **Sun, S.** (2024). "Understanding facilitative and hindering factors of healthy eating among sexual minority women with larger BMI and a history of early life adversity." Oral presentation. August 2024.
3. Atlanta, GA, 2024. 2024 National LGBTQ Health Conference. Singh, S., Mehta, N., **Sun, S.**, & Agénor, M. (2024). "'Crippling' and 'Queering' Health – Understanding the Sexual and Reproductive Health Needs and Experiences of Neurodivergent LGBTQ+ People: A Scoping Review. Poster presentation. August 2024.
4. Yunfu, Guangdong, China, 2024. Interdisciplinary Conference on Child and Adolescent Psychiatry, Mental Health, and Public Health, organized by Tsinghua University. Role: Panel chair/moderator for Scientific Advancement in Crisis and Suicide Interventions for Youth. July 2024.
5. Minneapolis, MN. 2nd Computational Psychiatry Conference. Jiwani, Z., Curtin, J., Murphy, M., Goldberg, S., Xu, S., Chen, R., & **Sun, S.** (2024). "Identifying Key Correlates of Suicide Ideation and Attempts among Young Adults in China: A Machine Learning Approach Using XGBoost and SHAP Values" Oral presentation. July 2024.
6. Chicago, IL. Society for Research on Adolescence 2024 Annual Meeting. Poon, J., Murphy, M., Russell, R., & **Sun, S.** (2024). "Childhood threat vs. deprivation: Psychopathology links for young sexual minority men." Poster presentation. April 2024.
7. Seattle, WA, 2023. Association for Behavioral and Cognitive Therapies. **Sun, S.** (2023). "Development and initial evaluation of Mindfulness-based Queer Resilience (MBQR) to promote mental and sexual health among sexual and gender minorities." Oral presentation. November 2023.
8. Atlanta, GA, 2023. American Public Health Association 2023 Annual Meeting. **Sun, S.** (2023). "Experiences of stigma, psychological distress, and facilitative coping among pregnant people with gestational diabetes mellitus." Oral presentation. November 2023.
9. Atlanta, GA, 2023. American Public Health Association 2023 Annual Meeting. **Sun, S.** (2023). "Mobile phone interventions to improve health outcomes among patients with chronic diseases: An umbrella review and evidence synthesis." Poster presentation. November 2023.
10. Atlanta, GA, 2023. American Public Health Association 2023 Annual Meeting. Scott, T., Wray, T., & **Sun, S.** "Identifying unique risk factors for HIV prevention behaviors among black and white YMSM". Poster presentation. November 2023.
11. Atlanta, GA, 2023. American Public Health Association 2023 Annual Meeting. Wang, K., Wei, C., & **Sun, S.** (2023). "Risk and protective factors for suicidal behaviors among transgender and gender non-conforming youth in China: A multi-level analysis." Poster presentation. November 2023.
12. Washington, DC, 2023. American Psychological Association 2019 Annual Convention. **Sun, S.** (2023). (Role: Symposium Presenter) on "Mental health and affirmative care needs of

- transgender and gender nonconforming people in China". August 2023.
13. Puerto Rico, 2023. 18th International Conference on HIV Treatment, Prevention and Adherence. Yi, M., Eisenstadt, B. E., Li, X., Hagaman, A., Pan, S., **Sun, S.**, Ljótsson, B., & Pachankis, J. "Cultural adaptation of an internet-based cognitive behavioral intervention among young men who have sex with men in China." Oral presentation. June 2023.
 14. San Diego, 2023. International Society for Contemplative Research Inaugural Annual Conference. **Sun, S.** (2023). Panelist with Jiwani, Z., Berstein, A., & Goldberg, S. on "Can contemplative practices support social justice and health equity in marginalized communities?" Oral presentation. February 2023.
 15. Boston, 2022. American Public Health Association 2022 Annual Meeting. **Sun, S.**, Nardi, W., Murphy, M. J., Scott, T., Saadeh, F., Roy, A., & Brewer, J. (2022). "Mindfulness-based mobile health to address unhealthy eating among mid-age sexual minority women with early life adversity: A feasibility trial". Oral presentation. November 2022.
 16. American Public Health Association 2021 Annual Meeting. Qiao, S., **Sun, S.**, Tam, C. C., Li, X., Zhou, Y., & Shen, Z. (2021). "Healthcare worker burnout during the COVID-19 pandemic in HIV clinics in Guangxi, China: A socioecological perspective". October 2021.
 17. Singapore. 2021. Asia-Pacific Mindfulness Conference. **Sun, S.** "The Potential Utility of Mindfulness in Reducing Stress and Improving Minority Health and Advancing Health Equity." Oral presentation. August, 2021.
 18. Contemplative Research Conference. **Sun, S.**, Lin, D., Goldberg, S., Shen, Z., Chen, P., Qiao, S., Brewer, J., Loucks, E., & Operario, D. (2020). A mindfulness-based mobile health (mHealth) intervention among psychologically distressed university students in quarantine during the COVID-19 pandemic: A randomized controlled trial. Panel Presentation (Role: Participant) on "Expanding access to contemplative practices through digital technology". Oral presentation. August 2020.
 19. Mind & Life Institute Contemplative Research Conference online. Riordan, K. M., Goldberg, S. B., **Sun, S.**, Davidson, R. J. (2020). The empirical status of mindfulness-based interventions: A systematic review of 44 meta-analyses of randomized controlled trials. November 2020.
 20. Amherst, MA. June 2020. Riordan, K., Goldberg, S. B., **Sun, S.**, Kearney, D. J., & Simpson, T. L. (2020). Mindfulness-based interventions for military veterans: A systematic review and meta-analysis. Poster presented at the Society for Psychotherapy Research meeting.
 21. Garrison, NY. Mind & Life Summer Research Institute. **Sun, S.**, Goldberg, S. B., Brewer, J. A. (2019). Mindfulness-based interventions for racial and ethnic minorities: A meta-analysis. Oral presentation. August 2019.
 22. Chicago, IL., USA. American Psychological Association 2019 Annual Convention. **Sun, S.**, Feng, S., Li, X., Liu, M., Shen, W., Xu, G., Wang, X., Hoyt, W. T., & Budge, S. (2019). "Contextualizing minority stress among Chinese sexual minority men." Panel Presentation

- (Role: Presenter) on “Minority Stress: Implications for Mental Health and Treatment with Gender and Sexual Minorities”. August 2019.
23. Chicago, IL., USA. APA 2019 Annual Convention. **Sun, S.**, Hunter, E., Beasley, S. T., & Lantz, M. M. (Role: Panel Chair). “Cultivating Interdisciplinary Collaborations as Early Career Professionals”. August 2019.
 24. Washington DC, USA. American Psychological Association 2017 Annual Convention. **Sun, S.** HIV/AIDS and sexual health issues among transgender individuals: A minority stress perspective. Panel Presentation (Role: Presenter) on “Health Concerns for Transgender and Gender Nonconforming People”. August 2017.
 25. Washington DC, USA. American Psychological Association 2017 Annual Convention. **Sun, S.** Perspectives on thriving as international trainees in applied psychology programs. Panel Presentation (Role: Presenter) on “International Counseling Competency: Perspectives of Faculty, Students, and Counseling Centers”. August 2017.
 26. Nanjing, China. The 2nd Mindfulness Academy Conference of China. **Sun, S.** Compassion-based interventions in clinical populations. April 2017.
 27. Beijing, China. 2016. the 8th Psychological Science Conference of China. **Sun, S.**, & Fong, K. Mindfulness: An interdisciplinary introduction. August, 2016.
 28. Denver, CO, USA. American Psychological Association Annual Convention. **Sun, S.**, Hoyt, W. T., & Westergaard, R. (Aug 2016). Identity matters: The intersectionality of racial, sexual, and gender identities among PLWHA and its effects on health outcomes.
 29. Denver, CO, USA. American Psychological Association Annual Convention. **Sun, S.**, & Baker, L. Mindfulness-based approaches with people living with HIV/AIDS. August 2016.
 30. Beijing, China. Invited speaker at Chinese Psychology Annual Convention. **Sun, S.** Mindfulness and diversity in workplace. August 2016.
 31. Beijing, China. **Sun, S.** (August 2016). Mindfulness in psychotherapy. Invited speaker at Chinese Psychology Convention.
 32. Madison, WI. **Sun, S.**, Wei, L., Liu, S., & L., L. (Oct 2015). Mindful parenting in China under cultural and socioeconomic shifts. Presentation at the 2nd Annual Conference for Contemplative Practices to Promote Child and Family Well-Being.
 33. Madison, WI. Baker, L., & **Sun, S.** (Sep 2015). Mindfulness in racial justice work. Workshop at the 2015 Racial Justice Summit.
 34. Madison, WI. Quintana, S., **Sun, S.**, Pruitt, R., & Chase, A. (May 2014). Learning Symposium: Integrating Diversity Dialogues into Multicultural Education.
 35. Atlanta, GA. Hase, C., Goldberg, S. B., **Sun, S.** (Mar 2014). Subjective reactions mediate outcomes in cyberbullied youth. Poster presented at the Counseling Psychology Conference.

36. Atlanta, GA. **Sun, S.**, & Quintana, S. (Mar 2014). Integrating Diversity Dialogues into Multicultural Counseling Competency Training. Poster presentation at the Counseling Psychology Conference.
37. Washington DC. **Sun, S.**, & Hoyt, W. T. (Aug 2013). Values, focus, and theoretical orientations of Chinese therapists: A cluster analysis. Poster presentation at the American Psychology Convention.
38. Paris, France. Kridler, J. B., Good, L., **Sun, S.**, Gott, K. C. (July 2011). Women's studies introductory course and university cultural diversity goals: Attitude change toward women and domestic violence among university students. Paper Presentation at the Third International Conference on Education, Economy and Society.

INVITED LECTURES & TALKS

1. "The War on Ukrainian Children." **Panel Chair**. Panelists include: Alexandra Vacroux (Kyiv School of Economics), Timothy Edgar (Watson School of International and Public Affairs and Computer Science, Brown University), Anthony Levitas (Watson School of International and Public Affairs, Brown University), Shufang Sun (Brown University School of Public Health), and Yana Verbova (Brown University School of Public Health). **Brown University School of Public Health. Providence, RI. March, 2026.**
2. "Addressing Mental Health With Young People Affected by Structural Adversities via Mindfulness and Digital Intervention Approaches." **Invited speaker/lecturer for CAAS Rounds at Center for Alcohol and Addiction Studies**, Brown University School of Public Health. Providence, RI. February, 2026.
3. "The public health need to address youth mental health in Ukraine". **Paul J. Galkin Global Health Grands Lecture at Brown University Alpert Medical School**. Providence, RI. January, 2026.
4. "Mindfulness and Digital Health Approaches for Community-Centered Mental Health and Health Equity: Evidence, Innovation, and Future Directions". **Invited speaker/lecturer for Grand Rounds at Beth Israel Deaconess Medical Center/Harvard Medical School**, Department of Psychiatry. Boston, MA. December, 2025.
5. "AI-driven methods for detecting and improving mental health: From umbrella review to understanding real-world impact." **Invited Speaker at Tsinghua University AI and Mental Health Summit**. October, 2025.
6. "Conducting digital mental health research with LGBTQ+ youth". **Invited Speaker/Panelist at the Digital Mental Health & LGBTQ+ Youth Conference**. Santa Clara University & University of Virginia. September, 2025.

7. "Mindfulness for all: A public health approach to bridging gaps and meeting modern needs.". **Opening Keynote speaker of the 2024 International Summit on Mindfulness.** Guangzhou, China. November 2024.
8. "Mindfulness-based intervention strategies to LGBTQ+ health promotion." Invited talk at **Providence College.** October 2024.
9. "Harnessing the potential of mindfulness for community health and health equity: Lessons learned from clinical research with historically marginalized communities." Invited talk at the JCOIN (Justice Community Opioid Innovation Network) Coordination and Translation Center via **the NIH HEAL Initiative/New York University Department of Psychiatry.** June 2024.
10. "From health equity to evidence synthesis: Investigating the potential of mindfulness intervention and translating science to societal impact." Invited talk at Speakers Series of Center for Healthy Minds, **University of Wisconsin-Madison.** May 2024.
11. "Harnessing the power of mindfulness to serve LGBTQ+ patients and LGBTQ+ providers." Invited talk at **Brown Alpert Medical School.** April 2024.
12. "Mindfulness-based intervention strategies to reduce stigma and promote health: What we learned from research with marginalized communities in the U.S." Invited talk at **New York University Shanghai.** October 2023.
13. "Youth mental health and global public health: New advancement, challenges, opportunities." Invited talk at **Tsinghua University School of Public Health.** November 2023.
14. "Mental Health, Human Rights, and HIV Prevention with Sexual and Gender Minorities in China". Invited talk at **Harvard University Center for AIDS Research.** August 2023.
15. "Research design and methods: Adapting treatments for diverse populations/international research." Invited lecture for postdoctoral research fellows at **Brown University Alpert Medical School, Department of Psychiatry and Human Behavior,** Postdoctoral Fellowship Training Program Research Fellowship Seminar. January 2023.
16. "Synthesizing research and advocacy on queer parenting in China." Invited talk and discussion panel at Paul Tsai China Center of **Yale Law School.** October 2022.
17. "Developing a mindfulness intervention for women with gestational diabetes for glucose management and psychological health." Invited guest lecture at **Brown University School of Public Health,** PHP 1895: "Mindfulness Epidemiology", Spring 2022.
18. "Working with sexual and gender minorities in high-stigma, LMIC settings." Invited guest lecture at **Brown University School of Public Health,** PHP 2730: "Global Health Ethics". Spring 2022.
19. "Heterosexism and Cis-sexism: Sexual and Gender Minorities." Invited guest lecture at

- Brown University School of Public Health**, PHP 0400: "Introduction to Health Disparities: Making the Connection Between Structure, Social Determinants, and Health Equity." Spring 2022.
20. "Contextualizing minority stress among Chinese men who have sex with men." Invited guest lecture at **Brown University School of Public Health**, PHP 2365: "LGBTQ Health". February 2022. April 2024.
 21. "Mindfulness and self-care for social justice." Invited talk at **Brown University School of Public Health**, lecture series for health equity scholars at Brown University. December 2021.
 22. "Mindfulness for Minority Populations." Invited talk at **Center for Healthy Mind, University of Wisconsin-Madison**. September 2021.
 23. "Global Mental Health Interventions." Invited guest lecture at **Brown University School of Public Health**, PHP 1070: "Global Burden of Disease." Fall 2021. Fall 2022. Fall 2023. Spring 2024. Fall 2025.
 24. "Can Mindfulness promote the well-being of LGBTQ people?" Invited talk at **Yale University, Center for Interdisciplinary Research on AIDS**, February 2021
 25. "Developing and testing mental health interventions with young gay and bisexual men in China." Invited guest lecture at **Brown University School of Public Health**, GHP 0700: "Global Public Health Interventions". Spring 2021; Spring 2022.
 26. "Qualitative Methods in Measuring Mindfulness." Invited guest lecture at **Brown University School of Public Health**, PHP 1885: "Measuring Mindfulness", Spring 2021
 27. "Developing Mindfulness Training for Young Gay and Bisexual Men for HIV Prevention." Invited guest lecture at **Brown University School of Public Health**, PHP 1895: "Mindfulness Epidemiology", Spring 2021
 28. "Sustainable work: Mindfulness for faculty of color". Invited talk at **Brown University School of Public Health** for faculty of color. October 2020.
 29. "Stigma and Health: Minority Stress in MSM in China and Implications for Interventions." Invited guest lecture at **Brown University School of Public Health**, PHP 2710: "Interdisciplinary Perspectives on Disability and Death in the Global South", Fall 2020
 30. "Conducting International Research with Marginalized Communities." Invited guest lecture at **Brown University School of Public Health**, PHP 2720: "Implementing Public Health Programs and Interventions in the Global South", Spring 2020
 31. "The Efficacy of Mindfulness across Populations and Conditions: A Critical Review of Evidence from Randomized Controlled Trials". Invited talk at **Central South University of China**, Changsha, China, May 2019.
 32. "Psychosocial Needs of People Living with HIV and Strategies for Implementation of Mental Health Services in LMIC Settings." Invited talk at **Chongqing Infectious Disease**

Medical Center/Teaching Hospital of Southwest University, Chongqing, China, May 2019.

33. "Psychology in Public Health: Promoting Science & Practice." Invited speaker at **Columbia University China Psychology Summit**, New York, NY. March 2019.
34. "Cultural Considerations in Intervention Development and Adaptation for Sexual Minority Men in China." Presentation provided at **Yale University School of Public Health**, December 2018.
35. "Mindfulness for Higher Education Professionals". One-day lecture provided to educators, administrators, and staff at **Qingdao University**, April 2017.
36. "The Use of Mindfulness-based Interventions in Psychotherapy." Seminar provided at Counseling Psychology Training Clinic at **University of Wisconsin-Madison**, October 2015
37. "Current Evidence on Mindfulness in Psychotherapy". Department of Psychology, **Southern Medical University of China**, Guangdong, China. August 2013.
38. "Conducting Community-Centered International Research". Invited guest lecture at CP 950 Research Methods (master & doctoral level course), Department of Counseling Psychology, **University of Wisconsin-Madison**, November 2013.

RESEARCH IN MEDIA REPORTS (SELECTIVE)

- Sep 2023 *The Brown Daily Herald*. " 'Equity at the forefront': SPH faculty aim to address health challenges faced by LGBTQ+ community members." <https://www.browndailyherald.com/article/2023/09/equity-at-the-forefront-sph-faculty-aim-to-address-health-challenges-faced-by-lgbtq-community-members>
- Aug 2023 *Vox*. "Meditation is more than either stress relief or enlightenment." <https://www.vox.com/future-perfect/23836358/meditation-mindfulness-enlightenment-science-contemplative-buddhism-spirituality>
- Jan 2023 *Yale Law School*. "Tsai Center Visiting Scholars Spurs New Research to Support China's Queer Families". <https://law.yale.edu/yls-today/news/tsai-center-visiting-scholar-spurs-new-research-support-chinas-queer-families>
- May 2022 *CNBC*. "This meditation app could pay you \$5,000 for 60 seconds of work – here's how" <https://www.cnbc.com/2022/05/08/meditation-app-calm-could-pay-you-5000-for-60-seconds-of-work.html>
- Feb 2022 *The Harvard Gazette*. "Is a mobile app as good as a therapist?" <https://news.harvard.edu/gazette/story/2022/02/is-a-mobile-app-as-good-as-seeing-a-therapist/>

Aug 2021 *Scientific American*. "Sometimes Mindfulness is Better Than Mindfulness".
<https://www.scientificamerican.com/article/sometimes-mindfulness-is-better-than-mindfulness/>

TEACHING AND INSTRUCTION

PHP 1689 Technology and Mental Health: Evidence, Innovations, and Ethics

Role: Instructor/Professor

Semester: Spring 2026

Department of Behavioral and Social Sciences, Brown University

CLPS 1980 Directed Research in Cognitive, Linguistic and Psychological Sciences

Role: Instructor/Professor

Semester: Fall 2022; Spring 2023; Fall 2024; Spring 2025

Department of Cognitive, Linguistic & Psychological Sciences at Brown University

PHP 2980 Graduate Independent Study and Thesis Research

Role: Instructor/Professor

Semester: Spring 2023; Spring 2024

Department of Behavioral and Social Sciences, Brown School of Public Health

STS 1971 Independent Study in Science and Society

Role: Instructor/Professor

Semester: Spring 2023

Program in Science, Technology, and Society at Brown University

CP 890 Personality Assessment (doctoral level course)

Role: Teaching Assistant

Semester: Spring 2015

Department of Counseling Psychology; University of Wisconsin-Madison

CP 902 Supervision Theory and Practicum (doctoral level course)

Role: Teaching Assistant

Semester: Spring 2015

Department of Counseling Psychology; University of Wisconsin-Madison

CP 860 Multicultural Counseling (master's level course)

Role: Teaching Assistant

Semester: Fall 2013

Department of Counseling Psychology; University of Wisconsin-Madison

CP 650 Multicultural Communication and Interviewing Skills (senior-level undergraduate course)

Role: Instructor

Semester: Fall 2012, Spring 2013, Summer 2013, Fall 2015, and Spring 2016

Department of Counseling Psychology; University of Wisconsin-Madison

Introduction to Women's & Gender Studies (junior-level undergraduate course)

Role: Teaching Assistant

Semester: Fall 2011

Department of Women's Studies; East Tennessee State University

LEADERSHIP AND SERVICE ON DIVERSITY & INCLUSION

Diversity Leadership and Service in Global Settings:

Consultant

Stanford University Center for Integrative Medicine

August 2023- December 2024

Responsibilities: I provide education and clinical consultation and instruction on mindfulness programs for Chinese-speaking populations.

Research and Clinical Service Consultant

Beijing LGBT Center, Beijing, China

December 2016-May 2020

Responsibilities: I have been involved in the Beijing LGBT Center's Psychology & Research Unit, where I provide my expertise as researcher and psychologist helping community service providers establish LGBT affirmative care through presentation of research and clinical knowledge.

Trainer, Gender Affirmative Therapist Training Institute: Working with Transgender and Gender Nonconforming Individuals

Beijing LGBT Center, Beijing, China

Responsibilities: As one of the invited experts for this 3-day training institute, I provided training to 120 Chinese mental health professionals on gender affirmative care with transgender and gender non-conforming individuals. Topics included gender identity development, mental health among transgender and gender non-conforming people, trauma sensitive care, and advocacy skills for mental health professionals.

Trainer, LGBTQ Affirmative Therapist Training Institute

Beijing LGBT Center, Beijing, China

April 2019 & August 2018

Responsibilities: As one of the invited experts for a 3-day training institute on LGBT affirmative care, I provided training to 200+ Chinese mental health professionals on LGBT affirmative care and case conceptualization from a culturally informed minority stress perspective.

Trainer, 8-week LGBTQ Affirmative Therapist Training

Beijing LGBT Center, Beijing, China

April- June 2018

Responsibilities: I designed, prepared and provided an 8-week online training course (2 hours seminar per week) on LGBT affirmative psychotherapy to 45 licensed Chinese mental health professionals. Topics included working with LGBT clients on identity related issues and mental health concerns, culturally responsive treatment, legal and ethics related issues, trauma and stigma in psychotherapy with LGBT clients, and affirmative therapy with transgender adults and youth.

Diversity Leadership and Service in Universities and National Professional Organizations:

Co-chair, DIAP (Diversity and Inclusion Action Plan) committee, Department of Behavioral and Social Sciences

Brown University School of Public Health, Providence, RI

December 2022 – May 2025

Responsibilities: Organize DIAP committee meetings, establish yearly and semester-based committee goals, act as liaison between department and school's diversity and inclusion offices, design annual climate survey, work with committee and department leaders to foster an inclusive department environment, advocate for faculty and student needs at department and school levels.

Member, Antiracist Committee, Department of Behavioral and Social Sciences

Brown University School of Public Health, Providence, RI November 2021 – November 2022

Responsibilities: Work with the committee leader and other members to develop the diversity mission statement of the department, establish goals related to diversity, inclusion, and belonging, and incorporate feedback from faculty and students on diversity-related goals.

Member, APA Division 18 (Psychologists for Public Service) Advocacy Committee

August 2018 – May 2019

Responsibilities: The committee is devoted to issues regarding psychologists' role as public health advocates and dissemination of knowledge to address health disparities.

Member, Diversity Committee of Department of Psychiatry and Human Behavior/Brown SPH

Brown University Alpert Medical School, Providence, RI

August 2018 – Present

Responsibilities: The committee aims to enhance diversity, inclusion, and belonging among members in psychiatry and public health at the Brown University system. My contribution included participation in its mentorship program and providing mentorship to postdoctoral fellows.

Member, Atlanta Behavioral Health Advocates
Emory University, Atlanta, GA
 2018

August 2017 – August

Responsibilities: The committee is devoted to advocacy in the hospital and medical systems in Atlanta to address behavioral health, including identifying and working with people with psychosis, issues on domestic violence, gun violence, and race/ethnicity-related treatment disparities in the medical care sector.

Diversity Dialogue Coordinator

University of Wisconsin-Madison, Madison, WI

August 2013 – May 2014

Responsibilities: Provide diversity dialogue sessions with undergraduate and graduate students on UW-Madison campus. Session topics included gender, race/ethnicity, nationality, LGBTQ, etc.

Diversity Educator

East Tennessee State University, Johnson City, TN

August 2010 – May 2012

Responsibilities: Provide diversity education sessions as a guest lecturer for students on campus across various departments.

ACADEMIC & PROFESSIONAL SERVICE

NIH Study Section Review:

- November 2024 NIH Special Emphasis Panel for Topics in Health Services Research, Maternal and Child Health, Aging, and Substance Use (ZRG1 HSS-Q (90)). Peer Reviewer.
- July 2024 NIDA/NIH Special Emphasis Panel for HEAL Initiative: Translating Research to Practice to End the Overdose Crisis. Peer Reviewer.
- April 2024 NIMH Loan Repayment Program. Peer Reviewer.
- March 2024 NIDA/NIH Special Emphasis Panel for HEAL Initiative: Translating Research to Practice to End the Overdose Crisis. Peer Reviewer.
- July 2023 NIH/NIMH HIV/AIDS Intra-and Inter-personal Determinants and Behavioral Interventions study section (HIBI). Peer Reviewer.

Other Grant Review Panels:

2020 NIH R24 Reversibility Network Pilot Award. Peer Reviewer
2018 American Psychological Association Malyon Smith Scholarship Award.
Peer Reviewer

Editorial Board:

Associate Editor, *JMIR Mental Health*, 2024 – present
Guest Editor, *American Journal of Orthopsychiatry*, on Special Issue on Mindfulness and Justice, 2024
Consulting Editor & Editorial Board Member, *Journal of Counseling Psychology*, 2020 – 2023

Ad Hoc Reviewer:

Psychological Bulletin, JMIR, Social Science & Medicine, Mindfulness, Psychotherapy, BMC Infectious Disease, Journal of Counseling Psychology, AIDS and Behavior, Journal of Nursing Research, Plos One, Additive Behaviors, The Lancet Regional Health, Health Psychology, Psychology of Sexual Orientation and Gender Diversity

Abstract Review:

Abstract Reviewer, American Psychological Association Convention, 2024
Abstract Reviewer, Brown School of Public Health Research Day, Spring 2022

Professional Service:

2025- present Member, Mental Health Technology Advisory Committee (MHTAC), the American Psychological Association (APA)
2021 – 2022 Member, Antiracist Committee, Department of Behavioral and Social Sciences, *Brown University School of Public Health*
2018 – 2019 Member, *APA Division 18 (Psychologists for Public Service)*, Advocacy Committee
2018-2021 Member, *APA Division 17 (Counseling Psychology)* Early Career Professional Committee
August 2018 – Present Member, Diversity Committee of Department of Psychiatry and Human Behavior, *Brown University Alpert Medical School*
2017-2018 Member, Atlanta Behavioral Health Advocates, *Emory University*

Cultural Service:

Translator, Oxford University Mindfulness Center Mindfulness-based Cognitive Therapy Training Module 4 in Shanghai, China, April 2019
Translator, 2nd Annual Mindfulness Academy Conference of China, Nanjing, China, April 2017
Lead Translator (Mandarin Chinese) of *Falling Awake* by Jon Kabat-Zinn, published by China Machine Press Co., Ltd, 2024.

PROVISION OF CLINICAL SUPERVISION & TRAINING

Supervisor October 2020 – Present
Central South University of China & Yale University School of Public Health
Clinical Responsibilities: As co-investigator of an NIH R21 grant, I performed weekly supervision with five Chinese counselors who provided internet-delivered, cognitive-behavioral-based, LGBT affirmative treatment to a cohort of young gay and bisexual men in Hunan province, China.

Supervisor July 2017 – June 2018
Department of Psychiatry and Behavioral Sciences
Emory University School of Medicine
Clinical Responsibilities: I performed weekly supervision with three practicum therapists at Grady Health System/Emory University School of Medicine, Atlanta, GA.

Supervisor September 2015 – May 2016
Department of Counseling Psychology
University of Wisconsin-Madison
Clinical Responsibilities: I provided weekly individual supervision for two master-level practitioners at department's training clinic; provided weekly group supervision with doctoral and master level practitioners with clinic's director.

Supervisor-in-training January 2015 – May 2015
Department of Counseling Psychology
University of Wisconsin-Madison
Faculty Supervisor: Stephanie Graham, PhD
Clinical Responsibilities: I supervised six master's-level practitioners through weekly individual supervision.

PROVISION OF CLINICAL PSYCHOLOGY SERVICE

Rhode Island Hospital/Brown University Alpert Medical School <i>Department of Psychiatry and Human Behavior</i>	January 2019 – May 2020 Providence, RI
Emory University School of Medicine/Grady Health System <i>Department of Psychiatry and Behavioral Sciences</i>	July 2017 – June 2018 Atlanta, GA

University of Wisconsin Hospital and Clinics <i>Health Psychology Department, Inpatient Unit</i>	July 2015 – Aug 2016 Madison, WI
HIV Comprehensive Care Clinic <i>University of Wisconsin Hospital and Clinics</i>	July 2014 – July 2015 Madison, WI
Counseling Psychology Training Clinic <i>University of Wisconsin – Madison, Department of Counseling Psychology</i>	June 2015 – May 2016 Madison, WI
University of Wisconsin Counseling and Consultation Services Center <i>University of Wisconsin-Madison</i>	July 2014 – July 2015 Madison, WI
Counseling Psychology Training Clinic <i>University of Wisconsin – Madison, Department of Counseling Psychology</i>	September 2012 – May 2013 Madison, WI
East Tennessee State University <i>Counseling Services Center</i>	August 2011– May 2012 Johnson City, TN
East Tennessee State University <i>Community Counseling Clinic</i>	August 2010– May 2012 Johnson City, TN

PROFESSIONAL AFFILIATIONS

Member, Yale School of Public Health Center for Interdisciplinary Research on AIDS (CIRA), 2020 – Present

Member, American Public Health Association, 2022 – Present

Member, International AIDS Society, 2016 – Present

Member, American Psychological Association, 2012 – Present

Member, American Psychological Association Division 17: Counseling Psychology, 2012 – Present

MENTORING AND ADVISING

Undergraduate Theses (Brown University):

Yiyun Li (International and Public Affairs). 2026, Honors Thesis “Food Insecurity and Eating Disorders among Asian Americans”.

Kenneth Kang (Psychology), 2025, Honors Thesis “The Interaction Effect of Structural Stigma and Lower-Levels of Stigma on Mental Health among Vulnerable Young Adults”

Chloe Chen (Sociology), 2024, Honors Thesis “Cultural Epistemologies of Pain: The Regulation of Legible and Legitimate Sexual Violence Survivorship”

Recipient of the Pembroke Center Linda Pei Undergraduate Research Grant

Matthew Murphy (Psychology), 2023, Honors Thesis “Internalized Stigma and Suicide Risk: A Serial Mediation Analysis among Young Adult Sexual Minority Men”

Winner of Muriel Fain Sher Premium Award for excellence in the psychology concentration

Sojas Wagle (Psychiatric Epidemiology), 2023, Honors Thesis “ ‘People have very gendered dreams about their children’: A Qualitative Description of Provider Perspectives on Gender-Affirming Care for Youth”

Simran Singh (Biology), 2023, Honors Thesis “ ‘Crippling’ and Queering Health – Understanding the Sexual and Reproductive Health Care Needs and Experiences of Neurodivergent LGBTQ+ People: A Scoping Review”

Jenny Lee (Contemplative Studies), 2021, Honors Thesis “East Complements West: Conceptualizing mental health and social justice among female U.S. Vietnamese immigrant service workers impacted by COVID-19”.

Recipient of Fulbright Scholarship; Recipient of Royce Fellowship.

Master’s Theses (Brown University):

Regan Gregory (Brown MPH), 2025, MPH Thesis “ ‘Me Teaching Me’: Efficacy and Utility of Mindfulness Training for Black Pregnant Women at Risk of Hypertension”

Punnava Alam (Brown MPH), 2026, MPH Thesis “Not individual but community stigma: Evaluating the impact of an intervention on willingness to seek mental health services in climate vulnerable communities in Bangladesh”

Denish Gunawan (Brown MPH), 2025, MPH Thesis “Developing a mindfulness program for pre-clinical medical students in Indonesia: A mixed methods study on suitability and appropriateness”

Nayeli Jimenez Alvarado (Brown MPH), 2024, MPH Thesis “A National Examination of Breastfeeding Disparities among Sexual Orientation Subgroups of U.S. Women”

Ty Scott (Brown MPH), 2023, MPH Thesis “Identifying Unique Risk and Protective Factors for HIV Prevention Behaviors among Black and White Young Men Who Have Sex with Men”

Cole Exline (Brown MPH), 2023, MPH Thesis “Raising the Voices of LGBTQ+ Individuals with Criminal Legal System Contact: A Systematic Review of Qualitative Research”

Doctoral Theses & MD Concentrations:

William Nardi (mentor and dissertation committee member; Brown University School of Public Health, PhD student in Behavioral and Social Health Sciences)

Recipient of F31 award; “Developing an adjunctive mobile application for co-morbid substance use and anxiety disorders: Comprehensive user experience testing of the Unwinding Anxiety application”

Matthew Murphy (PhD advisor; Brown University School of Public Health, PhD student in Behavioral and Social Health Sciences)

Claire Pisani (advisor of MD scholarly concentration in LGBTQ+ Health; Brown University Alpert Medical School, MD candidate in Brown Medical School)

Recipient of Emerging Infectious Disease and HIV Scholars Program at Brown (H-EIDS)

Muzi Li (dissertation committee member; Purdue University College of Education, PhD student in Counseling Psychology)

Postdoctoral Fellows:

Simone Skeen, PhD (primary mentor; Brown University School of Public Health; currently: postdoctoral fellow at Brown University School of Public Health)

Sara Landers, PhD (primary mentor and research supervisor; Brown University School of Public Health; currently: postdoctoral fellow at Brown University Alpert Medical School)

Arryn Guy, PhD (research supervisor; Brown University School of Public Health; currently: Assistant Professor at Illinois Institute of Technology Department of Psychology)

David Zelaya, PhD (research supervisor; Brown University School of Public Health; currently: Assistant Professor at Brown School of Public Health)

Chanda Phelan Kane, PhD (research supervisor; Brown University School of Public Health; currently: postdoctoral fellow at Brown University School of Public Health)

Dale Maglalang, PhD (research supervisor; Brown University School of Public Health; currently: Assistant Professor at New York University Department of Sociology)

Yohansa Fernández, PhD (research supervisor; currently: Program Officer at NIH)

Jenny Poon, PhD (research mentor; currently: Assistant Professor at the University of Alaska)

Anchorage)

Sharon Lee, PhD (diversity mentor; Brown Alpert Medical School; currently: Assistant Professor at Brown Department of Psychiatry)

Research Mentees:

Sofiya Doroshenko (currently: undergraduate student at Brown University)

Recipient of Undergraduate Teaching and Research Awards (UTRAs) at Brown University

Iman Hirani (currently: undergraduate student at Brown University)

Recipient of Undergraduate Teaching and Research Awards (UTRAs) at Brown University

Annie Smith (currently: undergraduate student at Brown University)

Recipient of Undergraduate Teaching and Research Awards (UTRAs) at Brown University

Emma Mejia (currently: undergraduate student at Brown University)

Recipient of Undergraduate Teaching and Research Awards (UTRAs) at Brown University

Mariia Dzhelmach (currently: undergraduate student at Brown University)

Recipient of Undergraduate Teaching and Research Awards (UTRAs) at Brown University

Sarah Wafa (currently: undergraduate student at Brown University)

Recipient of Undergraduate Teaching and Research Awards (UTRAs) at Brown University

Claire Pisani (currently: MD candidate of Brown Alpert Medical School)

Recipient of Emerging Infectious Disease and HIV Scholars Program at Brown (H-EIDS)

Grace Liu Li (currently: undergraduate student at Brown University)

Violet Park (currently: undergraduate student at Brown University)

Hanna Cheung (currently: undergraduate student at Brown University)

Ge Xu (currently: PhD student in Counseling Psychology, Lehigh University, USA)

Muqing Liu (currently: PhD student in Human Development and Family Studies, Purdue University, USA)

Wenxuan Shen (currently: PhD student in Philosophy, University of Tennessee, Knoxville)

Siqi Feng (currently: PhD student in Interdisciplinary Graduate Programme, Nanyang Technological University, Singapore)

Xinzi Wang (currently: PhD student in Mental Health, Johns Hopkins Bloomberg School of Public Health, USA)

Chongzheng Wei (currently: PhD candidate at University of California-Santa Barbara)

Matthew Murphy (currently: PhD student of Brown School of Public Health)

Diksha Pandey (currently: Acumen, LLC)

Mallory Go (currently: undergraduate student at Brown University)

Recipient of Undergraduate Teaching and Research Awards (UTRAs) at Brown University; Recipient of Hassenfeld Summer Scholarship

Regan Gregory (currently: MPH student at Brown School of Public Health)

Zoey Dangleman (currently: undergraduate student at Brown University)

Jingquan Miao (currently: master's student at Brown University)

Maksym Temnosagatyi (currently: undergraduate student at Brown University)

Oleksii Shebanov (currently: undergraduate student at Brown University)

Miguel Medrano (currently: undergraduate student at Brown University)

Jane Valliant (currently: undergraduate student at Brown University)

Kenneth Kang (currently: undergraduate student at Brown University)

Chloe Chen (currently: Staff Research Assistant at Brown University)

Nick McCarthy-Belash (currently: undergraduate student at Brown University)

Recipient of Undergraduate Teaching and Research Awards (UTRAs) at Brown University

Bianca Farro (currently: undergraduate student at Brown University)

Dorra Omrani (currently: undergraduate student at Brown University)

Zhongyu Fan (currently: MPH student at Brown University)

Chase Bryer (currently: PhD student at Brown University)