

CURRICULUM VITAE

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Education

Undergraduate 2006-2010	Wenzhou Medical University Wenzhou, China	BSN Nursing
Graduate 2012-2015	Fudan University Shanghai, China	MSN Nursing: Cardiovascular Disease
2013-2014	National Taiwan University Taiwan	Exchange Student Nursing: Community Health
2015-2019	University of Pittsburgh Pittsburgh, PA	PhD Nursing: Obesity Management
2017-2019	University of Pittsburgh Pittsburgh, PA	MPH Multidisciplinary Master of Public Health
Post-graduate 2019-2021	University of Rochester Rochester, NY	Post-doc Associate Nursing: Obesity Management

Additional Training

01/2018-05/2018	Graduate School of Public Health Diabetes Prevention Support Center University of Pittsburgh	Trainee <i>Group Lifestyle Balance™ Training Workshop DPP Lifestyle Coach</i>
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Working Experience

Academic

07/2021-present	School of Nursing University of Rochester	Tenure-Track Assistant Professor
9/2018-5/2019	School of Nursing University of Pittsburgh	Research Assistant <i>Nursing Preceptor Orientation Program; Classroom Observation Program</i>
9/2017-5/2019	School of Nursing University of Pittsburgh	Research Assistant <i>Promoting Lifestyle Change via Tailored mHealth Feedback to Improve Health NHLBI, R01HL131583 PI: Lora Burke</i>
9/2015-8/2017	School of Nursing University of Pittsburgh	Research Assistant <i>Advancing Real-time Data Collection with Adaptive Sampling and Innovative Technologies NIH/NHLBI, R01HL107370 PI: Lora Burke</i>
9/2015-8/2016	School of Nursing University of Pittsburgh	Research Assistant <i>Survey on Doctor of Nursing Practice Program in United States</i>
9/2016-8/2018	School of Nursing University of Pittsburgh	Teaching Assistant <i>Foundations of Nursing Practice</i>
Clinical 7/2010-5/2012	The First Affiliated Hospital of College of Medicine Zhejiang University	Staff nurse <i>Cardiac Care Unit</i>

Licensure

07/24/2010	Registered Nurse License #: 201033005061	China, Board of Registered Nursing
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Membership in Professional and Scientific Societies

2016-Present	Member, Sigma Theta Tau International (STTI)
2016-Present	Member, The Obesity Society (TOS)
2021-Present	Association of Women's Health, Obstetric and Neonatal (AWHONN)

Honors

10/2022	Highlight in the Editor's Focus, Pediatric Research
03/2022	Abstract of Distinction, American Society for Metabolic & Bariatric Surgery
01/2021	Epsilon Xi Chapter of Sigma Theta Tau Research Award
05/2017	Jayne F. Wiggins Memorial Scholarship
02/2017	Sigma Theta Tau Eta Chapter Research Award
09/2013	Graduate Student Research Award
05/2015	Graduate with Honor, Fudan University, Shanghai, China

Publications

Published

1. **Yu, Y.,** Ma, Q., Hollenbach, S., Zhu, Y., Groth, S.W. (in press) Pregnant Women following Bariatric Surgery: A Focus on Maternal Mental Health and its Impact on Birth Outcomes. *Obes Surg.* 2022.
2. **Yu, Y.,** Ma, Q., Groth, S.W. (in press) Predictors of Preterm Birth Following Bariatric Surgery: An Analysis of Longitudinal Assessment of Bariatric Surgery-2. *Surg Obes Relat Dis.* 2022.
3. **Yu, Y.,** Ma, Q., Groth, S.W. (in press) Association between Maternal Psychological Factors and Offspring Executive Function: Analysis of African-American Mother-child Dyads. *Pediatr Res.* 2022.
4. **Yu, Y.** & Groth, S.W. (in press) Risk Factors of Lower Birth Weight, Small-for-gestational-age, and Preterm Birth Following Bariatric Surgery: A Scoping Review. *Arch Gynecol Obstet.* 2022.
5. **Yu, Y.,** Ma, Q., Groth, S.W. Desire to Lose Weight was Associated with the Adoption of Weight Control Strategies but not Healthier Lifestyle Behaviors among Post-bariatric surgery Patients: NHANES 2013-2018. *Clin Obes.* 2022. 12(3):e12511.
6. **Yu, Y.,** Miller, R., Groth, S.W. A Literature Review of Dopamine in Binge Eating. *J Eat Disord.* 2022. 10(1):11.
7. **Yu, Y.,** Ma, Q., Johnson, J.A., Groth, S.W. Pre-surgical Predictors of 30-day Follow-up after Primary Bariatric Surgery: An Analysis of MBSAQIP. *Surg Obes Relat Dis.* 2022. 18(3):384-393
8. **Yu, Y.,** Fernandez, I.D., Meng, Y., Zhao, W., Groth, S.W. Gut Hormones, Adipokines, and Pro- and Anti- Inflammatory Cytokines/markers in Loss of Control Eating: a Scoping Review. *Appetite.* 2021. 166:105442
9. **Yu, Y.,** Ma, Q., Fernandez, I.D., Groth, S.W. (in press) Mental Health, Behavior Change Skills, and Eating Behaviors in Postpartum Women. *West J Nurs Res.* 2021.
10. **Yu, Y.,** Ma, Q., Fernandez, I.D., Groth, S.W. (in press) Associations of Trimester-specific Eating Behaviors and Eating Patterns with Excessive Gestational Weight Gain. *Journal of Women's Health Care.* 2021.
11. **Yu, Y.,** Kalarchian, M.A., Ma, Q., Groth, S.W. Eating Patterns and Unhealthy Weight Control Behaviors are Associated with Loss of Control Eating following Bariatric Surgery.

- Surg Obes Relat Dis.* 2021. 17(5):976-985.
12. Groth, S.W., Fernandez, I.D., Block, R.C., Thurston S., Wong, E., Brunner, J., Mayo, N., Kapula, N., **Yu, Y.**, Meng, Y., Yeh, K., Kinkade, C., Thornburg, L., O'Connor, T.G., Barrett, E.S. Biological Changes in the Perinatal Period and Subsequent Cardiometabolic Risk-- UPSIDE MOMS: A Research Protocol. *Res Nurs Health.* 2021. 44(4):608-619.
 13. **Yu, Y.**, Burke, L.E., Shen, Q., Imes, C., Sun, R., Groth, S., Wen, Z., & Kalarchian, M.A. A Qualitative Exploration of Patients' Experiences with Lifestyle Change after Sleeve Gastrectomy in Chinese Population. *Obes Surg.* 2020. 30(8): 3127-3134.
 14. **Yu, Y.**, Sereika, S.M., Finegold, D.N., Burke, L.E. Problem-solving, Adherence to Lifestyle Goals, and Weight Loss Among Individuals Participating in a Weight Loss Study. *Int J Behav Med.* 2021. 28(3): 328-336.
 15. Burke, L.E., Conroy, M.B., Parmanto B., Beatrice, B., Loar, I., Pulantara, W., Wang, Y., Kariuki, J., Cajita, M., **Yu, Y.**, Cedillo, M., & Sereika, S.M. The SMARTER Trial: Design of a Randomized Controlled Trial Testing Tailored mHealth Feedback to Impact Self-monitoring of Diet, Physical Activity, and Weight. *Contemp Clin Trials.* 2020. 91:105958.
 16. **Yu, Y.**, Klem, M.L., Kalarchian, M.A., Ji, M., & Burke, L.E. Predictors of Weight Regain after Sleeve Gastrectomy: an Integrative Review. *Surg Obes Relat Dis.* 2019. 15(6): 995-1005.
 17. Sun, R., Rohay, J., Sereika, S.M., Zheng, Y., **Yu, Y.**, & Burke, L.E. Psychometric evaluation of the Barriers to Healthy Eating Scale: Results from four independent weight loss studies. *Obesity.* 2019. 27(5): 700-706.
 18. **Yu, Y.**, Shiffman, S., Rohay, J., Ma, Q., Sun, R., Sereika, S.M., & Burke, L.E. Psychometric Evaluation of the Relapse Situation Efficacy Questionnaire in a Weight Loss Treatment Study. *Am J Health Behav.* 2018. 42(4): 80-89.
 19. **Yu, Y.**, Chen, L.Q.. Investigation of Training Situation and Needs of Coronary Heart Disease Management among Shanghai Community Nurses (2015). *Chinese Nursing Research.* 29(3):1045-1048. (in Chinese language)
 20. **Yu, Y.**, Chen, L.Q.. Curricula Development on Coronary Heart Disease Management for Community Nurses Based on Delphi Method (2015). *Journal of Nursing Science.* 30(3):78-81. (in Chinese language)
 21. **Yu, Y.**, Chen, L.Q.. The Knowledge about Coronary Heart Disease among Shanghai Community Nurses (2015). *Shanghai Medical & Pharmaceutical Journal.* 35(20): 53-56. (in Chinese language)
 22. **Yu, Y.**, Chen, L.Q.. The Current Status and Influencing Factors of Coronary Heart Disease Management Practice among Shanghai Community Nurses (2014). *Journal of Nursing Science.* 29(9):14-16. (in Chinese language)
 23. **Yu, Y.**, Yin, H., Zhang, Q.Q., Wu, Y.Q.. Design and Application of an Educational Network Platform for Temperature Sheet Drawing (2010). *Chinese Nursing Research.* 24(10A): 2623-2624. (in Chinese language)

Under preparation

1. **Yu, Y.**, Yeh, L., Groth, S.W. Patients' Experiences about Loss of Control Eating following Bariatric Surgery.
2. **Yu, Y.**, Ma, Q., Groth, S.W. Pre-pregnancy Weight Loss and Cardiometabolic Health during Pregnancy: an Analysis of NHANES.
3. **Yu, Y.**, Ma, Q., Groth, S.W. Pre-pregnancy Weight Loss: Associations with Obstetric, Birth,

and Long-term Offspring Outcomes.

Book Chapter

1. Goode, R., **Yu, Y.**, & Burke, L.E. (2018) *Obesity* in S.A. Shumaker, E. Schron, J. Ockene, & W.L. McBee (Eds.), *Handbook of Health Behavior Change* (5th Ed.). New York: Springer: 381-404.

Published Abstracts

1. Imes, C.C., Kline, C.E., Mendez, D.D., Sun, R., **Yu, Y.**, Chasens, E.R., Burke, L.E., & Rathbun, R.L. Impaired Nighttime Sleep Negatively Affects Next-day Physical Activity: Results from an Ecological Momentary Assessment Study. *Circulation*, 2018;137 (Suppl):AP278. Poster presentation at the American Heart Association.
2. Zheng, Y., Sereika, S.M, Ma, Q., Imes, C.C., **Yu, Y.**, Sun, R., Goode, R.W., Mancino, J.M., & Burke, L.E. (2017). Patterns of Total and Saturated Fat Consumption and their Associations With Weight Changes over a 12-month Weight Loss Study. *Annals of Behavioral Medicine*, 51(Suppl 1):S1803. Poster presented at the 38th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA.
3. **Yu, Y.**, Rohay, J.M., Sereika, S., Sun, R., Kariuki, J., & Burke, L.E. (2017). Psychometric Evaluation of the Abstinence Efficacy Scale among Obese Population. *Annals of Behavioral Medicine*, 51(Suppl 1):S238. Poster presentation at the 38th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Diego, California.
4. Sun, R., Rohay, J.M., **Yu, Y.**, Sereika, S.M., Kariuki, J., & Burke, L.E. (2017). Psychometric Evaluation of the Barriers to Healthy Eating Scale in Four Weight Loss Studies. *Annals of Behavioral Medicine*, 51(Suppl 1):S2689. Poster presentation at the 38th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Diego, California.
5. Imes, C.C., Zheng, Y., Lu, H., Mendez, D.D., Goode, R.W., Mattos, M., Ma, Q., Sun, R., **Yu, Y.**, Danford, C.A., Sereika, S.M., & Burke, L.E. (2016). Patterns of Change in Step Count During the First 12 Months of a Weight Loss Intervention: A Group-based Trajectory Analysis. *Circulation*, 133(Suppl), AP130. Poster presented at the meeting of American Heart Association's Epidemiology and Lifestyle and Cardiometabolic Health Councils, Phoenix, AZ

Presentations

International

1. **Yu, Y.**, Ma, Q., Groth, S.W. Pre-surgical Predictors of 30-day Follow-up Visits after Primary Bariatric Surgery: an Analysis of MBSAQIP. (Jun 10-12, 2021). Poster presentation at American Society for Metabolic and Bariatric Surgery Annual Meeting, virtual conference.
2. **Yu, Y.**, Ma, Q., Fernandez, I.D., Groth, S.W. Associations of Trimester-specific Eating Behaviors and Eating Patterns with Excessive Gestational Weight Gain. (March 25-26,

- 2021). Poster presentation at Eastern Nursing Research Society 2021, virtual conference.
3. **Yu, Y.**, Sereika, S.M., Finegold D.N., & Burke, L.E. Problem-solving, Adherence to Lifestyle Goals, and Weight Loss among Individuals Participating in a Weight Loss Study. (November 2-6, 2020). Poster presentation at The Obesity Society 2020, virtual conference.
 4. **Yu, Y.**, Ma, Q., Fernandez, I.D., Groth, S.W. Psychosocial Influences on Eating Behaviors in Women following Childbirth. (September 17th, 2020) Poster presentation at The Council for the Advancement of Nursing Science 2020, virtual conference.
 5. **Yu, Y.**, Sereika, S.M., Lyu, L., Kalarchian, M.A., & Burke, L.E. Psychosocial Factors Related to Weight Change in Adults who are Overweight or Obese. (November 14th, 2018) Poster presentation at The Obesity Society 2018, Nashville, TN.
 6. **Yu, Y.**, Sereika, S.M., Sun, R., Imes, C., Mendez, D., & Burke, L.E. Abstinence Self-efficacy is Associated with Changes in Lifestyle Adherence and Weight Loss. (November 2nd, 2017) Poster presentation at the The Obesity Society 2017, Washington, DC.
 7. **Yu, Y.**, Rohay, J.M., Sereika, S., Sun, R., Kariuki, J., & Burke, L.E. Psychometric Evaluation of the Abstinence Efficacy Scale among Obese Population. (June 6th, 2017) Poster presentation at the U.S. Sino Nursing forum, Pittsburgh, PA.
 8. Sun, R., Rohay, J.M., **Yu, Y.**, Sereika, S.M., Zheng, Y., & Burke, L.E. *Psychometric Evaluation of the Barriers to Healthy Eating Scale*. Oral presentation at the U.S. Sino Nursing Forum, Pittsburgh, PA.

Regional/Local

1. **Yu, Y.** (2019, April) Post-operative Psychosocial and Behavior Factors on Weight Change among Patients who have Undergone Sleeve Gastrectomy in China. Invited speaker, Dr. Melanie Jay's Lab, NYU Langone Health, New York University.
2. **Yu, Y.**, Kalarchian, M.A., Ren, D., & Burke, L.E. (2018, March) Associations between Post-operative Psychosocial and Behavior Factors on Weight Change among Patients who have Undergone Sleeve Gastrectomy in China. Oral presentation at STTI, Eta Chapter Scholars Night 2018, Pittsburgh, PA.
3. Sun, R., Imes, C., **Yu, Y.**, Danford, C.A., Goode, R., Hu, L., Ma, Q., Loar, I., Mendez, D., Sereika, S.M., Zheng, Y., & Burke, L.E. (2016, April) Is there an Association between Comorbid Conditions and Self-Efficacy for Weight Loss among Participants in Weight Loss Intervention Study? Poster presentation at the 28th Annual Scientific Session of the Eastern Nursing Research Society, Pittsburgh.

Research

Ongoing Research

Principal Investigator

University of Rochester

Pre-pregnancy Weight Loss: Associations with Obstetric, Birth, and Long-Term Offspring Outcomes

Years Inclusive: 2022-2023

Award: 2022 Every Woman, Every Baby Novice Researcher Award

Association of Women's Health, Obstetric and Neonatal Nurses

Principle Investigator

University of Rochester

Experiences of Loss of Control Eating in Post-bariatric Patients: Triggers, Associated Emotions and Behaviors, and Coping Efforts

Years Inclusive: 2021-2022

Award: Epsilon Xi Chapter of Sigma Theta Tau Research Award; Research Support Grant, School of Nursing, University of Rochester

Total Direct Cost: \$7000

Completed Research

Principle Investigator

University of Pittsburgh

Patients' Experiences, Post-operative Psychosocial and Behavioral Factors Related to Weight Change among Patients who have Undergone Sleeve Gastrectomy in China

Years Inclusive: 2017-2019

Award: Sigma Theta Tau Eta Chapter Award & Jayne F. Wiggins Memorial Scholarship School of Nursing, University of Pittsburgh

Principle Investigator

Fudan University

Research of Developing Coronary Heart Disease Management Training Curriculum for Community Nurses

Years Inclusive: 2013-2015

Award: Graduate Student Research Award School of Nursing, Fudan University

Professional Services

Manuscript reviewer

- Surgery for Obesity and Related Diseases
- The World Journal of Biological Psychiatry
- Journal of Medical Internet Research
- Patient Preference and Adherence
- Obesity Medicine
- Annals of Public Health Reports
- Women's health
- Diabetes, Metabolic Syndrome and Obesity
- Journal of Clinical Medicine
- Scientific Reports
- The Open Nursing Journal
- Journal of Women's Health

Volunteer

Integrative Conference on Technology, Social Media, and Behavioral Health