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CURRENT POSITION

Associate Professor, Department of Psychology, University of San Francisco, 2025-

Assistant Professor, Department of Psychology, University of San Francisco, 2019-2025

EDUCATION

2003 I.B.D., International Baccalaureate Diploma
Shanghai American School, Shanghai, China

2007 A.B., Biology and Psychology
Washington University in St. Louis

2008 M.A., Experimental Psychology
Boston University

2012 M.S., Clinical Psychology
University of Washington

2013 Diversity Science Specialization
University of Washington

2016-2017 Clinical Internship
VA Palo Alto Health Care System

2017 Ph.D., Clinical Psychology (APA-Approved)
University of Washington

2017-2019 Post-doctoral Research Fellow
Advanced Fellowship in Mental Illness Research and Treatment
Department of Psychiatry and Behavioral Sciences
Stanford University School of Medicine
National Center for PTSD – Dissemination & Training Division
VA Palo Alto Health Care System

HONORS and AWARDS

2013 Graduate Student Travel Award, Graduate School Fund for Excellence and Innovation
University of Washington

2013 Wagner Fund Fellow Award, Department of Psychology
University of Washington

2015 Graduate Student Service Award, Graduate Action Committee
University of Washington

2016 Distinguished Service Award, Department of Psychology
University of Washington

2013, 2014, 2016 Excellence in Teaching Commendation, Department of Psychology
University of Washington

2024 Post-Sabbatical Merit Award, College of Arts & Sciences

- 2025 University of San Francisco
Award Honorarium: \$3000
Distinguished Research Award
- 2026 University of San Francisco
Award Honorarium: \$4500
Innovation in Teaching with Technology Award
- 2026 University of San Francisco
Award Honorarium: \$750
Dean's Award for Excellence in Scholarship and Creative Work
- 2026 University of San Francisco
Award Honorarium: \$2000

RESEARCH FUNDING & FELLOWSHIPS

Labor-based grading contracts as anti-bias anti-racist (ABAR) pedagogical tools in psychology (\$5000), PI, Association of Psychological Science, Fund for Teaching and Public Understanding of Psychological Science, 2025-2026

Creating open access resources for an anti-bias anti-racist (ABAR) Introduction to Psychology (\$40,000), PI, Department of Education, Open Education Resources for Social Justice, 2023-2026

Oppression-based traumatic stress among gender expansive adults (\$2500), PI, University of San Francisco Faculty Development Fund (USF FDF), 2022-2023.

COVID-19 related race-based stress affecting Asian American college students (\$6182), PI, USF FDF, 2020-2022.

Project BURMESE: Buddhist understanding and reduction of Myanmar experiences of stigma and exclusion (\$186,800), Consultant, PI: Weiti Chen, NIH/Fogarty International Center (R21TW011277), 2019-2021.

Reducing psychological distress of HIV+ parents and their families in China (\$147,428), PI, NIH/National Institute of Mental Health (F31MH099925), 2012-2016.

Robert C Bolles Graduate Fellowship, University of Washington, 2015-2016

Center for AIDS Research (CFAR) Trainee Support Grant, 2015-2016

PROFESSIONAL ROLES

Research Positions

- 2004-2005 Research Intern, Pediatric Emergency Medicine Research Associate Program, St. Louis Children's Hospital, Washington University in St. Louis
- 2007-2008 Graduate Research Assistant, Cross-Cultural Emotion Lab and Addictive Behaviors Research Program, Boston University
- 2008-2010 Research Project Coordinator, Center for Anxiety Related Disorders, Boston University
- 2010-2012 Graduate Research Assistant, Department of Psychology, University of Washington
- 2012-2016 Pre-doctoral Research Fellow, Department of Psychology, University of Washington

2017-2019 Post-doctoral Research Fellow, Department of Psychiatry and Behavioral Sciences, Stanford University; National Center for PTSD, VA Palo Alto Health Care System

Clinical Positions

2011-2016 Staff Therapist, University of Washington Psychological Services and Training Center

2013 Practicum Therapist, Inpatient Psychiatry, University of Washington Medical Center

2013-2015 Practicum Therapist, Dialectical Behavior Therapy Treatment Development Clinic, Behavioral Research and Therapy Clinics, University of Washington

2013-2016 Skills Leader for Dialectical Behavior Therapy, Opal Food and Body Wisdom Eating Disorders Treatment Center

2015 Clinic Intake Coordinator, Psychological Services and Training Center, University of Washington

2016 Assessment Coordinator, Learning Disability and ADHD Assessment LEARN Clinic, University of Washington

2016-2017 Psychology Intern: Behavioral Medicine, Homeless Veterans' Rehabilitation Program, Men's Trauma Recovery Program, VA Palo Alto Health Care System

2017-2018 Post-doctoral Fellow, PTSD Outpatient Clinical Team, VA Palo Alto Health Care System

2018-2019 Licensed Clinical Psychologist, Bay Area On-site and Telehealth, Lyra Health

2018- Licensed Clinical Psychologist, Peninsula Behavioral Health

Mentoring

2010-2016 Graduate Mentor, Department of Psychology, University of Washington
Mentored and supervised 11 undergraduate research assistants in qualitative and quantitative research methods and career development.

2019-2021 PsyD Dissertation Committee, School of Nursing and Health Professions, USF
Mentee: Swapandeep Mushiana, Clinical Psychology PsyD, successfully defended on 4/8/2021. Title: Patient reported outcomes in sickle cell disease examined within a conceptual model

2020-2022 PsyD Dissertation Committee, California School of Professional Psychology, Alliant International University, San Diego
Mentee: Kenedy Ramos, Clinical Psychology PsyD, successfully defended on 7/7/2022. Title: An exploration of familial racism in Black/African American/AfroCaribbean/AfroLatinx/Latinx and white Biracial Individuals

2021- PsyD Dissertation Committee, School of Nursing and Health Professions, USF
Mentee: Yliana Hudor, Title: The impact of experiencing racial discrimination during the age of identity exploration on emerging adults from racial/ethnic minority backgrounds.

2021- PsyD Dissertation Committee, School of Nursing and Health Professions, USF

Mentee: Nicole-Jasmin Clark, Title: Resiliency factors of former juvenile offenders enrolled in postsecondary education

- 2023-2025 PsyD Dissertation Committee, School of Nursing and Health Professions, USF
Mentee: Keerthi Sundaramurthy, Clinical Psychology PsyD, successfully defended on 6/20/25 (passed with distinction). Title: The use of meditation with BIPOC trauma survivors
- 2023-2026 PsyD Dissertation Committee, School of Nursing and Health Professions, USF
Mentee: Mei Tam, Clinical Psychology PsyD, successfully defended on 5/11/26 (passed with distinction). Title: Identity development for queer East Asian American young adults during the coming out process to family
- 2025- PsyD Dissertation Committee, School of Nursing and Health Professions, USF
Mentee: Katrina May Lee, Title: Understanding sexual behavior in East Asian American Women: Navigating Western and Eastern sociocultural influences

Clinical Supervision

- 2022-2023 Postdoctoral Clinical Supervisor, Peninsula Behavioral Health, Palo Alto CA
Supervisee: Lianzhe Zheng, Ph.D., Boston College, specializing in race-based stress and trauma
- 2023-2024 Postdoctoral Clinical Supervisor, Peninsula Behavioral Health, Palo Alto CA
Supervisee: Christina Diorio, Psy.D., PGSP-Stanford Psy.D. Consortium, specializing in women's health and trauma-related disorders
- 2026-2027 Postdoctoral Clinical Supervisor, Peninsula Behavioral Health, Palo Alto CA
Supervisee: Kate Krakenberg, Psy.D., Wright Institute, specializing in women's health and trauma-related disorders

Ad-hoc Journal Reviewer: *Journal of Consulting and Clinical Psychology, Cultural Diversity and Ethnic Minority Psychology, Health Psychology, Journal of Homosexuality, AIDS and Behavior, AIDS Care, American Journal of Public Health, Asian/Pacific Island Nursing Journal, Social Science Research, Community Mental Health Journal, Journal of Affective Disorders, Stigma and Health, Psychological Trauma: Theory, Research, Practice, and Policy, Clinical Psychological Science, Journal of Racial and Ethnic Health Disparities, Johns Hopkins University Press, Asian American Journal of Psychology, Trauma, Violence, & Abuse, Race and Justice*

LICENSURE and PROFESSIONAL MEMBERSHIPS

- 2012- American Psychological Association; Division 45 Society for the Psychological Study of Culture, Ethnicity, and Race
- 2012- Asian American Psychological Association
- 2015- Association for Psychological Science
- 2017- International Society for Traumatic Stress Studies
- 2018- Licensed as Psychologist in the State of California

2022- Association of Behavioral and Cognitive Therapies

UNIVERSITY/HOSPITAL COMMITTEES

2010-2014 Cohort Representative, Advisory Committee for Clinical Psychology, Department of Psychology, UW
 2010-2014 Member, Diversity Steering Committee, Department of Psychology, UW
 2010-2016 Member, Graduate Office and Minority Affairs Program, UW
 2013-2015 Graduate Consultant, Asian Coalition for Equality, UW
 2014-2016 Co-Chair, Diversity Steering Committee, Department of Psychology, UW
 2015 Student Member, Faculty Search Committee, Department of Psychology, UW
 2016-2019 Member, Psychology Service Diversity Committee, VA Palo Alto Health Care System
 2017-2019 Member, Stanford University Postdoctoral Association Diversity Committee, Stanford University
 2019- Member, Probationary Caucus, University of San Francisco Faculty Union

PEER-REVIEWED PUBLICATIONS

**denotes mentees/students

1. **Yang, J.P.**, Ortiz, S.,** Tam, M.,** & Garrett-Walker, J. (in press). Perspectives from racialized gender expansive emerging adults on pronoun listing and cis use of she/they and he/they pronouns. *Psychology of Sexual Orientation and Gender Diversity*. Advance online publication. DOI: 10.1037/sgd0000921
2. Trinh, V., **Yang, J.P.** Tam, M.,** Ortiz, S.,** , Showers, E., & Garrett-Walker, J., (in press). How do we define gender? Examining self-descriptions and gender language usage among racialized AFAB gender expansive emerging adults. *Psychology of Sexual Orientation and Gender Diversity*. Advance online publication. DOI: 10.1037/sgd0000924
3. Harms, M., Demanarig, D. L., Ibrahim, M., Meredith, L., **Yang, J. P.**, Wong-Padoongpatt, G., Dummer, C., & Currie, E. (2026). Towards a DAARES (Decolonizing, Accessible, Anti-Racist, Equitable, and Sustainable) Introductory Psychology Class. *Teaching of Psychology*. Advance online publication. DOI: 10.1177/00986283261425246
4. Staples, J.M., Granato, H., Bird, C., & **Yang, J.P.** (2026). Oppression-based traumatic stress among transgender and gender expansive adults: Multiple forms of discrimination and trauma symptoms. *Journal of Aggression, Maltreatment, & Trauma*, 1-21. DOI: 10.1080/10926771.2026.2637960
5. Chan, R.,** Nhan, E.R.,** Williamson-Raun, A.,** & **Yang, J.P.** (2026). The weight of rejection: Rejection sensitivity's impact on psychological outcomes of COVID-19 anti-Asian racism. *Asian American Journal of Psychology*, 17(1), 60-70. DOI: 10.1037/aap0000389
6. Do, Q. A.,** Scott, S. B., Gaska, K. A., Nhan, E. R., Knopp, K., Bassi, R., **Yang, J. P.** (2025). Asian American women's experiences of health care inaccessibility and associated health outcomes: A mixed-methods study. *International Journal of Science & Healthcare Research*. 2025, 10(2), 1-15. DOI:10.52403/ijshr.20250201
7. **Yang, J.P.**, Chan, R.,** Williamson-Raun, A.,** Nhan, E. R.,** & Tung, E. L. (2026). "It was frightening because it could be my own grandparents": A qualitative study of vicarious exposure to anti-Asian racism. *Psychological Trauma: Theory, Research, Practice, and Policy*, 18(1), 171-181. DOI:10.1037/tra0001876

8. **Yang, J. P.**, Gaska, K. A., Do, Q. A., Tung, E. L., & Scott, S. B. (2024). Unfair Racial Treatment in Health Care, Healthcare Utilization, and Health Status among Black, Indigenous, Women of Color (BIWOC). *Journal of Prevention and Health Promotion*, 5(4), 553-567. DOI: 10.1177/26320770241248455
9. Nhan, E.R.,** Williamson-Raun, A.,** Chan, R.** & **Yang, J.P.** (2024). Ethnic identity protects and internalized racism harms health and coping in Asian Americans following COVID-19 discrimination: A mixed-methods study. *Journal of Racial and Ethnic Health Disparities*, 12(3), 1700-1714 DOI: 10.1007/s40615-024-02000-5
10. **Yang, J.P.**, Do, Q.,** Nhan, E.R.,** & Chen, J. A. (2023). A mixed methods study of race-based stress and trauma affecting Asian Americans during COVID. *Clinical Psychological Science*, 12(3), 468-485. DOI: 10.1177/21677026231180810
11. **Yang, J.P.**, Shiu, C.S., Zhang, L., Wang, K., Lu, H.Z., Zhao, H.X., & Chen, W.T. (2023). Health disparities affecting HIV-positive substance users in China. *Applied Nursing Research*, 73, 151729. DOI: 10.1016/j.apnr.2023.151729
12. Ogunnowo, S., Zakrison, T., Baird, B., Erben, Y., Tung, E., **Yang, J.P.**, & Dorsey, C. (2023). Exploring experiences of traumatic microaggressions towards surgeons and surgical residents. *Journal of Surgical Research*, 295, 191-202. DOI: 10.1016/j.jss.2023.10.018
13. Huang, F., Chen, W., Shiu, C., **Yang, J.P.**, Zhao, H. (2023). Relationships between spirituality and mental stress in people living with HIV in China: A cross-sectional study. *Mental Health, Religion & Culture*, 26(3), 276-289. DOI: 10.1080/13674676.2023.2219620
14. Nguyen, H., Do, Q.A.,** Schact, R., **Yang, J.P.**, George, W., & Pantalone, D. (2023). Culture and partner violence: Examining loss of face, acculturation, behavioral intentions, and risk perception among Asian American college women. *Journal of Family Violence*. DOI: 10.1007/s10896-023-00519-5
15. Scott, S., Knopp, K., **Yang, J.P.**, Do, Q. A.,** & Gaska, K. (2022). Sexual minority women, health care discrimination, and poor health outcomes: A mediation model through delayed care. *LGBT Health*, 10(3), 202-210. DOI: 10.1089/lgbt.2021.0414
16. Scott, S., Gaska, K., Knopp, K., Do, Q.,** & **Yang, J.P.** (2022). Sexual minority women and discriminatory healthcare experiences: An intersectional evaluation across race and ethnicity. *Women's Health Issues*, 33(2), 160-166. DOI: 10.1016/j.whi.2022.10.007
17. Do, Q.A.,** **Yang, J.P.**, Gaska, K., Knopp, K., Scott, S. (2022). Centering Asian American women's health: Prevalence of health care discrimination and associated health outcomes. *Journal of Racial and Ethnic Health Disparities*, 10, 797-804. DOI: 10.1007/s40615-022-01267-w
18. **Yang, J.P.**, Nhan, E., & Tung, E.L. (2022). COVID-19 Anti-Asian Racism and Race-based Stress: A phenomenological qualitative media analysis. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(8), 1374-1382. DOI: 10.1037/tra0001131
19. Tung, E.L., Peek, M.E., Rivas, M., **Yang, J.P.**, & Volerman, A. (2021). Association of neighborhood disadvantage with racial disparities in COVID-19 positivity and outcomes in Chicago. *Health Affairs*, 40(11), 1784-1791. DOI: 10.1377/hlthaff.2021.00695
20. Sun, M., Chen, W., **Yang, J.P.**, Bao, M., & Lu, H. (2020). Concerns of parental HIV disclosure in China. *Clinical Nursing Research*, Epub ahead of print. DOI: 10.1177/1054773820932725
21. **Yang, J.P.**, Simoni, J., Dorsey, S., Lin, Z., Bao, M., Sun, M., & Lu, H. (2019). Reducing distress and promoting resilience: A preliminary trial of a CBT skills intervention among recently HIV-diagnosed MSM in China. *AIDS Care*, 30(sup5), s39-s48. DOI: 10.1080/09540121.2018.1497768 [Top 10 most downloaded article of 2021]

22. Smith, N., Voisin, D., **Yang, J.P.**, & Tung, E. (2019). Keeping your guard up: Hypervigilance among urban residents affected by community and police violence. *Health Affairs*, 38(10), 1662-1669.
23. Aunon, F., Simoni, J., **Yang, J.P.**, Shiu, C., Chen, W., Edmunds, S., Ramaiya, M., Cheng, J., & Zhao, H. (2019). Depression and anxiety among HIV-positive men who have sex with men and men who have sex with women in China. *AIDS Care*, 32(3), 362-369. DOI: 10.1080/09540121.2019.1683803
24. Tung, E., Hampton, D., Kolak, M., Rogers, S., **Yang, J.P.**, & Peek, M. (2019). Racial and ethnic disparities in geographic access to trauma care: A multi-method study of America's urban trauma deserts. *JAMA Network Open*, 2(3): e190138. DOI: 10.1001/jamanetworkopen.2019.0138
25. Chen, W., Shiu, C., **Yang, J.P.**, Chuang, P., Berg, K., Chen, L., & Chi, P. (2019). Tobacco, alcohol, drug use, and intimate partner violence among MSM living with HIV. *Journal of the Association of Nurses in AIDS Care*, 30(6), 610-618. DOI:10.1097/JNC.0000000000000090
26. Chen, W., Shiu, C., **Yang, J.P.**, et al. (2019). Tobacco use and HIV symptom severity in Chinese people living with HIV. *AIDS Care*, 32(2), 217-222. DOI: 10.1080/09540121.2019.1620169
27. Chen, W., Shiu, C., **Yang, J.P.**, et al. (2018). Quality of life in HIV-infected Chinese women and their family caregivers: An intervention study. *AIDS Care*, 30(12), 1572-1579. DOI: 10.1080/09540121.2018.1510095
28. Nguyen, H., Schacht, R., **Yang, J.P.**, George, W., & Pantalone, D. (2018). Asian American women's victimization history and in-the-moment responses to partner violence. *Journal of Interpersonal Violence*. Epub ahead of print. DOI: 10.1177/0886260518770186
29. Chen, W., Shiu, C., **Yang, J.P.**, et al. (2018). Substance use, anxiety, and self-management efficacy in HIV-positive individuals: A mediation analysis. *Journal of Substance Use*, 23(4), 408-414. DOI: 10.1080/14659891.2018.1436603
30. **Yang, J.P.**, Simoni, J., Cheryan, S., Shiu, C., Chen, W., Zhao, H., & Lu, H. (2018). The development of a brief HIV-related distress reduction intervention for newly diagnosed individuals in China. *Cognitive & Behavioral Practice*, 25(2), 319-334. DOI: 10.1016/j.cbpra.2017.08.002
31. Chen, W., Shiu, C., **Yang, J.P.**, et al. (2018). A structural equation model of patient-healthcare provider relationships and HIV-infected patient outcomes in Chinese populations. *AIDS Care*, 30(3), 383-390. DOI: 10.1080/09540121.2017.1380778.
32. **Yang, J.P.**, ‡ Xie, T., ** Simoni, J., Shiu, C., Chen W., Zhao, H. & Lu, H. (§Authors contributed equally to study). (2017). "Unable to be a human being in front of other people": A qualitative study of self-isolation among people living with HIV/AIDS in China. *Journal of Clinical Psychology in Medical Settings*, 24(3), 211-222. DOI: 10.1007/s10880-017-9513-z
33. Simoni, J., Aunon, F., Kemp, C...**Yang, J.P.** (*Authors after first author contributed equally and are listed alphabetically; 2017). The next generation of research on HIV Adherence Interventions: No time to wait. *The Lancet Infectious Diseases*, 17(6), 564-565. DOI: 10.1016/S1473-3099(18)30106-8.
34. Lin, Z., Chen, W., **Yang, J.P.**, Bao, M., Zhang, J., Sun, M., Qiu, Y., et al. (2017). Disclosing parental HIV status to children in China: Lessons learned through an intervention study. *Journal of the Association of Nurses in AIDS Care*, 28(1), 130-41. DOI:10.1016/j.jana.2016.09.006

35. Nelson, K., **Yang, J.P.**, Maliken, A., Tsai, M., & Kohlenberg, R. (2016). Introduction to using structured evocative activities in Functional Analytic Psychotherapy. *Cognitive & Behavioral Practice*, 23(4), 459-63. DOI: 10.1016/j.cbpra.2013.12.009
36. Yu, Y., Hu, M., Liu Z., Liu H., **Yang, J.P.**, Zhou, L., & Xiao S. (2016). Recognition of depression anxiety, and alcohol abuse in a Chinese rural sample: a cross sectional study. *BMC Psychiatry*, 16(93). DOI: 10.1186/s12888-016-0802-0
37. **Yang, J.P.**, Xie, T.,** Simoni, J., Shiu, C., Chen, W., Zhao, H., & Lu, H. (2016). A mixed-methods study supporting a model of Chinese parental HIV disclosure. *AIDS & Behavior*, 20(1), 165-73. DOI: 10.1007/s10461-015-1070-6
38. **Yang, J.P.**, Leu, J., Simoni, J., Chen, W., Shiu, C., & Zhao, H. (2015). ‘Please don’t make me ask for help’: Implicit social support and mental health in Chinese individuals living with HIV/AIDS. *AIDS & Behavior*, 19(8), 1501-9. DOI: 10.1007/s10461-015-1041-y
39. Simoni, J., **Yang, J.P.**, Shiu, C., Chen, W., Udell, W., Bao, M., Zhang, L., & Lu, H. (2015). Nurse-delivered counseling intervention for parental HIV disclosure: Results from a pilot randomized controlled trial in China. *AIDS*, 29, S99-107. DOI: 10.1097/QAD.0000000000000664
40. Yu, Y. **Yang, J.P.**, Shiu, C., Simoni, J., Xiao, S., Chen, W., & Rao, D. (2015). Psychometric testing of the Chinese version of the Medical Outcomes Study Social Support Survey (MOS-SSS-CM) among people living with HIV/AIDS in Mainland China. *Applied Nursing Research*, 28(4), 328-33. DOI: 10.1016/j.apnr.2015.03.006
41. Yu, Y., Liu, Z., Hu, M., Liu, H., **Yang, J.P.**, Zhou, L., & Xiao, S. (2015). Mental health help-seeking intentions and preferences of rural Chinese adults. *PLOS One*, 10(11), e0141889. DOI:10.1371/journal.pone.0141889
42. Yu, Y., Liu, Z., Liu, X., Hu, M., Liu, H., **Yang, J.P.**, Zhou, L., & Xiao, S. (2015). Assessment of mental health literacy using a multi-faceted measure among a Chinese rural population. *BMJ Open*, 5(10), e009054. DOI: 10.1136/bmjopen-2015-009054
43. Yu, Y., Shiu, C., **Yang, J.P.**, Chen, W.T., & Simoni, J. (2014). Factor analyses of a social support scale using two methods. *Quality of Life Research*, 24(4), 787-94. DOI:10.1007/s11136-014-0815-4
44. Fredriksen-Goldsen, K., Simoni, J., Kim H., Lehavot, K., Walters, K., **Yang, J.P.**, Hoy-Ellis, C., & Muraco, A. (2014). The Health Equity Promotion Model: Reconceptualization of lesbian, gay, bisexual, and transgender (LGBT) health disparities. *American Journal of Orthopsychiatry*, 84(6), 653-63. DOI: 10.1037/ort0000030
45. Chen, W., Guthrie, B., Shiu, C., **Yang, J.P.**, Weng, Z., Wang, L et al. (2014). Acculturation and perceived stress in HIV+ immigrants: Depression symptomatology in Asian and Pacific Islanders. *AIDS Care*, 26(12): 1581-5. DOI: 10.1080/09540121.2014.936816
46. Nelson, K., Leickly, E., **Yang, J.P.**, Pereira, A., & Simoni, J. (2014). The influence of sexually explicit online media on sex: Do men who have sex with men believe they “Do what they see”? *AIDS Care*, 26(7): 931-4. DOI: 10.1080/09540121.2013.871219
47. Chen, W., Shiu, C., **Yang, J.P.**, Simoni, J., Fredriksen-Goldsen, K., Lee, T., & Zhao, H. (2013). Antiretroviral Therapy (ART) side effect impact on quality of life and depressive symptomatology: A mixed-method study. *Journal of AIDS & Clinical Research*, 4(6), 218-26. DOI: 10.4172/21556113.1000218
48. Chen, W., Shiu, C., **Yang, J.P.**, Lee, S., Lee, T., Simoni, J., Bao, M., & Lu, H. (2013). Fatigue and sleep disturbance related to perceived stress in Chinese HIV-positive individuals: A mixed methods study. *Journal of AIDS & Clinical Research*, 4(6), 214-22. DOI: 10.4172/2155-6113.1000214.

49. Caldwell-Harris, C., Konrod, A., & **Yang, J.P.** (2013). Do more, say less: Saying *I love you* in Chinese and American Cultures, *Journal of Intercultural Pragmatics*, 10(1), 41-69. DOI: 10.1515/ip2013-0002

BOOK CHAPTERS and OTHER PUBLICATIONS

1. Lee, J., Ho, E.Y., Cheng, H.S., & **Yang, J.P.** (2026) "On-Site Barbershops, Belonging, and Well-Being: Evaluating the USF Clip, Cut, Connect Program," *Journal of Interdisciplinary Perspectives and Scholarship*, 10(Article 1). <https://repository.usfca.edu/jips/vol10/iss1/1>
2. **Yang, J.P.** Jopling, R., Meffert, S., & Müller, M. (2026). Lessons learned from research innovations in depression and HIV in low and middle-income countries. In S. Okpaku (Ed.), *Innovations in Global Mental Health, 2nd Edition*. Cham, Switzerland: Springer.
3. **Yang, J.P.**, Hitti, A., Reese, Z., & Ma, L (2025). *Hidden Voices in Gen Psych*. Pressbooks. <https://lmu.pressbooks.pub/hiddenvoicespsych/>
4. Cheung, V., **Yang, J.P.**, Chun, K. (2023). Chinese, Korean, and Japanese Immigration to the US: Migration patterns and psychological adjustment. In G. Rich, J. Kuriansky, U. Gielen, & D. Kaplan. (Eds.) *Psychosocial Experiences and Adjustment of Migrants: Coming to the USA*. Elsevier.
5. **Yang, J.P.** & Carter, S. (2020). Loss, grief, and racial health disparities during COVID-19: Same storm, different boats. *Journal of Interdisciplinary Perspectives and Scholarship*, 3(5). <https://repository.usfca.edu/jips/vol3/iss1/5>
6. Valenstein-Mah, H., **Yang, J.P.**, Staples, J.M., & Nielsen, E. (2020). Finding the Middle Path between dependence and autonomy: Trainee experiences in Dialectical Behavior Therapy Supervision. *DBT Bulletin*, 3(1), 28-32.
7. Jopling, R., **Yang, J.P.**, Meffert, S., Müller, M., & Abas, M. (2019). Lessons learned from research innovations in depression and HIV in low and middle-income countries. In S. Okpaku (Ed.), *Innovations in Global Mental Health*. Cham, Switzerland: Springer.
8. **Yang, J.P.** and Linehan, M.M. (2017). A Case Study of Dialectical Behavior Therapy for Borderline Personality Disorder. In E. Rodolfa & J. Schaffer (Eds.), *A Casebook and Workbook for Users of the ICD-10-CM: Psychological and Behavioral Considerations* (Ch. 15). Washington, D.C.: American Psychological Association.
9. Nelson, K., **Yang, J.P.**, Molina, Y., & Simoni, J. (2015). Peer-Based Intervention Approaches. In: Hope, T., Richman, D. D., Stevenson, M., Eds. *Encyclopedia of AIDS*. New York, NY: Springer Science+Business Media.
10. **Yang, J.P.** (2015). This is my protest: What psychologists can contribute to conversations about Ferguson and #BlackLivesMatter. *The Winnower*, 2, e143917.74230.
11. Simoni, J., **Yang, J.P.**, & Porricolo, M. (2012). Family and HIV Medical Adherence. In W. Pequegnat & C.C. Bell (Eds.), *Family and HIV/AIDS: Culture and Contextual Issues in Prevention and Treatment* (Ch.10). New York: Springer.

CONFERENCE PRESENTATIONS

**denotes mentees

1. Austria, R., ** Russell, D., ** Hill, M., ** Hoang, V., ** Malik, S., ** Nangwala, J., Lim, N., & **Yang, J. P.** (2026, April). "Now because you're the one who is educated... you're going to help others light... their candles": The impact of centering education in caring for survivors of sexual violence in Zambia and Kenya. Poster presented at the annual convention of the Western Psychological Association, Tacoma, WA.

2. Hill, M.,** Austria, R.,** Hoang, V.,** Malik, S.,** Russell, D.,** Nangwala, J., Lim, N., & **Yang, J. P.** (2026 April). *Reconstructing Identity Among Young Women Survivors of Sexual Violence*. Poster presented at the annual convention of the Western Psychological Association, Tacoma, WA.
3. Hoang, V.,** Russell, D.,** Hill, M.,** Austria, R.A.,** Malik, S.,** Nangwala J., Lim, N., & **Yang, J. P.** (2026, April). "It has always been this way...": Examining Cultural Influence on Mental Health of Sexual Assault Survivors in Zambia and Kenya. Poster presented at the annual convention of the Western Psychological Association, Tacoma, WA.
4. **Yang, J.P.** & Garrett-Walker, J. (2026, April). Resisting the gender binary: Perspectives from gender expansive Asian emerging adults on pronoun listing and cis use of she/they and he/they pronouns. In R. Chang (Chair), *Contesting Racial Scripts: Asian/American knowledge, solidarity, and self-presentation*. Oral symposium conducted at the Association of Asian American Studies Annual Meeting, Honolulu HI.
5. Sundaramurthy, K.,** Garcia, D., & **Yang, J.P.** (2026, April). *Effects of a breathing meditation intervention on anxiety and depression symptom reduction among BIPOC trauma survivors* [Poster presentation]. Anxiety and Depression Association of America Annual Conference, Chicago, IL.
6. Sundaramurthy, K., Garcia, D., & **Yang, J.P.** (2026, April). *Exploratory qualitative analysis of participant feedback from a breathing meditation intervention for trauma-exposed BIPOC adults* [Poster presentation accepted]. Anxiety and Depression Association of America Annual Conference, Chicago, IL.
7. Bird, C., Staples, J., Granato, H., & **Yang, J.P.** (2026, June 25 - 28). *Oppression-Based Traumatic Stress among Transgender and Gender Expansive Adults: Multiple Forms of Discrimination and Trauma Symptoms*. Poster presented at the 11th Annual World Confederation Congress of Cognitive and Behavioural Therapies, San Francisco, CA.
8. Chan, R. Y., Nhan, E. R., Russell, D., Hill, M., & **Yang, J. P.** (2025, November). *Rejection Sensitivity Exacerbates Trauma Symptoms Following COVID anti-Asian Racism: A Mixed-Methods Study*. Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT) 2025 Convention, New Orleans, LA.
9. Austria, R. A., Nangwala J., Hill, M., Hoang, V., Malik, S., Russell, D., & **Yang, J. P.** (2025, May). The Empowering Voices Project: Preliminary findings and process fieldnotes from a community-based participatory research collaboration. Oral presentation at the University of San Francisco Creative Activity and Research Day (CARD), San Francisco, CA.
10. Ibrahim, M., Hospes, C., Dummer, C., ... & **Yang, J.P.** (2025, April). Decolonizing the introductory psychology course: Marginalized students' perceptions and experiences. Poster presented at the 2025 Society for the Teaching of Psychology APA Division 2 - Midwest Psychological Association Conference, Chicago, IL.
11. **Yang, J.P.**, Hoang, V.,** Malik, S.,** Gaska, K., Do, Q.,** & Scott, S. (2025, April). *Unfair racial treatment in health care, health care utilization, and health status among Black, Indigenous, Women of Color*. Poster presented at the Society for Behavioral Medicine's 46th Annual Meeting and Scientific Sessions, San Francisco, CA.
12. Nangwala, J.,** Malik, S.,** Austria, R.,** Hill, M.,** Hoang, V.,** Russell, D.,** Lim, N., & **Yang, J. P.** (2025, April). *Empowering Voices through Freely In Hope: Barriers and facilitators to thriving for survivors of sexual violence in Zambia and Kenya*. Poster presented at the Human Behavioral Research Conference (HBRC) Annual Convention, San Francisco, CA.

13. Harms, M., Demanarig, D., Currie, M., Ibrahim, M., Wong, G., Meredith, L., & **Yang, J.P.** (2025, June). Student perceptions and outcomes in a decolonized Intro Psychology course. Oral presentation at the Psychological Study of Social Issues Conference, Portland OR.
14. Nhan, E. R., Chan, R., Austria, R. M., Williamson-Raun, A. R., & **Yang, J. P.** (2025, February). The Moderating Impact of Rejection Sensitivity on the Relationship Between COVID Anti-Asian Racism and Trauma. Poster presented at The Society for Personality and Social Psychology (SPSP) Annual Convention, Denver, CO.
15. **Yang, J.P.**, Chan, R.,** Williamson-Raun, A.,** Nhan, E.R.,**, & Tung, E.L. (2024, September). "It was frightening because it could be my own grandparents": A qualitative study of vicarious exposure to anti-Asian racism. In **J.P. Yang** (Chair), *Qualitative methods to assess racial trauma in diverse settings*. Oral symposium conducted at the 40th Annual Meeting of the International Society for Traumatic Stress Studies, Boston, MA.
16. Chan, R.,** Wang, Z. L.,** Nhan, E. R.,** Williamson-Raun, A.,** & **Yang, J. P.** (2024, April). *A mixed-methods examination of rejection sensitivity's impact on psychological outcomes of COVID-19 anti-Asian racism*. Poster presented at the Council of University Directors of Clinical Psychology (CUDCP) Diversifying Clinical Psychology Conference (virtual).
17. **Yang, J.P.**, Chan, R.,** Nhan, E.R., ** & Tung, E. (2024, April). *Vicarious anti-Asian racism and psychological consequences*. In M. Lee (Chair), *(Re)Connecting psychology with Asian American Studies: Emerging research on Asian American stereotypes, discrimination, and solidarity* [Symposium]. Annual Conference of the Association of Asian American Studies, Seattle, WA.
18. **Yang, J.P.**, Nhan, E.R.,** Do, Q.A.,** Chan, R.** & Chen, J.A. (2023, November) *Cognitive, emotional, and behavioral symptoms of racial trauma from anti-Asian racism during COVID*. Poster presented at the 39th Annual Meeting of the International Society for Traumatic Stress Studies (ISTSS), Los Angeles, CA.
19. Bird, C., Staples, J.M., Granato, H., & **Yang, J.P.** (2023, November). *Oppression-Based Traumatic Stress Among Transgender and Gender Expansive Adults*. Poster presented at the 39th Annual Meeting of the International Society for Traumatic Stress Studies (ISTSS), Los Angeles, CA.
20. Chan, R.,** Williamson-Raun, A.,** Nhan, E.R.,** Amin, J.,** Fajardo, F.,** **Yang, J. P.** (2023, April). *A Qualitative Study Examining Vicarious Racism and Its Impact during COVID-19*. Poster presented at The Diversifying Clinical Psychology Conference (virtual; *Rated in top 10% of received abstracts).
21. Williamson-Raun, A.,** Amin, J.,** Chan, R.,** Nhan, E.R.,** **Yang, J. P.** (2023, April). *Anti-Asian Racism During the COVID-19 Pandemic and Mental Health Outcomes: The Influences of Ethnic Identity and Internalized Racism*. Poster presented at The Diversifying Clinical Psychology Conference (virtual).
22. Nhan, E.R.,** Williamson-Raun, A.,** Chan, R.,** Amin, J.,** Do, Q. A.,** & **Yang, J. P.** (2023, April). *COVID-19 Anti-Asian Discrimination and Behavioral Health Outcomes: The Moderating Roles of Cultural Identity and Internalized Racism*. Oral presentation given at the 103rd Annual Convention of the Western Psychological Association, Riverside, CA.
23. Hitti, A., **Yang, J.P.**, Pérez, J., Levy, B.J. & Munnich, E. (2023, April). *Student perspectives on diversity, equity, and inclusion in psychology courses*. In A. Hitti (Chair), *Informed Teaching Practices to Support Equitable Learning* [Symposium]. 103rd Annual Convention of the Western Psychological Association, Riverside, CA.

24. **Yang, J.P.**, Levy, B.J., Tang, S.,** Garrett-Walker, J., & Capriotti, M. (2023, April). *Implementing labor-based grading contracts in psychology classes*. In A. Hitti (Chair), *Informed Teaching Practices to Support Equitable Learning* [Symposium]. 103rd Annual Convention of the Western Psychological Association, Riverside, CA.
25. Ogunnowo, S., Zakrison, T., Baird, B., Erben, Y., Tung, E., **Yang, J.P.**, Dorsey, C. (2023, February). *Exploring experiences of traumatic microaggressions towards surgeons and surgical residents*. Plenary session presented at the 18th Annual Academic Surgical Congress, Houston, TX. (Abstract was rated in the top 1% of all abstracts submitted).
26. Do, Q.A.,** Nhan, E.R.,** Chen, J.A., & **Yang, J. P.** (2022, November). *A mixed-methods study of race-based stress affecting Asian Americans during COVID-19*. In Q.A. Do (Chair), *Understanding the Experiences, Fear, and Effects of Discrimination among Asian Americans during COVID-19* [Symposium]. Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York City, NY.
27. **Yang, J.P.** (2022, November) *Understanding the Experiences, Fear, and Effects of Discrimination among Asian Americans during COVID-19*. Symposium discussant. Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York City, NY.
28. Tang, S., Garrett-Walker, J., Capriotti, M., Levy, B., & **Yang, J.P.** (2022, April). *Utilizing labor-based grading contracts in psychology as anti-bias and anti-racist (ABAR) educational assessments*. Poster presented at the 102nd Annual Convention of the Western Psychological Association, Portland, OR.
29. Do, Q.A.,** **Yang, J. P.**, Gaska, K. A., & Scott, S. B. (2022, April). *Experiences of healthcare discrimination, inaccessibility, and associated health outcomes among Asian American women*. Poster presented for the 7th Annual Cultural Inclusion Institute, University of Texas Health Science Center, San Antonio, TX.
30. Nhan, E.R.,** Do, Q.A.,** Tung, E.L., & **Yang, J.P.** (2022, January). *A Phenomenological Qualitative Media Analysis of Anti-Asian Racism and Race-based Stress during COVID-19*. Poster presented at the biennial National Multicultural Conference and Summit, Santa Fe, New Mexico (rescheduled to virtual).
31. Do, Q.A.,** **Yang, J.P.**, Gaska, K.A., Scott, S.B. (2021, November). *Centering the Healthcare Experiences of Asian Women in the U.S*. Poster to be presented at the Annual Convention of the Association of Behavioral and Cognitive Therapies in New Orleans, LA.
32. Gaska, K. A., **Yang, J.P.**, Ellis, D., Do, Q.A., Scott, S. (2021, June). *Rethinking medical mistrust: Recent experiences of Black, Indigenous, and other Women of Color*. Poster presented at the 2021 Annual Research Meeting of Academy Health held virtually.
33. Zimmerman, L., Lounsbury, D., Rosen, C., Kimerling, R. Holbrook, A. Hong, S., Branscomb, J., Kibbe, D., Park, S., Kramer, R., Barlow, D.C., Mushiana, S., Azevedo, K., **Yang, J.P.**, Trafton, J., Lindley, S., & Rust, T. (2018, December). Participatory system dynamics for high quality VA addiction and mental health care. Oral presentation in L. Zimmerman (Chair), *Participatory modeling approaches to implementation science*, 11th Annual Conference on the Science of Dissemination and Implementation in Health, Washington, D C.
34. **Yang, J.P.** (2018, November). Conceptualizing race-based traumatic stress. In **J. P. Yang** (Chair), *Race-based Traumatic Stress: Conceptualizing, Measuring, Training, and Clinical Implications*. Oral symposium conducted at the 34th Annual Meeting of the International Society for Traumatic Stress Studies, Washington, D.C.
35. Tung, E., Hampton, D., Rogers, S., **Yang, J.P.**, & Peek, M. (2018, June). *Racial and ethnic disparities in geographic access to trauma care: An exploration of America's urban trauma*

- deserts*. Poster presented at the 2018 Annual Research Meeting of Academy Health in Seattle, WA.
36. **Yang, J.P.**, Tung, E., & Zimmerman, L. *Conceptualizing Race-based Traumatic Stress: From Systems to Self*. (2017, November). Poster presented at the 33rd Annual Meeting of the International Society for Traumatic Stress Studies in Chicago, IL. *Selected as the Diversity and Cultural Competence Special Interest Group's endorsed presentation for 2017.
 37. McCallion, E., Dodd, S., Chwick, K., ... **Yang, J.P.**, Shindel, C., & Carson, R. (2017, September). *Evaluating Psychosocial Distress in Veterans and Their Caregivers at the Palo Alto VA*. Poster presented at the 13th Annual Meeting of the Association of VA Hematology/Oncology in Denver, CO.
 38. Simoni, J., Ramaiya, M., Aunon, F., ... **Yang, J.P.** (*Authors after first two contributed equally and are listed alphabetically; 2017, June). *Implementation Science Research on HIV Adherence Interventions: If not now, when?* Poster presented at the 12th International Conference on HIV Treatment and Prevention Adherence in Miami, FL.
 39. **Yang, J.P.**, Dorsey, S. & Simoni, J. (2017, March). *The Psychology Toolbox: Implementing a distress reduction intervention for HIV+ primary care patients in China*. Poster presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine in San Diego, CA.
 40. **Yang, J.P.**, Simoni, J., Lin, Z., Bao, M., Yan, S. & Lu, H. (2016, August). *Preliminary outcomes of a distress reduction intervention for Chinese HIV-positive MSM*. Poster presented at the annual meeting of the Asian American Psychological Association in Denver, CO.
 41. **Yang, J.P.**, Simoni, J., Shiu, C., Chen, W., & Lu, H. (2016, July). *Alleviating stress and improving family functioning: Results from a preliminary RCT of a counseling intervention for parental HIV disclosure in China*. Poster presented at the 21st International AIDS Conference AIDS 2016 in Durban, South Africa.
 42. Korhonen, C., Kutner, B., **Yang, J.P.**, Simoni, J., & Graham, S. (2016, July). *No difference in adherence to antiretroviral therapy by sex in Africa: A meta-analysis*. Poster presented at the 21st International AIDS Conference AIDS 2016 in Durban, South Africa.
 43. **Yang, J.P.**, Simoni, J., Lin, Z., Sun, M., Bao, M., & Lu, H. (2016, July). *Developing a culturally appropriate intervention to reduce HIV-related distress in China*. Poster accepted for presentation at the 4th biennial American Psychological Association Division 45 Society of the Psychological Study of Culture, Ethnicity and Race Research Conference in Palo Alto, CA.
 44. Simoni, J., Kutner, B., Horvath, K., **Yang, J.P.**, Chen, W., Shiu, C., Aunon, F., Li, X., Lu, H., Hu, M., Yu, Y., Wang, H. (2016, May). *A Computer-based Program to Promote ART Adherence, Mental Health, and Treatment Engagement among PLWHA in China: Development and Initial Acceptability*. Poster presented at the 11th International Conference HIV Treatment and Prevention Adherence, Fort Lauderdale, FL.
 45. **Yang, J.P.**, Lin, Z., Yan, S., Chen, W., Shiu, C., Simoni, J., Bao, M. & Lu, H. (2015, December). *Understanding gaps in care: Difficulties in implementing interventions among HIV-positive individuals in China*. Poster accepted for presentation at the 8th Annual Conference on the Science of Dissemination and Implementation in Health, Washington, D.C.
 46. Kutner, B., Nelson, K., **Yang, J. P.**, Yard, S., & Simoni, J. (2014, July). *Who's watching what? Racial/ethnic differences in pornography consumption and sexual risk behavior among young men who have sex with men*. Poster presented at the International AIDS Conference, Melbourne, Australia.

47. Kutner, B., Wiebe, J., Saucedo, J., Nelson, K., **Yang, J.P.**, & Simoni, J. (2013, September). *Sexual risk behavior among Latino MSM living with HIV along the U.S.-Mexico border*. Poster presented at the United States Conference on AIDS, New Orleans, LA.
48. **Yang, J.P.**, Xie, T., & Simoni, J. (2013, August). *"They are better off without me": Self-imposed isolation from family among Chinese living with HIV*. Poster presented at the 121st annual convention of the American Psychological Association, Honolulu, HI.
49. Paves, A., **Yang, J.P.**, Acierto, D., & Larimer, M. (2013, July). *"Not American Enough, Not Filipino Enough": Experiences of Inter- and Intra-group Discrimination in the Words of Filipino American Young Adults*. Poster presented at the annual meeting of the Asian American Psychological Association, Honolulu, HI.
50. Yard, S., **Yang, J.P.**, Jin, H., Simoni, J., and Catz, S. (2013, August). *"He made me feel like I was worth loving": a qualitative study of relationship factors in the sexual risk behavior of women in jail and prison*. Poster presented at the 121st annual convention of the American Psychological Association in Honolulu, HI.
51. **Yang, J.P.**, Simoni, J., Chen, W., & Shiu, C. (2013, March). *Parental HIV disclosure to children in China: Considering culture and context*. Poster presented at the 34th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
52. **Yang, J.P.**, Leu, J., Simoni, J., Chen, W., Shiu, C., & Zhao, H. (2012, July). *The impact of stigma and social support on the mental health of persons living with HIV/AIDS (PLWHA) in China*. Poster presented at The XIX International AIDS Conference, Washington, D.C.
53. **Yang, J.P.**, Simoni, J., Chen, W., Shiu, C., & Zhao, H. (2012, July). *Barriers of parental HIV disclosure to children in China*. Poster presented at The XIX International AIDS Conference, Washington, D.C.

SELECTED INVITED PRESENTATIONS

1. *Assessing and treating race-based traumatic stress*, (2022, October). Postdoctoral fellowship didactic series, Peninsula Behavioral Health, Palo Alto CA.
2. *Mental health equity for underserved populations: Pursuing justice through community-based participatory research*. (2022, May). Invited speaker series, Center for Cross-Cultural Research, Western Washington University in Bellingham, WA.
3. *Integrating qualitative and quantitative approaches in mixed methods research*. (2022, May). Invited speaker series, Center for Cross-Cultural Research, Western Washington University in Bellingham, WA.
4. *Race-based stress and trauma*. (2022, February). CPY 7951 Trauma and PTSD: Risk, Resilience, and Therapeutic Recovery, Seattle Pacific University.
5. *Racism and race-based stress*. (2020, October). PSYC6129 Multicultural Competency Development, California School of Professional Psychology, Alliant International University in San Diego.
6. *Collective loss and grief of COVID-19*. (2020, May). Speaker Series: Psychological Impacts of COVID-19: Understanding and Emerging from Crisis. Center for Teaching Excellence & Center for Research, Artistic, and Scholarly Excellence, University of San Francisco.
7. *Dialectical Behavior Therapy*. (2019, April). PSYD730 Evidence-based Practice: CBT, University of San Francisco, Clinical Psychology PsyD Program.
8. *Clinical and social justice implications of race-based traumatic stress*. (2019, March). PSY7610 Social Justice Informed Clinical Care, California School of Professional Psychology, Alliant International University in San Diego.

9. *Conceptualizing race-based traumatic stress*. (2018, November). PSYC6129 Multicultural Competency Development, California School of Professional Psychology, Alliant International University in San Diego.
10. *Race-based Traumatic Stress: Conceptualizing, Assessing, and Treating*. (2018, November). PSYC 260: Crisis and Trauma Counseling, Department of Psychology, San Jose State University.
11. *Barriers to parental HIV self-disclosure to children in China*. (2012, June). Beijing Ditan Hospital, Capital Medical University; co-presented in Mandarin and English with J. Simoni.
12. *Developing a disclosure-support intervention for parents living with HIV in China*. (2012, December). Shanghai Public Health Clinical Center, Fudan University, co-presented in Mandarin and English with J. Simoni.
13. *Racial microaggressions in clinical settings*. (2013, 2014, 2015, February). UW Psychological Services and Training Center, Seattle WA, co-presented with H. Nguyen and K. Koo.
14. *Psychotherapy Workshop: A disclosure-support intervention for parents living with HIV/AIDS*,” (2013, December). Beijing Ditan Hospital, Capital Medical University; 3-day training co-presented in Mandarin and English with J. Simoni.