

YING MA

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EDUCATION

University of Houston

Ph.D. in Social Work - Graduate College of Social Work

Washington University in St. Louis

Master of Social Work - Brown School

University of California

Visiting Scholar, Epidemiology Department

Anhui Medical University

Ph.D. in Epidemiology

Master in Social Medicine and Health Service Management

Bachelor in Social Medicine and Health Service Management

Fudan University

Visiting Scholar, School of Public Health

Houston, TX

August 2020 – Present

St. Louis, MO

August 2020

Los Angeles, CA

September 2013 – September 2014

Hefei, China

July 2013

December 2006

June 2001

Shanghai, China

September 2007 – June 2008

RESEARCH EXPERIENCE

Connected Yet Lonely: Investigating the Relationships Between Internet Use, Social Capital, and Loneliness in Chinese adults

July 2024 – December 2025

Dissertation research, Supervised by Professor Patrick Leung

Houston, USA

- This study employs secondary data from a cross-sectional survey to explore the mechanisms through which Internet use and social capital influence loneliness in Chinese adults (≥ 18 years), as well as how these relationships vary by age, gender, and region.

Opting In & Out of COVID-19 Testing and Vaccines: Perspectives of Formerly Incarcerated Black and Indigenous People of Color (BIPOC)

April 2022 – February 2023

Research Assistant to Dr. Charles Lea

- Analyzed focus group data using Interpretive Phenomenological Analysis (IPA) within the framework of the Health Belief Model to examine COVID-19 testing and vaccination beliefs among formerly incarcerated Black and Hispanic/Latino individuals.

Senior Housing with Services for Low-Income Seniors in St. Louis

March 2019 – Present

Research Assistant to Professor Sojung Park of Brown School, Washington University in St. Louis

MO, USA

- Interview Chinese-born residents to determine the types of services and support provided by the housing complex, and study the influence of the community's social infrastructure on the physical activity and social engagement of seniors

Strategy Research on the Combination of Medical Care and Pension

July 2016 – May 2018

Program Leader, Funded by Anhui Social Science Association

Anhui, China

- Identified and analyzed the policies regarding the combination of medical care and pension in China
- Investigated the in-home and personal care services needed by senior residents of urban communities and identified the factors resulting in inadequate services

Study on the Social Capital and Mental Health among Old People

January 2012 – December 2015

Program Leader, Funded by National Natural Science Foundation of China

Anhui, China

- Investigated the connections between social capital and mental health among senior residents
- Conducted literature review, developed questionnaires to gauge social capital, and completed field research and data analysis
- Analyzed the role of non-government organizations in improving aging adults' mental health

Study on the Association & Strategy of Social Capital in AIDS Prevention, Control

January 2010 – January 2013

Doctoral Dissertation, Supervised by Professor Zhi Hu

Anhui, China

- Analyzed the characteristics of social capital at the individual level (focusing on “guanxi”), organizational level (trust, common language, norm, and reciprocity among multi-sectors fighting against HIV/AIDS), and national level (trust and social participation from World Value Survey) in China
- Determined the impacts of social capital on HIV/AIDS prevention and control, and explored the strategies for developing and utilizing social capital in HIV/AIDS prevention and control in China

Multi-center Community-based Dementia Research in Four Provinces of China

June 2008 – June 2009

Program Coordinator, Supervised by Dr. Ruoling Chen, Funded by Alzheimer's Research Trust

China

- Collaborated on the project with the School of Public Health in Fudan University, School of Public Health in Guangzhou Medical University, School of Public Health in Shanxi Medical University, and School of Health Care Administration in Harbin Medical University

- Assisted in a cross-sectional study to investigate the prevalence of dementia among rural and urban senior residents, and analyze the determinants using the tools developed by 10/66 Research Group, a collective of researchers carrying out population-based research of dementia in low- and middle-income countries
- Analyzed the collected data using SPSS and Stata to identify the correlation between exposure to second-hand smoke and dementia in women

PROFESSIONAL EXPERIENCE

Doctoral Research Journal: Perspectives on Social Work

June 2020 – Present, Houston, USA

Peer reviewer coordinator

- Engaged with the peer reviewer network through regular communication.
- Worked with the Editor to update peer reviewer status/eligibility and communicate with reviewers responding to Calls for Reviewers.

Concentration Practicum: Bilingual International Assistant Services

May – August 2020, MO, USA

Caseworker

- Provided counseling services regarding Medicaid, SNAP and other benefits programs for Chinese older immigrants
- Conducted independently assessment for Chinese older immigrants

Foundation Practicum: VOYCE and Sunrise on Clayton

January – June 2019, MO, USA

Ombudsman in Sunrise on Clayton

- Collected data on older residents' levels of satisfaction
- Advocated for older residents at Advocacy Day of 2019 in Jefferson City to raise awareness of issues concerning long-term care facilities

Hefei Community School

March 2019 – Present, Anhui, China

Legal Representative

- Developed training programs for front-line social workers, community resident committee staff, and volunteers within the community to deal with social issues, such as social injustice, chronic diseases, and disability

TEACHING EXPERIENCE AND TRAINING

University of Houston

September 2020

Guest lecture

- Topic: Stepped wedge design, SOCW 6305: Research and Knowledge Building in Social Work Practice, Graduate College of Social Work, Instructor: Dr. Patrick Leung

Center for the Integration of Research, Teaching and Learning (CIRTL) at the University of Houston

- CIRTL Associate Level: Virtual Training on Transforming Research into Teaching, June – August 2021

Anhui Medical University

September 2003 – July 2018, Anhui, China

Associate Professor in Health Care Management Department

- Taught undergraduate courses, including Health Policy, Health Care Management, and Health Education and Promotion

PUBLICATIONS

1. Zhu, Y., Park, S., Kolady, R., Zha, W., Ma, Y., Dias, A., ... & Babulal, G. M. (2024). A systematic review/meta-analysis of prevalence and incidence rates illustrates systemic underrepresentation of individuals racialized as Asian and/or Asian-American in AD/DR research. *Alzheimer's & Dementia*, 20(6), 4315-4330.
2. Chen, A., Yin, J., Ma, Ying., Hou, J., Zhou, W., Bai, Z., ... & Chen, R. (2024). Impact of PM2. 5 exposure in old age and its interactive effect with smoking on incidence of diabetes. *Science of The Total Environment*, 175219.
3. Ying Ma, Patrick Leung, Yi Wang, Monit Cheung, Xin Chen, and Xiaowei Sun. (2024). Psychological resilience and mental health among older Tekun men in long-term care facilities in rural China. *Journal of Ethnic & Cultural Diversity in Social Work*, 1-13.
4. Brewer, K. B., Gearing, R. E., Cheung, M., Leung, P., Carr, L. C., Savani, S., Ma, Y., Chen, W., & He, X. (2023). Formal versus informal pathways to mental health care in China. *China Journal of Social Work*. Advance online publication. <https://doi.org/10.1080/17525098.2023.2252913>
5. Ying Ma, Patrick Leung, Yi Wang, and Li Wang. Psychological Resilience, Activities of Daily Living, and Cognitive Functioning among Male Tekun Older Adults in Rural Long-Term Care Facilities in China. *Social Work in Health Care* (2022). *Social Work in Health Care*, 61(6-8), 445-467. <https://doi.org/10.1080/00981389.2022.2147628>
6. Xie, S., Ma, Y., Cui, M., Che, X., & Wang, L. (2022). A meta-analysis of correlation between resilience and quality of life in older adults. *Chinese Mental Health Journal*, 36(1): 56-61.
7. Chen, R., Zhou, W., Ma, Y., Wan, Y., Xia, Q., Rodney, A., ... & Copeland, J. R. Impacts of Depression Case and Subcase on All-Cause Mortality Among Older People in China: Are there gender differences? . (2021). Available at SSRN 3768556.
8. Ma, Y., Hu, Z., Qin, X., Chen, R., & Zhou, Y. (2018). Prevalence and socio-economic correlates of insomnia

among older people in Anhui, China. *Australasian Journal on Ageing*, 37(3), E91–E96.

9. Yu, X., **Ma, Y.**, Wu, M., Cui, L., Lu, L., & Bai, T. (2017). Analysis on the policy content of pension combined with medical service from the perspective of policy in china. *Chinese Journal of Health Policy*, 10(1), 41–45.
10. Zhao, Y., **Ma, Y.**, Chen, R., Li, F., Qin, X., & Hu, Z. (2016). Non-disclosure of sexual orientation to parents associated with sexual risk behaviors among gay and bisexual MSM in China. *AIDS and Behavior*, 20(1), 193–203.
11. Hu, F., Niu, L., Chen, R., **Ma, Y.**, Qin, X., & Hu, Z. (2015). The association between social capital and quality of life among type 2 diabetes patients in Anhui province, China: a cross-sectional study. *BMC Public Health*, 15(1), 786.
12. Chen, R., Tao, F., **Ma, Y.**, Zhong, L., Qin, X., & Hu, Z. (2014). Associations between social support and condom use among commercial sex workers in China: a cross-sectional study. *PLOS One*, 9(12), e113794.
13. Chen, R., Hu, Z., Chen, R., **Ma, Y.**, Zhang, D., & Wilson, K. (2013). Determinants for undetected dementia and late-life depression. *The British Journal of Psychiatry*, 203(3), 203–208.
14. Chen, R., Hu, Z., Zhang, D., **Ma, Y.**, & Wei, L. (2013). Second-hand smoke and dementia. *Epidemiology* 24(4), 623–624.
15. Chen, R., Wilson, K., Chen, Y., Zhang, D., Qin, X., He, M., Hu, Z., **Ma, Y.**, & Copeland, J.R. (2013). Association between environmental tobacco smoke exposure and dementia syndromes. *Occupational and environmental medicine*, 70(1), 63–69.
16. **Ma, Y.**, Qin, X., Chen, R., Li, N., Chen, R., & Hu, Z. (2012). Impact of individual-level social capital on quality of life among AIDS patients in China. *PLOS One*, 7(11), e48888.
17. Chen, R., **Ma, Y.**, Wilson, K., Hu, Z., Sallah, D., Wang, J., Fan, L., Chen, R., & Copeland, J.R. (2012). A multicenter community-based study of dementia cases and subcases in older people in China—the GMS - AGE-CAT prevalence and socio - economic correlates." *International Journal of Geriatric Psychiatry*, 27(7), 692–702.
18. **Ma, Y.**, Fu, H., Wang, J., Fan, L., Zheng, J., Chen, R., Qin, X., & Hu, Z. (2012). Study on the prevalence and risk factors of depressive symptoms among 'empty-nest' and 'non-empty-nest' elderly in four provinces and cities in China. *Zhonghua liu xing bing xue za zhi*, 33(5), 478–482.

PEER REVIEWED CONFERENCES

1. **Ying Ma**, Patrick Leung, & Monit Cheung. Neighborhood social cohesion and subjective well-being: Gender differences among Chinese Older Adults. Society for Social Work and Research (SSWR) Conference (2023). e-Poster.
2. **Ying Ma** & Patrick Leung. Gender and age differences in the association between sleep quality and suicidal ideation among older adults in China. Council on Social Work Education (CSWE) 68th Annual Program Meeting (2022). Oral Presentation.
3. **Ying Ma** & Patrick Leung. Risk factors of Intimate Partner Violence among Older Asian Americans in Houston. Council on Social Work Education (CSWE) 67th Annual Program Meeting (2021). Oral Presentation.
4. **Ying Ma** & Patrick Leung. Resilience and Mental Health Among Male Older Adults in Extreme Poverty in Long-term Care Facilities in Rural China. The Gerontological Society of America (GSA) Annual Scientific Meeting (2021). e-Poster.
5. **Ying Ma** & Patrick Leung. Resilience, ADL, and Cognitive Functioning Among Male Older Adults in Poverty in Rural Long-Term Care Facilities in China. Society for Social Work and Research (SSWR) Conference (2021). e-poster.
6. **Ying Ma**, Yiqi Zhu, & Guimei Chen. Rural-Urban Differences in the Association between Social Capital and Suicidal Ideation Among the Older Adults in Anhui, China. Society for Social Work and Research (SSWR) Conference (2020). Oral presentation.

PUBLISHED CHAPTER

1. Wang, Y., **Ma, Y.**, Guo, M., & Wang, L. (Accepted, 2025). Family and neighborhood support in moderating the negative psychological effects of adverse events. In S. Wu & S. Chen. *Social Work Research and Practice: China in an International Perspective (section 3.5)*. Springer Nature.
2. Savani, S., Arora, A., Brown, M., **Ma, Ying**, & Gearing, R. E. (2024). The influence of religion on euthanasia and physician assisted suicide. In A. Breivik, M. Schouler-Ocak & M. Khan (Ed.), *Suicide Across Cultures*. London: Oxford University Press.
3. **Ma, Y.**, Wang, Y., Tang, B., & Wang, X. (2022). Practice of home-based dementia care in the United States and its implications for China: Experience from a Non-profit Agency in Missouri. In Y. Liu (Ed.), *Annual report on elderly health in China (2020–2021)* (pp. 359–376). Social Sciences Academic Press. (China).

Ying Ma, Patrick Leung, Marla Berg-Weger, Monit Cheung, Theodore K. Malmstrom, Guixia Ma, and Xin Chen.
Loneliness among Chinese adults: Validation of the ALONE scale and its association with age. BMC Public Health.

TRAINING AND CERTIFICATE

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| Poetic medicine workshop | April 2025 |
| • It was a three-week training program, conducted once a week for one hour, focusing on the healing power of poetry writing in coping with loss and grief. The program was offered by Chinese American Coalition for Compassionate Care and MERI Center for Education in Palliative Care at Mt Zion, UCSF. | |
| Diabetes prevention series | February 2025 – May 2025 |
| • A 12-week training program, conducted once a week for two hours, focusing on preventing or delaying the progression of diabetes, especially for people with prediabetes or early-stage diabetes. The program was offered by EI Camino Health in California. | |
| Mindful self-care training | February 2024 – May 2024 |
| • A 12-week training program, held once a week for two hours, focusing on mindfulness and self-care skills. This training was delivered by Chinese American Coalition for Compassionate Care at California. The training was offered by Chinese American Coalition for Compassionate Care. | |
| Mental Health First Aid for Youth (中文) and Adults (English) | March and May 2024 |
| • Included two parts: a 2-hour self-paced learning component and a 4.5-hour instructor-led training session. These two separate training sessions were organized by Mental Health First Aid. | |
| Cognitive Stimulation Therapy (CST) Training | June 2023 |
| • An evidence-based treatment for people with mild to moderate dementia. CST was designed in the United Kingdom by Aimee Spector, Ph.D. This training was offered by Saint Louis University's Geriatric Education Center (GEC). This training was offered by Saint Louis University. | |
| Micro-certificate in Facilitating Older Adult Learning | January 2023 – March 2023 |
| • Focused on the developmental lifespan of older adults. The content covers topics such as physiological changes (biological theories, physical and sensory changes), psychological considerations (changes in cognition, memory, intelligence) and sociological perspectives (role of gender and minority status in aging). It's offered by Manitoba University. | |
| Community Emergency Response Team Training | September 2022 – November 2022 |
| • A training program that prepares people to help themselves, their family, and their neighbors in the event of a disaster. It is an eight-week training course, including courses, exercises, and drills. It was offered by CERT in Houston. | |