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EDUCATION

PhD Queensland University of Technology

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RESEARCH DIRECTIONS

- E-health self-management program
- Cares for women with chronic disease
- Cares for older people with chronic disease (heart failure, hip fracture and osteoarthritis)

TEACHING SUBJECTS

- Maternal-newborn Nursing and practice
- Fundamental of Nursing and practice
- Introduction to Nursing Research
- Advanced Women and Children Health Nursing

RESEARCH

- Breaking Barriers: Designing and Evaluating a Mobile Health SelfManagement Program to Address Kinesiophobia in People with Osteoporosis—A Randomized Controlled Trial(National Science and Technology Council · NSTC) 2025-2028
- Exploring the efficacy of an e-health self-management program to change kinesiophobia in menopausal women with osteoporosis: a randomized controlled trial (National Science and Technology Council · NSTC) 2023-2024
- MyOsteoarthritisMyWay: Program developing and implementing of a patient-centered Mobile App self-management program for patient with osteoarthritis: randomized controlled trial (third year project) (Ministry of Science and Technology, MOST) 2021-2022
- MyOsteoarthritisMyWay: Program developing and implementing of a patient-centered Mobile App self-management program for patient with osteoarthritis: randomized controlled trial (second year project) (MOST) 2020-2021
- MyOsteoarthritisMyWay: Program developing and implementing of a patient-centered Mobile App self-management program for patient with osteoarthritis: randomized controlled trial (MOST) 2019-2020
- From Traditional to E-Health Self-Management: Needs Assessment, Program Development, and Feasibility Evaluation of a Smartphone-Delivered Self-Management Program for Rheumatoid Arthritis Patients (Co-Principal Investigator, MOST) 2018-2021
- Effects of a Rheumatoid Arthritis Self-Management Program---A Randomized Controlled Trial (Co-Principal Investigator, MOST) 2015-2018
- Effectiveness of self-management program on recovery from total knee arthroplasty surgery in patients with osteoarthritis (National Science Council, NSC) 2013-2016
- Construction and evaluation of self-management in Heart failure elderly (NSC) 2012-2015
- Development and Evaluation of the Self-Efficacy Nutritional Program for Low Literacy Older Adults with Heart Disease (Co-Principal Investigator, NSC) 2013-2014
- Development and Evaluation of the Self-Efficacy Nutritional Program for Low Literacy Older Adults with Heart Disease---Exploring Eating Experience, Determining Related Factor of Nutritional Status, and Developing and Testing the Program (Co-Principal Investigator, NSC) 2011-2012
- The Research of Discharge Needs, Discharge Needs Satisfaction, and Unplanned Revisits of Elderly Patients in the Emergency Department (Co-Principal Investigator, NSC) 2010-2011

PUBLICATIONS

1. Shao, J. H., Yu, K. H., Kao, Y. C., Liang, Y. C., & Chen, S. H.* (2024, October). Effects of a smartphone app-based intervention on rheumatoid arthritis self-management efficacy: A randomized controlled trial. *Journal of Nursing Research*, 32(5), e349. DOI: 10.1097/jnr.0000000000000638 (SSCI, IF=2.4, Nursing: 35/191=18.3%, 2023 JCR)
2. Shao, J. H., Yu, K. H., & Chen, S. H. (2023, June). COVID-19-related disruptions in implementation of a randomized control. *Applied Nursing Research*, 72, 151698. <https://doi.org/10.1016/j.apnr.2023.151698>.
3. Chen, S. H., Liang, Y. C., & Shao, J. H.* (2023, April). Relationships among arthritis self-efficacy and background characteristics in patients with rheumatoid arthritis. *Austin Journal of Nursing & Health Care*, 10(1), 1079. <https://austinpublishinggroup.com/nursing/fulltext/nursing-v10-id1079.php>
4. Chen, S. H., Yu, K. H., Kao, Y. C., & Shao, J. H. (2022, Jun.) It Is Like a Puppet Show-Experiences of Rheumatoid Arthritis Among Adult Chinese: A Qualitative Study. *Clinical Nursing Research*, 31(5), 795-802. <https://doi.org/10.1177/10547738211037467> (corresponding author) (SSCI, IF=2.075, Nursing: 52/122=42.6%, 2020 JCR)
5. Chen, S. H., Yu, K. H., Lee, Y. U., & Shao, J. H. (2021, Aug.) Expectations of an Online-Self Management Program for Rheumatoid Arthritis. *Clinical Nursing Research*, 1-10, DOI: 10.1177/10547738211041692. (SSCI, IF=2.075, Nursing: 52/122= 42.6%, 2020 JCR)
6. Shao, J. H., Yu, K. H., & Chen, S. H. (2021, April). Effectiveness of a self-management program for joint protection and physical activity in patients with rheumatoid arthritis: A randomized controlled trial. *International Journal of Nursing Studies*. (SSCI, IF=3.783, Nursing: 1/121=0.83%, 2019 JCR)
7. Shao, J. H., Yu, K. H., & Chen, S. H. (July/August 2020). Feasibility and acceptability of a self-management program for rheumatoid arthritis patients. *Orthopaedic Nursing*, 39(4). (SSCI, IF=0.988, Nursing: 89/121=73.6%, 2019 JCR)
8. Shao, J. H., & Chen, S. H. (Published online: 2019, Dec). Who did it better? Gender differences in effects of a dietary self-management intervention for older community-dwelling adults. *Journal of Women & Aging*, DOI: 10.1080/08952841.2019.1707152 (SSCI, IF=1.141, Women's Studies: 22/45=48.9%, 2019 JCR)
9. Shao, J. H., & Chen, S. H.* (2019, April). Randomized control trial of a self-management intervention for heart failure older adults in Northern Taiwan. *Collegian*, 26(2), 288-294. <https://doi.org/10.1016/j.colegn.2018.08.006>. (SSCI, IF=1.830, Nursing: 34/121=28.1%, 2019 JCR)
10. Yeh, H. F., Shao, J. H. *(2018, April). Depression in community-dwelling elderly patients with heart failure. *Archives of Psychiatric Nursing*, 32(2), 248-255. doi.org/10.1016/j.apnu.2017.11.010 (SSCI, corresponding, IF=1.266, Nursing:71/121=58.7%, 2019 JCR)

11. Yeh, H. F., Shao, J. H., Li, C. L., Wu, C. C., & Shyu, Y.-I. L (2017). Predictors of postoperative falls in the first and second postoperative years among older hip fracture patients. *Journal of Clinical Nursing*, 26 (21-22), 3710-3723. doi: 10.1111/jocn.13743 (corresponding author) (SSCI, IF=1.972, Nursing: 21/121=17.4%, 2019 JCR)
12. Chen, S. H., Huang, Y. P., & Shao, J. H.* (2017, Sep.). Effects of a dietary self-management programme for community-dwelling older adults: a quasi-experimental design. *Scandinavian Journal of Caring Sciences*, 31(3), 619-629. doi: 10.1111/scs.12375 (corresponding author) (SSCI, IF=1.525, Nursing: 48/121=39.7%, 2019 JCR)
13. Chen, S. H., Liang, Y.-C., & Shao, J. H.* (2017). Challenges pertaining to recruitment and retention of older adults in research studies: a qualitative descriptive study. *Chang Gung Nursing*, 28(2), 206-218.
14. Shao, J. H., & Chen, S. H. (2016, Nov.). Development and evaluation of a dietary self-management programme for older adults with low literacy and heart disease: pilot study of feasibility and acceptability. *Journal of Advanced Nursing*, 72(12), 3015-3019. (SSCI, IF=2.56, Nursing: 9/121=7.4%, 2019 JCR)
15. Chen, S. H., Shyu, Y.-I. L., Ko, Y. S., Kung H. L., & Shao, J. H.* (2016, April). Perceptions about eating experiences of low-literate older adults with heart disease: a qualitative study. *Journal of Advanced Nursing*, 72(4), 801-812. doi: 10.1111/jan.12876 (corresponding author) (SSCI, IF=2.56, Nursing: 9/121=7.4%, 2019 JCR)
16. Chen, K Ling, Tsai, Y. F., Shao, J. H., & Shyu, Y.-I. L. (2016). The Perspectives and Expectations of New Nursing Graduates Regarding the Hospital-Based Nursing Students Scholarship. *The Journal of Nursing*, 63(5), 55-64.(Chinese)
17. Shao, J. H., Chuang, Y. H., & Chen, S. H. (2015, Mar). A multi-perspective focus-group approach to revise items in a dietary self-efficacy scale for older Taiwanese adults. *Collegian: The Australian Journal of Nursing Practice, Scholarship and Research*, 22(1), 83-90. DOI: <http://dx.doi.org/10.1016/j.colegn.2013.11.007> (SSCI, IF=1.830, Nursing: 34/121=28.1%, 2019 JCR)
18. Chen, S. H., Cheng, H. Y., Chuang, Y. H., & Shao, J. H.* (2015, Jan). Nutritional status and its health-related factors among older adults in rural and urban areas. *Journal of Advanced Nursing*, 71(1), 42-53. DOI: 10.1111/jan.12462 (corresponding author) (SSCI, IF=2.56, Nursing: 9/121=7.4%, 2019 JCR)
19. Tu, H. Y., Shao, J. H., Wu, F. J., Chen, S. H., & Chuang, Y. H. (2014, Sept). Stressors and coping strategies of 20–45-year-old hemodialysis patients. *Collegian*, 21(3), 185-192. doi:10.1016/j.colegn.2013.02.003 (SSCI, IF=1.830, Nursing: 34/121=28.1%, 2019 JCR)
20. Shao, J. H., Chang, A. M., Edwards, H., Shyu, Y.-I. L., & Chen, S. H. (2013, Nov.). A randomized controlled trial of self-management programme improves health-related outcomes of older people with heart failure. *Journal of Advanced Nursing*, 69(11), 2458-2469. (SSCI, IF=2.56, Nursing: 9/121=7.4%, 2019 JCR)

21. Chen, S. H., Shao, J. H., Hsiao, Y C., & Lee, H. C. (2013, Apr.). Barriers to research utilization by registered nurses in Taiwan. *Research in Nursing & Health*, 36(2), 191-202. 10.1002/nur.21521 (corresponding author) (SSCI, IF=2.163, Nursing: 18/121=14.9%, 2019 JCR)
22. Yeh, H. F., & Shao, J. H.* (2013). Rural-urban Differences in the Self-management Behaviors for Elder with Heart Failure. *Chia Yi Christian Hospital Journal of Nursing*, 12(2), 15-30. (Chinese)
23. Chen, S. H., & Shao, J. H.* (2012, Jan.). 'Have you had your bowl of rice?' a qualitative study of eating patterns in older Taiwanese adults" *Journal of Clinical Nursing*, 21, 2-10. doi: 10.1111/j.1365-2702.2011.03885.x (corresponding author) (SSCI, IF=1.972, Nursing: 21/121=17.4%, 2019 JCR)
24. Chen, S. H., Acton, G., & Shao, J. H.* (2010, Aug.). Relationships among nutritional self-efficacy, health locus of control and nutritional status in older Taiwanese adults. *Journal of Clinical Nursing*, 19, 2117-2127.(corresponding author) (SSCI, IF=1.972, Nursing: 21/121=17.4%, 2019 JCR)
25. Yeh, H. F., & Shao, J. H.* (2010). A Study of Dietary Self-efficacy and Self-management Behaviors in Elderlies with Heart Failure. *Tzu Chi Nursing Journal*, 9(4), 96-107. (Chinese)
26. Shao, J. H., & Yeh, H. F. (2010). The Effectiveness of Self-management Programs for Elderly People with Heart Failure. *Tzu Chi Nursing Journal*, 9(1), 71-79. (Chinese)
27. Chen, S. H., & Shao, J. H.* (2009, Sept.). Translation and Testing of the Cardiac Diet Self-Efficacy Scale for use with Taiwanese Older Adults. *Public Health Nursing*, 26(5), 474-482. (corresponding author) (SSCI, IF=1.130, Nursing: 82/121=67.8%, 2019 JCR)
28. Shyu, Y. I. L., Chen, M. C., Chen, S. T., Wang, H. P., & Shao, J. H. (2008). A family caregiver-oriented discharge-planning program for older stroke patients and their family caregivers. *Journal of Clinical Nursing*, 17(18), 2497-2508. (SSCI, IF=1.972, Nursing: 21/121=17.4%, 2019 JCR)
29. Shao, J. H., & Yeh, H. F. (2006). Evaluation of Carer Readiness and Care Outcome following a Caregiver Needs Directed Discharge Program for Elderly Stroke Patients. *The Journal of Long-term Care*, 10(3), 238-256. (中文)
30. Shyu, Y. I. L., Liao, M. N., Shao, J. H., & Yang, C. L. (1999, Dec). A Survey of Home Nursing Services in Taiwan. *Public Health Nursing*, 16(6), 432-440. (SSCI, IF=1.130, Nursing: 82/121= 67.8%, 2019 JCR)