

一、基本資料

填表日期：2024/03/14

中文姓名	葉美玲	英文姓名	Yeh, Mei-Ling	
			(Last Name)	(First Name) (Middle Name)
聯絡電話	(02)2822-7101#3317 (公)		性別	☐ 男 ☒ 女
傳真號碼	(02)2821-3233		E-mail	meiling@ntunhs.edu.tw
聯絡地址	112303 臺北市北投區明德路 365 號 護理系親仁樓 B624 研究室			

二、主要學歷

學校名稱	國別	主修學門系所	學位	起訖年月(西元年/月)
中國中醫科學研究院	China	中醫藥	DMS	2002/09 至 2005/06
University of Maryland Baltimore	USA	Nursing	PhD	1993/01 至 1996/12
University of Maryland Baltimore	USA	Nursing	MSN	1990/08 至 1992/12

三、現職及專長相關之經歷

服務機關	服務部門/系所	職稱	起訖年月
現職： 國立臺北護理健康大學	護理系所	特聘教授	自 2022 至目前
經歷： 國立臺北護理健康大學	護理系所	教授	自 2006/8 至 2022
國立臺北護理健康大學	中西醫結合護理研究所	教授,所長	自 2015/8 至 2019/7
行政院衛生署	中醫藥委員會	委員	自 2005/11 至 2013/7
國立台北護理學院	中西醫結合護理研究所	教授	自 2005/2 至 2006/7
國立台北護理學院	中西醫結合護理研究所	副教授	自 2004/8 至 2005/1

國立台北護理學院	中西醫結合護理研究所	所長	自 2001/8 至 2004/7
國立台北護理學院	護理系	副教授	自 1997/2 至 2001/7

四、專長

1. 成人護理	2. 中醫護理	3. 疼痛護理	4. 問卷研發與測量
5. 戒菸措施	6. 女性健康	7. 實證研究	8. 中醫氣功運動

五、近 10 年 SCI/SSCI 論文發表(*correspondence)

1. Chang, C.Y., Yeh, M.L.*, & Liao, J. (2023). Chan-Chuang qigong with breathing meditation improves quality of life in patients with breast cancer: a randomized controlled trial. *Supportive Care in Cancer*, 31(2), 140.
2. Yang, H.H., Chung, Y.C., Szeto, P.P., Yeh, M.L.*, & Lin, J.G. (2023). Laser acupuncture combined with auricular acupressure improves low back pain and quality of life: a randomized controlled trial. *Journal of Integrative Medicine*, 21(1), 26-33..
3. Huang, C.H., Yeh, M.L.*, Chen, F.P., & Wu, D. (2022). Low-level laser acupuncture reduces postoperative pain and morphine consumption in older patients with total knee arthroplasty: a randomized placebo-controlled trial. *Journal of Integrative Medicine*, 20(4), 321-328.
4. Hsu, C.Y., Yeh, M.L.*, & Liu, Y.C. (2022). Three-month Chan-Chung qigong improves physical performance and quality of life of patients with cognitive impairment: A randomized controlled trial. *Research in Nursing and Health*, 45(3), 327-336.
5. Lin, C.J., Yeh, M.L.*, Wu, S.F., Chung, Y.C., & Lee, C.H. J. (2022). Acupuncture-related treatments improve cognitive and physical functions in Alzheimer's disease: A systematic review and meta-analysis of randomized controlled trials. *Clinical Rehabilitation*, 36(5), 609-635.
6. Chou, Y.H., Yeh, M.L.*, Huang, T.S. & Hsu, H. (2022). Acupoint stimulation improves pain and quality of life in head and neck cancer patients with chemoradiotherapy: A randomized controlled trial. *Asia-Pacific Journal Oncology Nursing*, 9(1), 61-68.
7. Huang, H.Y, Hung, K.S., Yeh, M.L.*, Chou, S.L., & A. Yeh, & T.Y.A. Liao (2021). Breathing-based leg exercises undergoing hemodialysis on quality of life: a randomised controlled trial. *Clinical Rehabilitation*, 35(8), 1175-1184.

8. Lin, F.L., & Yeh, M.L.* (2021). Mindful walking practice improves the exercise capacity of patients with chronic obstructive pulmonary disease: a randomised controlled trial. *Clinical Rehabilitation*, 35(8), 1117-1125.
9. Chang, Y.C., Yeh, M.L.*, Kuan-Chia Lin, & Kwua-Yun Wang (2021). Trajectory of growth in Taiwanese nursing students' professional self-concept over two years and its association with critical thinking and class climate. *Journal of Professional Nursing*, 37(2021), 729-734.
10. Huang, C.H., Yeh, M.L.*, Chen, F.P., & Kuo, Matthew (2021). A randomised controlled trial of laser acupuncture improves functional outcomes early after total knee replacement in patients with osteoarthritis. *Complementary Therapies in Clinical Practice*, 43(2021), 101340.
11. Chiou, Y.F., Yeh, M.L.*, & Wang, Y.J. (2020). Transcutaneous electrical nerve stimulation on acupuncture points improves myofascial pain, moods and sleep quality. *Rehabilitation Nursing Journal*, 45(4), 225-233.
12. Yeh, M.L., Wang, M.H., Hsu, C.C., & Liu, Y.M. (2020). Twelve-week intradialytic cycling exercise improves physical functional performance with gain in muscle strength and endurance: a randomised controlled trial. *Clinical Rehabilitation*, 34(7), 916-926.
13. Liao, R.W., Yeh, M.L.*, Lin, K.C., & Wang, K.Y. (2020). A hierarchical model of occupational burnout in nurses associated with job-induced stress, self-concept and work environment. *Journal of Nursing Research*, 28(2), e79.
- Wang, M.H., J.F. Chen, Yeh, M.L.*, & Lin, J.G. (2019). Using traditional Chinese medicine to relieve asthma symptoms: a systematic review and meta-analysis. *American Journal of Chinese Medicine*, 47(8), 1659-1674.
- Chen, C.H., Hung, K.S., Chung, Y.C., & Yeh, M.L.* (2019). Mind-body interactive qigong improves physical and mental aspects of quality of life in inpatients with stroke: a randomized control study. *European Journal of Cardiovascular Nursing*, 18(8), 658-666.
14. Wang, M.H., & Yeh, M.L.* (correspondence) (2019). Respiratory training interventions improve the health status of heart failure patients: a systematic review and network meta-analysis of randomized controlled trials. *World Journal of Clinical Cases*, 7(18), 2760-2775.
15. Lin, F.L., Yeh, M.L.*, Lai, Y.H., Lin, K.C., Yu, C.J., & Chang, J.S. (2019). Two-month breathing-based walking improves anxiety, depression, dyspnea, and quality of life in chronic obstructive pulmonary disease: a randomized controlled study. *Journal of Clinical Nursing*, 28 (19-20), 3632-3640.
16. Ko, S.H., Chi, C.C., Yeh, M.L., Wang, S.H., Tsai, Y.S., & Hsu, M.Y. (2019). Lifestyle changes for treating psoriasis. *Cochrane Database of Systematic Reviews*, 7, Art. No.: CD011972.
17. Wang, Y.Z., Wang, Y.J., & Yeh, M.L.* (2019). Combining education with auricular acupressure to facilitate smoking cessation in young adult. *Holistic Nursing Practice*, 33(4), 230-236.
18. Teng, H.C., Yeh, M.L.*, & Wang, M.H. (2018). Walking with controlled breathing improves exercise tolerance, anxiety, and quality of life in heart failure patients: A

randomized controlled trial. *European Journal of Cardiovascular Nursing*, 17(8), 717-727.

19. Yeh, M.L. (2018). Editor's Remarks. Translating research findings into practice: The importance of updating knowledge, *Journal of Nursing Research*, 26(4), 227.
20. Yeh, M.L., Chang, Y.C., Hsu, L.C., & Hung, S.H. (2018). Effect of transcutaneous acupoint electrical stimulation on post-hemorrhoidectomy-associated pain, anxiety, and heart rate variability: a randomized-controlled study. *Clinical Nursing Research*, 27(4) 450-466.
21. Chueh, K.H., Chang, C. C., & Yeh, M.L.*(2018). Effects of auricular acupressure on sleep quality, anxiety, and depressed mood in RN-BSN students with sleep disturbance. *Journal of Nursing Research*, 26(1), 10-17.
22. Yeh, M.L., R.W. Liao, Hsu, C.C., Chung, Y.C., & Lin, J.G. (2018). Exercises improve body composition, cardiovascular risk factors and bone mineral density for menopausal women: a systematic review and meta-analysis of randomized controlled trials. *Applied Nursing Research*, 40(2018), 90-98.
23. Cheng, S.L., Sun, H.F., & Yeh, M.L.*(2017). Effects of an eight-week aerobic dance program on health-related fitness for patients with schizophrenia. *Journal of Nursing Research*, 25(6), 429-435.
24. Yeh, M.L., Chiu, W.L., Wang, Y.J., & Lo, C. (2017). An investigation of the use of traditional Chinese medicine and complementary and alternative medicine in stroke patients. *Holistic Nursing Practice*, 31 (6), 400-407.
25. Yeh, M.L., Ko, S.H., Wang, M.H., Chi, C.C., & Chung, Y.C. (2017). Acupuncture-related techniques for psoriasis: a systematic review with pairwise and network meta-analysis of randomized controlled trials. *Journal of Alternative and Complementary Medicine*,
26. Lee, T.Y., Sun, G.T., Kou, L.T., & Yeh, M.L. (2017). The use of information technology to enhance patient safety and nursing efficiency. *Technology and Health Care*, 25(5), 917-928.
27. Chuang, T.Y., Yeh, M.L.*, & Chung, Y.C. (2017). A nurse facilitated mind-body interactive exercise (Chan-Chuang qigong) improves the health status of non-Hodgkin lymphoma patients receiving chemotherapy: randomised controlled trial. *International Journal of Nursing Studies*, 69(2017), 25-33.
28. Lin, F.L., Hsu, C.C., Mehling, W., & Yeh, M.L.* (2017). Translation and psychometric testing of the Chinese version of the multidimensional assessment of interoceptive awareness. *Journal of Nursing Research*, 25(1), 76-84.
29. Chung, Y.C., Yeh, M.L.*, & Liu, Y.M. (2016). Effects of intradialytic exercise on the physical function, depression, and quality of life for patients undergoing hemodialysis: a systematic review and meta-analysis of randomized controlled trials. *Journal of Clinical Nursing*, 26, 1801-1813.
30. Yu, I.C., Tsai, Y.F., Fang, J.T., Yeh, M.L., Fang, J.Y., & Liu, C.Y. (2016). Effects of mouthwash interventions on xerostomia and unstimulated whole saliva flow rate among hemodialysis patients: a randomized controlled study. *International Journal of Nursing Studies*, 63(2016), 9-17.

31. Yeh, M.L. (2016). Editor's Remarks. *Journal of Nursing Research*, 24(3).
32. Lee, P.L.T., Tam, K.W., Yeh, M.L.* & Wu, W.W. (2016). Acupoint stimulation, massage therapy and expressive writing for breast cancer: a systematic review and meta-analysis of randomized controlled trials. *Complementary Therapies in Medicine*, 27(2016), 87-101.
33. Yeh, M. L., & Chung, Y.C. (2016). A randomized controlled trial of qigong on fatigue and sleep quality for non-Hodgkin's lymphoma patients undergoing chemotherapy. *European Journal of Oncology Nursing*, 23(2016), 81-86.
34. Wang, Y.J., Wang, Y.Z., & Yeh, M.L.* (2016). A Prospective comparison study of heart rate variability during menses in young women with dysmenorrhea. *Biological Research for Nursing*, 18(4), 465-472.
35. Wu, M.S., Chen, K.H., Chen, I.F., Huang, S.K., Tzeng, P.C., Yeh, M.L., Lee, F.P., Lin, J.G., & Chen, C.F. (2016). The efficacy of acupuncture in post-operative pain management: a systematic review and meta-analysis. *PLoS One*, 11(3): e0150367.
36. Lin, W.C., Huang, T.Y., Liu, C.Y., Yeh, M. L., Yu, C. H., & Hwang, S.L. (2016). Validation of the clinical COPD questionnaire in Taiwan. *COPD: Journal of Chronic Obstructive Pulmonary Disease*, 13(3), 360-366.
37. Chang, Y.C., & Yeh, M.L.*(2016). Translation and validation of the nurses self-concept instrument for college-level nursing students in Taiwan. *Nurse Education Today*, 36(2016), 112-117.
38. Yeh, M.L., Chu, N.F., Hsu, M.Y., Hsu, C.C., & Chung, Y.C. (2015). Acupoint stimulation on weight reduction for obesity: a randomized sham-controlled Study. *Western Journal of Nursing Research*, 37(12), 1517-1530.
39. Chi, C.C., Ko, S.H., Yeh, M.L., Wang, S.H., Tsai, Y.S., & Hsu, M.Y. (2015). Lifestyle changes for treating psoriasis. *Cochrane Database of Systematic Reviews*, 11, Art. No.: CD011972.
40. Chien, H.C., Chung, Y.C., Yeh, M.L.*, & Lee, J.F. (2015). Breathing exercise combined with cognitive behavioural intervention improves sleep quality and heart rate variability in major depression. *Journal of Clinical Nursing*, 24, 3206-3214.
41. Hsiung, W.T., Chang, Y.C., Yeh, M.L.*, & Chang, Y.H. (2015). Acupressure improves postoperative comfort for gastric cancer patients: a randomized-controlled trial. *Complementary Therapies in Medicine*, 23(3), 339-346.
42. Liu, Y.M., Chung, Y.C., Chang, J.S., & Yeh, M.L.*(2015). Effects of aerobic exercise during hemodialysis on physical functional performance and depression. *Biological Research for Nursing*, 17(2):214-221.
43. Yeh, M.L., Chang, Y.C., Huang, Y. Y., & Lee, T. Y. (2015). A randomized-controlled trial of auricular acupressure in heart rate variability and quality of life for hypertension. *Complementary Therapies in Medicine*, 23(2), 200-209.
44. Yeh, M.L., Lin, K.C., Chen, H.H., Wang, Y.J. & Huang, Y.C. (2015). Use of traditional medicine and complementary and alternative medicine in Taiwan: a multilevel analysis. *Holistic Nursing Practice*, 29(2), 87-95.
45. Chung, Y.C., Chien, H.C., Chen, H.H., & Yeh, M.L.*(2014). Acupoint stimulation to improve analgesia quality for lumbar spine surgical patients. *Pain Management*

Nursing, 15(4), 738-747.

46. Yeh, M.L., Chung, Y.C., Hsu, M.Y., & Hsu, C.C. (2014). Quantifying psychological distress among cancer patients in interventions and scales: a systematic review. *Current Pain and Headache Reports*, 18(3), 399.
47. Chen, C., Hou, W.H., Chan, E.S.Y., Yeh, M.L., & Lo, H.L.D. (2014). Phototherapy for treating pressure ulcers. *Cochrane Database of Systematic Reviews*, 7, Art. No.: CD009224.
48. Yeh, M.L., Wang, P.L., Hsu, C.C., Lin, J.G., & Chuang, M.L. (2014). The effects and measures of auricular acupressure and interactive multimedia for smoking cessation in college students, *Evidence-Based Complementary and Alternative Medicine*, 2014, Article ID 898431.
49. Yeh, M.L. (2014). Achieving knowledge translation in nursing care: the need for greater rigor in applying evidence to practice. *Journal of Nursing Research*, 22(4), 220.
50. Chung, Y.C., Tsou, M.Y., Chen, H.H., Lin, J.G., & Yeh, M.L.*(2014). Integrative acupoint stimulation to alleviate postoperative pain and morphine-related side effects: a sham-controlled study. *International Journal of Nursing Studies*, 51(3), 370-378.
51. Chen, H.W., Chu, N. F., Chen, H.H., & Yeh, M.L.* (2014). The smoking behaviors of indigenous Taiwanese: individual and family/community factors of influence. *Journal of Nursing Research*, 22(1), 12-19.