

一、基本資料

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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	終身特聘教授	自 2026
經歷： 國立臺北護理健康大學	護理系所	特聘教授	自 2022 至 2025
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、SCI/SSCI 論文發表(*correspondence)

1. Lin, T. C., & Yeh, M. L. (2025/10). Factors influencing the evolution of information ecosystems: an institutional theory perspective. *Aslib Journal of Information Management*, 77(5), 878-898.
2. Yeh, M. L., Chang, B. Y., Dai, H. D., & Chung, M. H. (2025/10). Effect of Training Program on Evidence-Based Practice Competencies in Hospital Nurses in Taiwan: A Quasi-Experimental Study. *Journal of Nursing Research*, 33(5), e412.
3. Wu, J. L., Yeh, M. L., & Liao, J. (2025/04). Effects of a 12-week lower limb resistance training with breathing regulation in patients with diabetes-related foot ulcers: A randomized controlled trial. *Applied Nursing Research*, 82, 151911.
4. Yeh, M. L., Hsu, C. C., Lin, M., Lin, C. J., & Lin, J. G. (2025/5). Effects of acupuncture-related intervention on chemotherapy-induced peripheral neuropathy and quality of life: An umbrella review. *Complementary Therapies in Medicine*, 89, 103131.
5. Yeh, M. L. (2025/04). Gaining Deeper Insights: Empowering Nurses Through Validated Scientific Evidence and Knowledge Translation. *Journal of Nursing Research*, 33(2), e377.
6. Yeh, M.L., Liao, RW, Yeh, PH, Lin, CJ, & Wang, YJ. (2024/08). Acupuncture-related interventions improve chemotherapy-induced peripheral neuropathy: A systematic review and network meta-analysis. *BMC Complementary Medicine and Therapies*, 24(1):310.
7. 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.
8. 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.

9. 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.
10. 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.
11. 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.
12. 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.
13. 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.
14. 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*. *Clinical Rehabilitation*, 35(8), 1117-1125.
15. 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.
16. 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.
17. 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.
18. 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.
19. 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.
20. 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.
 21. 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.
 22. 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.
 23. 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.
 24. 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.
 25. Yeh, M.L. (2018). Editor's Remarks. Translating research findings into practice: The importance of updating knowledge, *Journal of Nursing Research*, 26(4), 227.
 26. 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.
 27. 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.
 28. 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.
 29. 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.
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35. 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.
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37. Yeh, M.L. (2016). Editor's Remarks. *Journal of Nursing Research*, 24(3).
38. 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.
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41. 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.
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43. 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.
44. 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.
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46. 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.
 47. 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.
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 49. 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.
 50. 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.
 51. 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.
 52. 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.
 53. 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.
 54. 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.
 55. 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.
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 57. 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.

六、研究計畫

1. 2024，經絡穴位照護模式建構與智慧行動 APP 研發：改善化學治療誘發周邊神經病變及生活品質 II·台北：國家科學及技術委員會專題研究計畫(NSTC113-2314-B-227-006)。
2. 2024，穴位刺激改善腹部術後病人傷口疼痛、止痛藥使用以及術後下床活動之成效·振興醫療財團法人振興醫院 CHGH113-IU05
3. 2024，心衰竭併發糖尿病病人施以整合照護模式之成效·振興醫療財團法人振興醫院 CHGH113-IU06
4. 2023，經絡穴位照護模式建構與智慧行動 APP 研發：改善化學治療誘發周邊神經病變及生活品質·台北：國家科學及技術委員會(NSTC112-2314-B-227-007)。
5. 2023，站樁氣功對心臟衰竭病人疲憊、運動耐力及生活品質之成效振興醫療財團法人振興醫院·振興醫療財團法人振興醫院 CHGH112-(IU)09。
6. 2023，功能性便秘臨床照護指引之研發：穴位刺激介入措施·振興醫療財團法人振興醫院 CHGH112-(IU)08。
7. 2022-2023，客製化 EBP-SDM 訓練課程賦能護理師與助產師之跨文化計畫(II)·台北：科技部專題研究計畫(MOST 111--2410-H-227-014)。
8. 2021，「Brief Decision Support Analysis Tool」之翻譯及信效度檢定·振興醫療財團法人振興醫院(110D010-07)。
9. 2021，提升護理人員之實證實務與共享決策知能·振興醫療財團法人振興醫院(110D010-09)。
10. 2020-2022，客製化 EBP-SDM 訓練課程賦能護理師與助產師之跨文化計畫·台北：科技部專題研究計畫 (MOST 109--2511-H-227-004-MY2)。
11. 2020-2021，精準照護建構與應用：結合中醫體質之便秘穴位資訊化模式·台北：科技部專題研究計畫 (MOST 109-2314-B-227-005)。
12. 2020，自我管理_以中醫體質為基礎的精準糖尿病飲食衛教·台北：振興醫療財團法人振興醫院(CHGH109-(IU)10)，2020/1/1~2020/12/31
13. 2018，以客製課程強化護理人員實證實務能力·台北：台灣護理學會(TCM-PC-107-001)，2018/1/1~2018/12/15
14. 2018，中文版護理人員實證實務能力(HS-EBP)問卷之建立與信效度檢定·台北：振興醫療財團法人振興醫院(CHGH107-IU01)，2019/1/1~2019/12/31
15. 2017，氣功運動與呼吸冥想促進乳癌病人生、心、社會健康之長期成效台北：聯合醫院(編號：10601-62-026)。
16. 2016-2019，中西醫結合喘證照護模式建構與實證研究·台北：科技部專題研究計畫(MOST105-2314-B-227-007-MY3)。
17. 2016，戒菸策略對吸菸者之戒菸意圖、戒菸身心理及戒菸成效·台北：天主教耕莘醫院(編號：CTH105B-2N05)。
18. 2014-2015，批判性思維與專業自我概念於護理教育之成長軌跡探討·台北：科技部專題研究計畫(MOST103-2511-S-227-003-MY2)。
19. 2013，建構與驗證婦女身體活動之健康促進照護模式·台北：行政院國家科學委

員會專題研究計劃 (NSC102-2314-B-227-003-)。

20. 2012，中西醫結合之健康照護模式研發·台北：行政院國家科學委員會第 50 屆科學與技術人員國外短期研究計劃(NSC-101-2918-I-227-001)。
21. 2010-2013，中西醫結合術後急性疼痛照護模式建構與研究·台北：行政院國家科學委員會專題研究計劃(NSC-99-2628-B-227-003-MY3)。