

一、基本資料：

填表日期：2022 / 08 / 05

中文姓名	賴倩瑜	英文姓名	Lai, Chien Yu (Last Name), (First Name) (Middle Name)
性別	☐ 男 ☒ 女		
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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)
Case Western Reserve University 凱斯西儲大學	美國	School of Nursing 護理學院	博士	自 2001 / 08 至 2005 / 05
國立台灣大學	中華民國	護理學研究所 精神科護理組	碩士	自 1994 / 09 至 1996 / 06
高雄醫學大學	中華民國	護理學系	學士	自 1988 / 09 至 1992 / 06

三、現職及與專長相關之經歷

服務機構	服務部門／系所	職稱	起訖年月(西元年/月)
現職：國立臺北護理健康大學	護理學院	副教授	自 2015 / 08 至 ____ / ____
經歷：國立臺北護理健康大學	護理學院	助理教授	自 2014 / 08 至 2015 / 07
高雄醫學大學	護理學院	助理教授	自 2005 / 08 至 2014 / 07
輔英科技大學	護理科	講師	自 1996 / 08 至 2003 / 01
台大醫院	精神科	護理師	自 1992 / 08 至 1994 / 08

四、專長

1. Psychiatric & Mental Health Nursing
2. Resourcefulness
3. Depression
4. Motivational Interviewing
5. Social Interest

五、著作目錄：

期刊論文

1. Navales, J. V., Jallow, A. W., **Lai, C. Y.**, Liu, C. Y., & Chen, S. W. (2021). Relationship between Quality of Nursing Work Life and Uniformed Nurses' Attitudes and Practices Related to COVID-19 in the Philippines: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 18(19), 9953. <https://doi-org.autorpa.ntunhs.edu.tw/10.3390/ijerph18199953> (SSCI, PUBLIC, ENVIRONMENTAL & OCCUPATIONAL HEALTH)
2. 傅春梅、許倍甄、盧美柔、黃麗玲、郭明慧、***賴倩瑜**(2021)·團體治療實務能力訓練專案之成效·*馬偕護理雜誌*，15(2)，1-10。
Fu, C. M., Hsu, P. C., Lu, M. R., Huang, L. L., Kuo, M. H., ***Lai, C. Y.** (2021). The Effects of a Clinical Training Program of Group Psychotherapy. *Journal of MacKay Nursing*, 15(2), 1-10. doi: [http://dx.doi.org/10.29415%2fJMKN.202107_15\(2\).0001](http://dx.doi.org/10.29415%2fJMKN.202107_15(2).0001) [Chinese]
3. **賴倩瑜**(2021)·智謀理論及其於精神衛生護理之研究與應用·*護理雜誌*，68(1)，6-12。
Lai, C. Y. (2021). Resourcefulness theory and its research and application in psychiatric and mental health nursing. *The Journal of Nursing*, 68(1), 6-12. [https://doi.org/10.6224/JN.202102_68\(1\).02](https://doi.org/10.6224/JN.202102_68(1).02) [Chinese]
4. **賴倩瑜**(2021)·精神衛生護理的新創理論、另類教學及精神居家護理新突破·*護理雜誌*，68(1)，4-5。 [https://doi.org/10.6224/JN.202102_68\(1\).01](https://doi.org/10.6224/JN.202102_68(1).01)
Lai, C. Y. (2021). Creative theory in psychiatric & mental health nursing, alternative teaching model, and a new breakthrough in psychiatric home care nursing. *The Journal of Nursing*, 68(1), 4-5.] [https://doi.org/10.6224/JN.202102_68\(1\).01](https://doi.org/10.6224/JN.202102_68(1).01) [Chinese]
5. Wu, L.-C., **Lai, C. Y.**, Huang, C.-J., Chou, F. H.-C., Yu, E. T., & Yu, C.-Y. (2020). Psychological distress and diabetes self-management in patients with type 2 diabetes and comorbid serious mental illness. *Archives of Psychiatric Nursing*, 34(4), 218-223. <https://doi.org/10.1016/j.apnu.2020.04.013> (SCI/SSCI, NURSING)
6. Hsieh, W. L., Lee, S. K., Chien, W. T., *Liu, W. I., **Lai, C. Y.**, & Liu, C. Y. (2019). Mediating Effect Of The Motivation For Medication Use On Disease Management And Medication Adherence Among Community-Dwelling Patients With Schizophrenia. *Patient Preference and Adherence*, 13, 1877-1887. <https://doi.org/10.2147/PPA.S218553> (SCI/MEDICINE, GENERAL & INTERNAL)
7. Yu, C. Y., **Lai C. Y.**, Chang, Y. S., Wu, C. K., *Chung, F. C. (2019) The symptoms, resourcefulness and quality of life in community-based patients with schizophrenia. *Journal of Clinical Nursing*, 28(19-20), 3582-3589. <https://doi.org/10.1111/jocn.14953> (SSCI/NURSING)
8. 陳庭羽、洪翠妹、***賴倩瑜**(2019)·動機式會談於護理管理的應用·*領導護理*，20(2)，3-16。
Chen, T-Y., Hung, T-M., & ***Lai, C. Y.** (2019). The Application of Motivational Interviewing in Nursing Management and Leadership. *Leadership Nursing*, 20(2), 3-16. [Chinese]
9. Yang, F. Y., ***Lai, C. Y.**, Yen, C. F., Hsu, Y. Y., & Zauszniewski, J. A. (2017). The depressive symptoms, resourcefulness, and self-harm behaviors of adolescents. *Journal of Nursing Research*, 25(1), 41-50. doi:10.1097/jnr.0000000000000127 (SSCI/NURSING)
10. 黃美蓉、***賴倩瑜**、陳正生、陳孝範、林佑蓉(2015)·居家護理諮商對失智症照顧者照顧負荷之成效·*精神衛生護理雜誌*，10(2)，19-25。
Huang, M. J., ***Lai, C. Y.**, Chen, C. S., Chen, S. F., & Lin, Y. J. (2015). The Effects of Nursing Counseling at Home on the Burden of Dementia Caregivers. *The Journal of Psychiatric Mental Health Nursing*, 10(2), 19-25. [Chinese]

11. 曾慧雯、吳佳珍、翁欣蓉、賴倩瑜、陳淑蘭(2015)・理情團體對改善護理系學生非理性信念及憂鬱程度之初步成效探討・*精神衛生護理雜誌*，9(2)，12-19。
Tseng, H. W., *Wu, C. C., Wong, H. Y., **Lai, C. Y.**, & Chen, S. L. (2015). The Effectiveness of Rational-Emotive Group on Irrational Belief and Depression of Students in a Nursing College- A Preliminary Study. *The Journal of Psychiatric Mental Health Nursing*, 9(2), 12-19. [Chinese]
12. Wang, S. M., ***Lai, C. Y.**, Chang, Y. Y., Huang, C. Y., Zauszniewski, J. A., & Yu, C. Y. (2015). The relationships among work stress, resourcefulness, and depression level in psychiatric nurses. *Archives of Psychiatric Nursing*, 29(1), 64-70. DOI: <http://dx.doi.org/10.1016/j.apnu.2014.10.002> (SSCI/NURSING)
13. 鄭蕙琴、林寬佳、黃俊仁、唐子俊、李伶伶、*賴倩瑜(2014)・生理回饋治療對憂鬱病人憂鬱及焦慮程度之改善成效・*護理暨健康照護研究*，10(4)，295-305。
Cheng, H. C., Lin, K. C., Huang, C. J., Tang, T. C., Lee, L. L., & ***Lai, C. Y.** (2014). The effect of biofeedback therapy on depression and anxiety levels in depressive outpatients. *Journal of Nursing and Healthcare Research*, 10(4), 295-305. doi:10.6225/JNHR.10.4. [Chinese]
14. **Lai, C. Y.**, Zauszniewski, J. A., Tang, T. C., Hou, S. Y., Su, S. F., & Lai, P. Y. (2014). Personal beliefs, learned resourcefulness, and adaptive functioning in depressed adults. *Journal of Psychiatric and Mental Health Nursing*, 21(3), 280-287. DOI: 10.1111/jpm.12087 (SSCI/NURSING)
15. Yen, C. F., **Lai, C. Y.**, Ko, C. H., Liu, T. L., Tang, T. C., Wu, Y. Y., & *Yang, P. (2014). The Associations between Suicidal Ideation and Attempt and Anxiety Symptoms and the Demographic, Psychological and Social Moderators in Taiwanese Adolescents. *Archives of Suicide Research: Official Journal Of The International Academy For Suicide Research*, 18(1), 104-116. doi:10.1080/13811118.2013.824826. (並列第一作者) (SSCI/PSYCHIATRY)
16. Wang, M. H., Lee, C. H., **Lai, C. Y.**, Chueh, K. H., Yen, C. F., & *Yang, M. S. (2014). Harmful Alcohol Use Among Aboriginal People in Southern Taiwan: The Prevalence, Correlates, and Adverse Drinking Effects. *Journal of Addictions Nursing*, 25(1), 41-47. doi:10.1097/JAN.O000000000000021. (SSCI/ SUBSTANCE ABUSE)
17. Yu, C. Y., Hung, C. H., Chan, T. F., Yeh, C. H., & **Lai, C. Y.** (2012). Prenatal predictors for father–infant attachment after childbirth. *Journal of Clinical Nursing*, 21(11/12), 1577-1583. DOI: 10.1111/j.1365-2702.2011.04003.x (SSCI/NURSING)
18. Yen, C. F., Yang, M. S., **Lai, C. Y.**, Chen, C. C., Yeh, Y. C., & Wang, P. W. (2012). Alcohol Consumption after the Recognition of Pregnancy and Correlated Factors among Indigenous Pregnant Women in Taiwan. *Maternal and Child Health Journal*, 16(2), 528-538. doi: 10.1007/s10995-011-0747-3 (SSCI/ PUBLIC, ENVIRONMENTAL & OCCUPATIONAL HEALTH)
19. 張瑞香、*賴倩瑜 (2011)・運用整合性家庭評估於社區復健中心精神分裂症病患家庭之照護經驗・*高雄護理雜誌*，28(1)，35-48。(2011.04)
Chang, J. H., & ***Lai, C. Y.** (2011). Applying an Integrated Family Assessment Tool for Schizophrenic patients in a Community Rehabilitation Center. *The Kaohsiung Journal of Nursing*, 28(1)，35-48. [Chinese]
20. Lin, S. T., Yang, P., **Lai, C. Y.**, Su, Y. Y., Yeh, Y. C., Huang, M. F., & Chen, C. C. (2011). Mental Health Implications of Music: Insight from Neuroscientific and Clinical Studies. *Harvard Review of Psychiatry*, 19(1), 34-46. doi: 10.3109/10673229.2011.549769. (SSCI/PSYCHIATRY)

21. 賴倩瑜、蘇幼雲、林帥廷、*余靜雲、林怡君(2010)・音樂與約束對保護室精神病患情緒控制之成效・護理暨健康照護研究, 6(4), 308-318。(2010.12)
Lai, C. Y., Su, Y. Y., Lin, S. T., *Yu, C. Y., & Lin, Y. C. (2010). Music and Restraint: Emotional Control Effects on Psychiatric Patients Kept in Seclusion. *Journal of Nursing and Healthcare Research*, 6(4), 308-318. [Chinese]
22. 王淑米、*賴倩瑜 (2010)・應用紐曼模式於一抗精神病藥物惡性症候群病患及其主要照顧者之護理經驗・護理雜誌, 57(2)附冊, 9-15。(2010.04)
Wang, S. M., ***Lai, C. Y.** (2010). Applying Neuman's Systems Model to a Neuroleptic Malignant Syndrome Psychiatric Patient and His Caregiver. *The Journal of Nursing*, 57(2) supplement, 9-15. [Chinese]
23. Yen, J. Y., Yang, M. S., Wang, M. H., **Lai, C. Y.**, & Fang, M. S. (2009). The associations between menopausal syndrome and depression during pre-, peri-, and postmenopausal period among Taiwanese female aborigines. *Psychiatry and Clinical Neurosciences*, 63(5), 678-684. doi: 10.1111/j.1440-1819.2009.02001.x (SSCI/PSYCHIATRY)
24. Huang, C. Y., Perng, S. J., Chen, H. F., & **Lai, C. Y.** (2008). The Impact of Learned Resourcefulness on Quality of Life in Type II Diabetic Patients: A Cross-Sectional Correlational Study. *Journal of Nursing Research*, 16(4), 264-274. (SSCI/NURSING)
25. Zauszniewski, J. A., Bekhet, A. K., **Lai, C. Y.**, McDonald, P. E., & Musil, C. M. (2007). Effects of Teaching Resourcefulness and Acceptance on Affect, Behavior, and Cognition of Chronically Ill Elders. *Issues in Mental Health Nursing*, 28(6), 575-592. (2007.06)
26. Zauszniewski, J. A., **Lai, C. Y.**, & Tithiphontumrong, S. (2006). Development and Testing of the Resourcefulness Scale for Older Adults. *Journal of Nursing Measurement*, 14(1), 57-68.
27. 莊麗玉、賴倩瑜、余斯光(2002)・運用敘事治療於一位憂鬱症患者之護理經驗・中華心理衛生學刊, 15(1), 73-82。(TSSCI)
Chuang, L. Y., **Lai, C. Y.**, & Yu, S. K. (2002). Applying Narrative Therapy in a Patient with Major Depression. *Chinese Journal of Mental Health*, 15(1), 73-82. [Chinese](TSSCI)
28. 馬子嬌、賴倩瑜(2000)・一位慢性精神分裂症患者在日間病房的護理經驗・助產雜誌, 43, 50-57。
Ma, T. C., & **Lai, C. Y.** (2000). A Nursing Experience of Chronic Schizophrenic Patient in Day-care Ward. *The Journal of Midwifery*, 43, 50-57. [Chinese]
29. 蕭淑貞、賴倩瑜、楊麗瑟(1997)・愛滋病房護理人員壓力之調適・臺灣醫學, 1(3), 373-378。
Shiau, S. J., **Lai, C. Y.**, & Yen, I. Y. (1997). Stress Adaptation of Nurses Caring for AIDS Patients. *Formosan Journal of Medicine*, 1(3), 373-378. [Chinese]
30. 賴倩瑜、黃珮玲、熊秉荃(1994)・以遊戲治療協助一位學齡期「週期性嘔吐」患孩渡過身體-心理-社會危機之護理經驗・護理雜誌, 41(4), 49-55。
Lai, C. Y., Huang, P. L., & Hsiung, P. C. (1994). Applying Play Therapy in Helping a Cyclic Vomiting Schoolager to Pass through a Bio-Psycho-Social Crisis. *The Journal of Nursing*, 41(4), 49-55. [Chinese]

研討會論文

1. Lee, S. Y., ***Lai, C. Y.**, & Yen, C. F. (2022). *The relationships among cognitive function, resourcefulness, and recovery of schizophrenic patients in the community*. The 7th International Nursing Research Conference of WANS; Nurses Together for Global Challenges: Leading Nursing Science and Knowledge Generation Post Global Pandemic. Taipei, Taiwan.
2. Chen, T. Y., ***Lai, C. Y.**, Lee, M. Y., & Chueh, K. H. (2022). *Experience of Women with Alcohol Addiction in Alcohol Abstinence Process*. Honor Society of Nursing, Sigma Theta Tau International 33rd International Nursing Research Congress: Transforming Global Nursing Knowledge Through Research, Scholarship, and Innovation. Edinburgh, Scotland, UK.
3. Huang, Y. C., ***Lai, C. Y.**, Liu, C. Y., & Liang, H. Y. (2020). *Mediating Effect of Resourcefulness on the Relationship between Work Pressure and Turnover Intention in Nurses*. 2020 Taiwan International Nursing Conference Endorsed by ICN; The Vital Roles of Nurses in Global Health. Taipei, Taiwan.
4. Huang, X. Y., Chien, C. H., **Lai, C. Y.**, Lin, Y. J., & Lee, K. T. (2020, September, 9-11). *Exploring the Effect of Flipped Classroom Teaching Mode in the Course of Caring and Communication*. 2020 Taiwan International Nursing Conference Endorsed by ICN; The Vital Roles of Nurses in Global Health, Oral presentation. Taipei, Taiwan.
5. Cheng, W. Y., & ***Lai, C. Y.** (2018). *The relationship between resourcefulness and information seeking in families of patients at intensive care units*. Honor Society of Nursing, Sigma Theta Tau International 29th International Nursing Research Congress; Global Nursing Practice and Education Through Research and Evidence-Based Practice. Melbourne, Australia.
6. Ruan, S. H., & ***Lai, C. Y.** (2016). *Predictors of difficulties in care of patients with suicide attempts*. The 32nd Annual Nursing Research Conference. Taichung, Taiwan.
7. Fu, C. M., ***Lai, C. Y.**, Su, S. F., Rong, J. R., Yen, C. F., Lu, M. Z., & Chang, H. F. (2015). *The effects of multimedia educational intervention about therapeutic relationship development and psychotic symptoms assessment on the clinical capacity of new psychiatric nurses*. World Psychiatric Association International Congress (WPAIC) 2015 Conference. Taipei, Taiwan.
8. Li, P. S., ***Lai, C. Y.**, Lai, P. Y., Tang, Y., Chang, Y. Y., & Jone, K. Y. (2015). *The Change Of Resourcefulness And Anticipatory Grief In Patients With Advanced Cancer And Their Families*. The International Council of Nurses (ICN) 2015 Conference. Seoul, Republic of Korea.
9. Hsu, S. W., ***Lai, C. Y.**, Chiou, C. J., Chou, F. T., Wu, C. K., Lee, S. Y. (2015). *Caregiver Burden, Resourcefulness And Depression Level In Caregivers Of Patients With Mental Illness*. The International Council of Nurses (ICN) 2015 Conference. Seoul, Republic of Korea.
10. Lin, C. C., Chen, K. L., & **Lai, C. Y.** (2014). *Lived Experiences of Hemodialysis Patients Who Have Received Kidney Transplant in Taiwan*. Asia Pacific Nursing Research Conference (APNRC). Taipei, Taiwan.
11. Lin, C. C., Chen, K. L., & **Lai, C. Y.** (2014). *Lived Experiences of Hemodialysis Patients Who Have Received Kidney Transplant in Taiwan*. The 8th ICN INP/APNN Conference. Helsinki, Finland.
12. Chien, C. O., & ***Lai, C. Y.** (2014). *Using Field Theory to explore the resourcefulness of patients with depression*. Honor Society of Nursing, Sigma Theta Tau International 25th International Nursing Research Congress; Engaging Colleagues: Improving Global Health Outcomes. Hong Kong, China.
13. Cheng, H. C., & ***Lai, C. Y.** (2013). *Effects of Biofeedback Nursing Intervention on Depression and Anxiety of Patients With Depression*. The 29th Annual Nursing Research Conference. Taichung, Taiwan.

14. Yang, M. S., Wang, M. H., **Lai, C. Y.**, & Yen, C. F. (2013). *Gender difference in harmful alcohol use and adverse drinking consequences among Taiwanese aborigines*. The 21th European Congress of Psychiatry. Nice, France.
15. Yang, M. S., Yen, J. Y., Wang, M. H., **Lai, C. Y.**, & Fang, M. S. (2012). *The Associations between Menopausal Syndrome and Depression during Pre-, Peri-, and Postmenopausal Period among Taiwanese Female Aborigines*. The 20th European Congress of Psychiatry. Prague, Czech.
16. Yang, M. S., Wang, M. H., Yen, C. F., **Lai, C. Y.**, & Chueh, K. H. (2012). *Harmful alcohol consumption among community-dwelling aborigines in southern Taiwan: prevalence and risk factors*. Honor Society of Nursing, Sigma Theta Tau International 23rd International Nursing Research Congress: Creating a Legacy through Nursing Research, Innovation and Global Collaboration. Brisbane, Australia.
17. **Lai, C. Y.**, Tang, T. C., Hou, S. Y., & Su, S. F. (2011). *Effects of Personal Beliefs and Resourcefulness on Adaptive Functioning in Depressed Adults in Taiwan*. Honor Society of Nursing, Sigma Theta Tau International, 22nd International Nursing Research Congress. Cancun, Mexico.
18. Hsu, W. N., & ***Lai, C. Y.** (2011). *Perceived Caring from Nurses and Resourcefulness in Patients with Depression in Taiwan*. Honor Society of Nursing, Sigma Theta Tau International, 22nd International Nursing Research Congress. Cancun, Mexico.
19. Liu, C. F., **Lai, C. Y.**, Shieh, S. L., Tsai, T. Y., Hung, C. H., & Hsu, M. T. (2011). *A Profile of Field Energy, Ability to Perform Activities of Daily Living, and Anxiety, and the Efficacy of Therapeutic Back Massage (TBM) Following a Sudden Episode of Physical Disablement*. Honor Society of Nursing, Sigma Theta Tau International, 22nd International Nursing Research Congress. Cancun, Mexico.
20. Wang, S. M., & ***Lai, C. Y.** (2011). *Work Stress, Resourcefulness, and Depression Level of Psychiatric Nurses in Taiwan*. The International Council of Nurses (ICN) 2011 Conference. La Valeta, Malta.
21. **Lai, C. Y.**, Su, Y. Y., Lin, F., & Yu, C. Y. (2008). *The Effects of Music on Psychiatric Patients' Emotional Control*. The 1st International Conference on Workplace Violence in the Health Sector. Amsterdam, Netherlands.
22. **Lai, C. Y.**, Zauszniewski, J. A., Morris, D. L., Brady, N., & McCallum, T. J. (2006). *Learned Resourcefulness, Cognitive Processes, and Adaptive Functioning in Depressed Adults*. 30th MNRS Annual Research Conference. Milwaukee, WI. USA.
23. Zauszniewski, J. A., **Lai, C. Y.**, & Tithiphontumrong, S. (2006). *Development and Testing of the Resourcefulness Scale for Older Adults*. 30th MNRS Annual Research Conference. Milwaukee, WI.
24. **Lai, C. Y.**, & Zauszniewski, J. A. (2005). *Learned Resourcefulness, Cognitive Processes, and Adaptive Functioning in Depressed Adults*. Research ShowCASE 2005. Case Western Reserve University, Cleveland, OH.
25. **Lai, C. Y.**, & Zauszniewski, J. A. (2004). *The Effect of Learned Resourcefulness on the Relationship between Cognitive Processes and Adaptive Functioning in Depressed Adults*. 28th MNRS Annual Research Conference. St. Louis, MO.
26. Suresky, M. J., Zauszniewski, J. A., & **Lai, C. Y.** (2004). *Sense of Coherence and Quality of Life in Family Members of the Seriously Mentally Ill*. Poster presentation at University Hospital of Cleveland, May 12, 2004. Cleveland, OH.

27. Zauszniewski, J. A., **Lai, C. Y.**, Vealadee, U., McDonald, P. E., Musil, C. M., Brady, N., & DeHelian, L. (2004). *The Effects of Teaching Resourcefulness and Acceptance on Affect, Behavior, and Cognition of Chronically Ill Elders*. 2004 National State of the Science Congress in Nursing Research, Council for the Advancement of Nursing Science (CANS), Oct. 7-9, 2004, Washington, DC. & 18th Annual conference, American Psychiatric Nurses Association (APNA), October 13-15, 2004, Phoenix, AZ. USA.

六、專題研究計畫：

編號	計畫名稱	計畫內擔任工作	起迄年月	補助機構
1.	智謀介入團體對大學生人際能力、關係適應及負向情緒之成效 The effects of resourcefulness intervention group on the interpersonal competence, relationship adjustment, and negative emotion in college students. (MOST 111-2635-B-227-001)	主持人	2022/08/01～ 2023/07/31	科技部
2.	影響新進護理師智謀、職涯適應、留任意願及實際留任之軌跡變化-長期追蹤及理論模型驗證研究 Resourcefulness, Career Adaptability, Intention to Stay and Actually Stay Trajectory in Nursing Graduates: A Longitudinal and Theoretical Model Test Study. (110D005-4)	協同主持人	2021/01/01～ 2022/12/31	新光醫療財團法人新光吳火獅紀念醫院
3.	發展與測試整合自我決定理論與動機式晤談法於思覺失調症合併糖尿病患者的糖尿病自我管理方案 Developing and Testing of Integrating Self-Determination Theory and Motivational Interviewing Based Diabetic Interventions for Schizophrenic Patients with Diabetes (MOST 109-2635-B-037-006)	共同主持人	2020/08/01～ 2021/07/31	科技部