

CURRICULUM VITAE

PERSONAL DATA

Name: Wan Lin Pan, RN, PhD.
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EDUCATION

Duration	Institution & Location	Degree	Major Subject
2012-2018	National Taipei University of Nursing and Health Sciences, Taipei, Taiwan,	Ph.D.	Nursing
1997-1999	National Defense Medical Center, Taipei, Taiwan,	MSN	Obstetric Nursing
1991-1994	Chung Shan Medical University, Taichung, Taiwan	BSN	Nursing

SPECIALTIES & RESEARCH INTERESTS

1. Childbirth Education
2. Mindfulness
3. Obstetric Nursing
4. Women Health

PUBLICATIONS

(A) Journals

1. Tai, C.Y., Chen, L.L., **Pan, W.L.***, Chiu, M.J., Hsin, Y., Lin, Y.C. (2024). Stress, anxiety, and depression: The role of mediating and moderating mechanisms of dispositional mindfulness and its impact on maternal outcomes. *Advances in Cognitive Psychology*, 20(1), 44-54.
 (SSCI. Impact Factor: 1.2; 88/89 in Psychology, Experimental, 2022)

2. **Pan, W.L.**, Chen, L.L., Wang, C.H., Mu, P.F., Tsay, S.F., & Gau, M.L.* (2023). Enhancing bladder management for intrapartum/postpartum women at a maternity hospital in Taiwan: A best practice implementation project. *JBI Evidence Implementation*, 21, 197-207. (SCIE, Impact Factor: 2.3; 71/105 in health care sciences & services, 2022)
3. Chen, L.L., **Pan, W.L.**, Mu, P.F., & Gau, M.L.*(2023). Birth environment interventions and outcomes: A scoping review. *Birth-Issues in Perinatal Care*, 00, 1-14. (SSCI, IF2.5; 34/123 in nursing, 2022)
4. **Pan, W.L.***, Lin, L.C., Kuo, L.Y., Chiu, M.J. & Ling, P.Y. (2023). Effects of a prenatal mindfulness program on longitudinal changes in stress, anxiety, depression, and mother-infant bonding of women with a tendency to perinatal mood and anxiety disorder: A randomized controlled trial. *BMC Pregnancy and Childbirth*, 23(1), 547.(SCIE, Impact Factor: 3.1; 32/85 in obstetrics & gynecology, 2022)
5. **Pan, W.L.**, Chen, L.L., & Gau, M.L.* (2022). Accuracy of non-invasive methods for assessing the progress of labor in the first stage: A systematic review and meta-analysis. *BMC Pregnancy and Childbirth*, 22(1), 608. (SCIE, Impact Factor: 3.1; 32/85 in obstetrics & gynecology, 2022)
6. **Pan, W.L.**, Gau, M.L., Hsu, T.C., Chiao, S.S., & Lee, T.Y.* (2022). Applying Mindfulness Techniques to the Management of Depressive Tendencies in Women in Taiwan in the Perinatal Period: A Qualitative Study. *Asian Nursing Research*, 16(3), 149-154. (SSCI, Impact Factor: 2.2; 47/123 in nursing, 2022)
7. Chen, H.C., **Pan, W.L.**, Hsieh, M.H., Pien, L.C., Chiang, S.J., Chiao, C.F., & Lin L.C.* (2021). Questionnaire to Assess Knowledge, Attitude, and Prevention Behaviors of Taiwanese Postpartum Women Regarding Postpartum Depression. *Journal of Quality in Health care & Economics*, 6(4), 000252.
8. Chen, L. L., Kao, C.H., **Pan, W. L.**, & Gau, M. L*. (2020). Baby-friendly Hospital Initiative Accreditation in Taiwan: Challenges and Assistance Needs. *Midwifery*, 10;94:102903.(SSCI, Impact Factor: 2.7; 22/123 in nursing, 2022)
9. **Pan, W.L.**, Chang, C.W., Chen, M.L., & Gau, M.L.* (2019). Assessing the effectiveness of mindfulness-based programs on mental health during pregnancy and early motherhood - A randomized control trial. *BMC Pregnancy and Childbirth*, 19, 234. (SCIE, Impact Factor: 3.1; 32/85 in obstetrics & gynecology, 2022)
10. **Pan, W.L.**, Gau, M.L.*, Lee, T.Y., Jou, H.J., Liu, C.Y., & Wen, T.K. (2019). Mindfulness-based programme on the psychological health of pregnant women. *Women and Birth*, 32(1), e102-e109.(SCIE, Impact Factor: 3.8, 11/125 in nursing, 2022)

(B) Conferences

1. **Pan, W.L.**, Gau, M. L.* (2023, Jun. 11-14). A mobile health mindfulness programme for pregnant women with high-risk depression: A preliminary evaluation study. the 33rd ICM Triennial Congress(poster)

2. Chen, L. L. **Pan, W. L.** & Gau, M. L. (2022, Apr. 21-22). Enhancing Bladder Management for Intrapartum/Postpartum Women at a Maternity Hospital in Taiwan: A E Implementation Project[Conference presentation]. 2022 EAFONS 2022 –East Asia Foru Scholars (EAFONS) Conference (oral).
3. **Pan, W.L.**, Gau, M. L.*(2018, Sep. 6-8). Mindfulness-based program on the mental health of postpartum women -A randomized control trial . ICM Regional Conference (oral).
4. **Pan, W.L.**,(2015. Nov.18-19). The effects of weight management for overweight adolescents: A pilot study. 3rd NUS-NUH International Nursing Conference & 20th Joint Singapore-Malaysia Nursing
5. **Pan, W.L.**, Gau, M. L., Tsao, L.I., & Hsu, T.C. (2015, Jun. 17-23). First-time father's feelings and experiences during childbirth and early postpartum period in the Taiwan -- a preliminary study. 2015 ICN.(poster).
6. **Pan, W.L.** (2014. July. 25-28). First-time fathers' experiences during childbirth in Taiwan, Sigma Theta Tau International's 25th International Nursing Research Congress.(poster).