

EDUCATION BACKGROUND

Sept.2019~Present	Chinese University of Hong Kong School of Humanities and Social Science Master of Science in <i>Applied Psychology</i> Overall GPA: 3.64/4	Shengzhen, China
Sept.2013-Jun.2017	Franklin and Marshall College Bachelor of Arts in <i>Psychology</i> Overall GPA: 3.02/4	PA, USA

CORE COURSES

Educational and School Psychology	Applied Psychology
Educational Testing	Advanced Quantitative Method
Psychological Assessment	Programming for Psychology
Positive Psychology	Design and Statistics

STANDTARDS TESTS

Nov. 10th 2017 | GRE: **328** V: 159(83%below)+Q: 169 (96%below)+AW: 3.0 (18%below)

RESEARCH INTEREST

Educational Psychology, Educational assessment, Psychometrics

PUBLICATIONS

Published	<p>Zhang, H.#, Song, J.#, Zhao, Y., Brytek-Matera, A., He, J. (2021) "Is the relationship between BMI and body appreciation explained by body dissatisfaction and body image inflexibility among older adults? A study among Chinese older men and women." <i>Body Image</i> [SSCI, IF = 6.406, JCR Rank = 11/131, Q1] #Shared First Authorship</p> <p>Zhao, Y.#, Song, J.#, Brytek-Matera, A., Zhang, H., & He, J. (2021). "The Relationships between Sleep and Mental and Physical Health of Chinese Elderly: Exploring the Mediating Roles of Diet and Physical Activity." <i>Nutrients</i>, 13(4), 1316 [SCI, IF = 5.717, JCR Rank = 17/89, Q1] #Shared First Authorship</p> <p>He, J., Song, J., Chen, G., Cai, Z., & Niu, R. (2021). "Patterns of Parenting Styles and Associations with Night Eating and its Correlates: A Latent Profile Analysis." <i>Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity</i> [SCI, IF = 4.652, JCR Rank = 44/156, Q2]</p> <p>He, J., Murray, S., Compte, E., Song, J., Nagata, J.(2021), 'The Muscularity-Oriented Eating Test, Drive for Muscularity Scale, and Muscle Dysmorphic Disorder Inventory among Chinese men: Confirmatory factor analyses' <i>International Journal of Environmental Research and Public Health</i> [SSCI, IF = 3.390, JCR Rank = 68/203, Q1]</p> <p>Tang, C., Cooper, M., Wang, S., Song, J., & He, J. (2020). "The relationship between body weight and dietary restraint is explained by body dissatisfaction and body image inflexibility among young adults in</p>
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China”

Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity, 1-8. [SCI, IF = 4.652, JCR Rank = 44/156, Q2]

Cui, T., Xi, J., Tang, C., **Song, J.**, He, J., & Brytek-Matera, A. (2021). “The Relationship between Music and Food Intake: A Systematic Review and Meta-Analysis.”

Nutrients, 13(8), 2571. [SCI, IF = 5.717, JCR Rank = 17/89, Q1]

Under Review

Song, J., Tang, C., Cui, T., Fan, X., He, J. “Assessing intuitive eating among young Chinese adults with the Intuitive Eating Scale-2: Factor structure, reliability, validity, and measurement invariance across genders.”

Under revision at Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity [SCI, IF = 4.652, JCR Rank = 44/156, Q2]

He, J., Tang, C., **Song, J.**, Cui, S., Barnhart, W., Cui, T., Ren, Y., Nagata, J., ‘The Muscle Bias Internalization Scale: Development and Validation’

Under review at Psychological Assessment [SSCI, IF = 5.123, JCR Rank = 19/131, Q1]

Ren, Y., Cui, S., Cui, T., Tang, C., **Song, J.**, Jackson, T., He, J., ‘Body dissatisfaction and suicide-related behaviors among clinical and non-clinical samples: A 27-year systematic review and meta-analysis, 1995-2021’

Under review at Psychological Bulletin [SSCI, IF = 17.737, JCR Rank = 3/140, Q1]

RESEARCH EXPERIENCE

2019.09-Present

Validation of the Chinese Version of the Intuitive Eating Scale-2 (IES-2)

Advisor: Jinbo He, Assistant Professor at Chinese University of Hong Kong

- ✓ Conducted background search on Intuitive Eating and its scale, especially the psychometric properties across different culture and population
- ✓ Translated the IES-2 and conducted pilot trial of its Chinese version
- ✓ Used Exploratory Factor Analysis and Confirmatory Factor Analysis to test the factor structure of the C-IES-2, and tested construct validity of the C-IES-2 based on Pearson’s correlation
- ✓ A paper is currently under review - *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*

2020.09-2021.05

Eating Behaviors of the Chinese Older Adults

- ✓ Collected data of eating behaviors and health from local health care institutions
- ✓ Conducted mediation analysis with R programming language to test the relationship between variables of interest
- ✓ A paper published in *Nutrients*, and one is currently under review in *Body Image*

2019.09-Present

The longitudinal causal relationships between appetitive traits and overweight/obesity among children and adolescents in Shenzhen (No. YBFZ20058)

- ✓ Educational 13th Five-Year Plan of Shenzhen
- ✓ Determined the research direction through background study
- ✓ Collected data from high school students for two years, and digitized them with EpiData
- ✓ Used SPSS for data screening, and merged multiple datasets together

2021.05-Present

Meta Analysis – Relationship between Intuitive Eating and BMI

- ✓ Designed background search and decided the topic

	<ul style="list-style-type: none"> ✓ Identified keywords and inclusion/exclusion criteria based on previous literature, and searched relevant papers on different database according to the keywords ✓ Merged and analyzed the materials from different database ✓ Conducted literature screening and coded the available materials ✓ Used R programming language for data analysis
2021.09-Present	<p>Exploring the Effects of Different Modes of School-based Body Image Interventions on Chinese Junior Middle School Students (No.GD21YJY03)"</p> <ul style="list-style-type: none"> ✓ Guangdong Planning Project of Philosophy and Social Science ✓ Collected Data from local middle schools

CONFERENCE

2021.10	<p>The Chinese Version of the Goal Content for Weight Maintenance Scale (GCWMS) among Young Adults: Psychometric Properties and Its Association with Weight Status and Disordered Eating</p> <ul style="list-style-type: none"> ✓ Poster presentation for the Greater Bay Area Young Scholars Forum on Psychological Science
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TEACHING&REACH ASSISTANT

2020.01-2021.05	<p>Teaching Assistant, Mathematics</p> <p><i>Advisor: Jinbo He, Assistant Professor at Chinese University of Hong Kong</i></p> <ul style="list-style-type: none"> ✓ Assisted the advisor to perform the basic operations of SPSS ✓ Marked assignments and provided feedback ✓ Helped organized the Mid-term and final exams
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WORKING EXPERIENCE

2018.05-2019.05	<p>Gingercat Play & Arts Education</p> <ul style="list-style-type: none"> ✓ Cooperate with foreign teachers from the UK to develop courses ✓ Assisted in additional teaching as a teaching assistant and answer questions from parents ✓ Trained new teachers
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HONER&AWARD

2020.09	Academic Excellence Scholarship, at Chinese University of Hong Kong (ShenZhen)
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SKILL&SOFTWARE

Familiar with	Coding: Python Statistical Analysis: SPSS, R, Mplus
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