

Curriculum Vitae

Xiaopeng Ji, PhD , MA, MSN, RN
University of Delaware School of Nursing
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EDUCATION

- 2013-2017 **Doctor of Philosophy, Nursing.**
University of Pennsylvania, School of Nursing, Philadelphia, PA
- 2013-2017 **Master of Art, Statistics.**
University of Pennsylvania, Wharton School, Philadelphia, PA
- 2005-2008 **Master of Science in Nursing.**
Second Military Medical University, School of Nursing, Shanghai, China
- 2000-2005 **Bachelor of Science in Nursing.**
Southeast University, School of Nursing, Nanjing, China

PROGRAM OF RESEARCH

My program of research focuses on risk factors and health outcomes of impaired sleep patterns, chronotype, and circadian misalignment. Specifically, I have integrated real-time continuous sleep monitor, subjective sleep measures, and biological circadian makers (i.e. dim light melatonin) into symptom science, such as neurobehavioral function and cardiovascular risk factors.

POSITIONS AND EMPLOYMENT

- 2017 - **Assistant Professor (tenure-track)**, University of Delaware School of Nursing, Newark, DE
- 2015-2017 **Research Assistant**, University of Pennsylvania School of Nursing, Philadelphia, PA
- 2013-2017 **Research Assistant**, University of Pennsylvania School of Nursing, Philadelphia, PA
- 2008-2011 **Faculty**, Shanghai University of Traditional Chinese Medicine, Shanghai, China
- 2008-2010 **Registered Nurse**, Shuguang Hospital, Shanghai, China

LICENSURES

Registered Nurse, DE (#L1-0055239), CA (# 95037114), USA

FUNDED GRANTS, COMPLETED

R21DC016391-01A1 Earle (PI) 08/2018-12/2021

NIH

Perceptual learning and memory consolidation in adults with and without language impairment. This study aims to determine how memory consolidation of speech during sleep differs across college students with and without a history of language impairment.

Role: Co-I

18A01422 Ji (PI) 09/2018-10/2020

American Nurses Foundation Research Award

Cardiovascular risk assessment among late Adolescents: sleep variability, napping and inflammatory biomarkers

This study aims to examine the associations among intraindividual variability in nighttime sleep, napping duration, circadian misalignment (behavioral and biological markers), chronotype and cardiovascular risk among late adolescents aged 18-21 years, as well as the role of inflammatory biomarkers as potential mediators.

Role: PI

Ji (PI) 04/2020-12/2020

University of Delaware Start-up Funding.

The impact of COVID-19 pandemic on sleep and executive function in young adults.

This study aims to track changes to sleep (sleep duration and quality, midsleep times, social jetlag) and executive function before and during COVID-19, and explored whether changes in EF varied by sleep and social risk factor.

Role: PI

18A00607 Ji (PI) 06/2018-06/2020

University of Delaware General University Research Program

The relationship among sleep, executive function and diabetes management in late adolescents with Type 1 Diabetes.

This study aims to: (1) characterize intra-individual sleep variability and executive function in late adolescents with *T1D* compared to age-matched healthy controls; (2) examine the role of sleep variability and executive function in glycemic control among adolescents with *T1D*.

Role: PI

Office of Nursing Research Award, University of Pennsylvania School of Nursing
10/2016- 8/2017

Midday napping, nighttime Sleep and neurocognitive function in adolescents.

Role: PI

Office of Nursing Research Award, University of Pennsylvania School of Nursing
Serum micronutrients, sleep quality and daytime functioning in adolescents. 3/2015-3/2016
Role: PI

PUBLICATIONS

1. **Ji, X.**, Saylor, J., & Earle, F. S. (2021). Sufficient sleep attenuates COVID-19 pandemic-related executive dysfunction in late adolescents and young adults. *Sleep medicine*, 85, 21-24.
2. **Ji, X.**, Compher, C. W., Irving, S. Y., Kim, J., Dinges, D. F., & Liu, J. (2021). Serum Micronutrient Status, Sleep Quality and Neurobehavioral function among Early Adolescents. *Public Health Nutrition*, 1-27.
3. **Ji, X.**, Wang, Y., & Saylor, J. (2021). Sleep and type 1 diabetes mellitus management among children, adolescents, and emerging young adults: A systematic review. *Journal of Pediatric Nursing*, 61, 245-253.
4. Griffioen, M. A., Bowen, M., Resnick, B. Renn, C. L. & **Ji, X.** Prior night sleep affects next-day pain interference among community-dwelling older adults with chronic lower extremity pain. *Research in Gerontological Nursing*.
5. Bowen, M., **Ji, X.** & Griffioen, M. A. (2021). Poor sleep predicts increased pain perception among adults with mild cognitive impairment. *Nursing Research (Advance online publication)* doi: 10.1097/NNR.0000000000000506
6. Liu, J., **Ji, X.**, Wang, G., Li, Y., Leung, P. W., & Pinto-Martin, J. (2020). Maternal emotions during the pre/postnatal periods and children's sleep behaviors: the mediating role of children's behavior. *Journal of Affective Disorders*.
7. Cui, N., **Ji, X.**, Li, J., Cui, N., & Wang, G. (2020). Associated factors of habitual midday napping among Chinese adolescents. *Sleep and Biological Rhythms*, 1-11.
8. Yang, Y., Liu, W., **Ji, X.**, Ma, C., Wang, X., Li, K., & Li, J. (2020). Extended afternoon naps are associated with hypertension in women but not in men. *Heart & Lung*, 49(1), 2-9.
9. Ness, M., Saylor, J., **Ji, X.**, Bell, A., & Habermann, B. (2020). Challenges Experienced by Parents of Emerging Young Adults With Type 1 Diabetes Mellitus During the Transition to College. *The Diabetes Educator*, 0145721720943120.
10. Chee, W., Lee, Y., **Ji, X.**, Chee, E., & Im, E. O. (2020). The Preliminary Efficacy of a Technology-Based Cancer Pain Management Program Among Asian American Breast Cancer Survivors. *CIN: Computers, Informatics, Nursing*, 38(3), 139-147.
11. **Ji, X.**, Cui, N., & Liu, J. (2019). Using propensity score matching with doses in observational studies: An example from a child physical abuse and sleep quality study. *Research in Nursing & Health*, 42(6), 436-445.
12. **Ji, X.**, Saylor, J., & Liu, J. (2019). The interactive effect of habitual midday napping and nighttime sleep duration on impaired fasting glucose risk in healthy adolescents. *Sleep medicine*, 64, 77-84.
13. Chee, W., **Ji, X.**, Kim, S., Park, S., Zhang, J., Chee, E., ... & Im, E. O. (2019). Recruitment

- and Retention of Asian Americans in Web-Based Physical Activity Promotion Programs: A Discussion Paper. *Computers, Informatics, Nursing*, 37(9), 455.
14. Im, E. O., **Ji, X.**, Kim, S., et al. (2019). Challenges in a Technology-Based Cancer Pain Management Program Among Asian American Breast Cancer Survivors. *CIN: Computers, Informatics, Nursing*. *CIN: Computers, Informatics, Nursing* 37, no. 5 (2019): 243-249.
 15. Liu, J., Feng, R., **Ji, X.**, Cui, N., Raine, A., & Mednick, S. C. (2019). Midday napping in children: Associations between nap frequency and duration across cognitive, positive psychological well-being, behavioral, and metabolic health outcomes. *Sleep*. In press.
 16. Saylor, J., **Ji, X.**, Calamaro, C., Davey, A. (2019). Does Sleep Duration, Napping, and Social Jetlag Predict Hemoglobin A1c among College Students with Type 1 Diabetes Mellitus? *Diabetes Research and Clinical Practice*.
 17. **Ji, X.**, Li, J, Liu, J. (2018). The Relationship between Midday Napping and Neurocognitive Function in Early Adolescents. *Behavioral Sleep Medicine*, 16 (2). [Epub ahead of print]
 18. Sun, Q., **Ji, X.**, Liu, J. (2018). Sleep problems in shift nurses: a brief review and recommendations at both individual and institutional levels. *Journal of Nursing Management*.
 19. Li, J., Yang, B., Varrasse McPhillips, M., **Ji, X.**, Wu, M., Li, M., & Li, K. (2018) Physical activity in related to sleep among community-dwelling older adults in China. *Journal of Aging and Physical Activity*.
 20. **Ji, X.**, Cui, N., & Liu, J. (2017). Neurocognitive Function Is Associated With Serum Iron Status in Early Adolescents. *Biological Research For Nursing*, 19(3), 269-277.
 21. **Ji, X.** Grandner, M. A., & Liu, J. (2017). The relationship between micronutrient status and sleep patterns: a systematic review. *Public health nutrition*, 20(4), 687-701.
 22. Cui, N., **Ji, X.** & Liu, J. (2017). Child physical abuse, non-anemic iron deficiency and behavior problems among Chinese children. *Journal of Pediatric Nursing*. [Epub ahead of print]
 23. Liu, J., Wang, G., **Ji, X.** et al. (2017). Agreement between parent-reports and child self-reports of sleep problems in Chinese children. *Sleep and Biological Rhythms*, 16(3):283-291.
 24. Ma, C., & **Ji, X.** (2017). The Development of Research Competency in Nursing Doctoral Education in US. *Chinese Journal of Nursing Education*. (in Chinese)
 25. **Ji, X.** & Liu, J. (2016). Subjective sleep measures for adolescents: a systematic review. *Child: care, health and development*, 42 (6), 825–839.
 26. **Ji, X.** & Liu, J. (2015). Associations between blood zinc concentrations and sleep quality in childhood: A Cohort Study. *Nutrients*, 7(7), 5684-5696.
 27. Im, E. O., **Ji, X.**, Zhang, J., Kim, S., Lee, Y., Chee, E., ... & Schapira, M. (2016). Issues in Developing and Evaluating a Culturally Tailored Internet Cancer Support Group. *CIN: Computers, Informatics, Nursing*, 34(10), 462-469.
 28. Zhou, G., **Ji, X.**, Cui, N., Cao, S., Liu, C., & Liu, J. (2015). Association between serum copper status and working memory in schoolchildren. *Nutrients*, 7(9), 7185-7196.
 29. Chee, W., Kim, S., **Ji, X.**, Park, S., Chee, E., Tsai, H. M., & Im, E. O. (2016). The effect of a culturally tailored web-based physical activity promotion program on Asian American midlife women's depressive symptoms. *Asian/Pacific Island Nursing Journal*, 1(4), 162-

173.

30. Liu, J., Liu, X., **Ji, X.**, Wang, Y., Zhou, G., & Chen, X. (2016). Sleep disordered breathing symptoms and daytime sleepiness are associated with emotional problems and poor school performance in children. *Psychiatry research*, 242, 218-225.
31. Im, E. O., Lee, Y., **Ji, X.**, Zhang, J., Kim, S., Chee, E., ... & Shapira, M. M. (2016). Internet Recruitment of Asian American Breast Cancer Survivors. *Advances in Nursing Science*, 39(3), E17-E27.
32. Im, E. O., Kim, S., **Ji, X.**, Park, S., Chee, E., Chee, W., & Tsai, H. M. (2017). Improving menopausal symptoms through promoting physical activity: a pilot Web-based intervention study among Asian Americans. *Menopause*, 24(6), 653-662.
33. Chee, W., Kim, S., Chu, T. L., Tsai, H. M., **Ji, X.**, Zhang, J., ... & Im, E. O. (2016). Practical issues in developing a culturally tailored physical activity promotion program for Chinese and Korean American midlife women: A pilot study. *Journal of medical Internet research*, 18(11).

Book Chapters

1. The basic knowledge of health promotion in TCM. Traditional Chinese medicine patient education for common diseases. *Military Medical Science Press*. 2010.
2. Theories Related to Health Promotion. Health promotion in nursing: Chinese-English version. *Shanghai Scientific and Technical Publishers*. 2013

PRESENTATIONS

+indicates work with a student

1. **Ji, X.**, Covington., L., Brownlow., J. Associations among sleep, physical activity and high body mass index in youth: age differences. SLEEP2021 (accepted for poster presentation)
2. **Ji, X.**, Saylor, J., Sufficient sleep attenuates the impact of the COVID-19 pandemic on executive function decline in late adolescents and young adults. SLEEP2021 (accepted for oral presentation)
3. Covington., L., **Ji, X.**, Brownlow., J. Cumulative risk associated with poor sleep health in children and adolescents. SLEEP2021 (accepted for poster)
4. **Ji, X.**, Wang, Y., Saylor, J., Patterson, F., & Ruggiero, L. Habitual Sleep, Circadian Misalignment, and Cardiovascular Risk Factors Among Late Adolescents (poster). *SLEEP 2020*.
5. **Ji, X.**, Bowen, M., Griffioen, M. Poor Sleep Increases Next Day Pain, Particularly for Older Adults With Mild Cognitive Impairment (oral presentation) . GSA 2020.
6. **Ji X.**, Saylor J., Liu J. Impaired Fasting Glucose in Early Adolescents: The Interaction between Daytime Napping and Nighttime Sleep Duration. STTI 45th Biennial Convention. (oral presentation). 2019
7. +Wang Y., **Ji X.**, Saylor J. Sleep patterns and their associations with diabetes management among children and youth with type 1 diabetes mellitus: a systematic review. ENRS 2019.
8. **Ji X.**, Gaynor B. An introduction to data analyses in nursing research. (Oral presentation). Bayhealth 11th Annual Research Conference. 2018. 9.

9. Gaynor B., Ji X.. An Introduction to Mixed Methods Research and Study Design. (Oral presentation). Bayhealth 11th Annual Research Conference. 2018. 9.
10. **Ji X.**, Saylor J., Liu J. The Association between Habitual Midday Napping and risk of Impaired Fasting Glucose in Healthy Adolescents. (Oral presentation) SLEEP 2018
11. Liu, J., Wang, G., **Ji, X.** et al. Assessment of sleep problems among Chinese preadolescents: concordances and discrepancies in parent and youth self-report, and gender differences. (Poster) SLEEP 2018
12. Liu, J., **Ji, X.** Pinto-Martin, J. Do maternal emotions during the prenatal and postnatal period affect children's sleep? Maternal and Child Health Journal. (Oral presentation) SLEEP 2018
13. **Ji X.**, Liu J. Micronutrient Status, Sleep Quality and Neurobehavioral Function in Early Adolescents: A Mediation Analysis (Oral presentation) ENRS 2018
14. Varrasse M., Ji X., Riegel B., Brewster G. Sleep Quality in Caregivers of Persons with Chronic illness (Poster presentation) ENRS 2018
15. Eun-Ok Im, Xiaopeng Ji, et al. Strategies in a Web-based Physical Activity Promotion Program For Asian Americans. (Poster presentation). APHA 2017
16. Eun-Ok Im, Xiaopeng Ji, et al. Practical issues in developing and evaluating a culturally tailored technology-based cancer pain management program for Asian American breast cancer survivors (oral presentation, presenter: Eun-Ok Im). APHA 2017
17. **Ji X.**, Liu J. The Relationship between Sleep Quality, Daytime Nap and Neurocognitive Function in Adolescents. SLEEP 2016.
18. **Ji X.**, Liu J. Serum Micronutrient Status Associated with Sleep Duration in Adolescents. SLEEP 2015. SRS 2015
19. **Ji X.**, Liu J. Sleep Patterns and Associated Parental Sleep Factors in Adolescents: A Cross-sectional Study in China. ICN 2015 (accepted for oral presentation).
20. **Ji X.**, Liu J. Gender Differences in the Sleep Pattern and Associated Parental Sleep Factors among Chinese Adolescents. Global Gender Disparities and Their Impact on Girls. Poster presentation. CHOP. 2014
21. **Ji X.**, Liu J. The Relationship Between Sleep Quality In Preadolescent And Parent: A Chinese Population Study. Poster presentation. SLEEP 2014. SRS. 2014

PROFESSIONAL SERVICE

Grant Review

Reviewer, NIH/ MESH (Biobehavioral Mechanisms of Emotion, Stress, and Health) Study Section. February, 2021

Member, NIH/CSR Early Career Reviewer Program. 2020

Committees

Membership Committee. Sleep Research Society 06/2018-

Membership Committee. Asian American Pacific Islander Nurses Association (AAPINA). 02/2019-

Ongoing Conversation Subcommittee. University of Delaware CHS.	09/2020-
Research Committee Chair. University of Delaware SON.	08/2020-
Research Committee member. University of Delaware SON.	08/2019-08/2020
Faculty Governance. Sigma Tau International and Xi chapter.	06/2018-2019

Journal Manuscript Review

Journal of Pediatrics
 BMC Psychiatry
 International Journal of Hygiene and Environmental Health
 Sleep and Biological Rhythms
 Journal of Clinical Medicine
 Nature and Science of
 Sleep Medicine
 BMC Public Health
 International Journal of Environmental Research and Public Health.
 Research Quarterly for Exercise and Sport.
 Research in Nursing & Health.
 SLEEP
 Journal of Preventive Medicine

TEACHING *indicates course development as well as teaching

School of Nursing, University of Delaware	2017-
Introduction to Population Health *	
Health, Vulnerability and Diversity	
Healthcare Research & Evidence Based Practice *	
Undergraduate & PhD Independent Study	
Public and Global Health *	
School of Nursing, University of Pennsylvania	2013-2017
Global Engagement Seminar: Environmental Health Issues and Global Implications (Course coordinator)	
Psychological and Social Diversity in Health and Wellness (BSN) (Teaching resident)	
Scientific Inquiry for Evidence-Based Practice (BSN), Advanced Pathophysiology (MSN) and Integrated Pathophysiology, Pharmacology and Therapy (BSN) (Teaching assistant)	
School of Nursing, Shanghai University of Traditional Chinese Medicine	2008-2011
Nursing Research and Introduction to Nursing Science	
Nursing Fundamentals (BSN), Nursing Simulation Lab (BSN) and Health Promotion	
Nursing Research, Health Communication (Shanghai–Northumbria University International Program)	

STUDENT MENTORSHIP

PhD Student Dissertation Committee Chair*/Member

Aastha Dahal. Sleep quality, social support and mental health among women. *

Leigh Ann Difusco. Risk-taking behaviors among adolescents with congenital heart disease

Michelle M. Ness. Transitioning to college with type 1 diabetes mellitus: the parental perspective.

Undergraduate Student

Yiqi Wang (Summer Scholar). 1) Sleep and CVD risk factors: research design and data collection; 2) Sleep patterns and their associations with diabetes management among children and youth with type 1 diabetes mellitus: a systematic review.

AWARDS/HONORS/CERTIFICATE

Awards

Nomination for Excellence in Teaching Award. The University of Delaware. 2020

The Dorothy Mereness Award for excellence in scholarly writing. The University of Pennsylvania. 2017

GAPSA Travel Grant Award. University of Pennsylvania. 2016

DSO Travel Award. Nursing School, University of Pennsylvania. 2014

Certificate

Post-Master Certificate in Teaching. Transformative Nursing Education Program. University of Pennsylvania, School of Nursing, Philadelphia, PA May 2015

PROFESSIONAL MEMBERSHIPS

2015-17	Faculty Governance, Sigma Tau International and Xi chapter
2017-2019	Member, Sigma Tau International and Beta Xi chapter
2018-2019	Member, Eastern Nursing Research Society
2018-2019	Member, Preventive Cardiovascular Nurses Association
2018-2021	Membership Committee Member, Sleep Research Society
2018-	Membership Committee Member, Asian American Pacific Islander Nurses Association