

CURRICULUM VITAE

NA ZHANG, PH.D.

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ACADEMIC APPOINTMENT

- 2020 – **University of Connecticut**
Assistant Professor (Tenure-Track), Human Development and Family Sciences
Faculty Affiliate, Institute for Collaboration on Health, Intervention, and Policy
Faculty Affiliate, Center for the Study of Interpersonal Acceptance and Rejection
Faculty Affiliate, Center for Applied Research in Human Development
- 2018 – 2020 **Arizona State University**
NIDA T32 Postdoctoral Fellow, “Research training in drug abuse/HIV prevention: Closing the research-practice gap”
REACH Institute (formerly the Prevention Research Center)

EDUCATION

- 2018 **University of Minnesota**
Ph.D. in Family Social Science (Minor: Prevention Science)
Thesis: *Vagal flexibility and parenting behaviors in post-deployed military fathers*
- 2013 **Tsinghua University, China**
M.Ed. in Psychology (Clinical Science emphasis)
Thesis: *A study on the outcome and therapeutic process of mindfulness-based group training for reducing loneliness in college students*
- 2010 **Capital Normal University, China**
B.S. in Psychology
Thesis: *Emotion as catalyst: A preliminary study on mindfulness training for reducing distress of pain*

RESEARCH FUNDING

ACTIVE

2022 – 2027

Principal Investigator

“A digital mindfulness-informed parenting intervention for high-risk divorced families”
National Institute of Health/National Institute of Mental Health, Career Development Award
K01MH122502; PI: N. Zhang (75%); 05/01/2022 – 04/30/2027; Total: \$931,277 (awarded)

Journal Editorships

- 2021 – Editorial Board Member, *Journal of Clinical Child and Adolescent Psychology*
Editorial Board Member, *Journal of Family Psychology*
- 2018 – 2020 **Early-Career Mentored Editorial Board Member, *Prevention Science***

FELLOWSHIPS, HONORS AND AWARDS

- 2022 Mind & Life Summer Research Institute
- 2021 Barbara Thompson Excellence in Research on Military and Veteran Families Award, Military Family Research Institute at Purdue University
- 2021 UConn InCHIP, Grant Development Summer Stipend Program
\$2500, for developing an external grant application
- 2020 National Council on Family Relations Award, Best Research Article on Men in Families
- 2020 APA Advanced Training Institute, Intensive Longitudinal Data Analysis
- 2019 NIMH Child Intervention, Prevention, and Services (CHIPS) Fellowship
- 2018 Honors Student, National Council on Family Relations
- 2018 Full Scholarship, Mind & Life International Symposium for Contemplative Research
- 2018 Travel Award, Society for Prevention Research
- 2018 Poster Presentation Contest Honorable Mention, Society for Prevention Research
- 2017 Travel Award, Society for Prevention Research
- 2017 Olson Dissertation Fellowship, Dept of Family Social Science, University of Minnesota
- 2017 Waller Summer Fellowship, Dept of Family Social Science, University of Minnesota
\$4,000 for conducting mentored research
- 2017 Center for Mindfulness, University of Massachusetts Medical School
\$2,640 tuition award for attending 9-day mindfulness training
- 2016 Waller Summer Fellowship, Dept of Family Social Science, University of Minnesota
\$5,000 for conducting mentored research
- 2016 Institute for Translational Research in Children's Mental Health, University of Minnesota
\$4,000, for conducting mentored research
- 2015 Waller Summer Fellowship, Dept of Family Social Science, University of Minnesota
\$5,000 for conducting mentored research
- 2015 Center for Personalized Prevention Research, University of Minnesota
\$4,000, for conducting mentored research
- 2016 Scholarship, Twin-Cities Vipassana Collective
\$320 for attending teacher-led meditation retreat
- 2015 Edwardson Fellowship, Dept of Family Social Science, University of Minnesota
\$2,500 for conducting mentored research
- 2015 Faith Gabelnick Fund, The A. K. Rice Institute
\$3,500 for attending group relations conference
- 2013 Excellent Student Award, Tsinghua University, China
- 2008 Mentored Research Program, Capital Normal University, China

PEER-REVIEWED ARTICLES

1. **Zhang, N.**, Russell, B., Park, C. & Fendrich, M. (2022). Effects of Mindful Emotion Regulation on Parents' Loneliness and Social Support: A Longitudinal Study During the Coronavirus Disease 2019 (COVID-19) Pandemic in the United States. *Journal of Social and Personal Relationships*. <https://doi.org/10.1177/02654075221098419>
2. Alvis, L., **Zhang, N.**, Sandler, I., & Kaplow, J. (2022). Developmental Manifestations of Grief in Children and Adolescents: Caregivers as Key Grief Facilitators. *Journal of Child and Adolescent Trauma*. <https://doi.org/10.1007/s40653-021-00435-0>
3. **Zhang, N.**, Sandler, I., Tein, J., Wolchik, S. & Donohue, E. (2022). Caregivers' self-compassion and bereaved children's adjustment: Testing caregivers' mental health and parenting as mediators. *Mindfulness*. <https://doi.org/10.1007/s12671-021-01807-1>
4. **Zhang, N.**, Sandler, I., Tein, J., & Wolchik, S. (2021). Reducing suicide risk in parentally bereaved youth through promoting effective parenting: Testing a developmental cascade model. *Development and Psychopathology*. <https://doi.org/10.1017/S0954579421001474>

5. Sandler, I., Tein, J., **Zhang, N.**, Wolchik, S., & Thieleman, K. (2021). Grief as a predictor of long-term suicidality above and beyond PTSD symptoms and other risk factors in parentally bereaved children and adolescents. *Journal of Traumatic Stress*.
<https://doi.org/10.1002/jts.22759>
6. Zhang, J., **Zhang, N.**, Piehler, T. F., Gewirtz, A. H. (2021). Emotion regulation difficulties in military fathers magnify their benefit from a parenting program. *Prevention Science*.
<https://doi.org/10.1007/s11121-021-01287-8>
7. **Zhang, N.**, Hoch, J., Gewirtz, A. H., Barnes, A. & Snyder, J. (2021). Vagal suppression buffers against the negative effects of psychological inflexibility on parenting in combat deployed fathers. *Parenting Science and Practice*, 21, 55-78.
<https://doi.org/10.1080/15295192.2020.1804250>
8. Liu, G., **Zhang, N.**, Teoh, J. Y., Egan C., Zeffiro, T. A., Davidson, R. J., & Quevedo, K. (2020). Self-compassion and dorsolateral prefrontal cortex activity during sad self-face recognition in depressed adolescents. *Psychological Medicine*. <https://doi.org/10.1017/S0033291720002482>
Role: conceptualization, assisting manuscript writing, creating figures.
9. **Zhang, N.**, Hoch, J., & Gewirtz, A. H. (2020). The physiological regulation of emotion during social interactions: Vagal flexibility moderates the effects of a military parenting intervention on father involvement in a randomized trial. *Prevention Science*, 21, 691-701.
<https://doi.org/10.1007/s11121-020-01122-6>
This article received the 2021 Barbara Thompson Excellence in Research on Military and Veteran Families Award.
10. **Zhang, N.**, Lee, S., Zhang, J., Piehler, T. F., & Gewirtz, A. H. (2020). Growth trajectories of parental emotion socialization and child adjustment following a military parenting intervention: A randomized controlled trial. *Developmental Psychology*, 56, 652-663.
<https://doi.org/10.1037/dev0000837>
11. Zhang, J., Palmer, A., **Zhang, N.**, & Gewirtz, A. (2020). Coercive parenting mediates the relationship between fathers' emotion regulation problems and children's adjustment. *Journal of Abnormal Child Psychology*. <https://doi.org/10.1007/s10802-020-00625-8>
Role: conceptualization, assisting manuscript writing and responding to reviewers
12. Gewirtz, A. H., Snyder, J., Zamir, O., Zhang, J., **Zhang, N.** (2019). **(All authors are primary authors and authorship is listed alphabetically)**. Effects of the After Deployment Adaptive Parenting Tools (ADAPT) intervention on fathers and their children: A moderated mediation model. *Development and Psychopathology*, 31, 1837-1849.
<https://doi.org/10.1017/S0954579419001238>
This article was awarded Best Research Article on Men in Families by NCFR.
13. Quevedo, K., Liu, G., Teoh, J. Y., Ghosh, S., Zeffiro, T., Ahrweiler, N., **Zhang, N.**, Wedan, R., Oh, S., & Paret, C. (2019). Neurofeedback and neuroplasticity of visual self-processing in depressed and healthy adolescents: A preliminary study. *Developmental Cognitive Neuroscience*, 40. <https://doi.org/10.1016/j.dcn.2019.100707>
Role: assisting data analyses, editing manuscript & responses to reviewers.
14. Zamir, O., Gewirtz, A. H., Cheng, C. H., **Zhang, N.**, & Lavee, Y. (2019). Psychological distress and communication quality in military couples after deployment to war. *Journal of Family Psychology*. <https://doi.org/10.1037/fam0000589>
15. **Zhang, N.**, Zhang, J., & Gewirtz, A. H. (2019). Do less mindful mothers show better parenting via improvements in trait mindfulness following a military parent training program? *Frontiers in Psychology*, 10, 909. <https://doi.org/10.3389/fpsyg.2019.00909>
16. **Zhang, N.**, Piehler, T. F., Gewirtz, A. H., Zamir, O., & Snyder, J. J. (2019). Trait mindfulness and anger in the family: A dyadic analysis of male service members and their female partners. *Journal of Marital and Family Therapy*. <https://doi.org/10.1111/jmft.12384>

This article was a finalist for the Barbara Thompson Award for Excellence in Research on Military and Veteran Families by Purdue University.

17. Monn, A., **Zhang, N.**, & Gewirtz, A. H. (2018). Deficits in inhibitory control may place service members at risk for PTSD and impaired parenting behaviors following deployment-related trauma. *Journal of Traumatic Stress, 31*, 866-875. <https://doi.org/10.1002/jts.22351>
18. **Zhang, N.**, Zhang, J., Gewirtz, A. H., & Piehler, T. F. (2018). Improving parental emotion socialization in military families: Results of a randomized controlled trial. *Journal of Family Psychology, 32*, 1046-1056. <https://doi.org/10.1037/fam0000461>
19. An, Y., Yuan, G., **Zhang, N.**, Zhou, F., & Xu, W. (2018). Longitudinal cross-lagged relationships between mindfulness, posttraumatic stress symptoms, and posttraumatic growth in adolescents following the Yancheng tornado in China. *Psychiatry Research, 266*, 334-340. <https://doi.org/10.1016/j.psychres.2018.03.034>
20. Chesmore, A. A., He, Y., **Zhang, N.**, & Gewirtz, A. H. (2018). Parent discrepancies in ratings of child behaviors following wartime deployment. *Journal of Traumatic Stress, 31*, 79-88. <https://doi.org/10.1002/jts.22257>
21. **Zhang, N.**, Rudi, J., Zamir, O., & Gewirtz, A. (2018). Parent engagement in online mindfulness exercises within a parent training program for postdeployed military families. *Mindfulness, 9*, 725-736. <https://doi.org/10.1007/s12671-017-0810-2>
22. **Zhang, N.**, Fan, F., Huang, S., & Rodriguez, M. (2018). Mindfulness training for loneliness among Chinese college students: A pilot randomized controlled trial. *International Journal of Psychology, 53*, 373-378. <https://doi.org/10.1002/ijop.12394>
23. Zamir, O., Gewirtz, A. H., & **Zhang, N.** (2017). Actor-partner associations of mindfulness and marital quality following military deployment. *Family Relations, 66*, 412-424. <https://doi.org/10.1111/fare.12266>
24. Pinna, K., Hanson, S., **Zhang, N.**, & Gewirtz, A. (2017). Fostering resilience in National Guard & Reserve families: A contextual adaptation of an evidence-based parenting program. *American Journal of Orthopsychiatry, 87*, 185-193. <https://doi.org/10.1037/ort0000221>

BOOK CHAPTER

Gewirtz, A. H., & **Zhang, N.** (2018). Military deployment and trauma. In J. D. Osofsky, & B. M. Groves (Eds), *Violence and trauma in the lives of children*. Praeger Publishers.

MANUSCRIPTS UNDER REVIEW

Liu, G., Santana-Gonzalez, C., Zeffiro, T., **Zhang, N.**, Enstrom, M., & Quevedo, K. (under review). *Self-compassion neurobiology during verbal self-appraisals in depressed and healthy adolescents*.

CONFERENCE PRESENTATIONS

In organized symposium

Zhang, N., Wolchik, S., Sandler, I., Bellizzi, K., & Fritzon, E. (2021). Posttraumatic growth in bereaved youth after a parenting-focused program: Fifteen years follow-up of a randomized controlled trial. In Organized Paper Symposium (Chair: Kaplow, J.), *“Understanding the role of parenting in promoting resilience among bereaved children”*. Paper presented at the 37th Annual Meeting of the International Society for Traumatic Stress Studies. Virtual.

Gewirtz, A., **Zhang, N.**, & Zhang, J. (2019). Effects of a mindfulness-informed military parent training program on mothers' and fathers' emotion regulation. In Organized Paper Symposium (Chair: **Zhang, N.**), *“Theoretical and practical issues in mindfulness-informed behavioral parent training program: What did we learn and where should we go next?”*. Paper

symposium at the 2019 Society for Prevention Research (SPR) Annual Conference, San Francisco, CA.

Sandler, I., **Zhang, N.**, & Wolchik, S. (2019). Integration of self-compassion into an evidence-based parenting program for bereaved families. In Organized Paper Symposium (Chair: **Zhang, N.**), *“Theoretical and practical issues in mindfulness-informed behavioral parent training program: What did we learn and where should we go next?”*. Paper symposium at the 2019 Society for Prevention Research (SPR) Annual Conference, San Francisco, CA.

Zhang, N., Monn, A., Zhang, J., DeGarmo, D. & Gewirtz, A. (2018). A cascade model of mindfulness, posttraumatic stress symptoms, inhibitory control on parenting among post-deployed military fathers. In Organized Poster Symposium (Chair: **Zhang, N.**), *“Dad’s raging!”: Emotion regulation predicts military fathers’ parenting over two years”*. Poster session at the 2018 National Council on Family Relations (NCFR) Annual Conference, San Diego, CA.

Zhang, J., Palmer, A., **Zhang, N.**, & Gewirtz, A. (2018). The mediating role of paternal coercive parenting on the relationship between paternal emotion regulation and child emotional problems. In Organized Paper Symposium (Chair: **Zhang, N.**), *“Dad’s raging!”: Emotion regulation predicts military fathers’ parenting over two years”*. Poster session at the 2018 National Council on Family Relations (NCFR) Annual Conference, San Diego, CA.

Cheng, C. H., **Zhang, N.**, Ausherbauer, K. & Gewirtz, A. (2018). Alcohol use, posttraumatic stress symptoms and parenting self-efficacy in post-deployed military fathers. In Organized Paper Symposium (Chair: **Zhang, N.**), *“Dad’s raging!”: Emotion regulation predicts military fathers’ parenting over two years”*. Poster session at the 2018 National Council on Family Relations (NCFR) Annual Conference, San Diego, CA.

Individual presentations

Zhang, N., Smith, I., & Ginsburg, G. (2022). Parental Psychopathology Increases Offspring’s Suicide Risk: Lack of Perceived Control as a Mediator. Paper presentation at the 2022 Society for Prevention Research (SPR) Annual Conference, Seattle, WA.

Zhang, N., O’Hara, K., Xia, M., Tein, J., Wolchik, S., & Sandler, I. (2022). Parent Ethnicity and Distress Are Associated with Latent Trajectories of Post-Divorce Discipline: An Effectiveness Randomized Controlled Trial of a Parenting Intervention. Poster presentation at the 2022 Society for Prevention Research (SPR) Annual Conference, Seattle, WA.

Sandler, I., Tein, J. Y., **Zhang, N.**, & Wolchik, S. (2021). Mediation of the 15-year effects of the Family Bereavement Program on diagnosed major depression and generalized anxiety disorder. Paper presentation at the 2021 Society for Prevention Research (SPR) Annual Conference (virtual).

Zhang, N., Russell, B., Park, C. & Fendrich, M. (2021). Prospective associations between caregivers’ mindful emotion regulation, loneliness, and interpersonal appraisal during COVID-19. Poster presentation at the Society for Research in Child Development (SRCD) Biennial Meeting (virtual).

- Zhang, N.,** Sandler, I., Tein, J., & Wolchik, S. (2020). Surviving Caregivers' Self-Compassion May Reduce Their Own Grief and Their Children's Behavioral Problems after Parental Death. Paper presentation at the Mind & Life Institute Contemplative Research Online Conference.
- Zhang, N.,** Sandler, I., Tein, J., & Wolchik, S. (2020). Mediation of the effects of the Family Bereavement Program on suicidal behavior over six and fifteen years. In Organized Paper Symposium (Chair: Reider, E. & Sims, B.), "*Long-term and cross-over effects of prevention interventions on the reduction of suicide ideation and behaviors: Mediation analyses*". Paper presentation at the 2020 Society for Prevention Research (SPR) Annual Conference (virtual).
- Zhang, N.,** Sandler, I., Tein, J., & Wolchik, S. (2020). Six-year cascading pathway from effects of Family Bereavement Program to complicated grief of parentally bereaved youth. Poster presentation at the 2020 Society of Research on Adolescence (SRA) Biennial Meeting, San Diego, CA. (Conference canceled)
- Zhang, N.,** Hoch, J., Gewirtz, A., Ausherbauer, K., & Zhang, J. (2019). Military fathers' nurturing parenting: Psychological and physiological flexibility both matter. In Organized Paper Symposium (Chair: Karre, J.), "A strengths-based approach to examining parenting within the context of the military". Presentation at the 2019 Society for Research in Child Development (SRCD) Biennial Meeting, Baltimore, MD.
- Zhang, N.,** Lee, S., Zhang, J., Piehler, T. F., & Gewirtz, A. H. (2018). Preventing child maladjustment by improving parents' emotion socialization: A randomized controlled trial of a military parenting intervention. Paper session at the 2018 Developmental Methods Conference, Whitefish, MT.
- Zhang, N.,** Hoch, J., Ausherbauer, K., Chesmore, A. & Gewirtz, A. (2018, May). Respiratory sinus arrhythmia reactivity moderates post-deployed military fathers' parenting outcomes at 1 year in a randomized controlled trial of a parent training program. Poster session at the 2018 Society for Prevention Research (SPR) Annual Conference, Washington D.C.
- Zhang, N.,** Piehler, T., Zamir, O., & Gewirtz, A. (2017, Nov). Relationships between mindfulness facets and observed anger expression: An actor partner interdependence analysis with post-deployed military families. Poster session at the 2017 National Council on Family Relations (NCFR) Annual Conference. Orlando, FL.
- Zhang, N.,** Piehler, T., Gewirtz, A., & Chesmore A. (2017, May). Effects of a parenting prevention program on parental emotion socialization for military families: Experiential avoidance as a moderator. Paper session at the 2017 Society for Prevention Research (SPR) Annual Conference, Washington D.C.
- Zhang, N.,** Hoch, J., Chesmore, A., Ausherbauer, K., Zhang, J., Davis L., & Gewirtz, A. (2017, May). Associations between male military members' parenting behaviors and parasympathetic activity during home-based family interaction tasks. Poster session at the 2017 Society for Prevention Research (SPR) Annual Conference, Washington D.C.
- Zhang, N.,** Egan, C., Scott, H., Smyda, G., & Quevedo, K. (2017, Apr). Self-compassion, adversity, and neural activation to sad self-face processing: An fMRI study with depressed adolescents. Poster session at the 2017 Annual Meeting of the Society for Affective Science (SAS). Boston, MA.

Zhang, N., Zamir, O., Gewirtz, A., & Rudi, J. (2016, Nov). Enhancing trait mindfulness in military parents through online intervention. Poster session at the 2016 National Council on Family Relations (NCFR) Annual Conference. Minneapolis, MN.

Chesmore, A. A., He, Y., **Zhang, N.,** & Gewirtz, A. H. (2016, Nov). Parent discrepancies in ratings of child behaviors among military families. Poster presentation at the 2016 National Council on Family Relations (NCFR) Annual Conference. Minneapolis, MN.

Hanson, S., Pinna, K., **Zhang, N.,** & Gewirtz, A. (2016, Jun). Contextual modifications of an evidence-based program fostering resilience in National Guard and Reserve families. Poster session presented at the 2016 Society for Prevention Research (SPR) Annual Conference, San Francisco, CA.

Zhang, N., Fan, F., Huang, S., & Rodriguez, M. A. (2016, Apr). Can mindfulness meditation reduce loneliness?: A randomized controlled trial among college students in China. Poster session presented at the 2016 Society of Research on Adolescence (SRA) Biennial Meeting, Baltimore, MD.

Catalpa, J., **Zhang, N.,** & McGuire, J. (2015, Nov). Kinship networks among transgender youth: Connecting to and breaking away from queer and trans* communities. In Organized Paper Symposium (Chair: Oswald, R), *LGBT Youth in Community Contexts*. Paper presented at the 2015 National Council on Family Relations Annual Conference (NCFR) Annual Conference, Vancouver, BC, Canada.

Zhang, N., Fan, F., & Lu, X. (2013, Jul). The Chinese version of the Therapeutic Factor Inventory. Paper presented at the academic conference of the Clinical and Counseling Psychology Committee of Chinese Psychological Society, Nanjing, China.

Zhang, N., & Fan, F. (2013, May). Expressive art group counseling improves subjective wellbeing in international students in China. Poster session presented at the 3rd World Congress on Positive Psychology (WCPP), Los Angeles, CA.

Zhang, N., & Fan, F. (2011, Jul). The effects of social exclusion on cold-pressor pain. Paper presented at the 9th Biennial Conference of Asian Association of Social Psychology (AASP), Kunming, China.

Zhang, N., Liu, X. (2010, Aug). Emotion catalyst: A mechanism of mindfulness training on reducing pain-related fear. Paper presented at the 1st China International Conference on Positive Psychology, Beijing, China.

COURSES

University of Connecticut

Department of Human Development and Family Sciences

2021 F	HDFS1070	<i>Individual and Family Development</i> (40 students)
2021 S	HDFS1070	<i>Individual and Family Development</i> (Distance Learning; 39 students)
	HDFS3311W	Parenting and Parenthood (Distance Learning; 17 students)
	HDFS5010	Teaching Practicum (1 student)
2020 F	HDFS1070 Z81	<i>Individual and Family Development</i> (Distance Learning; 40 students)

University of Minnesota

Department of Family Social Science

2016 FSoS 4150 005 *Special Topics in Family Social Science: Mindful Parenting* (11 students)

INVITED LECTURE/TALK

- 2021 S “Strengthening parenting and youth resilience in high-risk families”
Virtually presented to undergraduate students in *PSY 498 Parenting and Child Development*, Department of Psychology, Arizona State University
- 2020 F “Parent-focused interventions in high-risk families”
Virtually presented to graduate students in Clinical Track, Department of Psychology, Tsinghua University, China
- 2020 F “This moment, this retreat: The transformative power of mindfulness”
Virtually presented to teachers and staff at the Minnetonka School District, MN

DEPARTMENTAL SERVICE

2021 Reviewer, graduate comprehensive examination
Syllabus 1070 working group

2020 – current UConn Council on Family Relations (UCCFR) Faculty Advisor

Ad-Hoc Review

- 2019 Society for Prevention Research, **Conference Theme Review Committee**
- 2018 – current International Journal of Psychology
Family Process
Frontiers in Psychology
Journal of Child and Family Studies
Journal of Family Psychology

PROFESSIONAL AFFILIATIONS

- Society for Prevention Research (SPR)
Society for Research in Child Development (SRCD)
Society for Research on Adolescence (SRA)
National Council on Family Relations (NCFR)