

张茹-简历

(2023 年 2 月)

个人信息

张茹, 哲学博士

特聘研究员, 体育科学学院, 华南师范大学

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Google Scholar (H-index=15; i10-index=17):

<https://scholar.google.com/citations?user=xp7iQxwAAAAJ&hl=en>

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研究方向

- 儿童青少年身体活动与健康促进
- 公园绿地的身心健康效益

教育

- 2014 年 3 月 – 2017 年 5 月, 哲学博士 运动科学专业, 莱比锡大学, 莱比锡, 德国
- 2010 年 9 月 – 2013 年 6 月, 教育学硕士, 应用心理学专业, 武汉体育学院, 武汉, 中国
- 2005 年 9 月 – 2009 年 6 月, 理学学士, 应用心理学专业, 济南大学, 济南, 中国

工作经历

- 2020 年 9 月 – 至今: 特聘研究员, 体育科学学院, 华南师范大学, 广州, 中国
- 2019 年 4 月 – 2020 年 8 月: 博士后研究员, 体育运动科学系, 教育学院, 香港中文大学, 中国香港
- 2017 年 9 月 – 2019 年 4 月: 高级研究助理, 体育及运动学系, 社会科学学院, 香港浸会大学, 中国香港
- 2017 年 1 月 – 2017 年 9 月: 研究助理, 体育及运动学系, 社会科学学院, 香港浸会大学, 中国香港

研究课题

课题负责人:

1. 华南师范大学青年教师科研培育基金

资助机构：华南师范大学

名称：“应用社会生态学理论解析青少年遵从 24 小时活动指南的影响因素”

批准号：20sk19

项目起止年月：2021 年 1 月至 2022 年 12 月

获资助金额：人民币 1.5 万元

项目状态：结题

2. 广东省哲学社会科学规划青年项目

资助机构：广东省哲学社会科学规划领导小组

批准号：GD21YTY01

名称：“青少年 24 小时活动行为时间分配对其认知功能的影响及对策研究”

项目起止年月：2021 年 10 月至 2024 年 10 月

获资助金额：人民币 5 万元

项目状态：在研

3. 广东省青少年研究课题重点项目

资助机构：广东省共青团

批准号：2021WT016

名称：“城市公园对青少年身心健康促进的内在机制研究”

项目起止年月：2022 年 3 月至 2024 年 2 月

获资助金额：人民币 1 万元

项目状态：在研

4. 教育部人文社会科学研究青年基金

资助机构：教育部

批准号：22YJC890050

名称：“我国青少年 24 小时活动时间分配对其身心健康的影响研究：基于 VIRTUE 理论”

项目起止年月：2023 年 1 月至 2025 年 12 月

获资助金额：人民币 8 万元

项目状态：在研

课题参与:

3, 香港医疗卫生研究基金 - 研究奖学金计划

资助机构: 香港特别行政区食物及卫生局

名称: “Towards developing and testing a web-based and family-based intervention for promoting physical activity among preschool children in Hong Kong”

批准号: 04180117

项目起止年月: 2020年1月至2021年12月

获资助金额: 港币94.69万元.

项目状态: 已结, 参与者

4, 国家自然科学基金 - 青年项目

资助机构: 国家自然科学基金委员会

名称: “正念与高水平运动员的运动表现和心理健康的机制研究: 来自纵向、日记法和干预的多重证据”

批准号: 31800948

项目起止年月: 2019年1月至2021年12月

获资助金额: 人民币24万元

项目状态: 在研, 主要参与者

5, 香港浸会大学研究基金

资助机构: 香港浸会大学

名称: “Park environment and park-based physical activity among children in Hong Kong”

批准号: FRG1/17-18/031

项目起止年月: 2018年4月至2019年3月

获批资助金额: 港币5万元

项目状态: 已结, 参与者

6, 教育部人文社会科学研究规划基金

资助机构: 教育部

批准号: 22YJAZH142

名称: “基于多过程行为控制理论探索父母促进儿童身体活动的决策和行为: 机制与干预研究”

项目起止年月: 2023年1月至2025年12月

获资助金额: 人民币10万元

项目状态: 在研

研究成果

英文文章:

2022

1. Wong, M.Y.C., Ou, K., Zhang, C-Q., & **Zhang, R***. (2022). Neighbourhood Built and Social Environment Influences on Lifestyle Behaviours among College Students in a High-density City: A Photovoice Study. *International Journal of Environmental Research and Public Health*
2. Zhang, C-Q[#], **Zhang, R[#]**, Baker, J.S., Hagger, M. & Hamilton, K (under revision). Neighborhood environment, fear of falling, and fall prevention among urban-dwelling older adults in a high-density city: A qualitative investigation. *Aging & Society*
3. Liu, J., Hui, S.S.C., Yang, Y., Rong, X., & **Zhang, R.** (2022). Effectiveness of home-based exercise for non-specific shoulder pain: a systematic review and meta-analysis. *Archives of Physical Medicine and Rehabilitation*
4. **Zhang, R.**, Zhang, C-Q., Lai, P-C., & Kwan, M-P. (2022). Park and neighbourhood environmental characteristics associated with park-based physical activity among children in a high-density city. *Urban Forestry & Urban Greening*, 68: 127479. <https://doi.org/10.1016/j.ufug.2022.127479>

2021

5. **Zhang, R.**, Zhang, C-Q., Lai, P-C., Cheng W., Schüz, B., & Kwan M-P. (2021). Park environment and moderate-to-vigorous physical activity in parks among adolescents in a high-density city: The moderating role of neighbourhood income. *International Journal of Health Geographics*, 20, 35. <https://doi.org/10.1186/s12942-021-00289-7>
6. Ng, H.T.H., Zhang, C.-Q., Phipps, D., **Zhang, R.**, & Hamilton, K. (2021). Effects of anxiety and sleep on academic engagement among university students. *Australian Psychologist*, 57(1): 57-64. <https://doi.org/10.1080/00050067.2021.1965854>
7. **Zhang, R.**, Zhang, C-Q., & Rhodes, R.E. (2021). The pathways linking objectively-measured greenspace exposure and mental health: A systematic review of observational studies. *Environmental Research*, 198, 111233. <https://doi.org/10.1016/j.envres.2021.111233>
8. **Zhang, R.**, Zhang, C-Q., Cheng W., Lai, P-C., & Schüz, B. (2021). The neighborhood socioeconomic inequalities in urban parks in a high-density city: An environmental justice perceptible. *Landscape and Urban Planning*, 211, 104099. <https://doi.org/10.1016/j.landurbplan.2021.104099> (Editors' Choice)
9. Zhang, C-Q[#], **Zhang, R[#]**, Lu, Y., Liu, H., Kong, S., Baker, J.S., & Zhang, H. (2021). Occupational stressors, mental health, and sleep difficulty among nurses during the COVID-19 pandemic: The mediating roles of cognitive fusion and cognitive reappraisal. *Journal of Contextual Behavioral Science*, 19, 64-71. <https://doi.org/10.1016/j.jcbs.2020.12.004>
10. Hui, S.S.C., **Zhang, R.**, Suzuki, K., Naito, H., Balasekaran, G., Song, J.K.,...& Thasanasuwan, W. (2021). The associations between meeting 24-hour movement guidelines and adiposity in Asian adolescents: The Asia-Fit study. *Scandinavian Journal of Medicine & Science in Sports*, 31(3), 763-771. <https://doi.org/10.1111/sms.13893>

2020

11. Zhang, C-Q., Chung, P-K., Cheng, S-S., Yeung, V.W.C., **Zhang, R.**, Liu, S., & Rhodes, R.E. (2020). An update on physical activity research among children in Hong Kong: A scoping review. *International Journal of Environmental Research and Public Health* 517(22), 8521. <https://doi.org/10.3390/ijerph17228521>
12. Hamilton, K., Ng, H.T.H., Zhang, C.-Q., Phipps, D., & **Zhang, R.** (2020). Social psychological

predictors of sleep hygiene behaviors in Australian and Hong Kong university students. *International Journal of Behavioral Medicine*. 28, 214-226. <https://doi.org/10.1007/s12529-020-09859-8>

13. Zhang C-Q., Fang, R., **Zhang R.**, Hamilton K., & Hagger, M. (2020). Predicting hand washing and sleep hygiene behaviors among college students: Test of an integrated Social-Cognition Model. *International Journal of Environmental Research and Public Health*. 17(4), 1209. <https://doi.org/10.3390/ijerph17041209>
14. Wagner, P., Duan, Y., **Zhang, R.**, Wulff, H., & Brehm, W. (2020). Association of psychosocial and perceived environmental factors with park-based physical activity among elderly in two cities in China and Germany. *BMC Public Health*. 20:55. <https://doi.org/10.1186/s12889-019-8140-z>
15. Rhodes, R.E, **Zhang, R.**, & Zhang, C-Q. (2020). Direct and indirect relationships between the built environment and individual-level perceptions on physical activity: A systematic review. *Annals of Behavioral Medicine*, 54(7): 495-509. <https://doi.org/10.1093/abm/kaz068>
16. **Zhang, R.**, Zhang, C-Q., Wan, K., Hou, Y-S., & Rhodes, R.E. (2020). Integrating perceptions of the school neighbourhood environment with constructs from the theory of planned behaviour when predicting transport-related cycling among Chinese college students. *European Journal of Sport Science*, 20(9): 1288-1297. <https://doi.org/10.1080/17461391.2019.1707879>
17. Hui, S.S.C., **Zhang, R.**, Suzuki, K., Naito, H., Balasekaran, G., Song, J-K.,...& Thasanasuwan, W. (2020). Physical activity and health-related fitness in Asian adolescents: the Asia-Fit study. *Journal of Sports Sciences*. 38(3), 273-279. <https://doi.org/10.1080/02640414.2019.1695334>

2019

18. Zhang, C-Q., Chung, P-K., **Zhang R***, & Schüz, B. (2019). Socioeconomic inequalities in older adults' health: The roles of neighborhood and individual-level psychosocial and behavioral resources. *Frontiers in Public Health*. 7, 318. <https://doi.org/10.3389/fpubh.2019.00318>
19. **Zhang, R.**, Duan, Y., Brehm, W., & Wagner, P. (2019). Socioecological correlates of park-based physical activity in older adults: A comparison of Hong Kong and Leipzig parks. *International Journal of Environmental Research and Public Health*. 16(17), 3048. <https://doi.org/10.3390/ijerph16173048>
20. Zhang, C-Q., Wong, M.C., **Zhang, R.**, Hamilton, K., & Hagger, M.S. (2019). Adolescent sugar-sweetened beverage consumption: An extended Health Action Process Approach. *Appetite*. 141, 104332. <https://doi.org/10.1016/j.appet.2019.104332>
21. Zhang, C-Q., **Zhang, R***, Gan, Y., Li, D., & Rhodes, R.E. (2019). Predicting transport-related cycling in Chinese employees using an integration of perceived physical environment and social cognitive factors. *Transportation Research Part F: Psychology and Behaviour*, 64, 424-439. doi: 10.1016/j.trf.2019.06.003
22. **Zhang, R.**, Zhang, C-Q., Gan, Y., Li, D., & Rhodes, R.E. (2019). Predicting transport-related walking in Chinese employees by integrating worksite neighbourhood walkability and social cognition. *Applied Psychology: Health and Well-Being*. 11(3), 484-498. doi:10.1111/aphw.12164
23. Zhang, C-Q., **Zhang, R.**, Schwarzer, R., & Hagger, M. (2019). A meta-analysis of the Health Action Process Approach. *Health Psychology*. 38(7):623-637 doi:10.1037/hea0000728
24. **Zhang, R.**, Wulff, H., Duan, Y., & Wagner, P. (2019). Association between the physical environment and park-based physical activity: A systematic review. *Journal of Sport and Health Science*. 8(5), 412-421. <https://doi.org/10.1016/j.jshs.2018.11.002>

2018

25. Zhang, C-Q., **Zhang, R.**, Chung, P-K., Duan, Y., Lau, T-F, Chan, D.K, & Hagger, M.S. (2018). Promoting influenza prevention for elderly people in Hong Kong using Health Action Process Approach: Study protocol. *BMC Public Health*,18:1230. <https://doi.org/10.1186/s12889-018-6146-6>
26. Duan, Y., Wagner, P., **Zhang, R.**, Wulff, H., & Brehm, W. (2018). Physical activity areas in urban parks and their use by the elderly from two cities in China and Germany. *Landscape and Urban Planning*, 178, 261-269. <https://doi.org/10.1016/j.landurbplan.2018.06.009>

2016

27. Duan, Y., Lippke, S., **Zhang, R.**, Brehm, W., & Chung, P. K. (2016). Testing the validity of a stage assessment on health enhancing physical activity in a Chinese university student sample. *BMC Public Health*, 16, 260. doi: 10.1186/s12889-016-2931-2

2015

28. Duan, Y., Brehm, W., Wagner, P., Chung, P. K., Graf, S., **Zhang, R.**, & Si, G. (2015). Transition to adulthood: Relationships among psychosocial correlates, stages of change for physical activity, and health outcomes in a cross-cultural sample. *Journal of Physical Activity & Health*, 12(11), 1461-1468. doi: 10.1123/jpah.2014-0389

* 通讯作者 # 共同一作

中文文章:

1. 陈旭, **张茹***, 胡纯, 段艳平 (2016). 江苏省大学生身体活动阶段与健康状况关系研究. *中国学校卫生*, 37, 507-510.
2. 段艳平, **张茹**, 韦晓娜, WALTER Brehm (2014). 身体活动阶段理论的阶段有效性评估: 以“从无活动到保持活动的四步骤(FIT)模型”为例. *中国运动医学杂志*, 33(6), 573-580.
3. 段艳平, 韦晓娜, **张茹**, WALTER Brehm (2013). 成年人身体活动变化阶段与健康变量的关系:对 FIT 模型理论的检验. *中国运动医学杂志*, 8, 702-707.
4. 段艳平, **张茹**, WALTER Brehm (2013). 大学生身体活动变化阶段与身体活动能耗量及健康状况之关系研究. *台湾运动心理学报*, 13, 1-23.
5. 段艳平, 杨剑, **张茹**, WALTER Brehm (2012). 大学生身体活动阶段变化与健康状况关系的研究. *中国体育科技*, 48, 117-121.

会议报告

1. **Zhang, R.**, & Zhang, C-Q. (2021, June). Associations Between social and park environments and moderate-to-vigorous physical activity in parks among adolescents. e-poster presented at the Virtual 2021 American College of Sports Medicine Annual Meeting.
2. **Zhang, R.**, Zhang, C-Q., & Rhodes, R. (2019 年 3 月). An integration of school neighborhood environment and social cognitions when predicting cycling for transport in young adults. Poster section presented at the 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC, United States.
3. Zhang, C-Q., Wong, M., **Zhang, R.**, Hamilton, K., & Hagger, M. (2019 年 3 月). Predicting adolescent sugar-sweetened beverage consumption using an extended model of health action

- process approach. Poster section presented at the 40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Washington, DC, United States
4. Wagner, P., Duan, Y., **Zhang, R.**, Wulff, H., Brehm, W. (2018 年 6 月). Determinants of Park-based Physical Activity among Elderly in a Mixed-Cultural Sample. Poster section presented at the 17th annual meeting of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA), Hong Kong SAR, China.
 5. Duan, Y., Wagner, P., **Zhang, R.**, Wulff, H., & Brehm, W. (2018 年 6 月). *Physical activity areas in parks and their use by the elderly across urban conditions*. Paper session presented at the 17th annual meeting of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Annual Meeting, Hong Kong SAR, China.
 6. **Zhang, R.**, Wagner, P., Duan, Y., & Brehm, W. (2016 年 1 月). *Psychosocial and perceived park environmental correlates of park-based physical activity among older adults in Hong Kong*. Poster session presented at the meeting of the 2016 International Behavioural Health Conference, Hong Kong SAR.
 7. 张茹, 段艳平, WAGNER Petra (2015 年 10 月). 主观公园环境因素对老年人公园身体活动行为的影响: 地区的调节. 两岸四地运动心理学会议, 中国台湾.
 8. **Zhang, R.**, Wagner, P., & Duan, Y. (2015 年 9 月). *A cross-cultural comparison of park-based physical activity between Hong Kong and Leipzig older adults*. Paper session presented at the meeting of Active Healthy Aging: Sports Science and Neuroscience International Conference 2015, Magdeburg, Germany.
 9. 张茹, 段艳平 (2014 年 11 月). 身体活动阶段理论的阶段有效性评估: 以“从无活动到保持活动的四步骤(FIT)模型”为例. 专题研讨会. 第 10 届全国运动心理学大会, 中国深圳.
 10. **Zhang, R.**, & Duan, Y. (2013 年 7 月). *Validity assessment of the FIT model's stage measurement for health-enhancing physical activity*. Poster session presented at the ISSP 13th World Congress of Sport Psychology, Beijing, China.
 11. 张茹, 段艳平, 孙昌文 (2011 年 10 月). 大学生身体活动阶段变化与健康状况关系的研究. 第 2 届全国体育锻炼与心理健康学术会议, 中国北京.

课程教学

2020-2021 学年, 评教加权均分 93 分

- 2020-2021 第二学期: 体育心理学 (本科专业必修课)
- 2020-2021 第二学期: 学术论文写作与文献检索 (专业选修课)

2021-2022 学年, 评教加权均分 94

- 2021-2022 第二学期: 体育心理学 (本科专业必修课)

编委会成员及审稿人

编委会成员:

- 编委会成员, *Frontiers in Psychology, Health Psychology* section (2019 年起)
- 编委会成员, *Frontiers in Psychology, Movement Science and Sport Psychology* section (2020 起)
- 编委会成员(副主编), *BMC Geriatrics* (2021 年起)
- 副主编, *International Journal of Sport Psychology* (2021 年起)

审稿人:

Motivation and Emotion (2017 起); *International Journal of Sport and Exercise Psychology* (2018 起); *Journal of Physical Activity and Health* (2018 起); *Measurement in Physical Education and Exercise Science* (2019 起); *Frontiers in Psychology* (2019 起); *International Journal of Sport Psychology* (2019 起); *International Journal of Environmental Research and Public Health* (2019 起). *Psychology, Health & Medicine* (2020 起). *Psychology, Health & Medicine* (2020 起); *Journal of Sport and Health Science* (2020 起); *Journal of Marketing Management* (2020 起); *International Journal of Health Geographics* (2020 起); *Clinical Interventions in Aging* (2020 起); *International Journal of Behavioral Medicine* (2021 起); *PLOS One* (2021 起); *Health Psychology* (2021 起); *BMC Geriatrics* (2021 起); *Environmental Research* (2021 起); *Open Health* (2021 起); *Applied Psychology: Health and Well-Being* (2022 起); *Sport Sciences for Health* (since 2023)