

张茹-中文简历

(2024年2月)

个人信息

张茹, 哲学博士

副教授, 体育科学学院, 华南师范大学

地址: 广州市番禺区广州大学城外环西路 378 号华南师范大学体育科学学院, 510006

电邮: ruzhang@m.scnu.edu.cn; ruzhang@outlook.com

Google Scholar (H-index=18; i10-index=22):

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

ResearchGate: https://www.researchgate.net/profile/Ru_Zhang8

ORCID: <https://orcid.org/0000-0001-8744-4525>

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

- 2023年9月 – 至今: 副教授, 体育科学学院, 华南师范大学, 广州, 中国
- 2020年9月 – 2023年9月: 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：教育部社会科学司

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（指导学生加下划线）

英文文章:

2024

1. **Zhang, R***, Zhang, C-Q., & Gu, D. (2023). The associations between adherence to 24-hour movement guidelines and mental well-being in Chinese adolescents. *Journal of Sports Sciences*.

2023

2. Zhang, C-Q[#], **Zhang R[#]**, Zheng, S., Pan, J., Wang, D., Riddell, H., & Gucciardi, D. (2023) On the Temporal Dynamics Between Mindfulness, Stress, Mood, and Self-Reported Performance: A Daily Diary among Elite Chinese Athletes. *Sport, Exercise, and Performance*
3. **Zhang, R***, Zhang, C-Q[#], & Gu,D. (2023). Integrating perceived physical environments and the theory of planned behaviours when predicting adherence to 24-hour movement guidelines in Chinese adolescents. *Scandinavian Journal of Medicine & Science in Sports*
4. He, Z., **Zhang, R***, Chen, C. Pan, R., & Zhang, C-Q. (2023). Associations between meeting 24-hour movement guidelines and mental well-being among Chinese adolescents in high-density cities. *Asian Journal of Sport and Exercise Psychology*
5. Zhang, C-Q[#], **Zhang, R[#]**, Chung, P-K., Duan, Y., Lau J.T.F., Chan, D.K.C., & Hagger, M.S. (2023). Promoting influenza prevention for older adults using the health action process approach: A randomized controlled trial. *Applied Psychology: Health and Well-being*. doi: 10.1111/aphw.12445

2022

6. 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*
7. Zhang, C-Q[#], **Zhang, R[#]**, Baker, J.S., Hagger, M. & Hamilton, K (2022). Neighborhood environment, fear of falling, and fall prevention among urban-dwelling older adults in a high-density city: A qualitative investigation. *Aging & Society*
8. 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*
9. **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

10. **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>
11. 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>
12. **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>

13. **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 perceptive. *Landscape and Urban Planning*, 211, 104099. <https://doi.org/10.1016/j.landurbplan.2021.104099> (Editors' Choice)
14. 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>
15. 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

16. 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>
17. 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>
18. 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>
19. 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>
20. 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>
21. **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>
22. 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

23. 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>
24. **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>

25. 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>
26. 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
27. **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
28. 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
29. **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

30. 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>
31. 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

32. 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

33. 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.

学生科研项目指导

2023 年

1. 郭俊尧, 我国青少年 24 小时活动行为时间合理分配的机制和干预研究, 2023-2024 年度华南师范大学学生课外科研一般课题 (第一指导老师)
2. 孙菱芸, 人工智能视角下学龄儿童体质健康促进的体育运动与饮食营养精准干预研究, 2023-2024 年度华南师范大学大学生创新训练项目 (第一指导老师)
3. 刘家琳, 童欣悦动——特殊儿童虚拟现实体育康复运动服务, 2023 年度华南师范大学互联网+”大学生创新创业项目 (第三指导老师)

本科论文指导

2024 年

1. 李伟超, 中学体育课中到剧烈体育活动的情感因素研究
2. 杨佳王钰, 青少年屏幕使用时间与心理幸福感的关系研究

2023 年

3. 姚肇森, 基于计划行为理论探究青少年遵从 24 小时活动指南的影响因素 (88 分)
4. 蕨永发, 2021-2022 赛季欧冠足球联赛皇马防守反击战术的特征及启示 (91 分)

2021 年

5. 黄寿聪, 社会心理学因素与建成环境对大学生骑单车行为的影响研究 (89 分)

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)