

# Jingchen Zhang

University of Delaware, Psychological and Brain Sciences, 108 Wolf Hall, Newark, DE 19716  
Email: jczhang@udel.edu

## POSITIONS

Postdoctoral Research Fellow, Psychological and Brain Sciences, University of Delaware 2021-

## EDUCATION

Ph.D. Department of Family Social Science, University of Minnesota 2021  
Dissertation Title: *Parenting gets under the skin: Dyadic physiological synchrony and child self-regulation in post-deployed military families*  
Advisor: Abigail H. Gewirtz, Ph.D.  
M.A. Department of Family Social Science, University of Minnesota 2018  
B.S. Department of Psychology, Beijing Normal University, China 2016

## HONORS AND AWARDS

### *University of Minnesota*

Doctoral Dissertation Fellowship 2020-2021  
Fallgatter Fellowship 2020-2021  
Gage Summer Fellowship 2020  
Knorr Family Social Science Fellowship 2019-2020  
Waller Summer Fellowship 2019  
Irene Ott International Student Fellowship 2018-2019  
Roxanna Ford Fellowship 2018-2019  
Ruth E Hall Fund 2017-2019  
Emma Whiteford Family Social Science Fellowship 2017-2018  
GradSEHD Research Travel Grant 2017-2019  
Summer Fellowship, Institute for Translational Research in Children's Mental Health 2017

### *External*

Honors Student, National Council on Family Relations (NCFR) 2021  
Helen Strow Fellowship  
American Association of Family & Consumer Sciences (AAFCS) 2020-2021  
SPR Early Career Prevention Network (ECPN) Travel Award  
Society for Prevention Research 2017-2019  
SRC D Graduate Student Travel Award  
Society for Research in Child Development (SRCD) 2019  
Mitacs Globalink Internship Award, Canada 2015

## RESEARCH GRANTS

### *University of Minnesota*

*Supporting the health care workers exposure to COVID-19 and their families: A pilot study of a mobile-based mindfulness intervention* (PI: Gewirtz)  
FSoS COVID-19 Research Funds (\$3,500)  
Role: Student collaborator

## RESEARCH INTERESTS

Developing and evaluating **family-centered intervention programs** for at-risk families, examining the impact of **family characteristics** on **child development of psychopathology, substance use, and resilience**, and investigating the **neurobiological mechanisms** that underlie **emotion regulation**

## PUBLICATIONS

- Zhang, J.**, Buchanan, G., Monn, A., Gewirtz, A. (in press). Inhibitory control moderates the effectiveness of a preventive parenting program on PTSD among male service members. *Journal of Traumatic Stress*.
- Weiler, L., Lee, S-K., **Zhang, J.**, Ausherbauer, K., Schwartz, S., Kanchewa, S., & Taussig, H. (in press). Mentoring children in foster care: Examining relationship histories as moderators of intervention impact on children's mental health and trauma symptoms. *American Journal of Community Psychology*. doi: 10.1002/ajcp.12549
- VanZomeren, A., **Zhang, J.**, Lee, S., Gunlicks-Stoessel, M., Piehler, T., Cicchetti, D. (2021). Maltreatment timing, HPA axis functioning, multigenic risk, and depressive symptoms in African American youth: Differential associations without moderated mediation. *Development and Psychopathology*. doi: 10.1017/S0954579420000589
- Zhang, J.**, Palmer, A., Zhang, N., Gewirtz, A. (2020). Coercive parenting mediates the relationship between father emotion regulation problems and children's adjustment. *Journal of Abnormal Child Psychology*. doi: 10.1007/s10802-020-00625-8
- Zhang, N., Lee, S., **Zhang, J.**, Gewirtz, A., Piehler, T. (2020). Growth trajectories of parental emotion socialization and child adjustment following a military parenting intervention: A randomized controlled trial. *Developmental Psychology*, 56(3), 652–663. <https://doi.org/10.1037/dev0000837>
- Zhang, J.**, Lee, S., Piehler, T., Gewirtz, A., August, G. (2019). Bidirectional relationships between parenting practices and child externalizing behaviors in formerly homeless families: A random-intercept cross-lagged panel analysis. *Parenting: Science and Practice*. doi: 10.1080/15295192.2019.1694833
- Gewirtz, A. H.\*, Snyder, J.\*, Zamir, O.\*, **Zhang, J.\***, & Zhang, N.\* (2019). Effects of the after deployment: Adaptive Parenting Tools (ADAPT) intervention on fathers and their children: A moderated mediation model. *Development and Psychopathology*, 31(5), 1837-1849. doi: 10.1017/S0954579419001238 (\*All authors contributed equally to the work.) (This article was named the Best Research Article on Men in Families by the National Council on Family Relations' Men in Families Focus Group.)
- Zhang, N., **Zhang, J.**, Gewirtz, A. (2019) Mindful parents are more effective parents: Findings from a parent training program for military families. *Frontiers in Psychology*, 10, 909. doi: 10.3389/fpsyg.2019.00909
- 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. doi: 10.1037/fam0000461
- Zhang, J.**, Li, Y., Zhang, Y., Lin, X., Hou, X. (2015). The analysis of psychological adaptation, school adaptation, and social adaptation among oppositional defiant disorder symptoms children. [In Chinese] *Chinese Journal of Clinical Psychology*, 23(6), 1035-1048.

## MANUSCRIPTS UNDER REVIEW

- Zhang, J.**, Zhang, N., Piehler, T., Gewirtz, A. (Revised and Resubmitted). More deficit, more benefit: Emotion regulation as a moderator of the effects of a military parenting program on emotion-related parenting practices for male service members. *Prevention Science*.
- Zhang, J.**, Buchanan, G., Gunlicks-Stoessel, M., Piehler, T., Bloomquist, M. (Revised and Resubmitted). Emotional and behavioral dynamics in parent-adolescent conflict: Relations with adolescents' depression. *Journal of Child and Family Studies*.

Buchanan, G., **Zhang, J.**, Gunlicks-Stoessel, M., Piehler, T., Lee, S., Bloomquist, M. (Under review). Parent-Adolescent Emotion-Related Behavior during Conflict in a Clinical Sample. *Clinical Child Psychology and Psychiatry*.

## MANUSCRIPTS IN PREPARATION

**Zhang, J.**, Piehler, T., Ha, T. (In prep). Linking coercive parent-adolescent interactions to coercion in adult romantic relationships: Longitudinal associations across contexts.

Piehler, T., **Zhang, J.**, Bloomquist, M., August, G. (In prep). Parent and child risk profiles as predictors of response to a conduct problems preventive intervention. *Prevention Science*.

**Zhang, J.**, Gewirtz, A. (In prep). Parental cardiac vagal regulation and parenting behaviors in parent-child interactions: A systematic review. *Clinical Child and Family Psychology Review*

**Zhang, J.**, Cai, Q., Zhang, N., Gewirtz, A. (In prep). Parents' trait mindfulness and changes in emotion socialization behaviors: A latent profile analysis and gender difference in military families.

Chan, A. C. Y., Lee, S., **Zhang, J.**, Banegas, J., Marsalis, S., Gewirtz, A. (In prep). Well-being of grandparents raising grandchildren: A global systematic review

Chen, M., **Zhang, J.**, Rueter, M. A. (In prep). Sharing information with adolescents conceived using medical assistance: The role of family privacy orientation.

## OTHER PUBLICATIONS

Translation (English to Chinese) of Chapter 5 "Child neglect", in C. L. Miller-Perrin & R. D. Perrin, *Child Maltreatment: An Introduction (3<sup>rd</sup> Edition)*. London, UK: SAGE Publications Ltd.

Translation (English to Chinese) of Chapter 2 "Searching the Psychological Literature", in D. S. Dunn, A short Guide to Writing about Psychology (3<sup>rd</sup> Edition). London, UK: Pearson Education.

## CONFERENCE PRESENTATIONS

**Zhang, J.**, Gewirtz, A. (2021, April). Child Cardiac Vagal Regulation Moderates the Relationship between Parenting Behaviors and Anxiety Symptoms in Post-Deployed Military Families. Paper Symposium at the 2021 Society for Research in Child Development Biennial Meeting, Virtual.

**Zhang, J.**, Piehler, T., Ha, T. (2021, April). Linking coercive parent-adolescent interactions to coercion in adult romantic relationships: Longitudinal associations across contexts. Poster Presentation at the 2021 Society for Research in Child Development Biennial Meeting, Virtual.

**Zhang, J.**, Buchanan, G., Monn, A., Gewirtz, A. (2020, July). Effects of a Military Parenting Program on PTSD, Parenting, and Child Externalizing Problems Among Male Service Members: Inhibitory Control as a Moderator (Abstract of Distinction). Paper Symposium at the Society for Prevention Research 28th Annual Meeting, Washington, DC.

Li, L., **Zhang, J.**, Cicchetti, D., Gewirtz, A. (2020, July). G x I Interaction of a Parenting Program: Evocative Effects of Child's Genotype. Paper presentation at the Society for Prevention Research 28th Annual Meeting, Washington, DC.

Chan, A.C.Y., **Zhang, J.**, Piehler, T., August, A. (2020, July). Pathways to Sensation Seeking and Substance Use in Early Adolescence: Longitudinal Prediction from Inconsistent Parental Discipline and Impulsivity during Childhood. Poster Presentation at the Society for Prevention Research 28th Annual Meeting, Washington, DC.

**Zhang, J.**, Gunlicks-Stoessel, M., Piehler, T., Buchanan, G., Lee, S., VanZomeren, A., Bloomquist, M. (2020, March). Emotional and behavioral dynamics in parent-adolescent conflict: Relations with adolescents' depression. Poster presentation at the Society for Research on Adolescence Biennial Meeting, San Diego, CA.

**Zhang, J.**, Buchanan, G., Monn, A., Zhang, N., Gewirtz, A. (2019, Nov.). Deficits in inhibitory control strengthen the intervention effect on PTSD among male service members. Poster presentation at the International Society for Traumatic Stress Studies 35<sup>th</sup> Annual Meeting, Boston, MA.

Cai, Q., **Zhang, J.**, Gewirtz, A. H. (2019, May). Cascading effects of a parenting program on children's social competence. Poster presentation at the Society for Prevention Research 27th Annual Meeting,

San Francisco, CA.

- Lee, S., Zhang, N., **Zhang, J.**, Piehler, T., Gewirtz, A. H. (2019, May). Parents emotional support and child adjustment in military families: data from a randomized controlled trial of a parenting intervention. Oral presentation at the Society for Prevention Research 27th Annual Meeting, San Francisco, CA.
- Zhang, J.**, Zhang, N., Piehler, T., Gewirtz, A. H. (2019, May). Emotion regulation difficulties in military fathers magnify their benefit from a parenting program. Oral presentation at the Society for Prevention Research 27th Annual Meeting, San Francisco, CA. (selected as an **Abstract of Distinction** at the 2019 SPR annual meeting)
- Gewirtz, A. H., Zhang, N., **Zhang, J.** (2019, May). Effects of a mindfulness-informed military parent training program on mothers' and fathers' emotion regulation. Oral presentation at the Society for Prevention Research 27th Annual Meeting, San Francisco, CA.
- Zhang, J.**, Chen, M., Rueter, M. A. (2019, March). Sharing information with adolescents conceived using medical assistance: The role of family privacy orientation. Poster presentation at the 2019 Society for Research in Child Development Biennial Meeting, Baltimore, MD.
- Zhang, J.**, Palmer, A., Zhang, N., Gewirtz, A. (2018, Nov.). Father coercive parenting mediates the impact of emotion regulation on children's emotional problems. Poster symposium at the National Council on Family Relations annual conference, San Diego, CA.
- Zhang, J.**, Zhang, N., Gewirtz, A., Piehler, T. (2018, Sep.). Less is More: Emotion Regulation Deficits in Military Fathers Magnify their Benefit from a Parenting Program. Oral presentation at the Developmental Methods Conference, Whitefish, MT.
- Zhang, J.**, Zhang, N., Rudi, J., Gewirtz, A., Piehler, T. (2018, May). More Deficit, More Benefit: Emotion Regulation as a Moderator of the Effects of a Military Parenting Program on Distress Avoidance for Male Service Members. Oral presentation at the Society for Prevention Research 26th Annual Meeting, Washington, DC.
- Zhang, J.**, Li, L., Piehler, T., Gewirtz, A., August, G. (2018, May). Bidirectional Relationships between Parenting Practices and Child Externalizing Behavior: A Cross-Lagged Panel Analysis. Oral presentation at the Society for Prevention Research 26th Annual Meeting, Washington, DC.
- Zhang, J.**, Lee, S., Piehler, T., August, G. (2018, April). Executive functioning of adolescents referred to juvenile diversion: Examining differences across offense type and gender. Poster presentation at the Society for Research on Adolescence Biennial Meeting, Minneapolis, MN.
- Zhang, J.**, Zhang, Monn, A., Gewirtz, A. (2017, November). Effects of a Military Parenting Program: Inhibitory Control as a Moderator. Poster presentation at the National Council on Family Relations annual conference, Orlando, FL.
- Zhang, J.**, Zhang, N., Lee, S., Gewirtz, A. (2017, May). The Moderating Effect of Combat Exposure on the Relationship Between Trait Mindfulness and Observed Parenting in Deployed Fathers. Poster presentation at the Society for Prevention Research 25th Annual Meeting, Washington, DC.
- Zhang, J.**, Han, Z. (2017, May). Emotion Socialization and Behavior Problems in Middle Childhood: A Moderated Mediation Model of Parent-Child Attachment and Children's Emotion Dysregulation. Poster presentation at the 29th Association for Psychological Science Convention, Boston, MA.
- Zhang, J.**, Han, Z. (2017, March). Emotion socialization and behavior problems in middle childhood: A moderated mediation model of parent-child attachment and children's emotion dysregulation. Poster presentation at the CEHD Research Day, Minneapolis, MN.

## RESEARCH EXPERIENCES

### **Research Assistant to Professor Abigail Gewirtz, Ph.D.**

**2016-2021**

- Managed the physiological data (i.e., heart rate variability) project, including coder training, data cleaning, data managing, and data analysis.
- Completed the observational coding training for Family Interaction Tasks (FITs) guided by the Parenting Management Training Model-Oregon (PMTO).
- Managed the ADAPT4U mindfulness APP and facilitated the development of iOS version.
- Conducted a survey for the ADAPT4U APP participants and wrote a survey report.

Zhang, Jingchen

- Participated in designing study protocol and IRB application, developed Ecological Momentary Assessment (EMA) questions, and tested the wearable devices for the Stress Wearable Project.

**Research Assistant to Professor Timothy Piehler, Ph.D. 2017-2021**

- Wrote sections for how mindfulness training affects cognitive control and emotional control for a R61/R33 grant proposal to NIMH.
- Analyzed data of the Early Risers prevention trial for families in formerly homeless families.
- Analyzed observational data in parent-child interaction and romantic couple interaction using state space grids (SSG) analysis using data of the Family Check-Up intervention.

**Research Assistant to Professor Meredith Gunlicks-Stoessel, Ph.D. 2018-2021**

- Coded videos of family interactions for the Healthy Emotion Program (HEP), which was an intervention program for adolescents ages 12-17 with primary Depression or Mood Disorder diagnosis.
- Analyzed cortisol data collected throughout the parent-adolescent conflict discussion and examined the relationship between adolescents' hypothalamic-pituitary-adrenal axis and depressive symptoms.

**Research Assistant to Professor Martha Rueter, Ph.D. 2017- 2018**

- Analyzed data on the family communication project and tested the relationship between parent privacy orientation and child adjustment in families with children conceived using in vitro fertilization (IVF).

**Research Assistant to Professor Gerald August, Ph.D. 2017- 2018**

- Collected data for the Natalis project investigating genetic, psychophysiological, and personality predictors of differential responses to prevention programs for adolescents with substance use problems

**TEACHING EXPERIENCES**

**Instructor of Record**

FSoS 1201 Human Development in Families Spring 2020  
 Received a **Thank a Teacher note** from a student and was awarded a certificate for outstanding teaching and dedication to help students learn from the Center for Educational Innovation

**Teaching Assistant**

FSoS 4150 Special Topics: Impact of covid-19 on children's mental health Summer 2020  
 FSoS 2105 Family Research Methods Fall 2018 - Fall 2019

**Guest Lecturer**

FSoS 4150 Special Topics: Impact of covid-19 on children's mental health Fall 2020  
 FSoS 2105 Methods in Family Research Fall 2018 - Fall 2019  
 FSOS 2101 Preparation for Working with Families Spring 2019

**Mentoring Activities**

Supervised 3 undergraduate research assistants and 5 junior graduate students involved in the HRV project

**PROFESSIONAL DEVELOPMENT**

**Professional Workshops**

Meta-Analysis (Instructor: Dr. Noel Card)  
 Latent Class Analysis (Instructor: Dr. Bethany C. Bray)  
 Bayesian Estimation with Mplus (Instructor: Dr. Jon Helm)  
 Growth Modeling: Pushing into Nonlinearity (Instructor: Dr. Nilam Ram)  
 Intensive Longitudinal Methods (Instructors: Dr. Niall Bolger and Dr. Jean-Phillipe Laurenceau)  
 Introduction to Latent Transition Analysis in Mplus (Instructor: Karen Nylund-Gibson)

**PROFESSIONAL SERVICE & LEADERSHIP**

**Ad Hoc Reviewer**

Family Process 2018-Present

International Journal of Psychology	2020- Present
Current Psychology (supervised)	2020
Journal of Abnormal Child Psychology (supervised)	2018
Journal of Early Adolescence (supervised)	2018
Society for Prevention Research (supervised)	2018-2019

***Service to the Field***

ECPN committee in the Society for Prevention Research (ECPN poster contest committee and Diversity Network Committee)

Volunteered in Society for Prevention Research (SPR), National Council on Family Relations (NCFR), and Society for Research on Adolescence (SRA)

***Service to the University/College/Department***

International student liaison, Family Social Science graduate student union (SHARK)

Judge, Council of International Graduate Students (CIGS) Annual Research Showcase

Mentor, FSos Graduate Student Peer Mentoring Program

Work-group member, 2017 Graduate Student Climate Diversity Survey

Grant application reviewer, Council of Graduate Students (COGS)

***Professional Affiliations***

Society for Prevention Research (SPR)

National Council on Family Relations (NCFR)

Society for Research in Child Development (SRCD)

Association for Psychological Science (APS)

Society for Research on Adolescence (SRA)

International Society for Traumatic Stress Studies (ISTSS)

Mixed Methods Interdisciplinary Graduate Group (MMIGG) of University of Minnesota

**OUTREACH & ENGAGEMENT**

Volunteered in the Hospitality Center for Chinese (HCC)

Led an 8-week mindfulness-based stress reduction (MBSR) program for parents in China

Translated research articles on *Mindfulness Research Monthly* to Chinese and published on social media

Built a website for Triple P – Positive Parenting Program in China

Taught *Sex Education* to elementary students in suburban areas in China

**PROFESSIONAL LICENSURE**

Preparing Future Faculty (PFF) program completion certificate

Teaching License in China for high school psychology classes

Third-Level Counselor license issued by China’s National Counseling Licensing Board

**SKILLS**

***Statistical Software***

Proficient in Mplus, R, SPSS, HLM, AMOS, Python (intermediate level)

***Statistical Analysis***

Proficient in Structural Equation Modeling, Multilevel Modeling, Latent Profile Analysis, Dyadic Data Analysis, Time Series Analysis, and Intensive Longitudinal Analysis

Proficient in electrocardiogram (ECG) data cleaning in CardioEdit, MindWare, and Kubios