

Nalan Zhan

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School of Psychology ◇ Jiangxi Normal University

Nanchang, Jiangxi, China, 330022

EDUCATION

Jiangxi Normal University

9/2022-6/2025 (Expected)

M.A. in Psychology, School of Psychology

Advisor: [Fulei Geng, Ph.D](#)

Jiangxi Normal University

9/2018-6/2022

B.S. in Psychology, School of Psychology

RESEARCH INTERESTS

Trauma- and Stressor-Related Disorders; Biological and Psychosocial Factors; Individual Differences; Self-Regulation; Emotion Regulation

RESEARCH EXPERIENCES

Note. [x] refers to the journal articles or working papers in the publication list.

Master & Undergraduate Student, Jiangxi Normal University

9/2019-Present

Advisor: [Fulei Geng](#) | *Jiangxi Normal University*

- Led several research projects related to traumatic stress, psychometric properties of measurement scales, and other mental health issue, under the guidance of my advisor. (See projects for details).
- Joined multiple research projects, involving data collection, analysis, visualization, and so on.
- Contributed to securing funding from the National Natural Science Foundation of China (grant numbers: 32260210) , including literature reviews, visual illustrations, and proposal writing.

Project: A Symptom Level Perspective on Irritability, PTSD, and Depression ^[14, 18]

Role: First Author

2/2023-Present

- Used separate and well-validated scales to measure irritability, PTSD, and depression in a large sample of trauma-exposed population spanning children and adolescents, and adults.
- Conducted exploratory graph analysis and network analysis to examine cross-sectional relationships between symptoms of irritability, PTSD, and depression.
- Used Cross-lagged Panel Network Model analysis further to explore relationships between symptoms of irritability, PTSD, and depression.

Project: Psychometric Properties of the Posttraumatic Cognitions Inventory-9 in China ^[1]

Role: First Author

9/2022-2/2024

- Conducted confirmatory factor analysis to examine the psychometrics of the PTCI-9 in a large sample of Chinese adolescents and adults.
- Tested measurement invariances of PTCI-9 across age (adolescent vs adult), sex (male vs female), trauma exposure (direct vs indirect), and types of traumas (interpersonal vs non-interpersonal).
- Examined relationships between posttraumatic cognitions, PTSD symptoms, depression, anxiety, and life satisfaction to support the convergent and discriminative validity of the PTCI-9.

Project: Clinical Correlates of Irritability and Aggression in PTSD ^[2]

Role: First Author

3/2022-3/2023

- Used separate and well-validated scales to measure irritability, anger, hostility, and aggression in a community sample of adults with probable PTSD.
- Conducted correlation analysis to examine (1) relationships between PTSD symptoms, irritability, anger, hostility, and aggression, and (2) relationships between irritability, other clinical symptoms and suicidal behaviors.
- Performed latent profile analysis and logistic regression analysis to explore subgroups of PTSD, irritability, and aggression, and potential likelihood of experiencing comorbidities and suicidal behaviors across observed subgroups.

Project: The Transmission of Insomnia from Parents to Children in COVID-19 ^[3]

Role: First Author | Bachelor's thesis

1/2021-3/2022

- Examined how COVID-related worries and lifestyles affect parents' and children's insomnia.
- Explored the potential association between parental COVID-related worries, lifestyles, and insomnia with children's COVID-related worries, lifestyles, and insomnia, respectively.
- Investigated the potential pathways from parental COVID-related worries, lifestyles, and insomnia to children's insomnia.

Project: Psychometric Properties of the Benevolent Childhood Experiences Scale in China ^[4]

Role: First Author

9/2019-6/2021

- Examined and validated the psychometric properties of the Chinese version of the Benevolent Childhood Experiences scale (BCEs) in a community adults.
- Investigated the associations between positive childhood experiences (PCEs) and adulthood emotional problems and prosocial behaviors.
- Used multiple liner regression to examine the independent and interactive effects of PCEs, lifetime trauma, childhood trauma on PTSD symptoms, depression, and prosocial behaviors.

PUBLICATIONS

(Note. * indicates the correspondent author)

First Author

1. **Zhan, N.**, Gao, C., Cao, Y., Li, F., & Geng, F.* (2024). Factor structure, measurement invariance, and psychometric properties of the Posttraumatic Cognitions Inventory-9 in Chinese adolescents and adults. *Psychological Assessment*. [doi]
2. **Zhan, N.**, Zhang, L., Gong, M., & Geng, F.* (2023). Clinical correlates of irritability, anger, hostility, and aggression in posttraumatic stress disorder. *Psychological Trauma: Theory, Research, Practice, and Policy*, Advance online publication. [doi]
3. **Zhan, N.**, Zhang, Y., Xie, D., & Geng, F.* (2022). The associations of parental COVID-19 related worries, lifestyles, and insomnia with child insomnia during the COVID-19 outbreak. *Journal of Sleep Research*, e13590. [doi]
4. **Zhan, N.**, Xie, D., Zou, J., Wang, J., & Geng, F.* (2021). The validity and reliability of benevolent childhood experiences scale in Chinese community adults. *European Journal of Psychotraumatology*, 12(1), 1945747. [doi]

Co-Author

5. Yuan, D., Li, Q., **Zhan, N.**, Zhang, L., Wang, J., Liu, M., & Geng, F.* (2023). Longitudinal associations of menstrual characteristics with mental health problems among Chinese girls. *European Child & Adolescent Psychiatry*, [doi]
6. Fung, H. W.*, Geng, F., Yuan, D., **Zhan, N.**, & Lee, V. W. P. (2023). Childhood experiences and dissociation among high school students in China: Theoretical reexamination and clinical implications. *The International Journal of Social Psychiatry*, 207640231181528. Advance online publication. [doi]
7. Geng, F.*, Liang, Y., **Zhan, N.**, & Wang, J. (2022). Prevalence, clinical features, and psychological characteristics of dissociative subtype of posttraumatic stress disorder in Chinese prisoners. *Journal of Trauma & Dissociation*, 24(1), 63–78. [doi]
8. Zhang, Y., **Zhan, N.**, Long, M., Xie, D., & Geng, F.* (2022). Associations of childhood neglect, difficulties in emotion regulation, and psychological distresses to COVID-19 pandemic: An intergenerational analysis. *Child Abuse & Neglect*, 129, 105674. [doi]
9. Geng, F.*, Lu, H., Zhang, Y., **Zhan, N.**, Zhang, L., & Liu, M. (2022). Dissociative depression and its related clinical and psychological characteristics among Chinese prisoners: A latent class analysis. *Current Psychology*, 42(15061 - 15069). [doi]
10. Zhang, Y., **Zhan, N.**, Zou, J., Xie, D., Liu, M., & Geng, F.* (2022). The transmission of psychological distress and lifestyles from parents to children during COVID-19. *Journal of Affective Disorders*, 303, 74-81. [doi]
11. Zhang, Y., Li, Q., Hu, W., **Zhan, N.**, Zou, J., Wang, J., & Geng, F.* (2022). The relationships between screen time and mental health problems among Chinese adults. *Journal of Psychiatric Research*, 146, 279-285. [doi]
12. Geng, F.*, Tu, L., **Zhan, N.**, Zhang, Y., & Wang, J. (2021). Associations of substance abuse histories and gambling addiction history with post-traumatic stress symptoms and depressive symptoms among Chinese prisoners. *European Journal of Psychotraumatology*, 12(1), 1906022. [doi]
13. Geng, F.*, Zou, J., Liang, Y., **Zhan, N.**, Li, S., & Wang, J. (2021). Associations of positive and adverse childhood experiences and adulthood insomnia in a community sample of Chinese adults. *Sleep Medicine*, 80, 46-51. [doi]

Working Papers

14. **Zhan, N.**, Li, F., Fung, H. W., Zhang, K., Wang, J., & Geng, F.* (submitted). A symptom level perspective on irritability, PTSD, and depression in children and adults.
15. Zhang, K., **Zhan, N.**, Xue, X., Man, J., Li, F., & Geng, F.* (submitted). Associations among fear of cancer recurrence, posttraumatic stress symptoms, depression and irritability in cancer patients: A network analysis.
16. Geng, F., Cao, Y., **Zhan, N.**, Xie, D., Wang, J., & Zhang, L.* (submitted). Dispositional optimism boosts family adaptation to the COVID-19 pandemic: an intergenerational investigation of the associations between dispositional optimism, COVID-19 related worries, and depression/anxiety symptoms.
17. Geng, F.*, **Zhan, N.**, Li, F., Xu, F., Li, Y., & Wang, J. (submitted). Examination of irritability trajectories, correlates and long-term outcomes: A prospective case-cohort study combined with

experience sampling method.

Conference Presentations

18. **Zhan, N.**, & Geng, F.* (2024, September). *Longitudinal Relationships Between Posttraumatic Stress Disorder, Irritability, Depression in Trauma-Exposed Children and Adolescents: A Cross-Lagged Panel Network Analysis*. Poster accepted for presentation at the 40th annual meeting of the International Society for Traumatic Stress Studies conference in Boston, MA.

PROFESSIONAL SKILLS

Languages	Mandarin (native), English
Softwares	SPSS, R, Mplus, E-prime, Microsoft Office Suite, AcqKnowledge (SCR Analysis), Adobe Photoshop, Adobe Illustrator
Experimental Skills	EDA collection and analysis (MP160 BIOPAC system, AcqKnowledge), Shock system (Digitimer DS7A Stimulator), Basic behavioral experiments and psychometrics analysis, Advanced statistical methods (e.g., SEM, network analysis)

GRANTS

Provincial Innovation Program for Graduates, Jiangxi Province	2023
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SCHOLARSHIPS, HONORS, AND AWARDS

First Prize Scholarship of Outstanding Graduates, Jiangxi Province Government	2023/2024
National Scholarship, Ministry of Education of China	2023
Outstanding Undergraduate Thesis, Jiangxi Normal University	2022
Outstanding Undergraduates, Jiangxi Normal University	2022
First Prize Scholarship of Outstanding Undergraduates, Jiangxi Normal University	2019/2021/2022
Second Prize Scholarship of Outstanding Undergraduates, Jiangxi Normal University	2020

PROFESSIONAL EXPERIENCES

Abstract Reviewer

The 40th Annual Meeting of the International Society for Traumatic Stress Studies conference 3/2024

Memberships

Student member of the International Society of Traumatic Stress Studies	2023-2026
Student member of the American Psychological Association	2023-2025
Student member of the Chinese Psychological Society	2023-2024

OTHER WORK EXPERIENCES

Psychology Teacher Intern, Nanchang No.3 Middle School, Nanchang	9/2021-12/2021
Psychology Teacher Practicum, Maqiu Senior High School, Nanchang	3/2021
New media operation center for college students, School of Psychology	9/2018-6/2021
Summer Social Practice, Yangguang Middle School, Nanchang	2019/2020