

## Han-Yun (Heidi) Tseng, Ph.D.

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### EDUCATION

- 2019-2024 **Ph.D., Applied Developmental Sciences**, Colorado State University
- Adult Development and Aging Concentration
  - Prevention Science Track
- Dissertation: Views of Aging: Their Measurement, Associations with the Paradox of Well-Being, and the Malleability in Midlife and Old Age*
- 2017-2018 **M.A., Human Development**, Cornell University
- Aging and Health Concentration
- 2009-2011 **M.S., Human Development and Family Studies**, Washington State University
- Child Development Concentration
- 2006-2009 **B.S., Psychology**, National Taiwan University

### AWARDS & HONORS

- 2023-2024 **University Distinguished Professor Scholarship**, Colorado State University
- 2023-2024 **International Fellowship**, America Association of University Women
- 2023 **Doctoral Research Fellowship**, Chiang Ching-Kuo Foundation for International Scholarly Exchange, Taiwan
- 2022-2023 **Dean's Fellowship**, Colorado State University, College of Human Health and Sciences
- 2022 **Distinction in Graduate Research**, Colorado State University, College of Human Health and Sciences
- 2022 **Student Travel Award**, Association for Psychological Science (APS)
- 2022 **Travel Award**, Colorado State University, Graduate Student Council
- 2021 **Student Supply Grant**, Colorado State University, Graduate Student Council
- 2020-2022 **Government Scholarship for Study Abroad**, Ministry of Education, Taiwan
- 2014-2016 **Fulbright Graduate Study Fellowship**, Fulbright Taiwan (respectfully declined)
- 2011 **Student Travel Award**, American Evaluation Association
- 2011 **Margaret M. Hard Home Economics Research Award**, Washington State University
- 2011 **Edward E. Graffiti Education Grant (4-H)**, Washington State University

## PUBLICATIONS

### Peer-Reviewed Journal Articles

- Tseng, H.-Y.**, Wu, C.-S., Lee, Lee, C.-Y., Wu, I.-C., Chang, H.-Y., Hsu, C.-C., Hsu, C.-C., Hsiung, C., Kaspar, R., Wahl, H.-W., & Diehl, M. (in press). Psychometric properties and measurement invariance of the Awareness of Age-Related Change Short Form in older adult samples from Taiwan and Germany. Accepted for publication in *The Gerontologist*.
- Tseng, H.-Y.**, Lee, C.-Y., Wu, C.-S., Chiu, Y.-F., Hsu, C.-C., & Hsiung, C. A. (2024). Examining the roles of living alone and loneliness in predicting health-related quality of life: Results from the Healthy Aging Longitudinal Study in Taiwan (HALST). *Quality of Life Research*. Advance online publication. <https://doi.org/10.1007/s11136-023-03581-0>
- Diehl, M., Rebok, G. W., Roth, D. L., Nehrkorn-Bailey, A. M., Rodriguez, D., **Tseng, H. Y.**, & Chen, D. (2023). Examining the malleability of negative views of aging, self-efficacy beliefs, and behavioral intentions in middle-aged and older adults. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 78(12), 2009-2020. <https://doi.org/10.1093/geronb/gbad130>
- Tseng, H.-Y.**, Chung, S., Ananda, L., Kim, L., & Gutilla, M. (2023). Stress and excessive alcohol consumption among insured and uninsured adults during the Covid-19 Pandemic. *The Journal of Public Health*. <https://doi.org/10.1007/s10389-023-01927-z>
- Westerhof, G. J., Nehrkorn-Bailey, A. M., **Tseng, H.-Y.**, Brothers, A., Siebert, J. S., Wurm, S., Wahl, H.-W., & Diehl, M. (2023). Longitudinal effects of subjective aging on health and longevity: An updated meta-analysis. *Psychology and Aging*, 38(3), 147-166. <https://doi.org/10.1037/pag0000737>
- Wu, C. S., **Tseng, H. Y.**, Lee, C. Y., Wu, I. C., Chang, H. Y., Hsu, C. C., Hsiung, C. A., & Chiu, Y. F. (2023). Interactions of insomnia and sedative-hypnotic drug use associated with frailty over time among older adults. *The American Journal of Geriatric Psychiatry*, S1064-7481(23)00162-8. <https://doi.org/10.1016/j.jagp.2023.01.028>
- Wahl, H.-W., Wettstein, M., **Tseng, H.-Y.**, Schlomann, A., Schmidt, L., & Diehl, M., (2022). Has the Covid-19 pandemic affected older adults' personal and general views of aging? Evidence for losses and gains. *Developmental Psychology*, 58(6), 1188-1205. <https://doi.org/10.1037/dev0001348>
- Liao, Y. Y., Chen, I.-H., Hsu, W.-C., **Tseng, H.-Y.**, & Wang, R.-Y. (2021). Effect of exergaming versus combined exercise on cognitive function and brain activation in frail older adults: A randomised controlled trial. *Annals of Physical and Rehabilitation Medicine*, 64(5), 101492. <https://doi.org/10.1016/j.rehab.2021.101492>

- Chang, C.-C., Wu, C.-S., **Tseng, H.-Y.**, Lee, C.-Y., Wu, I.-C., Hsu, C.-C., Chang, H.-Y., Chiu, Y.-F., & Hsiung, C. A. (2021). Assessment of incident frailty hazard associated with depressive symptoms in a Taiwanese longitudinal study. *International Psychogeriatrics*, 34(1), 61-70. <https://doi.org/10.1017/S1041610221000806>
- Diehl, M., Nehrkorn-Bailey, A., Thompson, K., Rodriguez, D., Li, K., Rebok, G. W., ... & **Tseng, H. Y.** (2020). The *Aging<sup>PLUS</sup>* trial: Design of a randomized controlled trial to increase physical activity in middle-aged and older adults. *Contemporary Clinical Trial*, 96, 106105. <https://doi.org/10.1016/j.cct.2020.106105>
- Tseng, H. Y.**, Löckenhoff, C., Lee, C.-Y., Yu, S.-H., Wu, I.-C., Chang, H.-Y., Chiu, Y.-F., & Hsiung, C. A. (2020). The paradox of aging and health-related quality of life in Asian Chinese: Results from the Healthy Aging Longitudinal Study in Taiwan. *BMC Geriatrics*, 20(91). <https://doi.org/10.1186/s12877-020-1446-y>
- Liao, Y. Y., **Tseng, H. Y.**, Lin, Y. J., Wang, C. J., & Hsu, W. C. (2019). Using virtual reality-based training to improve cognitive function, instrumental activities of daily living and neural efficiency in older adults with mild cognitive impairment: A randomized controlled trial. *European Journal of Physical and Rehabilitation Medicine*, 55(1), 47-57. <https://doi.org/10.23736/S1973-9087.19.05899-4>
- Tseng, H. Y.**, Yu, S. H., Lee, C. Y., Huang, W. H., Huang, S. L., Wu, C. S., Chiu, Y. F., Hsiung, C. A. (2018). Sedative-hypnotic drug use among community-dwelling elderly in Taiwan. *International Psychogeriatrics*, 30(7), 957-965. <https://doi.org/10.1017/S1041610217002940>
- Ko, K. T., Yu, S. H., Lee, C. Y., **Tseng, H. Y.**, Chiu, Y. F., & Hsiung, C. A. (2018). Moderating effect of depression on the association between pain and activities of daily living in older adults. *Psychogeriatrics*, 18(5), 379-387. <https://doi.org/10.1111/psyg.12332>
- Wu, C. S., Yu, S. H., Lee, C. Y., **Tseng, H. Y.**, Chiu, Y. F., & Hsiung, C. A. (2017). Prevalence of and risk factors for minor and major depression among community-dwelling older adults in Taiwan. *International Psychogeriatrics*, 29(7), 1113-1121. <https://doi.org/10.1017/S1041610217000199>
- Hsu, W. Y., Tsai, H. J., Yu, S. H., Hsu, C. C., Tsai, Y. T., **Tseng, H. Y.**, ... & Hsiung, C. A. (2016). Association of depression and psychotropic medication on cardiac-related outcomes in a nationwide community-dwelling elderly population in Taiwan. *Medicine*, 95(31), e4419. <https://doi.org/10.1097/MD.00000000000004419>
- Werner, N. E., Eaton, A. D., Lyle, K., **Tseng, H.**, & Holst, B. (2014). Maternal social coaching quality interrupts the development of relational aggression during early childhood. *Social Development*, 23(3), 470-486. <https://doi.org/10.1111/sode.12048>
- Darnall, N. D., Donovan, C. K., Aktar, S., **Tseng, H. Y.**, Barthelmess, P., Cohen, P. R., & Lin, D. C. (2012). Application of machine learning and numerical analysis to classify tremor in patients affected with essential tremor or Parkinson's

disease. *Gerontechnology*, 10(4), 208-219.  
<https://doi.org/10.4017/gt.2012.10.4.002.00>

### **Peer-Reviewed Book Chapter**

Diehl, M, Nehrkorn-Bailey, A. M., & **Tseng, H.-Y.** (2022). Psychological interventions targeting adults' subjective views of aging. In Y. Palgi, A. Shrira, & M. Diehl (Eds.), *Subjective views of aging: Theory, research, and practice* (pp. 309-327). Springer.

### **Under-Review Manuscripts**

**Tseng, H.-Y.**, Chasteen, A. L., & Diehl, M. (2024). *Examining the malleability of explicit and implicit views of aging in middle-aged and older adults: Results from a randomized controlled trial*. Manuscript revised and re-submitted for publication in *Psychology and Aging*.

Diehl, M., **Tseng, H.-Y.**, Rebok, G., Li, K., Nehrkorn-Bailey, A. M., Chen, D., & Roth, D. L. (2024). *Testing the purported mechanisms of the AgingPLUS intervention: Effects on physical activity outcomes*. Department of Human Development and Family Studies, Colorado State University.

**Tseng, H.-Y.**, Aichele, S., Wahl, H.-W., Schilling, O. K., & Diehl, M. (2024). *The paradox of well-being in late life and the moderating role of self-perceptions of aging: A parallel process latent growth analysis*. Department of Human Development and Family Studies, Colorado State University.

## **PRESENTATIONS**

### **Conference Papers**

Fruhauf, C. A., Whitley, D. M., Kelley, S., Smith, A., Lee, Y., **Tseng, H.-Y.**, & Hayslip, B. Jr. (2023, November). *Expect the unexpected: Custodial grandparents' perspectives on raising grandchildren during COVID-19*. Conference paper presented at the annual meeting of Gerontological Society of America (GSA), Tampa, USA.

Westerhof, G., Nehrkorn-Bailey, A., Brothers, A., Siebert, J. S., **Tseng, H.**, Diehl, M., & Wahl, H. W. (2022, August). *Effects of subjective aging experience on health and longevity: Update of a meta-analysis with longitudinal data*. In *Zeitschrift Fur Gerontologie und Geriatrie*, 55(1), 76-76. Poster presented at the annual meeting of Society of Gerontology and Geriatrics, Heidelberg, Germany.

**Tseng, H.-Y.**, Forsyth, G., Nehrkorn-Bailey, A., Rodriguez, D., Thompson, K., & Diehl, M. (2021, November). *AgingPLUS: Examining the malleability of implicit views of aging*. Paper presented as part of the symposium titled "AgingPLUS: A randomized trial to increase physical activity in middle-aged and older adults" (Chair: M. Diehl), Annual Scientific Meeting of the Gerontological Society of America (GSA). Virtual conference.

**Tseng, H.-Y** (2010, November). *The beauty of evaluation*. Paper presented at the AEA Student Travel Award session at the annual meeting of the American Evaluation Association (AEA), San Antonio, Texas.

Chen, C., Prafulla, P & **Tseng, H.** (2010, May). *Webpage visualizer for caregivers in smart home environment with Center for Advanced Studies in Adaptive Systems (CASAS)*. Conference paper presented in the International Society for Gerontechnology World Conference, Vancouver, Canada.

### **Conference Posters**

**Tseng, H.-Y.,** Aichele, S., & Diehl, M. (2023, March). *Trajectories of subjective well-being over 20 years*. Poster presented at the 4<sup>th</sup> Annual CHHS Research Day, Colorado State University, Colorado, USA.

Chung, S., & **Tseng, H.-Y.** (2022, November). *Stress and excessive alcohol consumption among insured and uninsured adults during the COVID-19 pandemic: Survey result from the 2020 Northern Larimer County Health District*. Poster presented at the Annual Meeting and Expo of the American Public Health Association (APHA), Boston, USA

**Tseng, H.-Y.,** Forsyth, G., Nehrkorn-Bailey, A., Rodriguez, D., & Diehl, M. (2022, May). *Adults' explicit and implicit views of aging and their associations with health*. Poster presented at the Annual Convention of the Association for Psychological Science (APS), Chicago, USA.

**Tseng, H.-Y.,** Forsyth, G., Nehrkorn-Bailey, A., Rodriguez, D., Thompson, K., & Diehl, M. (2022, March). *AgingPLUS: Examining the malleability of implicit views of aging*. Poster presented at the 3<sup>rd</sup> Annual CHHS Research Day, College of Human Health and Sciences, Colorado State University, Colorado, USA.

**Tseng, H.-Y** & Werner, N.E. (2011, April). *Child effect on mother's response to preschoolers' relational aggression: The role of maternal cognitions*. Poster presented for biennial meeting of the Society for Research in Child Development (SRCD), Montreal, Canada.

### **Invited Talk**

**Tseng, H.-Y.** (2023, October). *The paradox of well-being and views of aging in midlife and old age*. Emerging scholars' series: College of Health & Human Sciences. The Osher Lifelong Learning Institute, Colorado State University.

## **RESEARCH EXPERIENCE**

2024 Summer    **Data Analyst**, Movement Neuroscience and Rehabilitation Lab, Health and Exercise Science, Colorado State University

- Leading data analyses on the impact of cognitive decline on functional performance during walking and driving in stroke survivors.
- 2019-2024 **Graduate Research Assistant**, Human Development and Family Studies, Colorado State University  
**ADAPT Lab & the Aging<sup>PLUS</sup> Program (PI: Dr. Manfred Diehl)**
  - Managed and archived the primary data collected for a R01 research study
  - Updated manual of procedure (MOP) and scoring syntax for the computer-administered implicit age attitude tests (IAT and LDMT)
  - Contributed to the slides for a conference symposium presentation
  - Assisting in data analyses and manuscripts drafting for publications
- 2022-2023 **Promoting Healthy Aging and Families Research Lab (PI: Dr. Christine Fruhauf)**
  - Assisted in data analyses to understand the needs and challenges of dementia caregiving programs in rural Colorado for CSU Extension for community-based Healthy Aging Initiative
  - Transcribed and theme-coded the focus group interviews of a COVID-19 grandfamily study
  - Collaborating on the slides for a conference symposium presentation and a manuscript for publication
- 2015-2017 **Assistant Project Manager**, National Health Research Institute, Taiwan  
**Institutes of Population Health and Sciences**
  - Monitored research progress and fund expenditure of 25+ studies in institutes of population health sciences
  - Assisted in a proposal regarding an information and community technologies (ICT) application to community-based long-term care
  - Drafted 5 presentations to the governmental funding agencies to secure a four-year grant (USD\$1,000,000) for the aforementioned nation-wide project
- 2011-2015 **Project Coordinator**, National Health Research Institute, Taiwan  
**Healthy Aging Longitudinal Study in Taiwan (HALST)**
  - Coordinated a national healthy aging longitudinal study in 7 field sites.
  - Collaborated on auxiliary dementia prevention projects with 3 University-led research teams across the country
  - Generated and modified interview questionnaires
  - Launched pilot studies with 50 participants to examine study feasibility
  - Conducted 10+ field workers' training
  - Supervised the quality of field work and data collection

- 2010 Summer **Graduate Research Assistant**, Washington State University
- Archived, coded, and cleaned data collected for research studies
- 2010-2011 **Trainee**, Electrical Engineering & Computer Science, Washington State University
- NSF-Integrative Graduate Education and Research Trainee (IGERT)**
- Conducted focus group interviews for need and resources assessment with community partners in the Smart Home Project and with physicians working on objective tremor analysis (accelerometer)
  - Contributed to writing a manuscript and drafting 2 slides for conference presentations
- 2008-2009 **Undergraduate Research Assistant**, National Taiwan University Hospital
- Department of Psychiatry**
- Conducted interviews and questionnaire assessment with students and class teachers for a childhood relational aggression study in 10 elementary schools in Taipei
  - Performed data entry and data cleaning

## TEACHING EXPERIENCE

- 2022-2023 **Graduate Teaching Assistant**, Colorado State University
- Graded assignments, final papers and final exams for 200+ students enrolled in the HDFS 101 Introduction to Human Development, an undergraduate course
  - Graded assignment, papers, and group discussion for 30 students enrolled in the HDFS350 Social Science Research Method, an undergraduate level course.
- 2021-2022 **Graduate Teaching Effectiveness Certificate**, The Intuition for Learning and Teaching (TILT), Colorado State University
- Identified and addressed social identity, beliefs, and ability in inclusive teaching
  - Applied inclusive design elements to create or modify existing course materials
  - Practiced strategies to incorporate formative assessments in a class
  - Designed in-class activities and used language to promote self-directed learning
- 2009-2011 **Graduate Teaching Assistant**, Washington State University
- Graded papers, in-class activities, and final exams for four 200- and 300-level undergraduate courses, including parent-child relationship,

adolescence, adult development and aging, and socioemotional development in early childhood

## **VOLUNTEERING & SERVICES**

2024 **Judge**, Annual Colorado Science Affair, Colorado State University (CSU)  
 2024 **Department Representative**, Graduate Student Counsel, CSU  
 2023-2024 **Mentor**, Application Assistance Program, Colorado State University (CSU)  
 2023 **Abstract reviewer**, American Psychological Association (APA)  
 2022 **Abstract reviewer**, Gerontological Society of America (GSA)  
 2021-2023 **Poster reviewer**, Multicultural Undergraduate Research Symposium, CSU  
 2021-2022 **Mentor**, Celebrate Undergraduate Research and Creativity, CSU  
 2011-2017 **Advocate**, Taipei Women's Rescue Foundation on Wartime Prostitution, Taiwan

## **PROFESSIONAL AFFILIATIONS**

2021-current **Student Member**, Gerontological Society of America (GSA)  
 2021-current **Student Member**, American Psychological Association (APA) & Division 20: Adult Development and Aging  
 2020-current **Student Member**, Association for Psychological Science (APS)  
 2010-2011 **Student Member**, American Evaluation Association  
 2010-2011 **Student Member**, Society for Research in Child Development

## **PROFESSIONAL REFERNECES**

### **Manfred Diehl, Ph.D.**

University Distinguished Professor Emeritus  
 Department of Human Development and Family Studies  
 Colorado State University  
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### **Lauren Shomaker, Ph.D.**

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**Kimberly Henry, Ph.D.**

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**Allison Bielak, Ph.D.**

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**Gloria Luong, Ph.D.**

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