RESEARCH WISDOM

NurseCMU
Faculty of Nursing, Chiang Mai University

FACULTY OF NURSING, CHIANG MAI UNIVERSITY



CURRENT RESEARCH

2026
VOL. 13 QUARTER 3

NURSING RESEARCH CONFIRMS A RELIABLE HEALTH QUESTIONNAIRE FOR THAI CHILDREN WITH LUPUS

A PILOT STUDY EXPLORES VIDEO-BASED EDUCATION FOR OLDER ADULTS WITH HYPERTENSION

NURSECMU AS A FAMILY: ADVISING, COLLABORATING, AND TWO EMERGING RESEARCH CAREERS

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MESSAGE FROM THE DEAN

A WORD FROM OUR DEAN, ASST. PROF. DR. SUPARAT WANGSRIKHUN



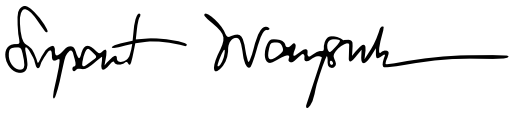
What makes the Faculty of Nursing at Chiang Mai University such a special institution is the palpable sense of family: this dynamic has existed here since I can remember, and it drives how we work. The recent celebration of our 2026 retiring faculty and staff was a timely reminder.

The nature of our tightknit NurseCMU community is also exemplified in one of Research Wisdom's features for this issue, which demonstrates the close ties bonding one of our experienced Obstetrics and Gynecology faculty members and two of her master's students, who have recently joined Ob/Gyn themselves as full-time lecturers.

Our Pediatric Nursing department is also behind another impressive publication as two of their researchers confirm the validation and reliability of a health questionnaire for children with lupus. And continuing the trend of impressive research output from our NurseCMU doctoral candidates, both on campus and abroad, a three-person team contributes a pilot study on a PITS-based health education video for improving health literacy and self-management among older hypertension patients.

Be sure to catch up on a recent trip by visiting scholar Assoc. Prof. Dr. Shefaly Shorey from National University of Singapore–a long-standing, respected partner who never fails to impress us!

Best Regards,



Suparat Wangsrikhun, PhD, RN

Dean and Assistant Professor
Faculty of Nursing
Chiang Mai University

RESEARCH FEATURES

Offering a deeper look into NurseCMU's most important recent publications

Psychometric properties of a child health status questionnaire for Thai children with lupus: Nursing practice implications

published in *Journal of Pediatric Nursing*

Systemic Lupus Erythematosus (SLE), though relatively rare, is a dynamic and unpredictable condition. Therefore, in the care context, nurses' ability to hear from both patients and their parents becomes crucial. NurseCMU Asst. Prof. Dr. Nuttanicha Sriboonyawattana felt that an existing questionnaire–the Child Health Status Questionnaire (CHSQ)–would be suitable for this purpose.

Dr. Nuttanicha led this study, along with Assoc. Prof. Dr. Patcharee Woragidpoonpol and another colleague from Chiang Mai University's Faculty of Medicine. Following a standard sequential approach for psychometric validation, the reliability, construct validity, and concurrent validity of the CHSQ were tested for a novel population: Thai children with SLE and their parents.

The study's findings confirmed the tool's strong psychometric properties. The CHSQ effectively distinguished between children with SLE and healthy children, demonstrating construct validity in addition to excellent internal consistency, with Cronbach's alpha values of 0.93–0.94. Concurrent validity was also supported, with the CHSQ correlating strongly with the physical, psychological, and social domains of a standard quality-of-life measure. These results established the CHSQ as a reliable and valid instrument for assessing perceived health status in the target population.

ASST. PROF. DR. NUTTANICHA SRIBOONYAWATTANA



As an existing questionnaire developed for children with congenital heart disease, the CHSQ already included some SLE-relevant content. Dr. Nuttanicha felt that, rather than starting from zero, she might examine whether it would also be valid and reliable for use with other chronic illness populations. Following the team's confirmation of the CHSQ's properties, the tool can now

be used for inpatient or outpatient visits. Dr. Nuttanicha especially values its usefulness during outpatient follow-up, noting that the instrument's brevity—consisting of just 10 items—allows nurses to quickly assess a child's perceived health and compare it with the parent's perspective over time.

Asked if her study produced any surprising findings, she replied in the affirmative.

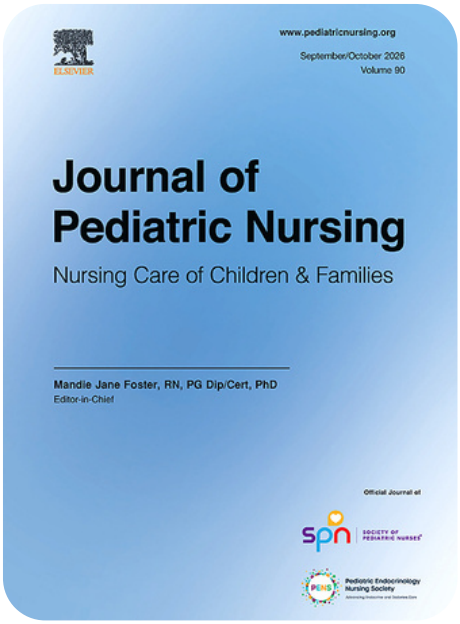
"I was particularly interested that the child self-report was more sensitive in distinguishing children with SLE from healthy children, while the parent report showed a smaller difference," Dr. Nuttanicha said. This capability cannot be overstated, as it highlights the importance of hearing the child's own voice.

With the increasing internationalization of nursing education and practice, students now have access to wider research contexts, more diverse populations, and a growing range of instruments. Nursing students may be interested in doing similar validation studies, and Dr. Nuttanicha offered her advice.

"Start with a clear understanding of the construct you want to measure. Validation is not just about statistics—the instrument, population, and theoretical concept must fit together. And choose your validation techniques to match your design—for example, contrast-groups validity works well when you already have two groups that theoretically should differ, like children before and after surgery."

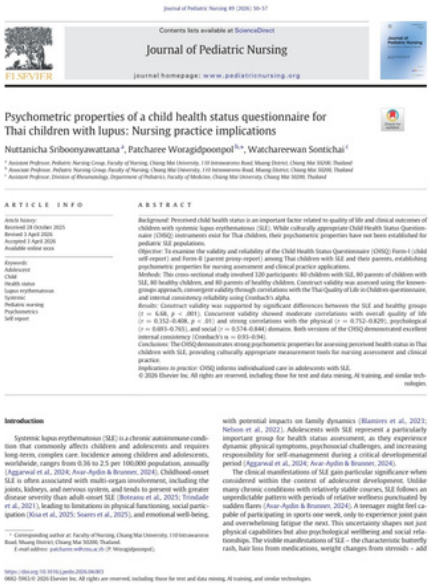
The Journal of Pediatric Nursing is a top-quartile publication in 2026. For novice nursing researchers who want to publish in similarly impactful journals, ensure that your topic is clinically meaningful but also, as she reminds aspiring authors: "Make the international relevance clear."

Even though, statistically, every research project will face rejection at some stage, she counsels: "Don't be discouraged by rejection—use reviewers' feedback to improve your work." Finally, "Think of your research as a program, not a single paper—one study builds evidence that the next study can extend."



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Journal of Pediatric Nursing

Psychometric properties of a child health status questionnaire for Thai children with lupus: Nursing practice implications

The feasibility and preliminary efficacy of video-based PITS health education to enhance health literacy and self-management among older adults with hypertension: A pilot study

published in *Geriatric Nursing*

Video has been a viable medium, particularly during the smartphone era, for educational purposes; naturally, countless learning platforms and frameworks informing video-based education exist. However, many users encounter challenges in accessing specific information within diverse video content. The PITS-based framework, organized around the 'pathophysiology, indications, treatment, and specific' of patients' conditions, can address many of these challenges, and has proven successful in specific populations.

Working among older individuals with hypertension, Lecturer Mr. Sutthinan Codrington, already an adherent of PITS-based education, sought to find out if a video-based PITS intervention could improve health literacy and patients' self-management capacity.



LECTURER SUTTHINAN CODRINGTON

With colleagues from the faculty's Department of Medical Nursing–Lecturer Nattaya Yakong and Lecturer Kronthip Immeuang–he aimed to evaluate the feasibility of this approach for the target population. Interestingly, this study by our three lecturers was supported through Chiang Mai University's Junior Research Fellowship program, indicating the interest in the research and it's important nature in the eyes of the grant providers.

The study itself unfolded close to home. Conducted at a community-based senior wellness club in Chiang Mai, 24 older adults living with hypertension were recruited, most of them women, ranging in age from 60 to 77. Over ten weeks, participants worked through eight short animated video lessons, sequenced so that each built on the last: pathophysiology and indications first, then treatment and behavioral self-management, and finally a session devoted to personalized planning. Each lesson came paired with a reflection handbook, allowing participants to pause, revisit, and consolidate what they had learned at their own pace.

The results were encouraging. Satisfaction was rated "very good," with participants especially valuing the freedom to learn independently. Preliminary findings indicated improvements in health literacy and self-management behaviors from baseline to follow-up. Perhaps most striking was the high rating for independent learning despite widely varying levels of digital confidence, suggesting that intuitive design and culturally familiar content can carry older adults past the barriers that technology often poses for this group: older hypertensive adults.



OPENING FRAME, EPISODE 1 OF THE PITS-BASED HEALTH EDUCATION VIDEO

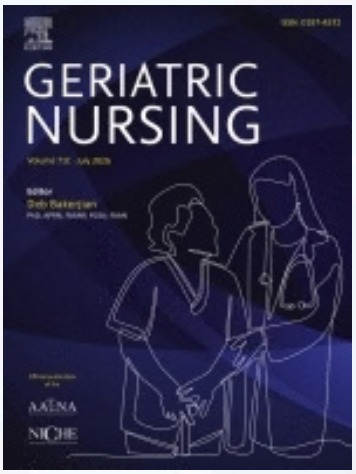
For the three lecturers behind the work, this research represents one strand of a larger part in their careers. All three are pursuing doctoral study—Mr. Sutthinan and Ms. Kronthip abroad, and Ms. Nattaya here with us at FON—and this pilot reflects the kind of question that emerges when clinical practice, graduate study, and genuine curiosity about one's own community meet. That the faculty supported the securing of funding through the university's Junior Research Fellowship program speaks to how FONCMU is investing in our younger faculty members, and how that investment result in outcomes that return to the communities we serve.

The authors are careful about what the findings can and cannot claim. A single-group design and a small convenience sample limit generalizability, and the absence of a control group prevents firm causal conclusions. They recommend larger controlled trials, objective outcome measures, and use of co-design processes, so that the benefits of video-based education are shared equitably rather than taken for granted.

Still, the pilot points in a productive direction. For older adults managing hypertension, structured, repeatable, and visually accessible education can reinforce health literacy and strengthen self-management—and nurses, particularly when in-person teaching is limited, may find in these videos a practical assistant for routine care. The study may present just an initial step, but the implications are significant: that learning, well designed and delivered, can help people live better with a condition that they will carry for years.



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NurseCMU as a Family: Advising, Collaborating, and Two Emerging Research Careers



ASST. PROF. DR. PIYAPORN PRASITWATTANASEREE (CENTER) WITH LECTS. NETIPORN NAMSORN & SAKONSUPA MATRAKUL

Obstetrics and Gynecology is one of FONCMU's largest nursing departments and owing to its core emphasis on maternal and natal care, research is a critical focus. Some of the faculty's most impactful studies originate from this department, and recently even some of our newest faculty members are contributing to that impact.

Interestingly, Asst. Prof. Dr. Piyaporn Prasitwattanaseree has appeared as co-author on two of these recent publications, one led by Lecturer Sakonsupa Matrakul and one led by Lecturer Netiporn Namsorn. Moreover, Dr. Piyaporn acted as main advisor for both of our new lecturers during their master's study here at CMU.

Ms. Sakonsupa's study, entitled **Target-Guided Milk Expression to Improve Early Milk Volume in Mothers of Late Preterm Infants During Separation: A Randomized Controlled Trial**, appeared in *Breastfeeding Medicine* (see here). This randomized controlled trial investigated whether target-guided milk expression could improve early milk volume among mothers of late preterm infants experiencing separation. Thirty mothers at a Thai university hospital were assigned to either the target-guided approach or usual care. The intervention group produced significantly greater cumulative milk volume across postpartum Days 1–7—1,791 mL versus 894 mL—and expressed more frequently. These gains persisted after hospital discharge. The findings suggest structured, target-driven expression protocols can support lactation establishment when mothers and infants are separated, though longer follow-up is suggested.



LECTURER SAKONSUPA MATRAKUL



LECTURER NETIPORN NAMSORN

Ms. Netiporn's publication, **Time-Specified Marmet Technique on Early Lactation Among Mothers After Cesarean Section: A Randomized Controlled Trial**, was featured recently in the *Journal of Human Lactation* (see here). Her study evaluated a time-specific version of the Marmet technique for mothers recovering from cesarean birth, a population prone to delayed milk onset. Eighty-four mothers in northern Thailand received either bedside instruction in the time-structured technique or routine breast-massage advice. The intervention group experienced earlier milk flow onset and produced greater total milk volume over the first four postpartum days. Notably, expression frequency did not correlate with volume, suggesting technique quality matters more than quantity of attempts. The approach offers a simple, low-cost framework for nurse-led lactation counseling.

Interestingly both studies featured here are RCTs. Dr. Piyaporn was quick to offer her rationale: RCTs constitute a strong methodology that controls for the full range of variables meaning that less is left to speculation or guesswork.

As related by Ms. Sakonsupa and Ms. Netiporn, former graduate students and now fellow faculty members, Dr. Piyaporn's role has always been more than simply academic. In our conversations, the term 'mother' was mentioned several times; yet this did not just feel like an easy-to-make metaphor. These two lecturers were adamant that Dr. Piyaporn's influence was paramount, not only in their respective recent publications, but throughout their master's degree journeys and continuing through to the present.

When asked how she approaches her advisory role, Dr. Piyaporn was hesitant to offer an overarching plan, as she says each advisee is unique and provides a distinct challenge. However, she stressed that her advisees are the main priority, and this is easily seen through the deep personal and professional connections that she has made with her two proteges. Assoc. Prof. Dr. Piyanut Xuto was also involved in both of these papers as a third author, underlining the expertise that our Obstetrics and Gynecology Nursing department can boast, in terms of advising and publishing.

Summing up these two publications, they go a long way to highlighting how the Faculty of Nursing does its best work in several areas: starting with intelligent, motivated graduate learners, who are able to be, both led and supported by our experienced faculty members, combining to produce high impact research which has the potential to address real-world clinical problems in the present and contribute to long term solutions for nursing in the future.



BEYOND THE PUBLICATIONS

NUS VISITING PROFESSOR SHEFALY SHOREY

A key reason for Assoc. Prof. Dr. Shefaly Shorey's recent stay in Chiang Mai was clear: to work with NurseCMU's Assoc. Prof. Dr. Thitinut Akkadechanunt. But as the week unfolded, the visit became about much more than a single research paper. It became an exchange of ideas, leadership, and simple lessons about why we stay in academia.

One of the things Dr. Shefaly always looks forward to most is meeting people. This included our Dean, Asst. Prof. Dr. Suparat Wangsrikhun. They had only met a few weeks earlier at a SEANERN meeting. However, meeting her again in person was eye-opening. She was deeply impressed by the Dean's leadership approach and motivated by her presence as a female leader.



Dr. Shefaly also reflected on some of things that differentiate between her home faculty, at National University of Singapore, and our own Faculty of Nursing here at Chiang Mai University. At NUS, the environment is very structured. Nursing sits under Medicine, one of many faculties, so there is substantial support—something she sees reflected in their rankings. Here, she has found a different but equally valuable energy: close connections, dedicated students, and a strong sense of community.

Her research with Dr. Thitinut focused on the development of an AI-facilitated virtual teaching assistant-based learning buddy for nursing students; one paper has been published, and a follow-up is in progress. This is precisely the kind of research which uses technology and pedagogy to address real classroom needs.



While here at FONCMU, she provided both lectures and consultations, and she truly hopes that any faculty members or students that have attended, take away one main idea: ***Stay the course in your academic and research journey***.

In recent years, the nursing profession has become extremely competitive, and that pressure affects nurse retention, both in clinical contexts and in nursing academia. Dr. Shefaly wants students to persevere and succeed as nursing academics.

One of the things that delighted Dr. Shefaly most on this visit was meeting students. She ended up doing more lecturing and classroom work than expected. She was struck by many of these students' ability to show such dedication while studying so far from home and by their hunger to learn, a takeaway that she found humbling.



Her advice to young researchers is simple and is often repeated: Believe in yourself. Obstacles and roadblocks are not failures. They are lessons.

> ***"Believe in yourself. Obstacles and roadblocks are not failures. They are lessons."***

When asked to explain what makes a memorable research project, Dr. Shefaly was unequivocal: ***A good project gets published. A memorable one is translated into practice.*** A recent example of this would be one of her own programs that moved through publication and was later adopted by the government. That kind of real-world impact is what stays with her.

What will she carry back to Singapore? Humility. She was humbled by students' hunger to learn and succeed, even under difficult circumstances, an experience she will take home to her own family. She also noticed something special in how Thai people relate to one another—a capacity for warmth and respect—noting that NurseCMU's transportation staff provided a memorable example of this.

After a week of lecturing, teaching, and being involved, she actually feels like she has been on a retreat, feeling rejuvenated and empowered by what she experienced here.

For our students and younger researchers, her message is clear: believe in yourself, do the work, and aim for impact. For all of us, her visit is a reminder that research is not only about output. It is about people, persistence, and the communities that help us grow.

RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Click on the links to read more!

***Editor's Note*:** This issue of *Research Wisdom* features a number of published study protocols, demonstrating NurseCMU researchers' commitment to open science, transparency, and the collaboration that underpins strong clinical and healthcare research.

It's worth taking a moment to consider what study protocols offer. A well-written protocol lays out the rationale, design, methods, and analysis plan before the study begins—so peer review can critique it while there's still time to act. That transparency lets readers see exactly how a question was framed and why. And for anyone considering their own research, a protocol isn't just a formality—it's a thinking tool that forces the kind of clarity that's easy to postpone. Whether you're launching a large trial or a modest quality-improvement project, it can be a genuinely useful place to start.

Study Protocols

Individualised music playlist based on the Iso-Principle for de-escalating agitation in older people with dementia: Protocol for a RCT

In this interesting study, the Iso-Principle (InMP) is used to develop 30-minute music playlists promoting a modulating approach to music therapy for the mitigation of agitation in dementia sufferers. The efficacy of these playlists will be compared with that of patients listening to preferred music (PM) and those receiving treatment as usual (TAU). Implemented as a three-arm randomized controlled trial, participants with dementia who also experience significant agitation are randomly placed in one of the groups: InMP, PM, or TAU. While every participant will receive standard de-escalation during agitation, the InMP group also listens to Iso-Principle-sequenced playlists, and the PM participants listen to preferred music in a random sequence. Agitation level is assessed every five minutes for one hour following agitation onset. Secondary outcomes include agitation frequency, behavioral and psychological symptom severity, and carer distress. Staff interviews on implementation factors will inform practice. The study addresses knowledge gaps on immediate de-escalation and carer distress, aiming to reduce restraint and medication use, and also included FON's Prof. Dan Bressington on the authorship team. ***Nursing Open***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Effects of laughter yoga on reducing depression and anxiety in children with autism spectrum disorder and parenting stress in their parents: Study protocol for a randomised-controlled feasibility trial

Children with autism spectrum disorder and their parents face elevated risks of anxiety and depression. Although laughter yoga has shown promise in reducing negative emotions among adults, evidence for its use in this population remains scarce. This protocol for a feasibility study, led by Prof. Dan Bressington's PhD student in Hong Kong, evaluates a laughter yoga program for 66 child–parent dyads using a randomized wait-list-controlled design with pre-test, post-test, and 3-month follow-up. Primary outcomes assess feasibility indicators: recruitment, attendance, dropout, protocol adherence, acceptability, and safety. Secondary outcomes examine depressive and anxiety symptoms in children, alongside parenting stress. The intervention comprises twelve 1-hour sessions delivered over six months. Following the program, families participate in semi-structured interviews to explore their experiences and concerns. The wait-list group receives no intervention until final follow-up. Findings will inform larger-scale testing. Ethical approval has been granted, and results will be submitted for journal publication. ***BMJ Open***

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Co-design and pilot testing of a nurse-led GP-supported self-management intervention for breast cancer survivors with cardiovascular diseases: A study protocol

Breast cancer survivors (BCSs) with cardiovascular disease (CVD) are often recommended to use self-management to respond to care needs. This protocol, registered on an internationally recognized trial registry, aims to co-design and evaluate a nurse-led CVD intervention for breast cancer survivors. Prof. Bressington authored this study protocol with an international team of researchers from Australia and China. Evaluation of feasibility and potential effects will be performed using the Double Diamond co-design process and the Medical Research Council (MRC) Framework for Developing and Evaluating Complex Interventions. The two-phase study presents the development of an intervention protocol informed by the research base and theory, as well as current guidelines and standards in Australia. The second phase stipulates a one-group pre-post pilot study for the purpose of feasibility evaluation, and includes primary outcomes, for example, recruiting and retaining participants, as well as intervention adherence, acceptability, and safety. Intervention effectiveness will also be analyzed with a view towards future large-scale trials. Qualitative interviews will be employed to understand participants' experiences. ***Nursing Reports***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Codesign and implementation of a Tai Chi intervention for managing the fatigue, sleep disturbance and depression symptom cluster in breast cancer survivors in regional Australia: A feasibility study protocol

Though evidence supports Tai Chi's utility in addressing symptoms of exhaustion, disturbed sleep, and depressed mood among Chinese breast cancer patients, its transferability to non-metropolitan Australian primary care remains unexplored. Led by Prof. Bressington's PhD student in Australia, this protocol for a multimethod study bridges Eastern practice and Western community care, convening survivors and clinicians to collaboratively reshape an eight-movement routine via focus groups, interviews, and workshops. Thematic examination will guide culturally appropriate adaptations, targeting integration within regional health delivery constraints. Subsequently, a registered prospective pilot trial will test this reworked regimen. Primary outcomes include practicality and user acceptance. Institutional ethical approval has been secured, and dissemination will occur through both the trial registry and open-access outlets. Codesign findings will enhance participatory research approaches, while pilot data will inform protocol refinements for future efficacy trials. ***BMJ Open***

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Meaning in life of older persons with end-stage kidney disease: A scoping review protocol

Doctoral candidate Xian Xie led this protocol, registered with the Open Science Framework, which aims to explore the literature on end-stage kidney disease (ESKD) patients, to ascertain the state of the evidence on this group. As no viable instrument presently exists for assessing how individuals with EKSD manifest 'meaning in life', reviews are recommended to clarify the conceptual definition which can benefit the development of instruments and theory related to meaning of life for older EKSD patients. Studies of a qualitative, quantitative, or mixed-method nature, as well as systematic reviews will be explored, adhering to the JBI methodology and Walker and Avant's concept analysis framework for mapping. Languages are restricted to English, Chinese, and Thai, but there are no time limitations related to papers found across five databases or the relevant gray literature. Findings are reviewed independently by two researchers with a third reviewer employed in case of disagreement. Narrative reporting of findings will be augmented by tables and figures, as well as word-frequency analysis. ***JBI Evidence Synthesis***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Suffering at the end of life in the intensive care unit: A scoping review protocol

The end of life (EOL) period can naturally involve a great deal of suffering, especially in intensive care units (ICU) where complications increase. However, a deeper understanding of the contextual conditions of this phenomenon can lead to improved care provision. Doctoral candidate Yodang Yodang led the development of this scoping review protocol, registered with the Open Science Framework, which follows the JBI methodology as well as Avant and Walker's concept analysis framework, to help bring together the strongest evidence on EOL suffering, specifically its attributes, antecedents, consequences, and empirical referents across nursing and related fields. The protocol identifies nine electronic databases to be searched, and study types include quantitative, qualitative, and mixed methods designs in any language, encompassing any study published from database inception to the present. Studies should involve the experiences of EOL suffering, especially in ICUs. Grey literature may also be searched, and study types of interest include expert opinions, clinical guidelines, dissertations/theses, editorials, and policy reports. Review teams involve at least two reviewers who, working independently, screen titles and abstracts before moving to full-text review and extraction of data. The study will employ Avant and Walker's concept analysis framework for mapping evidence, and tools are also specified for bibliometric analysis, contextual analysis, and data visualization. ***JBI Evidence Synthesis***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Primary Research Studies

How does Chinese culture influence nursing students' perceptions of schizophrenia? An exploratory qualitative study

While schizophrenia remains a severe mental health illness, stigma presents challenges to treatment and recovery. While this is a global issue, Chinese culture introduces its own differences in terms of approaches to managing stigma. This study, which included NurseCMU Prof. Dan Bressington, aimed to explore how Chinese nursing students perceive schizophrenia vis-à-vis Chinese cultural influences. A qualitative descriptive approach was adopted for this study. Online focus group interviews, ranging from one to two hours, were the primary instrument of data collection and were undertaken with 30 nursing students recruited using purposive and snowball sampling. Data were analyzed via conventional content analysis, resulting in five themes. Moreover, the investigation uncovered some of the cultural factors at the root of students' views on schizophrenia, and it was recommended that these factors be acknowledged when developing interventions which may help manage nursing students' stigmas towards individuals suffering from schizophrenia. ***BMC Nursing***

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Self-management experience of Chinese patients with nonmuscle-invasive bladder cancer during intravesical therapy: A qualitative study

Nonmuscle-invasive bladder cancer (NMIBC), often treated with intravesical therapy, can also result in challenges which require self-management. Therefore, PhD candidate Cuiyi Deng designed this study to explore these patients' experiences. In a Chinese setting, semi-structured interviews were done with 12 purposively collected NMIBC patients undergoing intravesical treatment at a tertiary hospital with data then analyzed using a content analysis approach. The analysis resulted in four themes which helped describe these patients' experiences of self-management of these therapy-related challenges, namely (1) health maintenance, (2) emotional regulation, (3) coping with healthcare services, and (4) adapting to a new life. Experiences were found to be diverse and very much linked to the individual patient contexts. Two important contributions included the barriers preventing access to healthcare via digital mediums and cultural silence around sexuality. Taken together, the findings clarify the areas in which nurses and healthcare providers can better support NMBIC patients, via interventions and continued research. ***Cancer Nursing***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Research and development of a Social Cognitive Theory-based mobile application to enhance physical activity in aging workforce with hypertension

Mobile applications are increasingly useful in extending physical activity interventions to older adults in the informal workforce who may face physical, time-related, or other accessibility obstacles. Asst. Prof. Dr. Wachira Suriyawong contributes, this time as corresponding author, to a study which sought to develop a mobile app for older adults in this demographic with hypertension. Ninety older adults were surveyed as part of a needs assessment, developed via the ADDIE model and a literature review. Highlights of the app design included educational content, a calendar, competition features, and a discussion forum. The application was tested through a pilot study, usability assessment, and content validation. The participants reported a positive reception of the app, specifically noting features promoting self-care and providing information on physical activity benefits. The application suggests promise in the enhancement of physical activity for older adults in this group. ***CIN: Computers, Informatics, Nursing***

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Typologies of Response to Adversities Questionnaire (TRAQ): A novel measure to capture the resilience process in young people

Resilience is an important attribute quality across the age spectrum, and no less so for younger populations. Prof. Bressington contributed to this study, done in a Chinese context and informed by the Youth Resilience Process Model (Y-RPM), which set out to create an instrument that, using the Delphi technique, would record how young people react to difficulty under the umbrella of four areas: Boast and Undermine, Evade and Disengage, Ruminate and Obsess, and Conform and Please, and then to validate the instrument. The two-phase process resulted in the Typologies of Response to Adversities Questionnaire (TRAQ) which was tested with 2,154 young people. Confirmatory factory analysis supported this 4-factor correlated model as the most representative picture of the TRAQ for the sample group which was used. The TRAQ was confirmed as a valid and reliable instrument, and is suggested for use in communities or clinical settings where resilience is being supported in youths. ***Applied Developmental Science***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Associations between dietary patterns, nutrient intake, and serum biomarkers in community-dwelling older adults in Northern Thailand: A cross-sectional study

NurseCMU faculty members Dr. Hunsa Sethabouppha, Asst. Prof. Dr. Nattaya Suwankruhasn, and Asst. Prof. Dr. Chalinee Suvanayos joined this cross-sectional study which looked at the relationships between dietary behaviors and nutrient intake, serum biomarkers, and anthropometric indicators in 117 community-dwelling older adults in two northern Thai provinces. Using principal component analysis of semiquantitative food-frequency questionnaire data, participants were grouped by their dominant dietary pattern, with nutrient intakes evaluated via Kruskal–Wallis and serum biomarkers and anthropometrics via ANCOVA adjusted for age, sex, area, energy, and BMI. Four eating profiles emerged: traditional mixed, processed grain, tropical fruit, and Western high-fat/sweet. Fiber intake varied significantly—highest in traditional, lowest in processed grain. Energy and macronutrients did not differ across groups. Total cholesterol was notably lower in the traditional profile versus fruit and Western-diet groups. Thus, Northern Thai diets may correlate with fiber and lipid status, with the vegetable-fish-rich traditional pattern offering better metabolic indicators. ***Nutrients***

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A health informatics framework for integrating machine learning and generative AI in HIV risk stratification and personalized PrEP recommendation

Pre-exposure prophylaxis (PrEP) offers healthcare practitioners an effective tool for fighting HIV. Asst. Prof. Dr. Benjamas Suksatit was part of a multidisciplinary team that designed and tested an AI framework combining risk-prediction algorithms with generative text generation for tailored PrEP guidance. Using 2,000 de-identified client profiles from the Love2Test platform—labelled by experts as low or high risk based on behavioral data—the team trained and compared multiple classifiers via PyCaret, then paired the top performer with a generative model prompted to produce personalized recommendations. Four physicians evaluated the integrated system, rating it favorably on clinical accuracy, explanatory coherence, contextual fit, and error control. However, because expert labels derived from the same behavioral inputs used for training, the strong internal performance reflects proof-of-concept conditions only. This offline study did not assess real-world patient engagement, PrEP uptake, stigma, adherence, or clinical endpoints, underscoring the need for prospective validation with larger, more diverse datasets before implementation. ***Informatics***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

The role of psychological resilience in the relationship between complex post-traumatic stress disorder symptom severity and functioning impairment in mental health support-seeking Australian Defence Force veterans: A cross-sectional study

This cross-sectional study was led by NurseCMU author Prof. Dan Bressington, along with Dr. Wachira Suriyawong and Assoc. Prof. Noppamas Pipatpiboon, and examined mental health and resilience in Australian military veterans. Specifically, the relationships between psychological resilience, trauma symptom severity, trauma exposure, and work/social functional impairment were explored via correlation, mean difference, and mediation analysis. In terms of complex post-traumatic stress disorder, resilience showed significant negative correlations with functioning impairment. Those who had complex post-traumatic stress disorder demonstrated significantly lower resilience and functioning compared with those who were not diagnosed while resilience was linked with improved function for all groups. After adjusting for trauma exposure, resilience partially mediated the relationships between functioning and both PTSD and self-organization symptoms. This effect, seen in veterans with complex PTSD, supports resilience as a priority intervention target in this polytrauma population. ***Australian & New Zealand Journal of Psychiatry***

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Prevalence and factors associated with postpartum depressive symptoms among women attending postnatal check-ups at two hospitals in Yunnan Province, China: A cross-sectional study

In this study led by master's student Zhuoting Ying, the focus was on postpartum depression in women at their postnatal check-up, and seeking to understand both the prevalence and severity of depression, as well as the affecting factors. Using a cross-sectional approach, 168 women were surveyed at six weeks postpartum at two Yunnan hospitals via instruments including the Edinburgh Postnatal Depression Scale, the Self-Rating Scale of Sleep, the Perceived Social Support Scale, and the Adherence to "Doing-the-Month" Practice Scale. In terms of postpartum depressive symptoms, prevalence was 44.6%, while the adjusted model demonstrated poor sleep quality as associated with a higher chance for depressive symptoms. On the other hand, high levels of perceived social support presented the opposite. In this study, postpartum depressive symptoms were frequent at six weeks after birth. Recommendations included the necessity of early screening, an evaluation of sleep quality, and the strengthening of support as perceived by women following childbirth. Findings underscored how nurse-led programs can lead to clinical impact. ***Nursing Reports***

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RESEARCH SNAPSHOTS

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Trials

Effect of a multichannel psychoeducation program on caregiving burden among caregivers of persons with schizophrenia: Randomized controlled trial

Doctoral candidate Anassaya Chueachalad addressed the challenges of burden for those providing long-term care to individuals with schizophrenia in this randomized controlled trial. Evaluation of a novel multichannel psychoeducation program was done using a two-group pretest-posttest design. The intervention group underwent seven sessions, consisting of an initial 60-minute face-to-face session followed up by six 40-minute video sessions using the Line application; the control group received a standard care regimen. Caregiving burden was evaluated at baseline and one month after the intervention was complete. The psychoeducation program demonstrated a significant effect, reducing burden via a feasible blended delivery format which was effective, showing the possibility of adaptation to a wide range of care contexts. Moreover, the model was resilient in the face of service disruptions, supporting its use in contexts where in-person services are not available. In light of study limitations, a more rigorous methodology is suggested to support effectiveness and promote the integration of this approach into standard care. **International Journal of Nursing Studies Advances**

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Tele-group cognitive behavioural family intervention for schizophrenia-spectrum disorders and their caregivers: A feasibility randomised controlled trial

Prof. Dan Bressington leveraged his mental health nursing expertise contributing to this study on family-based approaches to managing schizophrenia relapse risk, the clinical availability of which remains limited. This feasibility study evaluated whether a therapist-led, group cognitive-behavioral intervention delivered via videoconferencing could bridge this service gap and counter the high attrition typical of self-directed platforms. Using an assessor-blind parallel-group RCT design with 12-week follow-up, dyads comprising service users and caregivers were randomized to either a tele-group intervention or treatment-as-usual, with both receiving biweekly phone check-ins. Feasibility metrics included recruitment, session completion (85.7% attended all six sessions), retention (95.8%), satisfaction, and adverse event tracking—none were reported. Qualitative interviews enriched the quantitative data, revealing perceived benefits and program refinements. Though recruitment fell short, retention and adherence were robust, and preliminary signals of symptom improvement emerged. The findings support proceeding to a definitive trial. ***Healthcare***

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RESEARCH SNAPSHOTS

Highlighting NurseCMU's most recent international publications

Target-guided milk expression to improve early milk volume in mothers of late preterm infants during separation: A randomized controlled trial

Lecturer Sakonsupa Matrakul led this study which addressed feeding issues for mothers of late preterm infants. As these mothers are separated from their newborns, they often struggle to express enough milk in the first week. This trial tested a target-guided milk expression approach against usual care in a Thai university hospital. Mothers using the target-guided approach produced greater cumulative milk volume over the first postpartum week and expressed milk more often, both during hospitalization and after discharge. More of them also met the predefined frequency and volume targets. The approach appears to support early milk production when mother and infant are apart, though longer follow-up is needed to see whether these gains hold after they are reunited. ***Breastfeeding Medicine***

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Effects of a transformative learning theory-based health literacy enhancement program on self-management behaviors and blood pressure in adults with uncontrolled hypertension in Thailand: A cluster randomized controlled trial

Uncontrolled hypertension drives morbidity, yet sustainable self-care depends on adequate health understanding, which adult education frameworks can cultivate. This cluster-randomized trial, led by doctoral candidate Uraiwan Sasang, assigned 58 adults with poorly controlled BP to either a transformative-learning-based health literacy intervention or usual care. Over 12 weeks, the experimental arm demonstrated sustained gains in self-management behaviors relative to controls and to their own pre-program baselines. Clinically, the intervention exerted a significant effect on mean arterial pressure at both mid- and end-points, with adjusted final MAP averaging 2.47 mmHg lower than the comparison group. Systolic pressure improved meaningfully, though diastolic changes did not reach significance. These findings affirm that theory-grounded educational strategies can enhance both behavioral and physiological outcomes in primary care settings. For nursing practitioners, integrating adult learning principles into routine hypertension education offers a practical, evidence-informed pathway to improve chronic disease management. This trial was registered with Thai Clinical Trial Registry. ***Belitung Nursing Journal***

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RESEARCH SNAPSHOTS

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Reviews

Self-efficacy–based leader development program to address loneliness in older adults

Assoc. Prof. Dr. Decha Tamdee and Asst. Prof. Dr. Wachira Suriyawong were part of this program development project focusing on loneliness in older adults. The aim was to co-design the intervention and then assess the outcomes for Thai older adult participants across a range of factors aimed at alleviating loneliness. To evaluate effectiveness, the team used a quasi-experimental two-group pre/post design with 61 local health volunteers, randomized to a single-day informational control or a seven-week self-efficacy-grounded leadership track. Standardized tools measured knowledge and self-efficacy, while trained observers rated practical facilitation and loneliness-alleviation competencies during simulations and community placements. The extended arm outperformed controls on knowledge and self-efficacy, with all participants reaching ≥75% proficiency in applied skills. These findings confirm intensive curricula equip volunteers to deliver meaningful support, improving older adults' wellbeing via scalable community initiatives. ***Journal of Gerontological Nursing***

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Effectiveness of nutrition management programs on liver function among patients with liver cancer after surgery: A systematic review and meta-analysis

Hepatic resection carries high morbidity and slow recovery. While malnutrition is treatable, the evidence on tailored feeding remains sparse. Asst. Prof. Dr. Kanittha Rattanakanlaya led this PRISMA-guided systematic review and meta-analysis which searched six databases across eleven years for RCTs examining post-resection nutritional support. Independent dual appraisal using JBI instruments preceded random-effects meta-analysis given anticipated variability. Three trials (N = 588) showed no consistent effect on conventional biochemical indices accompanied by considerable heterogeneity. Conversely, trials reported tangible patient-centered gains: shortened hospital stays averaging two to four days and diminished frequencies of bile leaks, liver insufficiency, and pleural collections. Data suggests that systematic perioperative nourishment may enhance recovery and reduce resource utilization even when serologic parameters remain unchanged. The authors advocate embedding evidence-based feeding protocols into routine surgical pathways, pending adequately powered confirmatory trials. ***Perioperative Care and Operating Room Management***

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WELCOME TO THE FACULTY OF NURSING

Dr. Ngo Thi Dung

WELCOMING OUR NEW POSTDOCTORAL RESEARCH FELLOW

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Can Tho University of Medicine and Pharmacy
Vietnam

Research Focus:

- Baseline and Contextual Determinants of EBP Integration in Nursing Care Planning
- Development and Evaluation of an EBP-Integrated Teaching Model for Nursing Care Planning

Research Mentor:
Asst. Prof. Dr. Nethong Namprom

September 15, 2026 – September 14, 2027



We warmly welcome Dr. Ngo Thi Dung to the NurseCMU research community and look forward to a year of learning, collaboration, and discovery.