RESEARCH WISDOM

FACULTY OF NURSING, CHIANG MAI UNIVERSITY

NURSECMU RISES TO

51-100

QS WORLD UNIVERSITY RANKINGS

IN THE QS WORLD UNIVERSITY RANKINGS BY SUBJECT!

CURRENT RESEARCH

2025

VOL. 12 QUARTER 1

INFORMATION NEEDS AMONG
WOMEN WITH BREAST CANCER

INSTRUMENT TRANSLATION:
THE NNE-THAI VERSION

BOOSTING OUR QS SUBJECT
RANKING WITH
PROF. DR. DAN BRESSINGTON

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MESSAGE FROM THE DEAN

With great pleasure, I welcome you to the latest volume of the Faculty's research newsletter. It is looking to be another exciting year for NurseCMU, as all of our hard work, especially in terms of research, has resulted in our faculty again ascending the QS World University Rankings by Subject for 2025, to 51-100.

Indeed, the year has already started on a strong note, as our tireless faculty members publish more high-impact research which not only underpins the knowledge base in our own field, but through multi-disciplinary collaboration, injects new ideas and insight from nursing into the broader healthcare community.

Research Wisdom readers will be aware of the variety of research being undertaken at the Faculty at any time by NurseCMU researchers. This quarter, our first feature highlights an inter-faculty study led by Assistant Professor Dr. Kanittha Rattanakanlaya on the information needs of Thai breast cancer patients. Also doing important work in the adaptation of reliable Thai-language nursing instruments, Assistant Professor Dr. Nethong Namprom and her co-researchers developed and tested a Thai version of the Neonatal Neurobehavioral Examination (NNE-T). Both of these studies were published in high-impact journals, underlining their value to contemporary nursing knowledge.

Finally in this issue, we invite our Visiting Professor Dr. Daniel Bressington to share his insights on the key contributions that our faculty and student body can make toward sustaining NurseCMU's strong representation in the QS University Rankings. At NurseCMU, we grow as a family, and each and every one of us has a unique part to play in our success!

Suparat Wangsrikhun, PhD, RN
Dean and Assistant Professor
Faculty of Nursing, Chiang Mai University

Breast cancer remains one of the gravest health threats facing women, globally, and treatment is an intense and challenging experience. In addressing a critical health issue like breast cancer in a specific population (Thai women) and publishing her findings in a top nursing journal (JCN), Asst. Prof. Dr. Kanittha Rattanakanlaya's work, along with her multi-disciplinary team, can lead to a higher likelihood of citations, improving NurseCMU's research metrics in the Quacquarelli Symonds (QS) World University Rankings by subject.

Journal of Clinical Nursing
Q1 Medicine (miscellaneous)
best quartile
SJR 2023 1.24
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Nurses provide a critical bridge between a patient's treatment and their recovery, and this includes catering to information needs. If patients have access to more information, this can assist recovery. Dr. Kanittha perceived a gap in the knowledge regarding Thai women's needs and therefore, felt compelled to investigate this area in more depth.

Information needs among Thai women breast cancer patients during the initial treatment phase: A cross-sectional study

published in *Journal of Clinical Nursing*

Dr. Kanittha's adherence to the STROBE Guideline in designing the research added impact to the study by ensuring its rigor and adaptability to wider contexts. Moreover, a useful instrument, the SINAQ-BC (the Sri Lankan Information Needs Assessment Questionnaire) was adapted and translated for a Thai audience, showing both validity via expert assessment, and reliability via Cronbach's alpha.

Regarding the high priority that breast cancer patients put on physical care information in this study, Dr. Kanittha was not surprised. As she explained, the data was collected post-surgery, so it was natural, as patients are in the first steps of recovery from an intensive operation, that they sought after information about their immediate condition and their prospects for recovery.

It was also not surprising that lower priority was given to psychosocial care, as patients recognize surgical care nurses focus on a specialty area, i.e., surgical nursing, as opposed to psychosocial care. It is also possible that the Thai cultural environment, where family members may tend to contribute more to caring for a sick individual, contributes to a lower need for care in the psychosocial area.

The findings also included the observation that education levels significantly predicted information needs. Dr. Kanittha emphasized that all contexts are different, and understanding the factors that predict information needs is all part of knowing the patient well, starting with what their surgery type was, to the details of their personal backgrounds, which surely includes education history. Patient-centered care demands that individual needs are understood and met.

Dr. Kanittha's publication in Journal of Clinical Nursing also underlines the theme of this issue, namely, NurseCMU's goal to demonstrate our faculty's expertise and excellence by continuing to climb the QS rankings. Her secret? She begins by, in her words, shooting for the stars! Starting with high expectations provides a goal which she can then modify as she works through the research process. But she encourages all would-be researchers to do whatever they can to help the faculty reach its broader goals – every little effort counts!
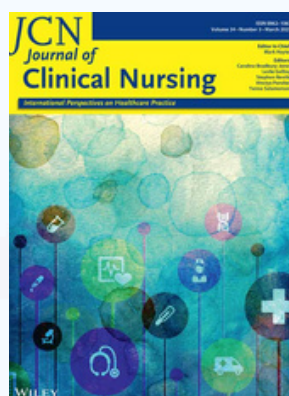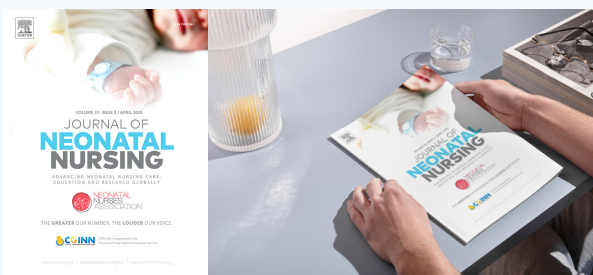

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Reliability of the neonatal neurobehavioral examination-Thai version

published in *Journal of Neonatal Nursing*

The Quacquarelli Symonds (QS) World University Rankings by Subject are an internationally recognized benchmark for evaluating the strength of academic disciplines. Research impact, academic reputation, and internationalization are three aspects through which NurseCMU can enhance the faculty's QS rankings. Asst. Prof. Dr. Nethong Namprom has recently published a useful study which also aligns with some of these criteria.

Dr. Nethong was introduced to the Neonatal Neurobehavioral Examination (NNE) during her doctoral study. The NNE is a validated English-language tool for assessing newborn infants, particularly those born pre-term, who may require a comprehensive evaluation to ensure appropriate neurobehavioral development. Although one earlier study in Thailand has used the NNE, it employed the English version, as the users in that study were fluent in English. However, considering usability in the wider Thai health context, she was certain that a Thai-language version of this tool would be an extremely useful addition to the list of instruments available for Thai nurses and healthcare practitioners working in the neonatal care environment.

Click **here** to read

Permission to translate the tool was obtained from the developer following which Dr. Nethong's research team undertook a rigorous process of translating the NNE using Sousa and Rojjanasrirat's six-step process. This process used backtranslation to ensure semantic equivalence. The team also maintained contact with the developer as a resource for understanding any discrepancies in the translation and working to eliminate these.

Following a pilot test with 30 term and pre-term infants (15 each, with consent provided by the mothers), the result was the NNE-Thai version, constituting a highly reliable, clinically feasible instrument for assessing the neurobehavioral functioning of both at-risk and normally functioning infants.

There are many ways by which the NNE-T can be promoted and used in Thailand. For example, Dr. Nethong has highlighted the tool as part of content in faculty courses. Moreover, interested students can be encouraged to employ the tool in their own studies, supporting its validity with more evidence of its use in research. It can also be included in short courses, such as one currently being offered by the faculty for nurses seeking professional development.

Finally, Dr. Nethong suggests younger researchers who have not yet explored translation of practical tools into the Thai language, to seek out useful tools which already show strong validity and focus on translating and using these first. "The more tools we have to use in the Thai context, the better," she says, highlighting that this advice constitutes an important first step for the budding researcher.

Journal of Neonatal Nursing

Q2   Maternity and Midwifery

best quartile

SJR 2023

0.32

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ELEVATING NURSING RESEARCH: INSIGHTS FROM NURSECMU VISITING PROFESSOR DAN BRESSINGTON ON GLOBAL COLLABORATIONS AND EMERGING TRENDS

As NurseCMU celebrates the faculty's ascent in the QS rankings, up to the 51-100 range, we asked Visiting Professor Dan Bressington to share some tips from his vast publishing, reviewing and editorial experiences, as we look to maintain our success and build for the future.

RESEARCH WISDOM: IN YOUR EXPERIENCE, WHAT ARE THE MOST COMMON PITFALLS THAT PREVENT GOOD RESEARCH FROM BEING PUBLISHED IN TOP JOURNALS, AND HOW CAN THEY BE AVOIDED?

In my experience, the most common ones are, in no particular order:

- Not following journal guidelines.
- Not being explicit about how the study is within the journal scope.
- Not explaining why research is needed, i.e., the current state of evidence and knowledge gap.
- Failing to include enough methods information to replicate the study - usually because reporting guidelines are not followed (relevant guidelines available on Equator Network).
- Not pre-registering a trial protocol or a systematic review protocol. I suggest prospectively registering all studies; it's free and shows you haven't selectively reported the findings.
- Not ensuring that the title, abstract, study rationale, research questions, methods and conclusions are well aligned.
- Not adequately reviewing the existing literature and overlooking similar studies.
- Presentation problems.
- Matching text too high (often >25%; sections/whole lines from previously published work).

RW: ARE THERE ANY EMERGING AREAS OF NURSING RESEARCH THAT YOU BELIEVE ARE CURRENTLY UNDER-EXPLORED BUT HOLD SIGNIFICANT POTENTIAL FOR HIGH-IMPACT CONTRIBUTIONS?

Co-designed intervention and service improvement studies led by nurse scientists are sorely needed. Nowadays, it is widely accepted that involving stakeholders in all stages of research produces better impact and improves relevance. But nursing researchers still require improvement at this, particularly those in Asia. So using a co-design approach with the service users is a good idea to produce high quality studies that are really relevant to the population and hence much more impactful. This would help distinguish FON as a leader in the area.

QS WORLD UNIVERSITY RANKINGS

RW: How important is collaboration in producing high-impact research, and what advice do you have for building strong research networks?

Collaboration is essential; without it, it's impossible to build an academic reputation and produce outputs. You just can't do good nursing research on your own. This collaboration should also extend to stakeholders, as I mentioned earlier. My collaborative network has been built through initially working with individuals who then have introduced me to their network to conduct larger studies. To maintain and build new partnerships, be:

- Responsive to any requests.
- Clear about what each partner will do and how they will benefit.
- Active in the publishing community by reviewing papers, seeking opportunities to join editorial boards and embarking on international academic visits/exchanges/conferences.
- Generous with your time.
- Collegial and respectful at all times.
- Actively willing to reciprocate by offering colleagues opportunities to join studies and publish as co-authors.

RW: How can individual researchers contribute to the faculty's overall goal of increasing its global research impact?

Firstly, this is extremely important, not just for the faculty but also the university as a whole. The last QS rankings for CMU show that faculty members' citations score is the lowest. This indicates that publishing more in good journals and conducting studies which are likely to be cited is essential to maintain the university's current climb of the ranking table. The ranking for citations contributes 20% to the final score (which is a lot!). In addition to publishing, I think it is important to apply for and obtain external competitive search grants. This is good experience and forges collaborations, even if they are not awarded. However, if successful, having government-funded studies enhances the reputation of the staff/institution and maintains a pipeline of publications for future outputs. Enhancing academic reputation would also help the university to climb the QS table as this area is also scored (30% of overall). Similarly, numbers of international students and faculty members contribute to the QS ranking, so recruiting more international research students and employing international academics would help, too.

RW: Finally, if you could leave our readers with one key message to inspire them to undertake and publish high-impact research, what would it be?

Use all the publishing support resources that are available to you at FON CMU. Don't be shy to meet with senior colleagues who can help or the VPs to share drafts (or even research ideas). Consult early to get it right from the start. It's less overwhelming and much more fun to do research with other people! Working together gets results faster. For example, if you haven't already done it, form a group of >5 like-minded academics.

Try and get at least one senior/experienced academic to join the group. Plan all your research together and help each other out with the studies each member leads. Help each other with writing and be co-authors. This results in more publications per person, and most importantly more regular publishing success, which rewards all the hard work and motivates you for the next one!

RESEARCH SNAPSHOTS

Factors related to medication adherence among persons with hypertension in Nepal

Hypertension poses a health worry for people worldwide, and adherence to medication is of paramount importance. Ms. Shova Archarya, a NurseCMU Master's candidate in our International Program, dedicated her research study to investigating factors which could be useful for nurses to consider when encouraging hypertension patients to follow medical regimes and schedules in the Nepali context. A range of validated tools were used to gather data from over 200 patients in a Nepali hospital with results showing that although non-adherence was high (nearly three quarters of respondents), the factors of perceived severity, perceived barrier, and self-efficacy showed some correlation with patients' ability to adhere to medicine plans, offering paths for nursing professionals to understand and develop plans for encouraging medical adherence in this population. *Journal of Nursing*

https://cmu.to/WoU41

Factors predicting health-related quality of life among people with cervical spondylosis undergoing anterior cervical discectomy and fusion: A cross-sectional study

PhD candidate Mrs. Juan Cai led this study on the factors which influence health-related quality of life (HRQoL) for patients who are recovering from ACDF. The context here was the People's Republic of China where over 300 patients were recruited to participate via online survey administered post-discharge. The data collection was done through multiple validated instruments while data analysis was carried out using several relevant tools. HRQoL was at a moderate level for most of these participants. Factors related to quality of life were divided into a mental and physical component. Remaining disability and depression were significant in terms of both the physical and mental health components while smoking, gender, and social support also helped explain the variance in the mental health component. Nurses and health professionals are encouraged to use the findings in developing interventions while also furthering the research in other contexts. *Pacific Rim International Journal of Nursing Research*

https://cmu.to/1syf4

RESEARCH SNAPSHOTS

The relationship between quality of life and occupational health literacy among informal wood furniture workers in Thailand

Workplace risks can adversely affect individuals' health and safety; however, health literacy may offer solutions. Dr. Patcharin Chaisurin's interest in occupational health and safety led her to focus its relationship to workers' quality of life. For this study, a sample of wood workers in northern Thailand working in the informal sector was recruited. High overall health literacy was observed while some variables, such as insufficient income, debt, and underlying disease, were also high, appearing to diminish quality of life. Controlling for gender, age, education level, and years working, a majority of quality-of-life dimensions were positively correlated with health literacy. Some of the more important variables included career goal setting, conflicts at work, environmental satisfaction, readiness to use internet, coworker's respect, and goal setting to advance one's career. While there was no clear relationship seen between the factors which diminished quality of life and health literacy, relationships between health literacy and quality-of-life dimensions demonstrate the need for targeted interventions. *Safety and Health at Work*

https://cmu.to/YS2ug

Factors predicting self-management behavior among Thai older monks with type 2 diabetes: A cross-sectional study

Older monks make up a unique subset of people with type-2 diabetes, and self-management is crucial in this group, as their daily lives must take into account some strictures of their religious practice. In this cross-sectional study, the research team explored self-management and the factors predicting it in this population with a sample of nearly 200 older monks attending one of two monastic hospitals during late 2023. Analyzing the data drawn from questionnaires, self-management and health literacy levels in the participants were at a moderate level while monks' perceptions of self-efficacy and social support were high, with these factors altogether predicting self-management with significance. In terms of predictive influence, health literacy demonstrated the highest, followed by self-efficacy and social support. These findings may be useful for developing interventions targeted at increasing health literacy, self-efficacy, and social support in this group. *Pacific Rim International Journal of Nursing Research*

https://cmu.to/wN28B

RESEARCH SNAPSHOTS

Recognising the parental caregiver burden of children with mental disorders: A systematic mixed-studies review

This important systematic review was done with the goal of assessing the literature related to the burden experiences of parents who act as the primary caregiver for children with mental disorders. Six databases were comprehensively searched resulting in 23 studies which underpin this review. Thomas and Harden's thematic analysis framework was employed, with the analysis resulting in an overarching theme, as well as three main themes and nine sub-themes. A major finding focused on parents' perceptions of a lack of healthcare provider support from healthcare providers and a lack of help understanding their children's condition. Healthcare professionals, including nurses, must work more closely with parents, providing both treatment solutions in addition to better educational resources as a way to inform parents' understanding of their children's mental states. Dr. Orn-Anong Wichaikhum and Dr. Apiradee Nantsupawat contributed to this international collaboration through manuscript preparation, writing, and critical revisions. *International Journal of Mental Health Nursing*

https://cmu.to/VdFBJ

Dementia prevention self-management in older Thai adults with type 2 diabetes: Development and psychometric properties of two questionnaires

Considering the global prevalence of dementia and its roots in uncontrolled type 2 diabetes (T2DM), there remains a lack of validated instruments by which to effectively evaluate patients' self-management behaviors. The researchers in this quantitative cross-sectional study sought to develop and test two novel instruments: The Dementia Preventive Individual and Family Self-Management Process Questionnaire (DP-IFSM-PQ) and the Dementia Preventive Self-Management Behavior Questionnaire (DPSMBQ). Grounded in Individual and Family Self-Management Theory, the finalized items for the DP-IFSM-PQ (30) and DPSMBQ (29) were created following a rigorous literature review and then assessed for face validity. Exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) were employed to evaluate the tools' psychometric properties resulting in the DP-IFSM-PQ exhibiting acceptable fit with limited discriminant validity and the DPSMBQ showing a good fit and acceptable discriminant validity. However, it would be advisable to further revise some items while also testing the tools further for reassessment. *Nursing Reports*

https://cmu.to/IiMRz

RESEARCH SNAPSHOTS

Effects of traditional Thai folk dance combined with cognitive stimulation program on behavior and cognition among older adults with cognitive decline: A randomized controlled trial

Novel approaches in healthcare are always exciting, and NurseCMU faculty members Dr. Wachira Suriyawong and Dr. Noppamas Pipatpiboon contributed to this cross-institutional study. This RCT used Thai folk dance and cognitive stimulation to address behavior and cognition in older adults. Undertaking a randomized controlled trial was important, allowing for a more robust study and more reliable results. Done in outpatient clinics in Suphan Buri province, the experimental group participated in a 14-session, 7-week traditional Thai folk-dance program which also integrated cognitive stimulation. The experimental group adults showed markedly reduced mild behavioral impairment (MBI) scores while also improving their quality of life (QoL) at both the program end and at the 12-week follow-up. The results concluded that this approach enhanced outcomes in terms of reduced early dementia signs and increased overall QoL. *The Journal of Prevention of Alzheimer's Disease*

https://cmu.to/e5QKi

A causal model of health-related quality of life among Pakistani older persons with multimorbidity (HRQL-OPM)

Geriatric multimorbidity, the presence of multiple chronic conditions, significantly impacts health-related quality of life (HRQOL) in older adults. This study explored how factors like symptom burden, depressive symptoms, social support, and activities of daily living (ADLs) influenced HRQOL in 410 hospitalized older adults with multimorbidity. Using structural equation modeling, the findings reveal that ADLs and social support directly affect HRQOL, while symptom burden and depressive symptoms have indirect effects, mediated through ADLs. The study highlights the importance of addressing depressive symptoms and symptom burden while strengthening social support and improving ADLs to enhance HRQOL. These insights emphasize the need for tailored interventions that focus on the specific ADLs and types of social support required by older adults managing multimorbidity. By understanding these relationships, healthcare systems can better support this vulnerable population in achieving a higher quality of life. Geriatric Nursing

https://cmu.to/VpvCe

RESEARCH SNAPSHOTS

A quasi-experiment of self-weight combined with dietary and physical activity to reduce postpartum weight retention

New mothers can struggle with postpartum weight retention (PPWR) after giving birth. This study, using pseudo-randomization within a three-group pre-posttest design, was developed by Assoc. Prof. Dr. Piyanut Xuto to explore the effects of dietary counseling and physical activity for PPWR levels among 178 breastfeeding mothers. Results showed that, although PPW levels were not significantly different, postpartum mothers could benefit from counseling in the form of dietary instruction and/or physical activity recommendations in order to help keep postpartum weight at healthier levels. For the best results, women in this group should be encouraged to self-weigh on a regular basis (daily or weekly) to monitor and reduce PPWR. *Iranian Journal of Nursing and Midwifery Research*

https://cmu.to/prSiF
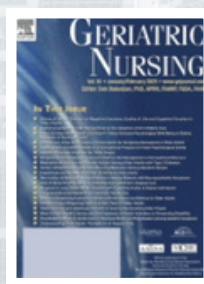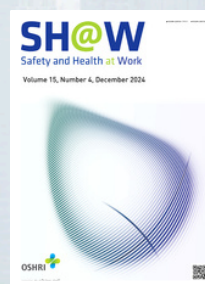
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IN OUR NEXT ISSUE

In our next issue, **Associate Professor Dr. Piyanut Xuto and Visiting Professor Dr. Dan Bressington** present a study demonstrating the reliability and predictive validity of an AI-assisted assessment (4A) program in nursing education, showing its potential to enhance cognitive evaluations and align with traditional methods (published in *Nursing Reports*)