

SASHA ZHOU

EDUCATION

- University of Michigan, School of Public Health** **July 2020 (expected)**
Doctor of Philosophy in Health Services Organization and Policy
Cognate: Sociology
Dissertation title: *Breaking the silence- Institutional and identity influences on mental health and treatment utilization among Asian Pacific Islander students*
Advisors: Daniel Eisenberg (Chair- HMP), Daphne C. Watkins (SSW), Denise Anthony (Sociology), and Melissa Creary (HMP)
- University of Michigan School of Public Health** **April 2013**
Master of Health Service Administration in Health Management and Policy
Master of Public Health in Health Behavior and Health Education
Global Health Certificate
- University of Michigan College of Literature, Science, and the Arts** **April 2008**
Bachelor of Science in Neuroscience

RESEARCH INTERESTS

Race and ethnic disparities in mental health and service utilization; mental health help-seeking and treatment barriers of at-risk populations; impact of institutional practices and national policy on college student development and flourishing; policy- and practice-relevant applications of mental health disparities research on young and emerging adults

FELLOWSHIPS AND AWARDS

- Psychology Diversity Research Award* 2020
Recognition for outstanding research that addresses important issues related to diversity
- Martha and Ernest Hammel Graduate Research Award* 2019
Award recognizing behavioral science research in public health
- Health Services Organization and Policy Summer Writing Award* 2019
Support for outstanding projects that address diversity and equity in healthcare
- Margaret Dow Towsley Scholar* 2018 - 2019
Competitive award that supports non-traditional students who display “exceptional academic performance and potential”
- John W Holmes Scholar* 2018
Award recognizing commitment to community service
- Shapiro/Malik/Forrest Award* 2017
Academic merit scholarship

<i>Center for Research on Ethnicity, Culture, and Health (CRECH) Training Fellow</i> Doctoral research fellowship	2014 - 2017
<i>Pre-Dissertation Research Award</i> Office of Global Public Health, University of Michigan School of Public Health	2015
<i>National Research Service Award (NRSA)</i> Agency of Healthcare Research and Quality (AHRQ) training grant	2013 - 2014
<i>Global Public Health Initiative Award</i> Office of Global Public Health, University of Michigan School of Public Health research grant	2012
<i>Maternal and Child Health Summer Fellowship</i> Department of Health and Social Services, Anchorage, Alaska, training grant	2011
<i>Dean's Merit Award</i> Academic scholarship, awarded by University of Michigan's College of LSA	2004 - 2008
<i>Michigan Achievement Award</i> Academic merit scholarship, awarded by University of Michigan's College of LSA	2006 - 2007

PEER-REVIEWED ARTICLES

Goodwill, J., & **Zhou, S.** (2019). Association between perceived public stigma and suicidal behaviors among college students of color in the U.S. *Journal of Affective Disorders* (in press).

Zhou, S., Stojanovski, K., & King, E. (2018). Self concealment, discrimination, and mental health in Macedonia: Disparities experienced by sexual gender minorities. *Global Public Health, 8*, 1075-1086.

Stojanovski, K., **Zhou, S.**, King, E., Mihajlov, A., & Gjogiiovska, I. (2018). An application of the minority stress theory in non-Western context: Discrimination and mental health among sexual and gender minorities in Macedonia. *Sexuality Research and Social Policy, 15*(3), 367-376.

Lipson, S., **Zhou, S.**, Wagner, B., Beck, K., & Eisenberg, D. (2016). Major differences: Variations in undergraduate and graduate student mental health and treatment utilization across academic disciplines. *Journal of College Student Psychotherapy, 30*(1), 23-41.

Manuscripts in Progress

Abelson, S., Lipson, S., **Zhou, S.**, & Eisenberg, D. Young Adult Mental Health in the United State Before and After the 2016 Presidential Election: Unique Effects on Muslim Students (under review).

Zhou, S., Willison, C., & Jarman, H. The Tobacco Control Policy Gap: Smoking, Vaping, and Mental Health Among College Students (under review).

Stallman, H., Lipson, S., **Zhou, S.**, & Eisenberg, D. How do students cope? An exploration of the health theory of coping in a US sample (under review).

Zhou, S., Lipson, S., & Sonnevile, K. Eating disorders in Asian and Pacific Islander college students: Recent trends and avenues for intervention.

Zhou., S. & Cliff, E.Q. Disparities in depression screening, diagnosis, and treatment: Findings from commercial medical claims.

Zhou, S. Perceptions of campus climate and variations in mental health across Asian American student populations.

OTHER PUBLICATIONS

Horne L., Kent, D., Hutchinson, D., Abelson, S., Eisenberg D., Lipson, S....& **Zhou, S.** “Moving Towards a Wellness Paradigm for Higher Education.” *Healthy Minds Network Whitepaper*, 2018

Woodruff, B., **Zhou, S.**, & Zhang, S. “Evaluation of a complementary food supplement programme following the Wenchuan earthquake in Sichuan, China.” *United Nations Children’s Fund Report*, September 16, 2013

SELECTED CONFERENCE PRESENTATIONS

Zhou, S., Campos, P., Roberts, K., & Sculley, A. “Achieving equity in mental health”. Active Minds National Conference Panel Presentation, February 2020, Washington D.C.

Zhou, S. & Patterson, A. “Mental health and help-seeking behaviors in college student populations: Data from the Healthy Minds Study.” Active Minds National Conference Podium Presentation, February 2020, Washington D.C.

Zhou, S., & Lipson, S. “Eating disorders in Asian American Pacific Islander students: Current trends and implications for college campuses.” American Public Health Association Annual Meeting Podium Presentation, November 2019, Philadelphia, PA.

Zhou, S. & Lin, L. “Constructing culturally responsive mental health services”. Young, Gifted, At Risk & Resilient Conference Panel Presentation, October 2019, Ann Arbor, MI.

Zhou, S., Pertuz, S., & Sebastian, K. “Current trends and programs to address AANHPI college student mental health.” Asian American Psychological Association Annual Convention Panel Presentation, October 2019, San Diego, CA.

Zhou, S., Willison, C., & Jarman, H. “Smoking and mental health among college students: Reconceptualizing tobacco control policies.” Academy Health Annual Research Meeting Poster Presentation, June 2019, Washington, DC.

Zhou, S. “Predictors of mental health service utilization among Asian American college students.” American Public Health Association Annual Meeting Podium Presentation, November 2018, San Diego, CA

Abelson, S, Lipson, S, & **Zhou, S.** “Rise in mental health problems among Muslim young adults in the United States following the 2016 election.” American Public Health Association Annual Meeting Podium Presentation, November 2018, San Diego, CA

Zhou, S. “Perceptions of campus climate and variations in mental health and treatment utilization across students of color.” Academy Health Annual Research Meeting Poster Presentation, June 2018, Seattle, WA

Chavous, T., Watkins, D.C., **Zhou, S.**, & Abelson, S. “Sense of belonging, campus climate, marginalized students, and mental health.” College Mental Health Research Symposium Panel Presentation, March 2018, Ann Arbor, MI

Zhou, S., Stojanovski, S., & King, E. “Self concealment, discrimination, and mental health among sexual and gender minorities in Macedonia.” European Public Health Association Conference Podium Presentation, November 2017, Stockholm, Sweden

Stojanovski, S., **Zhou, S.**, & King, E. “Discrimination and mental health among sexual and gender minorities in Macedonia.” European Public Health Association Conference Podium Presentation, November 2017, Stockholm, Sweden

Zhou, S. “Mental health and the workplace environment in China.” American Public Health Association Annual Meeting Poster Presentation, November 2017, Atlanta, GA

Zhou, S. “Campus climate and mental health in Asian American students.” Asian American Psychological Association Annual Convention Poster Presentation, October 2017, Las Vegas, NV

Zhou, S. “Mental health and the workplace environment in China: A scoping review.” LSE International Health Policy Conference Podium Presentation, February 2017, London, United Kingdom

Zhou, S. & Huang, Y. “Personality dysfunction of adolescents in Beijing.” Peking University Institute of Mental Health Conference Roundtable, July 2015, Beijing, China

MEDIA APPEARANCES

“Battling Stigma and Disparities in China.” Interview by Leslie Stainton. *Findings Magazine*, Spring 2014

“Colleges struggle to help growing number of students with mental health trouble.” Interview by Deirdre Fernandes. *Boston Globe*, October 29, 2019

“Black students in the US at higher risk of attempting suicide” Interview by Ellie Bothwell, *Times Higher Education*, December 4, 2019

“Mental health impact of pandemic-related racism”. Webinar featured speaker. *Active Minds*, May 7, 2020

GRANTS

Research Project Grant (R01MH115128) <i>National Institutes of Health (National Institute of Mental Health)</i> PI: Denise Wilfley, Daniel Eisenberg, Michelle Newman, & C. Barr Taylor Role: primary analyst, data collection	2018-23 Amount: \$808,455
MCUBED Program <i>University of Michigan Office of the Provost</i> PI: Daniel Eisenberg & Sarah K. Lipson Role: primary analyst; executed study design, data collection, analysis and manuscript drafting	2017-18 Amount: \$60,000

TEACHING EXPERIENCE

Teaching Seminars/Certificates

Diversity and Inclusive Teaching Practices Center for Research on Learning and Teaching, University of Michigan	Winter 2017
Teaching in Tumultuous Times: Making Choices About How to Address the World Beyond Your Classroom Center for Research on Learning and Teaching, University of Michigan	Winter 2018

Courses Taught

ES 640: Building Healthy Businesses Role: Guest Lecturer	Fall 2019
HMP 639: Immigration and Health Role: Guest Lecturer	Winter 2019
HMP 682: Advances in Health Services Management and Policy Role: Graduate Student Instructor	Winter 2018
BIO 226: Animal Physiology Laboratory Role: Graduate Student Instructor	Fall 2010 - Winter 2013

RELATED EXPERIENCE

University of Michigan, Department of Health Management and Policy Ann Arbor, MI
Data & Analysis Manager, the Healthy Minds Network (PI: Daniel Eisenberg, PhD) 2017 - current
Lead the continued development and implementation of the Diversity, Equity, and Inclusion module of a large scale epidemiological survey focused on mental health and service utilization in college populations
Manage the utilization of survey data by researchers and participating schools
Train and support undergraduate and masters-level student research assistants in analysis of survey data, presentation development, as well as drafting reports and manuscripts
Support the development and implementation of needs assessment on mental health and help seeking of high school students
Cultivate and maintain partnerships and collaborations with other institutions of higher education, researchers, clinicians, nonprofit organizations, foundations, student groups, and the private sector

Research Associate, the Healthy Minds Network 2013 - 2017
Oversee and coordinate the analysis and data reporting process of the Healthy Minds Survey.
Support mixed-methods research focused on emerging and young adult mental health.
Areas of research: variations in mental health and care access across race, socioeconomic, immigration status; help-seeking behavior of college students of color; mental health and help-seeking in high school students

National Centre for Mental Health of China **Beijing, China**
Research Assistant to Yueqin Huang, MD, PhD 2015 - 2016
Supported mixed methods research focused on the burden of mental health disorders on adolescents and young adults in China; implemented the qualitative component for the *Chinese Epidemiological Survey of Mental Illness*
Areas of research: personality disorders in high school students; non-invasive somatic treatments for Major Depressive Disorders

United Nations Children's Fund (UNICEF) **Beijing, China/Ann Arbor, MI**
Program Evaluation Intern 2012
Contributed to all aspects of an evaluation of YingYangBao, a community-based complementary food supplement intervention, including: research design, protocol development, data checking and management, quantitative data analysis, and engagement with local, national, and international stakeholders regarding interpretation of evaluation data and potential for scale-up

State of Alaska Department of Health and Social Services **Anchorage, AK**
Section of Women's, Children, and Family Health Intern 2011
Designed and implemented program evaluation of social norms campaign, *Stand Up Speak Up Alaska*, to assess effectiveness on teen attitude and behavior towards domestic violence, sexual assault, and teen pregnancy, including: development of qualitative research instrument; analysis of google and facebook analytic reports and PSA frequency data; recruitment and enrollment of study participants and moderation of interviews; coding and analysis of qualitative data; presentation of findings for departmental conference and formal federal report.
Implemented process evaluation for *Early Hearing Detection and Intervention Program* on infant hearing screening outreach in rural Alaska, including: moderating, transcribing, and coding/analyzing interviews; formal presentation of findings.

Student Advocacy Center **Ypsilanti, MI**
Family and Education Advocate 2009 - 2011
Assessed needs of clients, which included children within the foster care system or juvenile court system, and families with history of substance abuse; create service plans; assisted clients with non-abusive child management, child's education monitoring, and money management techniques; provided informal individual and family counseling; located community resources to assist clients with financial and health-related needs; reported client's monthly progress toward treatment goals

Kenneycare/TheCaringSpace.com **Ann Arbor, MI**
Marketing Manager 2008 - 2009
Developed and supervised implementation of marketing plans; managed monthly budget for Google, Yahoo, and MSN PPC accounts ; conducted market research projects based in customer satisfaction and implementation including design, coordination, statistical analysis and report generation; specialized in business-to-business services; developed proposals and organized partnerships with eldercare specific companies and a search engine optimization company

PROFESSIONAL SERVICE

Network for Doctoral Student Diversity Committee Member, 2015-2017

Health Services, Organization, & Policy Admissions Committee Member, 2014-2016

Diversified Assets Consortium Executive Board Member, 2011-2014

Association for Asian Public Health Action Service Committee Chair, 2011-2013

Ad-hoc reviewer: Journal of Nervous and Mental Disease, Journal of Public Health, Journal of American College Health

Abstract reviewer: AcademyHealth

MEMBERSHIPS

American Public Health Association, since 2011

AcademyHealth, since 2013

Asian American Psychological Association, since 2017

Asian Pacific Islander Caucus for Public Health, since 2019