

EDUCATION

Lee Kong Chian School of Medicine, Nanyang Technological University 08/2021-08/2025

- PhD in population health
- Supervisor: Assoc Prof Konstadina Griva | Co-supervisor: Prof Helen Smith
- Sponsored by NTU Research Scholarship

Department of Public Health and Primary Care, University of Cambridge 10/2020-07/2021

- MPhil in Epidemiology | **Pass with Distinction**
- Sponsored by Cambridge Trust-CSC Scholarship

School of Health Humanities, Peking University 09/2015-07/2020

- Overall GPA: 3.74/4.00 | Final year GPA: 3.85
- **Excellent Graduate Award**, Peking University

Programming skills: STATA, R, NVivo

RESEARCH EXPERIENCE

First-author publications

- R. Yin., D. Rajappan., F.H.F. Chan., L. Martinengo., M. Subramaniam., K. Griva., H.E. Smith, L. Tudor Car (2025). **Depression self-care apps' characteristics and applicability to older adults: a systematic assessment.** *Journal of Medical Internet Research*. 2025;27:e56418. DOI: [10.2196/56418](https://doi.org/10.2196/56418).
- R. Yin., L. Martinengo., H.E. Smith, M. Subramaniam., K. Griva., L. Tudor Car (2024) **The views and experiences of older adults regarding digital mental health interventions: a systematic review of qualitative studies.** *The Lancet Healthy Longevity*. DOI: 10.1016/j.lanhl.2024.08.007 (Impact factor: 13.4)
- R. Yin., A.L. Ahern., L. Lafortune., S.J. Griffin., J.M. Strelitz., & J. Mueller (2024). **The association between patterns of weight change, diabetes status and glycaemia among adults with overweight and obesity.** *Diabetes Research and Clinical Practice*, 210, 111607. DOI: 10.1016/j.diabres.2024.111607
- R. Yin., Y. Wang., Y. Li., H.S. Lin., Y. Zhang., X. Jin., L.L. Yan (2023). **Changes in physical activity and all-cause mortality in the oldest old population: Findings from the Chinese Longitudinal Healthy Longevity Survey (CLHLS).** *Preventive Medicine*, 175: 107721. DOI: 10.1016/j.ypmed.2023.107721
- W. Wang., R. Yin. (Co-first authors), W. Cao., Y. Wang., T. Zhang., Y. Yan., K. Tang (2022). **Assessing Parental Marital Quality and Divorce Related to Youth Sexual and Reproductive Health among 50,000 Chinese College Students.** *Reproductive Health*. 2022 Dec 1;19(1):219. DOI: 10.1186/s12978-022-01531-6.
- R. Yin., Y. Xin. (Co-first authors), M. Buhra., Z. Wang., K. Tang (2021). **Bridge Employment and Longevity: Evidence from a 10-year Follow-up Cohort Study in 0.16 million Chinese.** *The Journal of Gerontology: Social Sciences*. DOI: 10.1093/geronb/gbab204
- R. Yin., L. Yin. (Co-first authors), J. Silva-Nash, J. Tan, Z. Pan, J. Zeng, L.L. Yan (2021). **Hypertension in China: Burdens, Guidelines, and Policy Responses: A State-of-the-Art Review.** *Journal of Human Hypertension*, 2022 Feb;36(2):126-134. DOI: 10.1038/s41371-021-00570-z. Epub 2021 Jul 2.

Publications

- X., Zhu, S., Tjhin, L. J., Goh, J. G., De Roza, F. H. F., Chan, R. Yin., E. S., Lee, & K., Griva (2024). **Factors associated with foot self-care behaviour and foot screening attendance in people with type 2 diabetes: a cross-sectional study in primary care.** *BMJ open*, 14(12), e088088. <https://doi.org/10.1136/bmjopen-2024-088088>
- S. Xiong., H. Lu., N Peoples., E. Duman., A. Najarro., Z. Ni., E. Gong., R. Yin., T. Ostbye., L. Palileo-Villanueva., R. Doma, S Kafle., M Tian., L.L. Yan (2023). **Digital health interventions for non-communicable disease management in primary health care in low-and middle-income countries.** *npj Digital Medicine*. 6, 12. DOI: 10.1038/s41746-023-00764-4 (Impact factor: 12.4)
- P. Bhattarai., A. Shrestha., S. Xiong., N. Peoples., C. Ramakrishnan., S. Shrestha., R. Yin., B. Karmacharya., L.L. Yan (2022). **Strengthening urban primary healthcare service delivery using eHealth technologies: a qualitative study in urban Nepal.** *Digital Health*, 8, 20552076221114182. DOI: 10.1177/20552076221114182
- X. Jiang, K. Tang, F. Cheng, Y. Chen, Y.T Hao, Z. Mao, R. Ren, Y. Wang, Y. Wang, C. Wu, D. Xu, Ying Zhao, X.N. Zhou, Y. Liu, R. Yin., X. Liang, C. Hao, Y. Guan, Y. Huang, M.T.A. Ng, P. Liu, Y. Berhane, W. Fawzi*, Z. Zheng* (2021). **Research Capacity of Global Health Institutions in China; a gap analysis focusing on their collaboration with other low- and middle-income countries.** *BMJ Global Health*. DOI: 10.1136/bmjgh-2021-005607
- C. Mei., Z. Fang (Co-first authors), R. Yin., R. Yang., K. Tang. (2018) **Spicy food and self-reported fractures.** *Clinical Nutrition*, 38(5), 2239-2245. DOI: 10.1016/j.clnu.2018.09.027
- X. Li., Y. Huang., R. Yin., C. Pan., Y. Cai., Z. Wang. (2018). **Visualized nutrition education and dietary behavioral**

change: A systematic review and meta-analysis. *Critical Reviews in Food Science and Nutrition* 59(12), 1976-1985. DOI: 10.1080/10408398.2018.1469466

- G. Zheng., Z. Liu., C. Chen., Y. Wu., R. Yin., L. Guo. (2019). **An Experimental Research on the construction of medical students' professional identity based on the analysis of parallel chart.** *Narrative Medicine.* 2(3), 171-179. (In Chinese)
- G. Zheng., L. Guo., F. Li., J. Wei., C. C., Y. Wu., R. Yin., Z. Liu., Z. Nie. (2018). **Research on the construction of medical students' professional identity based on the analysis of parallel chart.** *Chinese Journal of Medical Education* 38(4), 583-587. (In Chinese)

Conference presentations

- R. Yin., P. Lim., H.E. Smith, M. Subramaniam., L. Tudor Car., K. Griva. **Singaporean older adults' views, experience and recommendations for digital mental health tools: a qualitative study.** Poster presentation. Singapore Health & Biomedical Congress 2024. Singapore.
- R. Yin., D. Rajappan., F.H.F. Chan., L. Martinengo., M. Subramaniam., K. Griva., H.E. Smith, L. Tudor Car. **Older adults' depression self-care via mobile apps: a systematic assessment of app characteristics and applicability.** Oral presentation. 38th Annual Conference of the European Health Psychology Society. Portugal.
- R. Yin., D. Rajappan., F.H.F. Chan., L. Martinengo., M. Subramaniam., K. Griva., H.E. Smith, L. Tudor Car. **Mental health self-care apps: a systematic assessment of app characteristics and their applicability to older adults.** Poster presentation. Singapore Health & Biomedical Congress 2023. Singapore.
- R. Yin., L. Martinengo., D. Dhinakaran., H.E. Smith, M. Subramaniam., L. Tudor Car. **Barriers And Facilitators for the Use of Digital Mental Health Technologies in Older Adults: A Qualitative Systematic Review.** Poster presentation. 14th International Conference on Early Intervention in Mental Health. Switzerland.
- R. Yin., Y. Wang., Y. Li., S. Lin., Q. He., X. Jin., L. L. Yan. (2023) **Change in Physical Activity and Longevity in Chinese Adults 80 Years or Older.** Poster presentation. SingHealth Duke-NUS Sports & Exercise Medicine Conference. Singapore.
- G. Zheng., L. Guo., F. Li., J. Wei., C. C., Y. Wu., R. Yin., Z. Liu., Z. Nie. (2018) **Research on the construction of medical students' professional identity based on the analysis of parallel chart.** Oral presentation. The 2nd Peking University International Conference on Medical Humanities. China.

Conference abstracts

- K. Griva., K. Tan., R. Yin., A. Soh. (2022) **Rates and determinants of parental COVID-19 vaccine hesitancy for children in Singapore.** 36th Annual Conference of the European Health Psychology Society. Austria.
- X. Jin., W. He., E. Gong., R. Yin., J. S. Ji., Y. Li., H. Chen., Y. Zeng., & L.L. Yan. (2020). **APOE ε4 Genotype, Lifestyle Profiles, and Cognitive Function among Chinese Oldest Old.** 2020 Alzheimer's Association International Conference. United States of America.

TEACHING EXPERIENCE

Teaching Assistant for MBBS Science Practical

10/2023–04/2024

- Guided students through practical lab exercises, ensuring they followed protocols and understood scientific principles
- Evaluated and graded student reports, providing constructive feedback to support their learning progress

Teaching Assistant for BS1008 Biostatistics

09/2022-11/2022, 09/2023-11/2023

- Facilitated computer lab sessions, providing support to students and addressing their queries
- Helped students understand statistical concepts and conduct analysis on SPSS

Teaching Assistant for BS004 Introduction to Data Science

09/2023–11/2023

- Supported students by clarifying course content and answering their questions
- Facilitated exam invigilation by taking attendance and ensuring exam integrity

Teaching Assistant for MD7112 Health Coaching

08–09/2022

- Provided feedback to students' health coaching sessions
- Helped students better practice health coaching principles

PROFESSIONAL EXPERIENCE

Research Assistant at Global Health Research Center, Duke Kunshan University

07/2019-09/2020

- Conducted fieldwork including surveys and in-depth interviews;
- Led literature review, data extraction and analysis, policy compilation, and provided policy recommendations;
- Contributed to the revision of questionnaire, and supported implementation of research projects

- Intern at China Medical Board, Beijing Representative** 03/2019 - 06/2019, 03/2020 - 06/2020
- Conducted literature review of nurse residency programs, program accreditation, and real-world research
 - Provided translational and logistics support for China Nursing Consortium, and Westlake Youth Forum;
 - Drafted grant negotiation letters, and reviewed annual work report

- Translator at MIT Technology Review** 12/2018 - 09/2020
- Translated scientific articles on medicine, technology, climate etc., from English into Chinese

CLINICAL EXPERIENCE

- Clinical Awareness Attachment at Tan Tock Seng Hospital, Singapore** 07/2021
- Observed the clinicians, nurses, podiatrist and dietician at the endocrinology department
 - Assisted with English-to-Chinese translation for patients

- Medical Intern at Beijing Shougang Hospital** 03/2019 - 06/2019
- Trained clinical skills in the departments of Internal Medicine, Surgery, Obstetrics and Gynecology and Pediatrics

AWARDS AND HONORS

MDPI LKC Early Career Researcher Award	11/2024
ASK Health Futures Fellow Scholarship	09/2024
Excellent Graduate Award, Peking University	06/2020
Scientific Research Award, Peking University	10/2018
Third-prize Scholarship for Outstanding Medical Students, Peking University Health Science Center	10/2018
Practice and Public Welfare Award, Peking University	10/2017
DCDD Excellent Medical Student Scholarship, Peking University Health Science Center	10/2017
Guanghua Scholarship, Peking University	10/2016
Merit Student, Peking University	10/2016

EXTRACURRICULAR ACTIVITIES

Participant in Precision Digital Therapeutics Master Class by Singapore-ETH Center, Singapore	12-17/01/2025
Volunteer at the Singapore Society for the Prevention of Cruelty to Animals (SPCA) , Singapore	10/2024
Excellerator Leadership Training Programme at University of Cambridge , United Kingdom	17-20/09/2023
IDEA League Summer School at Aachen University , Germany (Online)	25-27/08/2021
CamWHO Simulation at University of Cambridge , United Kingdom (Online)	21-22/08/2021
Exchange student at Sungkyunkwan University , South Korea	01/2019 - 02/2019
Volunteer at United Nations Office for Project Services , China	08/2018 - 09/2018
Volunteer at GO WHO , held by WHO Regional Office for the Western Pacific, China	12/2017 - 01/2018
Chief of Sponsorship Department , Mountaineering Association of Peking University	09/2017 - 09/2018
Member of Peking University expedition team , Qinghai province, China	07/2017 - 08/2017

NEWSLETTER FEATURE

Students' Take: Excellerator Leadership Training Programme. The LKC Medicine January 2024. Nanyang Technological University Singapore. <https://www.ntu.edu.sg/medicine/news-events/magazines-and-newsletters/the-lkcmedicine-january-2024/students-take-Excellerator-Leadership-Training-Programme>