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### Education

Ph.D. in Department of Health Promotion and Health Education,  
National Taiwan Normal University, September 2003 - June 2008

Master's Degree in Department of Health Promotion and Health  
Education, National Taiwan Normal University, September 1999  
- June 2001

Bachelor's Degree in Department of Nursing, National Taiwan  
University, September 1995 - June 1999

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### Professional Experience

Professor, Department of Public Health, Kaohsiung Medical  
University, August 2023 - Present

Professor, Department of Health Management, I-Shou  
University, February 2020 - July 2023

Associate Professor, Department of Health Management, I-Shou  
University, August 2016 - January 2020

Assistant Professor, Department of Health Management, I-Shou  
University, August 2008 - July 2016

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## Specialty

### Health Promotion, Health Education, Health Literacy

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#### Publication

[From 2016 to date]

1. Chen, H.-J., Liao, L.-L., Lin, H.-L., & Chang, L.-C. (2023). Burnout and Mental Well-being of School Nurses After the First Wave of the COVID-19 Pandemic: A National Cross-Sectional Survey. *Journal of School Nursing*, 39(2), 125-132. (SSCI)
2. Chang, L.-C., Sun, C.-C., & Liao, L.-L.\* (2023). Orthokeratology compliance, digital device use, and myopia control among children with myopia during COVID-19 home confinement in Taiwan. *Indian Journal of Ophthalmology*, 71(3), 962-966. (SCI)
3. Hung, L.-L., Liao, L.-L., Chen, H.-J., Lin, H.-L., & Chang, L.-C. (2022). Factors Associated with Follow-Up Visits in Parents With Myopic Children Wearing Orthokeratology Lens. *The Journal of Nursing Research*, 30(6), 4-6. (SSCI)
4. Chang, L.-C., & Liao, L.-L.\* (2022). 新冠肺炎疫情下之學童近視問題衝擊與因應 [Impact and coping strategies of myopia issues among schoolchildren during the COVID-19 pandemic]. *台灣公共衛生雜誌 [Taiwan Journal of Public Health]*, 41(3), 276-285. (TSSCI)
5. Liu, C.-H., Chang, F.-C., Niu, Y.-Z., Liao, L.-L., Chang, Y.-J., Liao, Y., & Shih, S.-F. (2021). Students' perceptions of school sugar-free, food and exercise environments enhance healthy eating and physical activity. *Public Health Nutrition*, 25(7), 1762-1770. (SCI)
6. Chang, L.-C., Sun, C.-C., Liao, L.-L.\* (2021). Compliance with orthokeratology care among parents of young children in Taiwan. *Contact Lens and Anterior Eye*, 44(5), 101427. (SCI)
7. Lee, C.-K., & Liao, L.-L.\* (2021). Feasibility of Intervention Program to Prevent Adolescent Health-Compromising Behaviors. *Journal of School Nursing*. Online ahead of print. (SSCI)
8. Lee, C.-K., & Liao, L.-L.\* (2021). Delay discounting, time perspective, and self-schemas in adolescent alcohol drinking and disordered eating behaviors. *Appetite*, 168, 105703. (SCI)
9. Sun, C.-C., Liao, G.-Y., Liao, L.-L., Chang, L.-C. (2021). A cooperative management app for parents with myopic children wearing orthokeratology lens: Mixed methods study. *International Journal of Environmental Research and Public Health*, 18(19), 10316. (SSCI)
10. Lai, I.-J., Chang, L.-C., Lee, C.-K., & Liao, L.-L.\* (2021). Nutrition literacy mediates the relationships between multi-level factors and college students' healthy eating behavior: evidence from a cross-sectional study. *Nutrients*, 13(10), 3451. (SCI)
11. Chang, L.-C., Li, F.-J., Sun, C.-C., Liao, L.-L.\* (2021). Trajectories of myopia control and orthokeratology compliance among parents with myopic children. *Contact Lens and Anterior Eye*, 44(4), 101360. (SCI)
12. Lin, H.-L., Guo, J.-L., Chen, H.-J., Liao, L.-L., Chang, L.-C. (2021). Cultural competence among pre-graduate students, new graduate nurses, nurse mentors, and registered nurses: a comparative descriptive study. *Nurse Education Today*, 97, 104701. (SSCI)
13. Wu, P.-C., Chen, C.-T., Chang, L.-C., Niu, Y.-Z., Chen, M.-L., Liao, L.-L., Rose, K., Morgan, I. G. (2020). Increased Time Outdoors Is Followed by Reversal of the Long-term Trend to Reduced Visual Acuity in Taiwan Primary School Students. *Ophthalmology*, 127(11), 1462-1469. (SCI)
14. Lee, C.-K., Corte, C., Stein, K. F., Feng, J.-Y., Liao, L.-L. (2020). Alcohol-related cognitive mechanisms underlying adolescent alcohol use and alcohol problems: Outcome expectancy, self-schema, and self-efficacy. *Addictive Behaviors*, 105, 106349. (SCI)
15. Liao, L.-L., Chang, L.-C., Lee, C.-K., Tsai, S.-Y. (2020). The Effects of a Television Drama-Based Media Literacy Initiative on Taiwanese Adolescents' Gender Role Attitudes. *Sex Roles*, 82(3-4), 219-231. (SSCI)
16. Chang, L.-C., Chiu, C.-W., Hsu, C.-M., Liao, L.-L., Lin, H.-L. (2019). Examining the implementation of teaching and learning interaction of transition cultural competence through a qualitative study of Taiwanese mentors undertaking the postgraduate nursing program. *Nurse Education Today*, 79, 74-79. (SCI)
17. Chen, H.-J., Liao, L.-L., Chang, Y.-C., Hung, C.-C., Chang, L.-C. (2019). Factors Influencing Technology Integration in the Curriculum for Taiwanese Health Profession Educators: A

- Mixed-Methods Study. *International Journal of Environmental Research and Public Health*, 16(14), 1-15. (SCI)
18. Luna, C., Liao, L.-L., Liou, Y.-W., Yang, C.-Y. (2019). Transtheoretical Model Approach to Explore the Factors Associated with Dementia Risk and Protection Behaviors at Agricultural Areas. *Journal of Nursing and Health Sciences*, 5(2), 13-21.
  19. Liao, L.-L., Liu, C.-H., Shih, S.-F., Cheng, C.-C., Chang, T.-C. (2019). 青少年健康素養：由健康促進觀點建構定義與能力指標 [Adolescent health literacy: Constructing definitions and competency indicators from a health promotion perspective]. *教育科學研究期刊* [Journal of Educational Research], 64(1), 25-51. (TSSCI)
  20. Liao, L.-L., Lai, I.-J., Chang, L.-C. (2019). Nutrition literacy is associated with healthy-eating behavior among college students in Taiwan. *Health Education Journal*, 78(7), 756-769. (SSCI)
  21. Liao, L.-L., Lai, I.-J., Shih, S.-F., Chang, L.-C. (2018). Development and validation of the nutrition literacy measure for Taiwanese college students. *Taiwan Journal of Public Health*, 37(5), 582-597. (TSSCI)
  22. Chang, L.-C., Liao, L.-L.\* (2018). Vision improvement and compliance with the use of orthokeratology lenses in school children: A sample from five primary schools in northern Taiwan. *Eye & Contact Lens*, 44(5), 299-303. (SCI)
  23. Liu, C.-H., Chang, F.-C., Liao, L.-L., Niu, Y.-Z., Cheng, C.-C., Shih, S.-F. (2018). Health-promoting schools in Taiwan: School principals' and teachers' perspectives on implementation and sustainability. *Health Education Journal*, 78(2), 163-175. (SSCI)
  24. Lai, I.-J., Liao, L.-L., Lee, C.-H., Li, P.-S. (2018). The relationship among work stress, emotional intelligence, and emotional exhaustion: an empirical study on Taiwanese dietitians. *Taiwan Journal of Public Health*, 37(4), 464-474. (TSSCI)
  25. Liu, C.-H., Liao, L.-L.\*, Cheng, C.-C., Chang, T.-C. (2018). Development and Validation of the Taiwan Children's Health Literacy Test. *Global Health Promotion*, 25(2), 34-46. (SSCI)
  26. Tsai, S.-Y., Kuo, F.-C., Kuo, H.-C., Liao, L.-L. (2019). The prevalence of self-reported premenstrual symptoms and evaluation of regular exercise with premenstrual symptoms among female employees in Taiwan. *Women & Health*, 58(3), 247-259. (SSCI)
  27. Wu, P.-C., Chang, L.-C., Niu, Y.-Z., Chen, M.-L., Liao, L.-L., Chen, C.-T. (2018). Strengthening teachers' abilities to implement a vision health program in Taiwanese schools. *Health Education Research*, 32(5), 437-447.
  28. Chang, L.-C., Lin, J.-J., Liao, L.-L., Hsieh, P.-L., Hong, L.-L. (2018). 國中小教師之校園學童視力保健知識與行為研究 [A study of primary and middle school teachers' knowledge and behaviors regarding schoolchildren's vision health]. *學校衛生護理雜誌* [Journal of School Health Nursing], 26, 5-21.
  29. Lee, C.-K., Liao, L.-L.\*, Lai, I.-J., Chang, L.-C. (2017). Effects of a healthy-eater self-schema and nutrition literacy on healthy-eating behaviors among Taiwanese college students. *Health Promotion International*, 34(2), 269-276. (SSCI)
  30. Chang, L.-C., Liao, L.-L., Chen, M. I., Niu, Y. Z., Hsieh, P. L. (2017). Strengthening teachers' abilities to implement a vision health program in Taiwanese schools. *Health Education Research*, 32(5), 437-447. (SSCI)
  31. Liao, L.-L., Lai, I.-J. (2017). Construction of Nutrition Literacy Indicators for College Students in Taiwan: A Delphi Consensus Study. *Journal of Nutrition Education and Behavior*, 49(9), 734-743. (SCI)
  32. Chang, L.-N., Liao, L.-L., Luo, K.-Y. (2017). 探討促進國中學生視力保健行為改變的助力和阻力 [Exploring the facilitators and barriers for promoting vision health behavior changes among junior high school students]. *學校衛生* [Journal of School Health], 70, 31-48.
  33. Chang, L.-C., Chen, Y.-C., Liao, L.-L., Wu, F.-L., Hsieh, P.-L. (2017). Validation of the instrument of health literacy competencies for Chinese-speaking health professionals. *PLoS One*, 12(3), e0172859. (SCI)
  34. Chang, L.-C., Chen, Y.-C., Wu, F.-L., Liao, L.-L. (2016). Exploring health literacy competencies toward health education program for healthcare professionals: A Delphi study. *BMJ Open*, 6(9), e011772. (SCI)
  35. Chang, L.-C., Lin, J.-J., Huang, W.-P., Liao, L.-L., Hong, L.-L. (2018). 學童視力保健之健康訊

息關注：以新視力保健 FB 粉絲專頁之訊息偏好分析為例 [Attention to health messages related to schoolchildren's vision health: Analysis of message preferences from a new visual health Facebook fan page]. 學校衛生 [School Health], 68, 25-44.

36. Liao, L.-L., Lai, I.-J., Lee, C.-K. (2018). Effects of a food advertising literacy intervention on Taiwanese children's food purchasing behaviors. *Health Education Research*, 31(4), 509-520. (SSCI)
37. Liao, L.-L., Lai, I.-J., Chang, L.-C., Shih, S.-F. (2018). Construction of Nutrition Literacy Indicators for College Students in Taiwan: A Delphi Consensus Study. *Journal of Nutrition Education and Behavior*, 49(9), 734-743. (SSCI)
38. Shih, S.-F., Liu, C.-H., Liao, L.-L.\*, Osborne, R. H. (2016). Health literacy and the determinants of obesity: A population-based survey of sixth-grade school children in Taiwan. *BMC Public Health*, 16(280), 1-8. (SCI)
39. Chang, L.-C., Wu, P.-C., Niu, Y.-Z., Chen, M.-L., Liao, L.-L.\* (2016). 台灣校園近視防治軌跡 [The trajectory of myopia prevention and control in Taiwanese schools]. 台灣公共衛生雜誌 [Taiwan Journal of Public Health], 35(1), 17-30. (TSSCI)