

## HOA B. APPEL

University of Washington Bothell • School of Nursing & Health Studies  
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425.352.5376 (Oct, 2018)

### EDUCATION and TRAINING

Postdoctoral Fellow, University of Michigan, Institute for Social Research, National Institute of Mental Health. Racial, Ethnic, and Cultural Disparities in Mental Health Training Program. Appointment site: University of Washington, Seattle. June, 2005 to August, 2007.

Ph.D., Health Services, Walden University, Minneapolis, Minnesota. May, 2005.  
Dissertation: *Depression among Minority Women during Pregnancy and Postpartum*.

M.P.H., Global Health, Loma Linda University, Loma Linda, California. December, 1994.  
Thesis: *Neighborhood Team Project in Snohomish County*.

B.A., Social Welfare, University of Washington, Seattle, Washington. June, 1989.

### PROFESSIONAL EXPERIENCE

- 2015 – Present    **Lecturer** – University of Washington Bothell, School of Nursing & Health Studies
- Undergraduate nursing and public health courses
  - Faculty mentor to undergraduate research students
- 2014 – 2015    **Program Coordinator** – Washington Alliance for Better Schools
- Designed & implemented program to improve educational benchmarks for Tulalip Tribes students. Supervised teachers and paraprofessionals in after-school program.
- 2008 – 2015    **Independent** – Health and Education Consultant
- Tutored and mentored high school students & assisted with transition to college.
  - Consultant on education, research and grant writing of public health issues.
- 2011 – 2013    **Project Director** – Starting the Conversation Research Project
- Managed a pilot project on childhood obesity in high school students using a phone app.
  - Conceptualized, wrote, implemented and directed research project in Snohomish Co.
- 2005 – 2007    **Postdoctoral Fellow** – University of Washington, School of Social Work  
*Principal Investigator: David Takeuchi*
- Research on the *National Latino and Asian American Study* (NLAAS).
  - Analyzed datasets and manuscripts for NLAAS and extrapolated probable causative factors in minority health. Training on teaching, researching, grant writing.
- 2003 – 2004    **Graduate Intern** – Snohomish Health District
- Led research on postpartum depression study of Snohomish county women.
- 1996 – 1998    **Asian Care Manager & Disease Management Manager** – New York Life Health Plans
- Assisted minority physician groups in case and patient management.
  - Wrote and implemented disease management protocols.
- 1995 – 1996    **Social Service Director** – Edmonds Rehabilitation and Healthcare Center
- Supervised Social Service dept. Post-hospital planning for Medicare & Medicaid patients.

## RESEARCH PROJECTS and GRANTS

- 2016 – 2018      **Co-Investigator** – National Asian Pacific Center on Aging, Seattle  
*Healthy Eating, Healthy Aging in Snohomish County*
- 2011 – 2013      **Principal Investigator** – Institute of Translational Health Sciences, Univ. of Wash.  
*Starting the Conversation in Snohomish County – Childhood Obesity Project*
- 2010 – 2011      **Research Associate** – Center on Race and Social Problems, University of Pittsburgh  
*Mental and Physical Health Comorbidities in Latinos and Asian Americans*
- 2003 – 2004      **Principal Investigator** – Association for Prevention Teaching and Research and CDC  
*Depression among Minority Women during Pregnancy and Postpartum*

## PEER-REVIEWED PUBLICATIONS

1. Prost, S.G., **Appel, H.B.**, & Ai, A. (2018). Coping and post-traumatic stress after Hurricanes Katrina and Rita: Racial disparities in social work student-practitioners. *Journal of Social Service Research*, 1-11. DOI:10.1080/01488376.2018.1476296.
2. Ai, A., **Appel, H.B.**, & Lee, J. (2016). Acculturation factors related to obesity of Latino American men nationwide. *American Journal of Men's Health*, 12(5), 1421-1430. DOI:10.1177/1557988316653182
3. Ai, A., **Appel, H.B.**, & Nicdao, E. (2016). Differential associations of religious involvement with the mental health of Asian American subgroups: A cultural perspective. *Journal of Religion and Health*. 55(6), 2113-2130. DOI:10.1007/s10943-016-0257-0
4. Ai, A., Nicdao, E., **Appel, H.B.**, & Lee, D. (2015). Ethnic identity and major depression in Asian American subgroups nationwide: Differential findings in relation to subcultural contexts. *Journal of Clinical Psychology*, 71(12), 1225-1244. DOI: 10.1002/jclp.22214
5. **Appel, H.B.**, Huang, B., Cole, A., James, R., & Ai, A. (2014). *Starting the Conversation* – A childhood obesity knowledge project using an app. *British Journal of Medicine and Medical Research*, 4(7), 1526-1538. PMC3963698.
6. **Appel, H.B.**, Ai, A., Huang, B & Nicdao, E.G. (2013). Detrimental effects of discrimination on mental health in Asian Americans: Counteracting roles of religious involvement. *International Journal for the Psychology of Religion*. 24(1), 28-46. DOI: 10.1080/10508619.2012.761524
7. Huang, B., **Appel, H.B.**, Nicdao, E.G., Lee, J.D., & Ai, A. (2013). Chronic conditions, behavioral health and use of health services among Asian American men: The first nationally representative sample. *American Journal of Men's Health*, 7(1), 66-76. DOI: 10.1177/1557988312460885
8. Ai, A., Huang, B., Bjorck, J., & **Appel, H.B.** (2013). Religious attendance and major depression among Asian Americans from a national database: The mediation of social support. *Psychology of Religion and Spirituality*, 5(2), 78-89. DOI:10.1037/a0030625
9. Ai, A., Noël, L., **Appel, H.B.**, Huang, B., & Hefley, W. (2013). Overall health and health care utilization in Latino American men in the U.S. *American Journal of Men's Health*, 7(1), 66-76. DOI:10.1177/1557988312460885
10. Ai, A., **Appel, H.B.**, Huang, B. & Lee, K. (2012). Overall health and health care utilization among Latino American women in the U.S. *Journal of Women's Health*, 21(8), 878-885. DOI:10.1089/jwh.2011.3431

11. Huang, B., **Appel, H.B.**, Ai, A., & Lin, C. (2012). Religious involvement effects on mental health in Chinese Americans. *Asian Culture and History*, 4(1), 2-12. DOI:10.5539/ach.v4n1p2
12. Ai, A. Plummer, C., Kanno, H., Heo, G., **Appel, H.**, Simon, C., & Spigner, C. (2011). "Positive traits versus previous trauma: Racially different correlates with PTSD symptoms among hurricanes Katrina-Rita volunteers." *Journal of Community Psychology*, 39(4), 1-19. DOI: 10.1002/jcop.20442
13. **Appel, H.B.**, Huang, B., Ai, A., & Lin, C. (2011). Physical, behavioral and mental health issues in Asian American women: Results from the National Latino and Asian American Study. *Journal of Women's Health*, 20(11), 1703-1711. DOI: 10.1089/jwh.2010.2726
14. Huang, B., **Appel, H.B.**, & Ai, A. (2011). The effects of discrimination and acculturation to service seeking satisfaction for Latina and Asian American women. *Social Work in Public Health*, 26, 46-59. DOI: 10.1080/10911350903341077
15. Ai, A., Pargament, K., **Appel, H.B.**, & Kronfol, Z. (2010). Depression following open-heart surgery: A path model involving interleukin-6, spiritual struggle, and hope under pre-operative distress. *Journal of Clinical Psychology*, 66(10), 1057-1075. DOI: 10.1002/jclp.20716
16. Ai, A., Pargament, K., Kronfol, Z., Tice, T. & **Appel, H.** (2010). Pathways to postoperative hostility in cardiac patients: Mediation of coping, spiritual struggle, and interleukin-6. *Journal of Health Psychology*, 15(2), 186-195. DOI: 10.1177/1359105309345556
17. Abe-Kim, J., Takeuchi, D., Hong, S., Zane, N., Sue, S., Spencer, M., **Appel, H.**, Nicdao, E., & Alegria, M. (2007). Twelve-month use of services among Asian Americans: Results from the National Latino and Asian American Study. *American Journal of Public Health*, 97(1), 91-98. DOI: 10.2105/AJPH.2006.098541

## BOOK CHAPTERS

1. Ai, A., Bjork, J.P., **Appel, H.B.**, & Huang, B. (2013). Asian American spirituality and religion: Inherent diversity, uniqueness and long-lasting psychological influences. In K.I. Pargament (Ed.), *APA Handbook of Psychology, Religion and Spirituality* (pp.1257-1298). Washington, D.C.: American Psychological Association.
2. Ai, A., **Appel, H.B.** & Pasic, J. (2008). Mental health comorbidity in cardiovascular disease: Implications for interdisciplinary intervention. In L. Sher (Ed.), *Psychological factors and cardiovascular disorders: The role of psychiatric pathology and maladaptive personality features* (pp.311-337). New York: Nova Science Publishers.

## FELLOWSHIPS and AWARDS

- 2017 Community Based Learning and Research Fellow, UW Bothell, Bothell, WA.
- 2012 Snohomish County YMCA Ray Sievers Achievers Volunteer Award, Everett, WA.
- 2003 Student Investigator Award, Association for Prevention Teaching and Research and Centers for Disease Control and Prevention, Washington, D.C.
- 1994 Best Program Planning Project, *Cancer Screening among Hispanic Women in Los Angeles*, Loma Linda University, Loma Linda, CA.

## RESEARCH & COMMUNITY TRAINING

- 2017 Inter-university Consortium for Political & Social Research, Quantitative Methods of Social Research Fellow, University of Michigan, Ann Arbor, MI
- 2017 Patient-Centered Outcomes Research Institute (PCORI) Ambassador, Washington, D.C.
- 2016 Patient-Centered Outcomes Research Institute (PCORI) Ambassador, National Harbor, MD.

- 2016 Addiction Health Services Research Conference: Science, Practice & Policy, Seattle, WA.
- 2015 Robert Wood Johnson Foundation, New Connections 9<sup>th</sup> Annual Symposium, Princeton, NJ.
- 2015 Tulalip-Marysville Pilchuck Trauma Response Team. School & Community Based Post Traumatic Stress Management, Marysville, WA.
- 2013 Robert Wood Johnson Foundation, New Connections Coaching Clinic, Princeton, New Jersey.
- 2011 Fellowship Award, Family Research Consortium V, Mental Health and Substance Use: Risks, Prevention, Treatment and Policies. San Juan, Puerto Rico.
- 2010 Annual Congress on Women's Health, American Medical Women's Assoc., Washington, D.C.
- 2007 Robert Wood Johnson Foundation, New Connections Research Clinic, Washington, D.C.
- 2006 Fourth Annual Institute of Family Research Consortium, On the Move: Geographic Transitions and the Mental Health of Families. Foundation for Child Development and Robert Wood Johnson Foundation, Spokane, WA.
- 2006 National Institute of Mental Health, Transition to Research Career Independence for Pediatric Mental Health, Bethesda, MD.

## PRESENTATIONS

### *National Conferences*

- November 2018 Substance Use and Mental Health Screening and Prevention Program. Presented at American Public Health Association Meeting, San Diego, CA.
- November 2017 *Cancer Screening among Latinas and Asian American women*. Presented at the American Public Health Association Meeting, Atlanta, GA.
- April 2017 *Breast and Cervical Cancer Program: Cancer Screening for Immigrants & Refugees*. Poster presented at the Academy of Women's Health Congress, Washington, D.C.
- November 2015 *A comparison of psychosocial risk factors and protective factors in mental health among Latinas & Latinos in the U.S.* Presented at APHA, November, 2015. Chicago, IL.
- November 2014 *Starting the Conversation – A childhood obesity project using an App*. Presented at the American Public Health Association Meeting, New Orleans, LA.
- November 2013 *A comparison of physical health, mental health, and health service seeking among Latino Americans in the U.S.* American Public Health Association, Boston, MA.
- October 2012 *Discrimination, generalized anxiety disorder and religious involvement in Asian Americans: Results from a national study*. APHA Meeting, San Francisco, CA.
- November 2011 *Acculturation, discrimination and health service-seeking in Latina and Asian American Women*. American Public Health Association, Washington, D.C.
- August 2011 *Differential association of religious attendance and coping with mental health among Asian Americans: A national study*. American Psychological Association Convention, Washington, D.C.
- January 2011 *The effects of discrimination and acculturation to service seeking satisfaction for Latina and Asian American women: Results from the National Latino and Asian American Study*. National Multicultural Conference and Summit, American Psychological Association, Seattle, WA.
- November 2010 *Health and mental health care disparities in Asian American women: Results from NLAAS*. American Public Health Association, Denver, CO.
- March 2010 *Behavioral, chronic, and mental health issues in Asian American women: Results from the National Latino and Asian American Study (NLAAS)*. Healthy People Conference, Loma Linda, CA; and also at the 18<sup>th</sup> Annual Congress of Women's Health, Wash., D.C.

- November 2009 *Pathways to Resilience among African-American and Caucasian Volunteers in the Aftermath of Hurricanes Katrina-Rita*. American Public Health Association, Philadelphia, PA.
- November 2007 *Mental Health Care among Asian Americans: Results from the National Latino and Asian American Study (NLAAS)*. American Public Health Association, Wash., D.C.
- November 2006 *Health Insurance and Access to Mental Health Care in Minorities: Results from the National Latino and Asian American Study*. 134<sup>th</sup> Annual Meeting of the American Public Health Association, Boston, MA.

### **Local Community Presentations**

- December 2018 *Diversity and Mental health among college students*. Northwest Vietnamese Student Association symposium. Bellevue, WA. (Invited)
- April 2016 *Mental health and the criminal justice system*. North Puget Sound Conference on Race. Snohomish County Communities of Color Coalition. University of Washington Bothell. Bothell, WA. (Invited)
- May 2014 *Acculturation, health service-seeking for Latina and Asian American women*. Conference on Race, Snohomish County Communities of Color Coalition. Edmonds Community College. Edmonds, WA. (Invited)
- October 2008 *Mental Health Care in Minority Populations*. Third Annual Senior Services of Snohomish County, Lynnwood Convention Center, Lynnwood, WA. (Invited)
- October 2005 *Depression among Minority Women during Pregnancy and Postpartum*. The 12<sup>th</sup> Annual Joint Conference on Health, Washington State Public Health Association, Yakima, WA.

### **PROFESSIONAL AFFILIATIONS**

- 2010 - University of Washington, Institute of Translational Health Sciences
- 2006 - American Public Health Association
- 2005 - Washington State Public Health Association
- 2003 - Association for Prevention Teaching and Research

### **COMMUNITY SERVICE**

- 2016 - Faculty mentor, Vietnamese Student Association, University of Washington Bothell
- 2014 - 2018 Conference Planning Committee, Snohomish County Communities of Color Coalition
- 2011-2012 Representative, Marysville Getchell Bio-Med High School, Marysville School Board
- 2010-2011 Legislative Chair, PTA, Marysville Middle School
- 2009-2014 Mentor and Tutor, Snohomish County YMCA Minority Achievers Program
- 1997-2000 Recruitment Coordinator, Asian American Association of Snohomish County

**SPECIAL SKILLS** Fluency in Vietnamese (written and spoken)

**RELEVANT TRAVEL** Honduras, Costa Rica, Thailand, Myanmar, Puerto Rico