

CURRICULUM VITAE

PROFILE

Name: Kosuke Niitsu, PhD, ARNP, PMHNP-BC

Position: Assistant Professor

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EDUCATION

2019 *Post-Doctoral Fellow*, Precision Psychiatric Mental Health Care, **University of Colorado Anschutz Medical Campus**, Aurora, CO

2017 *Ph.D.*, Psychiatric Mental Health Nursing, **University of Nebraska Medical Center**, Omaha, NE.
Doctoral dissertation: *Genetic influence on resilience to potentially traumatic events*. Electronic copy available through the Digital Commons, <http://digitalcommons.unmc.edu/etd/205/>

2013 *Master of Science in Nursing*, Family Psychiatric Mental Health Nurse Practitioner, **University of Nebraska Medical Center**, Omaha, NE

2009 *Bachelor of Science in Nursing*, **University of Nebraska Medical Center**, Lincoln, NE (Graduated with Distinction)

2007 *Bachelor of Science in Biological Sciences*, **University of Nebraska-Lincoln**, Lincoln, NE

EMPLOYMENT

09/2023 – Present *Psychiatric Mental Health Nurse Practitioner*, Counseling Center, University of Washington Bothell

- 08/2019 – Present *Assistant Professor (Tenure Track)*, University of Washington Bothell, Bothell, WA
- 07/2017 – 06/2019 *Post-Doctoral Fellow*, University of Colorado Anschutz Medical Campus, Aurora, CO
- 07/2017 – 06/2019 *Psychiatric Mental Health Nurse Practitioner*, Campus Health Center (affiliated with University of Colorado Hospital), Aurora, CO
- 08/2016 – 05/2017 *Graduate Assistant*, University of Nebraska Medical Center, College of Nursing, Omaha, NE
- 08/2016 – 05/2017 *Psychiatric Mental Health Nurse Practitioner (Shadowing)*, All Care Health Center, Council Bluffs, IA
- 08/2014 – 07/2016 *Project Manager*, Behavioral Health Education Center of Nebraska (affiliated with University of Nebraska Medical Center), Omaha, NE
- 08/2010 – 07/2014 *Graduate Assistant*, University of Nebraska Medical Center, College of Nursing, Omaha, NE
- 07/2009 – 06/2010 *Staff Nurse*, Lasting Hope Recovery Center (affiliated with Alegent Health), Omaha, NE

RESEARCH

Publications (Listed Chronologically)

Data-Based Publications

- Niitsu, K., Lee, C., Rice, M. J. (2024). Interactions between serotonin transporter gene and adverse childhood experience in a generalized additive model: A pilot study. *Journal of the American Psychiatric Nurses Association*. Advance online publication. <https://doi.org/10.1177/10783903241255710>
- Aguirre, T., & Niitsu, K. (2024). Exploring the relationship between food addiction, overweight, obesity, and telomere length. *Obesities*, 4(2), 66-72. <https://doi.org/10.3390/obesities4020007>
- Lee, C., Whooley, M., Niitsu, K., & Kim, W. (2024). Network motif detection in the network of inflammatory markers and depression symptoms among patients with stable coronary heart disease: Insights from the Heart and Soul Study. *Psychology International*, 6(2), 440-453. <https://doi.org/10.3390/psycholint6020027>

- Kondo, A., Abuliezi, R., **Niitsu, K.**, Naruse, K., Oki, T., Ota, E., & Ezeonwu, M. C. (2024). Comparing factors related to perceived control and preventive health behaviors from COVID-19 between Japanese and American nursing students: A cross-sectional study. *Japan Journal of Nursing Science*, 21, e12585. <https://doi.org/10.1111/jjns.12585>
- Niitsu, K.**, Lee, C., & Rice, M. J. (2023). Identification of relationships among resilience factors by using network analysis: A pilot study. *Journal of the American Psychiatric Nurses Association*. Advance online publication. <https://doi.org/10.1177/10783903231212908>
- Niitsu, K.**, Kondo, A., Jing, H., & Dyba, N. A. (2023). A case report of Collaborative Online International Learning in nursing and health studies between the United States and Japan. *Nursing Education Perspectives*, 44(3), 196-197. <https://doi.org/10.1097/01.NEP.0000000000000974>
- Niitsu, K.**, Kondo, A., Abuliezi, R., & Dyba, N. A. (2023). The impact of Collaborative Online International Learning (COIL) on Intercultural Sensitivity among nursing students in the United States and Japan. *Nursing Education Perspectives*, 44(4), 250 - 251. <https://doi.org/10.1097/01.NEP.0000000000001077>
- Lee, C., Min, S., & **Niitsu, K.** (2023). C-reactive protein and specific depression symptoms among older adults: An exploratory investigation of multi-plane networks using cross-sectional data from NHANES (2017 - 2020). *Biological Research for Nursing*, 25(1), 14-23. <https://doi.org/10.1177/10998004221110602>
- Lee, C., Min, S., & **Niitsu, K.** (2023). Non-linear relationship between c-reactive protein and depression among the obese middle-aged. *Nursing Research*, 72(3), 236-245. <https://doi.org/10.1097/NNR.0000000000000646>
- Kondo, A., Abuliezi, R., **Niitsu, K.**, Naruse, K., Oki, T., Ota, E., & Ezeonwu, M. C. (2023). Factors related to mental health effect of nursing students in Japan and the United States during the coronavirus pandemic: A cross-sectional study. *International Journal of Mental Health Nursing*, 32, 186-198. <https://doi.org/10.1111/inm.13075>
- Niitsu, K.**, Houfek, J. F., Rice, M. J., Stoltenberg, S. F., Kupzyk, K. A., & Barron, C. R. (2022). Genetic associations with resilience to potentially traumatic events and vantage sensitivity to social support. *Archives of Psychiatric Nursing*, 40, 147-157. <https://doi.org/10.1016/j.apnu.2022.07.013>
- Mechling, B., Charania, N. A., Paun, O., Lewin, L., Bostrom, A., Mumba, M., **Niitsu, K.**, & Nancy, A. (2022). Research priorities in psychiatric mental health nursing: Funding availability, recently published work, and future directions for advancing our science. *Journal of American Psychiatric Nurses Association*. <https://doi.org/10.1177/10783903221124160>

Abuliezi, R., Kondo, A., **Niitsu, K.**, & Ota, E. (2022). Healthcare graduate students' perceived control and preventive behavior for COVID-19 in Japan and the United States: A cross-sectional study. *Frontiers in Public Health*, *10*, 1-17.

<https://doi.org/10.3389/fpubh.2022.965897>

Kondo, A., Abuliezi, R., Naruse, K., Oki, T., **Niitsu, K.**, & Ezeonwu, M. C. (2021). Perceived control, preventative health behaviors, and the mental health of nursing students during the COVID-19 pandemic: A cross-sectional study. *Inquiry*, *58*, 1-11.

<https://doi.org/10.1177/00469580211060279>

Appel, H., **Niitsu, K.**, West, M., White, B., Gordon, C., & Thompson, A. (2021). Virtual community-engaged behavioral health day for college students: A case report. *Journal of Behavioral and Social Sciences*, *8*, 239-245.

Niitsu, K., Rice, M. J., Houfek, J. F., Stoltenberg, S. F., Kupzyk, K. A., & Barron, C. R. (2019). A systematic review of genetic influence on psychological resilience. *Biological Research for Nursing*, *21*(1), 61-71. <https://doi.org/10.1177/1099800418800396>

Krause-Parello, C. A., Rice, M. J., Sarni, S., LoFaro, C., **Niitsu, K.**, McHenry-Edrington, M., & Blanchard, K. (2019). Protective factors for suicide: A multi-tiered veteran-driven community engagement project. *Journal of Veterans Studies*, *5*(1), 45-51.

<https://doi.org/10.21061/jvs.v5i1.111>

Keeler, H., Sjuts, T., **Niitsu, K.**, Watanabe-Galloway, S., Mackie, P. F., & Liu, H. (2018). Virtual mentorship network to address the rural shortage of mental health providers. *American Journal of Preventive Medicine*, *54*(6S3), S290-S295.

<https://doi.org/10.1016/j.amepre.2018.02.001>

Niitsu, K., Houfek, F. J., Barron, C. R., Stoltenberg, S. F., Kupzyk, K. A., Rice, M. J. (2017). A concept analysis of resilience integrating genetics. *Issues in Mental Health Nursing*, *38*(11), 896-906. <https://doi.org/10.1080/01612840.2017.1350225>

Niitsu, K., Watanabe-Galloway, S., Sayles, H., Houfek, J., & Rice, M. (2014). A pilot study of the psychological impact of the Great East Japan earthquake and tsunami. *Journal of American Psychiatric Nurses Association*, *20*(3), 194 – 202.

<https://doi.org/10.1177/1078390314536615>

Book Chapters (Not Data-Based)

Niitsu, K. (2017). Reflection of personal experience with the nursing education in the United States. In Japan – North America Medical Exchange Foundation (Ed.), *Passport to study nursing in the United States* (pp. 97 – 119). Tokyo: Haru Shobo.

Kaneko, M., & **Niitsu, K.** (2013). Mental care for anger. In Penrod, M. G., & Paulk, S. N. (Eds.), *Psychology of anger: New research* (p. 151-153). New York: NOVA Publishers.

Journal Articles Written in Japanese (Not Data-Based)

Niitsu, K., & Berger, A. M. (2013). Doctoral education in nursing in the United States. *Nursing Business*, 7(11), 51.

Niitsu, K., & Rice, M. J. (2013). Recovery – the new model for standards of psychiatric care. *Nursing Business*, 7(5), 59.

Niitsu, K. (2012). Current mental health issues in the United States. *Nursing Business*, 6(10), 79-81.

White Papers (Not Data-Based)

University of Washington Well-Being for Life & Learning. (2020). *A guidebook for advancing student well-being at the University of Washington*. Retrieved from <https://s3-us-west-2.amazonaws.com/uw-s3-cdn/wp-content/uploads/sites/5/2020/10/28214048/WBLL-Guidebook-FINAL.pdf> Role of **Niitsu, K.**: Contributor.

Rice, M. J., Beam, B., Brown, H. L., Costa, S. A., Gonzalez, S., Moser, D. L., **Niitsu, K.**, Rejda, P., Tompkins, J., & Syphers, B. (2012). *Social media in education at University of Nebraska Medical Center: An assessment of the use of social media in education*. University of Nebraska Medical Center, Omaha, NE.

Grant

Research Grants

2023 Kondo, A. (PI), **Niitsu, K.**, (Collaborator), Naruse, K. (Collaborator), & Wang, C. (PhD student). *Intercultural sensitivity of nursing educators and the necessary support for global nursing education*. Ministry of Education, Culture, Sports, Science, and Technology (MEXT) in Japan; Grants-in-aid for Scientific Research (No.22K10627), 4,290,000 Japanese Yen (about \$33,000).

2023 **Niitsu, K.** (PI). *College-high school Resilience, Outreach, & Wellbeing (CROW) Connecting the Community*. School of Nursing & Health Studies Behavior Health Faculty Development Fund, University of Washington Bothell, to hire a Research Assistant (Vuitton, V. R., majoring in Health Studies and Community Psychology), \$1,000.

2022 **Niitsu, K. (PI)**, & Lai, C. (undergraduate student) *College-high school Resilience, Outreach, & Wellbeing (CROW) Connecting Bothell and Bellevue*. Resilience &

Compassion Seed Grants at the University of Washington Resilience Lab, \$1,728.50.

- 2021 **Niitsu, K. (PI)**. *College-high school students resilience program*. Washington Campus Compact to hire an undergraduate research assistant (Lai, C., majoring in Health Studies & minoring in Biology) through the Student Civic Leaders Fellowship to develop a grant proposal and initiate a project, \$2,500.
- 2021 **Niitsu, K. (PI)**. *Mental health intervention student civic fellow*. Washington Campus Compact to hire an undergraduate research assistant (Tuy, E., majoring in Health Studies & Community Psychology) through the Student Civic Leaders Fellowship to analyze data from Resilience through Mindfulness Research, \$2,500.
- 2021 **Niitsu, K. (PI)**. *Support to continue conducting Resilience through Mindfulness Research*. A course release in Academic Year 2021 – 2022, Student Success Center, University of Washington Bothell, Bothell, WA, \$10,248.
- 2021 Aguirre, T. M. (PI) & **Niitsu, K. (Co-PI)**. *A study of the differences in telomere length between patients with and without food addiction*. University of Nebraska Medical Center (UNMC) Diversity Grant. Collaborating with Elizabeth Blackburn Lab at the University of California San Francisco, \$20,000.
- 2020 Kondo, A. (PI), Ezeonwu, M., (Co-PI), **Niitsu, K. (Co-PI)**, Oki, T. (Collaborator), Naruse, K. (Collaborator), Ota, E. (Collaborator), & Renaguli, A. (PhD student). *The relationship between health behavior, perceived control, and perceived health competence among U.S and Japanese students in medical universities under coronavirus pandemic*. Scientific Research Fund of Japan Society for the Promotion of Science; Grants-in-aid for Scientific Research (C) 19K10794, funded, ¥4,290,000 (= about \$41,000).
- 2020 **Niitsu, K. (PI)**, Appel, H. (Co-PI), White, B. (Collaborator), Early, J. (Collaborator), & Simmons, R. (Collaborator). *Resilience through virtual mindfulness*. University of Washington Seattle, Resilience and Compassion Initiatives Seed Grant, \$1,475.
- 2020 **Niitsu, K. (PI)**, Appel, H. (Co-PI), White, B. (Collaborator), Early, J. (Collaborator), & Simmons, R. (Collaborator). *Resilience through virtual mindfulness*. University of Washington Bothell, School of Nursing and Health Studies Pilot Grant Program, \$14,750.
- 2020 **Niitsu, K. (PI)**, Appel, H. (Co-PI), White, B. (Collaborator), Early, J. (Collaborator), & Simmons, R. (Collaborator). *Resilience through virtual*

mindfulness. University of Washington Bothell, Scholarship, Research, and Creative Practice (SRCP) Seed Grant Program, \$16,360.

- 2017 **Niitsu, K. (PI)** & Rice, M. J. (Advisor). *Genetic relationships of inflammation and stress with psychological resilience (Post-doctoral fellowship research project)*. University of Colorado College of Nursing Endowment to Advance Psychiatric Mental Health Care, \$15,000.
- 2017 **Niitsu, K. (PI)**, Rice, M. J. (Advisor), & Stoltenberg, S. F. *Influence of polymorphisms in IL-6 & TNF- α genes on resilience to potentially traumatic events*. University of Colorado College of Nursing Endowment to Advance Psychiatric Mental Health Care, \$10,000.
- 2015 Kraus-Parello, C. A. (PI), Rice, M. J. (Co-PI). *Stakeholder-Driven Veteran's Suicide Protection Community Advisory Group*. Patient-Centered Outcomes Research Institute (PCORI), \$50,000 for Tier III (2017 – 2018), \$25,000 for Tier II (2016 – 2017), & \$15,000 for Tier I (2015 – 2016), Grant # AWD3406820. **Niitsu, K.** Role: Board Member.
- 2015 **Niitsu, K. (PI)**, Houfek, J. F. (Chair), Rice, M. J., Stoltenberg, S. F., Kupzyk, K. A., & Barron, C. R. *Genetic influence of resilience on potentially traumatic events (to partially support the dissertation research)*. American Psychiatric Nurses Association (APNA), \$10,000.
- 2015 **Niitsu, K. (PI)**, Houfek, J. F. (Chair), Rice, M. J., Stoltenberg, S. F., Kupzyk, K. A., & Barron, C. R. *Genetic influence of resilience on potentially traumatic events (to partially support the dissertation research)*. International Society of Nurses in Genetics (ISONG), \$2,500.
- 2015 **Niitsu, K. (PI)**, Houfek, J. F. (Chair), Rice, M. J., Stoltenberg, S. F., Kupzyk, K. A., & Barron, C. R. *Genetic influence of resilience on potentially traumatic events (to partially support the dissertation research)*. Sigma Theta Tau International (STTI) Gamma Pi Chapter, \$1,000.
- 2013 Watanabe-Galloway, S. (PI) & **Niitsu, K. (Co-PI)**. *Influence of genes on resilience to the natural disaster among Japanese college students in the United States*. University of Nebraska Medical Center (UNMC), College of Public Health, \$1,000.

Teaching and Training Grants

- 2024 Bian, Y. (Lead), Nie, X., **Niitsu, K.**, & Tang, M. (2024). *Navigating the challenges and opportunities of teaching and researching in U.S. higher education institutions as culturally and linguistically minoritized first-generation immigrant*

faculty. Summer Reading Group Award, University of Washington Bothell, Office of Faculty Success, \$4,250.

- 2023 **Niitsu, K.** (Coordinator). *Hosting a study abroad program for undergraduate students majoring in nursing and laboratory medicine at the Tokyo Medical & Dental University*. Tokyo Medical & Dental University, \$3,500.
- 2022 **Niitsu, K.**, & Woodside, V. D. V. *Developing IRB template and mini-module for Collaborative Online International Learning (COIL) fellow curriculum*. University of Washington Bothell, Global Initiatives, \$250.
- 2021 **Niitsu, K.** (Course Developer). *Support funding for 2021 – 2022 Collaborative Online International Learning (COIL) offerings*. University of Washington Bothell, Global Initiatives, \$500.
- 2020 **Niitsu, K.** (Course Developer). *2020 Course Development Grant for BHLTH497: Resilience and Mental Health*. University of Washington Seattle, Center for Global Studies, East Asia Center, Office of Global Affairs, \$2,000.
- 2019 **Niitsu, K.** (Course Developer). *University of Washington Collaborative Online International Learning (COIL) Fellow*. University of Washington Bothell, Global Initiatives, \$1,000.
- 2014 Liu, H. (PI) & Keeler, H. (Co-PI). *Addressing the rural shortage of mental health providers through a virtual mentorship network*. Rural Futures Institute at the University of Nebraska, \$18,000. **Niitsu, K.** Role: Project Manager.
- 2010 Rice, M. J. (Project Director). *Primary Integrated Psychiatric Nursing (PIP)*. U.S. Division of Health and Human Services 1-D09HP14988-01-00, \$1,189,799.00. **Niitsu, K.** Role: Graduate Assistant.

Grants Not Funded

- 2024 Lee, C. (PI), An, X. (Co-PI), Weiss, N. (Co-PI), & **Niitsu, K.** (Co-PI). *Post-traumatic stress disorder and substance use trajectories, predictor, and outcomes*. National Institute of Drug Abuse, R21, \$275,000, not funded.
- 2024 Lee, C. (PI), An, X. (Co-PI), Weiss, N. (Co-PI), & **Niitsu, K.** (Co-PI). *The causal dynamics of posttraumatic stress disorder symptom clusters and impulsivity facets in the early aftermath of trauma: A transdiagnostic perspective*. National Institute of Mental Health (NIMH), R21, \$275,000, not funded.
- 2023 Lee, C. (PI), & **Niitsu, K.** (Co-PI). *Prospective evaluation of C-reactive protein, metabolic markers, and depression symptoms among older adults: A cross-*

lagged panel network analysis. American Psychiatric Nurses Association (APNA) Research Grants, \$10,000, not funded.

- 2023 **Niitsu, K.** (PI). *Initiating a study abroad program to have undergraduate students at the University of Washington Bothell study at the Tokyo Medical and Dental University in Japan*. University of Washington Seattle, Office of Global Affairs, Global Engagement Fellows, \$3,000, not funded.
- 2022 **Niitsu, K.** (PI). *College-high school Resilience, Outreach, & Well-being (CROW) Connecting Bothell and Bellevue*. Royalty Research Fund, University of Washington Seattle, \$40,000, not funded.
- 2021 Appel, H., & **Niitsu, K. (Co-PI)**. *Engagement and Collaboration with Nurses in Washington State*. Patient-Centered Outcomes Research Institute (PCORI), Engagement Submission for Stakeholder Convening Support, \$100,000, not funded.
- 2017 American Psychiatric Association & American Psychiatric Nurses Association. *Clinical support system for serious mental illness*. Substance Abuse and Mental Health Services Administration (SAMHSA), \$2,900,000 up to 5 years. **Niitsu, K.** Role: Programs steering committee. Not funded.
- 2017 Kraus-Parello, C. A. (PI), Rice, M. J. (Co-PI), & **Niitsu, K. (Co-PI)**. *Military Veteran Reintegration: Human Animal Interactions*. Human Animal Bond Research Institute (HABRI), \$48,000, not funded.

Presentations

Data-Based Presentations

- Niitsu, K.**, Lai, C., & Vuitton, R. V. (2023, October 6). *College-high school Resilience, Outreach, and Well-being (CROW) connecting communities: A pilot project*. Poster presentation at the 37th American Psychiatric Nurses Association (APNA) Annual Conference, Lake Buena Vista, FL.
- Hua, J., Kondo, A., & **Niitsu, K.** (2022, December 3). *Learning experience of Japanese nursing students through Collaborative Online International Learning: A qualitative analysis*. Oral presentation at the 42nd Annual Conference of Japan Academy of Nursing Science, Hiroshima, Japan (online participation).
- Niitsu, K.**, Kondo, A., Abuliezi, R., Naruse, K., Oki, T., & Ota, E. (2022, November 2). *Difficulties experienced by nursing students in Japan and the United States during the COVID-19 pandemic*. Poster presentation at the Transcultural Nursing Society 48th Annual Conference, Louisville, KY.

- Kondo, A., Abuliezi, R., **Niitsu, K.**, Naruse, K., Oki, T., Ota, E., & Ezeonwu, M. C. (2022, November 2). *The effects of COVID-19 pandemics on the mental health of nursing students in Japan and the United States*. Oral presentation at the Transcultural Nursing Society 48th Annual Conference, Louisville, KY.
- Hua, J., Kondo, A., Moross, J., & **Niitsu, K.** (2022, November 2). *Evaluation of intercultural sensitivity in international online nursing course among Japanese nursing students*. Oral presentation at the Transcultural Nursing Society 48th Annual Conference, Louisville, KY.
- Niitsu, K.**, & Tuy, E. (2022, October 19). *Resilience through virtual mindfulness: Qualitative thematic analysis of post-survey feedback*. Poster presentation at the American Psychiatric Nurses Association (APNA) Annual Conference, Long Beach, CA.
- Kondo, A., Abuliezi, R., **Niitsu, K.**, Naruse, K., Oki, T., & Ota, E. (2022, October 18). *Comparison of preventive health behaviors from COVID-19 and related factors between Japanese and U.S. nursing students*. Oral presentation at World Academy of Nursing Science (WANS) International Nursing Research Conference, Taipei, Taiwan (online participation).
- Niitsu, K.**, Appel, H. B., White, B., Early, J., & Simmons, R. (2022, April 8). *Feasibility study to virtually deliver mindfulness-based interventions*. Poster presentation at the Western Institute of Nursing (WIN) Annual Conference, Portland, OR.
- Kondo, A., Abuliezi, R., & **Niitsu, K.** (2021, December 4). *COVID-19 preventive health behavior engagement between Japanese and international graduate students in Japan*. Oral presentation, Japan Academy of Nursing Science Annual Conference, Aichi, Japan (web conference due to pandemic).
- Abuliezi, R., Kondo, A., **Niitsu, K.**, Ota, E., & Ezeonwu, M. C. (2021, November 27). *COVID-19 preventive health behavior among Japanese and international graduate students in Japan and US graduate students*. Oral presentation, Japan Association for International Health Annual Meeting (web conference due to pandemic).
- Niitsu, K.**, & Appel, H. (2021, November 17). *Resilience through Virtual Mindfulness*. Invited as a past recipient of the Scholarship, Research, and Creative Practice (SRCP) Seed Grant for the public presentation, Office of Sponsored Research, University of Washington Bothell, Bothell, WA. <https://www.uwb.edu/research/research-seminars>
The recording is available on YouTube: <https://youtu.be/blxzllknvTU>
- Appel, H., & **Niitsu, K.** (2021, October 25). *Behavioral health day for college students – Community engaged and remote program*. Presentation for a virtual roundtable session, American Public Health Association, Denver, CO & online.

- Niitsu, K.**, Appel, H., White, B., Early, J., & Simmons, R. (2021, October 15). *Resilience through virtual mindfulness among university students*. Poster presentation, American Psychiatric Nurses Association, Louisville, KY (web conference due to the COVID-19 pandemic).
- Niitsu, K.** (2021, September 3). *Virtual study abroad between Japan and the United States through Collaborative Online International Learning (COIL) during the COVID-19 pandemic*. **Role: keynote speaker**, Japanese Society for International Nursing Annual Conference, Tokyo, Japan (web conference due to pandemic). * Delivered in the Japanese language.
- Niitsu, K.**, Kondo, A., & Abuliezi, R. (2021, September 3). *The effects of Collaborative Online International Learning (COIL) on intercultural sensitivity*. Oral presentation, Japanese Society for International Nursing Annual Conference, Tokyo, Japan (web conference due to pandemic).
- Abuliezi, R., Kondo, A., **Niitsu, K.**, & Ezeonwu, M. C. (2021, September 3). *Factors related to perceived control among graduate students in Japan: Comparison between international and Japanese students*. Oral presentation, Japanese Society for International Nursing Annual Conference, Tokyo, Japan (web conference due to pandemic).
- Appel, H. B., **Niitsu, K.**, West, M., White, B., Gordon, C., & Thompson, A. (2021, June 14). *Virtual community-engaged behavioral health day for college students*. Paper presented, American Association of Behavioral and Social Sciences (AABSS) 24th Annual Conference, (web conference due to the COVID-19 pandemic).
- Niitsu, K.**, & Rice, M. J. (2020, October 2). *The relationships among stress, genetics, and inflammation on resilience in professional learners: Preliminary analyses*. Poster presentation, American Psychiatric Nurses Association (APNA) Annual Conference, Lake Buena Vista, FL (Virtual due to pandemic).
- Niitsu, K.** & Kondo, A. (2020, July 12). *Collaborative Online International Learning (COIL): An innovative pedagogy to build cross-cultural understanding*. Poster presentation, Transcultural Nursing Society Conference, Kobe, Japan (Virtual due to pandemic). * **Selected for the Best Poster Prize.**
- Niitsu, K.** & Rice, M. J. (2019, July 11). *Stress Resilience and Mental Health among Professional Learners: Primary Data Analysis*. Poster presented at the 10th Annual Postdoctoral Research Day, University of Colorado Anschutz Medical Campus, Aurora, CO.
- Niitsu, K.** & Rice, M. J. (2018, April 14). *Genetic influence on resilience to potentially traumatic events*. Podium presentation, Western Institute of Nursing (WIN) Annual Conference, Spokane, WA.

- Niitsu, K. & Rice, M. J. (2019, April 13). *Genes, inflammation, and resilience to stress*. Poster presentation, Western Institute of Nursing (WIN) Annual Conference, San Diego, CA.
- Niitsu, K. (2018, October 26). *Behavior genetics 101 for psychiatric mental health nurses in 45 minutes*. Podium presentation, American Psychiatric Nurses Association (APNA) Annual Conference, Columbus, OH.
- Niitsu, K. & Rice, M. J. (2018, April 13). *Systematic review: Genetic variants associated with psychological resilience*. Poster presentation, Western Institute of Nursing (WIN) Annual Conference, Spokane, WA. ***Research Poster Award, 2nd Place.**
- Niitsu, K. (2018, March 9). *Genetic influence on resilience to potentially traumatic events*. Guest lecture for psychiatric mental health nurse practitioner students, University of Colorado Anschutz Medical Campus, Aurora, CO.
- Niitsu, K. (2017, October 12). *Genetic influence on resilience to potentially traumatic events*. University of Colorado College of Nursing's Precision Mental Health Care Lecture, University of Colorado Anschutz Medical Campus, Aurora, CO.
- Niitsu, K. (2016, October 21). *Genetic influence of resilience to potentially traumatic events: Preliminary findings*. Poster presentation, American Psychiatric Nurses Association (APNA) Annual Conference, Hartford, CT.
- Niitsu, K. (2016, April 26). *Genetic influence on resilience to potentially traumatic events: Progress report and experience*. Poster presentation, Gamma Pi-at-Large Chapter of Sigma Theta Tau International, Lincoln, NE.
- Niitsu, K. (2015, October 29). *Genetic influence of resilience to potentially traumatic events: Progress report*. Poster presentation, American Psychiatric Nurses Association (APNA) Annual Conference, Lake Buena Vista, FL.
- Niitsu, K., & Houfek, J. (2015, April 18). *Identification of candidate genes for psychological resilience to develop an additive genetic resilience index: An integrative review*. Poster presentation, Midwest Nursing Research Society (MNRS) Annual Conference, Indianapolis, IN. ***PhD Students Poster Award, 2nd Place.**
- Niitsu, K. (2015, March 27). *Genetic influences on psychological resilience to potentially traumatic events*. Oral presentation, American Psychiatric Nurses Association (APNA) Nebraska Spring Chapter Meeting, Omaha, NE.
- Niitsu, K. (2014, October 23). *Role of the serotonin transporter gene in resilience to trauma: An integrative review*. Poster presentation, American Psychiatric Nurses Association (APNA) Annual Conference, Indianapolis, IN. ***Student Research Poster Award, 1st Place.**

Niitsu, K. (2013, October 10). *The gene x environment interactions to resilience framework*. Poster presentation, American Psychiatric Nurses Association (APNA) Annual Conference, San Antonio, TX.

Niitsu, K., Watanabe-Galloway, S., Sayles, H., Houfek, J., & Rice, M. J. (2013, March 8). *Great Eastern Japan Disasters psychological impact study*. Poster presentation, Midwest Nursing Research Society (MNRS) Annual Conference, Chicago, IL.

Niitsu, K., Watanabe-Galloway, S., Sayles, H., Houfek, J., & Rice, M. J. (2012, November 8). *Great Eastern Japan Disasters psychological impact study: Preliminary findings*. Poster presentation, American Psychiatric Nurses Association (APNA) Annual Conference, Pittsburg, PA.

Niitsu, K. (2011, November 18). *Great Eastern Japan disasters psychological impact study*. Oral presentation, High School Alliance, University of Nebraska Medical Center, Omaha, NE.

Rice, M. J., Houfek, J., & **Niitsu, K.** (2011, October 20). *Constructivist outcomes for rural psychiatric NP videoconferencing*. Poster presentation, American Psychiatric Nurses Association (APNA) Annual Conference, Anaheim, CA.

Non-Data-Based Presentations

Naranjo, J. M., Dworkin, S. L., Appel, H., Stone, A. L., **Niitsu, K.**, Iyer, S., West, M., Fleming, R., Bruck, A. M., & Conaway, T. (2024, February 27). *Expanding access to community-based behavioral & mental health supports in K-12 public schools*. Oral presentation, 39th Annual Pacific Rim International Conference on Disability and Diversity, Honolulu, HI.

Chen, L., & **Niitsu, K.** (2024, February 13). *Culture and Mental Health*. Oral presentation delivered for Taiwanese undergraduate nursing students at the International and English Language Program at the University of Washington Seattle.

Niitsu, K. (2023, October 23). *My experience of Collaborative Online International Learning (COIL) with Tokyo Medical and Dental University (TMDU)*. Served as a COIL faculty fellow representing University of Washington Bothell at the COIL Fellows Information Session, University of Washington Seattle, Seattle, WA.

Mathis, K. J., Mechling, B., **Niitsu, K.**, Zelazny, J., Ridley-Pryor, T., Hogan, M. K., & Bostrom, A. C. (2023, October 4). *Writing your grant specific aims: A convergence of research and scholarship*. Oral presentation in 2-hour pre-conference session at the 37th American Psychiatric Nurses Association (APNA) Annual Conference, Lake Buena Vista, FL.

Niitsu, K. (2023, September 2). *Diversity of nursing in the United States*. Role: **Keynote speaker**. Japan Society of Nursing and Health Care, Tokyo, Japan (web conference due to the pandemic). * Delivered in the Japanese language. More information available at <https://chiakahs.wixsite.com/my-site>

Niitsu, K. (2023, March 2). *The differences and similarities in nursing education and the healthcare systems between Japan and the United States*. Special lecture for Tokyo Medical and Dental University (TMDU) students for their study abroad program. Local Japanese nurses invited as guest speakers: Oshio, S., Ph.D., Honda, M., DNP, Nagatani, E., BSN, RN, Watanabe, M., BSN, RN, & Takahashi, K., RN(c). University of Washington Bothell, Bothell, WA.

Niitsu, K. (2023, February 27). *Transition to nursing practice seminar for underrepresented minorities in nursing*. Invited to serve as a panelist, Shoreline Community College, Shoreline, WA.

Niitsu, K. (2022, November 15). *Mindful breathing in nature*. Invited as a guest lecturer by Dr. Daniel Cavanaugh for BHLTH426 Mental Health Promotion through Adventure and Outdoor Recreation, University of Washington Bothell, Bothell, WA.

Mechling, B., Charania, N. A. M. A., **Niitsu, K.**, & Paun, O. (2022, October 19). *Efforts to advance the mental health nursing specialty through engagement in quality improvement, evidence-based practice, and research*. Poster presentation at the American Psychiatric Nurses Association (APNA) Annual Conference, Long Beach, CA.

Niitsu, K. (2022, May 13). *College student mental health and therapeutic communication*. Mental health training for orientation leaders and peer coaches, Orientation & Transition Programs in Student Affairs, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2022, May 13). *Pros and cons of technology in the classroom*. Guest lecture invited by Iyer, S., in BHLTH515 Technology Enhanced Pedagogy, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2022, May 10). *Nursing education and system in the United States*. Guest lecture for Tokyo Medical and Dental University in Japan and Universitas Padjadjaran in Indonesia, delivered through Zoom across three countries.

Niitsu, K. (2022, May 3). *Mindfulness and the Nature*. Guest lectured invited by Cavanaugh, D., in BHLTH497: Ecopsychology: Expressive Connections with the Natural World, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2022, February 25). *How to address mental health issues peer-to-peer*. Mental health training provided for Peer Facilitators / Advisors in introductory STEM and other courses, Office of Student Success, University of Washington Bothell, WA.

Cavanaugh, D., & **Niitsu, K.** (2022, February 7). *Mental health literacy to support HEROs*. Mental health training presented for HEROs (Health Educators Reaching Out), University of Washington Bothell, Bothell, WA.

Niitsu, K. (2022, February 3). *High impact practices and connected learning of BHLTH 497: Resilience and Mental Health*. Invited by Office of Connected Learning as identified as “a champion of high impact practices and connected learning at UW Bothell”. University of Washington Bothell, Bothell, WA.

Niitsu, K. (2021, November 15). *My personal experience as a nursing student from underrepresented backgrounds*. Invited as a panelist. Event hosted virtually by the Multicultural Nursing Student Association, University of Nebraska Medical Center, Omaha, NE.

Niitsu, K. (2021, October 29). *How to Promote Wellbeing in College Students*. Invited as a guest lecturer for New Faculty Onboarding and Community Building, event hosted by Academic Affairs, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2021, October 21). *Lessons that I Learned from Well-Being for Life and Learning*. Invited as a guest lecturer for UW School of Medicine Community of Practice, UW Resilience Lab, University of Washington Seattle, Seattle, WA.

Niitsu, K. (2021, September 24). *Mindfulness and Self-Care*. Facilitated the mindfulness session at the Master of Nursing Program Welcome Event, School of Nursing & Health Studies, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2021, September 16). *How to Promote Social Connectedness in a Classroom*. Invited as a guest lecturer for Student Success Mini Retreat by UW Resilience Lab, event hosted virtually by the Associate Vice Chancellor for Student Success, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2021, July 12). *Fostering trust in the classroom: Sharing icebreaker strategies*. Served as a guest lecturer in a 5-day micro-course developed by the Digital Learning and Engagement Office, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2020, November 6). *Trauma, resilience, and outreach*. Oral presentation, Nebraska Action Coalition Future of Nursing Annual Collaborative Leadership/Culture of Health Conference 2020, Omaha, NE (Virtual due to pandemic).

Niitsu, K. (2020, October 26). *My COIL (Collaborative Online International Learning) experience with a Japanese partner university in the Resilience and Mental Health course*. Served as a COIL fellow to talk about COIL pedagogy, Global Initiatives, University of Washington Bothell, Bothell, WA.

Daniel-Ulloa, J., Early, J. O., Iyer, S., & **Niitsu, K.** (2020, October 24). *Beyond academic pipelines: Teaching strategies that support first generation public health college students and pre-professionals*. Poster presentation, American Public Health Association (APHA) Annual Meeting & Expo, San Francisco, CA (Virtual due to pandemic).

Niitsu, K. (2020, September 25). *2021 Master of Nursing Program Welcome: Graduate faculty-student mixer*. Served as a graduate faculty in School of Nursing & Health Studies, University of Washington Bothell, Bothell, WA.

Niitsu, K., Early, J., Anderson, S., & Cabral, S. I. (2020, September 24). *School of Nursing and Health Studies (SNHS) faculty panel and Q&A*. Served as a panelist, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2020, September 23). *Connect gladly with kindness*. Oral presentation delivered at the School of Nursing & Health Studies Fall Retreat for faculties and staffs, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2020, August 19). *Here and now to stay resilient*. Oral presentation delivered at “Zoom Zoom to Connect” program for faculties and staffs, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2020, January 24). *Mindfulness in the classroom*. Oral presentation delivered at the Winter eLearning Symposium, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2019, December 26). *Overcoming the odds: How it's like to be a nurse scientist in the United States*. Oral presentation, Tokyo Medical and Dental University, Tokyo, Japan.

Niitsu, K. (2019, November 6). *Trauma to resilience to...? What I've done in NE & CO and where I may go in WA with you!* Oral presentation delivered at the Scholarship Meeting, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2019, October 23). *New faculty member presentation: Scholarly journey as a nurse scientist from NE to CO to WA*. Oral presentation delivered at the Health Care Advisory Board Meeting, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2019, August 20). *Scholarly journey to become a nurse scientist in the United States*. Guest lecture for Japanese nursing students from Tokyo Medical and Dental University, University of Washington Bothell, Bothell, WA.

Prag, P., Artmann, A. A., & **Niitsu, K.** (2018, September 10). *Cultural experience within the U.S. education system*. Guest lecture for Japanese nursing students from Yamagata University, University of Colorado Anschutz Medical Campus, Aurora, CO.

Niitsu, K. (2018, May 3). *Four actions that professional health students can take to stay resilient*. Guest lecture requested by Mental Health Lunch & Learn Series by Office of Student Health Promotion, University of Colorado Anschutz Medical Campus, Aurora, CO.

Prag, P., Artmann, A. A., & **Niitsu, K.** (2018, March 9). *Reflecting nursing experiences in the United States*. Guest lecture for Japanese nursing students from Hiroshima University, University of Colorado Anschutz Medical Campus, Aurora, CO.

Niitsu, K. (2014, November 13). *Three reasons to attend the American Psychiatric Nurses Association annual conference*. Oral presentation, American Psychiatric Nurses Association (APNA) Nebraska Fall Chapter Meeting, Omaha, NE.

Niitsu, K. (2013, July 22). *The career path in nursing in the United States: From BSN to MSN to DNP & PhD*. Oral presentation, Kameda Medical University, Chiba, Japan.

Niitsu, K. (2012, August 3). *BSN education in the United States: Curriculum at UNMC College of Nursing*. Oral presentation, University of Tokyo, Tokyo, Japan.

Niitsu, K. (2011, August 8). *Nurse practitioner issues in the United States*. Oral presentation, Tokyo Medical and Dental University, Tokyo, Japan.

Ad Hoc Peer Reviewer for Professional Journals

2022 – Present *Nursing & Health Sciences*

2022 – Present *International Journal of Exercise Science*

2021 – Present *Journal of Advanced Nursing*

2021 – Present *Japan Journal of Nursing Science*

2021 – Present *Journal of Japanese Society for International Nursing*

2021 – Present *Journal of the American Psychiatric Nurses Association*

2018 – Present *Biological Research for Nursing*

Served as a manuscript reviewer for “Substance Abuse and Trauma Care”: McQuillan, K. A., & Makic, M. B. (2020). *Trauma Nursing* (5th ed). Elsevier.

TEACHING

Courses Taught at University of Washington Bothell as an Instructor

BNURS600: *Independent Graduate Project / Research* (Autumn 2023)

BNURS592: *Capstone Project* (Spring 2023, Winter 2023, Autumn 2022, Spring 2022, Winter 2022, Autumn 2021)

BNURS591: *Advanced Fieldwork* (Winter 2024, Winter 2023, Autumn 2022)

BNURS590: *Introduction to Advanced Fieldwork and Capstone Project* (Winter 2023)

BNURS506: *Advanced Pathophysiology, Pharmacology, and Health Assessment* (Autumn 2023, Spring 2021, Spring 2020)

BNURS505: *Pathway Planning, Practicum, and Portfolio* (Spring 2021, Winter 2021, Autumn 2020, Spring 2020)

BNURS498: *Special Project in Nursing* (Spring 2023, Winter 2023, Summer 2022, Spring 2022, Winter 2022, Autumn 2021)

BHLTH497: *Resilience and Mental Health* (Winter 2022, Spring 2021, Winter 2021, Spring 2020)

BNURS460*: *Translating Scholarly Knowledge to Nursing Practice* (Spring 2024)

BNURS423: *Ethical and Quality Nursing Care* (Spring 2024)

BNURS360*: *Critical Reading and Information Literacy in Nursing* (Winter 2023, Winter 2022, Autumn 2021, Autumn 2020, Winter 2020, Autumn 2019)

*BNURS460 and BNURS360 are recognized as Community-Engaged Courses through the Office of Connected Learning in Academic Affairs

Courses Taught at University of Colorado Anschutz Medical Campus as a Teaching Assistant

NRSG6661: *Diagnosis and Management of Adults for the Psychiatric Mental Health Nurse Practitioner* (Spring 2018)

Courses Taught at University of Nebraska Medical Center as a Teaching Assistant

NRSG665: *Neuroscience of Psychopharmacology for Advanced Practice Nursing* (Spring 2014, Autumn 2013)

LICENSES AND CERTIFICATIONS

Active:

- 2019 *Advanced Registered Nurse Practitioner (ARNP), #AP60989975, Washington State Department of Health, Exp. 11/23/2025*
- 2019 *Registered Nurse, #RN60954052, Washington State Department of Health, Exp. 11/23/2024*
- 2019 *Mindfulness-Based Stress Reduction Certificate, PESI, Inc.*
- 2019 *Mindfulness Certificate, PESI, Inc.*
- 2018 *Competency Based Training for Suicide Prevention: Psychiatric Mental Health Nurse Generalist Role, American Psychiatric Nurses Association*
- 2017 *Mid-level Practitioner's Authorization (Schedule 4 & 5), #MN4177792, Drug Enforcement Administration, Exp. 10/31/2025*
- 2017 *National Provider Identifier, #1073059259, National Plan and Provider Enumeration System (NPPES)*
- 2012 *Psychological First Aid, Nebraska Disaster Behavioral Health*
- 2013 *Psychiatric-Mental Health Nurse Practitioner (PMHNP), #2013010739, American Nurses Credentialing Center, Exp. 12/22/2028*
- 2007 *Basic Life Support (CPR & AED), American Heart Association, Exp. 07/2025*

Inactive (Expired):

- 2018 *Registered Nurse, #RN.1657239, Colorado Department of Regulatory Agencies, Exp. 09/30/2020*
- 2017 *Compact Nurse Practitioner – Prescriptive Authority (C-RXN), #C-RXN.0000360-C-NP, Colorado Department of Regulatory Agencies, Exp. 09/30/2019*
- 2017 *Compact Nurse Practitioner – Advanced Practice Nurse (C-APN), #C-APN.0000823-C-NP, Colorado Department of Regulatory Agencies, Exp. 09/30/2019*
- 2016 *Controlled Substance Registration, #5204196, Iowa Board of Pharmacy, Exp. 10/31/2018*

- 2016 *Advanced Registered Nurse Practitioner (ARNP): Psych/Mental Health Nurse Practitioner, #G145896, Iowa Board of Nursing, Exp. 10/31/2018*
- 2013 *Advanced Practice Registered Nurse – Nurse Practitioner (APRN-NP), #111689, Nebraska Department of Health and Human Services, Exp. 10/31/2018*
- 2009 *Registered Nurse, #68964, Nebraska Department of Health and Human Services, Exp. 10/31/2018*

HONORS, FELLOWSHIPS, AND AWARDS

- 2022 *University of Nebraska Medical Center (UNMC) Alumni Association Travel Award, Awarded by UNMC Alumni Association, Omaha, NE*
- 2021 *School of Nursing and Health Studies (SNHS) Summer Research Fellowship 2021, Awarded by University of Washington Bothell, School of Nursing and Health Studies, Bothell, WA*
- 2020 *Best Poster Prize, Collaborative Online International Learning (COIL): An innovative pedagogy to build cross-cultural understanding, Awarded by Transcultural Nursing Society Conference, Kobe, Japan*
- 2020 *University of Nebraska Medical Center (UNMC) College of Nursing Alumni Council's 2020 Nursing Excellence Award, Awarded by UNMC, Omaha, NE*
- 2020 *School of Nursing and Health Studies (SNHS) Summer Research Fellowship 2020, Awarded by University of Washington Bothell, School of Nursing and Health Studies, Bothell, WA*
- 2019 *Collaborative Online International Learning (COIL) Fellows 2019 – 2021, awarded by University of Washington Bothell, Global Initiatives, Bothell, WA*
- 2018 *Travel Award to attend American Psychiatric Nurses Association (APNA) Annual Conference in Columbus, OH, Awarded by Postdoctoral Association at University of Colorado Anschutz Medical Campus, Aurora, CO*
- 2018 *Research Poster Award 2nd Place, Western Institute of Nursing (WIN) Annual Conference, Spokane, WA*
- 2017 *Dean's MNRS Travel Award to attend Midwest Nursing Research Society (MNRS) Annual Conference in Minneapolis, MN, Awarded by University of Nebraska Medical Center, College of Nursing, Omaha, NE*

- 2016 *A.M. Berger, PhD & T. Berger Scholarship*, University of Nebraska Medical Center, College of Nursing, Omaha, NE
- 2015 *Student Nurse Essay Contest Graduate Scholarship*, American Assembly for Men in Nursing
- 2015 *PhD Students Research Poster Award: 2nd place*, Midwest Nursing Research Society (MNRS) Annual Conference, Indianapolis, IN
- 2015 *Dean's MNRS Travel Award to attend Midwest Nursing Research Society (MNRS) Annual Conference, Indianapolis, IN*, Awarded by University of Nebraska Medical Center, College of Nursing, Omaha, NE
- 2014 *Research Poster Award 1st Place*, American Psychiatric Nurses Association (APNA) Annual Conference, Indianapolis, IN
- 2014 *Research Fellowship 2014 – 2016*, University of Nebraska Medical Center, Graduate Studies, Omaha, NE
- 2013 *A.M. Berger, PhD & T. Berger Scholarship*, University of Nebraska Medical Center, College of Nursing, Omaha, NE
- 2013 *Dean's MNRS Travel Award to attend Midwest Nursing Research Society (MNRS) Annual Conference, Chicago, IL*, Awarded by University of Nebraska Medical Center, College of Nursing, Omaha, NE
- 2012 *Nebraska University Foundation Scholarship: Nancy Bergstrom Graduate Nursing Fellow & Jeannene Boosinger Scholarship*, University of Nebraska Medical Center, College of Nursing, Omaha, NE
- 2012 *Janssen Student Scholarship*, American Psychiatric Nurses Association

PROFESSIONAL MEMBERSHIPS

Current

- 2023 – Present *Member*, Association of Advanced Practice Psychiatric Nurses (AAPPN)
- 2021 – Present *Member*, Japan Academy of Nursing Science (JANS)
- 2021 – Present *Member*, Japanese Society for International Nursing (JSIN)
- 2014 – Present *Member*, American Nurses Association (ANA) jointly through American Psychiatric Nurses Association (APNA)

- 2012 – Present *Member, Honor's Society of Nursing Sigma Theta Tau International (STTI)*
- 2012 – Present *Member, Japanese Advanced Practice Nurses and Physician Assistants of America (JAPNPAA)*
- 2009 – Present *Member with leadership positions, American Psychiatric Nurses Association (APNA)*

Past

- 2022 – 2023 *Member, Transcultural Nursing Society*
- 2020 – 2023 *Member, American Mindfulness Research Association (AMRA)*
- 2020 – 2022 *Member, American Public Health Association (APHA)*
- 2017 – 2023 *Member, Western Institute of Nursing (WIN)*
- 2014 – 2022 *Member, International Society of Nurses in Genetics (ISONG)*
- 2015 – 2020 *Member, American Association for the Advancement of Science (AAAS) (Membership endorsed by University of Nebraska Medical Center, Graduate Studies, Omaha, NE)*
- 2018 – 2019 *Member, National Postdoctoral Association*
- 2017 – 2019 *Member, Post-Doctoral Association, University of Colorado Anschutz Medical Campus, Aurora, CO*
- 2017 – 2018 *Board Member, Veterans' Suicide Protection Advisory Group (VSPAG)*
- 2013 – 2018 *Member, American Assembly for Men in Nursing (AAMN)*
- 2015 – 2017 *Ambassador, International Student Ambassador Program, University of Nebraska Medical Center, Omaha, NE*
- 2015 – 2017 *Mentor, High School Alliance, University of Nebraska Medical Center, Omaha, NE*
- 2011 – 2017 *Member, Midwest Nursing Research Society (MNRS)*
- 2011 – 2013 *Member, Nebraska Nurse Practitioner*

SERVICE

Service at the National Level

American Psychiatric Nurses Association (APNA)

- | | |
|----------------|---|
| 2022 – Present | <i>APNA Research Grant Reviewer</i> |
| 2021 – 2023 | <i>Diversity, Equity, and Inclusion (DEI) Advisory Committee. Appointed by the APNA President Matthew Tierney</i> |
| 2019 – Present | <i>Research & Scholarship Council Committee. Appointed by the APNA President Gail R. Stern</i> |
| 2019 – Present | <i>APNA Scholarly Review Committee</i> |
| 2019 – Present | <i>APNA Awards & Recognition Committee</i> |

Served as *Abstract Reviewer* and *Poster Judge* for the following annual conferences:

- APNA 37th Annual Conference in Lake Buena Vista, FL, in 2023
- APNA 36th Annual Conference in Long Beach, CA, in 2022
- APNA 35th Annual Conference (virtual due to pandemic) in 2021
- APNA 34th Annual Conference (virtual due to pandemic) in 2020
- APNA 33rd Annual Conference in New Orleans, LA, in 2019

Others

- Served as an *Abstract Reviewer* at the Western Institute of Nursing (WIN) Annual Conference in Spokane, WA, in 2019

Service at University of Washington

Tri-Campus Level at University of Washington Bothell, Seattle, & Tacoma

- | | |
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| 2019 – Present | UW Resilience Lab (serving as a faculty member representing University of Washington Bothell) |
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Campus Level at University of Washington Bothell

- | | |
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| 2021 – Present | Teaching & Learning on the Open Web Learning Community |
| 2020 – 2021 | International Student Learning Community |
| 2020 – 2022 | COIL (Collaborative Online International Learning) Fellows Selection Committee |

2019 – 2022 Behavior Health Learning Community

School Level in School of Nursing & Health Studies at University of Washington Bothell

2023 – Present Nursing Curriculum Committee

2021 – 2023 School of Nursing and Health Studies Elected Faculty Council

2020 – 2023 Master of Nursing Curriculum Committee

2020 – 2021 Search Committee for an Assistant Teaching Professor Position

2019 – 2020 Bachelor of Science in Nursing Curriculum Committee

2019 – Present Behavior Health Working Group

Curricular Practical Training (CPT) Support for International Students

Provided mentorship and sponsored practical training for international students through independent courses.

2022 – 2023 (Winter & Spring) *Lee, E. from South Korea* in BNURS498: Special Projects

2021 – 2022 (Winter, Spring, & Summer) *Nguyen, U. from Viet Num* in BNURS498: Special Projects

2021 – 2022 (Winter, Spring, & Summer) *Hyun, K. from South Korea* in BNURS498: Special Projects

2021 – 2022 (Winter, Spring, & Summer) *Lee, M. from South Korea* in BNURS498: Special Projects

2019 – 2020 (Spring) *Suherman, B. from Indonesia* in BHLTH497: Resilience & Mental Health

2019 – 2020 (Spring) *Nguyen, G. from Viet Num* in BHLTH497: Resilience & Mental Health

Mentorship for Graduate Students at University of Washington Bothell

Provided mentorship for graduate students enrolled in the Master of Nursing (MN) program.

Served as a Scholarly Chair

2022 – 2024 *Lima, E.* Bridging the gap: Exploring pathways to a better precepting process

- 2021 – 2023 *McCarthy, C. L.* Recognizing the role of the nurse preceptor: We can do better
- 2020 – 2022 *Lamb, J.* Preparing nurses to prosper in a broken system: The moral distress education project
- 2019 – 2021 *Mathies, J.* A new leader in times of ambiguity (The original Scholarly Chair was Early, J., who was on sabbatical and replaced with Niitsu, K.)
- 2019 – 2021 *Vassileva, I. A.* Pathways and practice: Inspiring and challenging journey to advanced practice nursing and education

Served as a Second Reader

- 2022 – 2024 *Papajohn, C.* Emergency department door-to-EKG performance improvement using the switch method change management framework
- 2020 – 2022 *Beebe, S.* Harborview medical center outpatient burn clinic center of excellence program review, analysis, and recommendations
- 2019 – 2021 *Teeter, L.* Final reflection of Master of Nursing administrative leadership learning
- 2018 – 2020 *Ward, J.* Education and leadership: A mash-up
- 2018 – 2020 *Tsai, A.* Competency development for advanced practice nursing leadership

Mentorship for Ph.D. Students

Provided mentorship for Ph.D. students at the Tokyo Medical and Dental University (TMDU) by working collaboratively with Akiko Kondo, PhD, RN, professor of nursing at TMDU.

- 2023 – Present *Wang, C.* Intercultural sensitivity of nursing educators and the necessary support for global nursing education
- 2019 – 2023 *Abuliezi, E.* Healthcare graduate students' perceived control and preventive behavior for COVID-19 in Japan and the United States: A cross-sectional study
- 2019 – 2023 *Hua, J.* Changes in Japanese nursing students' intercultural sensitivity by international nursing courses: A time-series analysis

Acknowledgement for reviewing the data and the manuscript in the following publication:

Hua J., Kondo, A., & Moross, J. (2023). Enhancing intercultural sensitivity in Japanese nursing students through international online nursing courses: A quasi-experimental study. *Nursing Education Today*, 128. <https://doi.org/10.1016/j.nedt.2023.105870>

Media Attention

- Niitsu, K.** (2024, April 17). *Nursing students from Tokyo visited the University of Washington.* Story available at <https://www.uwb.edu/nhs/news/2024/04/17/nursing-students-from-tokyo-visited-the-university-of-washington>
- Niitsu, K.** (2024, March 15). *Visiting nursing students from the Tokyo Medical and Dental University in Japan connect with UW Bothell study abroad ambassadors in the Truly House.* Story available at <https://mailchi.mp/3ab643b925df/mar-enews-15692973?e=72a396cf2e>
- Niitsu, K.** (2024, March 13). *Discussing representation with nursing students at Shoreline Community College.* Story available at <https://www.uwb.edu/nhs/news/2024/03/13/discussing-representation-with-nursing-students-at-shoreline-community-college>
- Niitsu, K.** (2024, February 13). *Teaching about culture and mental Health to Taiwanese nursing students.* Story available at <https://www.uwb.edu/nhs/news/2024/02/13/teaching-about-culture-and-mental-health-to-taiwanese-nursing-students>
- Niitsu, K.** (2024, February 8). *Influencing public policy that affects public health.* Story available at <https://www.uwb.edu/news/2024/02/08/influencing-public-policy-that-affects-public-health>
- Niitsu, K.** (2023, October 11). *Niitsu presented at a national psychiatric nursing conference.* Story available at <https://www.uwb.edu/nhs/news/2023/10/11/niitsu-presented-at-a-national-psychiatric-nursing-conference>
- Niitsu, K.** (2023, September 5). *Dr. Niitsu addressed the diversity of nursing in the United States as a keynote speaker.* Story available at <https://www.uwb.edu/nhs/news/2023/09/05/dr-niitsu-addressed-the-diversity-of-nursing-in-the-united-states-as-a-keynote-speaker>
- Niitsu, K.** (2022, December 9). *Niitsu represents UWB at national conference.* School of Nursing & Health Studies, University of Washington Bothell, Bothell, WA, story available at <https://www.uwb.edu/nhs/news/2022/12/09/niitsu-apna-conference>
- Niitsu, K., & Lai, C.** (2022, July 29). *Hello from CROW Resilience Project!* School of Nursing & Health Studies, University of Washington Bothell, Bothell, WA, story available at <https://www.uwb.edu/nhs/news/2022/07/29/crow-resilience-project>
- Niitsu, K.** (2022, June 20). *Creating the Master of Nursing Symposium 2022 Website.* The website available at <https://sites.google.com/uw.edu/mnsymposium2022/mn-symposium-2022>

- Niitsu, K.** (2022, June 4). *Transformational learning from transnational collaborations*. Introduced as a faculty who took students at the Waterford Institute of Technology to the Skagit Valley Tulip Festival, University of Washington Bothell, Bothell, WA. Story available at <https://www.uwb.edu/news/june-2022/transformational-learning-from-transnational-collaborations>
- Appel, H., & **Niitsu, K.** (2022, May 10). *Promoting health in community*. Interviewed by Schnebele, E. M., Marketing & Communications, University of Washington Bothell, Bothell, Washington, available at <https://www.uwb.edu/news/may-2022/promoting-health-in-community>
- Niitsu, K.**, & Appel, H. (2021, November 17). *Husky Highlight Seminar: Resilience through Mindfulness*. The Office of Sponsored Research, University of Washington Bothell, Bothell, WA. Story and presentation available at <https://www.uwb.edu/research/research-seminars/2021-22-husky-highlights>
- Tierney, M. (2021). Improving access to care in the context of opportunity. *Journal of the American Psychiatric Nurses Association*, 27(1), 88-90. <https://doi.org/10.1177/1078390320979705>. **Niitsu, K.** was introduced in this article as an example who saw a challenge as an opportunity.
- Nurses Week 2021. (2021, May 7). *Become more mindful*. University of Washington Bothell, School of Nursing & Health Studies, available at <https://www.uwb.edu/nhs/news/2021/05/07/niitsu-nurses-week>
- Tokyo Medical and Dental University (TMDU). (2021, May 6). *International exchange program Collaborative Online International Learning (COIL) with University of Washington Bothell was held*. Newsletter posted on TMDU official website, available at https://www.tmd.ac.jp/files/topics/54866_ext_26_0.pdf
- Niitsu, K.**, Appel, H., Bruck, A., Iyer, S., Stone, A., & West, M., (2021, April 13). *UW Bothell Behavioral Health team reflect on mental health and wellness*. School of Nursing and Health Studies (SNHS), University of Washington Bothell, available at <https://www.uwb.edu/nhs/news/2021/04/13/behavioral-health>
- Niitsu, K.** (2020, November 18). *Building mental health resilience to stress*. Office of Advancement and External Relations, University of Washington Bothell, available at <https://www.uwb.edu/news/november-2020/mental-health-resilience>
- Niitsu, K.** (2020, October 26). *Alumni Association announces 2020 award recipients*. University of Nebraska Medical Center, available at <https://www.unmc.edu/news.cfm?match=26442>

- Niitsu, K.** (2020, September 1). *Dr. Kosuke “Ko” Niitsu: Featured Researcher*. American Psychiatric Nurses Association, available at <https://community.apna.org/blogs/kayla-herbell1/2020/09/01/september-featured-researcher>
- Niitsu, K.** (2020, June 23). *Niitsu receives UNMC (University of Nebraska Medical Center) Nursing Excellence Award*. University of Washington Bothell, School of Nursing and Health Studies News, available at <https://www.uwb.edu/nhs/news/2020/06/22/niitsu-nursing-excellence-award>
- Niitsu, K.** (2020, May 7). *Raising awareness around mental health*. Office of Advancement and External Relations, University of Washington Bothell, available at <https://www.uwb.edu/news/may-2020/mental-health-awareness>
- Niitsu, K.** (2020, April 27). *Dr. Niitsu named UWB (University of Washington Bothell) COIL (Collaborative Online International Learning) fellow*. University of Washington Bothell, School of Nursing and Health Studies News, available at <https://www.uwb.edu/nhs/news/2020/04/27/niitsu-coil-fellow>
- Niitsu, K.** (2020, April 7). *Dr. Niitsu presents in Tokyo*. University of Washington Bothell, School of Nursing and Health Studies News, available at <https://www.uwb.edu/nhs/news/2020/04/07/niitsuseminar>
- Niitsu, K.** (2019, November 15). *Global collaboration: SNHS and TMDU*. University of Washington Bothell, School of Nursing and Health Studies News, available at <https://www.uwb.edu/nhs/news/2019/11/15/collaboration-snhs-tmdu>
- Niitsu, K.** (2019, November 15). *Dr. Niitsu attends APNA conference*. University of Washington Bothell, School of Nursing and Health Studies News, available at <https://www.uwb.edu/nhs/news/2019/11/15/niitsu-apna>
- Niitsu, K.** (2015, November 13). *Ph.D. candidate receives grant from International Society of Nurses in Genetics*. University of Nebraska Medical Center, available at <https://www.unmc.edu/news.cfm?match=17472>
- Niitsu, K.** (2015, October 30). *Researching the Genetics of Resilience: Conversation with Kosuke “Ko” Niitsu, MSN, APRN-NP, PMHNP-BC*. American Psychiatric Nurses Association, available at <https://www.apna.org/i4a/pages/index.cfm?pageID=5951>
- Niitsu, K.** (2015, October 9). *College of Nursing's Niitsu receives APNF grant*. University of Nebraska Medical Center, available at <https://www.unmc.edu/news.cfm?match=17633>
- Niitsu, K.** (2015, May 1). *College of Nursing efforts recognized at MNRS event*. University of Nebraska Medical Center, available at <https://www.unmc.edu/news.cfm?match=16864>

Niitsu, K. (2014, November 21). *UNMC College of Nursing students earn research awards.* University of Nebraska Medical Center, available at <https://www.unmc.edu/news.cfm?match=16040>

Niitsu, K. (2014, October 10). *Kosuke Niitsu selected for the 1st place Poster Presentation Award.* University of Nebraska Medical Center, available at <https://www.unmc.edu/news.cfm?match=15821>

Niitsu, K. (2007, February 22). *Change in language test helps student get into UNMC.* University of Nebraska-Lincoln (The Daily Nebraskan), available at http://www.dailynebraskan.com/change-in-language-test-helps-student-get-into-unmc/article_eeb10878-4898-55fa-9848-6d0395e7f743.html

Community Service

Niitsu, K. (2024, February 26). *Representation in nursing.* Served as a panelist, Shoreline Community College, Shoreline, WA.

Niitsu, K. (2023, November 28). *Husky highlights: Short Mindfulness Activity to Reduce Test Stress (SMARTS).* Served as a moderator, the Office of Sponsored Research, University of Washington Bothell.

Niitsu, K. (2023, October 21). *Preview Day Event.* Role: Faculty panelist representing School of Nursing & Health Studies. University of Washington Bothell.

Niitsu, K. (2023, September 22). *Mindfulness for Anxiety and Stress to Start a Graduate School.* Facilitated mindfulness-based skills at the Graduate Student Welcome & Orientation, School of Nursing & Health Studies, University of Washington Bothell.

Niitsu, K. (2023, June 15). *Creating the Master of Nursing Symposium 2023 Website.* The website available at <https://sites.google.com/uw.edu/mn-symposium-2023>

Niitsu, K. (2022, September 23). *Challenges and struggles that I have encountered as a minority nurse.* Guest speaker, Master of Nursing Program Welcome, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2022, September 23). *Mindfulness in graduate education.* Led mindfulness session at the Master of Nursing Program Welcome, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2022, September 22). *Mindfulness and mentorship program at UW Bothell.* Introduced the mindfulness and mentorship research at the School of Nursing & Health Studies Department Day, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2022, June 9). *Presenting an Outstanding Scholar Award and Delivering Closing Remarks at the Master of Nursing (MN) Symposium*. Served as a graduate faculty and a member of MN Curriculum Committee, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2022, May 11). *What STTI membership means to me*. Closing Remarks delivered at the Sigma Theta Tau International (STTI) Psi-at-Large Chapter Spring 2022 Induction Ceremony at Mobius Hall, University of Washington Bothell / Cascadia College, Bothell, Washington.

Niitsu, K. (2022, May 2). *Counseling services slow down at UW Bothell affecting students' health*. Interviewed by Estrada, J., for Husky Herald (student newspaper) May/June 2022 issue Vol XIII, University of Washington Bothell, Bothell, Washington.

Niitsu, K. (2022, March 7). *Brief mindfulness exercise at the end of the quarter*. Invited by Dr. Appel in BHS201 Introduction to Public Health. University of Washington Bothell, Bothell, WA.

Office of Student Academic Success. (2022, February 4). *Pathways Experience Faculty Office Hours*. **Niitsu, K.** representing School of Nursing and Health Studies. University of Washington Bothell, Bothell, WA, more details available at <https://www.uwb.edu/premajor/pre-major-students/pathways>

Office of Advancement and External Relations. (2021, December 20). *Academic Affairs names 2021 staff award winner*. **Niitsu, K.**, served as a reference, University of Washington Bothell, Bothell, WA, available at <https://www.uwb.edu/news/december-2021/academic-affairs-2021-staff-award-winners>

Niitsu, K. (2021, October 28). *Being mindful in a spooky time*. Guided meditation provided at The Pack is Back event to welcome the students, University of Washington Bothell, Bothell, WA.

Niitsu, K. (2021, September 24). *Master of Nursing Program Welcome and Orientation, and Mini-Stress Reduction through Mindfulness*. Served as a graduate faculty, University of Washington Bothell, Bothell, WA.

Wellness Fest: Behavioral Health Day. (2021, May 4). *Live event: Mindfulness practice* led by **Niitsu, K.** University of Washington Bothell.

The Wellbeing for Life and Learning RN Community of Practice. (2021, May 4). *Transforming the nursing education system through self-care: A roundtable discussion*. Discussion led by Evans-Agnew, R. A. Role for **Niitsu, K.**: Panelist. University of Washington Tacoma, School of Nursing & Healthcare Leadership.

Niitsu, K. (2021, March 29). Writing forward for a book titled, *The American Medical Association On Teaching Racism Afrocentric Literary Pedagogy in Nursing Education and Clinical Practice*, authored by Kwarteng, F. Africa World Press and the Red Sea Press.

Niitsu, K. (2020, May 18). *Live mindfulness session with a certified mindfulness instructor*. Event: Mental Health Awareness Day during the Wellness Week. Role: Mindfulness Instructor. University of Washington Bothell, Bothell, WA.

Niitsu, K. (2020, January 28). *The American Dream: Injustices and disparities among people of color*. Role: Panelist. Event hosted by Health Educators Reaching Out (HEROs), University of Washington Bothell, Bothell, WA.

Campus Health Center. (2018, October 17). *Orientation for Psychiatric Mental Health Nurse Practitioners*. Role: Psychiatric mental health nurse practitioner mentor, University of Colorado Anschutz Medical Campus, Aurora, CO.

Niitsu, K., & Landry, L. (2018, August 22). *Inflammation, mental health, and campus resources*. Role: Guest speaker for the PhD student orientation at the University of Colorado Anschutz Medical Campus, Aurora, CO.

Mellenthin, M., Ismael, A., **Niitsu, K.** & Ding, J. (2017, September 20). *Science at the Market with Project Bridge through the University of Colorado Anschutz Medical Campus*. Role: Postdoctoral scientist volunteer, Denver, CO.

Behavioral Health Education Center of Nebraska (BHECN). (2016, January 27). *BHECN Mentorship Dinner*. Role: Nurse mentor, University of Nebraska Medical Center, Omaha, NE.

Niitsu, K. (2015, September 13 to 15). *University of Nebraska Medical Center Campus Tour for a Visiting Researcher from Japan (Hayakawa, S., PhD)*. Role: Program coordinator, Omaha, NE.

University of Nebraska Medical Center (UNMC). (2015, May 19th). *Orientation for UNMC College of Nursing PhD Program*. Role: Senior PhD student, University of Nebraska Medical Center, Omaha, NE.

Behavioral Health Education Center of Nebraska (BHECN). (2015, May 11). *BHECN College Ambassador Conference*. Role: Nurse mentor, University of Nebraska Medical Center, Omaha, NE.

Behavioral Health Education Center of Nebraska (BHECN). (2015, April 10). *BHECN High School Ambassador Conference – Kearney*. Role: Nurse mentor, University of Nebraska Medical Center, Kearney, NE.

Behavioral Health Education Center of Nebraska (BHECN). (2015, March 6). *BHECN High School Ambassador Conference – South Omaha*. Role: Nurse mentor, University of Nebraska Medical Center, Omaha, NE.

Niitsu, K. (2014, October 2). *University of Nebraska Medical Center Doctoral Programs Special Event: “Take a closer look... PhD & DNP”*. Role: Senior PhD student, University of Nebraska Medical Center, Omaha, NE.

Liu, H. (Director), **Niitsu, K.**, & Behavioral Health Education Center of Nebraska (BHECN) Academy Members. (2013 – 2016). *Online education: Non-pharmacological treatment for Attention Deficit Hyperactivity Disorder (ADHD)*. Role: BHECN Academy member, Omaha, NE.

Liu, H. (Director), Cordell, R., **Niitsu, K.**, & Preston, E. (2013, July 8). *Stimulus video: aggressive patient in emergency room setting*. Role: Actor playing the role of an ER nurse, Behavioral Health Education Center of Nebraska (BHECN), Omaha, NE.

Bary, T. (Chair), Howey, M., Kreman, B., **Niitsu, K.**, & Schumacher, K. (2013, July 3). *Professional graduate nursing program admissions, progression, graduation and scholarship Committee for a NP student*. Role: Student grade appeal committee, University of Nebraska Medical Center, Omaha, NE.

Rice, M. J. (Chair), Beam, B., Brown, H. L., Costa, S. A., Gonzalez, S., Moser, D. L., **Niitsu, K.**, Rejda, P., Tompkins, J., & Syphers, B. (2012, January – February). *Social media in education at University of Nebraska Medical Center: An assessment of the use of social media in education*. Role: Student representative, University of Nebraska Medical Center, Omaha, NE.

Abdel, N. (Facilitator) & **Niitsu, K.** (2011, December 19). *Improving the experience of the international students at University of Nebraska Medical Center*. Role: International student representative, University of Nebraska Medical Center, Omaha, NE.

Niitsu, K. (2011, May 19). *Japan earthquake/tsunami and psychological impact*. Role: Lecturer for 6th grade students, St. Albert School, Council Bluffs, IA

Watanabe-Galloway, S., & **Niitsu, K.** (2011, April 18). *University of Nebraska Medical Center Community Gathering to Support Japan Disaster Relief*. Role: Student representative, University of Nebraska Medical Center, Omaha, NE.