

# TIFFANY CHEN

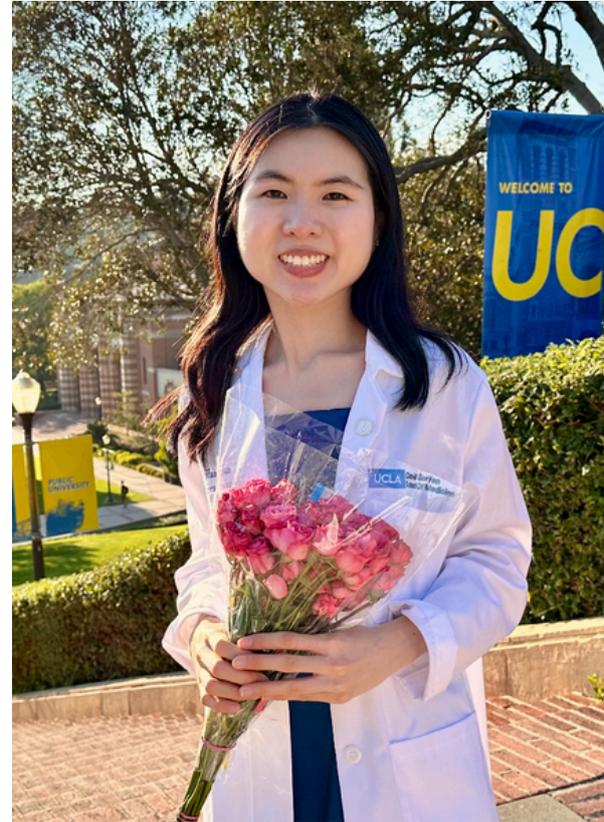
Tiffany Y. Chen is a third-year medical student at the David Geffen School of Medicine at UCLA. Raised between the Bay Area and Beijing, she grew up navigating two cultures and developed a deep appreciation for the ways in which Asian traditions influence health, healing, and family care.

She earned her bachelor's degree in Human Biology and Society at UCLA, where she researched long COVID and integrative medicine<sup>\*\*,\*\*</sup> and became committed to advancing health equity. As the founder of High-Tech and Neurological Disorders (HAND) at UCLA, Tiffany leads efforts to design creative, community-driven projects for patients with neurological disorders, from outreach initiatives to technology-focused innovations.

In medical school, she served as co-president of the Asian Pacific American Medical Student Association (APAMSA), organizing health fairs in Chinatown and creating

mentorship opportunities for undergraduates. Through these roles, she witnessed the challenges Asian American and immigrant patients face in navigating care, reinforcing her dedication to culturally responsive medicine.

Her current interests lie at the intersection of neurology, innovation, and East-West approaches to health. As a Tang Scholar, Tiffany looks forward to deepening her understanding of non-drug therapies and exploring how these approaches can expand access to care for underserved Asian American and immigrant communities in Los Angeles. Looking ahead, she hopes to connect these lessons with global health exchanges to promote integrative neurology and inspire more inclusive approaches to healing worldwide.



# JASON GUO

Jason Guo is a third-year medical student at the David Geffen School of Medicine at UCLA. He grew up in Durham, North Carolina, as the child of immigrant parents who exposed him to East-West medicine through acupuncture and herbal modalities. Witnessing these practices sparked a curiosity about how traditional Eastern approaches might complement modern medicine, which later led him to conduct a brief research project in high school exploring the antimicrobial effects of extracts from traditional Chinese herbal medicines.

At UNC Chapel Hill, Jason became involved with a free health clinic, where he served as an interpreter and advocate for members of the local Chinese community, helping patients navigate language and cultural barriers in accessing care. That experience encouraged him to volunteer with the local refugee community, where he tutored children and taught English to adults. After graduating, he worked as a case manager in refugee resettlement, supporting refugees with mental and physical health needs, who faced challenges accessing services due to institutional barriers. At UCLA, Jason served as the co-director and a case manager for the LA Human Rights Initiative, a student-run asylum clinic that provides pro bono forensic medical and psychiatric evaluations for individuals seeking asylum.

Jason is interested in learning how to provide culturally appropriate care that meets the needs of under-resourced communities. As a Tang Scholar, he is excited to connect with his community and deepen his understanding of integrative medicine and non-drug approaches to mental health care.



TANG SCHOLAR 2025-2026

# LILI GONG

Lili Gong graduated with a PhD from Shanghai Medical College of Fudan University. Currently, she is an associate senior doctor and intermediate psychotherapist in Obstetrics & Gynecology Hospital of Fudan University. She has been engaged in clinical work in obstetrics, such as the diagnosis and management of obstetric related complications and comorbidities for a long time and focused on psychological health care for perinatal women. During the process, she accumulated certain clinical and training experience.

In 2020, she began to study the course of "Psychological Counseling" and passed the exam of a psychotherapist after graduating. Afterwards, she engaged in mental health care for perinatal women, assuring them safely and healthily. In addition to routine outpatient services, she conducted science lectures through online and offline to explore suitable treatments for pregnant women.

Being selected as a "Tang Scholar", she is honored to have the opportunity to learn more non pharmacological mental health intervention methods so that it is possible to carry out multidimensional treatments for the mental health of peripartum women in the future.



TANG SCHOLAR 2025-2026

# SHUYI WANG

Shuyi Wang is a Master's candidate in Global Health at the School of Public Health, Fudan University. Her academic work is centered on a unifying question: how to advance mental health and holistic well-being through the integration of empathetic, person-centered care and equitable health systems.

Her commitment to mental health began with an early interest in what it means to care for the whole person—not only the illness. This curiosity deepened during her undergraduate studies, when she investigated empathetic care models in clinical settings and authored the case study, “Don't Let Healthcare Treat the Disease but Not the Person.” Through this project, she came to appreciate the vital role of emotional connection and dignity in healing—a realization that continues to guide her research and professional outlook.



As her perspective broadened, Shuyi turned to public health to better understand the social and systemic dimensions of well-being. She participated in studies focused on rare disease communities, examining the barriers they face in healthcare access and social support. Her subsequent research on insurance mechanisms for orphan drugs further revealed how policy design and social values shape health outcomes and quality of life. These experiences affirmed her belief that mental health cannot be separated from the policy and social environments in which people live.

Currently, her research focuses on women's health in sub-Saharan Africa, with an emphasis on intimate partner violence, maternal and child health, and gender inequality. She approaches mental health as deeply interconnected with social and structural conditions—particularly in contexts of resource limitation and gender-based marginalization. Through cross-cultural analysis, she seeks to identify systemic interventions that support women's agency, safety, and long-term psychological well-being.

Being selected as a Tang Scholar represents a meaningful opportunity for Shuyi to deepen her engagement with integrative and culturally grounded approaches to health. She looks forward to exploring the connections between traditional wisdom and contemporary mental health practice, and to reconnecting with her own cultural heritage through this lens.

TANG SCHOLAR 2025-2026

# SHUANG ZENG

Shuang Zeng is a graduate student at the Fudan University School of Public Health, specializing in global health. He particularly focuses on public health issues in Africa, including maternal and child health, chronic disease management, and infectious disease surveillance. Prior to his graduate studies, he obtained a Bachelor of Management degree in Public Health Management from Fudan University in June 2025.

During his undergraduate years, Shuang Zeng has actively engaged in academic research and practical work. He traveled to multiple hospitals in Guizhou Province, China, to conduct on-site field research and assess the local population's disease burden and healthcare system development. He later completed a two-month internship at Fudan University Cancer Hospital, deepening his understanding of hospital management and cancer prevention and treatment. Driven by his belief that psychological intervention is crucial for advancing person-centered, multi-dimensional health, he authored a first-author review paper on health interventions for depression comorbidity, exploring effective measures and outcomes from both domestic and international community and primary care settings. Furthermore, he has a long-standing commitment as a volunteer in the palliative care ward at Shanghai LiQun Hospital, where he provides psychological support and grief counseling to patients, their families, and social workers.

As a medical school student, he is dedicated to continuous exploration and learning in the fields of primary healthcare and population health. He is deeply honored to have the opportunity to be selected as a Tang Scholar. He hopes to use this valuable chance to gain exposure to cutting-edge mental health intervention methods, exchange ideas with distinguished scholars, expand his academic thinking, and address gaps in his theoretical knowledge. Looking ahead, he hopes to better integrate his global health research with mental health treatment, fully merging theory and practice to make a meaningful contribution to the field.



T A N G S C H O L A R 2 0 2 5 - 2 0 2 6

# JIAYE CHEN

Chen Jiaye, an undergraduate student in Public Affairs Management at Wenzhou Medical University, has been admitted to the Master's program in Public Health and Preventive Medicine at Fudan University through recommendation-based exemption. During her undergraduate studies, she ranked first in her major with a cumulative GPA of 4.31/5 over the first three academic years, and received multiple honors including the Provincial Government Scholarship, University First-Class Scholarship, and Outstanding Student awards.

She possesses a solid foundation in mathematics and data analysis, is proficient in using research tools such as SPSS, and is skilled in applying AI technology to support both academic research and creative projects such as

illustrated books. In research, she has authored and published several provincial-level papers as the first author, focusing on practical issues such as the mobility of primary healthcare workers and medical students' employment intentions. She has also led or participated in various provincial and university-level research and competition projects, winning provincial awards in events like the "Challenge Cup" as the primary contributor. Currently, she is leading a provincial-level research project exploring the impact of social media use on the re-socialization of old people.

She considers it a great honor to participate in this training program as an external student, and looks forward to broadening her knowledge, learning more about non-pharmaceutical psychological interventions, and laying a solid foundation for her upcoming graduate studies





## 夏之晗 XIA ZHIHAN

夏之晗是一名研究生二年级的学生，现就读于上海中医药大学，并将以公共卫生硕士学位于 2027 年毕业。她的导师张安在卫生政策与社区卫生服务领域具有丰富的研究经验。由于对社区卫生服务高质量发展与基层健康公平提升的深切关注，她坚持将卫生政策作为主要的研究方向。

在此之前，她在上海健康医学院完成了她本科生涯的学习，主修卫生检验与检疫专业。在业余时间里，她积极投身社区心理健康服务实践，走访社区开展心理健康调研与宣教，这些经历锻炼了她的团队协作与沟通能力。此外，她长期参与心理志愿服务，协助患者通过点心制作开展社交训练，亲身感受到非药物干预在心理健康中的重要作用。

经过多年的学习与实践，她对社会卫生服务的政策框架与现状挑战形成了较为系统的理解。她期望能将公共卫生专业知识与社区心理健康服务结合，为社区心理健康服务的优化与发展贡献力量，服务更广泛人群。

Xia ZhiHan is a second-year postgraduate student at Shanghai University of Traditional Chinese Medicine, pursuing a Master of Public Health degree, expected to graduate in June 2027. She is mentored by Professor Zhang An, who possesses extensive research experience in health policy and community health services. Recognizing the crucial role of health policy in promoting high-quality community health services and improving grassroots health equity, Xia ZhiHan has chosen to focus her studies in this field.

During her undergraduate studies at Shanghai University of Medicine and Health Sciences, where she majored in Health Inspection and Quarantine, Xia engaged in community mental health practices, visiting communities for mental health surveys and education, which honed her teamwork and communication skills. Additionally, she has long been involved in mental health volunteer activities, helping patients with social skills training such as pastry making, and has perceived the vital role of non-pharmacological interventions in mental health.

Through years of dedicated learning and practical experience, Xia has developed a systematic understanding of health policies. She is eager to integrate her public health expertise with community mental health practices to contribute to the optimization and development of mental health services and better serve the broader community.





## 杨英杰 Yang Yingjie

杨英杰是一名研究生二年级的学生，现就读于上海中医药大学护理学院，并将以护理专业硕士学位于2027年毕业。研究方向是老年脑卒中患者心理社会适应。

在校期间，她认真学习，积极参与老年脑卒中的社会参与及数字健康技术焦虑等课题项目，提升了自身的护理研究能力、工作协调与沟通能力；她主动参与社区安宁疗护科普实践，通过科普推文和健康教育实践提升公众对安宁疗护的认知；参加上海市“创新、创意及创业”、全国大学生创新发明大赛，并获得相关奖项。

她具备多年三甲医院护理岗位经验，熟悉临床护理流程与患者需求；目前在上海中医药大学附属曙光医院临床实践，熟练掌握耳穴压豆、穴位敷贴、穴位按摩等中医护理技术。希望通过这次宝贵的学习机会，进一步拓展老年护理领域学术视野，依托中医护理背景，将所学到的知识运用到老年慢病护理实践中。



Yang Yingjie is a second-year graduate student at the School of Nursing, Shanghai University of Traditional Chinese Medicine (SHUTCM), pursuing a master's degree in nursing with an expected graduation in 2027. Her research focuses on the psychosocial adaptation of elderly stroke patients. During her studies, she has diligently pursued her academic goals and actively participated in projects related to social participation and anxiety in elderly stroke patients, as well as digital health technologies. These experiences have enhanced her research capabilities, as well as her skills in coordination and communication. She has also taken the initiative to engage in palliative care community outreach, improving public awareness of palliative care through educational posts and health promotion activities. Additionally, she has participated in the Shanghai "Innovation, Creativity, and Entrepreneurship" competition and the National College Student Innovation and Invention Competition, receiving relevant awards.

With years of experience in a Grade 3A hospital nursing position, she is familiar with clinical nursing processes and patient needs. Currently, she is further honing her skills through clinical practice at Shuguang Hospital, affiliated with Shanghai University of Traditional Chinese Medicine. She has become proficient in traditional Chinese nursing techniques such as auricular acupressure, acupoint paste application, and acupoint massage. She hopes to leverage this valuable learning opportunity to broaden her academic perspective in elderly care and, with her background in traditional Chinese nursing, apply her knowledge to the practice of elderly chronic disease care.