



## Xinshu She

Clinical Associate Professor, Pediatrics

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### Bio

#### BIO

Xin She, MD, MPH, is a global health pediatrician whose mission is to create culturally-sensitive and equitable solutions for all children to thrive, especially in underserved communities. She speaks 5 languages and thrives on collaborations.

As a researcher, she works with cross-disciplinary partners in the US, China, Mexico, Chile, Haiti, Canada, and the DR Congo. Her publications build evidence on youth mental health and early childhood development in underserved communities. She has been recognized with two international Fulbright awards and two Stanford grants.

As an educator, She has taught nationally and internationally on topics such as global health, mental health, and professional development. She has mentored more than 100 disadvantaged children, young adults and junior professionals globally. She has been recognized with a national American Medical Association Inspiration Award and two teaching awards from Stanford and Dartmouth.

As an emerging leader, she represented the American Academy of Pediatrics to the national women physicians Wellness, Equity and Leadership Alliance. She has been recognized nationally for her advocacy for underserved populations. She is an educational co-chair at the American Academy of Pediatrics Section on Early Career Physicians, and a national advocacy committee member at the Consortium of Universities for Global Health. Nest Global, the nonprofit organization where she serves as a director, has been awarded an Ockenden international prize for improving refugee child health.

She is a certified mindfulness-based stress reduction youth teacher, a master professional coach and a Reiki master practitioner.

#### ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Pediatrics
- Member, Maternal & Child Health Research Institute (MCHRI)

#### ADMINISTRATIVE APPOINTMENTS

- Chair, Stanford-CPMC Pediatric Wellness Committee, (2018-2023)
- Faculty Fellow, Center for Innovation in Global Health (CIGH), (2021- present)
- Affiliate, Stanford Center for China's Economy and Institutions Health Initiative, (2021- present)
- Reviewer and interviewer, MD admissions committee, (2018- present)
- Wellness Champion, Department of Pediatrics, (2020-2023)

- Public Health Lead, Families at the Border Advocacy group, (2020- present)
- Member, Teaching and Mentorship Academy, (2020- present)
- Member, Stanford Pediatrics Advancing Anti-Racism Coalition, (2020-2021)
- Mentor, Leadership Education in Advancing Diversity (LEAD), (2018-2020)

## **HONORS AND AWARDS**

- Excellence award in promoting diversity and social citizenship, Stanford University School of Medicine (2025)
- Honor roll for teaching, Stanford Pediatrics Fellowship (2023)
- Seed Grant, Stanford Center for Innovation in Global Health (2023-24)
- US professional scholar to Mexico, Fulbright (2023-2024)
- Inspiration Award, American Medical Association (2021)
- National Legislative Conference Scholarship, American Academy of Pediatrics (2021)
- Winner, Untold Stories in Global Health, Consortium of Universities for Global Health (2021)
- clinician educator research award, Stanford Maternal and Child Health Research Institute (2020)
- Pediatric Clerkship Award for Outstanding Contribution to Geisel Student Learning, Dartmouth University (2019)
- National Legislative Conference Scholarship, American Academy of Pediatrics (2017)
- US post-doctoral award to Hong Kong, Fulbright (2014)
- Behavioral Science Award for Excellence in Biopsychosocial Integration in Medical Practise, Montefiore Medical Center (2014)
- Daniel G. Leight Award for Social Medicine, Montefiore Medical Center (2014)
- Public Health scholarship, Albert Einstein College of Medicine (2009-10)
- Global Health grant, Albert Einstein College of Medicine (2007, 2010)
- Scholarship of Service and Research, Albert Einstein College of Medicine (2006-11)

## **BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS**

- AAP representative, National Women Physicians Wellness, Equity and Leadership Alliance (2021 - present)
- National Advocacy and Communications Committee member, Consortium of Universities for Global Health (2022 - present)
- Manuscript reviewer, Children (international peer-reviewed) (2022 - present)
- SOECP NomCom liaison, American Academy of Pediatrics (2017 - 2021)
- Manuscript reviewer, Scientific Reports (2020 - present)
- Manuscript Reviewer, International Journal for Equity in Health (2020 - present)
- Manuscript reviewer, American Journal of Public Health (2017 - present)
- National conference abstract reviewer and advisor for LMIC researchers, Consortium of Universities for Global Health (2019 - present)
- National conference abstract reviewer and moderator, Pediatric Academic Society (2011 - present)

## **PROFESSIONAL EDUCATION**

- Certificate, Harvard Humanitarian Institute , Humanitarian and Disaster Relief (2016)
- Certificate, Harvard T.H.Chan School of Public Health , Global Health Delivery (2014)
- Residency, Montefiore Medical Center , Social Pediatrics residency (2014)
- M.P.H., Johns Hopkins Bloomberg School of Public Health , Epidemiology and Biostatistics (2010)
- B.A., University of Pennsylvania , Biochemistry (2006)
- Master Life Coach, Certified Life Coach Institute , Master Professional/Life Coaching (2022)

- certificate, MBSR course by The Mindful Coach (2021)
- Certificate, The Still Quite Place , Youth Mindfulness program for trainers (2020)
- Certificate, Le Cordon Bleu Culinary Institute in Madrid , Spanish Cuisine I (2016)
- Reiki Master, Reiki by the Sea (Master-teacher Maxine Bornstein) , Reiki practitioner training III (2015)

## COMMUNITY AND INTERNATIONAL WORK

- Medical Professions Panelist
- Mentor, Donor, Evaluator
- Medical Volunteer, Haiti
- Teaching pediatrician and QI researcher
- Health Promoting Schools in rural Guizhou
- First HIV Curriculum for 5th graders, New Orleans
- Intern, Mexico
- HIV early prevention, Guatemala
- Medical editor

## Research & Scholarship

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### CURRENT RESEARCH AND SCHOLARLY INTERESTS

My current interests include global mental health promotion in underserved pediatric populations, including refugee health in US-Mexico borders, minority mental health in the US, and parental mental health in low-middle-income countries. I am also interested in physician wellness and Diversity and Inclusion.

## Teaching

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### GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Epidemiology (Masters Program)

## Publications

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### PUBLICATIONS

- **Evidence on interventions that promote the mental health and psychosocial wellbeing of migrant, refugee and asylum-seeker children and adolescents in transit: a scoping literature review.** *International journal for equity in health*  
Aranda, Z., Mata-González, H., Brossault, A., Kisbu, Y., She, X., Sedas, A. C., Bernal, D., Pulido-Manzanero, J., Regidor, E., Mandalakas, A. M., Fredricks, K.  
2026
- **Evaluating a mindfulness randomized controlled trial in Chinese migrant youth: A follow up mixed methods study** *CHILDREN AND YOUTH SERVICES REVIEW*  
Wang, H., She, X., Wang, M., Liu, W., Wang, H., Abbey, C., Singh, M. K., Rozelle, S., Tong, L.  
2025; 178
- **Global health engagement strengthens US security, prosperity and leadership** *NATURE MEDICINE*  
Mason Meier, B., Jawad Noon, M., She, X., Martin, K.  
2025; 31 (4): 1058-1059
- **The US elections as a determinant of global health** *LANCET REGIONAL HEALTH-AMERICAS*  
Noon, M., She, X., Meier, B.  
2024; 39

- **The US elections as a determinant of global health.** *Lancet regional health. Americas*  
Noon, M. J., She, X., Meier, B. M.  
2024; 39: 100884
- **Chain mediating role of self-esteem and resilience in the association between screen time and depression symptoms among Chinese children and adolescents** *CURRENT PSYCHOLOGY*  
Liu, W., Yu, J., She, X., Wang, H., Wang, M., Abbey, C., Singh, M. K., Rozelle, S., Tong, L.  
2024
- **Effects of Mindfulness and Life-Skills Training on Emotion Regulation and Anxiety Symptoms in Chinese Migrant Children: A Randomized Controlled Trial.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*  
Lan, L., Liu, W., Liu, C., Wang, H., Wang, M., Abbey, C., Singh, M. K., Rozelle, S., She, X., Tong, L.  
2024
- **Association between anxiety, depression symptoms, and academic burnout among Chinese students: the mediating role of resilience and self-efficacy.** *BMC psychology*  
Liu, W., Zhang, R., Wang, H., Rule, A., Wang, M., Abbey, C., Singh, M. K., Rozelle, S., She, X., Tong, L.  
2024; 12 (1): 335
- **general psychopathology factor in Chinese adolescents and its correlation with trans-diagnostic protective psycho-social factors.** *Journal of affective disorders*  
Cai, Y., She, X., Singh, M. K., Wang, H., Wang, M., Abbey, C., Rozelle, S., Tong, L.  
2024
- **Community Mindfulness and Mentorship Preventive Intervention in Migrant Chinese Children: A Randomized Controlled Trial.** *JAACAP open*  
She, X., Tong, L., Wang, H., Lan, L., Wang, M., Abbey, C., Singh, M. K., Rozelle, S.  
2023; 1 (4): 295-305
- **Impact of vision impairment and ocular morbidity and their treatment on quality of life in children: a systematic review.** *Ophthalmology*  
Li, D., Chan, V. F., Virgili, G., Mavi, S., Pundir, S., Singh, M. K., She, X., Piyasena, P., Clarke, M., Whitestone, N., Patnaik, J. L., Xiao, B., Cherwek, et al  
2023
- **Parenting stress and adolescent academic burnout: the chain mediating role of mental health symptoms and positive psychological traits** *CURRENT PSYCHOLOGY*  
Liu, C., She, X., Lan, L., Wang, H., Wang, M., Abbey, C., Singh, M. K., Rozelle, S., Tong, L.  
2023
- **Perceived family support and student outcomes in rural China: a mediation analysis** *CURRENT PSYCHOLOGY*  
Abbey, C., Xue, H., Kennedy, T., Barket, B., Dai, Q., Ly, T., Su, W., Rozelle, S., Wang, H., She, X., Singh, M.  
2023
- **Depression, anxiety, stress symptoms and their determinants among secondary students with vision impairment in rural Northwestern China during the COVID-19 pandemic.** *Frontiers in public health*  
Li, D., Chan, V. F., Wang, H., Zhang, H., Virgili, G., Whitestone, N., Xiao, B., Singh, M. K., She, X., Mackenzie, G., Boswell, M., Mavi, S., Rozelle, et al  
2023; 11: 1282826
- **Internal Capabilities and External Resources of Academically Resilient Students in Rural China** *ADVERSITY AND RESILIENCE SCIENCE*  
Abbey, C., Wang, H., Ji, C., Wu, N., Rozelle, S., She, X., Singh, M.  
2022; 3 (4): 347-364
- **Association between mental health and executive dysfunction and the moderating effect of urban-rural subpopulation in general adolescents from Shangrao, China: a population-based cross-sectional study.** *BMJ open*  
Lin, Q., Abbey, C., Zhang, Y., Wang, G., Lu, J., Dill, S. E., Jiang, Q., Singh, M. K., She, X., Wang, H., Rozelle, S., Jiang, F.  
2022; 12 (8): e060270
- **Impact of vision impairment and ocular morbidity and their treatment on depression and anxiety in children: A systematic review.** *Ophthalmology*

- Li, D., Chan, V. F., Virgili, G., Piyasena, P., Negash, H., Whitestone, N., O'Connor, S., Xiao, B., Clarke, M., Cherwek, D. H., Singh, M. K., She, X., Wang, et al  
2022
- **Parenting centers and caregiver mental health: Evidence from a large-scale randomized controlled trial in China.** *Child development*  
Jiang, Q., Dill, S., Sylvia, S., Singh, M. K., She, X., Wang, E., Medina, A., Rozelle, S.  
2022
  - **Associations Between Parental Depression, Self-efficacy, and Early Childhood Development in Malnourished Haitian Children** *Global Pediatric Health*  
She, X., Perera, S., Andre, M., Hilaire, J., St Fleur, J., Evans, A., Long, J., Wing, D., Wilson, K., Palfrey, J., Stulac, S.  
2022
  - **Internal Capabilities and External Resources of Academically Resilient Students in Rural China** *Adversity and Resilience Science*  
Abbey, C., Wang, H., Ji, C., Wu, N., Rozelle, S., She, X., Singh, M. K.  
2022; Aug 22
  - **Adolescent mental health disparities in rural Guizhou vs. urban Beijing: A comparative analysis from China** *Global Pediatrics*  
She, X., Zhao, D., Li, M.  
2022; September
  - **Associations Between Parental Depression, Self-efficacy, and Early Childhood Development in Malnourished Haitian Children.** *Global pediatric health*  
She, X., Perera, S., Andre, M., St Fleur, J., Hilaire, J., Evans, A., Long, J., Wing, D., Carpenter, C., Wilson, K., Palfrey, J., Stulac, S.  
2022; 9: 2333794X221098311
  - **Depressive and Anxiety Symptoms among Children and Adolescents in Rural China: A Large-Scale Epidemiological Study** *International Journal of Environmental Research and Public Health*  
Qi, J., She, X., Sarah, D. E., Silvia, S., Wang, H., Singh, M., Boswell, M., Rozelle, S.  
2022; 19 (9): 5026
  - **Association of Child Mental Health with Child and Family Characteristics in Rural China: A Cross-Sectional Analysis.** *International journal of environmental research and public health*  
Wang, H., Abbey, C., She, X., Rozelle, S., Ma, X.  
2021; 18 (10)
  - **Perinatal Mental Health Problems in Rural China: The Role of Social Factors.** *Frontiers in psychiatry*  
Jiang, Q., Guo, Y., Zhang, E., Cohen, N., Ohtori, M., Sun, A., Dill, S., Singh, M. K., She, X., Medina, A., Rozelle, S. D.  
1800; 12: 636875
  - **Pediatricians Also Need to Follow Good Advice and Get Some Rest**  
She, X.  
American Academy of Pediatrics Voices Blog.  
2021
  - **Elevated Blood Lead Levels in Infants and Children in Haiti, 2015.** *Public health reports (Washington, D.C. : 1974)*  
Carpenter, C., Potts, B., von Oettingen, J., Bonnell, R., Sainvil, M., Lorgeat, V., Mascary, M. C., She, X., Jean-Baptiste, E., Palfrey, S., Woolf, A. D., Palfrey, J.  
2018: 33354918807975
  - **Art in Healing: A Quality Improvement Project for Inpatient Pediatrics in Haiti**  
She, X., Andre, M., Hilaire, J., Wilson, K., Palfrey, J., St-hilaire, R.  
AMER ACAD PEDIATRICS.2018
  - **Measuring the Gap: A Health Assessment of Rural Chinese Children Compared to Urban Children.** *Global pediatric health*  
She, X., Zhao, D., Scholnick, J.  
2016; 3: 2333794X15625298-?
  - **Dispatch from Haiti: We can do better on childhood vaccination coverage**  
She, X.  
Boston Children's Hospital's Clinical Health Blog.

2015

- **An innovative AIDS education curriculum for fifth-grade students**

Carolan, H., Amaize, M. A., Riser, T., Schuettinger, K., She, X., Takruri, A., Zariv, S.  
New Orleans Department of Health Policy and AIDS Funding.

2010

## **PRESENTATIONS**

- Global Pediatric Health (China, 2023) - Southwestern U of Finance and Economics (7/1/2023)
- Introduction to pediatric health (Mexico, 2023) - Universidad Iberoamericana (9/1/2022)
- Developing your unique career path (China, 2023) - Southwestern U of Finance and Economics
- Cultural miscommunication (national conference, 2023) - National Hispanic Medical Association conference (3/2023)
- Mental health research in vulnerable global populations (Mexico, 2022) - Universidad Iberoamericana
- Wellness and organizational change (national conference, 2022) - National American Academy of Pediatrics Conference (October 2022)
- Refugee health at the US-Mexico border (national webinar, 2022) - Johns Hopkins national public health alumni network (6/2023)
- Newborn Resuscitation simulation workshops (Mexico, 2020-21) - Refugee Health Alliance
- Promoting Mental Wellness among Heritage Mandarin Learners (Canada, 2021) - University of British Columbia (10/1/2021)
- A paediatrician's story: helping save lives of neonatal refugees across borders using zoom (UK, 2021)
- Wellness to build resilience and leadership (national summit, 2021) - National Women Physician Wellness, Equity and Leadership Summit (11/2021)
- Life Skills mentorship for youth (China, 2019) - Fudan University
- Helping Babies Breathe (Haiti, 2016) - St Marc Hospital