

# Stanford

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## Wei Yan

Postdoctoral Scholar, Education

### Bio

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#### BIO

Wei Yan is a postdoctoral research fellow at Stanford University from 2021-2023. She received her Ph.D. from Tsinghua University and got the award of “The Best Graduate Student in Beijing”. She is the author of *How to Live a Flourishing Life* and *How to Raise a Positive Child*—both books are considered as a pioneering step in bringing positive psychology to the Chinese public.

Now she is a postdoctoral research fellow at Graduate School of Education, affiliated with Geoffrey Cohen who is a professor at GSE and Psychology Department. Her research focuses on the application of positive education, aiming to benefit not only students in the cities, but also students in the rural regions and vulnerable groups. She uses mixed methods, big data, machine learning and physiological experiments to investigate the formations of positive traits and virtues, including vitality, wellbeing, leadership, values, meaning and purposes.

Currently, Dr. Yan is working on a large project involving over hundreds of cities in China aiming to apply positive psychology to K-12 Students and Teachers. Through this project, she hopes to use empirical studies to investigate the mental status of both students and teachers, and to improve their levels of vitality, mental wellbeing, and life satisfaction.

#### STANFORD ADVISORS

- Geoffrey Cohen, Postdoctoral Faculty Sponsor

### Publications

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#### PUBLICATIONS

- **Effects of a self-affirmation intervention among Chinese adolescents during the COVID-19 pandemic: A large-scale randomized controlled trial.** *Applied psychology. Health and well-being*  
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- **Detecting the risk of bullying victimization among adolescents: A large-scale machine learning approach** *Computers in Human Behavior*  
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- **Unraveling the Relationship Between Teachers' and Students' Mental Health: A One-to-One Matched Analysis** *JOURNAL OF EXPERIMENTAL EDUCATION*  
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  - **The Vitality of Teachers and Positive Teacher-student Relationships: A Study on the Emotional Transmission Effect** *Journal of East China Normal University (Educational Sciences)*  
Yan, W., Shi, Z., Peng, K.  
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  - **Beyond the bell: exploring the link between time allocation on extracurricular activities and academic performance in Chinese adolescents** *INTERNATIONAL JOURNAL OF ADOLESCENCE AND YOUTH*  
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  - **Assessment of Factors Associated With Mental Well-Being Among Chinese Youths at Individual, School, and Province Levels.** *JAMA network open*  
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  - **Mindfulness Practice versus Physical Exercise in Enhancing Vitality.** *International journal of environmental research and public health*  
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  - **Excellence and Vitality: A Study on the Positive Qualities of Chinese Entrepreneurs** *Studies in Science of Science*  
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  - **A Review of School Principal Leadership Research: A Comparison between Chinese and Western Perspectives** *Journal of National Academy of Education Administration*  
Yan, W.  
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  - **Children's Characters: Positive Psychology for Parents**  
Peng, K., Yan, W.  
2021
  - **The Effects of a Cross-Cultural Psychology Course on Perceived Intercultural Competence** *TEACHING OF PSYCHOLOGY*  
Wei, Y., Spencer-Rodgers, J., Anderson, E., Peng, K.  
2021; 48 (3): 221-227
  - **The werther effect revisited: Do suicides in books predict actual suicides?** *POETICS*  
Chen, Y., Yan, F., He, G., Yan, W.  
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  - **Better choice, better health? Social integration and health inequality among international migrants in Hangzhou, China.** *International Journal of Environmental Research and Public Health*  
Fan, X., Yan, F., Yan, W.  
2020
  - **Bidirectional associations between Tibetan Buddhism and vertical space** *Psychology of Religion and Spirituality*  
Guan, F., Xu, Z., Zhang, B., Yan, W., Peng, K.  
2020
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- **How to Live a Positive Life**

Peng, K., Yan, W.

2020

- **Identity grafting and management of Chineseness among Chinese Singaporeans** *Tsinghua Sociological Review*

Yan, W.

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