



Xinshu She

- Clinical Associate Professor, Pediatrics
- Clinical Associate Professor, Pediatrics - General Pediatrics

CLINICAL OFFICE (PRIMARY)

- **Lucile Packard Children's Hospital**

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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 low-resource settings. She speaks 5 languages and is passionate about cross-cultural exchange and social justice.

As a researcher, she thrives on collaborations with cross-disciplinary partners in the US, China, Mexico, Haiti, Canada, and the DR Congo. Her publications help to build evidence on youth mental health and early childhood development in low-and-middle-income countries. She has been awarded two Fulbright research grants for her work in China and Mexico, a Stanford Maternal and Child Health grant and a Stanford Global Health Seed Grant.

As an educator and advocate, She has spoken nationally and internationally on topics such as global health, mental health, Wellness and impact-driven career development. She has mentored more than 100 disadvantaged children and young adults globally. She mentors underrepresented medical trainees and international junior doctors and researchers through professional organizations.

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 and service in support of underserved populations. She chairs the Pediatric Wellness Committee at the Stanford-CPMC regional site.

As a wellness champion at the Department of Pediatrics, she is a certified mindfulness-based stress reduction youth teacher, a master professional coach and a Reiki master practitioner. She is also a Cordon Bleu graduate in Spanish cuisine and a photographer.

CLINICAL FOCUS

- Pediatrics
- Global Health

ACADEMIC APPOINTMENTS

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

ADMINISTRATIVE APPOINTMENTS

- Chair, Stanford-CPMC Pediatric Wellness Committee, (2018- present)
- 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- present)
- Virtual educator, 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

- 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

- Fellowship: Boston Children's Hospital (2016) MA
- 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)
- Medical Education: Albert Einstein College of Medicine (2011) NY
- 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)
- Board Certification: Pediatrics, American Board of Pediatrics (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

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

STANFORD ADVISEES

Med Scholar Project Advisor

Ada Zhang

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Epidemiology (Masters Program)

Publications

PUBLICATIONS

- **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
- **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