

**Dexia Kong, MSW, MBE, PhD
Curriculum Vitae**

Assistant Professor

Department of Social Work, The Chinese University of Hong Kong
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EDUCATION

- 2021 **Postdoctoral Research Associate**
Rutgers University, Institute for Health, Healthcare Policy, and Aging Research
- 2018 **Doctorate in Social Welfare**
University of Pennsylvania, School of Social Policy and Practice
Dissertation Title: Health Services Utilization among Older Asian Americans
Committee: Dr. Yin-Ling Irene Wong (Chair); Dr. Joretha Bourjolly; Dr. Mary Naylor
- 2014 **Master of Bioethics**
University of Pennsylvania, School of Medicine
- 2009 **Master of Social Work**
University of Pennsylvania, School of Social Policy and Practice
- 2007 **Bachelor in Sociology**
Xiamen University, School of Public Administration

GRANTS AND RESEARCH SUPPORT

- 2018-2020 Project Title: Exploring an Integrated Care Model in the Context of Healthy Aging in China (PI: Dr. Haiping Chen, Peking University).
Funding Source: Chinese National Social Science Foundation
Role: Co-Investigator
- 2014-2015 Project Title: Exploring perceptions of dementia and culturally appropriate services in Asian communities. Award Amount: \$10,000
Funding source: NewCourtland Center for Transitions and Health, University of Pennsylvania
Role: Principal Investigator

RESEARCH SPECIALIZATION

Sociocultural determinants of health/mental health in aging populations
Family caregiving
Aging and migration
Chronic medical conditions in later life

Community-based participatory research

Population-based longitudinal research design and methods

FELLOWSHIP AND AWARDS

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| 2011-2015 | Pre-Doctoral Research Fellowship, School of Social Policy & Practice, University of Pennsylvania |
| 2013 | Herman Levin Scholarship, School of Social Policy & Practice, University of Pennsylvania |
| 2012 | Research Travel Award, Hartford Center of Geriatric Nursing Excellence |
| 2004 | National Scholarship (awarded for outstanding academic achievement), China |
| 2003 | University Scholarship and Outstanding Student, Xiamen University, China |

PUBLICATIONS

Published or forthcoming

23. Lu, P., **Kong, D.***, Shelley, M. (accepted). Advance Directive Completion among Older American Couples: A Dyadic Perspective on the Role of Cognitive Function and Other Factors. *Journal of Gerontology: Social Sciences*. (***co-first author with equal contributions and corresponding author**)
22. **Kong, D.**, Lu, P., Solomon, P., & Shelley, M. (accepted). Gender-based depression trajectories following heart disease onset: Significant predictors and health outcomes. *Aging and Mental Health*.
21. Lu, P., **Kong, D.***, Shelley, M. (accepted). Risk perception, preventive behavior, and medical care avoidance among American older adults during the Covid-19 pandemic. *Journal of Aging and Health*. (***co-first author with equal contributions and corresponding author**)
20. Deng, Y., Wang, A., Frasso, R., Ran, M., Zhang, T., **Kong, D.**, Wong, Y.-L. I. (2021). Mental health-related stigma and attitudes toward patient care among providers of mental health services in a rural Chinese county. *International Journal of Social Psychiatry*. <https://doi.org/10.1177/0020764021992807>
19. Guo, J., **Kong, D.***, Fang, L., Zhu, Y., & Zhang, B. (accepted). Depressive symptoms and health service utilization among Chinese middle aged and older adults: A national population-based longitudinal survey. *International Journal of Mental Health Systems*. (***Corresponding Author**)
18. Lu, P., **Kong, D.**, & Shelley, M. (2020). Making the decision to move to a nursing home: Longitudinal evidence from the Health and Retirement Study. *Journal of Applied Gerontology*.

17. Li, M., **Kong, D.**, Chao, Y.Y., Dong, X. (2020). Association between Personality Traits and Elder Abuse in a Community-Dwelling Chinese Population: Findings from the PINE Study. *Journal of Elder Abuse and Neglect*, 32(4), 317-333.
16. Wang, K., Liu, Y., Sun, F., **Kong, D.**, Jiang, L., & Wu, B. (2020). Advance directive completion and its associated factors among older Chinese Americans. *Journal of the American Medical Directors Association*.
15. **Kong, D.**, Wong, Y.-L. I., & Dong, X. (2020). Face-saving and depressive symptoms in U.S. Chinese older adults. *Journal of Immigrant and Minority Health*.
14. Zhang, A., **Kong, D.**, Jiang, L., Sun, F. (2020). The effectiveness of psychosocial services for Chinese older adults' mental wellbeing: A systematic review and meta-analysis of controlled trials. *The Gerontologist*, 60(1), 76-92.
13. Wang, J., **Kong, D.**, Yu, F, Conwell, Y. & Dong, X. Q. (2019). Cognitive deficit, physical frailty, hospitalization and emergency department visits in later life. *Aging and Mental Health*, 1-7.
12. Li, M., Dong, X., & **Kong, D.** (2019). Social Networks and Depressive Symptoms among Chinese Older Immigrants: Does Quantity, Quality, and Composition of Social Networks Matter? *Clinical Gerontologist*, 1-11.
11. **Kong, D.**, Solomon, P., & Dong, X. (2019). Depressive symptoms and onset of functional disability over 2 years: a prospective cohort study. *Journal of the American Geriatrics Society*, 67(S3), S538-S544.
10. **Kong, D.**, Solomon, P., & Dong, X. (2019). Comorbid depressive symptoms and chronic medical conditions among US Chinese older adults. *Journal of the American Geriatrics Society*, 67(S3), S545-S550.
9. Dong, X., **Kong, D.**, Mendhe, D., & Bergren, S. M. (2019). Leveraging technology to improve health disparity research: Trilingual data collection using tablets. *Journal of the American Geriatrics Society*, 67(S3), S479-S485.
8. Zheng, S., Li, M., **Kong, D.**, & Dong, X. (2019). Sources and Variations in Social Support and Risk for Elder Mistreatment in a US Chinese Population. *Journal of the American Geriatrics Society*, 67(S3), S499-S505.
7. Zhang, A., Franklin, C., Jing, S., Bornheimer, L. A., Hai, A., Himle, J. A., **Kong, D.**, & Ji, Q. (2018). The effectiveness of four empirically supported psychotherapies for primary care depression and anxiety: A systematic review and meta-analysis. *Journal of Affective Disorders*, 245, 1168-1186.

6. **Kong, D.**, Li, M., Wong, Y. L. I., Wang, J., Sun, B. C., & Dong, X. (2018). Correlates of Emergency Department Service Utilization Among U.S. Chinese Older Adults. *Journal of Immigrant and Minority Health, 21*(5), 938-945.
5. **Kong, D.**, Davitt, J., & Dong, X. (2018). Loneliness, Depressive Symptoms, and Cognitive Functioning Among U.S. Chinese Older Adults. *Gerontology and Geriatric Medicine, 4*, 2333721418778201. <http://doi.org/10.1177/2333721418778201>
4. Wang, J., **Kong, D.**, Sun, B. C., Dong, X. (2018). Health services utilization among Chinese American older adults: Moderation of social support with functional limitations. *Journal of Applied Gerontology, 0733464818787716*.
3. Wong, Y.-L. I., **Kong, D.**, Tu, L., & Frasso, R. (2018). “My bitterness is deeper than the ocean”: understanding internalized stigma from the perspectives of persons with schizophrenia and their family caregivers. *International Journal of Mental Health Systems, 12*(1), 14.
2. Guo, J., Liu, C., **Kong, D.**, Solomon, P., & Fu, M. (2018). The relationship between PTSD and suicidality among Wenchuan earthquake survivors: The role of PTG and social support. *Journal of Affective Disorders, 235*, 90-95.
1. **Kong, D.**, Li, M., Wang, J., Davitt, J. K., & Dong, X. (2018). The Relationship Between Depressive Symptoms and Health Services Utilization in U.S. Chinese Older Adults. *The Gerontologist, 59*(3), 447-455.

Manuscripts Under Review

7. Lu, P., **Kong, D.**, Shelley, M. (Under Review). Discrimination and associated mental health outcomes in the context of the Black Lives Matter Movement and the Covid-19 Pandemic.
6. Chao, Y.Y., **Kong, D.**, Seo, J.Y., & Dong, X. (Under Review). Perceived Social Support and Elder Mistreatment Help-seeking among U.S. Chinese Older Adults.
5. **Kong, D.**, Wang, J., Yu, F., & Dong, X. (Under Review). Comorbid cognitive impairment and chronic conditions among U.S. Chinese older adults: Prevalence and its association with health services use.
4. **Kong, D.**, Lu, P., Davitt, J., & Shelley, M. (Under Review). Racial/ethnic/gender-based differences in health trajectories among American older adults: 10-year longitudinal evidence from the Health and Retirement Study.
3. **Kong, D.**, Solomon, P., & Dong, X. (Under Review). Social Support and Unmet Needs for Personal Assistance among U.S. Chinese Older Adults: Does the Source of Support Matter?

2. Wong, Y.-L. I., **Kong, D.**, He, E., Zhang, T., Huangfu, Y., & Kung, W. (Revise & Resubmit). Perceived community reaction towards mental illness: Voices of persons with Schizophrenia and their family caregivers in China.
1. Lu, P. *, **Kong, D.***, Shelley, M., Davitt, J. (Revise & Resubmit). Intersectional Discrimination Attributions and Health Outcomes among American Older Adults: A Latent Class Analysis (***co-first authors with equal contributions**)

Manuscripts in Progress

4. **Kong, D.**, Guo, M., Simon, M., & Dong, X. Immigration-related factors and depression help-seeking behaviors among U.S. Chinese older adults.
3. **Kong, D.**, Kim, E., Davitt, J. Perceptions of dementia and barriers in providing culturally appropriate services: Perspectives from ethnic home care providers.
2. **Kong, D.**, Dong, X. Preferences and Determinants of End-of-life Care among Older Chinese Americans
1. **Kong, D.**, Dong, X. Immigration-related factors and social isolation/loneliness among U.S. Chinese older adults.

PEER-REVIEWED CONFERENCE PRESENTATIONS

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27. Liang, S., **Kong, D.**, Dong, X. (2020). The Association Between Caregiving Burden and Depressive Symptoms Among U.S. Chinese Adult Children. Gerontological Society of America Annual Scientific Meeting, Poster presentation (virtual), November.
 26. Li, M., **Kong, D.**, Dong, X. (2020). The Association Between Personality Traits and Depressive Symptoms in U.S. Chinese Older Adults. Gerontological Society of America Annual Scientific Meeting, Poster presentation (virtual), November.
 25. Zheng, S., **Kong, D.**, Qun, L., Dong, X. (2020). Understanding Food Consumption Frequencies Among U.S. Chinese Older Adults. Gerontological Society of America Annual Scientific Meeting, Poster presentation (virtual), November.
 24. Poh, Z., **Kong, D.**, Li, M., & Dong, X. (2020). The Association Between Cognitive Function and Preventive Care Service Utilization Among U.S. Chinese Older Adults. Gerontological Society of America Annual Scientific Meeting, Poster presentation (virtual), November.
 23. Zheng, J., **Kong, D.**, Li, M., & Dong, X. (2020). Presence and Levels of Resilience and Its Sociodemographic Correlates in Older Chinese Americans. Gerontological Society of America Annual Scientific Meeting, Poster presentation (virtual), November.
 22. **Kong, D.**, Lu, P., Davitt, J., & Shelley, M. (2020). Racial/ethnic/gender-based differences in health trajectories among American older adults: 10-year longitudinal

- evidence from the Health and Retirement Study. Gerontological Society of America Annual Scientific Meeting, Poster presentation (virtual), November.
21. **Kong, D.**, Chao, Y.Y., Tang, F., & Dong, X. (2020). Social Isolation and Cognitive Function: Evidence from Older Chinese Americans. Gerontological Society of America Annual Scientific Meeting, Paper presentation (virtual), November.
 20. **Kong, D.**, Dong, X. (2019). Incidence of Cognitive Impairment among U.S. Chinese Older Adults: Does Social Engagement Matter? Gerontological Society of America Annual Scientific Meeting, Poster presentation, November.
 19. Hua, Y., **Kong, D.**, Dong, X. (2019). Body Mass Index and Cognitive Function Decline. Gerontological Society of America Annual Scientific Meeting, Oral paper presentation, November.
 18. Wang, J., **Kong, D.**, Dong, X. (2019). Physical Function and Longitudinal Changes in Cognitive Function. Gerontological Society of America Annual Scientific Meeting, Oral paper presentation, November.
 17. Jia, R., **Kong, D.**, Dong, X. (2019). The Role of Religiosity in Depressive Symptoms among Chinese Older Adults. Gerontological Society of America Annual Scientific Meeting, Poster presentation, November.
 16. Liang, S., **Kong, D.**, Dong, X. (2019). The Association Between Physical Frailty and Depressive Symptoms: Does Social Support Matter? Gerontological Society of America Annual Scientific Meeting, Poster presentation, November.
 15. **Kong, D.**, Dong, X. (2019). Psychological Well-being and Change of Cognitive Function over Four Years: Evidence from U.S. Chinese Older Adults. Gerontological Society of America Annual Scientific Meeting, Oral paper presentation.
 14. **Kong, D.**, Dong, X. (2018). Unmet Needs for Personal Assistance Among Community-dwelling U.S. Chinese older adults. Gerontological Society of America Annual Scientific Meeting, Poster presentation, November.
 13. Zheng, Z., Dong, X., **Kong, D.**, Li, M. (2018). Acculturation and Psychological Wellbeing among Chinese American Older Adults. Gerontological Society of America Annual Scientific Meeting, Poster presentation, November.
 12. Chau, W., Dong, X., **Kong, D.**, Li, M., Bergren, S. (2018). Does Filial Discrepancy Affect Depressive Symptoms over Two Years: A Longitudinal Study. Gerontological Society of America Annual Scientific Meeting, Poster presentation, November.
 11. **Kong, D.**, Kim, E., Wong, Y.-L. I., Davitt, J., & Frasso, R. (2018) Perceptions of dementia and culturally-appropriate services in Asian communities in the U.S. Society for Social Work Research Annual Meeting, Poster presentation, January.

10. Zhang, T., Wong, Y.-L.I., Ran, M. & **Kong, D.** (2017). “Self-stigma Experience of People with Schizophrenia and their Family Caregivers: A Photo-Elicitation Study in a Chinese Rural Community”, Paper presentation at the 8th Conference – Together Against Stigma, September.
9. Wong, Y.-L. I., **Kong, D.** (2017). Understanding stigma from the perspectives of persons with mental illness and their family caregivers: A mixed-methods study in China. Society for Social Work Research Annual Meeting, Oral paper presentation, January.
8. Wong, Y.-L. I., **Kong, D.** (2014). Stigma and community inclusion of persons with psychiatric disabilities and their family members in China. American Association for Chinese Studies Annual Meeting, Oral paper presentation, August.
7. **Kong, D.**, Davitt, J. (2014). Making connections: Understanding long term care and support needs of community-dwelling Asian older adults. Gerontological Society of America Annual Scientific Meeting, Poster presentation, November.
6. **Kong, D.**, Davitt, J., Hirschman, K., Cacchione, P., Bourjolly, J. (2014). Perceptions of dementia and dementia services in Asian communities. Gerontological Society of America Annual Scientific Meeting, Poster presentation, November.
5. **Kong, D.**, Cacchione, P., Davitt J., Bourjolly J., Hirschman, K. (2013). Culturally-based explanations of dementia in Asian Communities: A Systematic Review. Gerontological Society of America Annual Scientific Meeting, Poster presentation, November.
4. **Kong, D.**, Davitt, J., Choi, I. (2013). Optimal Aging for Community-Dwelling Asian Older Adults: Understanding Service and Support Needs, Gerontological Society of America Annual Scientific Meeting, Poster presentation, November.
3. Phillips, R., **Kong, D.**, Sullivan-Marx, E. (2011). Penn Nursing Consultation Service: 23 years of expert consultation in aging, University of Pennsylvania’s Institute on Aging, Annual Retreat, Poster presentation, May.
2. Phillips, R., **Kong, D.**, Sullivan-Marx, E. (2010). Building RN Training Skills for Geriatric Education Excellence, University of Pennsylvania’s Institute on Aging, Annual Retreat, Poster presentation, April.
1. Phillips, R., **Kong, D.**, Sullivan-Marx, E. (2010). Building RN Training Skills for Geriatric Education Excellence, American Society on Aging Annual Meeting, Poster presentation, March.

RESEARCH EXPERIENCE

2018-2021 **Project Title: Culture and Caregiving Need for Chinese Elderly with Cognitive Impairment (PI: Dr. XinQi Dong)**
Funding Source: National Institute on Nursing Research, \$3,125,000
Role: Postdoctoral Research Associate

- Manage and oversee the execution of multiple longitudinal research projects (i.e. participant recruitment, community outreach, study coordination)
- Develop quality assurance and monitoring procedures to ensure data quality
- Monitor study progress and manage research databases
- Assure compliance with research protocol and IRB requirements
- Develop strategic plans and procedures to achieve research goals
- Lead and facilitate weekly team meetings and journal clubs
- Recruit and supervise site research personnel, including training and mentoring a team of interdisciplinary research assistants
- Maintain ongoing engagement with community partners and collaborators
- Planned and facilitated community events
- Obtain human subject research approval by institutional review board
- Manuscript preparation and publication

2015-2018 **Project Title: Community In-Alliance for Recovery: Challenging Stigma of Mental Illness in Rural China (PI: Dr. Yin-Ling Irene Wong)**

Funding source: China Research and Engagement Fund, University of Pennsylvania, \$119,623

Role: Research Coordinator

- Participated in the design of the study
- Prepared appropriate documents and obtained IRB approval
- Conducted in-depth qualitative interviews with 24 individuals with schizophrenia and their family members using innovative photo-elicitation interviewing method
- Facilitated needs assessment focus groups with 36 healthcare providers and community mental health workers
- Oversaw study operations including recruitment, fieldwork, debriefing meetings, and quality control activities
- Provided guidance and training on qualitative research to research assistants
- Assisted in writing progress report to funders
- Led team meetings with international collaborators
- Planned and coordinated an international conference on mental health stigma

2013-2015 **Project Title: Stigma and Community Inclusion of People with Psychiatric Disabilities and Their Family Members, Shanghai, China (PI: Dr. Irene Wong)**

Funding source: University of Pennsylvania Research Foundation, \$26,811

Role: Research Coordinator

- Led participant recruitment and data collection activities
- Planned collaboration with community-based mental health agencies
- Recruited, trained, and supervised a team of interdisciplinary research assistants for data collection
- Conducted survey and in-depth qualitative interviews with individuals with severe mental illness and their family caregivers
- Coordinated team meetings with international collaborators
- Coded and analyzed qualitative data using NVivo

- 2012-2014 **Project Title: Evaluating Long Term Care Needs of Asian Older Adults in Southeast Pennsylvania (PI: Dr. Joan Davitt)**
Funding source: Robert Wood Johnson Foundation, Community Leader Award, \$60,000
Role: Research & Evaluation Coordinator
- Engaged in community outreach and participant recruitment
 - Conducted literature review on community health and support needs of older Asian immigrants
 - Assisted with study design, questionnaire development, data collection, and monitoring study progress
 - Supervised master-level research assistants for data entry and cleaning
 - Assisted with data analysis
 - Prepared final report to the collaborating agency
 - Co-presented findings to community partners
- 2009 **Project Title: Promoting Civic Engagement among Older Chinese Immigrants**
Funding source: MetLife Foundation, \$5,000
Role: Lead Researcher
- Recruited eligible older Chinese immigrants
 - Facilitated focus group sessions for data collection
 - Analyzed data and wrote final report to funders

EDITORIAL AND REVIEW ACTIVITY

International Journal of Public Health (2021)
Transcultural Psychiatry (2021)
Journal of Gerontology: Medical Sciences (2021)
Journal of Immigrant and Minority Health (2020, 2021)
Clinical Interventions in Aging (2020)
Journal of the Society for Social Work and Research (2020, 2021)
Journal of Gerontology: Psychological Sciences (2020, 2021)
Western Journal of Nursing Research (2020)
Applied Nursing Research (2020)
Families in Society (2020)
Journal of Affective Disorders (2020)
International Journal of Health Policy and Management (2019, 2020)
Health & Social Care in the Community (2019, 2020, 2021)
BMC Geriatrics (2019, 2020)

International Journal of Mental Health (2019)
The Gerontologist (2019, 2020, 2021)
Innovation in Aging (2019)
Knowledge-Based Systems (2019)
Aging (2019)
Journal of Applied Gerontology (2019, 2021)
Journal of the American Geriatrics Society (2018)
Journal of Gerontology: Social Sciences (2018)
Gerontological Society of America annual conference abstract review (2018, 2019, 2020)

TEACHING EXPERIENCE

Social Statistics (Teaching Assistant, Fall 2013 & Fall 2015, MSW course, University of Pennsylvania)

Introduction to Social Work Research (Teaching Assistant, Spring 2015 & Spring 2018, MSW course, University of Pennsylvania)

WORK/PRACTICE EXPERIENCE

2009-2011 **Community Outreach and Research Coordinator**, Building RN Training Skills for Geriatric Education Excellence; and Healthy in Philadelphia (PI: Dr. Eileen Sullivan-Marx), School of Nursing, University of Pennsylvania
Job responsibilities: Recruitment and ongoing engagement of community partners, provided informational presentations to community partners, planned and coordinated education and training sessions for social services agencies, organized community health fairs and other outreach initiatives, assisted with project progress reports to funding agencies, performed data collection, cleaning and analysis

2008-2009 **Minority Outreach Coordinator** (MSW advanced practicum), Philadelphia Corporation for Aging
Job responsibilities: Coordinated community health education sessions, provided social services and planned culturally-relevant social activities for older Chinese adults with limited English proficiency (as a part-time Social Service Coordinator at the Coffee Cup Asian Pacific Resources Center), assisted with coordination of Asian Advisory Committee meetings, provided informational presentations to community agencies regarding available services for Asian populations

2007-2008 **Social Service Coordinator** (MSW practicum), Olde Kensington Lehigh Senior Center

Job responsibilities: Designed and facilitated support groups for older African Americans raising grandchildren, assisted with center activities planning and implementation, provided benefit applications and service referrals

ACADEMIC AND COMMUNITY SERVICE

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| 2018-2020 | Editor, Population Study of Chinese Elderly in Chicago (PINE) Community Newsletters, Rutgers University |
| 2013-2014 | Co-Chair, Doctoral Student Research Seminar, School of Social Policy & Practice, University of Pennsylvania |
| 2011-2014 | Volunteer coordinator, West Philadelphia Annual Wellness Day, School of Nursing, University of Pennsylvania |
| 2009-2013 | Co-Editor, The Fellow (peer-reviewed newsletter of the Ph.D. program), School of Social Policy & Practice, University of Pennsylvania |
| 2008-2010 | Asian Advisory Committee, Philadelphia Corporation for Aging |

PROFESSIONAL MEMBERSHIPS

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| 2011-present | Gerontological Society of America (GSA) |
| 2011-2020 | NewCourtland Center for Transitions and Health, University Pennsylvania |
| 2017-present | Society for Social Work and Research (SSWR) |
| 2011-2016 | Center for Integrative Science in Aging, University of Pennsylvania |