

Pei-Shan Tsai, PhD, RN, BCIA

Dean, Taipei Medical University College of Nursing



**Professor
Tsai, Pei-Shan**

Dean of College of Nursing

Pei-Shan Tsai, PhD, RN, BCIA is a professor at Taipei Medical University College of Nursing. Formerly the dean of Taipei Medical University Office of Global Engagement, Professor Pei-Shan Tsai led a team of professionals and academics to assist international exchange of people and ideas, facilitate collaboration in education and research, and promote the institution's achievements. Working closely with the University's Senior Leadership Team, Tsai provided strategic advice and practical solutions to the institution's vision for international development. Tsai took office as the dean school of nursing starting from March 14, 2023.

Her research focuses on the link between stress-response systems and chronic illnesses and outcomes of interventions for chronic pain, sleep disturbances, and other symptoms associated with chronic diseases. Tsai's expertise includes using both physiological and behavioral measures in research for understanding the mechanisms and efficacy of nursing interventions. She also plays a vital role in demonstrating important health factors, disease prevalence, and health care effectiveness in the general population in Taiwan through secondary analysis of health data. Tsai is a collaborator noted for bringing researchers from different fields together to collaborate on research projects that have important clinical and policymaking implications. To date, she has published more than 180 peer-reviewed articles in medical, psychology, and nursing journals, many of which have received a high number of citations.

Research Focus

- Biofeedback
- Biosocial research
- Chronic pain/fibromyalgia
- Neurofeedback
- Psychophysiology
- Self-management
- Sleep
- Stress management

Staff and Contact Information

School of Nursing

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Major Achievements

1. 2022 Named in the World's Top 2% Scientists for Career Long Impact (1961-2021), World's top 2% Scientists, Stanford University.
2. 2021 Named in the World's Top 2% Scientists for Career Long Impact (1961-2021), World's top 2% Scientists, Stanford University.
3. 2016 International Nurse Researcher Hall of Fame, Sigma Theta Tau International Honor Society of Nursing

Selected Publications (2021-2023)

1. Lu, H. Y., Lin, M. Y., **Tsai, P. S.***, Chiu, H. Y., & Fang, S. C. (2023). Effectiveness of Cold Therapy for Pain and Anxiety Associated with Chest Tube Removal: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Pain management nursing*, *S1524-9042(23)00113-3*. Advance online publication.
2. Hasan, F., Vidyanti, A. N., **Tsai, P. S.**, Wu, D., Lee, H. C., Yuliana, L. T., Romadlon, D. S., Marta, O. F. D., & Chiu, H. Y.* (2023). Psychometric Properties of Indonesian Version of Sleep Condition Indicator for Screening Poststroke Insomnia. *Sleep & Breathing*, Advance online publication.
3. Chen, P. Y., Su, I. C., Shih, C. Y., Liu, Y. C., Su, Y. K., Wei, L., Luh, H. T., Huang, H. C., **Tsai, P. S.**, Fan, Y. C., & Chiu, H. Y. (2023). Effects of Neurofeedback on Cognitive Function, Productive Activity, and Quality of Life in Patients with Traumatic Brain Injury: A Randomized Controlled Trial. *Neurorehabilitation and neural repair*, Advance online publication.
4. Apriliyasari, R. W., Budi, I. S., Tan, M. P., & **Tsai, P. S.*** (2023). Physical activity and depression in Indonesian adults with stroke: A nationwide survey. *Journal of nursing scholarship*, *55(1)*, 356–364.
5. **Tsai, P. S.**, Wang, C. C., Lan, Y. H., Tsai, H. W., Hsiao, C. Y., Wu, J. C., Sheen-Chen, S. M., & Hou, W. H. (2022). Effectiveness of question prompt lists in patients with breast cancer: A randomized controlled trial. *Patient education and counseling*, *105(9)*, 2984–2994.
6. Ko, L. H., Hsieh, Y. J., Wang, M. Y., Hou, W. H., & **Tsai, P. S.*** (2022). Effects of health qigong on sleep quality: A systematic review and meta-analysis of randomized controlled trials. *Complementary therapies in medicine*, *71*, 102876.
7. Shih, C. Y., Gordon, C. J., Chen, T. J., Phuc, N. T., Tu, M. C., **Tsai, P. S.**, & Chiu, H. Y.* (2022). Comparative efficacy of nonpharmacological interventions on sleep quality in people who are critically ill: A systematic review and network meta-analysis. *International journal of nursing studies*, *130*, 104220.
8. Chen, P. Y., Hsieh, S. H., Lin, C. K., Wei, L., Su, Y. K., **Tsai, P. S.**, & Chiu, H. Y. (2022). Mental fatigue mediates the relationship between cognitive functions and return to productive activity following traumatic brain injury: a mediation analysis. *Brain injury*, *36(1)*, 32-38.
9. Apriliyasari, R. W., Van Truong, P., & **Tsai, P. S.*** (2022). Effects of proprioceptive training for people with stroke: A meta-analysis of randomized controlled trials. *Clinical rehabilitation*, *36(4)*, 431-448.
10. **Tsai P. S.*** (2021). The Varied and Multifaceted Professional Roles of Today's Nurses. *The Journal of Nursing Research*, *29(3)*, e147.
11. Shih, H. J., Chang, C. Y., Huang, I. T., **Tsai, P. S.**, Han, C. L., & Huang, C. J. (2021). Testicular torsion-detorsion causes dysfunction of mitochondrial oxidative phosphorylation. *Andrology*, *9(6)*, 1902-1910.
12. Shih, H. J., Lin, K. H., Wen, Y. C., Fan, Y. C., **Tsai, P. S.**, & Huang, C. J.* (2021). Increased risk of bladder cancer in young adult men with hyperlipidemia: A population-based cohort study. *Medicine*, *100(48)*, e28125.
13. Lai, W. Y., Chiu, Y. C., Lu, K. C., Huang, I. T., **Tsai, P. S.**, & Huang, C. J.* (2021). Beneficial effects of preoperative oral nutrition supplements on postoperative outcomes in geriatric hip fracture patients: A PRISMA-compliant systematic review and meta-analysis of randomized controlled studies. *Medicine*, *100(47)*, e27755.

14. Van Truong, P., Wulan Apriliyasari, R., Lin, M. Y., Chiu, H. Y., & **Tsai, P. S.*** (2021). Effects of self-management programs on blood pressure, self-efficacy, medication adherence and body mass index in older adults with hypertension: Meta-analysis of randomized controlled trials. *International Journal of Nursing Practice*, 27(2), e12920.
15. Ridwan, E. S., Wiratama, B. S., Lin, M. Y., Hou, W. H., Liu, M. F., Chen, C. M., Hadi, H., Tan, M. P., & **Tsai, P. S.*** (2021). Peak Expiratory Flow Rate and Sarcopenia Risk in Older Indonesian People: A Nationwide Survey, *PLOS ONE*, 16(2), e0246179.
16. Wu, Y. L., Fang, S. C., Chen, S. C., Tai, C. J., Teng, H. W., Chen, C. I., & **Tsai, P. S.*** (2021). The Effects of Neurofeedback on Fibromyalgia: A Randomized Controlled Trial, *Pain Management Nursing*, 22(6), 755-763.
17. Lin, M. Y., Cheng, S. F., Hou, W. H., Lin, P. C., Chen, C. M., & **Tsai, P. S.*** (2021). Mechanisms and Effects of Health Coaching in Patients with Early-stage Chronic Kidney Disease: A Randomized Controlled Trial. *Journal of Nursing Scholarship*, 53(2), 154-160.
18. Huang, P. J., Kang, Y. N., **Tsai, P. S.**, Tai, Y. T., Huang, C. S., & Huang, C. J. (2021). Noninferior of desflurane to sevoflurane in the occurrence of adverse respiratory events during laryngeal mask airway anesthesia in pediatrics. *Minerva Anestesiologica*, 87(2), 241-242.
19. Van Truong, P., Lin, M. Y., Chiu, H. Y., Hou, W. H., & **Tsai, P. S.*** (2021). Psychometric Properties and Factorial Structure of Vietnamese Version of the Hypertension Self-Care Profile Behavior Scale. *The Journal of Cardiovascular Nursing*, 36(5), 446-453.
20. Chiu, H. Y., Lee, H. C., Liu, J. W., Hua, S. J., Chen, P. Y., Tsai, P. S., & Tu, Y. K.* (2021). Comparative Efficacy and Safety of Hypnotics for Insomnia in Older Adults: A Systematic Review and Network Metaanalysis. *Sleep*, 44(5), zsa260.

Grants

Project	Funding Agency	Funding Period	Role
Effects of chronobiology-guided lifestyle interventions on insomnia severity, cognitive performance, and sleepiness in female rotating-shift nurses: a randomized controlled trial	National Science and Technology Council	Aug. 2021 – Jul. 2024	PI
Effects of blue-enriched white light therapy on sleep quality, depression, psychomotor vigilance, and symptom severity in patients with fibromyalgia	National Science and Technology Council	Aug. 2020 – Jul. 2023	PI