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EDUCATION

PhD	2022	The Ohio State University, Columbus, OH. College of Social Work, Specialization: Gerontology <i>Dissertation</i> “The Social Networks and Loneliness of Diverse Older Volunteers” <i>Committee</i> Holly Dabelko-Schoeny (Chair), Mo-Yee Lee, Keith Warren
MSW	2017	University of Wisconsin Madison, Madison, WI. School of Social Work, Specialization: Mental Health
BA	2015	Suzhou University, Suzhou, China. School of Public Administration, Public Administration

CERTIFICATES

Graduate Interdisciplinary Specialization in Aging, The Ohio State University, 2020.

PUBLICATIONS

Peer-Reviewed Journal Articles

- Cao, Q., Dabelko-Schoeny, H. I., Warren, K., & Lee., M. (2023). A mixed-method social network analysis of low-income diverse older volunteers. [In press]. *Journal of Applied Gerontologist*.
- Cao, Q., Krok-Schoen, J., Guo, M., & Dong, X. Q. (2023). Trust in physicians, health insurance, and health care utilization among Chinese older immigrants. *Ethnicity and Health*, 28(1), 78-95. <https://doi.org/10.1080/13557858.2022.2027881>
- Cao, Q., Dabelko-Schoeny, H. I., White, K., Maleku, A., & Sheldon, M. (2021). “I wanna help, but my hands can be a little tied”: The challenges and benefits of formal volunteering among low-income diverse older adults. *Journal of Gerontological Social Work*, 64(4), 388-404. <https://doi.org/10.1080/01634372.2021.1897723>
- Cao, Q., Liao, L., & Warren, K. L. (2020). Social and programmatic interactions in a therapeutic community for women: an exponential random graph model analysis. *Therapeutic*

Communities: The International Journal of Therapeutic Communities, 41(3/4), 69-79.
<https://doi.org/10.1108/TC-08-2019-0008>

Cao, Q., Dabelko-Schoeny, H. I., White, K. M., & Choi, M. -S. (2020). Age-friendly communities and perceived disconnectedness: The role of built environment and social engagement. *Journal of Aging and Health*, 32(9), 937-948.
<https://doi.org/10.1177/0898264319865421>

Bunger, A. C., Yousefi-Nooraie, R., Warren, K., **Cao, Q.**, Dadgostar, P., & Bustos, T. E. (2023). Developing a typology of network alteration strategies for implementation: a scoping review and iterative synthesis. *Implementation Science*. <https://doi.org/10.1186/s13012-023-01266-3>

Dabelko-Schoeny, H. I., Maleku, A., **Cao, Q.**, White, K. M., & Ozbilen, B. (2021). “We want to go, but there are no options”: Exploring barriers and facilitators of transportation among diverse older adults. *Journal of Transport & Health*, 20, 100994.
<https://doi.org/10.1016/j.jth.2020.100994>

Fields, N. L., Dabelko-Schoeny, H., Murphy, I. E., Highfill, C., **Cao, Q.**, White, K., ... & Kunz-Lomelin, A. (2023). Social cognitive theory, driving cessation, and alternative transportation in later life. *Journal of applied gerontology*, 07334648231177215.
<https://doi.org/10.1177/07334648231177215>

Jarrott, S. E., **Cao, Q.**, Dabelko-Schoeny, H. I., & Kaiser, M. L. (2021). Developing intergenerational interventions to address food insecurity among pre-school children: A community-based participatory approach. *Journal of Hunger and Environmental Nutrition*, 16(2), 196-212. <https://doi.org/10.1080/19320248.2019.1640827>

Ozbilen, B., Akar., G., White, K., Dabelko-Schoeny, H. I., & **Cao, Q.** (2022). Analysing the travel behaviour of older adults: What are the determinants of sustainable mobility? *Ageing and Society*, FirstView, 1-29. <https://doi.org/10.1017/S0144686X22001180>

Yousefi-Nooraie, R., Warren, K., Juckett, L. A., **Cao, Q.** Bunger, A. C., & Patak-Pietrafesa, M. A. (2021). Individual- and group-level network-building interventions to address social isolation and loneliness: A scoping review with implications for COVID-19. *PLOS One*, 16(6), e0253734. <https://doi.org/10.1371/journal.pone.0253734>

Peer-reviewed Book Chapters

Cao, Q., & Carr, D. (In press). Aging and mental health. In *The Wiley-Blackwell Encyclopedia of Health, Illness, Behavior, and Society* (2nd ed.). Wiley.

Manuscripts Under Review

Cao, Q., Dabelko-Schoeny, H. I., Warren, K., & Lee., M (under review). Friendships among

diverse older adults in a multicultural program: Results from an exponential random graph model. *The Journals of Gerontology Series b-Social Sciences*.

Cao, Q., Dabelko-Schoeny, H. I., Warren, K., & Lee., M (under review). The loneliness of low-income older adults in a federal volunteering program: A network perspective. *The Journal of Gerontological Social Work*.

Book Reviews

Cao, Q. (2020). [Review of the book *Contemporary Chinese diasporas*, by M. Zhou, Ed. (2017). Springer]. *Journal of Gerontological Social Work*, 64(4), 432-435.

<https://doi.org/10.1080/01634372.2020.1853646>

Cao, Q., & Dabelko-Schoeny, H. I. (2019). [Review of the book *Foundations of Social Work Practice in the Field of Aging: A Competency-Based Approach*, by R. R. Greene, N. P. Kropf, C. M. Galambos, & H. L. Cohen (2nd Ed, 2018). NASW Press]. *Journal of Gerontological Social Work*, 62(8), 930-932.

<https://doi.org/10.1080/01634372.2019.1610133>

PRESENTATIONS

Peer-Reviewed Presentations

Cao, Q., Dabelko-Schoeny, H. I., Warren, K., & Lee., M. (2023, November 2-6). *The loneliness of low-income older adults in a federal volunteering program: A mixed-method network perspective*. [Paper presentation]. The Gerontological Society of America, Tampa, FL, USA.

Cao, Q., Dabelko-Schoeny, H. I., Warren, K., & Lee., M. (2022, November 2-6). *A mixed-method social network analysis of low-income diverse older volunteers* [Paper presentation]. The Gerontological Society of America, Indianapolis, IN, USA.

Cao, Q., Krok-Schoen, J., Guo, M., & Dong, X. (2022, Jan 12-16). *Trust in physicians, health insurance, and health care utilization among Chinese older immigrants* [Paper presentation]. The Society for Social Work and Research. Online.

Cao, Q., Happel, C. White K., & Dabelko-Schoeny, H. I. (2021, November 10-13). *The length of membership and loneliness of older adults in village programs* [Paper presentation]. The Gerontological Society of America. Online.

Cao, Q., Dabelko-Schoeny, H. I. Maleku, A., White, K. & Sheldon, M. (2021, January 19-22). *"I wanna help, but my hands can be a little tied": The challenges and benefits of volunteering among low-income diverse older adults* [Paper presentation]. The Society for Social Work and Research. Online.

- Cao, Q.,** Li, L., & Warren, K., (2020, January 15-19). *Homophily and endogeneity in the informal social networks in a therapeutic community for women* [Paper presentation]. The Society for Social Work and Research. Washington DC, USA.
- Cao, Q.,** Dabelko-Schoeny, H.I., Choi, M. S. & White, K. (2018, November 14-18). *Age-Friendly initiatives and reducing social isolation: The role of the physical environment and community engagement* [Poster presentation]. The Gerontological Society of America. Boston, MA, USA.
- Cao, Q.,** Jarrott, S., Dabelko-Schoeny, H. I., & Kaiser, M. (2018, October 2-3). *Application of community-based participation action research principles to a multi-site intergenerational food security project* [Paper presentation]. Engagement Scholarship Consortium. Minneapolis, MN, USA.
- Cao, Q.** (2018, March 22-24). *How to conceptualize mental health literacy (MHL) of diverse elders* [Paper presentation]. The Ohio Association of Gerontological Education, Akron, OH, USA.
- Carr. D., Sonnega A., Carpenter R., **Cao, Q.,** Chen Q. (2023, March 2-3). *Racial and ethnic disparities in the effects of covid-19 on employment disruption and financial precarity* [Paper presentation]. Michigan Retirement and Disability Research Center Researcher Workshop, Ann Arbor, MI, USA.
- Carr. D., Sonnega A., Carpenter R., **Cao, Q.,** Chen Q. (2023, October 2). *Leveraging a new public resource: Using the Florida State University (FSU)-University of Michigan (UM) O*NET data linkage project to study population health* [Pre-conference workshop to be presented], Interdisciplinary Association for Population Health Science. Baltimore, MD, USA
- Carr. D., Sonnega A., Carpenter R., **Cao, Q.,** Chen Q. (2023, November 2-6). *Data and initial evidence: Occupational characteristics and later life physical and cognitive health.* [Symposium to be presented]. The Gerontological Society of America, Tampa, FL, USA.
- Dabelko-Schoeny, H.I., Fields N., White K., Highfill C., **Cao Q.,** & Ian M. (2021, November 10-13). *Safe routes to age in place: A focus on alternative transportation* [Symposium presentation]. The Gerontological Society of America. Online.
- Dadgostar P., Bunger A., Warren K., **Cao Q.,** Bustos Tatiana., Yousefi-Nooraie R. (2023, June 24-27). *A cluster analysis of interventions to change social networks of individuals and organizations: a secondary analysis of a scoping review* [Poster presentation]. Academy Health Annual Research, Seattle, WA, USA.
- Ozbilen, Akar, G., White, K., Dabelko-Schoeny, H.I., & **Cao, Q.** (2020, November 5-8). *Analyzing the travel behavior of older adults: What are the determinants of sustainable mobility* [Paper presentation]. The Association of Collegiate Schools of Planning. Online.

Park, C., & **Cao, Q.** (2022, April 8). *Perceived competence, purposes, and other associated factors of older adults' internet use* [Paper presentation]. The Ohio Association of Gerontological Education, Youngstown, OH, USA.

Pope, N., & **Cao, Q.**, Greenfield E., (2022, November 2-6). *Older adult engagement in age-friendly community work* [Paper in a symposium]. The Gerontological Society of America, Indianapolis, IN, USA.

Sonnega, A., Carr, D., Carpenter, R., & **Cao Q.**, (2022, November 2-6) *Creating a public resource: O*NET job characteristics dataset for use with the Health and Retirement Study and other surveys.* [Pre-conference workshop]. The Gerontological Society of America, Indianapolis.

Invited Talks

Cao, Q. (2021, September 27). *Communicating with Older Adults: Inclusive and Culturally Sensitive Conversations.* Invited talk for Age-Friendly Innovation Center, Columbus, Ohio, USA.

Cao, Q., Dabelko-Schoeny, H. I., White, K., & Happel, C. (2019, April 24). *An Examination of the Village Movement in the U.S.* Columbus, OH, USA.

Cao, Q., Dabelko-Schoeny, H. I., & White, K. (2018, September 28). *Building Evidence in Age-Friendly Communities.* Paper presented at the Community Engagement and Action Conference. Columbus, OH, USA.

Krok, J., Wong, J., & **Cao, Q.** (2018, May 14). *Depression in Older Adults.* Invited talk for Continuing Education by the Simply EZ Meal Delivery Company. Columbus, OH, USA.

GRANTS

National Institute on Aging R24, Subaward via the University of Maryland (\$25, 000) 2023

Age-Friendly Research Grant (\$1000) 2021
The Ohio State University, College of Social Work, Age-Friendly Innovation Center, Columbus, OH

Ph.D. Research Seed Grant Program (\$1000) 2021
The Ohio State University, College of Social Work, Columbus, OH

SELECTED HONORS AND AWARDS

Merriss Cornell Research Scholarship Award (\$2000) 2021
The Ohio State University, College of Social Work, Columbus, OH

Delegate Award for Exceptional Service The Ohio State University, Council of Graduate Students (CGS), Columbus, OH	2020
Best Conference Theme Paper (\$250) Ohio Association of Gerontological Education, Akron, OH	2018
Outstanding Student Leader Suzhou University, China	2015
First Place In the 14th Campus Debate Competition Suzhou University, China	2015
Excellent Project “The Sense of Security Research Project for Migrant Workers” Suzhou University, China	2014
Second Prize in Campus Project Competition “Non-Material Cultural Heritage-Traditional Wood Carving” Suzhou University, China	2014
Academic Excellence Scholarship (equivalent to \$100) Suzhou University, Jiangsu, China	2014

RESEARCH EXPERIENCES

Analyst, Racial and ethnic differences in job characteristics and patterns in disability retirement and Social Security retirement wealth Aug. 2022-now

PI: Dawn Carr

Funder: Social Security Administration

Analyst, Racial and ethnic disparities in the effects of COVID-19 on employment disruption and financial precarity Aug. 2022-now

PI: Dawn Carr

Funder: Social Security Administration

Graduate Research Associate, Safe Routes to Age in Place, The Ohio State University, College of Social Work 2020-2021

PI: Dabelko-Schoeny

Funder: Ohio Department of Transportation (ODOT)

Selected Responsibilities: Grant reporting; Quantitative Analysis; Literature Review; Manuscript Writing

Graduate Research Associate, The Mobility and transportation among older immigrants in new spaces, The Ohio State University, College of Social Work 2019-2020

PI: Dabelko-Schoeny

Selected Responsibility: Leading IRB Applications; Community Engagement; Conduct Focus Groups and Semi-structured Interviews; Data Analysis; Conference Presentation; Manuscript

Writing; Curriculum Development

Research Assistant, Building Social Networks to Support Implementation: A Systematic Scoping Review of Network Interventions, The Ohio State University, College of Social Work 2019

PI: Alicia Bunger

Selected Responsibility: Literature Review; Screening; Data Extraction; Manuscript Writing

Graduate Research Associate, Age-friendly Columbus and Franklin County (Age-Friendly Innovation Center), The Ohio State University, College of Social Work 2017-2021

PI: Dabelko-Schoeny

Selected Responsibility: IRB Applications; Survey Design and Survey Administration; Codebook Compilation; Quantitative and Qualitative Data Analysis; Program Evaluation; Manuscript Writing

Graduate Research Associate, Food for a Long Life-A Community-Based Intergenerational Project with the Ohio State University and Virginia Tech 2017-2018

PI: Shannon Jarrott

Funder: National Institute of Food and Agriculture, United States Department of Agriculture

Selected Responsibility: Community Engagement; Data Collection; Data Cleaning; Data Entry (Redcap); Focus Groups; Manuscript Writing

Research Assistant, Save the Life of Somebody You Know: Improve Informed Decision Making for Prostate Cancer Screening Among African American Men in Dane County in the Post PSA-Era, University of Wisconsin Madison, School of Medicine and Public Health 2016

PI: Elizabeth Jacobs

Selected Responsibility: Data Entry (Redcap); Community Engagement

Research Assistant, Community Based Participatory Research: Rural Area Cancer Disparity in Adams County, University of Wisconsin Madison, School of Medicine and Public Health 2016

PI: Elizabeth Jacobs

Selected Responsibility: Data Entry (Redcap); Community Engagement

TEACHING EXPERIENCE

Course Instructor

The Ohio State University, College of Social Work Jan. 2022-May 2022
Research & Statistics for Understanding Social Work Interventions (3402), Undergraduate Program, In-person

The Ohio State University, College of Social Work Aug. 2021-Dec. 2021
Columbus, OH
Research & Statistics for Understanding Social Work Problems & Diverse Populations (3401), Undergraduate Program, Asynchronous Online

The Ohio State University, College of Social Work Jan. 2021-May 2021
Columbus, OH
Life Span Development in Social Work (3301), Undergraduate Program, Asynchronous Online

The Ohio State University, College of Social Work Aug. 2020-Dec. 2020
Columbus, OH
Life Span Development in Social Work (3301), Hybrid Delivery (in-person and synchronous ZOOM meetings)

Curriculum Development

The Ohio State University, College of Social Work Jan. 2021-May. 2022
Columbus, OH
Digital Field Lab: Working with Older Adults and Caregivers, Master's in Social Work Program, Online

Teaching Assistant

New Oriental Language Training Institute April 2014-July 2014
Suzhou, China
Assisted students in practicing their oral, written, listening, and reading comprehension in English. Provided lectures and tutoring on the International English Language Testing System (IELTS) practice exams.

Guest Lectures

The Ohio State University, College of Social Work November 1st, 2021
Columbus, Ohio
Guest lecturer in "SWK 6201 Social and Economic Justice" (topic: aging and social justice)

The Ohio State University, College of Social Work April 7th, 2021 & March 17th, 2020
Columbus, OH
Guest lecturer in "SWK1120 Introduction to Social Welfare" (topic: aging and social welfare policy)

The Ohio State University, College of Social Work March 4th, 2021
Columbus, OH
Guest lecturer in "SWK6202 Diversity and Cultural Competence" (topic: aging, diversity, and inclusion)

The Ohio State University, College of Social Work Nov. 7th, 2018
Columbus, OH

Guest lecturer in "SWK 3401 Research & Statistics for Understanding Social Work Problems and Diverse Populations" (topic: bivariate analysis)

PRACTICE EXPERIENCE

Evaluation Associate May 2021-Aug. 2021
Mighty Crow, Columbus, OH
Conducting evaluations, data analysis, and grant reporting for contracted human service organizations.

Practicum intern June 2018-Aug. 2018
Ohio Living Westminster Thurber, Columbus, OH
Shadowed staff and clinicians and engage with older adults.

Clinical Social Work Intern 2016-2017
Madison Mental Health Services, Madison, WI
Provided mental health counseling services informed by various therapeutic techniques (e.g., cognitive behavioral therapy, dialectical behavioral therapy).

Group Facilitator, University of Wisconsin-Madison, University Health Services 2016-2017
Madison, WI
Delivered the "Badger Step Up" educational program to student leaders and student-athletes. Facilitated group conversations regarding alcohol risk reduction and bystander intervention.

Clinical Social Work Intern 2015-2016
Journey Mental Health, Madison, WI
Facilitated initial screening, diagnosis, and documentation guided by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) in Journey Mental Health Intake Department.

Human Resource Intern Jan. 2015-June 2015
Bosch (China), Suzhou, China
Assisted with global expatriates of Bosch employers.

SERVICE

Community Service

Volunteer June 2019-Aug. 2019
National Church Residencies-Stone Ridge Court, Dublin, OH
Interpretation, translation, flyer design, event planning, and service coordination.

Volunteer 2015
Zhong He Voluntary Services, Suzhou, China
Tutored and mentored school children of rural migrant workers in Suzhou.

Volunteer 2013-2014
NO. 12 Middle School, Suzhou, China
Tutored and mentored school children of rural migrant workers in Suzhou and organized after-school activities.

Volunteer March 2012
Ocean Heaven Day Care Center for Kids with Autism, Suzhou, China
Hosted a conference in Suzhou University to increase the knowledge and awareness of autism spectrum disorders.

University and College Service

Statistics Interest Group Student Coordinator 2018-2019
The Ohio State University, College of Social Work
Developed meeting agendas and organized meetings to advance students' skills in various statistical topics, such as factor analysis, multiple imputation, moderation and mediation, structural equation modeling.

Delegate of College of Social Work 2018-2020
The Ohio State University, Council of Graduate Students (CGS)
Attended monthly CGS meetings as a delegate of Social Work. Served on CGS Hayes Research Forum committee since 2018 and the International Students Concerns committee since 2019.

Writing Interest Group Student Coordinator 2017-2019
The Ohio State University, College of Social Work
Developed meeting agendas and organized meetings to support the writing of doctoral students. Group members provided feedback on each other's work and discussed challenges in different types of scholarly writing (e.g., concept papers, original studies, reviews).

Selected Professional Service

Ad Hoc Reviewers, *The Gerontologist* 2023-present
Ad Hoc Reviewer, *Social Work in Mental Health* 2022-present
Ad Hoc Reviewer, *BMC Supplements* 2022-present
Ad Hoc Reviewer, *Socioecological Perspectives in Psychology* 2021-present
Ad Hoc Reviewer, *Journal of Gerontological Social Work* 2021-present
Ad Hoc Reviewer, *Journal of Applied Gerontology* 2020-present
Abstract Reviewer, *Gerontological Society of American* April 2020

PROFESSIONAL ASSOCIATIONS

Gerontological Society of America 2018-present
Age Social Work 2018-present
Ohio Association of Gerontology and Education 2018-present
National Association of Social Workers 2019-present
Society for Social Work and Research 2019-present

SELECTED TRAINING

Statistical Training

Cognition Data in the Health and Retirement Study December 5-7, 2022
Health and Retirement Study Survey Research Center

2021 Social Networks and Health Workshop May 13th & May 14th, 2021
Duke Network Analysis Center, Asynchronous Training and Synchronous Sessions

How to Conduct a Cochrane Systematic Review and Meta-Analysis March 25th & April 1st, 2021
Cochrane Eyes and Vision

Moderation, Mediation, and Conditional Process Analysis Spring 2020
The Ohio State University, Department of Psychology

Hierarchical Linear Models (HLM) Spring 2020
The Ohio State University, Department of Sociology

Structural Equation Modeling (SEM) Spring 2019
The Ohio State University, College of Social Work

Inferential Network Analysis: Exponential Random Graph Modeling (ERGM) Spring 2019
The Ohio State University, The Department of Political Science

Instrument Construction Fall 2019
The Ohio State University, College of Education and Human Ecology

Stress and Resilience: Concepts and Measures for Minority Aging Research Nov. 14th, 2018
The Gerontological Society of America

Qualitative Research Training

Qualitative Research Bootcamp Dec. 14th, 17th, 18th, 2020
The Ohio State University, Research Commons

Qualitative Methods in Social Work Research Spring 2018
The Ohio State University, College of Social Work

Teaching Training

Calling In: Turning Discomfort into Generative Moments January 20th, 2021
The Ohio State University, Drake Institute for Teaching and Learning

Why is it so Hard to Talk About Race Even in Social Work Classrooms? July 27th, 2020
The Ohio State University, Kirwan Institute for the Study of Race and Ethnicity

Social Work Education: Pedagogy, Skills, Opportunities and Challenges Fall 2018

The Ohio State University, College of Social Work

Professional Training

Motivational Interviewing March 23rd, 2021
Ohio State University, College of Social Work

Question, Persuade, Refer (QPR) Suicide Prevention Training May 21st, 2020
QPR, Online

Care Partners: Putting Person-Directed Values into Practice, Eden Alternative May 21st, 2018
Ohio Living Westminster Thurber, Columbus, Online