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Mei-Lan Chen, PhD, RN
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I. General Research Interest

- A. Developing and testing multi-level exercise intervention programs in older adults
 - 1. To increase and maintain health-enhancing physical activity
 - 2. To prevent age-related functional declines and fall-related injuries
 - 3. To improve mobility, muscle strength, mental health, cognitive impairments, and quality of sleep
- B. Reducing racial/ethnic health disparities in older adults
 - 1. Health promotion in older Chinese Americans
 - 2. Developing and testing culturally appropriate interventions
- C. Chronic disease self-management interventions for older adults
 - 1. Hypertension self-management
 - 2. Diabetes self-management
 - 3. Lifestyle interventions
 - 4. Mobile health app interventions

II. Current Research Projects

- A. Factors predicting physical activity and health-related quality of life in older Chinese adults with hypertension in Taiwan
- B. The Effect of Tai Chi on fall prevention in older adults: A systematic review and meta-analysis
- C. Effects of resistance exercise training in community-dwelling older Chinese Americans
- D. Dose effect of Tai Chi on cognitive function in older adults: A systematic review and meta-analysis

III. Research Skills

- A. Community-based, multi-level interventions
- B. Exercise science (exercise prescription & exercise training), cardiac rehabilitation, and lifestyle interventions
- C. Randomized controlled trials
- D. Quantitative research methodologies and statistical analysis
- E. Mixed methods research design
- F. Socio-Ecological Model
- G. Social Cognitive Theory
- H. Measurement of physical activity, physical performance (balance, gait speed, chair stand), handgrip strength, cognitive function
- I. Systematic review and meta-analysis, secondary data analysis