

HOA B. APPEL

University of Washington Bothell • School of Nursing & Health Studies
happel@uw.edu • 425.343.7505 (November 2023)

EDUCATION and TRAINING

Postdoctoral Fellow, University of Michigan, Institute for Social Research, National Institute of Mental Health. Racial, Ethnic, and Cultural Disparities in Mental Health Training Program. Appointment site: University of Washington, Seattle. June, 2005 to August, 2007.

Ph.D., Health Services, Walden University, Minneapolis, Minnesota. May, 2005.
Dissertation: *Depression among Minority Women during Pregnancy and Postpartum.*

M.P.H., Global Health, Loma Linda University, Loma Linda, California. December, 1994.
Thesis: *Neighborhood Team Project in Snohomish County.*

B.A., Social Welfare, University of Washington, Seattle, Washington. June, 1989.

PROFESSIONAL EXPERIENCE

2019- Present **Healthcare Behavioral Health Chair**, School of Nursing & Health Studies, University of Washington Bothell

- Training program development and research on community behavioral health
- Engagement and collaboration with community organizations, health care clinics, clinicians, and healthcare advisory board members on a behavioral health training program for frontline healthcare workers

2015 – Present **Lecturer** –School of Nursing & Health Studies, University of Washington Bothell

- Undergraduate nursing and public health courses
- Faculty mentor to undergraduate research students

2014 – 2015 **Program Coordinator** – Washington Alliance for Better Schools

- Designed and implemented after school program to improve educational benchmarks for Tulalip Tribes students
- Supervised teachers and paraprofessionals

2008 – 2015 **Independent** – Health and Education Consultant

- Tutored and mentored high school students and assisted with college transition
- Consultant on education, research, and grant writing of various public health issues

2011 – 2013 **Project Director** – Starting the Conversation Research Project

- Managed pilot project on childhood obesity using a phone app
- Conceptualized, wrote, implemented and research project in Snohomish County

- 2005 – 2007 **Postdoctoral Fellow** – University of Washington, School of Social Work
Principal Investigator: David Takeuchi
- Research on the *National Latino and Asian American Study* (NLAAS)
 - Analyzed dataset and contributed to manuscripts with NLAAS. Training on teaching, researching, and grant writing
- 2003 – 2004 **Graduate Intern** – Snohomish Health District
- Led research on postpartum depression of minority women in Snohomish County
 - Presented research findings at Health Dist and also shared data with respondents
- 1996 – 1998 **Asian Care Manager & Disease Management Manager** New York Life Health Plans
- Assisted minority physician groups in patient management
 - Wrote and implemented disease management protocols

TEACHING EXPERIENCE

- 2015-present Lecturer, UW Bothell School of Nursing and Health Studies.
- 2009-2014 Volunteer Tutor and Mentor, Snohomish County YMCA Minority Achievers Program.
- 2005-2007 Volunteer Tutor, English as Second Language, Everett Community College. I tutored students for whom English is a second language.
- 1992-1993 Teaching Assistant, Azusa Pacific University. Azusa, California. Voted “Favorite TA.” I was also the most frequently requested tutor in Biology & Chemistry Depts.

FACULTY CURRICULAR ACTIVITIES and SERVICE

- Led the adaptation of BHS 300 course to hybrid format in 2018. I also worked on the BNURS 360/460 revision to ensure continuity of these courses. I helped develop the Health Education and Promotion minor at UW Bothell.
- Mentor to undergraduate and graduate students almost every quarter since Winter 2016 for BHLTH 498/499.
- Developed the 4-course Behavioral Health (BH) Training Program for health caregivers in partnership with Providence Alaska, University of Alaska Anchorage, and Healthcare Advisory Board. This program prepares frontline health care workers to work with mental health and substance use patients. I’ve also led the BH Program since 2019.
- Created the *Behavioral Health Learning Community* since 2019 with partnership from faculty and staff in the School of Education, Nursing and Health Studies, STEM, Digital Learning, the Counseling Center, and community healthcare providers.
- Conceptualized and hosted the first Behavioral Health Awareness Day at UW Bothell for UWB and Cascadia College students, faculty, and staff., 2020-22.
- As a recipient of the Collaborative Online International Learning Award (COIL), I’ve partnered with faculty from the University of León to co-learn about behavioral health programs in Spain. I co-taught virtually Univ. of León students in Winter 2022.

RESEARCH PROJECTS and GRANTS

- 2022-2024
\$249,996 **Principal Investigator** – Patient-Centered Outcomes Research Institute
Eugene Washington PCORI Engagement Award, Washington, D.C
Capacity Building for a Patient-Centered Research Agenda on Behavioral Health in Underserved Populations. Lead study team and oversee project with community members in King and Snohomish Counties. Prioritize research agenda that affects these communities with respect to health care access, insurance, and mental health needs and concerns.
- 2022-2023
\$40,000 **Principal Investigator** – Cambia Health Foundation
Behavioral Health Work Force in Washington State
Pilot project to explore behavioral health demands in Washington State. Lead focus groups to examine and prioritize health care work force needs in the state.
- 2021-2022
\$99,683 **Principal Investigator** – Patient-Centered Outcomes Research Institute
Eugene Washington PCORI Engagement Award, Washington, D.C.
Engagement and Collaboration with Seattle Schools. Co-learning with Seattle School students, educators, community leaders on behavioral health, academic issues, and social-emotional learning. Regular reports, meeting with program officer, communication with community leaders, lead study team meetings and oversee project.
- 2020-2021
\$16,475 **Co-Principal Investigator** – Resilience and Compassion Initiatives Seed Grant, UW Seattle Resiliency Center; UW Bothell School of Nursing & Health Studies Pilot Grant; and UW Bothell Scholarship, Research, and Creative Practice Seed Grant.
Resilience Through Virtual Mindfulness. Remote mindfulness practice on Zoom and using a phone app. Led the app portion of study, regular communication with subjects in both groups and provided comments via google docs to the app subjects.
- 2016 – 2018
\$5,500 **Co-Investigator** – National Asian Pacific Center on Aging, Seattle
Healthy Eating, Healthy Aging in Snohomish County. Taught Asian American seniors education program on nutrition. Oversaw two undergraduate students who assisted with teaching course modules.
- 2011 – 2013
\$12,847 **Principal Investigator** – Institute of Translational Health Sciences, Univ. of Wash.
Starting the Conversation in Snohomish County – Childhood Obesity Project.
Using a cell phone app, students record their nutrition and physical activities. Trained research assistant to help with data gathering and communication with school staff.
- 2010 – 2011
\$10,000 **Research Associate** – Center on Race and Social Problems, University of Pittsburgh
Mental and Physical Health Comorbidities in Latinos and Asian Americans. Analysis of dataset to examine mental and physical health of Latinos and Asian Americans.

2003 – 2004 **Principal Investigator** – Association for Prevention Teaching and Research and CDC
\$6,500 *Depression among Minority Women during Pregnancy and Postpartum*. Pilot to learn
more about depression in minority women during and post pregnancy. Partnered with
local clinics with recruitment, data collection, and dissemination of results.

PEER-REVIEWED PUBLICATIONS

1. Ai, A.L., Appel, H.B., Dickey, S.L. (2023). Psychosocial aspects of cardiovascular disease in African Americans, *Global Public Health*, in press. doi.org/10.1093/acrefore/9780190632366.013.481
2. Appel, H.B., Walsh, E., Marsh, T.E., & Brown, C. (2023). Supporting students' mental health and social emotional learning through community engagement and collaboration. *Educational Research*, 65(3), 285-300. doi.org/10.1080/00131881.2023.2209097
3. Appel, H.B., Nguyen, P.D., Christenson, R. (2022). Maternal and mental health disparities among the underserved in the United States. *International Journal of Psychology and Behavior Analysis*, 8(1), 1-4. doi.org/10.15344/2455-3867/2022/187
4. Ai, A.L., Raney, A.A., & Appel, H.B. (2022). Trauma following Hurricanes Maria and Michael: Complicated roles of hazard-related factors, negative coping strategies, and positive character strengths. *Natural Hazards Research*, 2(3), 259-267. https://doi.org/10.1016/j.nhres.2022.08.004
5. Appel, H.B., Niitsu, K., West, M., White, B., Gordon, C., & Thompson, A. (2021). Virtual community-engaged Behavioral Health Day for college students: A case report. *Journal of Behavioral and Social Sciences*, 8(4), 238-245.
6. Appel, H.B., Nguyen, P.D., Bang, K. (2021). Eliminating racial and ethnic disparities in Asian Americans in the U.S. *Journal of Health Inequalities*, 7(1), 52-56. doi:10.5114/jhi.2021.107008
7. Appel, H.B., Raney, A.A., & Ai, A.L. (2021). Positive emotional traits and coping related to depression in the aftermath of category 5 hurricanes. *Traumatology*, 27(4), 455–464. doi: 10.1037/trm0000330
8. Ai, A., Appel, H.B., Lee, J., & Fincham, F. (2021). Family factors related to three major mental health issues among Asian American nationwide. *Journal of Behavioral Health Services Research*, 49, 4-21.
9. Appel, H.B., & Nguyen, P.D. (2020). Eliminating racial and ethnic disparities in behavioral health care in the U.S. *Journal of Health and Social Sciences*, 5(3), 301-308. doi: 10.19204/2020/lmnt7
10. Appel, H.B., Ai, A., & Tingir, S. (2019). Missed appointments by hypertensive patients in transitional care: Race and insurance correlates. *Journal of Public Health Issues and Practices*, 3(157), 1-7. doi:10.33790/jphip1100157
11. Prost, S.G., Appel, H.B., & Ai, A. (2018). Coping and post-traumatic stress after Hurricanes Katrina and Rita: Racial disparities in social work student-practitioners. *Journal of Social Service Research*, 1-11. doi:10.1080/01488376.2018.1476296
12. Ai, A., Appel, H.B., & Lee, J. (2016). Acculturation factors related to obesity of Latino American men nationwide. *American Journal of Men's Health*, 12(5), 1421-1430. doi:10.1177/1557988316653182
13. Ai, A., Appel, H.B., & Nicdao, E. (2016). Differential associations of religious involvement with the mental health of Asian American subgroups: A cultural perspective. *Journal of Religion and Health*. 55(6), 2113-2130. doi:10.1007/s10943-016-0257-0

14. Ai, A., Nicdao, E., Appel, H.B., & Lee, D. (2015). Ethnic identity and major depression in Asian American subgroups nationwide: Differential findings in relation to subcultural contexts. *Journal of Clinical Psychology, 71*(12), 1225-1244. doi: 10.1002/jclp.22214
15. Appel, H.B., Huang, B., Cole, A., James, R., & Ai, A. (2014). *Starting the Conversation – A childhood obesity knowledge project using an app. British Journal of Medicine and Medical Research, 4*(7), 1526-1538. PMC3963698.
16. Appel, H.B., Ai, A., Huang, B & Nicdao, E.G. (2013). Detrimental effects of discrimination on mental health in Asian Americans: Counteracting roles of religious involvement. *International Journal for the Psychology of Religion, 24*(1), 28-46. doi: 10.1080/10508619.2012.761524
17. Huang, B., Appel, H.B., Nicdao, E.G., Lee, J.D., & Ai, A. (2013). Chronic conditions, behavioral health and use of health services among Asian American men: The first nationally representative sample. *American Journal of Men's Health, 7*(1), 66-76. doi: 10.1177/1557988312460885
18. Ai, A., Huang, B., Bjorck, J., & Appel, H.B. (2013). Religious attendance and major depression among Asian Americans from a national database: The mediation of social support. *Psychology of Religion and Spirituality, 5*(2), 78-89. doi:10.1037/a0030625
19. Ai, A., Bjork, J.P., Appel, H.B., & Huang, B. (2013). Asian American spirituality and religion: Inherent diversity, uniqueness and long-lasting psychological influences. In K.I. Pargament (Ed.), *APA Handbook of Psychology, Religion and Spirituality* (pp.1257-1298). Washington, D.C.: American Psychological Association.
20. Ai, A., Noël, L., Appel, H.B., Huang, B., & Hefley, W. (2013). Overall health and health care utilization in Latino American men in the U.S. *American Journal of Men's Health, 7*(1), 66-76. doi:10.1177/1557988312460885
21. Ai, A., Appel, H.B., Huang, B. & Lee, K. (2012). Overall health and health care utilization among Latino American women in the U.S. *Journal of Women's Health, 21*(8), 878-885. doi:10.1089/jwh.2011.3431
22. Huang, B., Appel, H.B., Ai, A., & Lin, C. (2012). Religious involvement effects on mental health in Chinese Americans. *Asian Culture and History, 4*(1), 2-12. doi:10.5539/ach.v4n1p2
23. Ai, A., Plummer, C., Kanno, H., Heo, G., Appel, H., Simon, C., & Spigner, C. (2011). Positive traits versus previous trauma: Racially different correlates with PTSD symptoms among hurricanes Katrina-Rita volunteers. *Journal of Community Psychology, 39*(4), 1-19. doi: 10.1002/jcop.20442
24. Appel, H.B., Huang, B., Ai, A., & Lin, C. (2011). Physical, behavioral and mental health issues in Asian American women: Results from the National Latino and Asian American Study. *Journal of Women's Health, 20*(11), 1703-1711. doi: 10.1089/jwh.2010.2726
25. Huang, B., Appel, H.B., & Ai, A. (2011). The effects of discrimination and acculturation to service seeking satisfaction for Latina and Asian American women. *Social Work in Public Health, 26*, 46-59. doi: 10.1080/10911350903341077
26. Ai, A., Pargament, K., Appel, H.B., & Kronfol, Z. (2010). Depression following open-heart surgery: A path model involving interleukin-6, spiritual struggle, and hope under pre-operative distress. *Journal of Clinical Psychology, 66*(10), 1057-1075. doi: 10.1002/jclp.20716
27. Ai, A., Pargament, K., Kronfol, Z., Tice, T. & Appel, H. (2010). Pathways to postoperative hostility in cardiac patients: Mediation of coping, spiritual struggle, and interleukin-6. *Journal of Health Psychology, 15*(2), 186-195. doi: 10.1177/1359105309345556

28. Ai, A., Appel, H.B. & Pasic, J. (2008). Mental health comorbidity in cardiovascular disease: Implications for interdisciplinary intervention. In L. Sher (Ed.), *Psychological factors and cardiovascular disorders: The role of psychiatric pathology and maladaptive personality features* (pp.311-337). New York: Nova Science Publishers.
29. Abe-Kim, J., Takeuchi, D., Hong, S., Zane, N., Sue, S., Spencer, M., Appel, H., Nicdao, E., & Alegría, M. (2007). Twelve-month use of services among Asian Americans: Results from the National Latino and Asian American Study. *American Journal of Public Health, 97*(1), 91-98. doi: 10.2105/AJPH.2006.098541

FELLOWSHIPS and AWARDS

- 2023 Ambassador Scholarship, Patient-Centered Outcomes Research Institute (PCORI), WA, D.C.
- 2021 Collaborative Online International Learning Award, UW Bothell, Bothell, WA.
- 2021 Connected Learning's Learning Community Award, UW Bothell, Bothell, WA.
- 2020 Connected Learning's Learning Community Award, UW Bothell, Bothell, WA.
- 2019 Teaching and Learning Center's Learning Community Award, UW Bothell, Bothell, WA.
- 2017 Community Based Learning and Research Fellow, UW Bothell, Bothell, WA.
- 2017 Chancellor's Research Mentor & Creative Practice Award Nominee, UW Bothell, Bothell, WA.
- 2012 Snohomish County YMCA Ray Sievers Achievers Volunteer Award, Everett, WA.
- 2011 Fellowship Award, Family Research Consortium V, Mental Health and Substance Use: Risks, Prevention, Treatment and Policies. San Juan, Puerto Rico.
- 2003 Student Investigator Award, Association for Prevention Teaching and Research and Centers for Disease Control and Prevention, Washington, D.C.
- 1994 Best Program Planning Project, *Cancer Screening among Hispanic Women in Los Angeles*, Loma Linda University, Loma Linda, CA.

RESEARCH & COMMUNITY TRAINING

- 2019 Patient-Centered Outcomes Research Institute (PCORI) Ambassador, Washington, D.C.
- 2019 World Suicide Prevention Day Training, University of Washington, Seattle, WA.
- 2017 Inter-university Consortium for Political & Social Research, Quantitative Methods of Social Research Fellow, University of Michigan, Ann Arbor, MI
- 2017 Patient-Centered Outcomes Research Institute (PCORI) Ambassador, Washington, D.C.
- 2016 Patient-Centered Outcomes Research Institute (PCORI) Ambassador, National Harbor, MD.
- 2016 Addiction Health Services Research Conference: Science, Practice & Policy, Seattle, WA.
- 2015 Robert Wood Johnson Foundation, New Connections 9th Annual Symposium, Princeton, NJ.
- 2015 Tulalip-Marysville Pilchuck Trauma Response Team. School & Community Based Post Traumatic Stress Management, Marysville, WA.
- 2013 Robert Wood Johnson Foundation, New Connections Coaching Clinic, Princeton, New Jersey.
- 2010 Annual Congress on Women's Health, American Medical Women's Assoc., Washington, D.C.
- 2007 Robert Wood Johnson Foundation (RWJF), New Connections Research Clinic, Washington, D.C.
- 2006 Fourth Annual Institute of Family Research Consortium, On the Move: Geographic Transitions and the Mental Health of Families. Foundation for Child Development and Robert Wood Johnson Foundation (RWJF), Spokane, WA.

2006 National Institute of Mental Health, Transition to Research Career Independence for Pediatric Mental Health, Bethesda, MD.

PRESENTATIONS

National Conferences

- November 2023 *Elimination of racial and ethnic disparities in behavioral health care in the United States.* Presented at the American Public Health Association meeting, Atlanta, GA.
- November 2022 *A comparison of perceived spiritual support and traumatization in Latinos and non-Latinos.* Presented at the American Public Health Association meeting, Boston, MA.
- October 2021 *Behavioral health day for college students- community engaged and remote program. The complicated role of character strengths, and negative coping in post-disaster well-being.* Both were presented at the American Public Health Association meeting, Denver, CO.
- October 2020 *Character strengths and religious coping positive linked with anxiety in cardiac patients. And Second Presentation: Major psychiatric disorders in Latino Americans: Discrimination, family cohesion, social support, and religious involvement.* Presented virtually at the American Public Health Association meeting via Zoom.
- October 2019 *Mental illness and alcohol use in Asian Americans in Snohomish and King Counties.* Poster presented at the Addiction Health Services Research Conference, Park City, UT.
- November 2018 *Substance Use and Mental Health Screening and Prevention Program.* Presented at American Public Health Association Meeting, San Diego, CA.
- November 2017 *Cancer Screening among Latinas and Asian American women.* Presented at the American Public Health Association Meeting, Atlanta, GA.
- April 2017 *Breast and Cervical Cancer Program: Cancer Screening for Immigrants & Refugees.* Poster presented at the Academy of Women's Health Congress, Washington, D.C.
- November 2015 *A comparison of psychosocial risk factors and protective factors in mental health among Latinas & Latinos in the U.S.* Presented at APHA, November, 2015.Chicago, IL.
- November 2014 *Starting the Conversation – A childhood obesity project using an App.* Presented at the American Public Health Association Meeting, New Orleans, LA.
- November 2013 *A comparison of physical health, mental health, and health service seeking among Latino Americans in the U.S.* American Public Health Association, Boston, MA.
- October 2012 *Discrimination generalized anxiety disorder and religious involvement in Asian Americans: Results from a national study.* APHA Meeting, San Francisco, CA.
- November 2011 *Acculturation, discrimination and health service-seeking in Latina and Asian American Women.* American Public Health Association, Washington, D.C.
- August 2011 *Differential association of religious attendance and coping with mental health among Asian Americans: A national study.* American Psychological Association Convention, Washington, D.C.
- January 2011 *The effects of discrimination and acculturation to service seeking satisfaction for Latina and Asian American women: Results from the National Latino and Asian American Study.* National Multicultural Conference and Summit, American Psychological Association, Seattle, WA.
- November 2010 *Health and mental health care disparities in Asian American women: Results from NLAAS.* American Public Health Association, Denver, CO.

- March 2010 *Behavioral, chronic, and mental health issues in Asian American women: Results from the National Latino and Asian American Study (NLAAS)*. Healthy People Conference, Loma Linda, CA; and also at the 18th Annual Congress of Women’s Health, WA, D.C.
- November 2009 *Pathways to Resilience among African-American and Caucasian Volunteers in the Aftermath of Hurricanes Katrina-Rita*. American Public Health Association, Philadelphia, PA.
- November 2007 *Mental Health Care among Asian Americans: Results from the National Latino and Asian American Study (NLAAS)*. American Public Health Association, WA., D.C.
- November 2006 *Health Insurance and Access to Mental Health Care in Minorities: Results from the National Latino and Asian American Study*. Presented at the 134th Annual Meeting of the American Public Health Association, Boston, MA.

Local Community Presentations

- December 2018 *Diversity and Mental Health Among College Students*. Northwest Vietnamese Student Association Symposium. Bellevue, WA. (Invited)
- April 2016 *Mental Health and the Criminal Justice System*. North Puget Sound Conference on Race. Snohomish County Communities of Color Coalition. University of Washington Bothell. Bothell, WA. (Invited)
- May 2014 *Acculturation, Health Service-Seeking for Latina and Asian American Women*. Conference on Race, Snohomish County Communities of Color Coalition. Edmonds Community College. Edmonds, WA. (Invited)
- October 2008 *Mental Health Care in Minority Populations*. Third Annual Senior Services of Snohomish County, Lynnwood Convention Center, Lynnwood, WA. (Invited)
- October 2005 *Depression among Minority Women during Pregnancy and Postpartum*. The 12th Annual Joint Conference on Health, Washington State Public Health Association, Yakima, WA.

PROFESSIONAL AFFILIATIONS

- 2020 - American Public Health Association Annual Meeting Abstract Reviewer
- 2019 - American College Health Association
- 2010 - University of Washington, Institute of Translational Health Sciences
- 2006 - American Public Health Association
- 2005 - Washington State Public Health Association
- 2003 - Association for Prevention Teaching and Research

COMMUNITY SERVICE and UWB COMMITTEES

- 2019-2022 Learning Community Lead Facilitator, Behavioral Health in a College Setting, UWB
- 2017-2018 Learning Community Committee Member, Pedagogical Skills at UW Bothell
- 2017-2018 Faculty Representative at UWB’s “Preview Day” and “Admitted Students Day”
- 2016 - Faculty mentor, Vietnamese Student Association, University of Washington Bothell
- 2014 - 2018 Conference Planning Committee, Snohomish County Communities of Color Coalition
- 2011-2012 Representative, Marysville Getchell Bio-Med High School, Marysville School Board
- 2010-2011 Legislative Chair, Parent and Teacher Association, Marysville Middle School
- 2009-2014 Mentor and Tutor, Snohomish County YMCA Minority Achievers Program