

# Yanling Chen

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## EDUCATION

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**Universitat Autònoma de Barcelona (UAB)**, Barcelona, Spain

October 2025-September 2029

**PhD of Demography**

- **Research direction:** Digital Use; Adolescent Well-Being; Families; Cultural Comparison

**Zhejiang Normal University (ZJNU)**, Jinhua, China

September 2022-June 2025

**Master of Applied Psychology**

- **GPA:** 3.45/4.0
- **Core courses:** A special study in developmental Psychology(91), Advanced psychological Counseling project(90), Psychological essay writing guidance(90), Psychological academic norms and academic ethics education(88), Psychological counseling and treatment case discussion(86)

**Sichuan Normal University(SCNU)**, Chengdu, China

September 2018-June 2022

**Bachelor of Psychology**

- **GPA:** 3.39/4.0
- **Core courses:** Psychological Statistics and Common Software(93), General Psychology(88), Experimental Psychology(86), Developmental Psychology(88), Fundamentals of Pedagogy(88)

## PUBLICATION

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- **Chen, Y.**, Xie, R., Tan, D., Wang, X., Fan, R., Li, W., & Ding, W. \* (2023). Bidirectional longitudinal relationships between victimization, resilience and suicidal ideation of adolescents. *Children and Youth Services Review*, 154, 107130.
- Xie, R.†, Wang, X.†, Ding, Y.\* , **Chen, Y.\***, & Ding, W. (2024). The Impact of Parental Autonomy Support on Family Adaptation in the Context of "Double Reduction": The Mediating Role of Parent-Child Communication and Cohesion. *Behavioral Sciences*, 14(7), 534.
- Chen, T., Xie, R., **Chen, Y.**, Wenren, S., Li, W., & Ding, W. (2025). The bidirectional relations between parental autonomy support, gratitude and academic engagement in Chinese adolescents. *Journal of Youth and Adolescence*, 54(6), 1520-1535.
- Chen, T., Xie, R.†, Yang, Q., **Chen, Y.**, Li, W., & Ding, W.\* Longitudinal reciprocal relations between general basic psychological need satisfaction, social support, and academic engagement among Chinese adolescents. *Social Psychology of Education*, 28(1), 12.

## RESEARCH EXPERIENCES

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**National Social Science Foundation Project: Impact Mechanism and Preliminary Study on Family Adaptation under the "Double Reduction" Policy**

January 2023- present

Core Member

- Drafted a comprehensive project proposal detailing research objectives and methodologies
- Developed a detailed questionnaire addressing variables influenced by the "Double Reduction" policy, successfully administering it across various primary and secondary schools over two years
- Analyzed extensive data sets and co-authored a publication in a peer-reviewed journal, showcasing significant findings on family adaptation

**Conference: Zhejiang Social Psychology Conference**

January 2024

- Presented research findings at the 7th General Meeting of the Zhejiang Province Social Psychology Association
- Awarded Second Prize for Best Paper at this conference, highlighting the impact and quality of my research

**Project: The Relationship between Family Education and Children's Social Development in the New Era: A Four Year Longitudinal Empirical Study**

*June 2023- present*

*Core Member*

- Utilized Mplus software to analyze developmental trajectories of key variables over time, contributing to a deeper understanding of family education's impact on child development
- Co-authored a book chapter on "Characteristics of Family Education Development," integrating empirical findings with theoretical frameworks.

**Project: Behavioral neural mechanism of intergenerational transmission of emotion regulation: based on the perspective of parent-child synchronicity in interactive scenarios**

*March 2023- present*

*Core Member*

- Gained expertise in near-infrared spectroscopy and contributed to the project proposal
- Completed the manuscript for a related paper, currently under submission

**Research on the Management Mode and Development Trend of Out-of-school training Abroad**

*July 2023- present*

*Core Member*

- Actively contributed to the writing of the project proposal, ensuring alignment with research goals and methodologies
- Led a subgroup studying the out-of-school training in South Korea, synthesizing findings and guiding team members

**Provincial Social Science Planning Project: Research on the Changes and Influencing Factors of Parents' Psychological Adaptation under the Background of 'Double Reduction'**

*January 2023- July 2024*

*Core Member*

- Designed and implemented questionnaires related to the "Double Reduction" policy, conducting surveys in various educational settings
- Collected relevant data and constructed models, co-authoring a paper published in collaboration
- Participated in the project's conclusion phase, presenting findings and contributing to policy recommendations

## PROFESSIONAL EXPERIENCES

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**Fujian Experimental High School, Jinhua, China**

*March 2024-June 2024*

*Psychological health teacher*

- Responsible for psychological health classes for seventh to Eighth Grades
- Taught psychological health knowledge, such as memory training, life and health education, etc
- Organize Mental Health Festival and psychological group counseling

**Sichuan Normal University Affiliated Middle School Foreign Language School, Chengdu, China**

*March*

*2021-June 2021*

*Psychological health teacher and class teacher*

- Responsible for psychological health classes for seventh to Ninth Grades
- Taught psychological health knowledge, such as sexual assault prevention education, attention training, etc
- Organize 525 Mental Health Month activities and class meetings

## HONORS & AWARDS

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- China Scholarship Council (CSC)
- National Scholarship(TOP 1%, ¥20000)  
October 2024
- Zhejiang Social Psychology Association 7th Member Congress and 2023 academic annual meeting paper evaluation second prize  
*January 2024*
- University-Level Research Scholarship, ZJNU (¥3000)  
*2024*
- University-Level Academic First-Class Scholarship, ZJNU (Top 5%, ¥12000)  
*2023*
- University-Level Outstanding Intern Award (Top 5%)  
*2021*
- University-Level Academic Third-Class Scholarship, SCNU (Top 20% , Twice)  
*2018-2019*

## **SKILLS AND INTERESTS**

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**Coding Skills:** Knowledge in Office (Excel, Word, Powerpoint), Mplus, SPSS, R, and Amos

**Languages:** Mandarin (native), English (IELTS: 6.5)