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## **Reducing the chronic disease burden in China: tailoring a self-management intervention among Chinese people with chronic lung disease**

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## List of publications

### Published

**Song XY**, Zhang WH, Hallensleben C, Versluis A, van der Kleij R, Jiang ZL, Chavannes NH, and Gobbens R JJ, “Associations between obesity and multidimensional frailty in older Chinese people with hypertension,” *Clinical Intervention in Aging*, vol. 15, pp. 811-820, 2020.

**Song XY**, Hallensleben C, Zhang WH, Jiang ZL, Shen HX, Gobbens JJ R, Van der Kleij R, Chavannes NH, and Versluis A, “Blended self-management interventions to reduce disease burden in patients with chronic obstructive pulmonary disease and asthma: systematic review and meta-analysis,” *Journal of Medical Internet Research*, vol. 23, no. 3, Mar, 2021.

**Song XY**, Hallensleben C, Li BB, Zhang WH, Jiang ZL, Shen HX, Gobbens R JJ, Chavannes NH, and Versluis A, “Illness perceptions and self-management among people with chronic lung disease and healthcare professionals: a mixed-method study identifying the local context,” *Healthcare*, vol. 10, no. 9, pp. 1657, 2022.

**Song XY**, Hallensleben C, Shen HX, Zhang WH, Gobbens RJJ, Chavannes NH, and Versluis A, REducing delay through edUcation on eXacerbations for people with chronic lung disease: Study protocol of a single-arm pre-post study, *Journal of Advanced Nursing*. 2022, 78(8):2656-2663.

**Song XY**, Huang LL, Zhang WH. Correlation between body mass index and frailty for community aged people in Zhengzhou, Henan, China. *Chinical Journal of Rehabilitation Theory Practice*. 2017,23(08):976-979.

**Song XY**, Huang LL, Zhang WH, Su YY, Sun D, Pan LN, Yu Z. Correlation study of overweight and obesity with frailty among the elderly in Zhengzhou community. *Clinical Journal of Disease Control Prevention*. 2017,21(08):852-854.

**Song XY**, Yang DB, Zhang HY, Li YH, Yang Y, Cao ZQ, Zhang WH. A tutorial system for undergraduate interns in general hospitals. *Chinese General Practice Nursing*. 2017,155(06):659-661.

**Song XY**, Su YY, Sun D, Zhang WH. Effect of square dance on health of middle-aged and elderly people and ideas of community health care model. *Nursing Research of China*.2017,31(17):2056-2058.

**Song XY**, Su YY, Sun D, Zhang WH. Current Status of Exercise Rehabilitation of Frailty for Elderly (review). *Clinical Journal of Rehabilitation Theory Practice*. 2017,23(4):402-405.

**Song XY**, Zhang WH, Su YY, Sun D, Ji CH, Yang DB, Zhang HY. Research progress of application of service learning in geriatric nursing teaching. *Chinese Journal of Nursing Education*. 2016,13(12):943-946.

**Song XY**, Wang ZY, Yu XM, Bai YL, Dou DM. Investigation on sub-health status of perimenopausal women in urban and rural areas of Henan province. *Chinese General Practice Nursing*. 2014,12(30):2865-2866.

Dou DM, **Song XY**, Wang ZY, Yu XM, Bai YL. Sub-health status and influencing factors of perimenopausal women in Henan. *Chinese Journal of Gerontology*.2016,36,(19):4905-4906.

Hallensleben C, Meijer E, Biewenga J, Regien MMKS., Veltman M, **Song XY**, Biewenga J, van Boven, JFM, & Chavannes NH. REducing Delay through edUcation on eXacerbations (REDUX) in patients with COPD: a pilot study. *Clinical eHealth*, 2020, 3, 63-68.

## List of publications

Shen HX, van der Kleij R, van der Boog PJM, Wang W, **Song XY**, Li Z, Lou X, Chavannes NH. Digital tools/ eHealth to support CKD-self management: Perceptions, attitudes and needs of patients and health care professionals in China. *International Journal of Medical Informatics*. 2021.

Shen HX, van der Kleij R, van der Boog PJM, **Song XY**, Wang W, Zhang T, Li Z, Lou X, Chavannes NH. Developing and evaluating an eHealth self-management intervention for patients with chronic kidney disease in China: protocol for a mixed-method hybrid type 2 trial. *BMC Nephrology*. 2020; 21: 495.

## Papers submitted

**Song XY**, Hallensleben C, Wang HB, Zhang WH, Guo J, Zhou Q, Li BB, Shen HX, Gobbens J.J.R, Chavannes H, Versluis A. Factors influencing REducing Delay through edUcation on eXacerbations implementation: a stakeholder analysis. *Applied Nursing Research*. 2023.

Shen HX, van der Kleij R, van der Boog PJM, Wang W, **Song XY**, Li Z, Lou X, Chavannes NH. Prevalence of reduced kidney function, kidney function decline and related risk factors among a primary care population in China: A repeated cross-sectional study. *BMJ Open*.2021

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### **Curriculum vitae**

Xiaoyue Song was born on May 1st, 1993, in Xunxian, Henan province, China. She began her undergraduate studies in nursing science at Henan University in September 2011 and obtained her bachelor's degree in July 2015. Subsequently, she pursued a master's degree in community and elderly nursing at Zhengzhou University starting in September 2015. Her master's thesis, titled "A study on the effect of a home-based exercise intervention on hypertensive patients with frailty," was completed under the guidance of Prof. dr. Weihong Zhang, and she graduated in July 2018. Xiaoyue Song was awarded the "National Scholarship" during both her undergraduate and graduate studies, as well as the titles of "Outstanding Graduate Student of Henan Province" and "Outstanding Graduate Student of Zhengzhou University."

In September 2018, Xiaoyue Song received financial support from the China Scholarship Council to pursue her doctoral research in the Department of Public Health and Primary Care at the Leiden University Medical Center in the Netherlands, under the supervision of Prof. dr. Niels Chavannes, Dr. Anke Versluis, Mw Cynthia Hallensleben, and Prof. dr. Robbert J.J. Gobbens. During her PhD, she collaborated with Prof. dr. Weihong Zhang from Zhengzhou University and Dr. Bo Li from Henan University. Her research focused on tailoring a self-management intervention for chronic disease management to the Chinese context, using a Dutch program that had proven effective. The Chinese government has funded Xiaoyue Song's PhD studies, and the results of her research are presented in this thesis.

**Acknowledgement**

On September 1, 2018, I began my journey from China to the Netherlands to embark on my PhD study at Leiden University Medical Center. The four and a half years of my PhD trajectory have been like sailing, with ups and downs. With the company and support of the following individuals, I have been given the strength and power to finish this exciting journey.

I want to express my sincere gratitude to my promoter, Prof. dr. Niels H. Chavannes. Niels inspired me to dive into an exciting research project on chronic lung disease, during which he provided insightful and wise suggestions. My gratitude to Dr. Anke Versluis is beyond words. She has provided exceptional guidance and support throughout my PhD studying, including research study design, critical thinking, multiple-task working, and academic writing. I want to express my deepest gratitude to my supervisor Cynthia. She has been warm and kind, always going above and beyond to ensure I am on track. Last but not least, my co-promotor, Prof. dr. Robbert. J.J. Gobbens always replies to my inquiries with unwavering positivity and promptness. His dedication and commitment to helping me succeed in my role are essential.

The projects in this thesis were only possible with the support of many people. Thanks to my Chinese supervisors, Prof. dr. Weihong Zhang and Dr. Bo Li, and Chinese colleagues, Dr. Yanfei, Dr. Beilei, Qian, Zongliang, Bingbing, Haibo, and Jun, who helped collect data and analyze it. Thanks to my colleagues at the Department of Public Health and Primary Care, Charlotte, Hongxia, Zhixun, Wenrui, and Chao. You offered supportive advice and encouragement with a perfect blend of insight and humour. Special thanks to Hongxia; you accompanied me throughout my entire PhD trajectory.

Thanks to my roommates who shared the office with me at V7-60. I still miss our relaxing lunch talks, tea chats, celebrating holidays, and seeing movies together. Laura, Janneke, Pearl, Petra, Tadjar, Romy, Nele, Sukainah, Miami, Tom, and Jingyuan, I wish you all the best for your PhD projects and life.

Thanks to the colleagues at NeLL and WeLL. These are warm and friendly organizations with many lovely people. I still remember that during the quarterly NeLL meetings, Hine always addressed the importance of speaking English to welcome increasing international partners. Also, I was impressed by the monthly NeLL gatherings, during which we brainstormed ideas and shared excellent beers and snacks. What beautiful memories! I hope every researcher working on eHealth worldwide knows WeLL and joins this excellent organization.

I am grateful to my friends Wei, Di, Da, and Jing for significantly reducing my homesickness and optimizing the balance between work and life. I still recall the day we played Chinese Majin in the field, cooked delicious Chinese food every Saturday night, had a BBQ at the beach of Katwijk, and participated in the “Nieuwjaars duik” every year. Having much Chinese food did weigh me, but the

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good thing is that I am with friends who love exercise. Xuhan, Wei, Wensen, and Li, thank you for running outside with me during COVID-19. I can keep running with your company to stay fit and positive during the pandemic. And thanks to Zhengzheng, Xueying, and Wei for inspiring me to have one year of club power and power yoga training, allowing me to achieve the shape I've always dreamed of.

Special thanks go to my boyfriend, Liang Xu. Your unconditional love encourages me to be a better version of myself, and you are always there for me when I need you. You immediately sent me a flexible-left table when you found out I suffered from back pain from long hours sitting in front of the computer. You always root for me and cheer me up when I feel down. Dear Liang, you have provided all the love one can hope to find. Thank you so much for your love and kindness. I believe my stay in the Netherlands will be delightful because of you.

I want to express my deepest gratitude to my parents for their unwavering support and encouragement. Without their selfless dedication to my well-being, I would not have been able to pursue my dreams and achieve my goals. I am forever indebted to them for instilling in me the values of hard work, determination, and resilience. Thank you, Mom and Dad, for all you have done for me. I am grateful to have you as my parents, and I will always cherish your love and guidance.

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