



## Dr Li Ziqiang

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### Research/Innovation Interests:

- Mental health recovery
- peer-to-peer intervention,
- self-management,
- aggression management
- mental health education

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### **Biography Research/Innovation Interests:**

Dr Li Ziqiang is a nurse researcher and healthcare leader at the Institute of Mental Health (IMH), where she has served since 2001. She completed her Advanced Diploma in Nursing (Psychiatry) in 2006 and Bachelor of Science (Nursing) in 2008, culminating in her Doctor of Philosophy from the National University of Singapore in 2018. Her doctoral research focused on developing and evaluating a designed Peer-led Self-management Programme for people with Schizophrenia.

As Chairperson of the Nursing Research and Evidence-Based Practice (EBP) Unit and Deputy Director at the JBI-IMH Evidence-based Practice Centre, Dr Li has established research frameworks that enhance the development of nursing research capabilities and foster evidence-based nursing practice at IMH. She concurrently serves as an adjunct lecturer at the Alice Lee Centre for Nursing Studies, National University of Singapore.

Dr Li's research interests span multiple areas in mental health, including recovery models, peer support interventions, self-management strategies, and aggression management. She has also mentored work in innovative educational approaches, incorporating standardised patient methodology and gamification in nursing education and practice.

## Selected Publications

- Tay, J., Li, Z. and Goh, Y. (2024), Experiences of Informal Caregivers Caring for Individuals With Chronic Schizophrenia in Asia: A Systematic Review and Meta-Synthesis. *J Psychiatr Ment Health Nurs.* <https://doi.org/10.1111/jpm.13126>
- Ser, H., Pua, X., Li, Z. and Goh, Y. (2024), Experiences of Certified Peer Support Specialist Providing Formal Peer Support in Mental Health Services: A Systematic Review and Meta-Synthesis. *Int J Mental Health Nurs.* <https://doi.org/10.1111/inm.13415>
- Goh, Y. S. S., Ow Yong, J. Q. Y., & Li, A. Z. (2023). Effectiveness of Illness Management and Recovery program on people with severe mental illnesses: a systematic review and meta-analysis. *Frontiers in psychiatry*, 14, 1162288. <https://doi.org/10.3389/fpsy.2023.1162288>
- Peck, C. K. H., Thangavelu, D. P., Li, Z., & Goh, Y. S. (2023). Effects of peer-delivered self-management, recovery education interventions for individuals with severe and enduring mental health challenges: A meta-analysis. *Journal of psychiatric and mental health nursing*, 30(1), 54–73. <https://doi.org/10.1111/jpm.12853>
- Tay, J. L., Li, Z., & Sim, K. (2022). Effectiveness of Artificial Intelligence Methods in Personalized Aggression Risk Prediction within Inpatient Psychiatric Treatment Settings-A Systematic Review. *Journal of personalized medicine*, 12(9), 1470. <https://doi.org/10.3390/jpm12091470>
- Tay, J. L., & Li, Z. (2022). Brief contact interventions to reduce suicide among discharged patients with mental health disorders—A meta-analysis of RCTs. *Suicide and Life-Threatening Behavior*, 52, 1074–1095. <https://doi-org.libproxy1.nus.edu.sg/10.1111/sltb.12903>
- Lim, M., Li, Z., Xie, H., Tan, B. L., & Lee, J. (2021). The Effect of Therapeutic Alliance on Attitudes Toward Psychiatric Medications in Schizophrenia. *Journal of clinical psychopharmacology*, 41(5), 551-560. <https://doi: 10.1097/JCP.0000000000001449>.
- Goh, Y. S., Owyong, J., Seetoh, Y. M., Hu, Y., Chng, M. L., & Li, Z. (2021). Exploring pedagogies used in undergraduate mental health nursing curriculum: An Integrative Literature Review. *International journal of mental health nursing*, 30(1), 47–61. <https://doi.org/10.1111/inm.12816>.
- Goh, Y. S., Seetoh, Y. M., Chng, M. L., Ong, S. L., Li, Z., Hu, Y., Ho, C. R., & Ho, S. (2020). Using Empathetic CARE and REsponse (ECARE) in improving empathy and confidence among nursing and medical students when managing dangerous, aggressive and violent patients in the clinical setting. *Nurse education today*, 94, 104591. <https://doi.org/10.1016/j.nedt.2020.104591>
- Tan, B. L., Zhen Lim, M. W., Xie, H., Li, Z., & Lee, J. (2020). Defining Occupational Competence and Occupational Identity in the Context of Recovery in Schizophrenia. *The American journal of occupational therapy : official publication of the American Occupational Therapy Association*, 74(4), 7404205120p1–7404205120p11.
- Tay, J. L., Li, Z., Xu, C., & Zhou, Z. (2019). A systematic review of the safety and efficacy of rapid titration of quetiapine running header: Rapid titration of Quetiapine- A systematic review. *Psychiatry research*, 281, 112557.
- Lim, M., Li, Z., Xie, H., Tan, B. L., & Lee, J. (2019). An Asian study on clinical and psychological factors associated with personal recovery in people with psychosis. *BMC Psychiatry*, 19(1).
- Li Z. (2017). Effectiveness of the Peer-Led Self-Management programme for People with Schizophrenia in Enhancing Recovery: a Randomised Controlled Trial. National University of Singapore.