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Education

Ph.D. in Educational Studies, Johns Hopkins University, USA, 2024

M.S.Ed. in Education Policy, University of Pennsylvania, USA, 2020

B.E. in Industrial Systems Engineering, National University of Singapore, Singapore, 2019

B.A. in Economics (Honors and Distinction), National University of Singapore, Singapore, 2019

Academic Appointments

Assistant Professor (Education Track), Education Advancement Department, Duke-NUS Medical School, Sept 2025 - Present

Assistant Professor of Learning Analytics, CIS

Academic Administrative Positions

Other Positions Held

Affiliate Member, Centre for Holistic Initiatives for Learning and Development (CHILD), National University of Singapore, Jan 2026 - Present

Research Fellow, Centre for Holistic Initiatives for Learning and Development (CHILD), National University of Singapore, June 2024 - Sept 2025

Instructor in International Teaching & Global Leadership, Johns Hopkins University, Jan 2023 - June 2023

Awards and Honors

JREE Outstanding Article Award, 2023
Johns Hopkins Research Methods Fellowship, 2022 & 2023
Finalist for Best Student Poster at APA Division 15, 2022
APA Division 15 Claire Ellen Weinstein Doctoral Student Fellowship, 2022
Meta-Analysis Training Institute Trainee Fellowship, 2022
Johns Hopkins Ph.D. in Education Research Scholarship, 2020-2024
Penn M.S.Ed. Merit Scholarship (US\$10,000), 2019
Peking University Summer School Scholarship, 2018
NUS Bachelor Degree Science & Technology Scholarship (S\$400,000), 2015

Professional Memberships

Society for Research Synthesis Methodology (SRSM)
Society for Research in Educational Effectiveness (SREE)
American Education Research Association (AERA)
American Psychological Association (APA)
University Council for Educational Administration (UCEA)
Comparative and International Education Society (CIES)

RESEARCH

Research Interests

Meta-analysis and systematic review
Mental health interventions
Adolescents' social media use
AI chatbot for mental health

Publications

Journal Articles [Refereed]

Zhang, Q., Wang, X., Tian, XR., & Gehlbach, H. (conditional acceptance). Social support at your fingertips: A meta-analysis of students' social media usage and social support. *Review of Educational Research*.

Zhang, Q., Li, L., Sui, Y., Lin, F., & Huang, Z. (2025). Healing online or onsite? A meta-analysis of online mental health RCTs and a comparison with in-person RCTs among children and adolescents. *Adolescent Research Review*.

Zhang, Q.*, Zhang, R., Xiong, Y., Sui, Y., Tong, C., & Lin, F. (2025). Generative AI mental health chatbots as therapeutic tools: A systematic review and meta-analysis of their role in minimizing mental health issues. *Journal of Medical Internet Research*.

Zhang, Q.*, Huang, Z., Sui, Y., Lin, F., Guan, H., Li, L., Wang, K., & Amanda J. Neitzel (2025). Social-media-based mental health interventions: A meta-analysis of randomized controlled trials. *Journal of Medical Internet Research*.

Xiong, Y., Tang, H., Sui, Y., & **Zhang, Q.** (2025). English-as-an-additional-language counselor trainees' professional identity: The relationship with their language proficiency, foreign language anxiety, and acculturation. *Journal of*

Counseling and Development.

- Wang, X., **Zhang, Q.**, Davis, M. (2025). Positive teacher feedback and adolescents' reading self-efficacy: A quasi-experimental analysis using PISA 2018. *Large Scale Assessments in Education*.
- Lee, J., Choo, H., **Zhang, Y.**, Cheung, H., **Zhang, Q.**, & Ang, R. (2025). Cyberbullying victimization and mental health symptoms among children and adolescents: A meta-analysis of longitudinal studies. *Trauma, Violence, & Abuse*.
- Zhang, Q.**, Pellegrini, M., Marsili, F., & Neitzel, A. (2024). Investigating systematic reviewers' practices: A survey on handsearching, citation chasing, and screening tool adoption in education. *Frontiers in Research Metrics and Analytics*.
- Xiong, Y., **Zhang, Q.**, Zhao, L., Liu, S., Guan, H., Sui, Y., Feng, J., & Lee, K. (2024). A meta-analysis and structural review of foreign language anxiety interventions. *Journal of Language and Social Psychology*.
- Wang, X., **Zhang, Q.**, Chen, H., & Neitzel, A. (2024). The effects of language learning strategy instruction on college students' English achievement and learner autonomy in mainland China: A meta-analysis. *International Journal of Educational Research*.
- Storey, N., & **Zhang, Q.** (2024). A meta-analysis of the impact of COVID-19 on student achievement. *Educational Research Review*.
- Zhang, Q.** (2023). Harnessing the power of technology: A systematic analysis of challenges, theoretical frameworks, and practical recommendations for K-12 online learning. *SN Social Sciences*.
- Renbarger, R., Adelson, J. L., Rosenberg, J. M., Stegenga, S., Lowrey, O., Buckley, P. R., & **Zhang, Q.** (2023). Champions of open science in education: What journal reviewers can do to encourage open science practices. *Gifted Child Quarterly*.
- Zhang, Q.**, & Neitzel, A. J. (2023). Choosing the right tool for the job: Screening tools for systematic reviews in education. *Journal of Research on Educational Effectiveness*.
- Zhang, Q.**, Xiong, Y., Prasath, P., & Byun, S. (2023). The relationship between international students' perceived discrimination and self-reported overall health during COVID-19: Indirect associations through positive emotions and perceived social support. *Journal of International Students*.
- Prasath, P., Xiong, Y., & **Zhang, Q.** (2023). A practical guide to implementing the mindfulness-based well-being group for international students (MBWIS). *Journal of Humanistic Counseling*.
- Xiong, Y., Prasath, P., **Zhang, Q.**, Jeon, L., & Pillay, Y. (2023). A phenomenological study of group facilitators' experiences: a mindfulness-based wellbeing group for international students during the COVID-19 pandemic. *Journal for Specialists in Group Work*.
- Zhang, Q.**, Wang, J., & Neitzel A. (2023). School-based mental health interventions targeting depression or anxiety: A meta-analysis of rigorous randomized controlled trials for youth and adolescents. *Journal of Youth and Adolescence*.
- Zhang, Q.***, & Pallath, A. (2022) Paperfetcher: A tool to automate handsearching and citation searching in systematic reviews. *Research Synthesis Methods*.
- Prasath, P., Xiong, Y., **Zhang, Q.**, & Jeon, L. (2022). Psychological capital, wellbeing, and distress of international college students. *International Journal for the Advancement of Counselling*.
- Prasath, P., Xiong, Y., **Zhang, Q.**, & Jeon, L. (2022). Self-efficacy development of graduate student leaders in facilitating group for international students. *International Journal of Group Psychotherapy*.
- Xiong, Y., Prasath, P., **Zhang, Q.**, & Jeon, L. (2022). International students' perceived discrimination and psychological distress during the COVID-19 Pandemic. *Journal of American College Health*.
- Xiong, Y., Prasath, P., **Zhang, Q.** & Jeon, L. (2022). A mindfulness-based wellbeing group for international students: A pilot study. *Journal of Counseling and Development*.
- Zhang, Q.** & Storey, N. (2022). Controversies behind COVID learning loss: Historical issues, current measurements, and future strategies. *Theory into Practice*.
- Zhang, Q.** (2021). The cost of illiteracy: A causal inference study on how illiteracy affects physical and mental health. *Health Education Journal*.

Book Chapters

Lee, J., Zhang, Q., Cheung, H., & Ang, R. (2025). Singapore. Book chapter in *Bullying of Children and Adolescents: A Global Perspective*.

Conference Proceedings

Zhang, Q., Koh, N., Pauzi, N., Chow, J., Kembhavi-Tam, G., & McCrickerd, K. (2025). A scoping review of migrant domestic workers and their role in child developmental outcomes. [Poster]. *NUS Medicine Research Week, Singapore*.

Teo, C., **Zhang, Q.**, Tew, C., Seah, C., Sevdalis, N., & McCrickerd, K. (2025). Evaluating the Co-design of a Training Curriculum for Migrant Domestic Workers Supporting Childcare in Singapore Families [Poster/Paper]. *NUS Medicine Research Week & CHILD Conference, Singapore*.

Zhang, Q., Tong, C., Sui, Y., Lin, F., & Xiong, Y. (2025). AI Chatbots as Therapeutic Tools: Meta-Analysis of their Role in Mitigating Depression, Anxiety, and Stress [Roundtable]. *American Educational Research Association, Denver*.

Zhang, Q., Pellegrini, M., Marsili, F., & Neitzel, A. (2024). How to help educational researchers choose the right screening tools? [Symposium]. *American Psychological Association Convention, Seattle*.

Zhang, Q., Wang, X., Tian, X.R., & Gehlbach, H. (2024). Social Support at Your Fingertips: Exploring the Correlation between Students' Social Media Usage and Social Support through Meta-Analysis. [Paper]. *American Educational Research Association, Philadelphia*.

Zhang, Q., Pellegrini, M., & Marsili, F. (2024). Investigating Systematic Reviewers' Practices: Survey on Handsearching, Citation Chasing, and Screening Tool Adoption in Education. [Paper]. *AERA, Philadelphia & SREE, Washington DC*.

Zhang, Q., Wang, J., & Neitzel, A. (2023). Meta-analysis of School-based Mental Health Interventions Targeting Depression and Anxiety. [Poster]. *AERA, Chicago*. **Zhang, Q.** & Pallath, A. (2023). Paperfetcher: A tool to automate handsearching and citation searching for systematic reviews. [Paper/Video]. *AERA, Chicago & ESMARConf2023*.

Zhang, Q., Xiong, Y., Prasath, P., & Byun, S. (2022). The relationship between international students' perceived discrimination and overall health: A mediation analysis. [Poster]. *APA Convention, Minneapolis*.

Zhang, Q. & Scanlan, M. (2022). The "Mother Tongue" Bilingual Education Policy in Singapore. [Roundtable/Paper]. *AERA, San Diego & UCEA, Virtual*.

Zhang, Q. & Neitzel A. (2021). Methodological Review: A Systematic Narrative Review of Screening Tools for Conducting Systematic Reviews in Educational Research. [Paper]. *SREE, Virtual*.

Zhang, Q., Neitzel, A., & Slavin R. (2021). A Meta-Analysis of Teacher Salary and Turnover in the USA and China. [Poster]. *AERA, Virtual*.

Zhang, Q. (2021). The impact of COVID-19 on students, teachers, and schools. [Paper]. *Comparative and International Education Society Conference, Virtual*.

Research Grants

AERA Division H Graduate Student Research Grant (\$1,500), 2023. Principal Investigator. Project: "Stepping into Adolescents' Digital Shoes: An Intervention for Parental Understanding in Social Media Monitoring".

TEACHING

Teaching Areas

Big Questions, Science of Learning, Educational Psychology

Courses Taught

Singapore Management University

Undergraduate Programmes : Big Questions

Postgraduate Professional Programmes :

THESES AND DISSERTATIONS

Theses and Dissertations Supervised

Theses and Dissertations Assessed

EXTERNAL SERVICE – PROFESSIONAL

Peer Reviewer for Journals and Conferences: Journal of Adolescent Health, The Journal of Early Adolescence, Research Synthesis Methods, Frontiers in Health Services, Current Psychology, Human Development, Society for Research in Educational Effectiveness, American Psychological Association, Educational Researcher, Journal of Research on Educational Effectiveness, American Educational Research Association, Journal of Educational Psychology.