

**Name:** Piyanee (Klainin) YOBAS

**Appointment:** Associate Professor

Assistant Programme Co-ordinator, BSc (Nursing)(Honours)

**Contact Information:**

Alice Lee Centre for Nursing Studies  
Yong Loo Lin School of Medicine  
National University of Singapore  
Level 2, Clinical Research Centre, Block MD11  
10 Medical Drive  
Singapore 117597

Tel: +65 6516 7789; Fax: +65 6776 7135

Email: [nurpk@nus.edu.sg](mailto:nurpk@nus.edu.sg)



**Academic/Professional Qualifications**

<b>1996 - 2001</b>	<b>Ph.D. in Nursing</b> Frances Payne Bolton School of Nursing Case Western Reserve University	Ohio USA
<b>1994 -1996</b>	<b>Master of Science in Nursing</b> (Psychiatric Nurse Practitioner Programme) Frances Payne Bolton School of Nursing Case Western Reserve University	Ohio USA
<b>1986-1990</b>	<b>Bachelor of Science (Nursing and Midwifery)</b> Mahidol University	Bangkok Thailand

**Research Interests**

**A) Stress, stress-related factors, and health among healthy individuals and people with mental/medical illness.** Examples of stress-related factors include coping, self-efficacy, social support, and mindfulness.

**B) Psychosocial interventions in people with mental disorders and cardiovascular diseases.** Examples of interventions include stress management, symptom management, and self-management programmes concerning methodology, testing psychometric properties of measurements, and missing data imputation.

**Current projects with grants [Last 5 Years]**

<b>Year</b>	<b>Grant Information</b>	<b>Project Title</b>	<b>Funding Amount</b>
2015-Present	Teaching enhancement grant (TEG) AY 2015/2016. (Co- investigator)	Using Standardized Patients in Enhancing Students' Learning Experience in Mental Health Nursing	S\$ 3756.80
2013-Present	China Medical Board of New York, INC (Co- investigator)	Cross-cultural comparison of stress, protective factors, and psychological well-being among university students in Thailand and Singapore	SG\$ 6,500]
2013 - Present	Ministry of Health, Health Service Research_New Investigator Grant (Principal-investigator)	Improving physical and psychological symptoms in inpatients with acute myocardial infarction through the symptom self-management programme: A pilot randomised controlled trial	SG\$ 100,000
2013 - 2014	NMRC Clinician Scientist-Individual Research Grant (CS-IRG) (Co- investigator)	Effectiveness of a peer-led Self-Management Programme (PLSMP) for people with schizophrenia: A randomised controlled trial	SG\$610,368
Jan 2010- July 2012	Start-up grant, Yong Loo Lin School of Medicine (Principal-investigator)	Developing a stress management programme for patients with psychiatric disorders: A pilot study	S\$180,000
Nov 2011-Nov 2013	Ministry of Health Nursing Research Committee, Singapore (Co- investigator)	Effectiveness of the peer-led self-management programme (PLAMP) for people with schizophrenia and other psychotic disorders	S\$17,383
Jan 2011 to Dec 2012	Ministry of Health Nursing Research Committee, Singapore (Principal-investigator)	Essence of lived experience of elderly patients undergoing joint replacement surgery in Singapore: A phenomenological study	S\$3,670

**Current projects without grants [Last 5 Years]**

<b>Year</b>	<b>Grant Information</b>	<b>Project Title</b>	<b>Funding Amount</b>
2013 - Present	Principal-investigator	Assessing stress, protective factors, and psychological well-being among undergraduate university students in <b>Singapore</b>	

2013 - 2015	Principal-investigator	Assessing stress, protective factors, and psychological well-being among undergraduate university students in <b>Philippines</b> .
2013 - 2015	Co- investigator	Assessing stress, protective factors, and psychological well-being among undergraduate university students in <b>Australia</b> .
2014 - 2015	Co- investigator	Assessing stress, protective factors, and psychological well-being among undergraduate university students in <b>New Zealand</b>
2014 - 2015	Co- investigator	Assessing stress, protective factors, and psychological well-being among undergraduate university students in United Kingdom

### **Teaching Areas**

Mental Health Nursing  
 Advanced Psychosocial Interventions  
 Advanced Psychopathology  
 Evidence-based Practice

### **Publications (Last 5 years)**

**Klainin-Yobas, P.**, Ignacio, J., Wong, P.H.H., Lau, Y., He, H.G., Ngooi, B.X., & Koh, S.Q.D. (In press). Effects of the stress management (S-Manage) program for inpatients with mental disorders: A feasibility study. *Biological Research for Nursing* (IF= 1.341)

**Klainin-Yobas, P.**, Ng S., Stephen, P. D. M., & Lau, Y. (2015). Efficacy of psychosocial interventions on psychological outcomes among people with cardiovascular diseases: A systematic review and meta-analyses. *Patient Education and Counselling*. DOI: <http://dx.doi.org/10.1016/j.pec.2015.10.020> (IF=2.199)

**Klainin-Yobas, P.**, Ramirez, D., Fernandez, Z., Sarmiento, J., Thanoi, W., Ignacio, J., & Lau, Y. (2015). Examining the predicting effect of mindfulness on psychological well-being among undergraduate students: A structural equation modelling approach. *Personality and Individual Difference* doi:10.1016/j.paid.2015.11.034 (IF=1.70)

**Klainin-Yobas, P.**, He, H.-G., & Lau, Y. (2015). Physical fitness Health promotion behaviour, and health among undergraduate university students. *Nurse Education Today*, 35(12), 1199-1205. (IP=1.456)

Thanoi, W., & **Klainin Yobas, P.** (2015). Assessing rumination response style among nursing students: A construct validation study. *Nurse Education Today*, 35(5), 641-646. (IF= 1.456)

**Klainin-Yobas, P.**, Oo, W.N., Yew, S., & Lau, Y. (2015). Efficacy of a stress management intervention on depression and anxiety among elderly: A meta-analysis. *Ageing and Mental Health*, 9, 1-13. (IF= 1.781)

**Klainin-Yobas, P.**, Koh, K. W. L., Ambhore, A., Chai, P., Chan, S. W. C., & He, H.G (2015). A study protocol of a randomised controlled trial examining the efficacy of a symptom self-management programme for people with acute myocardial infarction. *Journal of Advanced Nursing*, 71(6), 1299-1309. Article first published online: 19<sup>th</sup> December 2014 DOI: 10.1111/jan.12594 (IF= 1.741)

Lau, Y., Htun, T. Lim, P. I, Ho-Lim, S. & **Klainin-Yobas, P.** (2015). Maternal, infant characteristics, breastfeeding techniques and exclusive breastfeeding initiation: Structural equation modeling approaches. *PLOS One* DOI:10.10.1371/journal.pone.0142861 (IF= 3.23)

Lau, Y., Htun, T. Tam, W. & **Klainin-Yobas, P.** (2015). Efficacy of e-technologies in improving breastfeeding outcomes among perinatal women: A meta-analysis. *Maternal and Child Nutrition* DOI: 10.1111/mcn.12202. (IF= 2.973)

Lau, Y.\*, Htun, T. Lim, P. I, Ho-Lim, S. & **Klainin-Yobas, P.** (2015). Psychometric properties of the lowa infant feeding attitude scale among multiethnic populations during pregnancy. *Journal of Human Lactation* DOI: 10.1177/0890334415591813 (IF= 1.95)

He, H.G., Zhu, L.X., Chan, W.C.S. Li, H.C.W., Liam, L.W.J., Ko, S.S., Wang, W., & **Klainin-Yobas, P.** (2015). A mixed method study of a therapeutic play intervention for children on parental anxiety and parents' perceptions of the intervention. *Journal of Advanced Nursing* 71(7), 1539-1551. DOI: 10.1111/jan.12623 (IF= 1.741)

He, H.G., Zhu, L.X., Chan, W.C.S., Liam, L.W.J., Li, H.C.W., Ko, S.S., **Klainin-Yobas, P.**, & Wang, W. (2015). Therapeutic play intervention on children's perioperative anxiety, negative emotional behaviour, and postoperative pain: A randomised controlled trial. *Journal of Advanced Nursing*. 71(5), 1032–1043. doi: 10.1111/jan.12608 (IF= 1.527)

He, H.G.\*, Xiao, C.X., Zhu, L.X., Cheng, K.F.K., Luo, N., **Klainin-Yobas P.**, Chan, W.C.S. (2015). A randomized controlled trial of the effectiveness of educational intervention on outcomes of parents and their children undergoing inpatient elective surgery: study protocol. Accepted for publication at *Journal of Advanced Nursing*, 71(3), 665-675. Doi: 10.1016/j.pmn.2014.08.011. (IF= 1.527)

He, H.G.\*, Zhu, L.X., Chan, W.C.S., **Klainin-Yobas, P.**, & Wang, W. (2015). The Effectiveness of therapeutic play intervention in reducing perioperative anxiety, negative behaviors and postoperative pain in children undergoing elective surgery: A systematic review. *Pain Management Nursing*, 16(3), 425-439. Doi:10.1016/j.pmn.2014.08.011 (IF=1.787)

He, H.G., **Klainin-Yobas, P.**, Ang, E.N.K., Sinnappan, R., Pölkki, T., & Wang, W., (2014). Nurses' provision of parental guidance regarding non-pharmacological pain relief methods: a descriptive correlational study. *Pain Management Nursing*, 16(1), 40-50. DOI:10.1016/j.pmn.2014.03.002 ( IF=1.787)

Thian, J. H. M., Kannusamy, P. He, HG., & **Klainin-Yobas, P.** (2015). Stress, positive affectivity, and work engagement among registered nurses in general wards. *Psychology*, 6 (2), 159-167. DOI: 10.4236/psych.2015.62015.

Shah, L., Kanusamy, P., Chng, C.M.L., Torres, S.A., He, H.G., & **Klainin-Yobas, P.**, (2015). Efficacy of the virtual reality-based stress management programme on stress-related variables in people with mood disorders: The feasibility study. *Archives of Psychiatric Nursing*, 29(1), 6-13. DOI: <http://dx.doi.org/10.1016/j.apnu.2014.09.003> (IF= 1.032)

- Klainin-Yobas, P., & He, H.-G.** (2014). Testing Psychometric Properties of the 30-Item General Health Questionnaire. *Western Journal of Nursing Research*, 36, 117-134. doi: [10.1177/0193945913485649](https://doi.org/10.1177/0193945913485649) (IF= 1.375)
- Ng, S., Brammer, J., Creedy, D. & **Klainin-Yobas, P.** (2014). Tool for Evaluating the Ways Nurses Assess Pain (TENAP): Psychometric Properties Assessment. *Pain Management Nursing*, 15(4), 807-818. DOI:10.1016/j.pmn.2013.08.004. (IF= 1.696)
- Klainin-Yobas, P.,** Kawkerd, O., Pumpuang, W., & Tanyadee, C., Thanoi, W., & He, H.G. (2014). The mediating effect of coping on the stress and health among nursing students in Thailand. *Journal of Advanced Nursing*, 70 (6), 1287-1298. DOI: 10.1111/Jan.12283. (IF= 1.741)
- Tay, R. S. C., **Klainin-Yobas, P.,** Hegney, D., & Mackey, S. (2014). Factors relating to preoperative experience of older persons undergoing joint replacement surgery: An integrative literature review. *Disability and Rehabilitation*, 37(1), 9-24. DOI: 10.3109/09638288.2014.906663 (IF=1.985)
- Lim, Y. C., **Klainin-Yobas, P.,** & Chen, H. C. (2014). Efficacy of the relaxation intervention on pain, self-efficacy, and stress-related variables among patients following total knee replacement surgery. *Pain Management Nursing*, 15(4), 888-896. doi:10.1016/j.pmn.2014.02.001 (IF=1.787)
- Kowitlawakul, Y., Tan, J. Z., Ho, S.Q, Raman, L., **Yobas, P.,** & Chan, M.F. (2014). Assessing patient satisfaction with person-centered healthcare services at an outpatient urology department of a tertiary hospital in Singapore. *European Journal for Person Centered Healthcare*, 2(3), 393-399.
- Chan, S., Li, Z.Q., **Klainin-Yobas, P.,** Ting, S., Chan, M.F., Eu, P.W. (2014). Effectiveness of a Peer-led Self-management Program for People with Schizophrenia: Protocol for a Randomized Controlled Trial. *Journal of Advanced Nursing*, 70(6), 1425-1435. (IF=1.741)
- Sng, Q.W., Taylor, B., Liam, L.W.J., **Klainin-Yobas, P.,** Wang, W., & He, H.G\* (2014). Research in brief: An interview study on school-aged children's postoperative pain management experiences in Singapore. *Singapore Nursing Journal*, 41(1), 30-32.
- Chiang, Y.J.S., Chan, W.C.S., **Klainin-Yobas, P.,** & He, H.G. (2014). Perioperative anxiety and postoperative pain in children and adolescents undergoing elective surgical procedures: a quantitative systematic review. *Journal of Advanced Nursing*, 70(2), 243-255. DOI: 10.1111/jan.12205. (IF=1.741)
- Ong, S.F., Chan, W.C.S., Shorey, S., Chong, Y.S., **Klainin-Yobas, P.,** & He, H.G.\* (2014). Postnatal experiences and support needs of first-time mothers in Singapore: A descriptive qualitative study. *Midwifery*, 30(6), 772-778. DOI:10.1016/j.midw.2013.09.004. PMID:24161493 (IF=1.707)
- Seah, J., **Klainin-Yobas, P.,** Mackey, S. (2013). Young Singaporean women's knowledge of cervical cancer and pap smear screening: A descriptive study. *Journal of Clinical Nursing \_Special issue on Sexual and Reproductive Health*, 22(23-24) 3310-3319. doi: 10.1111/jocn.12420. (IF=1.233)
- Cook-Johnson, R., Tan X. N. A., **Klainin-Yobas, P,** Creedy, D. K. (2012). The perception and experience of stigma among people with schizophrenia. *JBI Best Practice: Evidence-based information sheet for health professionals*, 16(4). ISSN 1329-1974. <http://joannabriggslibrary.org/index.php/JBIBPTR/article/view/1290>
- Chiang, Y.J.S., Chan, W.C.S., Liam, L.W.J., **Klainin-Yobas, P.,** Wang, W., & He, H.G. (2013). Exploring influencing factors of study of postoperative pain in school-aged children undergoing elective surgery. *Journal of Specialists in Pediatric Nursing*. DOI: 10.1111/jspn.12030 (IF=1.045)

Sng, Q.W., Taylor, B., **Klainin-Yobas, P.**, Liam, L.W.J., & He, H.G (2013). Postoperative pain management experiences among Singaporean school-aged children: a qualitative study. *Journal of Clinical Nursing*, 22 (7-8), 958–968, doi: 10.1111/jocn.12052 (IF=1.233)

Chia, N. N., Kannusamy, P., & **Klainin-Yobas, P.** (2012). The effectiveness of psychiatry-related education programmes in changing the attitudes of health care students towards mental illness: A systematic review. *Joanna Briggs Institute Systematic Review Library*, 10, 1-58.

Naser, E., Mackey, S., Arthur, D. **Klainin-Yobas, P.**, Chan, H., Creedy, D. (2012). An exploratory study on contemporary Singaporean women's traditional childbearing practice, *Midwifery*, 28, e865-871. <http://dx.doi.org/10.1016/j.midw.2011.10.003> (IF=1.707)

Liaw, S. Y., Scherpbier, A., **Klainin-Yobas, P.**, & Rethans, J. (2011). Rescuing a patient in deteriorating situations (RAPIDS): An evaluation tool for Assessing simulation performances on Clinical Deterioration. *Resuscitation*, 82(11), 1434-1439 (IF=3.960)

Liaw, S. Y., Scherpbier, A., **Klainin-Yobas, P.**, & Rethans, J. (2011). Educational strategies to improve nurses' roles in recognizing and responding to deteriorating patients. *The International Nursing Review*, 58(3), 296-303 (IF=0.736)

Chiang, Y. L., **Klainin-Yobas, P.** Ignacio, J., & Chng M. L. (2011). The impact of antipsychotic side-effects on attitudes toward medication in people with schizophrenia and related disorders. *Journal of Clinical Nursing*, 20(15-16), 2172-2182 (IF=1.233)

Xu Zeng, Chaiear, N., **Klainin-Yobas, P.**, Khiewyoo, J., Koh, D., Wong, P. H. H. & Lee, S. Y. (2011). Testing the construct validity of the Work-related Quality of Life Scale. *Asian Biomedicine*, 5(4), 467-474.

Ang, G. M., Chen, H. C., Siah, S. J., & **Klainin-Yobas, P.** (2013). Stressors relating to patients' psychological health following stoma surgery: An integrated literature review. *Oncology Nursing Forum*, 40(6), 587-594. . (IF= 2.830)

Ang, M. S. G., **Klainin-Yobas, P.**, Chen, H.C., Goh, M. L., Cheong, C. P., Tsang, C. B. S., & He, H. G. (2013). Research in Brief-Testing the efficacy of stress management for stoma patient intervention for patients following colostomy or ileostomy surgery: A pilot study. *Singapore Nursing Journal*, 40 (1), 49-51.

Thian, J. H. M., Kannusamy, P., **Klainin-Yobas, P.** (2013). Stress, positive affectivity, and work engagement among nurses: An integrative literature review. *Singapore Nursing Journal*, 40(1), 24-33.

Anowar, M. N., Petpichetchian, W., Isaramalai, S., & **Klainin-Yobas** (2013) Using Nursing Practice Guidelines for the Prevention of Multidrug-Resistant Tuberculosis among Hospitalized Adult Patients in Bangladesh. *International Journal of Nursing Practice*, 19 (Suppl 3), 81-88. doi: 10.1111/ijn.12178. . (IF= 0.543)

**Klainin-Yobas, P.**, Cho, M. A. A & Creedy, D. (2012). Effects of mindfulness-based interventions on depression among people with mental disorder: A Meta Analyses. *International Journal of Nursing Studies*, 49(1), 109-121. (IF= 2.248)

Liaw, S. Y., Scherpbier, A., Rethans, & J. **Klainin-Yobas, P.** (2012) Assessment for simulation learning outcome: A comparison of knowledge and self-reported confidence and clinical performance. *Nurse Education Today*, 32(6), e35-e39 (IF= 1.456)

Liew, S. Y., Siau, C., Chua, G. S. W., & **Klainin-Yobas, P.** (2012). Research in brief-interprofessional learning in undergraduate education through simulation crisis team building. *Singapore Nursing Journal*, 39(3), 36-38.

Liew, S. Y., Rethans, J., Scherpbier, A., & **Klainin-Yobas, P.**, (2011). Rescuing a patient in deteriorating situations (RAPIDS): A Simulation-based Educational Program On Recognizing, Responding And Reporting Of Physiological Signs Of Deterioration. *Resuscitation*, 82(9):1224-1230. (IF= 3.960)

### **Awards/Honours**

2011 Outstanding Oral Presentation Award, *Testing psychometric properties of the 36-item self-control schedule: A structural equation modelling approach*. The 14th East Asian Forum of Nursing Scholars (EAFONS), Seoul, Korea.