

Y. ALICIA HONG, PhD

Behavioral intervention · Healthy aging · Chronic self-care · Caregiving

Professor, Department of Health Administration, Policy, & Informatics, George Mason University

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EDUCATION

PhD Health Policy and Management, Johns Hopkins University Bloomberg School of Public Health, 2007

MAA Applied Anthropology (Medical Anthropology), University of Maryland College Park, 2002

BA English, Xiamen University, 1998

ACADEMIC POSITIONS

2019–present Professor, Department of Health Administration and Policy, George Mason University (GMU)

2022–2024 Interim PhD Program Director, PhD in Health Services Research, GMU

2017–2019 Co-Director, Global Health Research Program, School of Public Health, Texas A&M University (TAMU)

2015–2017 Interim Department Head and Associate Department, Department of Health Promotion, TAMU

2007–2019 Assistant to Associate Professor, Department of Health Promotion, School of Public Health, TAMU

SELECTED RECENT HONORS AND AWARDS

2026 Research Impact Award, College of Public Health, George Mason University

ACTIVE FUNDED RESEARCH

- NIH/NIA (R01AG090610-01A1): **WECARE: A Personalized Intervention for High Demand Dementia Caregivers**. \$3,088,427, 2025–2030.

- NSF (2517316): **Enhancing AI Literacy among Older Adults through Intergenerational Digital Storytelling** (Co-PI; PI: J. Zhang, William & Mary). \$661,478, 2025–2028.

SELECTED PAST FUNDED RESEARCH

Out of 25 grants served as PI/Co-PI, total >\$16M from NIH, NSF, HRSA, CDC, OMH, & private foundations.

- Virginia Geriatrics Training Institute: **DERA: Dementia Education Resources for Action** (PI). \$24,954, 2025–2026.

- NIH/NIA Roybal Caregiving Center: **WECARE: A Social Media-Based Behavioral Intervention for Dementia Caregivers** (PI). \$119,000, 2023–2024.

- DHHS Office of Minority Health. **Stronger2: Stronger Partnership, Stronger Community** (Subcontract PI for program evaluation, PI: A. Mingo). \$3,850,000, 2021–2024.

- China NSFC + Rockefeller Foundation China Medical Board. **Run4Love: mHealth Intervention for People Living with HIV**. (Co-PI, PI: Y Guo). \$180,000 combined, 2016–2020.

- HRSA: **Southwest Rural Health Research Center: Digital Divide and Rural-Urban Health Disparities** (Project-PI; Lead PI: J. Bolin). \$2,800,000, 2016–2019.

- Multiple grants (Baylor Scott & White Foundation, National Library of Medicine, NCI). **iCanFit: Interactive Digital Intervention for Older Cancer Survivors**. \$150,000, 2011–2015.

SELECTED PUBLICATIONS

Out of >120 peer-reviewed articles with >6,500 citations. Complete list at [Google Scholar](#)

Shen K, **Hong YA**, Zhang Y, Han HR, Lin J, Hepburn K. Process evaluation of a digital health intervention for dementia caregivers: Integrating active and passive measurements. *Alzheimer's & Dementia*. 2025;21(9):e70663.

Hong YA, Shen K, Han HR, Hepburn K, Wang L, Lu HK, Park VT, Chi I. Two-year follow-up of dementia caregivers after a digital health intervention WECARE: A mixed-method study. *Aging & Mental Health*. 2025;29(4):631–638.

Hong YA, Shen K, Han HR, Ta Park V, Lu HK, Cleaveland C. "It's a lonely journey": Caregiving experiences and psychosocial distress among Chinese American dementia family caregivers. *Aging and Mental Health*. 2024.

Hong YA, Shen K, Han HR, Ta Park V, Bagchi P, Lu HK, et al. A WeChat-based intervention, Wellness Enhancement for Caregivers (WECARE), for Chinese American dementia caregivers: Pilot assessment. *JMIR Aging*. 2023;6:e42972.

Hong YA, Juon HS, Chou SWY. Social media apps used by immigrants in the United States: Challenges and opportunities for public health research and practice. *mHealth*. 2021;7.

Guo Y, **Hong YA**, Cai W, Li L, Hao Y, et al. Effect of a mobile health intervention on depressive symptoms in people living with HIV in China: The Run4Love randomized controlled trial. *JMIR*. 2020;22(2):e16715.

Hong YA, Hossain MD, Chou WYS. Digital interventions to facilitate patient-provider communication in cancer care: A systematic review. *Psycho-Oncology*. 2020;29(4):591–603.

Hong YA, Liang C, Radcliff T, Wigfall LT, Street RL. What do patients say about doctors online? A systematic review of studies on patient online reviews. *Journal of Medical Internet Research*. 2019;21(4):e12521.

Hong YA, Cho J. Has the digital health divide widened? Trends of health-related Internet use among older adults from 2003 to 2011. *Journal of Gerontology B*. 2017;72(5):856–863.

Hong YA, Goldberg D, Ory MG, Towne S, Forjuoh S, Wang S. Efficacy of a mobile-enabled web app (iCanFit) in promoting physical activity among older cancer survivors. *JMIR Cancer*. 2015;1(1):e7.

SELECTED RECENT SERVICES

NIH Grant Review: Lifestyle Change and Behavioral Health (LCBH) Study Section (2025-present); Clinical Care and Health Informatics (CCHI) Study Section (2026); NIA Special Emphasis Panels on Dementia Care (2023-2025); NIMHD Special Emphasis Panel on Technologies for Minority Health (2023-2024); NIH Director's New Innovator Award reviewer (2022).

NSF Grant Review: SEED/SBIR (2025); IIS Smart and Connected Health (2019, 2020).

International Grant Review: Swiss National Science Foundation (2025); Netherlands NWO Talent Programme Vidi SSH (2026); Austrian Science Foundation (2009).

Expert Panel: WHO Roster of Experts, Department of Digital Health and Innovation (2019–2022).

SELECTED RECENT INVITED TALKS

Tay Gavin Erickson Lecture, UMass Amherst Center for Research on Families (2026)

UCSF Brain Trust Meeting Recruiting and Retaining Underserved Dementia Caregivers in Clinical Trials (2024)

UConn mHealth Conference: WECARE: Digital Intervention for Underserved Dementia Caregivers (2023).

UCSF PRISM Conference: Social Media and Digital Behavioral Interventions (2022)

SELECTED SYMPOSIUMS ORGANIZED

Community-Engaged AI Solutions to Support Health Monitoring, Care, and Independent Living, Gerontological Society of American Annual Meeting, National Harbor, MD, Nov 4-7, 2026

Workforce Shortage in Long-term Care: Perspectives from U.S., Germany and the World, George Mason University, Arlington, VA, Dec 11, 2025

Innovative Digital Interventions to Motivate and Engage Cancer Survivors for Self-Care. The Society of Behavior Medicine Annual Meeting, April 19-23, 2021

SELECTED COURSE AND CURRICULUM DEVELOPMENT

AI in Health Graduate Certificate: Designed and led development of this 15-credit graduate certificate at GMU, the first of its kind in Virginia (launches Spring 2026).

New Courses Developed: HAP 824 Systematic Review and Meta-Analysis (doctoral); HAP 635 Role of Government in Health Care and Public Health (MPH and MHA core); HI 625/825 Digital Health Innovation: Conceptualization to Commercialization (cross-listed for master and doctoral students).

Full CV available upon request