

# CURRICULUM VITAE

## LEI CHAI

January 2025

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### Employment

**Assistant Professor (Social Work & Social Administration)** January 2025  
**University of Hong Kong, Hong Kong**

**Postdoctoral Fellow (Sociology)** 2022-2023  
**University of Toronto, Canada**

### Education

**Ph.D. (Sociology), University of Toronto, Canada** 2017-2022

**M.A. (Sociology), University of Victoria, Canada** 2013-2015

**B.A. Honours (Sociology), University of Winnipeg, Canada** 2011-2013

**B.A. (Psychology), University of Winnipeg, Canada** 2007-2011

### Areas of Research

Health and Mental Health

### Publications

**29. Chai, Lei** and Ziqing Han. 2025. “Intersection of Weight Status and Perceptions in Predicting Health-Related Quality of Life (HRQoL) Among Chinese Adolescents.” *Journal of the Society for Social Work and Research*. **IF:1.6, Q2**

**28. Chai, Lei** and Xiangnan Chai. 2025. “Unpacking the Association between Food Insecurity Mental Health Disorders among Older Adults.” *Journal of Aging and Health* **IF:2.2, Q2**

**27. Chai, Lei.** 2024. “How Do Length of Residence and Food Insecurity Shape Immigrant Body Weight in Canada?” *American Journal of Health Promotion* **IF:2.5, Q2**

**26. Chai, Lei.** 2024. “Interplay between Actual Weight and Weight Perceptions on Mental Health among Canadian Indigenous Post-Secondary Students.” *Journal of American College Health* **IF:1.6, Q2**

**25. Chai, Lei.** 2024. “Residential Mobility and Its Impact on Self-Rated General and Mental Health Among Young Indigenous Adults: The Mediating and Moderating Roles of Food Insecurity?” *Journal of Hunger & Environmental Nutrition* **IF:1.2, Q4**

**24. Chai, Lei.** 2024. “Perceived Community Belonging as a Moderator: Effects of Childhood Abuse on Health and Well-Being among Middle-Aged and Older Canadians” *Journal of Gerontological Social Work*. **IF:1.5, Q2**

**23. Chai, Lei.** 2024. “Food Insecurity and Its Association with Multiple Health Outcomes among Indigenous Peoples in Canada: The Buffering Role of Culture-Based Resources.” *Ethnicity & Health* **IF:2.6, Q1**

**22. Chai, Lei.** 2023. “Food Insecurity as a Mediator and Moderator in the Association between Residential Mobility and Suicidal Ideation among Indigenous Adults in Canada.” *Social Psychiatry and Psychiatric Epidemiology*. **IF:3.6, Q1**

**21. Chai, Lei.** 2023. “Perceived Community Belonging as a Moderator of the Association between Sexual Orientation and Health and Well-Being.” *American Journal of Health Promotion* **IF:2.5, Q2**

**20. Chai, Lei.** 2023. “Food Insecurity and Health: Marital Status and Gender Variations.” *Family & Community Health*. **IF:1.5, Q3**

**19. Chai, Lei** and Ziqiang Han. 2023. “Exploring the mediating effects of academic performance and self-esteem on the influence of sleep quality on internalizing and externalizing problems among Chinese adolescents. *Vulnerable Children and Youth Studies* **IF:0.7, Q4**

**18. Chai, Lei.** 2023. “Financial Strain and Psychological Distress Among Middle-Aged and Older American Adults: A Moderated Mediation Model.” *Journal of Gerontological Social Work*. **IF:1.5, Q2**

**17. Chai, Lei.** 2023. “Disability and Suicidal Ideation Among Indigenous Adults: Cultural Resources as Contingencies.” *Archives of Suicide Research*. **IF:2.5, Q2**

**16. Jie, Liu, Lei Chai, Ziqiang Han, and He Zhu.** 2023. “Impacts of COVID-19 on Adolescent Suicide: The Mediating Roles of Child Abuse and Mental Health Conditions.” *Child Abuse & Neglect*. **IF:3.4, Q1**

**15. Chai, Lei**, and Scott Schieman. 2023. "What Happens at Home Doesn't Stay at Home: Family-to-Work Conflict and the Link between Relationship Strains and Quality." *Journal of Family and Economic Issues*. **IF:2.3, Q2**

**14. Chai, Lei**. 2023. "Unpacking the Association between Length of Residence and Health Among Immigrants in Canada: A Moderated Mediation Approach." *Journal of Immigrant and Minority Health*. **IF:2.0, Q3**

**13.** Maroto, Michelle, David Pettinicchio, **Chai, Lei**, and Andy Holmes. 2023. "The Effects of Social Isolation on Anxiety and Stress Among People with Disabilities and Chronic Health Conditions during COVID-19. In *Disability in the Time of Pandemic* (pp. 49-73). Emerald Publishing Limited.

**12. Chai, Lei**. 2022. "Does Religion Buffer the Detrimental Effect of Cyberbullying Victimization on Adults' Health and Well-being? Evidence from the 2014 Canadian General Social Survey." *Journal of Interpersonal Violence*. **IF:2.6, Q1**

**11. Chai, Lei** and Jia Xue. 2022. "Childhood Abuse and Substance Use in Canada: Does Religion Ameliorate or Intensify that Association." *Journal of Substance Use*. **IF:0.6, Q4**

**10. Chai, Lei**, and Scott Schieman. 2022. "Work-to-Family Conflict and Children's Problems with School, Friends, and Health: Household Economic Conditions and Couple Relationship Quality as Contingencies." *Journal of Family Issues*. **IF:1.6, Q2**

**9.** Xue, Jia, Ran Hu, **Lei Chai**, Ziqiang Han, and Ivan Sun. 2022. Examining the Prevalence and Risk Factors of School Bullying Perpetration in China: A National Representative Survey among Children and Adolescents." *Frontiers in Psychology*. **IF:2.6, Q2**

**8. Chai, Lei** and Jia Xue. 2022. "Weight, Weight Perceptions, and Health and Well-being among Canadian Youth: Evidence from the 2017-2018 Canadian Community Health Survey." *American Journal of Health Promotion*, 36(1), 55-63. **IF:2.5, Q2**

**7.** Pettinicchio, David, Michelle Maroto, **Lei Chai**, and Martin Lukk. 2021. "Findings from an Online Survey on the Mental Health Effects of COVID-19 on Canadians with Disabilities and Chronic Health Conditions." *Disability and Health Journal*, 14(3). **IF:3.7, Q1**

**6. Chai, Lei**, Scott Schieman, and Alex Bierman. 2021. "Financial Strain and Psychological Distress: Do Strains in the Work-Family Interface Mediate the Effects?" *Society and Mental Health*, 11(2):168-182. **IF:3.0, Q1**

**5. Chai, Lei, Jia Xue, and Ziqiang Han.** 2020. “The Effects of Alcohol and Tobacco Use on Academic Performance among Chinese Children and Adolescents: Assessing the Mediating Effect of Skipping Class.” *Children and Youth Services Review* 119:105646. **IF:2.4, Q1**

**4. Chai, Lei, Jia Xue, and Ziqiang Han.** 2020. “Excessive Weight and Academic Performance among Chinese Children and Adolescents: Assessing the Mediating Effects of Bullying Victimization and Self-rated Health and Life Satisfaction.” *Children and Youth Services Review* 119:105586. **IF:2.4, Q1**

**3. Chai, Lei, Jia Xue, and Ziqiang Han.** 2020. “School Bullying Victimization and Self-rated Health and Life Satisfaction: The Gendered Buffering Effect of Educational Expectations?” *Children and Youth Services Review* 116:105252. **IF:2.4, Q1**

**2. Chai, Lei, Jia Xue, and Ziqiang Han.** 2020. “School Bullying Victimization and Self-rated Health and Life Satisfaction: The Mediating Effect of Relationships with Parents, Teachers, and Peers.” *Children and Youth Services Review* 117:105281. **IF:2.4, Q1**

**1. Chai, Lei** and Michelle Maroto. 2020. “Economic Insecurity among Gay and Bisexual Men: Evidence from the 1991 to 2016 U.S. General Social Survey.” *Sociological Perspectives*, 61(3):50-68. **IF:2.2, Q2**

### **Grants and Funding**

Seed fund for basic research for new staff, PI 2025-2027 (Submitted)  
“Economic hardship and mental health: Evidence from the United States, the United Kingdom, and Canada” (HK\$ 150,000)

### **Papers Presented at Academic Conferences**

2023

**Chai, Lei.** “How Do Length of Residence and Food Insecurity Shape Immigrant Body Weight in Canada.” Paper to be presented at the Annual Meeting of the Canadian Population Society, Toronto, Ontario, June 2023.

**Chai, Lei.** “Does Perceived Community Belonging Moderate the Associations between Sexual Orientation and Health and Well-Being: Evidence from the 2021 Canadian Community Health Survey.” Paper to be presented at the Annual Meeting of the Canadian Sociological Association, Toronto, Ontario, June 2023.

2020

**Chai, Lei, and Scott Schieman.** “When the Unequal (and Unfair) Division of Housework Hurts Relationship Quality: The Moderating Effects of Financial Strain and Work

Hours.” Poster to be presented at the Annual Meeting of Work and Family Researchers Network (WFRN), New York, the United States, June 24-27, 2020.

*(Cancelled Due to COVID-19)*

**Chai, Lei.** “Work-Life Dissatisfaction and Health among Non-coresidential Individuals: Do Age and Gender Matter?” Paper to be presented at the Annual Meeting of the PAA, Washington DC, the United States, April 22-25, 2020.

*(Cancelled Due to COVID-19)*

Schieman, Scott and **Lei Chai** and Leah Ruppanner. “Justified Versus Amplified Inequity: When is the Division of Household Labor Unfair?” Paper to be presented at the Annual Meeting of the PAA, Washington DC, the United States, April 22-25, 2020.

*(Cancelled Due to COVID-19)*

2019

Schieman Scott and **Lei Chai**. “Mismatch Stress: The Effects of Unrealized Work Time Preferences on Health,” Paper presented at the Annual Meeting of the PAA, Austin, the United States, April 10-13, 2019.

**Chai, Lei**, Alex Bierman, and Scott Schieman. “Financial Strain and Psychological Distress: The Mediating Effect of Strains in the Work-Family Interface.” Paper presented at the Annual Meeting of the CSA, Vancouver, Canada, June 3-6, 2019.

**Chai, Lei**, Alex Bierman, and Scott Schieman. “Financial Strain and Psychological Distress: The Mediating Effect of Strains in the Work-Family Interface.” Paper presented at the Annual Meeting of the ASA, New York, the United States, August 10-13, 2019.

2018

**Chai, Lei.** “Division of Housework and Employment on Relationship Quality, Emotional Experience of Anger and Guilt, and Psychological Distress in Canada: A Longitudinal Study.” Paper presented at the Annual Meeting of the ASA, Philadelphia, the United States, August 11-14, 2018.

Stevens, Gillian and **Lei Chai**. “English Proficiency, Linguistic Distance and Age at Migration Among Asian Migrants in the United States.” Paper presented at the 16<sup>th</sup> International Conference on Language and Social Psychology (ICLASP), Edmonton, Canada, June 19-24, 2018.

2017

Schieman, Scott, **Lei Chai**, and Melissa Milkie. “A Modern Alienation Thesis: Alternative Work Arrangements and Psychological Benefits of Job Control.” Paper

presented at the Annual Meeting of the PAA, Chicago, the United States, April 27-29, 2017.

Stevens, Gillian and **Lei Chai**. "Linguistic Distance, Age at Migration and Proficiency in English Among Asian Migrants in the United States." Poster presented at the Annual Meeting of the PAA, Chicago, the United States, April 27-29, 2017.

2016

Strohschein, Lisa and **Lei Chai**. "LAT Relationships among Young Canadian Adults." Paper presented at the Annual Meeting of the CPS, Calgary, Alberta, June 1-3, 2016.

2014

**Chai, Lei**. "Living Apart Together: A National Portrait in Canada." Paper presented at the Annual Meeting of the CPS- Graduate Research Development Conference, St. Catharine's, Ontario, May 27, 2014.

### **Invited Talks**

2018

Guest lecture:

SOC303H1: Family Demography

Instructor: Dr. Irene Boeckmann

Department of Sociology, University of Toronto, Canada

2023

Guest lecture:

INF1344: Introduction to Statistics for Data Science

Instructor: Dr. Jia Xue

Faculty of Information, University of Toronto, Canada

Invited talk:

The City of Toronto

Shelter, Support & Housing Division

### **Awards**

2021

- Program Summer Fellowship, University of Toronto
- The Arts & Science Program Completion Award

2020

- Program Summer Fellowship, University of Toronto

2019

- Sociology Travel Grant, University of Toronto
- Program Summer Fellowship, University of Toronto

2018

- Sociology Travel Grant, University of Toronto
- Program Summer Fellowship, University of Toronto
- SGS Conference Grant, University of Toronto

2017

- Sociology Travel Grant, University of Toronto
- Outstanding Admission Award, University of Toronto
- Sociology Travel Grant, University of Alberta
- Academic Travel Award, University of Alberta

2016

- Society of Edmonton Demographer's Scholarship, University of Alberta
- Sociology Travel Grant, University of Alberta

2015

- Society of Edmonton Demographer's Scholarship, University of Alberta
- Doctoral Recruitment Scholarship, University of Alberta

2014

- Graduate Award, University of Victoria

2013

- Outstanding Graduate Entrance Award, University of Victoria
- President's Research Scholarship, University of Victoria
- Academic Income Supplement, University of Victoria
- Dr. Dan A. Chekki Prize for Excellence in Sociology, University of Winnipeg
- Academic Proficiency Scholarship (Winnipeg Rh Institute), University of Winnipeg
- Dean's Honours List-Student of Highest Distinction, University of Winnipeg

2012

- International Student Bursary, University of Winnipeg
- Katherine Oakes George Memorial Scholarship in Sociology, University of Winnipeg
- Marion Taylor Memorial Scholarship in Sociology, University of Winnipeg
- Rebecca and Roy Hambleton Memorial Scholarship, University of Winnipeg

**Teaching Experience**

University of Hong Kong

SOWK 3099: Population and Development: 2025 Winter

University of Toronto

SOC252: Intermediate to Quantitative Methods in Sociology: 2023 Summer

**Editorial Responsibility**

Editorial Board

Social Science Research

January 2025-Present

**Ad hoc Reviewer**

Canadian Review of Sociology (1), Children and Youth Services Review (2), Journal of School Violence (1), Journal of Social and Personal Relationship (2), Society and Mental Health (2), Journal of Hunger & Environmental Nutrition (5), Journal of Racial and Ethnic Health Disparities (1), Cyberpsychology, Behavior, and Social Networking (1), Global Health Promotion (1), International Journal of Older People Nursing (1), British Journal of Social Work (1), American Journal of Health Promotion (1), Social Science Research (1)

**Memberships in Professional Organizations**

Canadian Population Society (CPS)

Canadian Sociological Association (CSA)

Population Association of America (PAA)

American Sociological Association-Sociology of Mental Health (ASA)

**Language**

Fluent in English and Chinese (spoken and written)

**Data Analysis**

STATA, SPSS