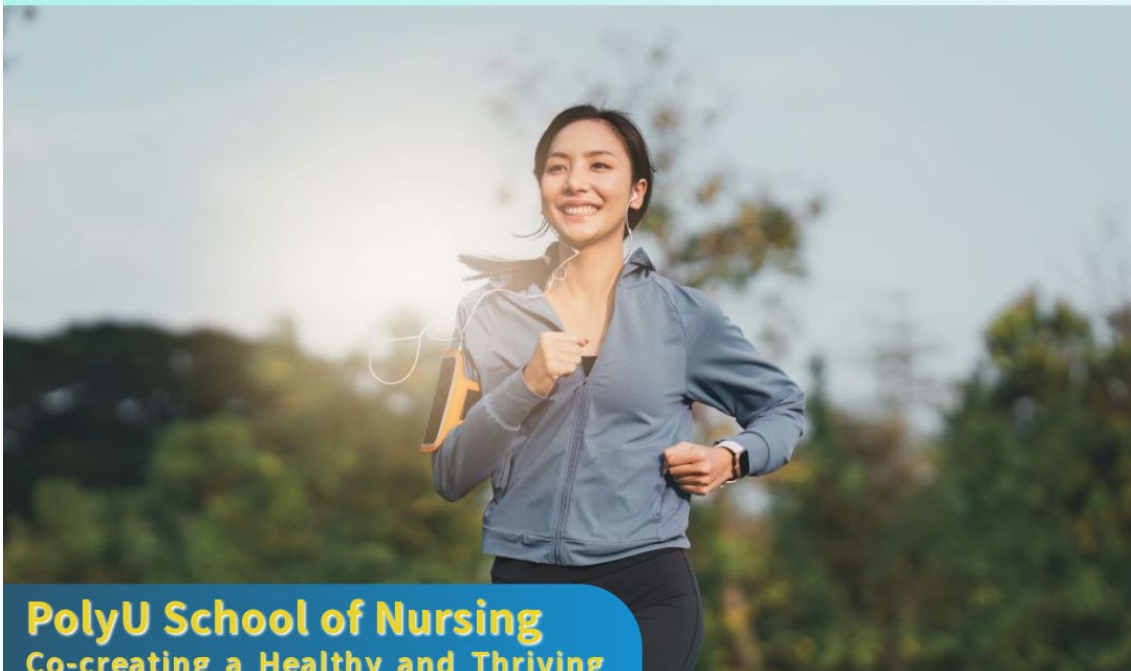




THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學



International Women's Day



PolyU School of Nursing
Co-creating a Healthy and Thriving
Future for Women and Girls

護理學院

SCHOOL of
NURSING

International Women's Day 2026

Co-creating a Healthy and Thriving Future for Women and Girls: Endeavours from PolyU School of Nursing

On International Women's Day, PolyU School of Nursing proudly celebrates our commitment to empowering women and advancing women's health through research, advocacy, and action.

As the host of the JC STEM Lab of Digital Oncology Care Enhancement (DOCE), we actively engage bright female nurses and scholars in STEM research. We strive to set best practices for building a just and equal academic community through actions, which females' contribution are recognized and honoured.

We provide evidence-based solutions to foster the multidimensional health of pregnant and postpartum women. Through impactful research on co-parenting, mental health, and breastfeeding support, we offer actionable insights for facilitating their well-being.

We invite you to shape the healthy and thriving future for women and girls with us.

PolyU School of Nursing Related Research on Women's Health and Participation

- Bo, H., Yang, Y., Zhang, D., Zhang, M., Wang, P., Liu, X., Ge, L., Lin, W., Xu, Y., Zhang, Y., Li, F., Xu, X., Wu, H., Todd, J., Ungvari, G. S., Cheung, T., & Xiang, Y. (2021). The prevalence of depression and its association with quality of life among pregnant and postnatal women in China: a multicenter study. *Frontiers in Psychiatry*, 1-7. <https://doi.org/10.3389/fpsyt.2021.656560>
- DOI: [10.3389/fpsyt.2021.656560](https://doi.org/10.3389/fpsyt.2021.656560)
 - **Summary:** This paper conducted a multicenter and cross-sectional study on examining the **prevalence of depressive symptoms** and their relations with **quality of life (QOL)** of **pregnant and postnatal women in China**. This study identifies that depression negatively affects their QOL across **physical, psychosocial and environmental** aspects. Based on the findings, this paper provides **evidence-based** and practical **recommendations** including offering **regular assessment** and **timely treatment** for women experiencing depression during pregnancy and postnatal period.
- Ngai, F. W., Lam, Y. Y. W., Lam, C. O. C., & Chan, P. S. (2026). Effect of father-involvement telephone support on breastfeeding: A multicentre randomised controlled trial. *International Journal of Nursing Studies*, 178, 105383. <https://doi.org/10.1016/j.ijnurstu.2026.105383>
- DOI: [10.1016/j.ijnurstu.2026.105383](https://doi.org/10.1016/j.ijnurstu.2026.105383)
 - **Summary:** This paper highlights the importance of including **fathers** in the **design of flexible and accessible health promotion programmes** for **breastfeeding women** and their families.
- Xiao, X., & Loke, A. Y. (2021). The effects of co-parenting/intergenerational co-parenting interventions during the postpartum period: A systematic review. *International Journal of Nursing Studies*, 119, 1-21. <https://doi.org/10.1016/j.ijnurstu.2021.103951>
- DOI: [10.1016/j.ijnurstu.2021.103951](https://doi.org/10.1016/j.ijnurstu.2021.103951)
 - **Summary:** This paper conducted a **systematic review** on 12 studies to explore the effects of **co-parenting and intergenerational co-parenting interventions** on **psychological health of families, depression symptoms of mothers**, and parenting stress. This study identifies the research gap of lacking examination on how the **Ecological Model of Co-parenting** has contributed to the **intervention design**. It also offers insight for developing future **interventions** that can strengthen **co-parenting relationship**.
- Yorke, J., & Takemura, N. (2025). Leading Women in Respiratory Clinical Sciences: Letter From Hong Kong. *Respirology*, 30(4), 363–365. <https://doi.org/10.1111/resp.70013>
- DOI: [10.1111/resp.70013](https://doi.org/10.1111/resp.70013)
 - **Summary:** This paper used **Hong Kong** as a case study to examine **women's roles in nursing and clinical scientist research**. This paper highlights the strong collaboration among Hong Kong healthcare professionals can build interdisciplinary partnerships, hence **foster involvement of women** in clinical research. This paper also advocates to build a more **inclusive, equal** academic and STEM community where women can be better **represented**.