



ประวัติคณะกรรมการ สถาบันวิจัยระบบสาธารณสุข

ชื่อ ศาสตราจารย์ ดร.มรรยาท รุจิวิชญ์
ตำแหน่ง กรรมการผู้ทรงคุณวุฒิ
วัน เดือน ปีเกิด : 5 พฤศจิกายน 2499

ประวัติการศึกษา

- วิทยาศาสตร์บัณฑิต (พยาบาล) มหาวิทยาลัยมหิดล
- ประกาศนียบัตรผดุงครรภ์ มหาวิทยาลัยมหิดล
- Training Certificate on Chronic Pain and Fibromyalgia, The Biofeedback Society of Maryland, Virginia, USA
- Ph.D. in Nursing, George Mason University, USA

ตำแหน่งหน้าที่ปัจจุบัน

คณบดีคณะพยาบาลศาสตร์ มหาวิทยาลัยธรรมศาสตร์

ประวัติการทำงานที่สำคัญ

- คณบดีคณะพยาบาลศาสตร์ มหาวิทยาลัยธรรมศาสตร์ วาระที่ 1-2 (พ.ศ.2548-2552)
- ผู้อำนวยการสถาบันเอเชียตะวันออกเฉียงใต้ศึกษา มหาวิทยาลัยธรรมศาสตร์ (พ.ศ.2553-2555)
- คณบดีคณะพยาบาลศาสตร์ มหาวิทยาลัยธรรมศาสตร์ วาระที่ 1-2 (พ.ศ.2556-2561)
- นายกสมาคมพยาบาลจิตเวชแห่งประเทศไทย ปี 2556-ปัจจุบัน
- กรรมการในคณะกรรมการสภาการพยาบาล ปี 2560-ปัจจุบัน
- กรรมการในคณะกรรมการสุขภาพจิตแห่งชาติ ปี 2559-ปัจจุบัน
- กรรมการในคณะกรรมการพยาบาลศาสตร์ศึกษาแห่งชาติ สภาการพยาบาล ปี 2560-ปัจจุบัน

Manyat Ruchiwit, PhD, RN

Professor, Psychiatric and Mental Health Nursing, emphasizing stress management and biofeedback training, and health service research and health policies.

Dean, Faculty of Nursing, Rattana Bundit University

Former President, Psychiatric Nurse Association of Thailand

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Professor Dr. Manyat Ruchiwit has completed her PhD. from George Mason University. She has been twice the Dean of the Faculty of Nursing at Thammasat University (TU), with each period of service in two stages from 2003 to 2008, and from 2012 to 2018. She was also a former Director of the Institute of East Asian Studies at TU from 2010 to 2012. Presently, she also received an invitation to serve as a qualified member of the board on the Health Systems Research Institute of Thailand.

Dr. Ruchiwit has worked intensively in order to advance the study of stress management and biofeedback. Her research has expanded the understanding of chronic stress and has helped to create relaxation technique programs for health status and levels of stress among heart disease patients and patients that have experienced organ loss. This work has resulted in new discoveries in an effort to decrease the stress of patients during recovery time.

Dr. Ruchiwit is an international academic researcher who has also conducted highly-significant research focusing on the Greater Mekong Subregion (GMS) countries. She is a principal investigator (PI) of the set of projects entitled “The Study of Development of Economy, Society, Environment and Health under International Cooperation in the Greater Mekong Subregion” and her research projects are supported by the National Research University Project, Thailand Office of Higher Education Commission. Among the most important outcomes of the research projects are the final findings which explain the similarities and differences among GMS countries and their peoples. The significant results of these projects have major implications regarding policies for developing the economy, society, the environment, and health in the GMS countries.

Dr. Ruchiwit has done extensive research work along with achieving solid academic performance. Both of her textbooks and research articles have been distributed widely in scholarly journals and in databases on an international level. She ultimately received an award for her outstanding research results and presentations. In addition to her research, Dr. Ruchiwit has published papers in prestigious journals in international databases such as the Web of Science, SCOPUS, PubMed, etc. Her articles are available online in high-impact journals, and she has also reviewed articles for disciplinary and multidisciplinary journals in quartile 1. She has participated in and has been invited as a guest speaker at numerous national and international conferences. Her work has made an important contribution to building a research network among universities worldwide. She also serves as a board member of the Health System Research Institute Committee, Thailand.

High-Impact Publications

Research Articles

- Sumneangsator, T., **Ruchiwit, M.**, & Weglicki, L. (2021). Non-Drug Stress Management for Cancer Patients. *The Open Nursing Journal*. (Accepted).
- Sumneangsator, T., **Ruchiwit, M.**, & Weglicki, L. (2021). The effects of the Biofeedback and Music Training Program (BMT program) on cancer patients receiving palliative care. *International Journal of Palliative Nursing*. (Accepted).
- Ruchiwit, M.**, Phanphairoj, K. (2021). The Holistic Health Status of Older Adults in Thailand. *Ageing International*. <https://doi.org/10.1007/s12126-021-09421-1>
- Ruchiwit, M.**, Phanphairoj, K., Sumneangsator, T., & Mamom, J. (2021). The Factors of the Holistic Health Status of Thai Elders in the 21st Century. *Current aging science*, *14*(1), 19-25. DOI: 10.2174/1874609813666200131123537
- Patarathipakorn, O., **Ruchiwit, M.**, Smith M. (2021). The Effect of Meditation with a Biofeedback Program on the Stress and Depression Levels among People with Mild Depression Diabetes. *The Open Public Health Journal*, *14*(1), 104-115. DOI: 10.2174/18749445021140101040104
- Sumneangsator, T., **Ruchiwit, M.**, & Weglicki, L. (2019). Developing Stress Assessment forms for Thai Cancer Patients: The Thai Version of the Modified Symptoms of Stress Inventory (Modified SOSI). *Current Psychiatry Research and Reviews Formerly: Current Psychiatry Reviews*, *15*(2), 143-147.
- Ruchiwit, M.**, Patchotasingh, M., & Phanphairoj, K. (2019). Strategies for Creating Innovators in Thailand's Higher Education. *Journal of Medical Education and Curricular Development*, *6*, 1-10.
- Mamom, J., **Ruchiwit, M.**, & Hain, D. (2019). Integrating Nursing with Biomedical Engineering: A Multidisciplinary Integrative Innovative Approach to Home-Base Care for Aging Society in Thailand. *HSOA Journal of Practical and Professional Nursing*. DOI: 10.24966/PPN-5681/S1001
- Ruchiwit, M.** (2017). Mental health and mental disorder recommendation programs. *Current Psychiatry Reviews*, *13*(4), 264-268.
- Ruchiwit, M.**, Cowawintaweewat, S., Pootong, A., Warenil, C., & Pawloski, L.R. (2016). An examination of the determinants that affecting the health-service systems and health status of the people in the Greater Mekong Subregion. *Nursing and Midwifery Studies*, *5*(4), e33178.
- Ruchiwit, M.** (2016). A Study of the holistic-health status of the peoples in the Greater Mekong Subregion Countries. *PONTE journal*, *72*(5), 100-118.

- Ruchiwit, M.,** Cowawintaweewat, S., Pootong, A., & Pawloski, L. (2015). An analysis of the relationship between client and health professional perceptions of health status on the quality of the health service system and health status in Vietnam. *International Journal of Healthcare Management*, 8(3), 156-163.
- Ruchiwit, M.** (2013). Determinants affecting the well-being of people in the Greater Mekong Subregion countries. *Nursing and Health Sciences*. 15(1): 94-100. (ISI IF 2013 = 0.848)
- Ruchiwit, M.** (2013). Effects of a three-stage intervention program on the holistic health status of patients with drug addiction after discharge. *Nursing and Midwifery Studies*, 1(3), 120-127.
- Ruchiwit, M.** (2012). The effect of the one-to-one interaction process with group supportive psychotherapy on the levels of hope, anxiety, and self-care practice for patients that have experienced organ loss: An alternative nursing care model. *International Journal of Nursing Practice*. 18(4): 363-372. (ISI IF 2013 = 0.543).
- Ruchiwit, M., & Others.** (2012). Effects of biofeedback training and relaxation technique programs on health status and levels of stress in heart disease patients. *Journal of Science and Technology, Thammasat University*. 20(5), 414-427.
- Ruchiwit, M.,** Ruchiwit, K., Pawloski, L.R., & Curtin, K. (2012). The Influence of the perceptions of environmental factors on self-reported health status among Thais. *World Medical & Health Policy*, 4(3); 36-47. (ISI IF 2013 = 0.857)
- Pawloski, L.R., Thurman, S., Curtin, K.M., & **Ruchiwit, M.** (2012). The spread of obesity in developing and transitional countries: A focus on the Mekong Region, Southeast Asia. *World Medical & Health Policy*, 4(1), 1-15. (ISI IF 2013 = 0.857).
- Ruchiwit, M., & Pawloski, L.R.,** Ruchiwit, K., & Warenil, C. (2011). The relationships between the internal and external determinants with clients' perceptions of the health service system in Thailand. *The International Journal of East Asian Studies*, 16(1), 19-24.
- Pawloski, L.R., **Ruchiwit, M.,** & Markham, S.M. (2011). The growing burden of obesity in Thailand: A review of current trends and policies. *Pediatric Nursing*, 37(5), 256-261. (ISI IF 2013 = 1.389).
- Cowawintaweewat, S., Pootong, A., **Ruchiwit, M.,** & Pawloski, L. R. (2011). Study of determinants affecting health status of health care providers in Thailand. *Int J East Asian Stud*, 14, 39-45.
- Pawloski, L.R., Kitsantas, P., & **Ruchiwit, M.** (2010). Determinants of overweight and obesity in Thai adolescent girls. *The International Journal of Medicine*; 3(2): 352-356.
- Ruchiwit, M.** (2009). Building talent for healthcare in Thailand: From an educational perspective. *The American Chamber of Commerce Healthcare & HR Committee*, December 3, 2009. [Online]. Available: <http://www.amchamthailand.com>

- Powloski, L., **Ruchiwit, M.**, & Pakapong, Y. (2008). A cross-sectional examination of growth indicators from Thai adolescent girls: Evidence of obesity among Thai youth. *Annals of Human Biology*, 35(4), 1-8.
- Pawloski, L. R., **Ruchiwit, M.**, & Pakapong, Y. (2008). Growth data from Thai adolescent girls: A transition from under to over nutrition. *Annals of Human Biology*, 35, 378-385.
- Ruchiwit, M.** (2007). "Stress management and biofeedback." *The 2nd Annual Conference on Thai Psychiatric Nursing Association*, The Chao Phraya Park Hotel, Bangkok, September 19-21, 2007.
- Ruchiwit, M.**, & Others. (2007). "Developing quality of life for faculty and staff by the continuous quality improvement process, The Thammasat University Faculty of Nursing." *The Nursing Institute Conference on Health Promotion*, The TK. Palace Hotel, Bangkok. August 4 – 5, 2007.
- Ruchiwit, M.** (2005). "Nursing education in the twenty-first century." The Conference on International Nursing Education in the 21st Century: Emphasizing East-West Collaboration. School of Nursing and Dental Hygiene, University of Hawaii at Manoa, University of Washington, University of Wisconsin, and Hue University School of Medicine, Saigon Morin Hotel, Vietnam. March 24 – 25, 2005.
- Ruchiwit, M.**, & Srivichai, S. (2003). Study of emotional quotients of students in Thammasat elementary school. *Thai Health Promotion Journal*, 1(1), 11-21.
- Ruchiwit, M.** (2005). "The relationship between physical & mental health status and emotional quotients of students in the Thai elementary school." The 16th International Nursing Research Congress: Renew Nursing through Scholarship, The Sigma Theta Tau International Honor Society of Nursing. Hilton Waikoloa Village, Hawaii, July 14 – 16, 2005.
- Ruchiwit, M.** (2003). The use of continuous quality improvement in nursing education. *Chulalongkorn Medical Journal*, 47(6), 66.

Articles

- Ruchiwit, M.** (2012). The mental-health status and mental disorders of residents living in urban and industrial areas in Thailand and South Korea. *The International Journal of East Asian Studies*, 16(2), 1-13.
- Ruchiwit, M.** (2007). Continuous quality improvement. Association of Thai Government Scholar Students 2007. Bangkok: Sagyuanakit Print and Media Company.
- Ruchiwit, M.** (2006). Theories and concepts related to psychiatric nursing. *The Journal of Psychiatric Nursing and Mental Health*, 20(1), 1-13.
- Ruchiwit, M.** (2005). Stress management for promoting mental health. Pathumthani: Thammasat University Printing Office.

Ruchiwit, M. (2005). Stress management. Continuing Nursing Education. Bangkok: Siriyod Printing Company.

Ruchiwit, M. (2004-5). Special Article: Anxiety management in Asian culture. Japanese Studies (1), 101-110.

Books

Ruchiwit, M. (2015). Stress management for promoting mental health (3rded.). Pathumthani Thammasat Printing Office.

Ruchiwit, M. (2013). Stress management for promoting mental health. (2nded.). Pathumthani Thammasat Printing House.

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Nget, M., & Muijeen, K. (2017). A Review of the Relationships among the Key Determinants Affecting the Mental Health Disorders of the People in Greater Mekong Subregion Countries. *Current psychiatry reviews*, 13(4), 252-258.

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Marashi, T., Ramezankhani, A., Dadipoor, S., & Safari-Moradabadi, A. (2019). Health problem multiple behaviors in Iranian adolescents: a cross-sectional study. *International Journal of Adolescence and Youth*, 24(2), 224-233.

Manolom, T., & Promphakping, B. (2014). Measuring Well-Being from Local Perspective: The Case of Lao PDR. *Social Indicators Research*, 123(2), 391-409.

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Marashi, T., Ramezankhani, A., Dadipoor, S., & Safari-Moradabadi, A. (2019). Health problem multiple behaviors in Iranian adolescents: a cross-sectional study. *International Journal of Adolescence and Youth*, 24(2), 224-233.

Leão, A. S., Moura Soares, N. M., Gonçalves, E. C. D. A., Silva, D. A. S., Silva, R. J. D. S., & Thomazzi, S. M. (2017). Simultaneous Health Risk Behaviors in Adolescents Associated with Higher Economic Class in the Northeast of Brazil. *The Scientific World Journal*.

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Erci, B., Yilmaz, D., & Budak, F. (2017). Effect of Self-Care Ability and Life Satisfaction on the Levels of Hope in Elderly People. *Journal of Psychiatric Nursing/Psikiyatri Hemsireleri Dernegi*, 8(2).

Härle, K., Lindgren, M., & Hallböök, O. (2015). Experience of living with an enterocutaneous fistula. *Journal of clinical nursing*, 24(15/16), 2175-2183.

Jun, W. H., Lee, E. J., & Park, J. S. (2014). Effects of a suicide prevention programme for hospitalised patients with mental illness in South Korea. *Journal of clinical nursing*, 23(13/14), 1845-1856.

Pawloski, L.R., **Ruchiwit, M.**, & Markham, S.M. (2011). The growing burden of obesity in thailand: A review of current trends and policies. *Pediatric Nursing*, 37(5), 256-261. (Impact factor = 1.389).

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Na Nakhon, S., Limvorapitux, P., & Vichinsartvichai, P. (2018). Knowledge regarding factors that influence fertility in Thai reproductive-age population living in urban area: A cross-sectional study. *Clinical and experimental reproductive medicine*, 45(1), 38-43.

Hong, S. A., Mongkolchati, A., Chompikul, J., Mo-Suwan, L., & Choprapawon, C. (2016). Comparison of Prevalence of Nutritional Status of Thai Children in the First 2 Years of Life Using National and International Growth Charts. *Journal of the medical association of Thailand*, 99(1), 58.

Saeed, A. A. (2013). Anthropometric predictors of dyslipidemia among adults in Saudi Arabia. *Epidemiology, Biostatistics and Public Health*, 10(1), 1-10

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Sommer, M., Menarche. (2013). A missing indicator in population health from low-income countries. *Public Health Reports*, 128 (5), 399-401.

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Talwar, I., Sharma, K., & Kapur, S. (2010). Growth trends in body, fat, circumferential and physiological traits during adolescence among Rajput females of Theog, Shimla District (Himachal Pradesh), India. *Annals of human biology*, 37(4), 536-553.

Goon, D.T., Toriola, A.L., Shaw, B.S.(2010). Screening for body-weight disorders in Nigerian children using contrasting definitions. *Obesity Reviews*, 11(7), 508-515.

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Cameron, N., & Jones, L. L. (2010). Growth, maturation and age. *Age Estimation in the Living*, 95-129.

Aziz, S. (2009). Obesity in paediatric population of developing countries, a serious issue?. *Journal of the Pakistan Medical Association*, 59(3), 127-128.

Major Recognition and Awards

- 2017 Guest editor, Current Psychiatry Reviews
- 2017 National committee for the treatment and rehabilitation of drug and substance users
- 2017 Quality Assessment Committee, AUN-QA (ASEAN University Network Quality Assurance)
- Quality Assessment Committee, Office for National Education Standards and Quality Assessment
- 2016 -Present National committee for mental health
- 2016 Honorable Advisor, The Association of Researcher, Thailand
- 2016 Recipient of the International Publication & Citation awards from the Faculty of Nursing, Thammasat University
- 2013-Present President, The Psychiatric Nurses Association of Thailand
- 2013-Present Editorial board, Nursing and Midwifery Studies journal
- Editorial board, Health Workforce Education Journal
- Reviewer, World Medical and Health Policy Journal
- Reviewer, Applied Research in Quality of Life
- Reviewer, Pacific Rim International Journal of Nursing Research
- Reviewer, International Nursing Review
- 2013 Recipient of “The Thailand’s Outstanding Women Award” from The National Council Patronage of Her Majesty the Queen
- 2011-Present Research Fellow, Global Development Network/Japan International Cooperative Agency (GDN/JICA)
- 2011-Present Honorary Research Fellow and Editorial Board of the Journal of Public Policy and Governance, Dankook Institute for Social Science, Dankook University
- 2010 Outstanding Personnel Award for Promoting the International Understanding from Thai Association for International Understanding (TAFIU)
- 2005-2007 Corresponding Member in Association for Applied Psychophysiology and Biofeedback
- 2003-2006 Editorial board, Thammasat University Science and Technology Journal, Thammasat University
- Editorial board, Thai Health Promotion, Thai Health Promotion Foundation

- 2002 Received honorary membership in George Mason's chapter of Phi Beta Delta, the honor society dedicated to recognizing scholarly achievement in international education
- 1996 Received good quality for a complete research project honored by the National Research Council of Thailand for the research entitled "A study of the interaction process, level of hope, anxiety, depression, and level of self-care practice of patients that have experienced amputation of any nature"
- 1992 Recognized as the Recipient of Research Awards of Excellence from the Ministry of Public Health for the research entitled "Effect of the interaction process on the level of hope, anxiety, depression, and level of self-care practice of patients that have experienced amputation of any nature, Chonburi Hospital"
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