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Education

Research of Interest

Lifestyle Modification in Type 2 Diabetes in community



Research Publication / Journal Articles

National Publications

- Terathongkum, S., & Phonyiam, R. (2019). Effects of Modified Arm Swing Exercise Program on Capillary Plasma Glucose and Body Composition in People with Uncontrolled Type 2 Diabetes. *The Bangkok Medical Journal*, 15(2), 193-197. doi: 10.31524/bkkmedj.2019.09.012.

International Publications

- Phonyiam, R., Teng, C.-H., Sullivan, C. S., Palmquist, A. E. L., Hodges, E. A., Cortes, Y. I., & Baernholdt, M. (2025). Attitude and confidence in managing pre-existing type 2 diabetes mellitus during pregnancy among Thai women. *Journal of Health Research*, 39(6), 541—553. <https://doi.org/10.56808/2586-940X.1171>
- Srichalerm, T., Kamkhead, D., & Phonyiam, R. (2026). Experiences of breastfeeding among mothers of preterm infants during their infants' hospital stays: A qualitative systematic review and meta-aggregation. *JBIE Evidence Synthesis*, 24(1), 5-76. <https://doi.org/10.11124/JBIES-25-00194>
- Srichalerm, T., Phonyiam, R., & Kamkhead, D. (2026). Effectiveness of support interventions for improving well-being outcomes in parents of preterm infants: An umbrella review protocol. *JBIE Evidence Synthesis*, 00(0), 1–10. <https://doi.org/10.11124/JBIES-25-00324>
- Lininger, J., Phonyiam, R., & Terathongkum, S. (2025). Health care providers' perspectives on factors influencing diabetes management among Thai pregnant women. *Women's Health Reports*, 6(1), 1045–1060. <https://doi.org/10.1177/26884844251383424>
- Neelapaichit, N., Phonyiam, R., & Witwanukool, P. (2025). Effectiveness of school-based programs for type 2 diabetes mellitus prevention for school children and adolescents: A systematic review protocol. *JBIE Evidence Synthesis*, 00(0), 1–8. <https://doi.org/10.11124/JBIES-24-00135>
- Phonyiam, R., Bian, W., & Wilmoth, M. C. (2025). Education and support program design for reserve-connected children: A systematic review. *Journal of Military Social Work and Behavioral Health Services*. Advance online publication. <https://doi.org/10.1080/28367472.2025.2474923>
- Phonyiam, R., Teng, C.-H., Cortés, Y. I., Sullivan, C. S., Palmquist, A. E. L., Hodges, E. A., & Baernholdt, M. (2025). “Feeding the baby breast milk shouldn't be a problem”: Breastfeeding confidence and intention in pregnant persons with type 2 diabetes mellitus from Thailand. *PLOS Global Public Health*, 5(2), e0004205. <https://doi.org/10.1371/journal.pgph.0004205>
- Phonyiam, R., Teng, C.-H., Cortés, Y., Sullivan, C., Palmquist, A., Hodges, E. A., & Baernholdt, M. (2025). Breastfeeding barriers and facilitators in Thai postpartum women with type 2 diabetes mellitus. *Nutrition and Health*, 0(0), 1–11. <https://doi.org/10.1177/02601060251371840>
- Phonyiam, R., Teng, C.-H., Sullivan, C., Palmquist, A., Hodges, E., Cortés, Y., & Baernholdt, M. (2025).



- Challenges and support factors in managing type 2 diabetes among pregnant women in Thailand: A convergent mixed-methods study. *Belitung Nursing Journal*. <https://doi.org/10.33546/bnj.3639>
- Teng, C.-H., Anderson, R. A., Lutz, B. J., Phonyiam, R., Bryant, A. L., Wu, J.-R., Zou, B., & Davis, L. L. (2025). Poststroke fatigue adaptation between stroke survivors and care partners: A longitudinal qualitative analysis. *Research in Nursing & Health*, 1–13. <https://doi.org/10.1002/nur.70005>
 - Teng, C.-H., Anderson, R. A., Zou, B., Wu, J.-R., Phonyiam, R., Leak Bryant, A., Lutz, B. J., & Davis, L. L. (2025). Interrelationship between fatigue and recovery of physical function in stroke survivors: A longitudinal mixed-methods study. *European Journal of Physical and Rehabilitation Medicine*, 61(5), 723–734. <https://doi.org/10.23736/S1973-9087.25.09049-5>
 - Srichalerm, T., Kamkhood, D., & Phonyiam, R. (2024). Experiences of breastfeeding among mothers of preterm infants during their infants' hospital stays: A qualitative systematic review protocol. *JB I Evidence Synthesis*, 22(12), 2611-2617. <https://doi.org/10.11124/JBIES-24-00078>
 - Witwanukool, P., Phonyiam, R., Wu, Y., & Kynoch, K. (2024). Experiences and perceptions of patients with cancer receiving home-based chemotherapy: A qualitative systematic review protocol. *Systematic Reviews*, 13(242), 1–7. <https://doi.org/10.1186/s13643-024-02659-1>
 - Kamkhood, D., Santacroce S. J., Phonyiam, R. & Wang, M. (2023). Symptom Clusters That Included Gastrointestinal Symptoms Among Children Receiving Cancer Treatments: A Scoping Review. *Oncology Nursing Forum*, 50(3), 381-395. DOI: 10.1188/23.ONF.381-395
 - Phonyiam, R. (2023). Barriers and Facilitators to Diabetes Self-Management in Pregnant Women with Pre-existing Type 2 Diabetes Mellitus: A Scoping Review. *Current Diabetes Reviews*, 19(6), 142-156. DOI: 10.2174/1573399819666220627111430.
 - Phonyiam, R., Baernholdt, M., & Hodges, E. A. (2023). Self-management of type 2 diabetes mellitus in pregnancy and breastfeeding experiences among women in Thailand: Study protocol. *PLoS ONE*, 18(6), 1-11. DOI: <https://doi.org/10.1371/journal.pone.0286646>.
 - Phonyiam, R., Kamkhood, D. & Palmquist, A. E. L. (2023). Cross-cultural adaptation and content validation of the Infant Feeding Intentions Scale for Thai pregnant women. *Plos Global Public Health*, 3(3), 1-6. doi: <https://doi.org/10.1371/journal.pgph.0000729>.
 - Wilmoth, M. C., Phonyiam, R., & Bian, W. (2023). North Carolina's Reserve Component-connected Children: Are Our Schools Prepared to Meet Their Needs?. *North Carolina Medical Journal*, 84(6), 384-386. DOI: <https://doi.org/10.18043/001c.89213>.
 - Teng, C-H., Phonyiam, R., Davis, L. L., & Anderson, R.A. (2022). Adaptation to poststroke fatigue in stroke survivors and their care partners: a scoping review. *Disability and Rehabilitation*. DOI: 10.1080/09638288.2022.2084775
 - Phonyiam, R., & Berry, D.C. (2021). Facilitators and Barriers to Breastfeeding in Asian American



Women: A Review of the Literature. *Asian Journal of Pregnancy and Childbirth*, 4(1), 1-22.

- Terathongkum, S., Phonyiam, R., & Koonmee, P. (2021). Effects of Traditional and Modified Arm Swing Exercise Programs on Blood Glucose and Nutritional Status among People with Type 2 Diabetes: A Secondary Data Analysis. *Pacific Rim International Journal of Nursing Research*, 25(3), 452-465.