



高明捷 博士

Dr. Gao, Jessie
(Assistant Professor)

研究方向 (Research Area):

旅遊休閒活動參與對健康及生活品質的促進

Recreation, tourism, leisure, and quality of life

兒童和青少年的休閒參與與身心健康

Leisure and wellbeing for children and youth

休閒參與與積極老齡化

Leisure and positive aging

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◇ JOURNAL PAPER

- ◆ **Gao, M., & Potwarka, L. R.** (2021). Investigating the role of family travel and family functioning in promoting Chinese adolescents' subjective wellbeing. *Journal of Leisure Research*, 52(4), 487-507. DOI: 10.1080/00222216.2021.1927264. (SSCI)
- ◆ **Gao, M., Havitz, M. E., & Potwarka, L. R.** (2020). Exploring the influence of family holiday travel on the subjective wellbeing of Chinese adolescents. *Journal of China Tourism Research*, 16(1), 45-61. DOI: 10.1080/19388160.2018.1513883.
- ◆ **Gao, M., Chen, C. C., Huang, Y. C., & Lin, Y. H.** (2019). Work and leisure in Taiwan: Examining the antecedents and consequences of work-leisure conflicts. *Leisure Studies*, 38(1), 128-143, DOI: 10.1080/02614367.2018.1512646. (SSCI)
- ◆ **Huang, Y. C., Chen, C. C. B., & Gao, M.** (2019). Customer experience, well-being, and loyalty in the spa hotel context: Integrating the top-down & bottom-up theories of well-being. *Journal of Travel & Tourism Marketing*, 36(5), 595-611. DOI: 10.1080/10548408.2019.1604293. (SSCI)
- ◆ **Berbary, L. A., Valtchanov, B. L., Torabian, P., Gao, M., Miller, M. C., & Briscoe, C. L.** (2018). Onto-epistemological and theoretical engagements through praxis and beyond: Comfort, crises, shifts, and re-groupings. *Leisure Sciences*, 40(3), 95-109. DOI: 10.1080/01490400.2017.1377125. (SSCI)

◇ BOOK CHAPTER

- ◆ **Gao, M., Chen, C. C., Huang, Y. C., & Lin, Y. H.** (2024). Work and Leisure in Taiwan: Examining the Antecedents and Consequences of Work-Leisure Conflict. In H. Liu (Ed.), *Leisure and Work in China* (pp. 170-190). Routledge.
- ◆ **Gao, M., Havitz, M. E., & Potwarka, L. R.** (2021). Exploring the influence of family holiday travel on the subjective wellbeing of Chinese adolescents. In M. Li & X. Lehto (Eds.), *Family, Children, and Tourism in China* (pp. 45-61). Routledge.

◇ CONFERENCE PAPER

- ◆ **Gao, M. & Smale, B.** (2024, January). Can social leisure experiences mitigate the impact of loneliness on wellbeing emerging from COVID-19 pandemic? 7th World Research Summit on Tourism and Hospitality, Orlando, Florida, USA.



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- ◆ **Gao, M.**, Smale, B., Wells E., & Redoschi, B. (2023, May). Relationship of leisure and wellbeing among children and youth during the COVID-19 pandemic. 17th Canadian Congress on Leisure Research (CCLR), University of Ottawa, Ottawa, ON, Canada.
- ◆ **Gao, M.**, & Smale, B. (2021, November). Responding and rebuilding residents' wellbeing during the COVID-19 pandemic: Evidence from Yukon's community wellbeing survey. Community Indicators Consortium 2021 Impact Summit, November 1-4. [Online].
- ◆ **Gao, M.**, & Smale, B. (2021, May). The moderating effect of leisure experience on the work- life conflict, mental health, and wellbeing relationship among employed adults. 16th Canadian Congress on Leisure Research (CCLR), University of Alberta, Edmonton, AB, Canada. [Online]
- ◆ Smale, B., Wilson, J., Akubueze, N., & **Gao, M.** (2021, May). The role of leisure in moderating the effect of social isolation on the well-being of older adults. 16th Canadian Congress on Leisure Research (CCLR), University of Alberta, Edmonton, AB, Canada. [Online]
- ◆ **Gao, M.**, & Smale, B. (2018, June). Family vacations: Potential benefits for the well-being of adolescents. International Society for Quality-of-Life Studies (ISQOLS) 2018 Annual Conference, June 14-16, Hong Kong SAR.
- ◆ Smale, B., & **Gao, M.** (2018, June). The contribution of arts participation to various aspects of community quality of life. International Society for Quality-of-Life Studies (ISQOLS) 2018 Annual Conference, June 14-16, Hong Kong SAR.
- ◆ Smale, B., **Gao, M.**, & Yu, J. (2018, September). Gender inequities in wellbeing over time: Selected evidence from the Canadian Index of Wellbeing. Community Indicators Consortium 2018 Impact Summit, September 17-18, Minneapolis, Minnesota, USA.

◇ RESEARCH PROJECT

- ◆ UNICEF Canada
2022 to 2023 Siksika Child and Youth Wellbeing Survey
2020 to 2021 "One Youth": The Canadian Index of Child and Youth Well-being
- ◆ Manitoba
2022 to 2023 Profile of Wellbeing in Manitoba
- ◆ Yukon Territory
2020 to 2021 Profile of Wellbeing in Yukon



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- ◆ Nova Scotia
2019 to 2020 Nova Scotia Quality of Life Initiative
- ◆ Wood Buffalo, Alberta
2019 Wood Buffalo Social Sustainability Plan
- ◆ Waterloo Region, Ontario
2022 Residents' Wellbeing after three years into COVID-19
2018 Wellbeing in Waterloo Region
- ◆ Bruce and Grey Counties, Ontario
2018 Bruce and Grey County Community Wellbeing Survey
- ◆ Orillia and Area, Ontario
2018 Orillia and Area Community Wellbeing Survey
- ◆ Oxford County, Ontario
2018 Oxford County Community Sustainability Plan

◇ CERTIFICATES AND AWARDS

- ◆ Certification in Hotel Industry Analytics, American Hotel & Lodging Educational Institute, American Hotel & Lodging Association.
- ◆ Fundamentals of University Teaching, University of Waterloo, Centre for Teaching Excellence.