



Student from Scarsdale High School Published 9 "Letter to the Editor"

Alina Yang is a student at Scarsdale High School. Since last September, she has published nine "Letters to the Editor." Most of these letters (7 out of 9) were solely authored by Alina, while the remaining two were co-authored by Alina and Rick Yang, whom we believe is a family member with Alina.

Publications by Rick Yang and Alina Yang						
DOI	Title	Author	type	Submitted	Accepted	Published
10.2196/64726	Strengthening the Backbone: Government-Academic Data Collaborations for Crisis Response	Rick Yang, Alina Yang	Letter to the Editor	2024-07-24	2024-10-02	2024-11-28
10.1016/j.cjca.2024.09.003	Cultural Blueprints for Heart Health: The Importance of Tailoring Cardiovascular Interventions	Alina Yang	Letter to the Editor			2024-09-05
10.1016/j.jadohealth.2024.09.020	Mental Wellness as Cardiovascular Protection: Capitalizing on the Mind-Heart Synergy for School-Based Interventions	Alina Yang, Rick Yang	Letter to the Editor			2024-12-16
10.2196/72675	Pediatric Hearts and Minds: Reimagining Health Education Through Play and Narrative	Alina Yang	Letter to the Editor	2025-02-14	2025-02-24	2025-03-13
10.1016/j.jcard.2025.133035	Clarifying the crossroads of autonomy, authority, and adherence	Alina Yang	Letter to the Editor	2025-01-11	2025-01-31	2025-01-31
10.2196/10020	Adolescent Coercion in Digital Health: From Passive Subjects to Active Stakeholders	Alina Yang	Letter to the Editor	2024-12-12		2025-02-20
10.1016/j.cjca.2025.01.021	Smartphones and the Smart Heart: Balancing the Risks and Benefits of Mobile Devices in Disease Prevention	Alina Yang	Letter to the Editor			2025-01-25
10.1016/j.advnut.2024.100331	Cultural Cuisines and Cardiovascular Care: Tailoring Dietary Interventions for Effective Prevention	Alina Yang	Letter to the Editor	2024-09-15	2024-10-11	2024-10-29
10.1016/j.jpeds.2025.114551	Caffeinated Culture and the Price of Power: Rethinking Youth Heart Health in the Age of Energy Drinks	Alina Yang	Letter to the Editor			2025-03-20
10.1016/j.psychres.2024.116157	Strategies to promote help-seeking in college students	Rick Yang	Letter to the Editor	2024-08-24	2024-08-26	2024-09-07
10.1016/j.jadohealth.2024.07.015	Beyond the Pandemic: Harnessing Hope for Student Mental Health	Rick Yang	Letter to the Editor			2024-11-14
10.1016/j.jadohealth.2024.08.016	Under-Representation of Asian-American Youth in Research Obscures the Heterogeneity of The Population	Rick Yang	Letter to the Editor			2025-02-13
10.1016/j.jadohealth.2024.11.075	The Impact of School-Based Wellness Centers on Student Mental Health and Academic Performance: A Mixed-Methods Longitudinal Study in High-Achieving Schools	Rick Yang	Letter to the Editor			2025-02-07
10.1016/j.jadohealth.2024.11.076	Nothing About Us Without Us: A Mixed-Methods Evaluation of a Community Youth Advisory Board	Rick Yang	Letter to the Editor			2025-02-07
10.4088/JCP.24b15621	Sex Differences in PTSD Among US Military Veterans: Role of Trauma, Coping, and Social Factors	Rick Yang, Ian C. Fischer, Peter J. Na, Carolyn M. Mazure, Robert H. Pietrzak	Research Article	2024-09-18	2024-10-17	
10.1371/journal.pmen.0000192	Prevalence, correlates, and mental and physical health burden of cardiovascular disease in older U.S. military veterans	Caillin G. Arechiga, Rick Yang, Robert H. Pietrzak	Research Article	2024-08-05	2024-11-06	2024-12-18
10.4088/JCP.25b15791	Psychosocial Correlates of Optimism Among US Military Veterans	Rick Yang, Ian C. Fischer, Peter J. Na, Robert H. Pietrzak	Research Article	2025-01-13	2025-02-12	

According to a media report [1], Alina is the founder and CEO of the nonprofit organization "Guardians of the Heart", which promotes youth cardiovascular health through education, advocacy, and fundraising. Several events, such as Educational Workshops, Heart Screening Campaigns, and others, are exhibited on the website for "Guardians of the Heart" [2].

Rick, who is believed to be a brother of Alina, is an undergraduate student at Harvard University. Beside the above-mentioned nine letters, Rick has published five additional "Letter to the Editor", and three research articles until recently. The five "Letter to the Editor" were solely authored by Rick, while the three research articles were co-authored by Dr. Pietrzak's group at Yale. Rick also launched two organizations, "SchoolSight" and "Frontiers of Fulfillment", to promote the health welfare for youths. It is said that, Rick has secured over \$125,000 in grant funding with the collaboration from a dozen US senators and House representatives. [3]

The "Letter to the Editor" published by Alina and Rick are more personal thoughts after reading rather than scientific analysis, providing limited scientific insight to the community.

To date, Alina has not published any research articles or review articles yet.

- [1] The Scarsdale teen at the 'heart' of a health movement
(<https://westfaironline.com/latest-news/the-scarsdale-teen-at-the-heart-of-a-health-movement/>)
Accessed on 2025-05-14
- [2] Guardians of the Heart (<https://www.guardiansoftheheart.net/>) Accessed on 2025-05-14
- [3] Rick Yang (<https://theshinehopecompany.com/our-team/rick-yang/>) Accessed on 2025-05-14

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