UMSL Faculty Expertise
UMSL Faculty Expertise: 2018-2019

Anne Fish
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Research Specializations:
Advanced Theory Construction
Cognitive-behavioral Editing
Evaluation of Health Care Systems Internationally
Evaluation of Methods Evaluation:
Content Analysis
Experimental Studies
Quasi-experimental Design
Randomized Control Studies
Exercise Hypertension
Health Problems
Nursing
Nursing Evaluation
Prevention Research
Randomized Clinical Trials
Treatment Research

Biographical Narrative:
Dr. Anne Fish’s research program is about cardiovascular risk factor reduction. She accomplishes this through wellness, self-management, health promotion, and health behavior change in adults and adolescents with or at risk of cardiovascular disease. Her current focus is hypertension, obesity, and diabetes, in the areas of correct insulin injection technique, case management, psychosocial factors (diabetes empowerment, distress, quality of life, and self-care), pericardial adipose tissue as an emerging cardiovascular risk factor, physical activity (performance, self-efficacy, adherence, benefits, and barriers), motivational readiness to change, blood pressure reduction, weight loss and maintenance, and measurement. Her work, applied and basic, is mostly quantitative. Dr. Fish’s writing reflects data-based original, theoretical, and methodological work, as well as research program development and evaluation. Over the last five years, due to support from the Dean and the International Studies Programs, she has created a successful research collaboration located in Nanjing, China. Dr. Fish also has an active visiting scholars program in Nanjing and Shanghai mostly with diabetic educators who are also researchers.