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dated on: 2025/08/01

The Chinese University of Hong Kong
Department of Psychiatry
Schedule for August, 2025

Date	Time	Activity	Speaker(s)
Aug7	14:30-15:30	Research Seminar * *Enhancing Treatment for Youth with Comorbid Insomnia and Anxiety Symptoms: Investigating the Added Benefits of Acceptance and Commitment Therapy into Sleep-focused Intervention*	Ms. Julia SUN Supervisor: Prof. YK WING Co-supervisor: Dr. Rachel CHAN
	15:30-16:30	Research Seminar * *Using 3D Histology to Study Neurodegeneration* Registration: https://bit.ly/46U76Pz	Ms. Cathy CHAN Supervisor: Prof. YK WING Co-supervisor: Dr. Joanne HUANG
Aug14	14:30-16:00	Psychotherapy Case Conference (MUL)*# *Psychodynamic Psychotherapy - the basic theories*	Dr. Irene KAM Dr. Kenneth WONG Dr. Anne CHOY
	16:00-17:00	Psychotherapy Supervision (MUL)*#	
Aug21	14:30-16:30	Quality Assurance Meeting (SH)# / (TPH)#	
Aug28	14:30-16:00	Academic Lecture (MUL)* *Prevention of Major Depressive Disorder in Youth: A Sleep Perspective* Registration: https://bit.ly/46gIh09	**Dr. Sijing CHEN** Research Assistant Professor Department of Psychiatry Faculty of Medicine The Chinese University of Hong Kong
	16:00-17:00	Scientific Workshop (MUL)# *Statistical Modeling and Inference* Registration: https://bit.ly/40tISYJ	Dr. Joanne HUANG

Venue:	*Live video	#Closed meeting	@Non-CME Event	MUL	TPH	SH	1AL
				Seminar Room, Multi-centre, Tai Po Hospital, Tai Po, N.T.	Conference Room 1 G/F, Wing D Tai Po Hospital Tai Po, N.T.	Dining Room Ward 7AB Dept. of Psychiatry 7/F, Shatin Hospital Shatin, N.T.	Rm. 1005, Dining Room Ward 1AL, 1/F Tai Po Hospital Tai Po, N.T.

Please contact 2607-6025 two days before hand to arrange presentation equipment.

http://www.psychiatry.cuhk.edu.hk

香港中文大學
The Chinese University of Hong Kong

香港中文大學醫學院
Faculty of Medicine
The Chinese University of Hong Kong

Research Seminar

Date: 7 Aug 2025 (THU)

Time: 14:30 - 15:30

Venue: Zoom

Register Now



Ms. Julia SUN
Supervisor: Prof. YK WING
Co-supervisor: Dr. Rachel CHAN

Topic: Enhancing Treatment for Youth with Comorbid Insomnia and Anxiety Symptoms: Investigating the Added Benefits of Acceptance and Commitment Therapy into Sleep-focused Intervention

Abstract:

Insomnia and anxiety are common and highly comorbid in youth, with bidirectional links and proposed shared mechanisms (e.g., hyperarousal, cognitive inflexibility). Cognitive behavioral therapy for insomnia (CBT-I) is considered as first-line treatment for insomnia, yet its impact in alleviating anxiety symptoms especially in youths remains inconsistent. Initial evidence suggesting that Acceptance and Commitment Therapy (ACT), a third-wave CBT approach shows emerging evidence for reducing anxiety symptoms compared to CBT-I alone among adults with with chronic insomnia. Nonetheless, there is a significant gap in research assessing the combined effect of ACT with different components of CBT-I for alleviating both insomnia and anxiety symptoms in youths, particularly across various delivery modalities, including face-to-face and digital delivery formats.

This research work proposes two randomized controlled trials (RCTs) to address this gap. Study 1 aims to evaluate the feasibility of adding ACT into CBT-I treatment and the potential additive benefits in improving insomnia and anxiety symptoms in youths with both insomnia and anxiety symptoms compared to CBT-I alone. This pilot study will use a six-week face-to-face group-based RCT design. For study 2, treatment content will be refined according to the results and feedback from study 1. In addition, to increase the accessibility and scalability, the 6-week intervention will employ a digital format. Study 2 aims to evaluate the effect of digital CBT-I (dCBT-I), digital behavioral therapy for insomnia plus ACT (dBT-I+dACT), versus digital health education (active control) in improving insomnia and anxiety in youths. It is hypothesized that: (1) additional dACT components will show greater anxiety reduction compared to standard dCBT-I, with both interventions outperforming digital health education; and (2) both treatment groups have comparable effect on improving insomnia symptoms and outperform digital health education group. It is anticipated that this research project would advance psychological treatment for youth by (1) establishing whether adding ACT components into sleep-focused intervention could enhance the treatment outcomes and (2) exploring a scalable digital delivery model to address the insomnia and anxiety problems in youth.

Registration is required. For enquiries, please contact pci-event-app@cuhk.edu.hk or 26076025.
Please display the registration name for joining the Zoom lecture.

香港中文大學
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Research Seminar

Date: 7 Aug 2025 (THU)

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Register Now



Ms. Cathy CHAN
Supervisor: Prof. YK WING
Co-supervisor: Dr. Joanne HUANG

Topic: Using 3D Histology to Study Neurodegeneration

Abstract:

The Braak's two-hit hypothesis proposes that synucleinopathies may stem from the gut. However, conventional section-based immunohistochemistry (IHC) has produced highly conflicting results, with the specificity of neuronal Asyn staining patterns in predicting neurodegeneration varying widely from 0 to 100%. Recent advancements in 3D histology offer promise in mitigating sampling biases and addressing the limitations of 2D histology in scrutinizing fibrillary and sparse structures.

In prior work, our team gathered over 50 submucosal biopsies obtained through colonoscopies from patients at different synucleinopathy stages, alongside normal controls. These tissues serve as invaluable assets for identifying 3D IHC patterns associated with neurons that could forecast neurodegeneration and validate Braak's synucleinopathy Prion-like progression theory. However, their formalin-fixed paraffin-embedded format from routine processing renders them unsuitable for 3D IHC. To address this, we devised a physicochemical method named REZCUE, enabling the retrieval of these tissue blocks, enhancing epitope accessibility, and preserving molecular integrity down to the RNA transcript and proteomic level. REZCUE marks a significant step towards analyzing these specimens for biomarker identification and unraveling disease mechanisms.

Registration is required. For enquiries, please contact pci-event-app@cuhk.edu.hk or 26076025.
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ACADEMIC LECTURE



Dr. Sijing CHEN

Research Assistant Professor
Department of Psychiatry
Faculty of Medicine
The Chinese University of Hong Kong



28 AUG 2025 (THU)

14:30 - 16:00

Seminar Room, Multicentre, Tai Po Hospital & Zoom

Topic: Prevention of Major Depressive Disorder in Youth: A Sleep Perspective

Abstract:

Major depressive disorder (depression) is one of the most prevalent mental disorders, affecting 1.2 billion youth worldwide. Limited medical resources and a low rate of help-seeking place a significant burden on healthcare providers, patients, and their families, which underscores the critical need to translate modifiable risk factors for depression into effective preventive strategies. In this talk, I will first discuss the close relationship between sleep disorders and depression, highlighting current evidence that supports sleep intervention as a promising preventive measure for depression. I will also present recent advancements in digital therapeutics, which have paved the way for scalable and effective digital sleep interventions as means of preventing depression. In the second part of my talk, I will present findings from a recently completed clinical trial conducted by our research team. This trial focuses on applying a self-guided digital sleep intervention to prevent the onset of depression in at-risk youth. The results emphasize the pivotal role of prevention and early intervention in ameliorating the burden of youth depression and demonstrate the potential of evidence-based digital mental health therapeutics to address significant clinical demand.

Biography:

Dr. Sijing Chen is a Research Assistant Professor in the Department of Psychiatry at the Chinese University of Hong Kong (CUHK). She received a Master's degree in Psychiatry and Mental Health from Peking University and a PhD in Medical Sciences from CUHK. After completing her PhD, she undertook three years of postdoctoral training in sleep medicine and mental health research at CUHK and Centre de Recherche CERVO/Université Laval. Her research focuses on sleep and mental health, with an emphasis on exploring the association between sleep disturbances and mental disorders, particularly in high-risk populations.

Registration is required. For enquiries, please contact pci-event-app@cuhk.edu.hk or 26076025.
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Scientific Workshop - Workshop series on Artificial Intelligence and Data Analysis

香港中文大學
The Chinese University of Hong Kong

CU Medicine HONG KONG
香港中文大學醫學院
Faculty of Medicine
The Chinese University of Hong Kong



Dr. Joanne HUANG

Research Assistant Professor
Department of Psychiatry
Faculty of Medicine
The Chinese University of Hong Kong

28 AUG 2025 (THU) & 16:00 - 17:00

Seminar Room, Multicentre, Tai Po Hospital

Workshop 2: Statistical Modeling and Inference

Mastering statistical modeling in R is a core skill for data analysis. This workshop will introduce the implementation, evaluation, and interpretation of classical statistical models to help participants build data-driven decision models. This workshop covers statistical inference (hypothesis testing, confidence intervals, analysis of variance, and nonparametric methods), regression analysis (e.g., logistic regression and generalized linear models) and survival analysis.





Sign Up

The workshop series will include practical exercises in data analysis using R. Attendees are advised to bring their laptops with R and RStudio installed (https://posit.co/download/rstudio-desktop).

The workshops will cover a range of skill levels, starting from basic and progressing to advanced. It is recommended to attend all workshops for the full learning experience.

For enquiries, please contact pci-event-app@cuhk.edu.hk or 2607602