*for favour of posting*
*dated on: 2026/07/01*

# The Chinese University of Hong Kong
# Department of Psychiatry
# Schedule for July, 2026

| Date | Time | Activity | Speaker(s) |
|---|---|---|---|
| Jul2 | 14:30-16:30 | **Semi-annual orientation program for SH trainees** (SH)# | Dr. Brian OR, Dr. Vincent LEUNG, Dr. Vivian LIM, MSSU |
| Jul9 | 14:30-16:30 | **Introduction Course for New Doctors of TPH/NDH** (MUL)# | Dr. Pat CHAN, Dr. Winki TAI, Dr. Kenneth WONG, Dr. Raymond LEUNG, Dr. Cheris WONG, Dr. Lydia LAM, Dr. YW WONG, Dr. Karen WONG |
| Jul16 | 14:30-16:30 | **Quality Assurance Meeting** (SH)# / (TPH)# | |
| Jul23 | 14:30-16:00 | **Academic Lecture** (MUL)*<br>*The Beauty in the Brain: An MRI Scientist's View of Emerging Biomarkers*<br><br>Registration:<br>https://forms.cloud.microsoft/r/tYKeC0LawW | **Dr. Edward HUI**<br>Assistant Professor<br>Department of Psychiatry;<br>Department of Imaging and Interventional Radiology<br>Faculty of Medicine<br>The Chinese University of Hong Kong |
| | 16:30-17:30 | **Psychotherapy Training** (MUL)#<br>*Turning over a new leaf: a long case presentation* | Dr. King WONG, Dr. Cheris WONG |
| Jul30 | 14:30-15:30 | **Research Seminar** *<br>*Effect of a Smartphone-based, Mood-enhanced Cognitive Behavioral Therapy for Insomnia in Adolescents at Risk of Depression: A Cluster Randomized Trial* | Ms. Elaine WEI<br>Supervisor: Dr. Rachel CHAN |
| | 15:30-16:30 | **Research Seminar** *<br>*Improving Sleep and Daytime Functioning in Hong Kong Preschoolers with Neurodevelopmental Disorders: Evaluating Group-based and Digital Parent Sleep Intervention*<br><br>Registration:<br>https://forms.cloud.microsoft/r/qCS4FSJHSc | Mr. Cho-lam NGAN<br>Supervisor: Dr. Rachel CHAN<br>Co-supervisor: Prof. YK WING |

Venue: *Live video #Closed meeting @Non-CME Event

MUL: Seminar Room, Multi-centre, Tai Po Hospital, Tai Po, N.T.

TPH: Conference Room 1, G/F, Wing D, Tai Po Hospital, Tai Po, N.T.

SH: Dining Room, Ward 7AB, Dept. of Psychiatry, 7/F, Shatin Hospital, Shatin, N.T.

1AL: Rm. 1005, Dining Room, Ward 1AL, 1/F, Tai Po Hospital, Tai Po, N.T.

香港中文大學
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# ACADEMIC LECTURE




## Dr. Sai Kam (Edward) Hui

**Assistant Professor**
**Department of Psychiatry**
**Department of Imaging and Interventional Radiology**
**Faculty of Medicine and**
**Gerald Choa Neuroscience Institute**
**The Chinese University of Hong Kong**




23 JUL 2026 (THU)

14:30 - 16:00

Seminar Room, Multicentre, Tai Po Hospital & Zoom

## Topic: The Beauty in the Brain - An MRI Scientist's View of Emerging Biomarkers


**Abstract:**

The burgeoning array of MRI-derived biomarkers, from diffusion tractography to resting-state networks, offers unprecedented windows into brain health and disease. Yet this abundance raises a thought-provoking question: are we measuring too much? This talk argues that sometimes, simpler may be better.

I begin by acknowledging the landscape: a myriad of candidate biomarkers now exist for characterizing brain structure, connectivity, and physiology. However, choosing which biomarker to investigate is not merely a technical decision, it is a scientific hypothesis in itself. A central premise of this talk is that MRI is not a push-button instrument. Unlike a consumer device with preset, optimized workflows, MRI demands deliberate, sequence-level choices about what information to encode and at what fidelity. Collecting the "right" amount of information, not simply the most, requires understanding the chain from pulse sequence to downstream analysis.

These considerations set the stage for a deliberately unfashionable proposal. Rather than abandoning sophisticated biomarkers of brain connectivity or microstructure, I suggest we also consider revisiting a simpler, more accessible feature: brain geometry, as a complementary, not competing, approach. Specifically, I will show how shape-based morphometry and surface-based features, extracted from standard structural MRI, can capture meaningful variance in brain health and disease, sometimes matching or outperforming more complex counterparts. The beauty in the brain, it turns out, may lie not in measuring more, but in choosing wisely.


**Biography:**

I am an Assistant Professor of Radiology and Psychiatry at the Chinese University of Hong Kong, and an MRI scientist and biomedical engineer by training (PhD, BEng, HKU). My research has evolved across three domains: MRI sequence and biomarker development, the neuroarchitectural basis of neurological diseases, and artificial intelligence for clinical decision support. Currently, my work integrates advanced MRI, medical image analysis, and AI to address two key areas: (1) identifying imaging biomarkers for diagnosis and prognosis of neurological disease, with a focus on stroke recovery and aging; and (2) developing foundation models and large language models to enhance clinical decision making.

Registration is required. For enquiries, please contact pci-event-app@cuhk.edu.hk or 26076025.
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# Research Seminar

**Date: 30 Jul 2026 (THU)**

**Time: 14:30 - 15:30**

**Venue: Zoom**

Register Now



**Ms. Elaine WEI**

Supervisor: Dr. Rachel Chan

**Topic: Effect of a Smartphone-based, Mood-enhanced Cognitive Behavioral Therapy for Insomnia in Adolescents at Risk of Depression: A Cluster Randomized Trial**

**Abstract:**

Adolescence is a critical developmental period marked by increased vulnerability to mental disorders, with depression being one of the most common and clinically significant conditions in this age group. Insomnia is also prevalent during adolescence and frequently co-occurs with depressive symptoms. Adolescents with comorbid insomnia and depressive symptoms may represent a particularly high-risk group, as youth presenting with both sleep and mood problems tend to have greater symptom severity and poorer treatment outcomes.

Cognitive behavioral therapy for insomnia (CBT-I) is an established non-pharmacological intervention with increasing empirical support in adolescents. CBT-I improves insomnia symptoms and may confer secondary benefits for depressive symptoms, possibly through improvements in sleep. However, its effects on mood may be modest or less sustained, as standard CBT-I does not directly target depression-related behavioral processes. Cognitive behavioral therapy for depression (CBT-D) is an evidence-based treatment for adolescent depression and includes components such as behavioral activation and problem-solving. Combining both CBT-I and CBT-D interventions may be costly and burdensome. Thus, integrating core CBT-D components into CBT-I may therefore offer a promising strategy to reduce treatment burden while simultaneously targeting depression-related behavioral processes. However, traditional face-to-face delivery limits accessibility and scalability. As such, digital delivery formats present a viable opportunity to broaden population reach.

This cluster randomized trial aims to compare the effects of digitally delivered mood-enhanced cognitive behavioral therapy for insomnia (M-dCBT-I) and standard digital cognitive behavioral therapy for insomnia (dCBT-I) on depressive symptoms among Chinese adolescents aged 12–18 years with clinically relevant insomnia and depressive symptoms. Randomization will be conducted at the school level to minimize contamination between students within the same school. All participants will be assessed at baseline, post-treatment, 6-month follow-up, and 12-month follow-up. We hypothesize that M-dCBT-I will produce greater and more sustained reductions in depressive symptoms than standard dCBT-I, with comparable improvements in insomnia symptoms.

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**Date: 30 JUL 2026 (THU)**

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Register Now




**Mr. Cho-lam NGAN**

Supervisor: Dr. Rachel CHAN

Co-supervisor: Prof. YK WING


**Topic: Improving Sleep and Daytime Functioning in Hong Kong Preschoolers with Neurodevelopmental Disorders: Evaluating Group-based and Digital Parent Sleep Intervention**


**Abstract:**

Sleep disturbances are highly prevalent in preschool children with neurodevelopmental disorders (NDDs), with up to 80% affected across diagnoses, markedly exceeding rates observed in typically developing children. These disturbances are bidirectionally associated with core NDDs symptom severity, including behavioral difficulties, emotional dysregulation, and impaired daytime functioning. Chronic sleep problems in this population also contribute to elevated parenting stress, caregiver sleep disruption, and parental mood difficulties, which may further exacerbate children's behavioral and developmental outcomes.

Parent-based behavioral sleep interventions have shown promise in addressing sleep problems in children with NDDs. Prior research on parental sleep education and behavioral training has demonstrated specific benefits including reductions in sleep onset latency, decreased night wakings, and improvements in total sleep time, alongside secondary gains in child daytime behavior and reductions in parental stress. However, randomized controlled evidence in preschoolers with NDDs remains limited, particularly within Chinese-speaking and Asian cultural contexts.

While group-based delivery formats have shown effectiveness, they pose practical accessibility barriers for families managing caregiving demands and scheduling constraints. Digital delivery formats offer a scalable and flexible alternative, but their efficacy relative to group-based intervention and usual care has not been rigorously evaluated in this population. This study therefore evaluates the efficacy of a group-based and digital parent sleep intervention for Hong Kong preschoolers with NDDs using a three-arm randomized controlled trial. Participants will be randomized to group-based parent sleep intervention, digital parent sleep intervention, or usual care alone. The study will examine effects on children's sleep, daytime behaviours, sleep hygiene, parental stress, and parents' mood and sleep, using questionnaires, sleep diaries, and actigraphy across multiple timepoints. It is hypothesized that both the group-based and digital parent sleep interventions have comparable effects on improving preschoolers' sleep and behavioral outcomes and outperform usual care alone. This project aims to inform the development of accessible and scalable early sleep interventions for families of preschoolers with NDDs.


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