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The Chinese University of Hong Kong
Department of Psychiatry
Schedule for June, 2021

Date	Time	Activity	Speaker/Team
Jun3	14:30-15:30	Clinical Case Conference *# *Love Lies*	Dr. Heidi LO Supervisor: Dr. SC CHAN
	15:30-17:00	Research Seminar * *Effectiveness of e-based cognitive behavioral therapy for insomnia on improving sleep and mental health in Chinese youths with insomnia and subclinical depression: a randomized control trial* Registration link: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13139774	Ms. Sijing CHEN Supervisor: Prof. YK WING Co-supervisor: Dr. Rachel CHAN
Jun10	14:30-16:00	Psychotherapy Case Conference *#(SH) *The basic skill in psychotherapy - making and making sense of a dialogue*	Drs. Irene KAM, Larina YIM, Ansen TSE Moderator: Dr. Irene KAM
	16:00-17:00	Psychotherapy Supervision *#(SH)	
Jun17	14:30-16:30	Quality Assurance Meeting (SH)# / (TPH)#	All Clinical Staff
	16:30-17:30	Clinical Forum / Research Meeting (SH)#	All Clinical Staff
	16:30-17:30	Medical Staff Forum (TPH)#	All Clinical Staff
Jun24	14:30-16:00	Academic Lecture * *Simultaneous Dual-Task Cycling Exercise Training on Cognitive function for the Elderly*	Prof. Raymond Kai Yu TONG Professor and Programme Director & Division Head of Biomedical Engineering CUHK
	16:00-17:30	Research Seminar * *Familial influences of psychopathology and rest-activity pattern in bipolar disorder: an offspring cohort study* Registration link: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13141392	Ms. Binbin LEI Supervisor: Prof. YK WING Co-supervisor: Dr. Joey CHAN

Venue: *Live video #Closed meeting

TPH	SH
Conference Room 1	Dining Room
G/F, Wing D	Ward 7AB
Tai Po Hospital	Dept. of Psychiatry
Tai Po, N.T.	7/F, Shatin Hospital
	Shatin, N.T.

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

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

Department of Psychiatry

Research Seminar

DATE: 3 JUN 2021 (THU)
TIME: 15:30 - 17:00
VENUE: ZOOM LECTURE

Faculty of Medicine
The Chinese University of Hong Kong

Ms. Sijing CHEN
Supervisor: Prof. YK WING
Co-supervisor: Dr. Rachel CHAN

Topic:

Effectiveness of e-based cognitive behavioral therapy for insomnia on improving sleep and mental health in Chinese youths with insomnia and subclinical depression: a randomized control trial

Abstract:

Background

As increasing evidence has suggested a reciprocal relationship between depression and insomnia, intervention targeting insomnia may become a potentially promising approach to prevent depression in youths. Thus, we aimed to evaluate the efficacy of e-based cognitive behavior therapy for insomnia (e-CBT-I) on improving insomnia and preventing depression in youths.

Methods

This was a randomized controlled trial conducted in Chinese youths (aged 15-25 years) with insomnia disorder and subclinical depressive symptoms. Eligible participants were randomly assigned (1:1) to 6-week e-CBT-I or e-based health education (e-HE). Assessments were conducted at baseline, post-intervention, 6-month and 12-month follow-up. The primary outcomes included insomnia and depression at both symptomatic and disorder levels. Outcomes were examined by the mixed model repeated measures ANOVA and generalized estimating equations. This trial has been registered in ClinicalTrials.Gov (NCT04069247).

Results

Currently, 397 participants were randomly allocated to e-CBT-I group (n = 198) or e-HE group (n = 199). The preliminary results based on the initial sample of 142 participants (e-CBT-I: n = 74; e-HE: n = 68) showed that youths in the e-CBT-I group had significant reductions in insomnia and depressive symptoms at post-treatment compared with the control group, and the effect of e-CBT-I on insomnia symptoms lasted for 6-month (Cohen's d = 0.29). In addition, youths receiving e-CBT-I were at lower risk of having persistent insomnia (OR: 0.47, 95% CI: 0.26–0.85), clinically significant depression (OR: 0.33, 95% CI: 0.14–0.77) and anxiety (OR: 0.26, 95% CI: 0.09–0.72) at post-treatment and 6-month follow-up. There were also significant group and time interactions favoring e-CBT-I for DBAS-16, rMEQ, sleep efficiency, and sleep onset latency.

Conclusions

The preliminary results suggested that e-CBT-I is effective in improving sleep and mental health among youths with insomnia and subclinical depression, and e-CBT-I may serve as a potential intervention for preventing depression in the high-risk youths.

Registration is required. For enquiries, please contact 26076025
Please display the registration name for joining the Zoom lecture

Please register the Zoom lecture via the link:
https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13139774

Department of Psychiatry

ACADEMIC LECTURE

Prof. Raymond Kai Yu TONG
Professor and Programme Director &
Division Head of Biomedical Engineering
CUHK

Date: 24 Jun 2021 (THU)
Time: 14:30 - 16:00
Venue: Zoom Lecture

Topic: Simultaneous Dual-Task Cycling Exercise Training on Cognitive function for the Elderly

Abstract:

Studies have shown that cognitive training have positive effects on cognitive functions, in terms of processing speed, attention and working memory, in mild cognitive impairment patients. Aerobic exercise can also lead to significant improvement in global cognitive ability. It is uncertain whether performing cognitive training simultaneously with aerobic exercise (dual task training) will have greater benefits in improving cognitive functions than single task interventions.

This project aims to introduce dual task cycling exercise training system to enhance the cognitive function of the elderly with mild cognitive impairment. The system is designed to train the brain with cognitive task and at the same time by having aerobic exercise at moderate intensity with well-controlled by monitoring the subject's heartrate.

This is a randomized controlled trial study. There will be 3 randomized groups which investigates whether a simultaneous combined aerobic exercise and cognitive task will have a better effect retaining cognitive abilities. Subjects will be required to simultaneously cycle to scenery videos and/or interact with touchscreen cognitive games depending on the group they are in. The cognitive games are intended to train the users' cognitive functions such as processing speed, attention and working memory. We have some preliminary results to show the performance of subjects with mild cognitive impairment in our system.

Biography:

Prof. Raymond Kai-yu Tong is a Biomedical Engineer and he is currently a Professor and Chairman in the Department of Biomedical Engineering, CUHK. His research interests include Rehabilitation Robotics (e.g. Hand of Hope), Brain-Computer Control Interface (BCI), Neural Engineering, Functional Electrical Stimulation(FES) and Cognitive Assessment Software. Prof. Tong is recognized for his accomplishment in innovation and applied scientific research in neuro-rehabilitation for stroke patients and the elderly. Over the years, he has made great strides in developing a wide range of rehabilitation devices. His innovative work on rehabilitation robot system "Hand of Hope" was the first Hong Kong invention to have received the grand prize in the 40-year history of the International Exhibition of Inventions of Geneva. Recently, Prof. Tong using advanced 3D printing technology to develop a new generation of robotic hand for stroke rehabilitation. The personalized soft robot hand is light and comfort for more hand function training. His research, innovation and service have received Awardee of the 2013 Hong Kong Ten Outstanding Young Persons; Winner Award(e-Health) in the Asia Pacific ICT Award 2012; and HKIE innovation awards for young members(2008), gold awards in international invention exhibitions (04', 07',10',15' &16'). Webpage: http://www.bme.cuhk.edu.hk/kytong

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Department of Psychiatry

Research Seminar

DATE: 24 JUN 2021 (THU)
TIME: 16:00 - 17:30
VENUE: ZOOM LECTURE

Ms. Binbin LEI
Supervisor: Prof. YK WING
Co-supervisor: Dr. Joey CHAN

Topic:

Familial influences of psychopathology and rest-activity pattern in bipolar disorder: an offspring cohort study

Abstract:

Bipolar disorder is a highly heritable mental disorder with a long prodromal period. The offspring of parents with bipolar disorder (O-BD) have an increased risk of various mental disorders and alterations of rest-activity pattern. Although psychopathology of O-BD was found inprevious cohorts, the trajectory course of the development of psychopathology and the transmission across generations within families are unclear. In the current study, we aimed to explore the familial influences of psychopathology and rest-activity pattern of O-BD.

In the current study, the data of probands and spouses, and their offspring at the age of 6-21 years old were collected. All the participants were examined with clinical interview for diagnosis of mental disorders and sleep disorders, actigraphy, questionnaires, and neurocognitive test. Offspring were followed up biannually to repeat the measures at baseline. In addition, we analyzed a total of 64 phenotypes related to psychopathology and rest-activity patterns by the Sequential Oligogenic Linkage Analysis Routines (SOLAR) to delineate their heritability and genetic associations with bipolar disorder.

The results of the current study showed that O-BD presented with a higher rate of a wide range of psychopathologies compared to the O-Control. Parental history of psychopathology is a risk factor for the early development of mental symptoms and disorders in the O-BD. The current study identified objective rest-activity pattern as genetically related to bipolar disorder. In addition, the pilot follow-up study indicated the higher rates of mental disorders in the O-BD, and a higher incidence of tic disorders.

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