

**The Chinese University of Hong Kong**  
**Department of Psychiatry**  
**Schedule for January, 2022**

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Speaker/Team</u>
Jan6	14:30-16:30	Semi-annual orientation program for SH trainees (SH)#	Drs. Grace LEUNG, Vivian LIM, LY NG
	14:30-16:30	Introduction Course for New Doctors of TPH/NDH (1AL)#	Drs. YC WONG, Pat CHAN, Fu CHAN, Winki TAI, Evelyn WONG, Candy WONG, Kenneth WONG
Jan13	14:30-16:00	Psychotherapy Case Conference (SH)*# <i>Introduction to systemic family therapy</i>	Drs. Larina YIM, Ansen TSE Moderator: Dr. Irene KAM
	16:00-17:00	Psychotherapy Supervision (SH)*#	
Jan20	14:30-16:30	Quality Assurance Meeting (SH)# / (TPH)#	All Clinical Staff
Jan27	14:30-16:00	Academic Lecture * <i>Common Sleep Problems in Adolescents: Intervention and Prevention</i>	Dr. Rachel Ngan Yin CHAN Research Assistant Professor Dept. of Psychiatry CUHK

Registration link:

<https://bit.ly/3F6FsOP>

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

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

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

# ACADEMIC LECTURE



**Dr. Rachel Ngan Yin CHAN**  
Research Assistant Professor  
Dept. of Psychiatry  
CUHK

**Date: 27 Jan 2022 (THU)**  
**Time: 14:30 - 16:00**  
**Venue: To be held by Zoom**



## **Topic: Common Sleep Problems in Adolescents: Intervention and Prevention**

### **Abstract:**

Adolescence is a critical period of psychosocial and neural development and also a vulnerable period for the emergence of sleep and mood problems. Sleep problems are prevalent in adolescents and associated with an array of negative impacts on academic, mood, cognitive, cardiovascular and general well-being. However, they are often under-recognized and under-managed in adolescents. This talk will provide a brief overview of common sleep problems in adolescents including their epidemiology, associated factors and consequences especially with regard to the mental health. In particular, evidence related to effective intervention and the potential of focusing sleep problems as preventive approach for subsequent onset of mood problems will be discussed.

### **Biography:**

Dr. Rachel Chan is currently a Research Assistant Professor at the Department of Psychiatry, Faculty of Medicine, The Chinese University of Hong Kong. Dr. Chan obtained her Master of Philosophy in Medical Sciences from the Chinese University of Hong Kong and Doctor of Philosophy in Psychology from the University of Hong Kong. Her main research interests include pediatric sleep problems, treatment and prevention of sleep disorders and relationship between sleep and psychopathology. She has been involved in a number of epidemiological studies, interventional and prevention trials. She is the lead author of the first prevention study for insomnia in the high-risk adolescents.

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

Please register the lecture via the link:  
<https://bit.ly/3F6FsOP>

