

ACADEMIC LECTURE



Dr. Rachel Ngan Yin CHAN
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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:
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