

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

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Speaker/Team</u>
Sep1		No Event	
Sep8	14:30-16:00	Psychotherapy Case Conference (SH)# <i>Exploring in security - how?</i>	Psychotherapy team members Moderator: Dr. Irene KAM
	16:00-17:00	Psychotherapy Supervision (SH)#	
Sep15	14:30-16:30	Quality Assurance Meeting (SH)# / (TPH)#	All Clinical Staff
Sep22	14:30-15:30	Research Seminar * <i>Seeing mental resilience from the perspectives of sleep and circadian</i>	Ms. Chris CHEN Supervisor: Prof. YK WING Co-supervisors: Dr. Joey CHAN, Rachel CHAN
	15:30-16:30	Research Seminar * <i>Development and evaluation of mindfulness-based parenting mobile app intervention tailored for parents and caregivers of special needs children with autism spectrum disorder</i>	Ms. Karen MA Supervisors: Prof. Sandra CHAN Co-supervisor: Dr. Oscar WONG
		Registration: https://bit.ly/3pub8Y0	
Sep29	14:30-16:00	Academic Lecture * <i>How to manage Early Optimised Treatment (EOT) for patients with MDD? How would this EOT improve early functional recovery?</i>	Prof. Bernhard Baune Head of Department of Mental Health and Director of Laboratory Division of Molecular Neurobiology of Mental Health University of Münster Germany
		Registration: https://bit.ly/3pubr56	

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



Research Seminar

DATE: 22 SEP 2022 (THU)

TIME: 14:30 - 16:30

VENUE: ZOOM LECTURE



Ms. Chris CHEN

Supervisor: Prof. YK WING

Co-supervisors: Drs. Joey CHAN, Rachel CHAN

Topic:

Seeing mental resilience from the perspectives of sleep and circadian

Abstract:

Research on mental health has previously been dominated by investigations of risk factors and vulnerability. In recent years, growing scientific work has changed its focus from vulnerable factors to the factors that empower individuals to remain healthy or to recover when facing with adversities. "Mental resilience" is one of the protective factors within this framework, which is defined as the ability of people to recover quickly from difficult events. It is of great significance to know how to prevent mental health disturbances through knowing how resilience works. Currently the term "resilience" is used in the literature for different phenomena ranging from prevention of mental health disturbance to successful adaptation and swift recovery after experiencing life adversities. It is closely associated with stress response and considered as a personality trait, as an adapting process, as well as an outcome after adversities.

Sleep, as a vital role in mental and physical well-being, is one of the health issues that is increasingly reported to be related to resilience development. Individuals with robust circadian dynamics may have better allostatic load and better resilient coping. We believe research on resilience in healthy individuals will provide implications for understanding the protecting effect of resilience more comprehensively. Therefore, we conducted a study in healthy adults and aimed to explore the associations between sleep, circadian and mental resilience. We also aimed to identify potential marker of resilience using data of sleep microstructure and circadian related activity rhythm and dim light melatonin pattern. These may provide novel insight into the linkage between sleep, circadian rhythm and mental resilience.



Ms. Karen MA

Supervisor: Prof. Sandra CHAN

Co-supervisor: Dr. Oscar WONG

Topic:

Development and evaluation of mindfulness-based parenting mobile app intervention tailored for parents and caregivers of special needs children with autism spectrum disorder

Abstract:

In view of the stress commonly faced by parents and caregivers when caring for their children with autism spectrum disorder (ASD) and the universal stress from COVID-19, my research is aimed at enhancing the mental well-being of parents and caregivers through transferring skills and knowledge on parenting and mindfulness through a mobile-phone application. This is important, as maladaptive parenting styles and negative emotions driven by parental stress can undermine children's interpersonal competence, coping, and cognitive ability, and have adverse negative consequences on the child's development. Focus group interviews were conducted with various mental health professionals and parents of children with ASD to understand the everyday scenarios that carers may encounter and find challenging to handle, any specific difficulties faced in those situations, and any feelings and emotions evoked. The mobile-phone application is developed with the content contextualised to these everyday parenting difficulties and will be designed to improve user experiences and increase relevance and adherence to promote sustained usage of the app. Pilot testing will be carried out to evaluate the feasibility, acceptability, and preliminary efficacy of the app; a randomized controlled trial will be conducted to evaluate the effectiveness of the app in improving wellbeing of parents and their children with ASD.

Registration is required. For enquiries, please contact 26076025

Please display the registration name for joining the Zoom lecture

For registration, please visit the following link:

<https://bit.ly/3pub8Y0>



Academic Lecture



**LIVE
WEBINAR** via ZOOM

How to manage Early Optimised Treatment (EOT) for patients with MDD? How would this EOT improve early functional recovery?

(CME Accredited)



September 29th 2022, Thursday
1430 - 1600 HKT (Lecture and Q&A)

Please register via the link
or scan here

<https://bit.ly/3pubr56>



Prof. Bernhard Baune (Speaker)

Head, Department of Mental Health and Director,
Laboratory Division of Molecular Neurobiology of
Mental Health, University of Münster, Germany



Department of Psychiatry

Supported by:



Academic Lecture

LIVE WEBINAR via ZOOM

Date: September 29th 2022 (Thursday)

Time: 1430 - 1600 (Lecture and Q&A)

Topic:

**How to manage Early Optimised Treatment (EOT) for patients with MDD?
How would this EOT improve early functional recovery?**

Synopsis:

Discuss Unmet needs in the treatment of patients with MDD, including partial response/residual symptoms, remission, relapse and tolerability issues. Take a closer look at latest treatment goals and priorities in global perspective. Specifically, this lecture will focus on treatment optimization for patients with MDD and the connection towards full functional recovery. How to make early adjustment in MDD treatments in clinical practice, incl. titration, switching and augmentation?



Biography:

Prof. Bernhard Baune (MD, MPH, MBA, FRANZCP) holds a Professorial Chair of Psychiatry, is Head of the Department of Mental Health and the Director of the Laboratory Division of Molecular Neurobiology of Mental Health at the University of Münster Münster, Germany. Prof. Baune is known for his extensive research program into the neurobiology of severe mental illness and treatment response, specifically in mood disorders, cognitive dysfunction and neuropsychiatry. He developed novel concepts and approaches in personalized psychiatry, molecular psychiatry, prediction and biomarker research and pharmacological treatment research. He is also well known for key research achievements in the field of immune neurobiology of psychiatric disorders. Prof. Baune obtained total research funding in excess of 35 Million Euros from the NHMRC (Australia), EU Era Permed and the DFG (Germany). His research is nationally and internationally widely recognized and he has published more than 630 peer reviewed articles, reviews and book chapters.



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