

**The Chinese University of Hong Kong
Department of Psychiatry
Schedule for July, 2023**

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Speaker/Team</u>
Jul6	14:30-16:30	Semi-annual orientation program for SH trainees (SH)	Dr. Irene KAM (Inpatient) Dr. Vincent LEUNG (Outpatient) Dr. Vivian LIM (CPS)
	14:30-16:30	Introduction Course for New Doctors of TPH/NDH (MUL)	Dr. YC WONG, Dr. Winki TAI & Dr. Candy WONG
Jul13	14:30-16:00	Psychotherapy Case Conference (MUL)# <i>Making psychodynamic formulation in everyday clinical practice</i>	Dr. Irene KAM
	16:00-17:00	Psychotherapy Supervision (MUL)#	
Jul20	14:30-16:30	Quality Assurance Meeting (SH)# / (TPH)#	All Clinical Staff
Jul27	14:30-16:00	Academic Lecture (MUL)* <i>Can a healthier gut boost your mood?</i>	Dr. Hein Min TUN Associate Professor The Jockey Club School of Public Health and Primary Care The Chinese University of Hong Kong
		Registration: https://bit.ly/3cqyQsF	
Venue:	*Live video #Closed meeting	@Non-CME Event	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. Hein Min TUN

Associate Professor
The Jockey Club School of Public Health
and Primary Care
The Chinese University of Hong Kong

Date: 27 Jul 2023 (THU)

Time: 14:30 - 16:00

**Venue: Seminar Room, Multicentre,
Tai Po Hospital & Zoom**



Topic: Can a healthier gut boost your mood?

Abstract:

The brain-gut axis is a system of hierarchical homeostatic reflexes. Based on extensive evidence, gut microbiota has been associated with the development of depression through the microbiota-gut-brain axis. However, previous studies have led to conflicting reports on this association, posing challenges to the application of gut bacteria in the diagnostics and/or treatment of depression. To minimise heterogeneity in data processing and analysis, we recently performed a multi-cohort analysis by adopting a standardised bioinformatics and statistical pipeline to meta-analyse 16S rRNA sequences of 1827 fecal microbiota samples from eight different cohorts. Our study identified a number of consistent microbial biomarkers that have potentials as diagnostic markers for depression. On the other hand, the comparative efficacy of probiotics over other antidepressants in treating major depressive disorder (MDD) is an important question to be answered, considering the adverse effects and potential social stigmas of antidepressant usage. Using a network meta-analysis approach, we compared the comparative efficacy of antidepressants and probiotics and concluded that probiotics may be efficacious as an adjunct or standalone therapy for treating MDD. In parallel, we established a large cohort of university students to validate our findings on the association between gut microbiota and depression status. As a proof-of-principle research, we successfully established a causal relationship between gut microbiota and the development of depression in a mice model with fecal microbiota transplantation experiment. Having said that, more clinical and mechanistic research are still needed to discover functional psychobiotics for prevention and effective therapeutic intervention of depression.

Biography:

Hein Tun is a public health veterinarian, currently an Associate Professor at the JC School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong (CUHK) and a Lead Scientist at the Microbiota I-Center (MagIC). He is also leading the System Microbiology and Antimicrobial Resistance (SMART) lab at the Li Ka Shing Institute of Health Sciences, CUHK. He is an Adjunct Professor at the Nanjing Medical University and an Honorary Associate Professor at The University of Hong Kong. His research interest focuses on using multiomic big data analysis to study mechanistic roles of microbiome in health and diseases. Understanding the role of gut microbiota in depression and other neurological disorders is one of the flagship research programs of his lab. He has published more than 100 original peer-reviewed articles in high impact journals such as Gut, Gastroenterology, Lancet Microbe, Nature Communication, JAMA Pediatrics etc. He has received several international research awards and fellowships including the Gold Medal at 2021 Inventions Geneva Evaluation Days, Canadian Institute of Health Research Fellowship and Dik Zwart Award.

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

Please display the registration name for joining the Zoom lecture.

Please register the lecture via the link:

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

