*for favour of posting*
*dated on: 2024/06/01*

# The Chinese University of Hong Kong
# Department of Psychiatry
# Schedule for June, 2024

| Date | Time | Activity | Speaker(s) |
|---|---|---|---|
| Jun6 | 14:30-15:30 | Research Seminar (MUL) *<br>*Looking at resilience through a holistic lens: a cross-sectional cross-cultural study* | Ms. Samara HUSSAIN<br>Supervisor: Prof. Sandra CHAN<br>Co-supervisor: Dr. Oscar WONG |
| | 15:30-16:30 | Research Seminar (MUL) *<br>*Development and Evaluation of a Mindfulness-based Parenting App Intervention for Improving the Wellbeing of Parents and Caregivers of Children with Autism Spectrum Disorders*<br><br>Registration:<br>https://bit.ly/3WTQRNA | Ms. Karen MA<br>Supervisor: Prof. Sandra CHAN<br>Co-supervisor: Dr. Oscar WONG |
| Jun13 | 14:30-16:00 | Psychotherapy Case Conference (MUL) #<br>*Understanding Attachment Theory in the family system - case illustrations* | Dr. Irene KAM |
| | 16:00-17:00 | Psychotherapy Supervision (MUL) # | |
| Jun20 | 14:30-16:30 | Quality Assurance Meeting (SH)#/(TPH)# | |
| Jun24 | 14:30-16:00 | Academic Lecture (MUL) *<br>*The frontopolar cortex for human decision-making processes: an anatomically unique and functionally (un)important brain region*<br><br>Registration:<br>https://bit.ly/3V9CZ0s | Dr. Bolton CHAU<br>ADoMHRC & Associate Professor<br>Department of Rehabilitation Sciences<br>The Hong Kong Polytechnic University |

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

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

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

# Research Seminar

**Date: 6 Jun 2024 (THU)**

**Time: 14:30 - 15:30**

**Venue: Zoom**

Register Now

**Ms. Samara HUSSAIN**
Supervisor: Prof. Sandra CHAN
Co-supervisor: Dr. Oscar WONG

**Topic: Looking at resilience through a holistic lens: a cross-sectional cross-cultural study**

**Abstract:**

Life is filled with ups and downs, where resilient individuals adapt while non-resilient fail to adjust. Heterogeneity is resilience outcome has been long observed despite exposure to adverse and/or traumatic event exposure. Current study aims to explore the effect of subjectivity, and mediating role of parenting, family, and resources in resilience promotion. Using data from *Work Heart* cohort, responses of 2531 adolescents (Mage = 14.1 years, 57.6% males, Non-ethnic Chinese = 319 (12.6%)) were analyzed.

Prevalence of at least 1 adversity exposure was 91.42% and trauma 25.60%. Following adversity exposure, 69.74% manifested resilience and 58.49% following trauma. Subjective interpretation fully mediated the relationship between negative event(s) exposure and mental health outcome. Structural equation modelling (SEM) showed direct path between trauma exposure with internalizing disorder(s). Whereas, adversity exposure worked its way through to mental health outcome via negative family environment, parent stress, and resources. Non-ethnic Chinese compared to ethnic Chinese reported lower parenting stress and less external resources.

Resilience is more common following adversity compared to trauma exposure, with a dose-dependent relationship. Not the negative event(s) but its interpretation plays a stronger role in mental health outcome. Variables in immediate environment determine the path to mental health outcome after adversity. As such, it is plausible to reduce the impact of adversity by improving family environment and parenting, thereby activating resources for successful adaptation.

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.

# Research Seminar

**Date: 6 Jun 2024 (THU)**

**Time: 15:30 - 16:30**

**Venue: Zoom**

Register Now

**Ms. Karen MA**
Supervisor: Prof. Sandra CHAN
Co-supervisor: Dr. Oscar WONG

**Topic: Development and Evaluation of a Mindfulness-based Parenting App Intervention for Improving the Wellbeing of Parents and Caregivers of Children with Autism Spectrum Disorders**

**Abstract:**

The aim of my study is to develop a parenting app for mindfulness training and skills transfer to improve the mental wellbeing of parents and caregivers of children with ASD, mitigating any potential mental health consequences from the bidirectional mutual perpetuation of parental stress and child's behavioural and emotional problems. The app development process follows a systematic, evidence-informed approach according to Intervention Mapping, an iterative method that is well-established and widely used, and fulfils the UK Medical Research Council (MRC) framework for developing complex healthcare interventions. A needs assessment was conducted through literature reviews and ten in-depth semi-structured qualitative interviews with parents and various mental health professionals including psychiatrists, psychiatric nurses, clinical psychologists, occupational therapists, and teachers. These, alongside theory-based and practical application methods such as the theory of mindfulness, Elaboration Likelihood model, Social Cognitive Theory, informed the design of the curriculum for the structured intervention.

We developed the TRIP app, which is a 6-week structured intervention consisting of six weekly sessions of 15-20 min education on ASD parenting skills and mindfulness practices. Weekly themes include cultivating curiosity in parenting, mindfulness of the breath and body, management of core and associated features of ASD, managing conflicts and setting boundaries, as well as perspective taking and cultivating self-compassion. The curriculum was designed to target the determinants of parental stress, including knowledge, skills, attitudes, emotions, and challenges posed by contextual and environmental factors identified in the needs assessment. The TRIP app was tested in a pilot randomised controlled trial to evaluate the feasibility, acceptability, and preliminary efficacy of the app, and is currently being evaluated in a large-scale randomised controlled trial. The TRIP app has the potential to be an economical, first-tiered intervention in the stepped care model specific to the ASD population to address the pressing clinical needs.

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# ACADEMIC LECTURE

## Dr. Bolton CHAU

**ADoMHRC & Associate Professor**
**Department of Rehabilitation Sciences**
**The Hong Kong Polytechnic University**

27 Jun 2024 (THU)

14:30 - 16:00

Seminar Room, Multicentre, TPH & Zoom

**Topic: The frontopolar cortex for human decision-making processes: an anatomically unique and functionally (un)important brain region**

**Abstract:**

The human brain contains a unique frontopolar cortex (FPC), as it is greatly expanded when compared to other animals' brain. Paradoxically, this seemingly important FPC appears to be rather functionless in neurology literature. Often, patients with focal damage in this area can still perform normally in many neuropsychology tests. In this talk, I will present our recent findings showing that the FPC is involved in specific decision-making processes. First, we showed that by using neuroimaging the lateral part of the FPC is involved while making complex decisions. Second, we showed that stimulating the FPC is effective in modulating decision making. We further combined computational modelling (such as artificial neural network) to reveal the precise computational processes in the FPC. Our findings demonstrate that the lateral part of the FPC has a specific role in decomposing complex information during decision making.

**Biography:**

Bolton Chau is Associate Professor of Department of Rehabilitation Sciences and Associate Director of the Mental Health Research Centre, The Hong Kong Polytechnic University. He received his DPhil from University of Oxford. Bolton was selected as APS Rising Star by the Association for Psychological Science. Bolton's research focuses on neural mechanisms of decision making and information sampling. His research involves multiple approaches, including brain imaging, brain stimulation, eye tracking, artificial neural network/computational modelling, and patient testing.

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