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

Date	Time	Activity	Speaker(s)
Nov1	14:30-15:30	Academic Lecture (SH) * *The relationship of Sleep and Major Depressive Disorder* Registration: https://bit.ly/3XKswJX	Prof. Andrew KRYSTAL Ray and Dagmar Dolby Distinguished Professor Psychiatry and Neurology University of California San Francisco
Nov7	14:30-16:00	Psychotherapy Case Conference (MUL) # *Balint Group Supervision*	Trainees Moderator: Dr. Cheris WONG
	16:00-17:00	Psychotherapy Supervision (MUL) #	
	14:30-15:30	Research Seminar * *Cognitive Behavioral Therapy for Insomnia and Imagery Rehearsal Therapy for Insomnia Comorbid with Nightmares: A Randomized Control Trial*	Ms. Reyane AO Supervisor: Prof. Yun Kwok WING Co-supervisor: Dr. Rachel CHAN
	15:30-16:30	Research Seminar * *Exploring the Role of Sleep/Circadian Factors in Premenstrual Disorders among Hong Kong Young Females* Registration: https://bit.ly/4ePZ1ft	Ms. Solène WANG Supervisor: Dr. Rachel CHAN Co-supervisor: Prof. Yun Kwok WING
Nov14	14:00-15:00	Psychiatry Lecture (MUL) # *First-line switch of antidepressants for patients with MDD who show inadequate response and the dose-*	Dr. Mohammad ALSUWAIDAN Consultant Psychiatrist and

		response relationship	Assistant Professor of Psychiatry
		Registration:	The University of Toronto, Canada
		https://bit.ly/47SqmLL	

| Nov21	14:30-16:30	Quality Assurance Meeting (SH)#/(TPH)#	
	16:30-17:30	Medical staff forum (MUL)# *Psychotherapy discussion: an ongoing meaning making process*	Dr. Marshall LEE
Nov28	14:30-16:00	Academic Lecture (MUL) * *Bridging Basic and Clinical Neuroscience: Advancements in Circuit Research and Computational Modelling* Registration: https://bit.ly/4gR8uoU	<u>Dr. Petrina LAU</u> Research Assistant Professor, Department of Psychiatry, The Chinese University of Hong Kong
	16:00-17:00	Research Seminar * *Toolkit for Next-Generation Animal Model Brain Research* Registration: https://bit.ly/3NbTpjY	Mr. Jacky HUNG Supervisor: Prof. Sandra CHAN Co-supervisor: Dr. HM LAI

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
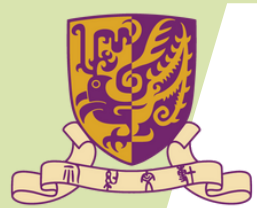
Research Seminar

Date: 7 Nov 2024 (THU)
Time: 14:30 - 16:30
Venue: Zoom

CU Medicine HONG KONG
Faculty of Medicine
The Chinese University of Hong Kong

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Ms. Reyane AO
Supervisor: Prof. YK WING
Co-supervisors: Dr. Rachel CHAN

Topic: Cognitive Behavioral Therapy for Insomnia and Imagery Rehearsal Therapy for Insomnia Comorbid with Nightmares: A Randomized Control Trial

Abstract:

Insomnia is a prevalent sleep complaint associated with numerous consequences, posing significant public health burden. Population-based study reported 18% of individuals with insomnia disorder also experiencing weekly nightmares, with double rate of mood disorders compared to those with insomnia only. The comorbidity of insomnia and nightmare also presents a more complex sleep issue, as polysomnography revealed greater difficulty falling asleep and increased instability of sleep fragmentation in sufferers of both conditions compared to those only having insomnia. Therefore, it is essential to address both sleep disturbances in comorbid conditions.

Imagery Rehearsal Therapy (IRT) and Cognitive Behavioral Therapy for Insomnia (CBT-I) are the first line treatments for nightmare and insomnia, respectively. There are few studies that have explored the additive effect of IRT as adjunctive to CBT-I among veterans with posttraumatic stress disorder (PTSD). Evidence suggested that severe baseline nightmares hindered treatment effect with less improvement compared to those with milder nightmares, resulting in no significant difference in outcomes when compared to CBT-I alone.

Most previous studies focused on PTSD patients, with limited study exploring the combining effect of CBT-I and IRT in reducing nightmares and insomnia symptoms in a non-traumatized community population, which may also suffer from idiopathic nightmare that may have different etiology and courses. Therefore, this study employs a randomized controlled trial to examine the combined effect of CBT-I and IRT in reducing nightmare frequency and severity in a community-based sample. The current research study would fill a significant gap in treating comorbid insomnia and nightmares in a broader population.

Ms. Solène WANG
Supervisor: Dr. Rachel CHAN
Co-supervisors: Prof. YK WING

Topic: Exploring the Role of Sleep/Circadian Factors in Premenstrual Disorders among Hong Kong Young Females

Abstract:

Premenstrual Disorders (PMDs), including Premenstrual Syndrome (PMS) and Premenstrual Dysphoric Disorder (PMDD), are characterized by a constellation of mood and somatic symptoms that arise in luteal phase and improve after menstruation. PMS and PMDD probably represent two ends of the PMD spectrum, with PMDD being a more severe psychiatric form of disease, leading to greater functional impairment. Approximately 20-40% of women experience PMS, with prevalence rates exceeding 50% in adolescents and young adults and about 5-10% meeting PMDD criteria. PMDs epidemiology varies according to different sociodemographics and screening tools, and as there is a lack of local studies or locally adapted diagnostic tools, PMDs data in Hong Kong is unclear. PMDs can lead to adverse impacts including reduced social activities, decreased productivity, absenteeism as well as a higher risk of comorbid depressive and anxiety disorders, highlighting the clinical importance of disease understanding and addressing.

Sleep is believed to be crucial in mood and menstrual health. For menstrual related disorders, hormonal perturbation might be a key mechanism, involving hormones such as estradiol, luteinizing hormone, melatonin and neurosteroids. PMD patients report more sleep disturbances and disturbed circadian rhythms, and sleep/circadian dysregulation perturbs menstrual cycle. These evidences collectively suggest towards a hypothesis that there is a possible bidirectional relationship between PMDs and sleep/circadian disturbances. At present, the interplay between PMDs and sleep/circadian disturbances is a knowledge gap, necessitating further investigation.

To explore how sleep/circadian aspects may modulate PMDs with the ultimate goal to inform intervention strategies, we aim to conduct a two-phase study. Phase I is an epidemiological study to explore the prevalence, risk and associated factors of PMDs in Hong Kong young females. Phase II employs a case control study design to further understand the potential role of sleep/circadian factors in PMDs and their bidirectional relationship. In particular, sleep, emotional regulation, and hormonal markers across the menstrual cycle will be measured.

PSYCHIATRY LECTURE
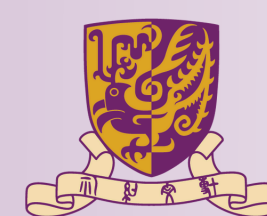
Supported by:
Lundbeck

SPEAKER

Dr. Mohammad ALSUWAIDAN

Consultant Psychiatrist and Assistant Professor of Psychiatry
The University of Toronto, Canada

Moderator

Dr. Joey CHAN

Associate Professor (Clinical)
Department of Psychiatry
The Chinese University of Hong Kong

📅 14 NOV 2024 (THU)

🕐 14:00 - 15:00

📍 Seminar Room, Multicentre, Tai Po Hospital
   & Zoom

Topic: First-line switch of antidepressants for patients with MDD who show inadequate response and the dose-response relationship

Abstract:

This lecture focuses on the first-line switch of antidepressants for patients with Major Depressive Disorder (MDD) who exhibit inadequate responses to initial treatment. We will discuss the underlying mechanisms of dose-response relationships in antidepressant therapy. Key findings suggest that strategic switching, coupled with appropriate dose adjustments, can significantly enhance treatment efficacy and patient adherence. Additionally, we will explore clinical guidelines and emerging evidence supporting this approach. By integrating pharmacological insights with patient-centered strategies, this lecture aims to equip clinicians with effective tools for optimizing antidepressant therapy in MDD patients.

Biography:

Dr Mohammad Alsuwaidan is a Consultant Psychiatrist and Assistant Professor of Psychiatry at the University of Toronto, Canada. Dr Alsuwaidan completed his psychiatry residency training with advanced training in mood and anxiety disorders and medical education at the University of Toronto, Canada. He also trained in mood disorders at Stanford University, California and Tufts Medical Center, Boston. He completed a Masters of Public Health (MPH) at Johns Hopkins University. He is a Fellow of the Royal College of Physicians and Surgeons of Canada, a Diplomate of the American Board of Psychiatry and Neurology and is certified in public health by the National Board of Public Health Examiners in the United States.

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ACADEMIC LECTURE

Dr.Petrina LAU

Research Assistant Professor
Department of Psychiatry
The Chinese University of Hong Kong

📅 28 NOV 2024 (THU)

🕐 14:30 - 16:00

📍 Seminar Room, Multicentre, Tai Po Hospital & Zoom

Topic: Wiring the Mind - Circuit Neuroscience Innovations for Psychiatry Research

Abstract:

This seminar examines the convergence of basic neuroscience and psychiatry research, focusing on recent advances in circuit-based methods and computational modelling. While gene-based approaches have shaped our understanding of many neurodevelopmental and psychiatric disorders—such as autism spectrum disorder (ASD) and schizophrenia—limitations of the one-mutation-one-disease model have prompted a shift towards neural circuit-based perspectives, offering a more integrated view of brain function and dysfunction.

Recent technological advancements, including in vivo high-density electrophysiology and real-time imaging across multiple brain regions, allow for the direct monitoring of neural circuits during behaviour at single-cell resolution. These approaches bridge the study of brain function at various levels of psychiatric disorders.

Computational models complement these cellular function insights, enabling unsupervised quantitative analyses and simulations of brain activity that support both basic research and clinical applications. Increasingly sophisticated models have the potential to advance personalised diagnostics and treatment planning, particularly for disorders characterised by circuit dysfunction. This seminar will present case studies, such as altered connectivity in ASD and disrupted predictive coding in schizophrenia, illustrating the detailed insights that circuit-level approaches provide for psychiatric disorder research.

The seminar will showcase the transformative potential of these approaches in advancing our understanding of psychiatric disorders by integrating insights from basic neuroscience with clinical research, while also addressing current limitations. Overall, this seminar aims to promote collaboration and drive cross-disciplinary integration, paving the way for bio-subtype-based diagnosis and precision therapies.

Biography:

Dr. Petrina Lau is a Research Assistant Professor in the Department of Psychiatry at The Chinese University of Hong Kong, a Visiting Research Fellow at University College London, and an active researcher with the International Brain Lab, a global neuroscience consortium of 22 labs. Dr. Lau's research bridges systems neuroscience, computational modelling, and neuropsychiatric disorders, with a focus on understanding the pathophysiological mechanisms underlying ASD, schizophrenia, bipolar disorder, and sleep disorders.

Her work employs advanced methods, including brain network profiling and computational modelling, to classify subjective cognitive processes and pathological states. She specialises in single-cell resolution neural recording, behavioural phenotyping, and quantitative functional mapping in humanised mouse models to explore complex behaviours and psychiatric mechanisms. By integrating genetics, molecular pathways, neural circuits, and clinical observations, Dr. Lau aims to improve diagnosis and understanding of neuropsychiatric disorders.

Recently, Dr. Lau has expanded her research to investigate the circuit dynamics involved in interactions between external factors—such as the gastrointestinal system, epigenetic regulation, and environmental influences—and neuropathology. Her work has been supported by competitive funding from the Wellcome Trust, the UK Medical Research Council (now UKRI), and the US-based Simons Foundation, with findings published in journals such as Nature Neuroscience and Science Advances. Dr. Lau continues to advance psychiatric research by promoting multidisciplinary approaches and contributing impactful insights into brain disorders.

REGISTER NOW

Research Seminar

Date: 28 Nov 2024 (THU)
Time: 16:00 – 17:00
Venue: Zoom

Register Now

Mr. Jacky HUNG
Supervisor: Prof. Sandra CHAN
Co-supervisor: Dr. HM LAI

Topic: Toolkit for Next-Generation Animal Model Brain Research

Abstract:

Animal brain research often involves whole brain or multi-region analysis. Traditional approach to achieve this involves cryo-sectioning, serial imaging and digitally stitching acquire images into whole brain dataset. Here I propose a toolkit for accelerating animal model brain research addressing 1) limited penetration of macromolecular reporters (e.g. antibodies, lectins, mRNA probes) into brain specimens with 'In situ Host-Guest Chemistry for Three-dimensional Histology' (INSIHGT); and 2) a bench-top single illumination lightsheet prototype is designed to compliment the deep labelling technique. Offering minute-scale whole mouse brain imaging time, compact footprint to adapt to common laboratory setting, minimal disturbance to the specimen during imaging.

Our approach combined with existing Common Coordinate Framework atlas mapping enables rapid whole animal brain imaging option for neuroscience laboratories. Accelerating common experiments like probe tracing and injection site mapping in mouse brains.