

**The Chinese University of Hong Kong
Department of Psychiatry
Schedule for May, 2026**

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Speaker(s)</u>
May7	14:30-15:30	Research Seminar * <i>Cognitive Behavioral Therapy for Insomnia and Imagery Rehearsal Therapy for Insomnia Comorbid with Nightmares: A Randomized Control Trial</i>	Ms. Reyane AO Supervisor: Prof. YK WING Co-supervisor: Dr. Rachel CHAN
		Registration link: https://bit.ly/4eLY76Z	
May14	14:30-16:00	Psychotherapy Case Conference (MUL)*# <i>Integrating Family Therapy in Psychiatry</i>	Dr. Wayne TANG Dr. Cheri WONG
	16:00-17:00	Psychotherapy Supervision (MUL)*#	
	17:00-18:00	Joint Cluster Seminar (MUL)# <i>Glancing through object relations theory</i>	Dr. Suet Yan CHOW
May21	14:30-16:30	Quality Assurance Meeting (SH)# / (TPH)#	
	16:30-17:30	Medical Staff Forum (TPH)#	
May28		No Event	
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>

Research Seminar

Date: 7 May 2026 (THU)

Time: 14:30 – 15:30

Venue: Zoom

Register Now



Ms. Reyane AO

Supervisor: Prof. YK WING

Co-supervisor: 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.

