

CURRICULUM VITAE

CHAN Wai Sze, Ph.D.

Email: chanwais@hku.hk; Phone: (852) 3917 2295

Address: Room 664 The Jockey Club Tower, Pokfulam Hong Kong

EDUCATION

- 2015 Ph.D. Clinical Psychology
Department of Psychological and Brain Sciences
Indiana University-Bloomington, USA
- 2008 M.Phil. Psychology
Department of Applied Social Sciences
City University of Hong Kong
- 2005 B.Soc.Sc. Psychology
Department of Applied Social Sciences
City University of Hong Kong

ACADEMIC POSITIONS

- 1/1/2019–present Assistant Professor
Department of Psychology. University of Hong Kong
- 1/9/2017–12/31/2018 Assistant Professor
Department of Psychiatry. Geisel School of Medicine at Dartmouth, USA
- 1/10/2015–31/8/2017 Postdoctoral Fellow
Department of Health Psychology. University of Missouri-Columbia, USA

PEER-REVIEWED JOURNAL ARTICLES

*denote correspondence/senior authorship

1. **Chan WS**, Cheng WY, Lok SHC, Cheah AKM, Lee AKW, Ng ASY, Kowatsch T. How to Optimize Digital Cognitive Behavioral Therapy for Insomnia (dCBTi)? A Randomized Controlled Comparative Trial of dCBTi With Different Types of Coaching Support. *JMIR Preprints*. 09/08/2023:51716 <http://doi.org/10.2196/preprints.51716>
2. **Chan, W. S.**, & Lai, T. T. (2023). Pavlovian-instrumental transfer effects in individuals with binge eating. *Journal of eating disorders*, 11(1), 113. <https://doi.org/10.1186/s40337-023-00824-w>
3. **Chan, W. S.**, McCrae, C. S., & Ng, A. S. (2023). Is Cognitive Behavioral Therapy for Insomnia Effective for Improving Sleep Duration in Individuals with Insomnia? A Meta-Analysis of Randomized Controlled Trials. *Annals of behavioral medicine: a publication of the Society of Behavioral Medicine*, 57(6), 428–441. <https://doi.org/10.1093/abm/kaac061>
4. Chung, H.K-S., Louie, K., & ***Chan W.S.** (in press). Development and evaluation of a Chinese short-form of the sleep-related behaviors questionnaire in Hong Kong Chinese adults using item response theory. *Journal of Health Psychology*.
5. Ng, A. S. Y., & ***Chan, W. S.** (2023). Psychometric evaluation of the Hong Kong Chinese version of the Dissociative Experiences Measure, Oxford (HKC-DEMO). *Journal of trauma & dissociation: the official journal of the International Society for the Study of Dissociation (ISSD)*, 24(3), 321–332. <https://doi.org/10.1080/15299732.2023.2171173>
6. Ng, A. S. Y., & ***Chan, W. S.** (2022). Sleep Quality, Sleep-Related Experiences, and Dissociation in Adult Survivors of Childhood Trauma. *Behavioral sleep medicine*, 1–12. Advance online publication. <https://doi.org/10.1080/15402002.2022.2148669>

CURRICULUM VITAE

7. **Chan, W.S.** & Lai, T.T. (Submitted). Pavlovian-instrumental transfer effects in individuals with binge-eating.
8. **Chan, W.S.** (Submitted). Effect of one-night total sleep deprivation on Pavlovian-Instrumental Transfer Effects.
9. **Chan, W. S.**, Lam, S., Ng, A., & Lobo, S. (2022). Daily associations of sleep quality and sleep duration with anxiety in young adults: The moderating effect of alexithymia. *Behavioral Sleep Medicine*, 20(6):787-797. doi: 10.1080/15402002.2021.2016406
10. **Chan, W. S.**, & Cheng, C. (2022). Elevated prevalence of probable insomnia among young men during social unrest in Hong Kong: A population-based study. *Behavioral Sleep Medicine*, 20(2):204-211. doi: 10.1080/15402002.2021.1902813.
11. Ollier, J., Neff, S., Dworschak, C., Sejdiji, A., Santhanam, P., Keller, R., Xiao, G., Asisof, A., Rügger, D., Bérubé, C., Tomas, L., Neff, J., Yao, J., Alattas, A., Varela-Mato, V., Pitkethly, A., Vara, M.D., Herrero, R., Baños, R., Parado, C., Agatheswaran, R.S., Villalobos, V., Keller, O.C., **Chan, W.S.**,...Kowatsch, Tobias. (2021). Elena+ Care for COVID-19, a pandemic lifestyle care intervention: Intervention design and study protocol. *Frontiers in Public Health*, 9, 625-640. <https://doi.org/10.3389/fpubh.2021.625640>
12. Miller, M. B., Curtis, A. F., **Chan, W. S.**, Deroche, C. B., & McCrae, C. S. (2021). Daily associations between sleep and opioid use among adults with comorbid symptoms of insomnia and fibromyalgia. *Journal of clinical sleep medicine: JCSM: official publication of the American Academy of Sleep Medicine*, 17(4), 729–737. <https://doi.org/10.5664/jcsm.9002>
13. McCrae, C. S., **Chan, W. S.**, Curtis, A. F., Nair, N., Deroche, C. B., Munoz, M., Takamatsu, S., McLean, D., Davenport, M., Muckerman, J. E., Takahashi, N., McCann, D., McGovney, K., Sahota, P., & Mazurek, M. O. (2021). Telehealth cognitive behavioral therapy for insomnia in children with autism spectrum disorder: A pilot examining feasibility, satisfaction, and preliminary findings. *Autism: the international journal of research and practice*, 25(3), 667–680. <https://doi.org/10.1177/1362361320949078>
14. **Chan, W. S.**, Dautovich, N. D., McNamara, J. P. H., Stripling, A., Dzierzewski, J.M., McCoy, K., & McCrae, C.S. (2020). Sleep Discrepancy in a randomized controlled trial of brief behavioral therapy for chronic insomnia in older adults. *Behavioral Sleep Medicine*, 10, 1-11. doi: 10.1080/15402002.2020.1726750
15. McCrae, C. S., **Chan, W. S.**, Curtis, A. F., Deroche, C. B., Munoz, M., Takamatsu, S., Muckerman, J., Takahashi, N., McCann, D., McGovney, K., Sahota, P., & Mazurek, M. O. (2020). Cognitive behavioral treatment of insomnia in school-aged children with autism spectrum disorder: Short report on preliminary findings. *Autism Research*, 13, 167-176. PMID: 31566918. DOI:10.1002/aur.2204.
16. McCrae, C. S., Curtis, A. F., Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., **Chan, W. S.**, Berry, R. B., McCoy, K., & Marsiske, M. (2018). Brief behavioral treatment for insomnia in older adults: A randomized clinical trial examining sleep, mood, and cognitive outcomes. *Sleep Medicine*, 51, 153-166. doi: 10.1016/j.sleep.2018.05.018
17. **Chan, W. S.**, Levsen, M.P., & McCrae, C.S. (2018). A meta-analysis of associations of insomnia diagnosis and insomnia symptoms with obesity. *Sleep Medicine Reviews*, 40, 170-182. doi: 10.1016/j.smr.2017.12.004
18. **Chan, W. S.** (2018). Daily associations between objective sleep and consumption of highly palatable food in free-living conditions. *Obesity Science & Practice*, 4(4), 379-386. doi:10.1002/osp4.281

CURRICULUM VITAE

19. **Chan, W. S.**, Levsen, J., Svyatoslav, P., Robinson, M.E., Staud, R., Berry, R.B., & McCrae, C.S. (2018). Sleep Discrepancy in patients with comorbid fibromyalgia and insomnia: Demographic, behavioral, and clinical correlates. *Journal of Clinical Sleep Medicine*, *14*(11), 1911-1919. doi: 10.5664/jcsm.7492
20. Miller, M.B., **Chan, W. S.**, Curtis, A. F., Boissoneault, J., Robinson, M., Staud, R., Berry, R. B., & McCrae, C. S. (2018). Pain severity as a moderator of the association between opioid use and insomnia symptoms among adults with chronic pain. *Sleep Medicine*, *52*, 98-102. doi: 10.1016/j.sleep.2018.08.015
21. **Chan, W. S.**, Williams, J., Dautovich, N. D., McNamara, J. P. H., Stripling, A., Berry, R. B., Dzierzewski, J.M., McCoy, K., & McCrae, C.S. (2017). Night-to-night sleep variability in older adults with chronic insomnia: Mediators and moderators in a randomized controlled trial of brief behavioral therapy (BBT-I). *Journal of Clinical Sleep Medicine*, *13*(11):1243-1254. doi: 10.5664/jcsm.6790
22. Miller, M.B., **Chan, W. S.**, Boissoneault, J., Robinson, M.E., Staud, R., Berry, R.B., & McCrae, C.S. (2017). Dynamic daily associations between sleep and alcohol use in adults with chronic pain. *Journal of Sleep Research*, *27*(3): e12604. doi: 10.1111/jsr.12604
23. **Chan, W. S.** (2016). Delay discounting and response disinhibition moderate associations between actigraphically-measured sleep parameters and body mass index. *Journal of Sleep Research*, *26* (1), 21-29. doi: 10.1111/jsr.12437
24. **Chan, T.W.S.**, Bates, J.E., Lansford, J.E., Dodge, K.A., Pettit, G.S., Dick, D.M., & Latendresse, S.J. (2014). Impulsivity and genetic variants in *DRD2* and *ANKK1* moderate longitudinal associations between sleep problems and overweight from Ages 5 to 11. *International Journal of Obesity*, *38*(3), 404-10. doi: 10.1038/ijo.2013.123
25. **Chan, T.W.S.**, Ahn, W.-Y., Bates, J.E., Busemeyer, J.R., Guillaume, S., Redgrave, G.R., Danner, U., & Courtet, P. (2014). Differential impairments underlying decision making in anorexia nervosa and bulimia nervosa: A cognitive modeling analysis. *International Journal of Eating Disorders*, *47*(2), 157-67. doi: 10.1002/eat.22223
26. Cheng, S.-T., **Chan, T.W.S.**, Li, G.H.K., & Leung, E.M.F. (2013). Childlessness and subjective well-being in Chinese widowed persons. *Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, *69*(1), 48-52. doi: 10.1093/geronb/gbt04.
27. Cheng, S.-T., Leung, E.M.F., & **Chan, T.W.S.** (2014). Physical and social activities mediate the associations between social network types and ventilatory function in Chinese older adults. *Health Psychology*, *33*(6), 524-34. doi: 10.1037/hea0000026.

AWARDED RESEARCH GRANTS

ONGOING

1. Title: A Randomized Controlled Trial of Enhanced Cue Exposure Therapy for Negative Emotional Eating
Source: General Research Fund, Hong Kong Government
Funding amount: HKD\$924,344
Role: Principal Investigator
2. Title: Insufficient Sleep and Emotional Eating: An Experimental Study of the Effects of Partial Sleep Deprivation on Negative Emotional Eating in Laboratory and Naturalistic Environments

CURRICULUM VITAE

- Source: General Research Fund, Hong Kong Government
Funding amount: HKD\$993,280
Role: Principal Investigator
3. Title: Effects of partial sleep deprivation and sleep recovery on habitual control of food-motivated behavior
Source: General Research Fund, Hong Kong Government
Funding amount: HKD\$923,175
Role: Principal Investigator
 4. Title: A feasibility randomized controlled trial of a scalable, fully-automated digital cognitive behavioral intervention for perinatal insomnia and depression
Source: Health and Medical Research Pilot Fund, Hong Kong Government
Funding amount: HKD\$100,000
Role: Principal Investigator
 5. Title: The impact of cognitive behavioral therapy for insomnia (CBT-I) on glycemic control in older type 2 diabetes (T2D) comorbid with insomnia
Source: Health and Medical Research Fund, Hong Kong Government
Funding amount: HKD\$1,484,694
Role: Co-Investigator
 6. Title: Quality of Life Without Gaming: A Randomized Controlled Trial Comparing the Efficacy of Two Dyadic Programs for Gaming Disorder Prevention
Source: General Research Fund, Hong Kong Government
Funding amount: HKD\$866,100
Role: Co-Investigator
 7. Title: Effects of a Perinatally-Informed Digital Cognitive Behavioral Therapy for Insomnia on Postpartum Depressive Symptoms: A Pilot Randomized Controlled Trial
Source: HKU Seed Fund for Basic Research
Funding amount: HKD\$88,800
Role: Principal Investigator
 8. Title: A Sequential Multiple Assignment Randomized Trial of Lifestyle and Sleep Interventions for Individuals with Prediabetes
Grant mechanism: HKU Seed Fund for Basic Research
Funding amount: HKD\$69,330
Role: Principal Investigator
 9. Title: Development of A Digital Intensive Lifestyle Intervention for the Prevention and Management of Type 2 Diabetes
Source: HKU Seed Fund for Translational and Applied Research
Funding amount: 139,000

COMPLETED

1. Title: Effects of Insufficient Sleep on Habitual Control of Food-Seeking Behavior
Source: HKU Seed Fund for Basic Research
Funding amount: HKD\$150,000

CURRICULUM VITAE

- American Cancer Society Institutional Research Grant
Title: Improving Sleep in Cancer Patients: A Feasibility Trial of Delivering Cognitive Behavioral Therapy for Insomnia during Cancer Treatments
Source: American Cancer Society Institutional Research Grant
Funding amount: USD\$30,000
Role: Principal Investigator

TEACHING (past 5 years)

Sem 1, 2020-present	Psychotherapy I. Graduate Level.
Sem 1, 2020-present	Community and Health Psychology. Graduate Level.
Sem 1, 2020-present	Clinical Seminar I. Graduate Level.
Sem 2, 2019	Psychotherapy II. Graduate Level.

ADMINISTRATION/SERVICE (past 5 years)

09/2020-present	Director, Doctor of Psychology Program in Clinical Psychology
09/2020-present	Director, Psychological Service Unit
01/2020-present	Member, Board of the Faculty of Social Sciences
07/2019-present	Member, Departmental Teaching & Learning Committee

JOURNAL EDITORSHIP (past 5 years)

11/2022-present	Associate Editor, <i>Behavioral Sleep Medicine</i>
-----------------	--