



Department of Psychology
The University of Hong Kong

香港大學心理學系

Brown Bag Lunchtime Seminar **(Theme: Social and Health Psychology)**

Sleep and Arousal in Survivors of Chronic Childhood Trauma

12:30 p.m. – 1:30 p.m. | May 19, 2023 (Friday)

Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



Sin Ying Albe NG

PhD student

Department of Psychology

The University of Hong Kong

Abstract

Sleep disturbance is one of the long-term negative health consequences of childhood trauma. Exposure to traumatic stress during the developmental period might lead to adaptations in the autonomic nervous system, leading to altered arousal. Altered arousal and sleep disturbance are common in PTSD patients; however, it remains unclear if trauma survivors without PTSD also experience altered arousal and sleep disturbance. Additionally, emerging evidence suggests that dissociation, referring to the disrupted integration of thoughts, feelings, and experiences into the stream of consciousness and memory, might be associated with a different arousal pattern. In my research, I hypothesized that trauma survivors without PTSD would experience altered arousal and sleep disturbance, and that altered arousal would explain sleep disturbance. It was also hypothesized that the relationship between childhood trauma and sleep disturbance would differ depending on the level of dissociation.

In this seminar, I will present the research findings on the relationship between arousal and sleep disturbance in childhood trauma survivors and discuss the theoretical and clinical implications of these findings.

About the speaker

Ms. Albe Ng is a final-year Ph.D. student under the supervision of Dr. Wai Sze Chan. Ms. Ng's research focuses on sleep and psychopathology in complex trauma survivors.

Zoom (For participants who couldn't attend the Seminar in person)

<https://hku.zoom.us/j/3951550048?pwd=SncvL3RYakEycUtpL29vdDJEEdlEwdz09>

Meeting ID: 395 155 0048 | Password: psyc



~All are Welcome~

Enquiry: rpsyc@hku.hk