



Department of Psychology
The University of Hong Kong

香港大學心理學系

Departmental Seminar

The Neuropsychological Relationships Between Stress and Mood

4:00p.m. – 5:00p.m. | October 24, 2024 (Thursday)

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



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Abstract

Stress is a natural response to challenging situations and plays an important role in mental health. Both excessive chronic stress, such as that caused by the COVID-19 pandemic, and acute stress, such as that experienced during a presentation, can have detrimental effects on an individual's mental and physical health. Mood, which encompasses both positive and negative affective states, can be influenced by stressful events. Ineffective mood regulation in response to stressful situations hinders an individual's ability to adapt to stressors and can ultimately lead to mood disorders such as depression. In this presentation, I will discuss three studies that investigated the association between stress (both chronic and acute) and mood and depression. The first study examined the relationship between COVID-19 as a chronic stressor and depressive symptoms. The second study investigated the brain's functional correlates of individuals' mood responses to acute stressors. The third study explored the clinical effectiveness of bright light therapy (BLT) in alleviating depressive symptoms. Overall, this presentation demonstrates that stress, mood, and depressive symptoms are closely related in both psychological scales and neuronal processing. It also shows that the brain areas associated with stress and mood are viable targets for neuromodulation interventions aimed at reducing depressive symptoms.

About the Speaker

Horace Tong is a PhD student supervised by Professor Tatia Lee and Dr. Robin Shao. He obtained his BSc in Psychology from Bangor University in Wales and his MSc in Cognitive Neuroscience from University College London in the United Kingdom. His research interests include neuroimaging (e.g., fMRI), mood disorders, stress and resilience, and experimental psychology.

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

<https://hku.zoom.us/j/6985555998?pwd=V05yTGJWNTIzazd2OFZ0Q3FReHVkdz09>

Meeting ID: 698 555 5998 | Password: Psyc

~All are Welcome~

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