

CHAN Wai Sze, Ph.D.

ACADEMIC QUALIFICATIONS

- 2015 Ph.D. Clinical Psychology
Department of Psychological and Brain Sciences
Indiana University-Bloomington, IN 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 APPOINTMENTS

- 01/01/2019–present Assistant Professor
Department of Psychology
University of Hong Kong, Hong Kong
- 01/09/2017–31/12/2018 Assistant Professor
Department of Psychiatry
Geisel School of Medicine at Dartmouth,
Dartmouth College, NH USA
- 01/10/2015–31/08/2017 Postdoctoral Fellow
Department of Health Psychology
University of Missouri-Columbia, MO USA

PROFESSIONAL QUALIFICATIONS

- 2021–present Registered Clinical Psychologist (#CP00266)
Hong Kong Institute of Clinical Psychologist
- 2017–2019 Licensed Clinical Psychologist (#1413)
State of New Hampshire, USA

HONORS AND AWARDS

External

- 2017 Early Career Stage Clinical Investigator Award
Sleep Research Society
- 2016 Dissertation Award 2016
Society of Behavioral Sleep Medicine
- 2016 Selected Attendee at Young Investigator Research Forum
American Academy of Sleep Medicine

RESEARCH AND SCHOLARSHIP

1. Publications

*Denotes correspondence authorship

†Denotes student/supervisee co-authorship

(a) Peer-reviewed, international journal articles

Published after joining HKU:

1. Tsui, H. T. C. † & **Chan, W. S.*** (in press). Daily associations between sleep parameters and depressive symptoms in individuals with insomnia: Investigating emotional reactivity and regulation as mediators. *Behavioral Sleep Medicine*. *Impact factor: 2.2 (2023); ranking: 141/276; quartile: Q3; percentile: 49th; category: Psychiatry; citations: 0.*
2. **Chan, W. S.***, Po, S. K. †, & Ng, A. S. Y. † (2024). Stigma of binge-eating disorder in Hong Kong Chinese adults: Effects of weight status, diagnostic labeling, and etiological explanations. *International Journal of Eating Disorders*, 0, 1-13. *Impact factor: 4.7 (2023); ranking: 13/180; quartile: Q1; percentile: 93rd; category: Clinical Psychology; citations: 0.*
3. **Chan, W. S.***, Cheng, W. Y. †, Lok, S. H. C. †, Cheah, A. K. M. †, Lee, A. K. W., Ng, A. S. Y. †, & Kowatsch, T. (2024). Assessing the short-term efficacy of digital cognitive behavioral therapy for insomnia with different types of coaching: Randomized controlled comparative trial. *JMIR Mental Health*, 11(1), e51716. *Impact factor: 4.8 (2023); ranking: 39/276; quartile: Q1; percentile: 86th; category: Psychiatry; citations: 0.*
4. **Chan, W. S.*** (2024). Effects of sleep deprivation on food-related Pavlovian-instrumental transfer: A randomized crossover experiment. *Scientific Reports*, 14(1), 10029. *Impact factor: 3.8 (2023); ranking: 25/134; quartile: Q1; percentile: 82nd; category: Multidisciplinary; citations: 1.*
5. Schlieter, H.*, Gand, K., Marsch, L. A., **Chan, W. S.**, & Kowatsch, T. (2024). Scaling-up health-IT—sustainable digital health implementation and diffusion. *Frontiers in Digital Health*, 6, 1296495. *Impact factor: 3.2 (2023); ranking: 25/134; quartile: Q1; percentile: 82nd; category: Health Care Sciences & Services; citations: 0.*
6. Tsui, H. T. C. & **Chan, W. S.*** (2024). Negative emotional reactivity and maladaptive emotional regulation strategies mediate the prospective relationship between depressive symptoms and insomnia symptoms in individuals with insomnia. *Journal of Affective Disorders Reports*, 16, 100766.
7. Chung, H. K. S. †, Louie, K. †, & **Chan, W. S.*** (2024). 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*, 29(4), 255-265. *Impact factor: 2.5 (2023); ranking: 62/180; quartile: Q2; percentile: 66th; category: Clinical Psychology; citations: 1.*
8. **Chan, W. S.***, & Lai, T. T. † (2023). Pavlovian-instrumental transfer effects in individuals with binge eating. *Journal of Eating Disorders*, 11(1), 113. *Impact factor: 3.5 (2023); ranking: 28/180; quartile: Q1; percentile: 85th; category: Clinical Psychology; citations: 1.*

9. **Chan, W. S.***, McCrae, C. S., & Ng, A. S. Y.[†] (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*, 57(6), 428-441. Impact factor: 3.6 (2023); ranking: 27/218; quartile: Q1; percentile: 88th; category: Psychology Multidisciplinary; citations: 8.
10. 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*, 24(3), 321-332. Impact factor: 2.3 (2023); ranking: 70/180; quartile: Q2; percentile: 61st; category: Clinical Psychology; citations: 0.
11. Ng, A. S. Y.[†] & **Chan, W. S.*** (2023). Sleep quality, sleep-related experiences, and dissociation in adult survivors of childhood trauma. *Behavioral Sleep Medicine*, 21(6), 659-670. Impact factor: 2.2 (2023); ranking: 141/276; quartile: Q3; percentile: 49th; category: Psychiatry; citations: 2.
12. **Chan, W. S.***, Lam, S. C. Y.[†], Ng, A. S. Y.[†], & 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. Impact factor: 2.2 (2023); ranking: 141/276; quartile: Q3; percentile: 49th; category: Psychiatry; citations: 3.
13. **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. Impact factor: 2.2 (2023); ranking: 141/276; quartile: Q3; percentile: 49th; category: Psychiatry; citations: 7.
14. 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, T. (2021). Elena+ care for COVID-19, a pandemic lifestyle care intervention: Intervention design and study protocol. *Frontiers in Public Health*, 9, 625-640. Impact factor: 3.0 (2023); ranking: 114/403; quartile: Q2; percentile: 72th; category: Public, Environment & Occupational Health; citations: 18.
15. 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*, 25(3), 667-680. Impact factor: 5.2 (2023); ranking: 9/91; quartile: Q1; percentile: 91st; category: Developmental Psychology; citations: 54.
16. 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*, 17(4), 729-737. Impact factor: 3.5 (2023); ranking: 67/277; quartile: Q1; percentile: 76th; category: Clinical Neurology; citations: 0.
17. **Chan, W. S.**, Dautovich, N. D., McNamara, J. P., Stripling, A., Dzierzewski, J. M., McCoy, K., & McCrae, C. S.* (2021). Sleep discrepancy in a randomized controlled trial of brief behavioral therapy for chronic insomnia in older adults.

- Behavioral Sleep Medicine*, 19(2), 221-231. Impact factor: 2.2 (2023); ranking: 141/276; quartile: Q3; percentile: 49th; category: Psychiatry; citations: 9.
18. 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: A pilot feasibility study. *Autism Research*, 13(1), 167-176. Impact factor: 5.3 (2023); ranking: 4/55; quartile: Q1; percentile: 94th; category: Behavioral Sciences; citations: 49.

Published before joining HKU:

19. **Chan, W. S.***, Levsen, M. P.[†], & McCrae, C. S. (2018). A meta-analysis of associations between obesity and insomnia diagnosis and symptoms. *Sleep Medicine Reviews*, 40, 170-182. Impact factor: 11.2 (2023); ranking: 6/277; quartile: Q1; percentile: 98th; category: Clinical Neurology; citations: 118.
20. **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. Impact factor: 1.9 (2023); ranking: 138/186; quartile: Q3; percentile: 26th; category: Endocrinology & Metabolism; citations: 8.
21. **Chan, W. S.**, Levsen, M. P.[†], Puyat, S.[†], 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. Impact factor: 3.5 (2023); ranking: 67/277; quartile: Q1; percentile: 76th; category: Clinical Neurology; citations: 8.
22. McCrae, C. S.*, Curtis, A. F., Williams, J. M., Dautovich, N. D., McNamara, J. P., Stripling, A., Dzierzewski, J. M., **Chan, W. S.**, Berry, R. B., McCoy, K. J. M., & Marsiske, M. (2018). Efficacy of brief behavioral treatment for insomnia in older adults: Examination of sleep, mood, and cognitive outcomes. *Sleep Medicine*, 51, 153-166. Impact factor: 3.8 (2023); ranking: 59/277; quartile: Q1; percentile: 79th; category: Clinical Neurology; citations: 66.
23. Miller, M. B., **Chan, W. S.**, Curtis, A. F., Boissoneault, J., Robinson, M. E., Staud, R., Berry, R. B., & McCrae, C. S.* (2018). Pain intensity as a moderator of the association between opioid use and insomnia symptoms among adults with chronic pain. *Sleep Medicine*, 52, 98-102. Impact factor: 3.8 (2023); ranking: 59/277; quartile: Q1; percentile: 79th; category: Clinical Neurology; citations: 13.
24. Miller, M. B., **Chan, W. S.**, Boissoneault, J., Robinson, M. E., Staud, R., Berry, R. B., & McCrae, C. S.* (2018). Dynamic daily associations between insomnia symptoms and alcohol use in adults with chronic pain. *Journal of Sleep Research*, 27(3), e12604. Impact factor: 3.4 (2023); ranking: 73/277; quartile: Q2; percentile: 74th; category: Clinical Neurology; citations: 9.
25. **Chan, W. S.**, Williams, J., Dautovich, N. D., McNamara, J. P., Stripling, A., Dzierzewski, J. M., Berry, R. B., 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. Impact factor: 3.5 (2023); ranking: 67/277; quartile: Q1; percentile: 76th; category: Clinical Neurology; citations: 33.

26. **Chan, W. S.*** (2017). Delay discounting and response disinhibition moderate associations between actigraphically measured sleep parameters and body mass index. *Journal of Sleep Research*, 26(1), 21-29. Impact factor: 3.4 (2023); ranking: 73/277; quartile: Q2; percentile: 74th; category: Clinical Neurology; citations: 29.
27. **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), 404-410. Impact factor: 4.2 (2023); ranking: 40/186; quartile: Q1; percentile: 79th; category: Endocrinology & Metabolism; citations: 12.
28. **Chan, T. W. S.***, Ahn, W. -Y., Bates, J. E., Busemeyer, J. R., Guillaume, S., Redgrave, G. W., Danner, U. N., & 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), 157-167. Impact factor: 4.7 (2023); ranking: 13/180; quartile: Q1; percentile: 93th; category: Clinical Psychology; citations: 116.
29. Cheng, S. -T.*, **Chan, T. W. S.**, Li, G. H. K., & Leung, E. M. F. (2014). Childlessness and subjective well-being in Chinese widowed persons. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 69(1), 48-52. Impact factor: 4.8 (2023); ranking: 3/47; quartile: Q1; percentile: 95th; category: Gerontology; citations: 27.
30. 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. Impact factor: 3.1 (2023); ranking: 17/92; quartile: Q1; percentile: 80th; category: Clinical Psychology; citations: 21.

(b) Manuscripts under review

31. **Chan, W. S.***, Cheng, W. Y.†, & Wen F.† (Submitted in 2024, July). Negative emotional eating is a stigmatized yet trivialized behavior independent of weight stigma. *Journal of Eating Disorders*.
32. **Chan, W. S.*** & Cheng, W. Y.† (Submitted in 2024, May). Study protocol: A parallel-group, randomized controlled trial of enhanced cue exposure therapy for negative emotional eating. *BMC Public Health*.
33. Lee, T. Y.†, Chow, C. W. Y.†, Choi, M. H.†, Sinn, B. C. Y.†, Li, C. L. Y.†, & **Chan, W. S.*** (Submitted in 2024, May). A qualitative study of seeds and barriers regarding digital cognitive behavioral therapy for insomnia in perinatal women. *Sleep Health*.
34. Ng, A. S. Y.† & **Chan, W. S.*** (Resubmitted in 2024, May). Sleep and arousal in adult survivors of chronic childhood trauma: The mediating role of hyperarousal. *Journal of Clinical Sleep Medicine*.

2. Peer-Reviewed, International Conference Presentations

35. **Chan, W. S.** (2024, March 14-16). *Stigma of binge eating disorder in Hong Kong Chinese adults: Effects of weight status, diagnostic labelling, and etiological explanations* [Paper presentation]. International Conference of Eating Disorders (ICED) 2024, New York, NY, United States.

36. **Chan, W. S.** (2023, October 20-25). *Predictors of response to cognitive behavioral therapy for insomnia: The impact of night-to-night variability on response to CBT-I* [Symposium presentation]. World Sleep Congress 2023, Rio de Janeiro, Brazil.
37. **Chan, W. S.** & Cheng, W. Y.[†] (2023, October 14-17). *Effects of partial sleep deprivation and sleep recovery on food consumption* [Poster presentation]. Obesity Society Annual Meeting 2023, Dallas, TX, United States.
38. **Chan, W. S.** & Cheng, W. Y.[†] (2023, October 14-17). *Psychometric evaluation of the Yale Food Addiction Scale 2.0 in a Hong Kong Chinese community sample* [Poster presentation]. Obesity Society Annual Meeting 2023, Dallas, TX, United States.
39. **Chan, W. S.** (2022, March 11-16). *One-night total sleep deprivation did not alter effects of Pavlovian cues on instrumental responses for highly palatable food rewards* [Poster presentation]. World Sleep Congress 2022, Rome, Italy.
40. **Chan, W. S.** (2020, September 22-25). *The impact of one-night total sleep deprivation on the effects of Pavlovian cues on instrumental responses for food rewards* [Paper presentation]. 25th Congress of the European Sleep Research Society (virtual congress).
41. Gilley, R. R., Goldschmidt, M., Greenough, G. P., & **Chan, W. S.** (2018, June 2-6). *Insomnia symptoms as a barrier to patients' return for follow-up in PAP treatment for obstructive sleep apnea* [Abstract presentation]. 32nd Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Baltimore, MD, United States.
42. **Chan, W. S.**, Levsen, M. P., & McCrae, C. S. (2018, June 2-6). *A meta-analysis of associations between insomnia and obesity in adults*. [Poster presentation]. 32nd Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Baltimore, MD, United States.
43. **Chan, W. S.**, Levsen, M. P., Svyatoslav, P., Robinson, M. E., Staud, R., Berry, R. B., & McCrae, C. S. (2018, June 2-6). *Sleep discrepancy in patients with comorbid fibromyalgia and insomnia: Demographic, behavioral, and clinical correlates* [Poster presentation]. 32nd Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Baltimore, MD, United States.
44. Miller, M. B., **Chan, W. S.**, Boissoneault, J., Robinson, M. E., Staud, R., Berry, R. B., & McCrae, C. S. (2018, June 2-6). *Pain severity as a moderator of the association between prescription opiate use and insomnia symptoms among adults with chronic pain* [Poster presentation]. 32nd Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Baltimore, MD, United States.
45. Miller, M. B., **Chan, W. S.**, Boissoneault, J., Robinson, M. E., Staud, R., Berry, R. B., & McCrae, C. S. (2018, June 2-6). *Prescription pain medication and sleep among adults with chronic pain: A daily process model* [Poster presentation]. 32nd Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Baltimore, MD, United States.
46. McCrae, C. S., **Chan, W. S.**, Deroche, C. B., Munoz, M., McLean, D., Davenport, M., Muckerman, J., Takahashi, N., McCann, D., McGovney, K., Sahota, P., Mazurek, M. (2018, June 2-6). *CBT for insomnia in children with autism spectrum disorder (ASD)* [Poster presentation]. 32nd Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Baltimore, MD, United States.

47. Micah, O. M., **Chan, W. S.**, Munoz, M., Muckerman, J. E., Takahashi, N., Takamatsu, S., Sahota, P., & McCrae, C. S. (2018, May 9-12). *Efficacy of a new family-based cognitive-behavioral intervention for insomnia in children with ASD* [Paper presentation]. International Society for Autism Research (INSAR) 2018, Rotterdam, Netherlands.
48. McCrae, C. S., Micah, O. M., **Chan, W. S.**, Munoz, M., Muckerman, J. E., Takahashi, N., Sahota, P., & Kahng, S. (2017, November 2-5). *Preliminary efficacy of a family-based approach to providing cognitive-behavioral therapy for insomnia in children with autism spectrum disorder* [Paper presentation]. 9th Biennial Conference on Pediatric Sleep Medicine, Fernandina Beach, FL, United States.
49. **Chan, W. S.** (2017, June 3-7). *Actigraphy-assessed sleep and consumption of highly palatable food in controlled and naturalistic environments* [Poster presentation]. 31st Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Boston, MA, United States.
50. **Chan, W. S.**, Williams, J., Dautovich, N. D., McNamara, J. P., Stripling, A., Dzierewski, J. M., Berry, R. B., McCoy, K. J., Marsiske, M., & McCrae, C. S. (2017, June 3-7). *Night-to-night sleep variability in older adults with chronic insomnia: A randomized controlled trial of brief behavioral therapy for insomnia environments* [Poster presentation]. 31st Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Boston, MA, United States.
51. **Chan, W. S.**, Williams, J., Dautovich, N. D., McNamara, J. P., Stripling, A., Dzierewski, J. M., Berry, R. B., McCoy, K. J., Marsiske, M., & McCrae, C. S. (2017, March 29-April 1). *Subjective-objective sleep discrepancy in older adults with insomnia: A randomized controlled trial of behavioral therapy environments* [Poster presentation]. 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA, United States.
52. Miller, M. B., **Chan, W. S.**, Boissoneault, J., Robinson, M. E., Staud, R., Nerry, R. B., & McCrae, C. S. (2017, March 24-25). *Dynamic daily associations between sleep and alcohol use in adults with chronic pain* [Poster presentation]. Collaborative Perspectives on Addiction (2017) Meeting, Albuquerque, NM, United States.
53. **Chan, W. S.** (2016, June 11-15). *Delay discounting and response disinhibition moderate associations between actigraphically-measured sleep parameters and body mass index pain* [Poster presentation]. 30th Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Denver, CO, United States.
54. **Chan, W. S.**, Robinson, M. E., Staud, R., Berry, R. B., & McCrae, C. S. (2016, June 11-15). *BMI moderates the effectiveness of cognitive behavioral therapy for individuals with comorbid insomnia and fibromyalgia* [Poster presentation]. 30th Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Denver, CO, United States.
55. **Chan, T. W. S.** & Bates, J. E. (2014, March 27-29). *Moderations of reward sensitivity and stress on body mass* [Poster presentation]. International Conference of Eating Disorders (ICED) 2014, New York, NY, United States.
56. **Chan, T. W. S.**, Bates, J. E., Lansford, J. E., Dodge, K. A., & Pettit G. S. (2013, May 23-26). *Life-course-persistent trajectory of externalizing symptoms is associated with greater consumption of soda and sweetened drinks among individuals with high temperamental resistance to control* [Poster presentation]. 25th Annual Convention of Association for Psychological Science, Washington, DC, United States.

57. **Chan, T. W. S.**, Ahn, W.-Y., Bates, J. E., Guillaume, S., & Courtet, P. (2012, May 3-5). *Identifying cognitive and motivational mechanisms underlying decision-making deficits in eating disorders: A cognitive modeling approach to the Iowa gambling task* [Paper presentation]. International Conference of Eating Disorders (ICED) 2012, Austin, TX, United States.
58. **Chan, T. W. S.**, Bates, J. E. Lansford, J. E., Dodge, K. A., & Pettit G. S. (2011) *Impulsivity moderates longitudinal association between sleep deprivation and overweight in children* [Poster presentation]. 15th Biennial Scientific Meeting of Society for Research on Child and Adolescent Psychopathology, Chicago, IL, United States.
59. Stadnik, R., Bates, J. E., Holtzworth-Munroe, A., **Chan, T. W. S.**, Lansford, J. E., Dodge, K. A., & Pettit, G. S. (2011, March 31-April 1). *Behavioral adjustment and peer relations as predictors of rejection sensitivity* [Poster presentation]. Society for Research in Child Development Biennial Meeting Montreal, QC, Canada.
60. **Chan, T. W. S.**, Bates, J. E. Lansford, J. E., Dodge, K. A., & Pettit G. S. (2010, August 12-15). *Reward sensitivity moderates longitudinal association between sleep and weight problems* [Poster presentation]. American Psychological Association 118th Annual Convention, San Diego, CA, United States.
61. **Chan, T. W. S.** (2007, May 2-5). *A multifactorial model of eating disorder symptomatology: Identifying and integrating potential risk and protective factors among Hong Kong adolescent girls* [Paper presentation]. International Conference of Eating Disorders (ICED) 2007, Baltimore, MD, United States.
62. **Chan, T. W. S.** & Wang, J. (2007, May 24-27). *Validating the Chinese version of Emotional Intelligence Scale in a Hong Kong Chinese sample: Factor structure, reliabilities, convergent and discriminant validities* [Paper presentation]. 7th Annual Hawaii International Conference on Business, Honolulu, HI, United States.

3. External Peer-Reviewed Competitive Research Grants

(a) Serving as principal investigator (PI)

63. Title: A randomized controlled trial of enhanced cue exposure therapy for negative emotional eating (Ref# 17604321)
Source: General Research Fund, Research Grants Council, Hong Kong SAR Government
Funding amount: HK\$924,344
Project period: 01/12/2023-30/11/2026
64. 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 (Ref# 17605122)
Source: General Research Fund, Research Grants Council, Hong Kong SAR Government
Funding amount: HK\$983,280
Project period: 01/10/2022-31/03/2025
65. Title: Effects of partial sleep deprivation and sleep recovery on habitual control of food-motivated behavior (Ref# 17615123)

Source: General Research Fund, Research Grants Council, Hong Kong SAR Government
 Funding amount: HK\$ 923,175
 Project period: 01/09/2021-31/08/2024

66. Title: A feasibility randomized controlled trial of a scalable, fully-automated digital cognitive behavioral intervention for perinatal insomnia and depression (Ref# 09202266)
 Source: Health and Medical Research Pilot Fund, Food and Health Bureau, Hong Kong SAR Government
 Funding amount: HK\$99,006
 Project period: 01/08/2022-31/07/2023

(b) Serving as co-investigator (Co-I)

67. Title: Women taking illicit drugs during pregnancy: A fNIRS study on the neuro-psycho-social functioning of parental substance use and their impacts on parenting
 Source: Beat Drugs Fund Regular Funding Scheme
 Funding amount: HK\$1,169,550
 Project period: 6/2024-5/2026
68. Title: Jockey Club Carer Space Project
 Source: The Hong Kong Jockey Club Charities Trust
 Funding amount: HK\$27,040,000
 Project period: 3/2023-2/2026
69. Title: The efficacy of motivational interviewing to promote a healthy behavior and lifestyle in periodontitis-susceptible patients: A randomized controlled trial
 Source: Health and Medical Research Fund, Food and Health Bureau, Hong Kong SAR Government
 Funding amount: HK\$689,820
 Project period: 01/10/2022-31/03/2025
70. Title: The impact of cognitive behavioral therapy for insomnia (CBT-I) on glycemic control in older type 2 diabetes (T2D) comorbid with insomnia (Ref# 18190241)
 Source: Health and Medical Research Fund, Food and Health Bureau, Hong Kong SAR Government
 Funding amount: HK\$1,484,694
 Project period: 01/09/2021-31/08/2025
71. Title: Quality of life without gaming: A randomized controlled trial comparing the efficacy of two dyadic programs for gaming disorder prevention (Ref# 17601420)
 Source: General Research Fund, Research Grants Council, Hong Kong SAR Government
 Funding amount: HK\$866,100
 Project period: 01/01/2021-31/12/2024

4. Editorship and Editorial Board Membership

72. Associate Editor
Behavioral Sleep Medicine (Flagship journal of the Society of Behavioral Sleep Medicine)
 Publisher: Taylor & Francis
 Impact factor: 2.2 (2023); ranking: 141/276 In Psychiatry
73. Associate Editor
Scientific Reports (Ranking: Q1). Publisher: Nature Portfolio
 Impact factor: 3.8 (2023); ranking: 25/134 in Multidisciplinary

TEACHING AND LEARNING

1. Classroom Teaching

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

2. Postgraduate Supervision

(a) PhD & MPhil Students

1. Student: Ng, Albe Sin Ying
 Degree: PhD (Graduated in 2023)
 My role: Primary Supervisor
 Thesis title: Sleep and arousal in adult survivors of chronic childhood trauma
 Placement: Currently work as a Research Assistant Professor at Hong Kong Polytechnic University
2. Student: Tsui, Helen Tsz Ching
 Degree: MPhil (Graduated in 2023)
 My role: Primary Supervisor
 Thesis title: The mediating roles of emotional reactivity and regulation in the relationship between insomnia, depression, and anxiety
 Placement: Currently pursuing a PhD degree in organizational behavior at Institut Européen d'Administration des Affaires (INSEAD) (ranked #5 in management programs in world university ranking)
3. Student: Cheng, Wing Yee
 Degree: PhD (ongoing)
 My role: Primary Supervisor
 Thesis title: TBD
4. Student: Zhang, Qi
 Degree: PhD (ongoing)
 My role: Primary Supervisor
 Thesis title: TBD

(b) PsyD and MSocSc Students

5. Student: Tang, Long Yin Aled
Degree: PsyD in CP (Graduated in 2023)
My role: Primary Supervisor
Thesis title: Development and evaluation of an app-based transdiagnostic intervention for depression and anxiety: Scale validation and a randomized controlled trial
6. Student: Leung, Wei Lin Vivian
Degree: MSocSc in CP (2022-2024)
My role: Primary Supervisor
Thesis title: Development and validation of the Eating Expectancy Scale with Chinese population in Hong Kong
7. Student: Kong, Hoi Ho Ryan
Degree: MSocSc in CP (2022-2024)
My role: Primary Supervisor
Thesis title: Acceptability, responsiveness, and feasibility of cue exposure therapy targeting expectancy violation in emotional eating and eating self-efficacy: A mixed-methods case study
8. Student: Hoi, Chun Lok
Degree: MSocSc in CP (2021-2023)
My role: Primary Supervisor
Thesis title: A comparative randomized controlled trial of digital cognitive behavioral therapy for insomnia with and without human therapist support
9. Student: Cheah, Kah Mun Amanda
Degree: MSocSc in CP (2021-2023)
My role: Primary Supervisor
Thesis title: A randomized controlled comparative trial of digital cognitive behavioral therapy for insomnia with or without virtual coaching
10. Student: Cheng, Wing Ho
Degree: MSocSc in CP (2021-2023)
My role: Primary Supervisor
Thesis title: Meta-analysis of the efficacy of cognitive behavioral therapy for insomnia (CBT-I) on sleep, mood disturbances, fatigue and quality of life in cancer patients
11. Student: Chung, Harry Ka Shing
Degree: MSocSc in CP (2020-2022)
My role: Primary Supervisor
Thesis title: Psychometric properties of the Chinese versions of the Sleep-related Behaviors Questionnaire and the Pre-Sleep Arousal Scale
12. Student: Li, Hazel
Degree: MSocSc in CP (2019-2021)
My role: Primary Supervisor

Thesis title: Depression, motivation, and self-care behaviors in patients with type 2 diabetes

13. Student: Wong, Tsing Sum Charlie
Degree: MSocSc in CP (2019-2021)
My role: Primary Supervisor
Thesis title: Depression and insomnia in patients with type-2 diabetes, the role of emotional regulation, physical activity and diet
14. Student: Lam, Chin Yee Stephanie
Degree: MSocSc in CP (2018-2020)
My role: Primary Supervisor
Thesis title: Daily associations between sleep quality and anxiety in university students: The moderating effect of alexithymia
15. Student: Chan, Sally
Degree: MSocSc in CP (2018-2020)
My role: Primary Supervisor
Thesis title: Daily associations between sleep and stress: Moderation by dysfunctional beliefs about sleep

KNOWLEDGE EXCHANGE

1. **Clinical Consultation for the Society for the Aid and Rehabilitation of Drug Abusers (2022-present)**
I provide clinical consultation and therapy groups to mothers who were admitted to the residential care facility for drug abuse. My work disseminates evidence-based assessment and treatment to benefit the population directly.
2. **Public Talk: Lifestyle determinants of mental and physical wellness (2022)**
In this talk, I shared with the public some key lifestyle factors that can affect their mental and physical wellbeing and provided tips for them to improve their wellness. This talk has cumulated over 1000 views on YouTube since it was posted in 2022.
3. **Knowledge Exchange Project: Disseminating and evaluating a digital lifestyle intervention for individuals with or at-risk for type 2 diabetes**
Funded by the KE Impact Project Fund for 2021-2022
I and my research team created a mobile application called “FitD” that delivers the structured behavioral lifestyle intervention for people who are at-risk for type 2 diabetes to help them manage their weight. A total of 30 individuals completed the program.

SERVICE/ADMINISTRATION

(a) Internal

09/2024-present

Director, MSocSc Program in Clinical Psychology

Acknowledging the evolving challenges in society, my colleagues and I have been formulating a reinvigorated curriculum and training activities designed to enhance trainees' synthesis of theory and practice, as well as to foster a closer integration of student training and community services.

Upon assuming the Program Director position in Sept 2024, I look forward to leading these changes and elevating the program to the highest standards of excellence.

09/2020-09/2024

Director, Doctor of Psychology Program in Clinical Psychology

One of my significant achievements serving as the program leader was the benchmarking of the PsyD CP program to international standards for doctoral-level clinical psychology programs. The University of Hong Kong's PsyD CP program is a unique two-year top-up degree, specially tailored for master's level practicing clinical psychologists who aim to enhance their academic and clinical expertise. This program differs from PsyD programs in other countries, such as the United States, where students undertake 4-5 years of study to become practicing clinical psychologists. The external examiner of the PsyD program posed questions regarding the program's learning objectives alignment with the course learning objectives, evaluation methods, and cultural sensitivity training. I effectively addressed these queries and demonstrated that the training and the quality of our PsyD graduates met international standards.

09/2020-08/2022

Director, Psychological Service Unit

The PSU serves as a training and research clinic, allowing clinical psychology trainees to offer clinical services to the community under faculty supervision and enabling faculty members to conduct research involving clinical populations. During my leadership, the PSU underwent a renovation to provide more therapy rooms, an up-to-date audiovisual recording system, and a strengthened security system to enhance the capacity, comfort, and safety of the PSU for service users and trainees. I also mentored clinical psychology trainees in producing social media posts to promote mental health in the community.

07/2019-present

Member, Departmental Teaching & Learning Committee

01/2019-present

Member, Board of the Faculty of Social Sciences

(b) External

2018-2020

**Member, Science Advisory Committee
Society of Behavioral Sleep Medicine**