



Department of Psychology
The University of Hong Kong

香港大學心理學系

Departmental Seminar

Sleep and Depression in Chinese Perinatal Women

11:00a.m. – 12:00noon | May 29, 2025 (Thursday)

Rm 814, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



Ms Zhang Qi (Kate)

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Department of Psychology

The University of Hong Kong

Abstract

This seminar explores the complex relationship between sleep and perinatal depression, integrating theoretical frameworks and empirical evidence. The presentation begins by establishing the theoretical foundation of the topic, reviewing psychological mechanisms that may link disturbed sleep to depression in perinatal women. Key findings highlight emotional regulation, pre-sleep arousal, and rumination as potential mediators of this relationship during the perinatal period. The seminar then moves on to outline the research questions, hypotheses, and methodologies that guided three empirical investigations. The first study examines longitudinal trajectories of sleep quality and depressive symptoms in perinatal women, identifying predictors of these patterns. Next, the focus shifts to the role of emotion regulation as a mediator in the longitudinal relationship between sleep disturbances and depression. A third investigation follows, analyzing the mediating effects of pre-sleep arousal and rumination. Finally, the seminar concludes with a discussion of the broader implications and limitations of the findings, offering insights into potential interventions and future research directions aimed at improving mental health outcomes for perinatal women.

About the Speaker

Zhang Qi is a final-year PhD candidate in psychology under the supervision of Prof. Wai Sze Chan. She holds a master's degree in psychology from University College London and a bachelor's degree in psychology from the University of Birmingham. Her research focuses on mental disorders, sleep, and women's health, with a particular interest in the relationship between disturbed sleep and depression among perinatal women. The central aim of her dissertation is to advance scientific understanding of the mechanisms linking disturbed sleep and perinatal depression. By investigating shared pathways underlying these conditions, her work hopes to contribute to the development of targeted interventions and prevention strategies that could benefit at-risk populations. Her goal is to provide actionable insights for future studies while contributing to improved mental health outcomes and quality of life for perinatal women.

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

<https://hku.zoom.us/j/6985555998?pwd=V05yTGJWNTIzazd2OFZ0Q3FRcHVkdz09>

Meeting ID: 698 555 5998 | Password: Psyc

~All are Welcome~

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