

CURRICULUM VITAE
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EDUCATION

2016-17 Postgraduate Certificate, Psychological Therapies Practice (Low Intensity Cognitive Behavioural Therapy), University of Exeter

Aug 2000 Ph.D., Clinical Psychology, Counseling/Clinical/School Psychology Program, University of California, Santa Barbara. American Psychological Association (APA)-Accredited

Dissertation: A culture-specific model of vulnerability to psychological distress: The role of self-construals and cognitive-personality styles on anxiety and depression

Advisor: Prof. Nolan Zane

Aug 1999- Predoctoral Internship, Louis de la Parte Florida Mental Health Institute

July 2000 University of South Florida. APA-Accredited Internship

June 1995 B.A., Psychology, with specialization in Asian American Studies

University of California, Los Angeles

Summa cum Laude and Highest Departmental Honors (Valedictorian)

Valedictorian of the graduating class in Psychology

Honors Thesis: The effects of individualism-collectivism on decision-making in social dilemmas among Asian and White Americans

Advisor: Prof. Stanley Sue

PROFESSIONAL EXPERIENCE

Current Positions

Aug 2015- Present Professor, Department of Psychology, CUHK

2019-Present Executive Board member and co-founder, StoryTaler Hong Kong Company, Limited

Oct 2015- Present Professor (by courtesy), Jockey Club School of Public Health and Primary Care, CUHK

Oct 2015- Present Research Director, The Chinese University of Hong Kong (CUHK) – National Cheng Kung University, Taiwan (NCKU) Joint Research Centre for Positive Social Science

Aug 2016- Present Fellow, Institute of Future Cities, The Chinese University of Hong Kong

Previous Positions

Aug 2016- Oct 2019 Associate Dean (Research), Faculty of Social Science, CUHK

Aug 2013- June 2019 Director of Graduate Studies in Clinical Psychology, Department of Psychology, The Chinese University of Hong Kong (CUHK)

Aug 2015- July 2016 Assistant Dean (Research), Faculty of Social Science, CUHK

Aug 2008- Jul 2015 Associate Professor, Department of Psychology, CUHK

Aug 2008- Associate Professor (by courtesy), Division of Behavioral Health and Health
Jul 2015 Promotion, School of Public Health and Primary Care, CUHK
Dec 2009- Founding Member, Centre for Medical Anthropology and Behavioral Health
at the Sun Yat-sen University (SYSU), China
Mar 2008- Founding Member, Centre for Health Behaviors Research, School of Public
Health and Primary Care, CUHK
Jan 2007- Research Scholar, Asian American Center for Disparities Research (AACDR),
University of California, Davis
Aug 2002- Assistant Professor, Department of Psychology, The Chinese University of
Aug 2008 Hong Kong
Nov 2006- Assistant Professor (by courtesy), School of Public Health, The Chinese
Aug 2008 University of Hong Kong
2002-2006 Research Scholar, National Research Center on Asian American Mental
Health, University of California, Davis
2000-02 Postdoctoral Fellow, Clinical Services Research Training Program,
Department of Psychiatry, University of California, San Francisco
Advisors: Prof. Cliff Attkisson and Prof. Abram Rosenblatt

AWARDS AND HONORS

May 2022 Ranked 37th in Top Scientists in Psychology in China by [Research.com](#)
Dec 2020, 21 [World's Top 2% Scientists](#) by Elsevier and Stanford University (Baas,
Boyack, Ioannidis, 2021)
Nov 2021 [Excellent Research Award](#), Food and Health Bureau, Hong Kong
Aug 2016 Outstanding Fellow of the Faculty of Social Science, The Chinese University
2026 of Hong Kong
Mar 2017 [《JESSICA Most Successful Women》2017](#)
January 2017 Research Mentorship Award, The Chinese University of Hong Kong
Nov 2016 Research Excellence Award, The Chinese University of Hong Kong
2008 Young Researcher Award, The Chinese University of Hong Kong
2006 Vice-Chancellor's Exemplary Teaching Award, The Chinese University of
Hong Kong
2006 Exemplary Teaching Award, Faculty of Social Science, The Chinese
University of Hong Kong
2006 Award of Excellence in the category of International Comparative Study in the
114th Annual Convention of the American Psychological Association (APA),
New Orleans, U.S.A.
2005 New Investigator Scholarship for the 12th Annual Meeting of the International
Society for Quality of Life Research, San Francisco.

PROFESSIONAL SOCIETIES

Jan 2018 Fellow, American Psychological Association (APA)
Mar 2017 Fellow, Society for Community Research and Action (SCRA), Division 27 of
the American Psychological Association
2016 Fellow, Hong Kong Psychological Society (HKPS)
2012 Fellow, Association for Psychological Science (APS)
2013-Present Founding Vice President, Hong Kong Society of Behavioral Health
2017-Present Member, APA Division 17—Society for Counseling Psychology
2002-2017 Member, American Psychological Association (APA)

2002-2017 Member, Society for Community Research and Action
2003-2017 Member, Society for the Psychological Study of Ethnic Minority Issues
2002-2012 Member, Asian American Psychological Association
2002-2016 Associate Fellow, Hong Kong Psychological Society, Division of Clinical Psychology

RESEARCH

CORE RESEARCH INTERESTS

- Stigma and well-being of diverse populations
- Digital mental health
- Buddhist psychology for individual and collective well-being
- Personal recovery of people with mental illness

* denotes student as authors

denotes research assistant as authors

Δ denotes myself as corresponding author

REFEREED JOURNAL ARTICLES

Zhang, Z. J., Lo, H. H. M. Ng, S. M., **Mak, W. W. S.**, Wong, S. Y. S., Hung, K. S. Y., Lo, C. S. L., Wong, J. O. Y., Lui, S. S. Y., Lin, E., Siu, C. M. W., Yan, E. W. C., Chan, S. H. W., Yip, A., Poon, M. F., Wong, G. O. C., Mak, J. W. H., Tam, H. S. W., Tse, I. H. H., & Leung, B. F. H. (2023). The effects of a mindfulness-based family psychoeducation intervention for the caregivers of young adults with first-episode psychosis: A randomized controlled trial. *International Journal of Environmental Research and Public Health*, 20, 1018. <https://doi.org/10.3390/ijerph20021018>

Dai, Z., Xiao, W., Wang, H., Huang, Y., Si, M., Fu, J., Chen, X., Jia, M., Leng, Z., Cui, D., Dong, L., **Mak, W. W. S.**, Wu, Y., & Su, X. (2022). Influencing factors of anxiety and depression of discharged COVID-19 patients in Wuhan, China. *PLOS ONE*, 17(11): e0276608. <https://doi.org/10.1371/journal.pone.0276608>

Chio, F. H. N., Δ**Mak, W. W. S.**, *Cheng, R. H. L., *Hsu, A. Y. K., & *Kwan, H. H. M. (2022) Can compassion to the self be extended to others: The association of self-compassion and other-focused concern. *Journal of Positive Psychology*, 17(5), 679-689. <https://doi.org/10.1080/17439760.2021.1913638>
[5-Year Impact Factor: 6.458; Impact Factor: 4.29; Journal Ranking: 34/147 in Psychology, Multidisciplinary]

Dai, Z., Wang, H., Xiao, W., Huang, Y., Si, M., Fu, J., Chen, X., Jia, M., Leng, Z., Cui, D., Dong, L., **Mak, W. W. S.**, & Su, X. (2022). The association of mindfulness and psychological well-being among individuals who have recovered from COVID-19 in Jiangnan District, Wuhan, China: A cross-sectional study. *Journal of Affective Disorders*, 319, 437-445. Doi: 10.1016/j.jad.2022.09.062

Tsoi, E. W. S., Tong, A. C. Y., & Δ**Mak, W. W. S.** (2022). Nonattachment at work on well-being among working adults in Hong Kong. *Mindfulness*, 13, 2461–2472.

- *Fong, T. H. C., & **ΔMak, W. W. S.** (2022). Effects of Internet-based storytelling programs (Amazing Adventure Against Stigma) in reducing mental illness stigma with mediation by interactivity and stigma content: A randomized controlled trial. *Journal of Medical Internet Research*, 24(8), e37973; doi:10.2196/37973
[5-Year Impact Factor: 7.69; Impact Factor: 7.093; Journal Ranking: 10/109 in Health Care Sciences & Services; 5/31 in Medical Informatics]
- *Yu, B. C. L., Chio, F. H. N., #Chan, K. K. Y., **ΔMak, W. W. S.**, *Zhang, G., Vogel, D., Lai, M. H. C. (2022). Associations between public and self-stigma of help-seeking with help-seeking attitudes and intention: A meta-analytic structural equation modeling approach. *Journal of Counseling Psychology*. 2022 Sep 8. doi: 10.1037/cou0000637. Epub ahead of print. PMID: 36074628.
[5-Year Impact Factor: 7.578; Impact Factor: 5.088; Journal Ranking: 24/83 in Psychology, Applied; 9/61 in Psychology, Educational]
- Mo, P. K. H., So, G., Lu, Z., & **ΔMak, W. W. S.** (2022). The mediating role of health promoting behaviors on the association between symptom severity and quality of life among Chinese individuals with mental illness: A cross-sectional study. *Psychopathology*. DOI: 10.1159/000525495
[5-Year Impact Factor: 3.279; Impact Factor: 3.849; Journal Ranking: 61/142 in Psychiatry]
- ΔMak, W. W. S.**, #Ng, S. M., *Tsoi, E. W. S., *Yu, B. C. L. (2022). Interconnectedness is associated with a greater sense of civic duty and collective action participation through transcendental awareness and compassion during COVID-19. *International Journal of Environmental Research and Public Health*. 2022; 19(12):7261.
<https://doi.org/10.3390/ijerph19127261>
[5-Year Impact Factor: 4.798; Impact Factor: 4.614; Journal Ranking: 71/210 in Public, Environmental & Occupational Health]
- *Ho, C. Y. Y., *Yu, B. C. L., & **ΔMak, W. W. S.** (2022). Nonattachment mediates the associations between mindfulness, well-being, and psychological distress: A meta-analytic structural equation modeling approach. *Clinical Psychology Review*, 95, 102175, ISSN 0272-7358, <https://doi.org/10.1016/j.cpr.2022.102175>.
[5-Year Impact Factor: 17.532; Impact Factor: 11.397; Journal Ranking: 1/130 in Psychology, Clinical; Citations: 2]
- *Ma, G. Y. K. & **Mak, W. W. S.** (2022). Meta-analysis of studies on the impact of mobility disability simulation programs on attitudes toward people with disabilities and environmental in/accessibility. *PLoS ONE*, 17(6): e0269357.
<https://doi.org/10.1371/journal.pone.0269357>
[5-Year Impact Factor: 4.069; Impact Factor: 3.752; Journal Ranking: 29/73 in Multidisciplinary Sciences]
- ΔMak, W. W. S.**, *Tsoi, E. W. S., & *Wong, H. C. Y. (2022). Brief Wellness Recovery Action Planning (WRAP®) as a mental health self-management tool for community adults in Hong Kong: A randomized controlled trial. *Journal of Mental Health*. <https://doi.org/1080/09638237.2022.2069723>. Epub ahead of print. PM The Effects of Immersive Virtual Reality, ID: 35506470.
[5-Year Impact Factor: 4.122; Impact Factor: 3.681; Journal Ranking: 55/130 in Psychology, Clinical]

- You, J. H. S., Luk, S. W. C., Chow, D. Y. W., Jiang, X., Mak, A. D. P., & **Mak, W. W. S.** (2022). Cost-effectiveness of internet-supported cognitive behavioral therapy for university students with anxiety symptoms: A Markov-model analysis. *PloS ONE*, 17(5): e0268061. <https://doi.org/10.1371/journal.pone.0268061>. [5-Year Impact Factor: 4.069; Impact Factor: 3.752; Journal Ranking: 29/73 in Multidisciplinary Sciences]
- *Tsoi, E. W. S., **ΔMak, W. W. S.**, *Ho, C. Y. Y., Yeung, G. T. Y. (2022). A web-based stratified stepped care mental health platform (TourHeart): Semistructured interviews with stakeholders *JMIR Human Factors*, 9(2), e35057, <https://doi.org/10.2196/35057> [Impact Factor: new journal, not available yet]
- *Li, A. C. M., *Wong, K. K. L., Chio, F. H. N., **ΔMak, W. W. S.**, Poon, L. W. H. (2022). Delivering mindfulness-based interventions for insomnia, pain, and dysfunctional eating through a text messaging app: Three randomized controlled trials investigating the effectiveness and mediating mechanisms. *Journal of Medical Internet Research*, 2022 May 3;24(5):e30073. <https://doi.org/10.2196/30073>. PMID: 35503653; PMCID: PMC9115660. [5-Year Impact Factor: 7.69; Impact Factor: 7.093; Journal Ranking: 10/109 in Health Care Sciences & Services; 5/31 in Medical Informatics]
- *Ma, G. Y. K. & **Mak, W. W. S.** (2022). Associations of perceived stigma, perceived environmental inaccessibility, and self-compassion among people with physical disability in Hong Kong. *Disability and Health Journal*, 2022, 101274, ISSN 1936-6574, <https://doi.org/10.1016/j.dhjo.2022.101274>. [5-Year Impact Factor: 3.871; Impact Factor: 4.615; Journal Ranking: 26/109 in Health Care Sciences & Services; 13/88 in Health Policy & Services]
- *Yu, B. C. L., **ΔMak, W. W. S.**, & #Wong, H. W. H. (2022). Beyond biogenetic and psychosocial attributions: The role of the public in reducing stigma for people with schizophrenia. *Stigma and Health*, 7(2), 196–204. <https://doi.org/10.1037/sah0000362> [Impact Factor: 0.82; Journal Ranking: 138/392 in Public, Environmental & Occupational Health; 38/77 in Category psychology, Social; Citations: 2]
- Sham, W. W. L., Yeung, G. T. Y., **Mak, W. W. S.**, & Powell, C. L. Y. M. (2021). Comprehensive Well-Being Scale: Development and validation among Chinese in recovery of mental illness in Hong Kong. *BMC Psychology*, 9(1), 1-12. <https://doi.org/10.1186/s40359-021-00686-4> [Impact Factor: 2.588; Journal Ranking: 71/147 in Psychology, Multidisciplinary; Citations: 1]
- Xin, M., Coulson, N. S., Jiang, C. L., Sillence, E., Chidgey, A., Kwan, N. N. M., **Mak, W. W. S.**, Goggins, W., Lau, J. T. F., Mo, P.K. H. (2021). Web-based behavioral intervention utilizing narrative persuasion for HIV prevention among Chinese men who have sex with men (HeHe Talks Project): Intervention development. *Journal of Medical Internet Research*, 23(9), e22312. <https://doi.org/10.2196/22312> [5-Year Impact Factor: 7.69; Impact Factor: 7.093; Journal Ranking: 10/109 in Health Care Sciences & Services; 5/31 in Medical Informatics; Citations: 1]

- *Tong, A. C. Y., *Tsoi, E. W. S., & **ΔMak, W. W. S.** (2021). Socioeconomic status, mental health, and workplace determinants among working adults in Hong Kong: A latent class analysis. *Journal of Environmental Research and Public Health* 18, 7894. <https://doi.org/10.3390/ijerph18157894>
[5-Year Impact Factor: 4.798; Impact Factor: 4.614; Journal Ranking: 100/279 in Environmental Sciences; 71/210 in Public, Environmental & Occupational Health; Citations: 4]
- *Yuen, A. S. Y. & **ΔMak, W. W. S.** (2021). The effects of immersive virtual reality in reducing public stigma in the university population of Hong Kong: A randomized controlled trial. *Journal of Medical Internet Research*, 23(7):e23683 <https://doi.org/10.2196/23683>.
[5-Year Impact Factor: 7.69; Impact Factor: 7.093; Journal Ranking: 10/109 in Health Care Sciences & Services; 5/31 in Medical Informatics; Citations: 3]
- Chan, R. C. H. & **Mak, W. W. S.** (2021). Resistance as a form of resilience in sexual and gender minorities: Differential moderating roles of collective action on the discrimination–depression relationship among sexual minority men and women. *Social Science & Medicine*. <https://doi.org/10.1016/j.socscimed.2021.114056>
[5-Year Impact Factor: 5.887; Impact Factor: 5.379; Journal Ranking: 4/46 in Social Sciences, Biomedical; 30/182 in Public, Environmental & Occupational Health; Citations: 8]
- *Yu, B. C. L., **ΔMak, W. W. S.**, *Leung, I. W. Y., & Chio, F. H. N. (2021). Reducing stigma through interconnectedness and compassion: A Buddhism-based approach to reduce stigma towards people with mental illness. *Mindfulness*. 12(7), 1779–1790. <https://doi.org/10.1007/s12671-021-01640-6>
[5-Year Impact Factor: 5.112; Impact Factor: 3.801; Journal Ranking: 63/142 in Psychiatry; 50/130 in Psychology, Clinical; Citations: 2]
- *Yu, B. C.L., Chio, F. H. N., **ΔMak, W. W. S.**, Corrigan, P. W. & *Chan, K. K. Y. (2021). Internalization process of stigma of people with mental illness across cultures: A meta-analytic structural equation modeling approach, *Clinical Psychology Review*, 87, 102029 <https://doi.org/10.1016/j.cpr.2021.102029>
[5-Year Impact Factor: 17.532; Impact Factor: 11.397; Journal Ranking: 1/130 in Psychology, Clinical; 1/130 in Psychology, Clinical; Citations: 9]
- *Chan, R. C. H., **ΔMak, W. W. S.**, Chan, W. Y., & Lin, W. Y. (2021). Effects of social movement participation on political efficacy and well-being: A longitudinal study of civically engaged youth. *Journal of Happiness Studies*, 22, 1981–2001. <https://doi.org/10.1007/s10902-020-00303-y>.
[5-Year Impact Factor: 4.75; Impact Factor: 4.087; Journal Ranking: 37/147 in Psychology, Multidisciplinary; 18/111 in Social Sciences, Interdisciplinary; Citations: 7]
- Chen, S. X., Ng, J. C. K., Hui, B. P. H., Au, A. K. Y., Wu, W. C. H., Lam, B. C. P., **Mak, W. W. S.**, & Liu, J. H. (2021). Dual impacts of coronavirus anxiety on mental health in 35 societies. *Scientific Reports*, 11, 8925. <https://doi.org/10.1038/s41598-021-87771-1>
[5-Year Impact Factor: 5.516; Impact Factor: 4.996; Journal Ranking: 19/73 in Multidisciplinary Sciences; Citations: 16]

- Chio, F. H. N., **ΔMak, W. W. S.**, & *Yu, B. C. L. (2021). Meta-analytic review on the differential effects of self-compassion components on well-being and psychological distress: The moderating role of dialecticism on self-compassion. *Clinical Psychology Review*, 85, 101986 <https://doi.org/10.1016/j.cpr.2021.101986>.
[5-Year Impact Factor: 17.532; Impact Factor: 11.397; Journal Ranking: 1/130 in Psychology, Clinical; Citations: 18]
- ΔMak, W. W. S.**, *Fu, A. C. M., *Auyeung, L., #Cheng, W. W. L., #Chan, R. C. H., Tse, S. S. K., Yau, S. S. W., Ho, K., Chan, S. K., & Wong, S. (2021) Nine-month longitudinal impact of peer support workers' recovery attributes on their service users' personal recovery in Hong Kong. *Psychiatric Services*, 72(11), 1282-1287.
<https://doi.org/10.1176/appi.ps.202000006>
[5-Year Impact Factor: 3.898; Impact Factor: 4.157; Journal Ranking: 56/182 in Public, Environmental & Occupational Health; 16/88 in Health Policy & Services]
- *Chan, R. C. H., & **ΔMak, W. W. S.**, *Ma, G. Y. K., & Cheung, M. (2021). Interpersonal and intrapersonal manifestations of HIV stigma and their impacts on psychological distress and life satisfaction among people living with HIV: Toward a dual process model. *Quality of Life Research*, 30, 145-156. <https://doi.org/10.1007/s11136-020-02618-y>
[5-Year Impact Factor: 5.143; Impact Factor: 3.864; Journal Ranking: 81/155 in Psychiatry; 44/147 in Psychology, Multidisciplinary; Citations: 12]
- Powell, C. L. Y. M., Lo, A. P. K., Yeung, G. T. Y., Leung, N. T. Y., **Mak, W. W. S.**, So, S. H. W., Chiu, C. D., Yau, S. S. W., Mullan, E. G., Leung, P. W. L. (2021). A pilot study on the effectiveness of low-intensity cognitive-behavioural therapy (LiCBT) for common mental disorders in Hong Kong. *Behavioural and Cognitive Psychotherapy*, 1-6.
<https://doi.org/10.1017/S1352465820000971>.
[5-Year Impact Factor: 2.41; Impact Factor: 2.467; Journal Ranking: 90/130 in Psychology, Clinical; Citations: 1]
- ΔMak, W. W. S.**, Chio, F. H. N., *Chong, K. S. C., & Law, R. W. (2021). From mindfulness to personal recovery: The mediating roles of self-warmth, psychological flexibility, and valued living. *Mindfulness*, 12, 994-1001. <https://doi.org/10.1007/s12671-020-01568-3>
[5-Year Impact Factor: 5.112; Impact Factor: 3.801; Journal Ranking: 63/142 in Psychiatry; 50/130 in Psychology, Clinical; Citations: 6]
- *Ma, G. Y. K. & **Mak, W. W. S.** (2021). Perceptions of the International Symbol of Accessibility among nondisabled university students in Hong Kong. *Applied Ergonomics*, 92, 103314, <https://doi.org/10.1016/j.apergo.2020.103314>.
[5-Year Impact Factor: 4.641; Impact Factor: 3.940; Journal Ranking: 6/16 in Ergonomics; 33/83 in Psychology, Applied]
- Chan, V. W. Y., Kong, A. P. S., Lau, J. T. F., **Mak, W. W. S.**, Cameron, L. D., Mo, P. K. H. (2021). An intervention to change illness representations and self-care of individuals with Type 2 Diabetes: A randomized controlled trial. *Psychosomatic Medicine*, 83(1), 71-84. <https://doi.org/10.1097/PSY.0000000000000883>.
[5-Year Impact Factor: 5.143; Impact Factor: 3.864; Journal Ranking: 59/142 in Psychiatry]

- *Chan, R. C. H., & **Mak, W. W. S.** (2021). Protective and compensatory effects of group identification on the mental health of people living with HIV. *Archives of Sexual Behavior*, 50, 1677-1687. <https://doi.org/10.1007/s10508-020-01823-7>
[5-Year Impact Factor: 4.772; Impact Factor: 4.891; Journal Ranking: 31/130 in Psychology, Clinical; 11/111 in Social Sciences, Interdisciplinary; Citations: 5]
- Ng, M. K., & **Mak, W. W. S.** (2020) The right to spatial development for human flourishing. *Transactions of the Association of European Schools of Planning*, 4(1), 22-32. doi: 10.24306/TrAESOP.2020.01.003
- *Yu, B. C. L., **Mak, W. W. S.**, & Chio, F. H. N. (2020). Family involvement moderates the relationship between perceived recovery orientation of services and personal narratives among Chinese with schizophrenia in Hong Kong-A one-year longitudinal investigation. *Social Psychiatry and Psychiatric Epidemiology*, 56(3), 401-408. <https://doi.org/10.1007/s00127-020-01935-4>
[5-Year Impact Factor: 5.528; Impact Factor: 4.519; Journal Ranking: 68/155 in Psychiatry; 50/142 in Psychiatry; Citations: 1]
- Chen, S. X., **Mak, W. W. S.**, & Lam, B. C. P. (2020). Is it cultural context or cultural value? Unpackaging cultural influences on stigma toward mental illness and barrier to help-seeking. *Social Psychological and Personality Science*, 11(7), 1022-1031. <https://doi.org/10.1177/1948550619897482>
[5-Year Impact Factor: 6.331; Impact Factor: 5.316; Journal Ranking: 12/65 in Psychology, Social; Citations: 9]
- *Chan, R. C. H., Operario, D., & **Mak, W. W. S.** (2020). Effects of HIV-related discrimination on psychosocial syndemics and sexual risk behavior among people living with HIV. *International Journal of Environmental Research and Public Health*, 17(6), 1924, <https://doi.org/10.3390/ijerph17061924>
[5-Year Impact Factor: 4.798; Impact Factor: 4.614; Journal Ranking: 100/279 in Environmental Sciences; 71/210 in Public, Environmental & Occupational Health; Citations: 8]
- *Yu, B. C. L., **Mak, W. W. S.**, & Chio, F. H. N. (2020). Promotion of well-being by raising the awareness on the interdependent nature of all matters: Development and validation of the Interconnectedness Scale. *Mindfulness*, 11, 1238–1252. <https://doi.org/10.1007/s12671-020-01334-5>
[5-Year Impact Factor: 5.112; Impact Factor: 3.801; Journal Ranking: 63/142 in Psychiatry; 50/130 in Psychology, Clinical; Citations: 11]
- *Chan, R. C. H., & **Mak, W. W. S.** (2020). Empowerment for civic engagement and well-being in emerging adulthood: Evidence from cross-regional and cross-lagged analyses. *Social Science & Medicine*, 244, 112703. <https://doi.org/10.1016/j.socscimed.2019.112703>
[5-Year Impact Factor: 5.887; Impact Factor: 5.379; Journal Ranking: 4/46 in Social Sciences, Biomedical; 30/182 in Public, Environmental & Occupational Health; Citations: 26]
- Yang, X., & **Mak, W. W. S.** (2020). Addressing sociopolitical determinants of mental health: an emerging challenge in Hong Kong. *Lancet*, 395(10220), 249-250. [https://doi.org/10.1016/S0140-6736\(20\)30057-X](https://doi.org/10.1016/S0140-6736(20)30057-X)

[5-Year Impact Factor: 130.838; Impact Factor: 202.731; Journal Ranking: 1/172 in Medicine, General & Internal; Citations: 5]

- *Chu, S. T. W., & **Mak W. W. S.** (2020). How mindfulness enhances meaning in life: A meta-analysis of correlational studies and randomized controlled trials. *Mindfulness*, 11(1), 177-193. <https://doi.org/10.1007/s12671-019-01258-9>
[5-Year Impact Factor: 5.112; Impact Factor: 3.801; Journal Ranking: 63/142 in Psychiatry; 50/130 in Psychology, Clinical; Citations: 25]
- *Chan, R. C. H., Operario, D., & **Mak, W. W. S.** (2020). Bisexual individuals are at greater risk of poor mental health than lesbians and gay men: The mediating role of sexual identity stress at multiple levels. *Journal of Affective Disorders*, 260, 292-301. <https://doi.org/10.1016/j.jad.2019.09.020>
[5-Year Impact Factor: 6.569; Impact Factor: 6.533; Journal Ranking: 29/212 in Clinical Neurology; 37/155 in Psychiatry; Citations: 49]
- Cheung, R. Y., *Leung, S. S., & **Mak, W. W. S.** (2019). Role of mindful parenting, affiliate stigma, and parents' well-being in the behavioral adjustment of children with autism spectrum disorder: Testing parenting stress as a mediator. *Mindfulness*, 10(11), 2352-2362. <https://doi.org/10.1007/s12671-019-01208-5>
[5-Year Impact Factor: 5.112; Impact Factor: 3.801; Journal Ranking: 63/142 in Psychiatry; 50/130 in Psychology, Clinical; Citations: 16]
- *Chan, R. C. H., & **Mak, W. W. S.** (2019). Cognitive, regulatory, and interpersonal mechanisms of HIV stigma on the mental and social health of men who have sex with men living with HIV. *American Journal of Men's Health*, 1-12. <https://doi.org/10.1177/1557988319873778>
[5-Year Impact Factor: 2.982; Impact Factor: 2.403; Journal Ranking: 117/182 in Public, Environmental & Occupational Health; Citations: 14]
- *Chan, R. C. H., & **Mak, W. W. S.** (2019). Liberating and empowering effects of critical reflection on collective action in LGBT and cisgender heterosexual individuals. *American Journal of Community Psychology*, 1-15. <https://doi.org/10.1002/ajcp.12350>
[5-Year Impact Factor: 4.231; Impact Factor: 4.019; Journal Ranking: 39/147 in Psychology, Multidisciplinary; 60/182 in Public, Environmental & Occupational Health; Citations: 18]
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[5-Year Impact Factor: 5.887; Impact Factor: 5.379; Journal Ranking: 4/46 in Social Sciences, Biomedical; 30/182 in Public, Environmental & Occupational Health; Citations: 255]
- ΔMak, W. W. S. & *Chen, S. X.** (2006). Face concern: Its role on stress-distress relationships among Chinese Americans. *Personality and Individual Differences*, 41(1), 143-153. <https://doi.org/10.1016/j.paid.2005.12.016>
[5-Year Impact Factor: 4.276; Impact Factor: 3.95; Journal Ranking: 24/65 in Psychology, Social; Citations: 64]
- #Mo, P. K. H., ΔMak, W. W. S., & *Kwan, C. S. Y.** (2006). Cultural change and Chinese immigrants' distress and help-seeking in Hong Kong. *Journal of Ethnic and Cultural Diversity in Social Work*, 15(3-4), 129-151. https://doi.org/10.1300/J051v15n03_06
[Impact Factor: no impact factor; Citations: 34]
- ΔMak, W. W. S., *Chen, S. X., Wong, E. C., & Zane, N. W. S.** (2005). A psychosocial model of stress-distress relationship among Chinese Americans. *Journal of Social and Clinical Psychology*, 24(3), 422-444. <https://doi.org/10.1521/jscp.24.3.422.65618>
[5-Year Impact Factor: 2.39; Impact Factor: 1.844; Journal Ranking: 104/130 in Psychology, Clinical; 52/65 in Psychology, Social; Citations: 56]
- ΔMak, W. W. S.** (2005). Integrative model of caregiving: How macro and micro factors affect caregivers of adults with severe and persistent mental illness. *American Journal of Orthopsychiatry*, 75(1), 40-53. <https://doi.org/10.1037/0002-9432.75.1.40>
[5-Year Impact Factor: 4.455; Impact Factor: 3.407; Journal Ranking: 6/43 in Social Work; Citations: 26]
- ΔMak, W. W. S., & Zane, N. W. S.** (2004). The phenomenon of somatization among community Chinese Americans. *Social Psychiatry and Psychiatric Epidemiology*, 39(12), 967-974. <https://doi.org/10.1007/s00127-004-0827-4>
[5-Year Impact Factor: 5.528; Impact Factor: 4.519; Journal Ranking: 68/155 in Psychiatry; 50/142 in Psychiatry; Citations: 142]
- ΔMak, W., & Rosenblatt, A.** (2002). Demographic influences on psychiatric diagnoses among youth served in California systems of care. *Journal of Child and Family Studies*, 11(2), 165-178. <https://doi.org/10.1023/A:1015173508474>
[5-Year Impact Factor: 3.066; Impact Factor: 2.784; Journal Ranking: 42/78 in Psychology, Developmental; 90/142 in Psychiatry; Citations: 46]
- Hwang, W. C., Chun, C. A., Kurasaki, K. S., Mak, W., & Takeuchi, D. T.** (2000). Factor validity of scores on social support and conflict measures among Chinese Americans. *Educational and Psychological Measurement*, 60(5), 808-816. <https://doi.org/10.1177/00131640021970790>
[5-Year Impact Factor: 3.596; Impact Factor: 3.088; Journal Ranking: 21/61 in Psychology, Educational; 26/108 in Mathematics, Interdisciplinary Applications ; Citations: 19]

BOOK CHAPTERS

- *Yu, B.C.L., **ΔMak, W.W.S.** (2023). Interconnectedness Scale. In: Medvedev, O.N., Krägeloh, C.U., Siegert, R.J., Singh, N.N. (eds) *Handbook of Assessment in Mindfulness Research*. Springer, Cham. https://doi.org/10.1007/978-3-030-77644-2_53-1
- *Yu, B. C. L. & **ΔMak, W. W. S.** (2022). Unpacking cultural influences on stigma of people with mental illness between group-oriented and individual-oriented cultures. In D. L. Vogel & N. G. Wade (Eds.). *The Cambridge Handbook of Stigma and Mental Health* (pp. 263-281). Cambridge University Press.
<https://doi.org/10.1017/9781108920995.016> [50% contribution; 1st author was PhD student]
- Cheung, F. M. C. & **Mak, W. W. S.** (2018). Sociocultural factors in psychopathology. In J. N. Butcher (Ed.). *A Two-Volume Handbook on Psychopathology*. Washington, DC: American Psychological Association. [50% contribution]
- *Ho, C. Y. Y. & **ΔMak, W. W. S.** (2013). HIV-related stigma across cultures: Adding family into the equation. In P. Liamputtong (Ed.), *Stigma, Discrimination, and Living with HIV/AIDS: A Cross-Cultural Perspective* (pp. 53-69). Dordrecht, The Netherlands: Springer. [Citations: 2; 50% contribution; 1st author was an undergraduate in Psychology student]
- ΔMak, W. W. S.**, Cheung, F. M., & Leung, F. Y. K. (2012). Somatoform disorders in Asians. In E. C. Chang (Ed.), *Handbook of Adult Psychopathology in Asians: Theory, Diagnosis, and Treatment* (pp. 179-203). Oxford: Oxford University Press. [Citations: 5; 90% contribution]
- ΔMak, W. W. S.**, & Chen, S. X. (2010). Illness behaviors among the Chinese. In M. H. Bond (Ed.), *The Oxford Handbook of Chinese Psychology, 2nd Ed.* (pp. 421-439). Oxford: Oxford University Press. [Citations: 47; 80% contribution]
- Cheng, S. T., & **Mak, W. W. S.** (2007). Community psychology in a borrowed place with borrowed time: The case of Hong Kong. In S. Reich, M. Riemer, I. Prilleltensky, & M. Montero (Eds.), *International Community Psychology: History and Theories* (pp. 200-216). New York: Kluwer Academic/Springer. [Citations: 15; 45% contribution]
- Zane, N., & **Mak, W.** (2003). Major approaches to the measurement of acculturation among ethnic minority populations: A content analysis and an alternative empirical strategy. In K. M. Chun, P. Balls Organista, & G. Marin (Eds.), *Acculturation: Advances in Theory, Measurement, and Applied Research* (pp.39-60). Washington, D.C.: American Psychological Association. [Citations: 687; 50% contribution]
- Sue, D., **Mak, W. S.**, & Sue, D. W. (1998). Ethnic identity. In L. C. Lee and N. W. S. Zane (Eds.), *Handbook of Asian American Psychology* (pp. 289-323). Thousand Oaks, CA: Sage. [Citations: 167; 80% contribution]

GOVERNMENT/COMMISSION REPORTS

- Thornicroft, G., Sunkel, C., Aliev, A. A., Baker, S., Brohan, E., Chammay, R., Davies, K., Demissie, M., Duncan, J., Fekadu, W., Gronholm, P. C., Guerrero, Z., Gurung, D., Habtamu, K., Hanlon, C., Heim, E., Henderson, C., Hijazi, Z., Hoffman, C., Hosny, N., Huang, X. F., Kline, S., Kohrt, B., Li, J., Lempp, H., London, E., Ma, N., **Mak, W.**, Makhmud, A., Maulik, P. K., Milenova, M., Morales Cano, G., Ouali, U., Parry, S., Rangaswamy, T., Rüsch, N., Sabri, T., Sartorius, N., Schulze, M., Stuart, H., Taylor Salisbury, T., Vera, N., Votruba, N., Winkler, P. (2022). *Lancet Commission on Ending Stigma and Discrimination in Mental Health*.
- Suen, Y. T., Wong, A. W. C., Barrow, A., Wong, M. Y., **Mak, W. W. S.**, Choi, P. K. Lam, C. M., Lau, J. T. F. (2016). *Study on Legislation against Discrimination on the Grounds of Sexual Orientation, Gender Identity, and Intersex Status*. Equal Opportunities Commission, Hong Kong.
- Mak, W. W. S.** (2005). *Local Consultancy on Risks and Needs Assessment for Young Offenders*. Hong Kong Correctional Services Department.
- Mak, W.**, Thornton, S. P. (2002). *California Children's System of Care juvenile recidivism study: Collaboration of mental health and juvenile probation services for youth with SED (severe emotional disturbance)*. California Department of Mental Health.
- Rosenblatt, A., Deuel, L. L., **Mak, W.**, Thornton, P., Baize, H., Morea, J., & Smucker, S. (2002). *Evaluation of two therapeutic programs for children with serious mental health problems and their families: Home-based multisystemic therapy (MST) and the MST continuum of care*. Hawaii Department of Health/Child and Adolescent Mental Health Division.
- Mak, W.** (2001). Academic performance. In A. Rosenblatt, C. Attkisson, W. Mak, H. Baize, P. Thornton, N. Chamberlain, J. Freedman, S. Smucker, J. Morea, *The California Children's System of Care Evaluation Report*. California Department of Mental Health.
- Mak, W.** (2001). Demographic diversity and clinical and functional status. In A. Rosenblatt, C. Attkisson, W. Mak, H. Baize, P. Thornton, N. Chamberlain, J. Freedman, S. Smucker, J. Morea, *The California Children's System of Care Evaluation Report*. California Department of Mental Health.

KEYNOTE SPEECHES

- Mak, W. W. S.** (2017, June). Leveraging technology to improve well-being. Keynote speech at the Hong Kong Psychological Society Annual Conference, Hong Kong.
- Mak, W. W. S.** (2016, June). The Development and Implication of Peer Support Service in Hong Kong: Presentation of Evaluation Research Outcomes. Keynote Speech for Symposium on Peer Support Service—The Power of Collaboration, June 27-28, 2016, Hong Kong.
- Mak, W. W. S.** (2016, Jan). Reprioritizing our strategies to promote well-being for all. Keynote Speech for 50th Anniversary Well-Being Symposium, New Life Psychiatric Rehabilitation Association, Jan 15-16, 2016, Hong Kong.

Mak, W. W. S. (2014, October). Personal recovery and well-being. Keynote Speech for the 30th Anniversary of Richmond Fellowship of Hong Kong Mental Health Conference “*Reminiscing the Past, Envisioning into the Future –Recovery in Community,*” October 11, 2014, Hong Kong.

Mak, W. W. S. (2014, June). Bridging research with practice: How psychologists can promote well-being in the community. Keynote speech at the Hong Kong Psychological Society Annual Conference, Hong Kong.

Mak, W. W. S. (2010, October). What is recovery of mental illness? Keynote Speech at the Fourth Caregivers of People in Recovery Conference 2010, Hong Kong.

INVITED PRESENTATIONS/LECTURES

Mak, W. W. S. (2021, December). We are all interconnected: Tackling stigma of mental illness during the COVID-19 pandemic. Invited speaker for “Stigma of mental illness and COVID-19- Cultural perspectives”, Webinar for the World Association for Cultural Psychiatry.

Mak, W. W. S. (2016, July). Joining forces in collective action to achieve justice and well-being for all. Invited symposium at the 31st International Congress of Psychology, Yokohama, Japan.

Mak, W. W. S. (2016, June). Effectiveness of Peer Support Worker Project – Quantitative evaluation. Plenary Speech at the Symposium on Peer Support Service – The Power of Collaboration, Hong Kong.

Mak, W. W. S. (2016, June). StoryTaler: Mental health promotion and stigma reduction through co-creation. Invited workshop at the Symposium on Peer Support Service – The Power of Collaboration, Hong Kong.

Mak, W. W. S. (2014, December). Rehabilitation and Recovery Models for People with Severe Mental Illness. Invited presentation at the World Psychiatric Association Regional Congress 2014, Hong Kong.

Mak, W. W. S. (2014, July). Promoting mental well-being in the community. Invited presentation at the Symposium on Interdisciplinary Action to Promote Population Health. Hong Kong Society of Behavioral Health, Hong Kong.

Mak, W. W. S. (2013, November). How can consumer-defined recovery inform us about mental health services? Invited lecture at the Mental Health Case Manager Workshop, Hong Kong Association of Psychosocial Rehabilitation, Hong Kong

Mak, W. W. S. (2012, December). Impact of discrimination and recovery-oriented care on service engagement, self-stigma and recovery of mental health consumers in Hong Kong. Invited presentation at the Third Joint International Conference of The Hong Kong College of Psychiatrists and The Royal College of Psychiatrists (UK).

Mak, W. W. S. (2012, October). Social networking and well-being of sexual minorities. Invited presentation at the Seminar on Modernizing Services for Sexual and Gender Minorities: A Life-Span Approach.

- Mak, W. W. S.** (2012, June). Invited discussant at the Seminar on Peer Support and Advocacy. New Life Psychiatric Rehabilitation Association.
- Mak, W. W. S. & Yau, S. S. W.** (2011, May). Experience of system transformation—Community Facility: New Life Psychiatric Rehabilitation Association. Invited presentation at the Recovery Symposium, Hong Kong.
- Mak, W. W. S.** (2011, May). Combating stigma in the recovery process. Invited presentation at the Recovery Symposium, Hong Kong.
- Mak, W. W. S., #Chong, E. S. K.** (2011, March). Mechanisms of stigma and their impact on mental health of HIV-positive men who have sex with men. Invited presentation at the International Conference on Interdisciplinary HIV/STD Research in China, Guangzhou, China.
- Mak, W. W. S. & Yau, S. S. W.** (2010, December). Are community mental health service providers ready for recovery-oriented services in Hong Kong? Invited presentation at the Second Joint International Conference of The Hong Kong College of Psychiatrists and The Royal College of Psychiatrists (UK), Hong Kong.
- Mak, W. W. S.** (2010, August). Public health challenges of HIV/AIDS—from HIV prevention to the care of people living with HIV/AIDS. Chairperson of invited symposium presented at the International Conference of the 4th Asian Congress of Health Psychology, Taipei, Taiwan.
- Mak, W. W. S., *Teng, Y.** (2010, August). Application of the Health Action Process Approach on Condom Use among Men who Have Sex with Men in Hong Kong. Invited presentation at the International Conference of the 4th Asian Congress of Health Psychology, Taipei, Taiwan. [the second author was a MPhil in Psychology student]
- Yu, X. N., Lau, J. T. F., **Mak, W. W. S.**, & Cheng, Y. (2010, August). Evaluation of a resilience-based intervention to improve psycho-social wellbeing and quality of life among people living with HIV in rural China. Invited presentation at the International Conference of the 4th Asian Congress of Health Psychology, Taipei, Taiwan.
- Lau, J. T. F., Tsui, H. Y., Ho, S., Choi, K. C., & **Mak, W. W. S.** (2010, August). A randomized controlled trial of a theory-based HIV/STD intervention for Chinese monogamous women attending STD clinics. Invited presentation at the International Conference of the 4th Asian Congress of Health Psychology, Taipei, Taiwan.
- Mak, W. W. S.** (2010, June). Stigma of mental illness. Invited presentation at the 2010 Joint World Conference on Social Work and Social Development: The Agenda, Hong Kong.
- Mak, W. W. S., & Mo, P. K. H.** (2008, December). Mental Health Promoting Behaviors among Hong Kong Adults. Invited presentation at the International Conference on Human Development and the Environment: Advances in Quality of Life Studies, Hong Kong.

Mak, W. W. S. (2008, May). Health behavioral models for HIV-related intervention. Invited workshop for National Capacity Building Workshop on HIV Prevention and Care, National Centre of AIDS/STD, Centre of Disease Control, China.

Mak, W. W. S. (2007, December). Understanding non-local students—Acculturation and adjustment process. Invited workshop for administrative staff of The Chinese University of Hong Kong.

*Wong, I. W. Y., **Mak, W. W. S.**, & Wan, D. L. Y. (2007, August). Sexuality among Chinese mental health consumers in halfway houses. An oral presentation presented as part of the invited session, *Making Sense of Mental Health Consumers' Well-Being in Community Mental Health (Hong Kong SAR)*, at the World Mental Health Congress of the World Federation of Mental Health, Hong Kong. [the first author was a MSSc in Clinical Psychology student]

*Wu, C. F. M., **Mak, W. W. S.**, & Wan, D. L. Y. (2007, August). Investigating service-related perceptions in relation to quality of life of mental health consumers in Hong Kong. An oral presentation presented as part of the invited session, *Making Sense of Mental Health Consumers' Well-Being in Community Mental Health (Hong Kong SAR)*, at the World Mental Health Congress of the World Federation of Mental Health, Hong Kong. [the first author was a MSSc in Clinical Psychology student]

*Law, L. S. C., **Mak, W. W. S.**, & Wan, D. L. Y. (2007, August). A longitudinal study on the quality of life and the general functioning of the mental health consumers in psychiatric halfway houses. An oral presentation presented as part of the invited session, *Making Sense of Mental Health Consumers' Well-Being in Community Mental Health (Hong Kong SAR)*, at the World Mental Health Congress of the World Federation of Mental Health, Hong Kong. [the first author was an undergraduate student]

Mak, W. W. S. (2007, July). Mental health promotion and stigma reduction. Invited lecture at the Carelinks Cadre's Annual Forum, Hong Kong Police.

Mak, W. W. S. (2007, January). Explanatory model of stigma on psychological distress of individuals with HIV/AIDS. Invited lecture at the 4th Annual Scientific Symposium of the Stanley Ho Centre for Emerging Infectious Diseases, Hong Kong.

Cheung, F. M., Leung, P. W. L., **Mak, W. W. S.**, Cheung, M. (2005, September). Development of clinical risks and needs measures for violent offenders, sex offenders, and young offenders. Invited presentation at the Correctional Services Department Seminar, Hong Kong.

Zane, N., & **Mak, W.** (1998, December). Major approaches to the measurement of acculturation among ethnic minority populations: A content analysis and an alternative empirical strategy. Invited presentation at the International Conference on Acculturation: Advances in Theory, Measurement, and Applied Research, San Francisco.

Zane, N., & **Mak, W. W. S.** (1997, August). 25 years of Asian American research on personality and identity. Invited presentation at the Asian American Psychological Association Convention, Chicago.

REFEREED PROFESSIONAL PRESENTATIONS

- *Auyeung, L., *Wong, E., & **Mak, W. W. S.** (2021, April). Direct-to-consumer marketing (DTC) of Internet-based cognitive behavioral therapy (iCBT) using brief promotional video: Mapping modifiable mechanisms in pre-treatment acceptance. Presentation presented at the European Congress of Psychiatry EPA Virtual 2021.
- *Auyeung, L., & **Mak, W. W. S.** (2019, May). To what extent does placebo effect explain the effect of iCBT on depression? An active controlled trial of Internet-based cognitive behavioral therapy (iCBT). Oral presentation presented at the International Symposium on Digital Health, Hong Kong.
- *Li, C. M., *Wong, K. K. L., **Mak, W. W. S.**, Lam, C. H. Y., & Yau, S. S. W. (2018, July). Effectiveness of 21-day mindfulness-based intervention on healthy diet, sleep, and pain through WhatsApp: A randomized controlled trial. Symposium presented at the International Conference on Mindfulness 2018, Amsterdam, Netherlands.
- *Li, C. M., Chan, M. Y. P., **Mak, W. W. S.**, & Lam, C. H. Y. (2018, July). Effectiveness of mindfulness taster workshops for adults and primary school students through training non-professional ambassadors: a pilot study. Poster presentation presented at the International Conference on Mindfulness 2018, Amsterdam, Netherlands.
- *Yu, B. C. L., **Mak, W. W. S.**, Chio, F. H. N. (2018, July). Promotion of well-being by raising the awareness on the interdependent nature of all matter: Construction and validation of the Interconnectedness Scale. Oral presentation presented at the International Conference on Mindfulness 2018, Amsterdam, Netherlands.
- *Yu, B. C. L., **Mak, W. W. S.** (2018, July). Reducing stigma through interconnectedness and compassion: A Buddhism-based approach for stigma reduction on people with mental illness. Oral presentation presented at the International Conference on Mindfulness 2018, Amsterdam, Netherlands.
- *Yu, B. C. L., **Mak, W. W. S.**, *Shum, W. C. T. (2018, July). Transcending the self: How interconnectedness is linked to nature connectedness and well-being. Oral presentation presented at the International Conference on Mindfulness 2018, Amsterdam, Netherlands.
- Mak, W. W. S.**, *Yu, B. C. L., & *Fu, A. C. M. (2018, July). From personal well-being to social justice for all: How interconnectedness bridges individuals to the collective. Oral presentation presented at the International Conference on Mindfulness 2018, Amsterdam, Netherlands.
- *Chan, S. W. Y., Chio, F. H. N., *Yu, B. C. L., **Mak, W. W. S.** (2018, July). Secular mindfulness and discerning mindfulness: Discernment Scale validation and experimental study on their differential effects. Oral presentation presented at the International Conference on Mindfulness 2018, Amsterdam, Netherlands.
- *Wong, C., & **Mak, W. W. S.** (2018, May) Psychoeducation and Recovery Story Posts on Facebook Can Reduce Stigma Towards Mental Illness: Compassion, Nonattachment

and Interconnectedness as Moderators. Poster presentation at the 30th APS Annual Convention, San Francisco, USA.

*Fu, A. C. M., & **Mak, W. W. S.** (2018, May). The Longitudinal Effect of Peer Support Service and Recovery Attributes of Peer Support Workers on Well-Being of People in Recovery: Naturalistic Investigation across Nine Months of Service. Poster presentation at the 30th APS Annual Convention, San Francisco, USA.

*Fu, A. C. M., *Yu, B. C. L., & **Mak, W. W. S.** (2018, May). Mindfulness for one and interconnectedness for all: Exploring the pathways of Buddhism-derived concepts on individual well-being and social justice ideology. Poster presentation at the 30th APS Annual Convention, San Francisco, USA.

*Leung, I. W. Y., **Mak, W. W. S.**, & *Yu, B. C. L. (2018, May) The Mediating Role of Compassion between Identification With All Humanity (IWAH) and Public Stigma towards and Personal Advocacy for People With Mental Illness. Poster presentation at the 30th APS Annual Convention, San Francisco, USA.

*Leung, I. W. Y., **Mak, W. W. S.**, *Yu, B. C. L. & *Chong, P.P. (2018, May) Identification With All Humanity (IWAH) as a means to reduce stigma towards people with mental illness: A randomized control trial. Poster presentation at the 30th APS Annual Convention, San Francisco, USA.

Mak, W. W. S., *Leung, I. W. Y., *Fu, A. C. M., & Watkins, E. (2018, May) Internet-based Rumination-focused Cognitive Behavioral Therapy and Psychoeducation Can Alleviate Anxiety and Depression Symptoms: A Randomized Controlled Trial. Poster presentation at the 30th APS Annual Convention, San Francisco, USA.

Mak, W. W. S., *Leung, I. W. Y., Chan, A. T. Y., & *Wong, C. (2018, May) The mediating role of control at work between work environment and mental well-being: A population-based telephone survey of working adults in Hong Kong. Poster presentation at the 30th APS Annual Convention, San Francisco, USA.

Vogel, D. L., Heath, P. J., Engel, K., Brenner, R. E., Strass, H. A., Al-Darmaki, F. R., Galbraith, N., Galbraith, V., Gonçalves, M., Baptista, M. N., Liao, H-Y., Mackenzie, C., **Mak, W. W. S.**, Topkaya, N., Rubin, M., Alina Zlati, A. (2017, August). *Cross-cultural validation of the perceptions of stigmatization by others for seeking help (psosh) scale*. Oral presentation to be presented at the 125th Annual Convention of the American Psychological Association, Washington, DC, USA.

*Yu, B. C. L., **Mak, W. W. S.**, *Chow, K. K. W., Chio, F. H. N. (August 2017) New Direction in Development of Secular Mindfulness: Construction of the Interconnectedness Scale. Oral presentation made as part of the symposium, “Assessment, Scales and Theory—Implication for Humanistic Personality Assessment” at the American Psychological Association, Washington, DC, USA.

#Tong, A. C. Y., *Chan, R. C. H., *Chio, F. H. N., & **Mak, W. W. S.** (2017, August). *Longitudinal impact of service and family on recovery of mental illnesses through self-stigma*. Oral presentation at the 125th Annual Convention of the American Psychological Association, Washington, DC, USA .

- *Chan, R. C. H., *Chio, F. H. N., #Tong, A. C. Y., & **Mak, W. W. S.** (2017, August). *Clinical, functional, personal recovery as predictors of well-being in people with schizophrenia*. Poster presentation at the 125th Annual Convention of the American Psychological Association, Washington, DC, USA.
- *Chan, R. C. H., & **Mak, W. W. S.** (2017, August). *Critical consciousness as a psychological resource to resist social injustice*. Data Blitz presentation at the 125th Annual Convention of the American Psychological Association, Washington, DC, USA .
- #Fu, A. C. M., *Chan, R. C. H., & **Mak, W. W. S.** (2017, August). *Umbrella Movement (UM): Political socialization, media consumption, and participation in the UM*. Oral presentation at the 125th Annual Convention of the American Psychological Association, Washington, DC, USA.
- *Chio, F. H. N., **Mak, W. W. S.**, *Chan, R. C. H., & #Tong, A. C. Y. (2017, August). *The Moderating Role of Self-Stigma on Illness Awareness and Life Satisfaction*. Oral presentation at the 125th Annual Convention of the American Psychological Association, Washington, DC, USA .
- *Ma, G. Y. K., *Chan, R. C. H., **Mak, W. W. S.** (2017, July), Supporting collective action for sexual equality: A sense of place and mindfulness". Presentation at the 21st Asian Studies Conference Japan.
- *Chan, R. C. H., **Mak, W. W. S.** (2017, July). Social movement participation, political efficacy, and well-being: A longitudinal follow-up of participants in the Umbrella Movement in Hong Kong. Presentation at the Hong Kong Psychological Society Annual Conference.
- *Ma, G. Y. K., *Chan, R. C. H., **Mak, W. W. S.** (2017, July). Ableism toward wheelchair users: Role of witnessed socio-spatial negotiations due to architectural inaccessibility. Presentation at the Hong Kong Psychological Society Annual Conference.
- *Chio, F. H. N. & **Mak, W. W. S.** (2017, July). *The Effectiveness of a One-Week Loving Kindness Meditation Practice in Reducing Negativity*. Oral presentation at the 15th European Congress of Psychology, Amsterdam, Netherlands.
- *Chan, R. C. H., & **Mak, W. W. S.** (2017, June). *Empowering emerging adults for greater civic engagement and better well-being*. Ignite presentation presented at the 16th Biennial Conference of the Society for Community Research and Action, Ottawa, Ontario, Canada.
- *Chan, R. C. H., & **Mak, W. W. S.** (2017, June). *HIV/AIDS stigma within MSM community: Impact on mental and social health in HIV-positive MSM*. Poster presentation presented at the 16th Biennial Conference of the Society for Community Research and Action, Ottawa, Ontario, Canada.
- *Chan, R. C. H., & **Mak, W. W. S.** (2017, June). *Patterns of participation in the Umbrella Movement and its psychosocial consequences across the first year following the movement*. Oral presentation to be presented at the 16th Biennial Conference of the Society for Community Research and Action, Ottawa, Ontario, Canada.

- *Chan, R. C. H., & **Mak, W. W. S.** (2017, June). *Exploring the mobilizing effect of critical consciousness on collective action: Findings from LGB and heterosexual individuals*. Oral presentation to be presented at the 16th Biennial Conference of the Society for Community Research and Action, Ottawa, Ontario, Canada.
- *Fu, A. C. M., *Chan, R. C. H., #Tong, A. C. Y., & **Mak, W. W. S.** (2017, June). *Umbrella Movement: Understanding the Underlying Motives, Patterns, and Consequences of Political Movement Participation*. Symposium presented at the 2017 Biennial Conference of the Society for Community Research and Action, Ottawa, Ontario, Canada.
- *Fu, A. C. M., *Chan, R. C. H., **Mak, W. W. S.** (2017, June). Political socialization, media consumption, and participation in the Umbrella Movement. Presentation at the 16th Biennial Conference of the Society for Community Research and Action, Ottawa, Canada.
- #Tong, A. C. Y., *Chan, R. C. H., **Mak, W. W. S.**, Chan W. Y. (2017, June). Social identity model of collective action (SIMCA) in the context of the Umbrella Movement among emerging adults in Hong Kong. Presentation at the 16th Biennial Conference of the Society for Community Research and Action, Ottawa, Canada.
- #Tong, A. C. Y., *Chan, R. C. H., *Chio, F. H. N., & **Mak, W. W. S.** (2017, June). *Longitudinal investigation of service and family impact on recovery of mental illnesses through self-stigma*. Poster presented at the 2017 Biennial Conference of the Society for Community Research and Action, Ottawa, Ontario, Canada.
- Mak, W. W. S.**, #Tong, A. C. Y., #Fu, A. C. M., & Watkins, E. (2017, June). *Efficacy of Internet-based mindfulness-based training and rumination-focused cognitive behavioral therapy in preventing depression and anxiety*. Poster presented at the 2017 Biennial Conference of the Society for Community Research and Action, Ottawa, Ontario, Canada.
- Mak, W. W. S.**, Li, A. C. M., & #Fu, A. C. M., Leung, I. K. Y., Sin, C. K. M., & Chan, I. H. M. (2017, June). *StoryTaler—Promoting well-being and reducing stigma through stories*. Oral presentation presented at the 2017 Biennial Conference of the Society for Community Research and Action, Ottawa, Ontario, Canada.
- *Chan, R. C. H., #Fu, A. C. M., Chong, E. S. K., Suen, Y. T., & **Mak, W. W. S.** (2017, June). *Advocating for LGBTQ Rights through Collective Action: An Integration of Findings from Correlational, Experimental, Multi-group, and Intervention Studies*. Symposium presented at the 2017 Biennial Conference of the Society for Community Research and Action, Ottawa, Ontario, Canada.
- *Chan, R. C. H., & **Mak, W. W. S.** (2017, June). *A prospective investigation of recovery and well-being: Application of the two continua model of mental health in people with schizophrenia spectrum disorders*. Poster presentation presented at the Hong Kong Psychological Society Annual Conference 2017, Hong Kong.
- *Chan, R. C. H., & **Mak, W. W. S.** (2017, January). *Developing sociopolitical control for civic engagement and well-being: Findings from emerging adults*. Data blitz

presentation presented at the Happiness & Well-Being Preconference of the 2017 Society for Personality and Social Psychology Annual Convention, San Antonio, Texas, United States.

- *Chan, R. C. H., *Ma, G. Y. K., & **Mak, W. W. S.** (2017, January). *Does and how does critical consciousness mobilize collective action for social justice?* Poster presented at the 2017 Society for Personality and Social Psychology Annual Convention, San Antonio, Texas, United States.
- *Chan, R. C. H., **Mak, W. W. S.**, *Yang, X., *Ma, G. Y. K., & *Zhang, R. (2016, August). *Building critical consciousness for diversity and well-being: A cross-regional investigation.* Oral presentation presented at the 23rd Congress of the International Association for Cross-Cultural Psychology, Nagoya, Japan.
- *Chan, R. C. H., **Mak, W. W. S.**, *Ma, G. Y. K., & *Yang, X. (2016, August). *He For She: Leveraging male privilege to support collective action for gender equality in Chinese culture.* Poster presented at the 23rd Congress of the International Association for Cross-Cultural Psychology, Nagoya, Japan.
- *Chio, F. H. N., & **Mak, W. W. S.** (2016, August). *The effectiveness of loving kindness meditation in increasing optimism and reducing pessimism.* Oral presentation presented at the 23rd Congress of the International Association for Cross-Cultural Psychology, Nagoya, Japan.
- *Zhang, R. R., & **Mak, W. W. S.** (2016, August). *The role of contingent self-esteem on well-being from the perspective of relational interdependent self-construal: Context matters.* Rapid paper oral presentation presented at the 23rd Congress of the International Association for Cross-Cultural Psychology, Nagoya, Japan.
- Schacter, M. A., Liao, H-Y., Vogel, D. L., **Mak, W. W. S.**, Wang, Y-F., Topkaya, N., & Zlati, A. (2016, August). *Culture, stigma, and help-seeking: Examination across five countries/regions.* Poster presented at the Division 17 Student Poster Session at the Annual Convention of the American Psychological Association, Denver, CO.
- Mak, W. W. S.**, & *Chan, R. C. H. (2016, July). *Civic engagement as a means to promote well-being of emerging adults: Findings from the Umbrella Movement in Hong Kong.* Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- #Cheng, W. W. L., & **Mak, W. W. S.** (2016, July). *Effectiveness of self-determination theory-based physical exercise in improving mental and physical health among individuals with depression.* Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- *Ma, G. Y. K., & **Mak, W. W. S.** (2016, July). *The moderating role of self-compassion in the relationship between anticipated architectural inaccessibility and perceived stigma.* Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- #Tong, A. C. Y., **Mak, W. W. S.**, & *Yip, S. Y. C. (2016, July). *Efficacy of self-compassion training delivered using mobile application in promoting wellbeing: A randomized*

controlled trial. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.

- *Zhang, R. R., & **Mak, W. W. S.** (2016, July). *Contingent self-esteem influences well-being through relational autonomous and personal controlled motivations: The role of self-compassion*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- *Chan, R. C. H., **Mak, W. W. S.**, *Zhang, R. R., *Yang, S. X., & *Ma, G. Y. K. (2016, July). *Mobilizing the public to uphold social justice: An exploration of the motivational mechanism underlying collective action for social minorities*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- *Chan, R. C. H., & **Mak, W. W. S.** (2016, July). *To identify or not to identify: Differential effects of group identification on mental health among people living with HIV*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- #Fu, C. M., *Chio, F. H. N., **Mak, W. W. S.**, & Dobkins, K. (2016, July). *"Mindfulness in Motion": Effects of IntenSati on improving well-being*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- *Cheng, R. X., & **Mak, W. W. S.** (2016, July). *Through a cultural lens: Filial piety and overall well-being of Chinese HIV-positive gay men*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- *Jung, H. C., **Mak, W. W. S.**, Cheng, E., Chu, A., Ip, K. C., Lam, C., . . . Leung, F. (2016, July). *Introduction of the position paper for psychologists working with lesbians, gays, and bisexual (LGB) individuals to Hong Kong: Implications and challenges*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- Chan, K. K. S., & **Mak, W. W. S.** (2016, July). *Cultural model of self-stigma among individuals with mental illness*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- *Jung, H. C., **Mak, W. W. S.**, *Li, A. C. M., Lui, K. Y., Sung, L. H., Sin, C. K. M., Lam, R. T. K., . . . (2016, July). *StoryTaler: Community-based participatory action research with people with lived experience of mental illnesses in Hong Kong*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- Dobkins, K. R., #Fu, C. M., *Chio, F. H. N., Elliot, Z., & **Mak, W. W. S.** (2016, July). *Principles of Clarity: Effects of a novel mindfulness workshop on improving mental well-being*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- *Wong, C. Y., **Mak, W. W. S.**, & Yau, S. S. W. (2016, July). *Effectiveness of peer-led Wellness Recovery Action Planning (WRAP) on persons in recovery and youth people in Hong Kong*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.

- Chan, A. T. Y., & **Mak, W. W. S.** (2016, July). *Mindfulness in the Face of Death Anxiety*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- Chan, A. T. Y., & **Mak, W. W. S.** (2016, July). *Adaptation of mental health programs for online dissemination*. Poster presented at the 31st International Congress of Psychology, Yokohama, Japan.
- *Chu, M. H., & **Mak, W. W. S.** (2016, July). *Identity of Deaf/Hard-of-Hearing individuals on microaggressions, coping strategies, and well-being*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- *Ho, H. H., & **Mak, W. W. S.** (2016, July). *Effects of cognitive understanding and practice of loving-kindness meditation on well-being*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- *Yu, C. L., **Mak, W. W. S.**, *Chio, F. H. N., Chan, A. T. Y., & Lui, W. W. S. (2016, July). *Effects of Internet-based mindfulness program in promoting well-being of the public*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- *Chio, F. H. N., & **Mak, W. W. S.** (2016, July). *The role of personal narratives between insight and life satisfaction among people with schizophrenia spectrum disorders*. Oral presentation presented at the 31st International Congress of Psychology, Yokohama, Japan.
- Lui, W. S., **Mak, W. W. S.**, *Yip, Y. C. (2016, May). *Cultivation of self-compassion and mindfulness through mobile applications for the promotion of mental well-being: a randomized controlled trial*. Oral presentation presented at the Hospital Authority Convention, Hong Kong.
- *Ma, G. Y. K., & **Mak W. W. S.** (2016, Jan). *Profile of community participation and perceived environmental barriers of people with congenital and acquired physical disability*. Oral presentation presented at the International Behavioral Health Conference, Hong Kong.
- *Yang, X., & **Mak W. W. S** (2016, Jan). *How to buffer the negative impact of stigma? The moderation role of dialectical thinking*. Oral presentation presented at the 3rd International Conference on Interdisciplinary Social Science Studies, Oxford, United Kingdom.
- *Ma, G. Y. K., & **Mak, W. W. S.** (2015, June). *Effects of Social Support and Caregiving-specific Worry on Affiliate Stigma among Caregivers of Children with Physical Disability: Mediating Roles of Positive and Negative Components of Self-compassion*. Poster presentation at the American Counseling Association Asia Pacific Counseling Conference 2015, Singapore.
- *Ma, G. Y. K., & **Mak, W. W. S.** (2015, June). *Effects of Burden of Environmental Inaccessibility and Perceived Stigma on Social Participation and Acceptance of Disability among Adults with Physical Disability*. Oral presentation at the American Counseling Association Asia Pacific Counseling Conference 2015, Singapore.

- Mak, W. W. S., *Li, A. C. M., #Chio, F. H. N., & *Yang, S. X.,** (2015, February). *Fighting against stigma: Learning from experience and innovating for effectiveness*. Symposium presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- #Chio, F. H. N., *Cheng, S. S. Y., **Mak, W. W. S., & Chan, F.** (2015, February). *Game-based experiential approach is as effective as contact-based approach in reducing HIV stigma*. Oral presentation presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- *Li, A. C. M., & **Mak, W. W. S.** (2015, February). *“Photovoice” in reducing public stigma towards people in recovery*. Oral presentation presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- Mak, W. W. S., Mo, P. K. H., *Ma, G. Y. K., & *Lam, M. Y. Y.** (2015, February). *Meta-analysis and systematic review on the effectiveness of HIV stigma reduction programs*. Oral presentation presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- Mak, W. W. S., & *Chan, R. C. H.** (2015, February). *Exploring the moderating effect of personal narratives on stigma endorsement and life satisfaction*. Oral presentation presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- *Yang, S. X., & **Mak, W. W. S.** (2015, February). *How self-compassion and mindfulness differentially affect self-stigmatizing thought content and process*. Oral presentation presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- *Chan, R. C. H., & **Mak, W. W. S.** (2015, February). *Face concern and stigma: Investigating the process of stigma internalization through a cultural lens*. Poster presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- *Chan, R. C. H., & **Mak, W. W. S.** (2015, February). *How self-stigma and empowerment mediate the impact of group perception on mental health recovery?* Poster presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- *Cheng, R. X., *Zhu, C., *Chong, E. S. K., *Yiu, J. W. Y., & **Mak, W. W. S.** (2015, February). *HIV-related stigma as mediators in predicting willingness to tend people with HIV/AIDS among Hong Kong nurses in training*. Poster presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- #Chio, F. H. N., *Ma, G. Y. K., & **Mak, W. W. S.** (2015, February). *Caregiving-specific worry and affiliate stigma among caregivers of children with physical disability*. Poster presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- *Chong, E. S. K., **Mak, W. W. S., Zhang, Y., & *Pang, I. H. Y.** (2015, February). *The dilemma of self-compassion among lesbian, gay, and bisexual individuals in Hong*

Kong. Poster presented at the 7th International Together against Stigma Conference, San Francisco, USA.

- *Chong, E. S. K., **Mak, W. W. S.**, *Zhu, C., *Tam, T. C. Y., & Chung, R. W. Y. (2015, February). *Unpacking impact of HIV/AIDS stigma within men having sex with men (MSM) community on seropositive MSM's mental health in Hong Kong*. Poster presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- *Li, A. C. M., *Lin, C. L. Y., & **Mak, W. W. S.** (2015, February). *Acceptance and Commitment Therapy (ACT) in reducing self-stigma of people with mental illness: Proof-of-concept trial*. Poster presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- *Yang, S. X., & **Mak, W. W. S.** (2015, February). *Perceived affiliate stigma and moral emotions in self-stigmatization and mental health*. Poster presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- *Zhang, R. R., & **Mak, W. W. S.** (2015, February). *Perceived primal threat of mental illness impedes recovery: The effects of self-stigma, self-empowerment and identity salience*. Poster presented at the 7th International Together against Stigma Conference, San Francisco, USA.
- Mak, W. W. S.**, & *Chan, R. C. H. (2014, December). *Differential effects of clinical, functional, and personal recovery on mental well-being of people in recovery of mental illness*. Oral presentation presented at the World Psychiatric Association Regional Congress 2014, Hong Kong.
- *Chan, R. C. H., & **Mak, W. W. S.** (2014, December). *How self-stigma dampens personal and clinical recovery among people in recovery of mental illness?* Oral presentation presented at the World Psychiatric Association Regional Congress 2014, Hong Kong.
- Mak, W. W. S.**, #Chan, R. C. H., Cheung, M., & Chan, F. (2014, July). *Stigma Index for People Living with HIV in Hong Kong*. Poster presentation presented at the 20th International AIDS Conference, Melbourne, Australia.
- *Cheung, R. L. Y., #Chan, R. C. H., **Mak, W. W. S.** (2014, July). *Social well-being of men who have sex with men living with HIV in Hong Kong*. Poster presentation presented at the 20th International AIDS Conference, Melbourne, Australia.
- *Chio, F. H. N., & **Mak, W. W. S.** (2014, July). *Factors associated with the health-related quality of life among elder people with mental illness*. Oral presentation presented at the 28th International Congress of Applied Psychology, Paris, France.
- *Chan, K. K. S., & **Mak, W. W. S.** (2014, April). *The effects of self-stigma content and process on subjective quality of life in people with schizophrenia*. Poster presentation presented at the 4th Schizophrenia International Research Society Conference, Florence, Italy, 5-9 April 2014. In Schizophrenia Research 153 (Supplement 1), S282-S283.

- *Chan, K. K. S., & **Mak, W. W. S.** (2014, April). *Automatic self-stigma-relevant associations in people with schizophrenia experiencing habitual self-stigma: Evidence from the Brief Implicit Association Tests*. Poster presentation presented at the 4th Schizophrenia International Research Society Conference, Florence, Italy, 5-9 April 2014. In *Schizophrenia Research* 153 (Supplement 1), S304.
- *Chan, K. K. S., & **Mak, W. W. S.** (2014, April). *Attentional bias for self-stigmatizing stimuli in people with schizophrenia experiencing habitual self-stigma: Evidence from the Emotional Stroop Task*. Poster presentation presented at the 4th Schizophrenia International Research Society Conference, Florence, Italy, 5-9 April 2014. In *Schizophrenia Research* 153 (Supplement 1), S120.
- *Yuan, Q., Liu, S., **Mak, W.**, Au, W., & Koon, J. (2013, December). *Introducing a web-based positive psychology intervention to improve mental health among working population—Protocol for a randomized control trial in Hong Kong*. Poster presentation presented at the 2013 Psychology and Health Conference, Sanya, China.
- Mak, W. W. S.** (2012, October). *Development of consumer-defined recovery in Hong Kong*. Symposium presented at the Seventh World Conference on the Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders, Perth Australia.
- Mak, W. W. S.**, & #Pang, I. H. Y. (2012, October). *The mediating role of professional stigma on frontline health professionals' interventions and their outcome expectations on service users*. Oral presentation presented at the Seventh World Conference on the Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders, Perth Australia.
- Mak, W. W. S.**, Lui, W. W. S., *Chan, A. T. Y., & Lau, J. T. F. (2012, October). *HealthyLiving: Internet portal for the promotion of mental health in Hong Kong*. Oral presentation presented at the Seventh World Conference on the Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders, Perth Australia.
- *Chan, A. T. Y., & **Mak, W. W. S.** (2012, October). *Internet-based mindfulness program for the promotion of public mental health*. Oral presentation presented at the Seventh World Conference on the Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders, Perth Australia.
- #Pang, I. H. Y., **Mak, W. W. S.**, *Chung, N. Y. L. (2012, October). *Effects of social network on recovery of mental illness*. Oral presentation presented at the Seventh World Conference on the Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders, Perth Australia.
- #Lam, M. Y. Y., **Mak, W. W. S.** (2012, October). *Ingroup as protective resource for the well-being of people in recovery of mental illness*. Oral presentation presented at the Seventh World Conference on the Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders, Perth Australia.
- #Pang, I. H. Y., & **Mak, W. W. S.** (2012, May). *Understanding professional stigma of psychiatric disorders – Perspectives of professionals in Hong Kong*. Poster presented at the Annual Convention of the Association for Psychological Science, Chicago, USA.

- #Pang, I. H. Y., & **Mak, W. W. S.** (2012, May). *Color-printed Message on Invitation Letters was superior to Generic Letter and Postcard Reminders in a Randomized Postal Survey among Physicians*. Poster presented at the Annual Convention of the Association for Psychological Science, Chicago, USA.
- #Pang, I. H. Y., *Chong, E. S. K., & **Mak, W. W. S.** (2012, May). *Bullying of student with non-heterosexual orientation and/or non-conforming gender expression: Perspectives of bystanders*. Poster presented at the Annual Convention of the Association for Psychological Science, Chicago, USA.
- *Wong, C. C. Y., & **Mak, W. W. S.** (2012, May). *Self-Compassion: A Potential Buffer against Affiliate Stigma in Parents of Children with Autism Spectrum Disorder*. Poster presented at the Annual Convention of the Association for Psychological Science, Chicago, USA.
- Mak, W. W. S.**, *Chong, E. S. K., & *Chan, K. K. S. (2011, October). *Physical health needs and lifestyle choices on quality of life among people with severe mental illness living in the community*. Symposium presented at the World Congress of Mental Health, Cape Town, South Africa.
- Mak, W. W. S.**, & Yau, S. S. W. (2011, October). *Preparing everyone for recovery—Training programs for service providers, people in recovery, and caregivers*. Symposium presented at the World Congress of Mental Health, Cape Town, South Africa.
- Mak, W. W. S.** (2011, October). *What do we know about youth mental health and stigma towards mental illness?* Symposium presented at the World Congress of Mental Health, Cape Town, South Africa.
- Mak, W. W. S.**, & *Chong, E. S. K. (2011, October). *Mechanism of stigma towards mental illness*. Oral presentation presented at the World Congress of Mental Health, Cape Town, South Africa.
- Mak, W. W. S.**, & *Chong, E. S. K. (2011, October). *Physical health status and health needs among people with severe mental illness*. Oral presentation presented at the World Congress of Mental Health, Cape Town, South Africa.
- Mak, W. W. S.**, Ling, C. Y. M., Yau, S. S. W., & Lai, Q. K. Y. (2011, October). *Organizational assessment of mental health recovery among service providers, people in recovery, and caregivers in Hong Kong*. Oral presentation presented at the World Congress of Mental Health, Cape Town, South Africa.
- *Chan, K. K. S., & **Mak, W. W. S.** (2011, October). *Subjective quality of life and its correlates in people with severe mental illness*. Oral presentation presented at the World Congress of Mental Health, Cape Town, South Africa.
- *Ting, K. T., & **Mak, W. W. S.** (2011, October). *Promoting recovery among family members of people in recovery in Hong Kong: A small step towards a big change*. Oral presentation presented at the World Congress of Mental Health, Cape Town, South Africa.

- *Wu, E. K. Y., & **Mak, W. W. S.** (2011, October). *Promoting recovery among people with severe mental illness in Hong Kong: A program evaluation*. Oral presentation presented at the World Congress of Mental Health, Cape Town, South Africa.
- *Pang, I. H. Y., & **Mak, W. W. S.** (2011, October). *Bystanders' intervention intention in a hypothetical vignette of bullying situation: The role of cognitive reasoning and emotional responses*. Oral presentation presented at the World Congress of Mental Health, Cape Town, South Africa.
- *Chong, E. S. K., & **Mak, W. W. S.** (2011, October). *Healthy lifestyles among people with severe mental illness: Application of the Health Belief Model and self-efficacy theory*. Oral presentation presented at the World Congress of Mental Health, Cape Town, South Africa.
- *Chong, E. S. K., & **Mak, W. W. S.** (2011, October). *Are the youth with mental health problems seeking help?* Oral presentation presented at the World Congress of Mental Health, Cape Town, South Africa.
- Pun, K. H. W., Yau, S. S. W., **Mak, W. W. S.** (2011, October). *We are the Same—Evaluation on stigma-reduction and mental health promotion program for youth*. Oral presentation presented at the World Congress of Mental Health, Cape Town, South Africa.
- Ling, C. Y. M., **Mak, W. W. S.**, & Yau, S. S. W. (2011, October). *Evaluation of staff training workshops on the recovery model in Hong Kong*. Oral presentation presented at the World Congress of Mental Health, Cape Town, South Africa.
- #Chong, E. S. K., **Mak, W. W. S.**, *Yue, T., & *Yiu, J. W. Y. (2011, May). *Courtesy stigma deters nurses-in-training from tending to people with HIV/AIDS*. Poster presentation presented at the 23rd Annual Convention of the Association for Psychological Science, Washington, DC, USA.
- *Wong, C. C. Y., & **Mak, W. W. S.** (2010, August). *Mediation between cognitive vulnerabilities and women's mental health: Self-compassion versus self-esteem*. Poster presentation presented at the 4th Asian Congress of Health Psychology, Taipei, Taiwan Republic of China.
- *Lin, C. L. Y., & **Mak, W. W. S.** (2010, August). *Mechanisms of mindfulness on depression and anxiety through negative cognitions*. Oral presentation presented at the 118th Annual Convention of the American Psychological Association, San Diego, USA.
- *Chong, E. S. K., & **Mak, W. W. S.** (2010, August). *Risk and protective factors of same-sex intimate partner violence in Hong Kong*. Poster presentation presented at the 118th Annual Convention of the American Psychological Association, San Diego, USA.
- *Chong, E. S. K., & **Mak, W. W. S.** (2010, August). *Help-seeking intention and psychological well-being among Chinese victims of same-sex intimate partner violence in Hong Kong*. Poster presentation presented at the 2010 Annual Convention of the Asian American Psychological Association, San Diego, USA.

- *Tang, C. S., & **Mak W. W. S.** (2010, July). *Transiting to college in Hong Kong: Effect of expectation and discrepancy of expectation-outcome on college freshmen's psychological well-being*. Oral presentation presented at the 27th International Congress of Applied Psychology, Melbourne, Australia.
- *Lam, B. Y. H. & **Mak, W. W. S.**, & Yau, S. S. W. (2010, February). *Psychiatric staff recovery knowledge and sufficiency of recovery-oriented services in Hong Kong*. Oral presentation presented at the Empowerment and Lifelong Learning Conference, Paris, France.
- Mak, W. W. S.**, *Yiu, J. W. Y., & Ho, W. S. K. (2009, August). *Effectiveness of three competence programs for nursing students in serving patients with HIV/AIDS*. Poster presentation presented at the 9th International Congress on AIDS in Asia and the Pacific, Bali, Indonesia.
- Mak, W. W. S.**, & *Cheng, S. Y. (2009, August). *Contextual influences on safer sex negotiation among female sex workers (FSWs) in Hong Kong*. Poster presentation presented at the 9th International Congress on AIDS in Asia and the Pacific, Bali, Indonesia.
- *Teng, Y. & **Mak, W. W. S.** (2009, August). *Bridging the intention-behavior gap: Condom use behavior among Chinese MSM in Hong Kong*. Poster presentation presented at the 9th International Congress on AIDS in Asia and the Pacific, Bali, Indonesia.
- *Su, X., Lau, J., **Mak, W.** (2009, August). *Prevalence and determinants of depression among people living with HIV/AIDS in China*. Oral presentation presented at the 9th International Congress on AIDS in Asia and the Pacific, Bali, Indonesia.
- *Su, X., Lau, J., **Mak, W.** (2009, August). *Perceived discrimination and perceived stress among people living with HIV/AIDS*. Poster presentation presented at the 9th International Congress on AIDS in Asia and the Pacific, Bali, Indonesia.
- Mak, W. W. S.**, & *Chan, J. Y. N. (2009, January). *The Same or Not the Same—Effectiveness of education and indirect contact strategies in reducing stigma of schizophrenia among secondary school students in Hong Kong: Does the sequence matter?* Oral presentation presented at the Fourth International Stigma Conference, London, United Kingdom.
- *Jung, O. H. C., & **Mak, W. W. S.** (2008, October). *Help-seeking Behavior of Sexual Minorities in Hong Kong: Intention to Seek Counseling*. Oral presentation presented at the 2nd Asian Cognitive Behaviour Therapy (CBT) Conference, Bangkok, Thailand.
- *Lau, J. K. L., & **Mak, W. W. S.** (2008, October). *Personality Vulnerability, Romantic Attachment Style and Depressiveness of MSM (Men having Sex with Men) Population in Hong Kong*. Oral presentation presented at the 2nd Asian Cognitive Behaviour Therapy (CBT) Conference, Bangkok, Thailand.
- *Su, X., Lau, J., **Mak, W.**, Chen, X., Liu, C., Feng, T., Chen, L., Liu, J., Liu, D., & Tong, E. (2008, August). *The development of the Perceived Stress Scale for People Living with HIV/AIDS (PSSPWA)*. Poster presentation presented at the XVII International AIDS Conference, Mexico City, Mexico.

- Mak, W. W. S.** (2008, July). *Understanding distress and help-seeking: The role of face concern among Chinese Americans, European Americans, Hong Kong Chinese, and Mainland Chinese*. A presentation as part of the symposium (Chair), Cultural influences on mental health and illness behaviors, presented at the International Congress of Psychology, Berlin, Germany.
- ***Wu, E. K. Y., Mak, W. W. S., & Teng, Y.** (2008, July). *Application of the Theory of Planned Behavior to acculturation: A longitudinal study on Mainland Chinese students in Hong Kong*. A presentation as part of the symposium, Cultural influences on mental health and illness behaviors, presented at the International Congress of Psychology, Berlin, Germany.
- ***Yeung, N. C. Y., Mak, W. W. S., & *Teng, Y.** (2008, July). *Incremental value of self-efficacy and relational autonomous motivation*. Oral presentation presented at the 29th International Congress of Psychology, Berlin, Germany.
- Mo, P. K. H., & Mak, W. W. S.** (2008, July). *Using an extended Theory of Planned Behaviour to understand help-seeking for mental health problems among Chinese*. A presentation as part of the symposium, Cultural influences on mental health and illness behaviors, presented at the International Congress of Psychology, Berlin, Germany.
- ***Leung, S. Y. C., & Mak, W. W. S.** (2008, July). *Condom use among romantic partners: An integrative model of individual and relationship factors*. Oral presentation presented at the International Congress of Psychology, Berlin, Germany.
- ***Yeung, N. C. Y., Mak, W. W. S., & *Teng, Y.** (2008, July). *Application of Self-Determination Theory to smoking cessation: Role of relational-autonomous motivation*. Oral presentation presented at the International Congress of Psychology, Berlin, Germany.
- ***Yu, N. K. K., & Mak, W. W. S.** (2008, July). *The effectiveness of mindfulness training in mental health promotion in the community*. Oral presentation presented at the International Congress of Psychology, Berlin, Germany.
- ***Huen, J. M. Y., & Mak, W. W. S.** (2008, July). *The Finitude Beliefs Scale: Exploration of dimensions of general beliefs about how human is limited*. Poster presentation presented at the International Congress of Psychology, Berlin, Germany.
- Mak, W. W. S., & *Lam, E. Y. N.** (2007, July). *Differentiating depression and anxiety among Chinese: Applicability of the tripartite model and the cognitive content-specificity model*. Poster presented at the World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.
- Mo, P. K. H., & Mak, W. W. S.** (2007, July). *Intentionality of medication nonadherence for HIV+ patients in Hong Kong*. Poster presented at the World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.
- ***Leung, S. Y. C., & Mak, W. W. S.** (2007, July). *The Center for Epidemiologic Studies—Depression Scale Revised (CESD-R): Validation of the Chinese version in Hong Kong*.

Poster presented at the World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.

- *Yeung, N. C. Y., & **Mak, W. W. S.** (2007, July). *Psychological well-being of tuberculosis patients: Mediation role of self-care self-efficacies on self-stigma and social support*. Poster presented at the World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.
- *Yuen, W., W. Y., & **Mak, W. W. S.** (2007, July). *Exploring the common sense model: Stigma among teachers and parents towards included students with autism*. Poster presented at the World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.
- *Ng, I. S. W., & **Mak, W. W. S.** (2007, July). *Resilient Style Questionnaire: Cognitive effects on well-being and depression*. Poster presented at the World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.
- *Cheung, E. Y. L., *Ng, A. C., & **Mak, W. W. S.** (2007, July). *Coming out among sexual minorities in Hong Kong: Application of the Theory of Planned Behavior and the moderating role of attitudinal ambivalence*. Poster presented at the World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.
- *Lau, K. L., *Cheung, L. K. L., & **Mak, W. W. S.** (2007, July). *Chinese masculinities and their psychological effects on men*. Poster presented at the World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.
- *Jung, O. H. C., #Cheung, R. Y. M., **Mak, W. W. S.**, & *Tsang, P. S. (2007, July). *Effects of labeling and symptom focus on stigma of schizophrenia: An affective-cognitive analysis*. Poster presented at the World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.
- Mak, W. W. S.** (2007, June). *Effectiveness of mental illness stigma reduction program through contact and self-regulation in Hong Kong*. Poster presented at the 11th Biennial Conference of the Society for Community Research and Action, Pasadena, United States.
- *Law, L. S. C., & **Mak, W. W. S.** (2007, June). *Self-stigma on depression among immigrants in Hong Kong*. Poster presented at the 11th Biennial Conference of the Society for Community Research and Action, Pasadena, United States
- #Cheung, R. Y. M., & **Mak, W. W. S.** (2007, June). *Labeling effects on public stigma towards schizophrenia*. Poster presented at the 11th Biennial Conference of the Society for Community Research and Action, Pasadena, United States.
- Mo, P. K. H., & **Mak, W. W. S.** (2006, September). *Adjustment of individuals infected with HIV in Hong Kong: Contribution of physical and psychosocial factors*. Paper presented at the 9th British Psychological Society Division of Health Psychology Conference. Essex, United Kingdom.

- Mak, W. W. S.** (2006, July). *Psychiatric stigma in Hong Kong: The application of the self-regulatory model*. Paper presented at the 26th International Congress of Applied Psychology, Athens, Greece.
- *Cheung, E. Y. L., & **Mak, W. W. S.** (2006, July). *Neighborhood structure and personal mental health: A regional study in Hong Kong*. Paper presented at the 26th International Congress of Applied Psychology, Athens, Greece.
- *Cheung, E. Y. L., & **Mak, W. W. S.** (2006, July). *Sense of coherence as mediator in stress-distress relationship among individuals in poverty in Hong Kong*. Paper presented at the 26th International Congress of Applied Psychology, Athens, Greece.
- #Cheung, R. Y. M., & **Mak, W. W. S.** (2006, July). *Help-seeking for psychological problems in Hong Kong: Application of the theory of planned behavior*. Paper presented at the 26th International Congress of Applied Psychology, Athens, Greece.
- #Mo, P. K. H., & **Mak, W. W. S.** (2006, July). *Application of the PRECEDE model in mental health promotion among Hong Kong citizens*. Paper presented at the 26th International Congress of Applied Psychology, Athens, Greece.
- *Ng, I. S. W., & **Mak, W. W. S.** (2006, July). *Resilience and well-being: A positive cognitive triad*. Paper presented at the 26th International Congress of Applied Psychology, Athens, Greece.
- Mak, W. W. S.**, #Law, R., #Mo, P., Woo, J., Cheung, F., & Lee, D. (2005, October). *Attributional model of stigma on social support and quality of life among HIV patients*. Paper presented at the 12th Annual Meeting of the International Society for Quality of Life Research, San Francisco.
- #Law, R., & **Mak, W. W. S.**, #Mo, P., Woo, J., Cheung, F., & Lee, D. (2005, October). *Model of SARS survivors' quality of life: Contribution of internal and external resilience factors*. Poster presented at the 12th Annual Meeting of the International Society for Quality of Life Research, San Francisco.
- *Wu, C. F. M., & **Mak, W. W. S.** (2005, October). *Quality of life of mental health consumers in Hong Kong: Analysis of macro and micro factors*. Poster presented at the 12th Annual Meeting of the International Society for Quality of Life Research, San Francisco.
- Mak, W. W. S.**, & *Chen, S. X. (2004, August). *Cross-cultural examination of help-seeking: The role of causal attribution of mental illness, face concern, and stigma*. Paper presented at the XXVIII International Congress of Psychology, Beijing, China.
- Mak, W. W. S.**, & *Chen, S. X. (2004, August). *Universality of face concern: Cross-cultural validation of the Loss of Face Scale*. Paper presented at the XVII International Congress International Association for Cross-Cultural Psychology, Xian, China.
- *Chung, I. C. Y., & **Mak, W. W. S.** (2004, August). *Self-stigma and attribution of discrimination among Mainland Chinese new arrivals in Hong Kong*. Paper presented at the XXVIII International Congress of Psychology, Beijing, China.

- *Ho, A. H. Y., & **Mak, W. W. S.** (2004, August). *A cognitive model of stress for caregiving parents of autistic children*. Paper presented at the XXVIII International Congress of Psychology, Beijing, China.
- *Ho, G. S. M., & **Mak, W. W. S.** (2004, August). *Effects of affiliate stigma on caregiving experience among mothers of children with intellectual disability*. Paper presented at the XXVIII International Congress of Psychology, Beijing, China.
- *Mok, L. W. S., **Mak, W. W. S.**, & *Lee, Spike, W. S. (2004, August). *Self-stigma of mental health consumers on their acceptance of disability*. Paper presented at the XXVIII International Congress of Psychology, Beijing, China.
- *Yiu, V. F. L., & **Mak, W. W. S.** (2004, August). *Influences of cultural values and public stigma on help-seeking for mental illness*. Paper presented at the XXVIII International Congress of Psychology, Beijing, China.
- *Ho, A. H. Y., & **Mak, W. W. S.** (2004, July). *A cognitive model of stress for parenting autistic children*. Poster presented at the American Psychological Association Annual Convention, Honolulu.
- *Ho, G. S. M., & **Mak, W. W. S.** (2004, July). *Cultural experience of caregiving of children with intellectual disability*. Poster presented at the American Psychological Association Annual Convention, Honolulu.
- Mak, W. W. S.**, & Cheung F. M. (2003, August). *Somatization in the Chinese Diaspora*. A presentation as part of the symposium, *Culture and somatization*, presented at 17th World Congress on Psychosomatic Medicine, Hawaii.
- Mak, W. W. S.**, & *Kwan, C. S. Y. (2003, August). *Culture change and perceived discrimination on immigrant mental health*. Poster presented at the American Psychological Association Annual Convention, Toronto.
- Mak, W. W. S.**, & *Chen, S. X. (2003, August). *Understanding help-seeking: How stigma and other sociocultural factors affect illness behaviors for mental disorder*. A presentation as part of the symposium, *Cultural competence II: Creating social change through research and action*, presented at the American Psychological Association Annual Convention, Toronto.
- Mak, W. W. S.** (2003, August). *Sister to Sister: Career Development for Asian American Women*. A symposium presented at the Asian American Psychological Association Annual Conference, Toronto.
- Thornton, S.P., & **Mak, W.** (2002, September). *Strategies and practices of collaboration between probation and mental health*. In A. Rosenblatt (Chair), A multi-county investigation of juvenile probation and mental health collaboration in California. A symposium presented at the 2002 GAINS National Conference, San Francisco.
- Mak, W.**, Smucker, S., Rosenblatt, A. (2002, August). *Challenges in implementing cultural competence in California Children's System of Care*. A presentation as part of the roundtable discussion, *Cultural competence: Creating social change through teaching*,

research, and action, presented at the American Psychological Association Annual Convention, Chicago.

- Mak, W., & Alvidrez, J.** (2002, June). *Representation of ethnic, gender, and age groups in published NIMH-funded clinical trials*. A presentation as part of the symposium, Sex and race disparities. Oral presentation presented at the 8th Annual National Research Service Award (NRSA) Trainees Research Conference, Washington, D.C.
- Mak, W., Baize, H., & Rosenblatt, A.** (2002, June). *Clinical outcomes of culturally diverse youth in the California Children's System of Care*. A poster session presented at the 8th Annual National Research Service Award (NRSA) Trainees Research Conference, Washington, D.C.
- Deuel, L.S., Rosenblatt, A., & **Mak, W.** (2002, June). *Providing public mental health services for children and adolescents in the state of Hawaii: An evaluation of multisystemic therapy (MST) services*. A poster session presented at the 8th Annual National Research Service Award (NRSA) Trainees Research Conference, Washington, D.C.
- Mak, W.** (2001, August). *The role of interdependent and independent self-construal on psychological distress: A culture-specific model of vulnerability to anxiety and depression*. A symposium presented at the American Psychological Association Annual Convention, San Francisco.
- Mak, W.** (2001, June). *Integrative model of caregiving among culturally diverse adults with severe mental illnesses*. Poster session presented at the American Psychological Society Convention, Toronto.
- Mak, W.** (2001, June). *Clinical status of ethnically diverse youth in the California Children's System of Care*. Poster session presented at the NIMH Trainee Conference, Atlanta.
- Mak, W., Zane, N., & Wong, E.** (2000, August). *Face disposition as a moderator of stress and psychological distress among Chinese Americans*. Poster session presented at the American Psychological Association Convention, Washington, DC.
- Mak, W. W. S., & Zane, N.** (1998, August). *Somatization tendencies among Chinese: An illusory correlation or actual clinical phenomenon?* Poster session presented at the American Psychological Association Convention, San Francisco.
- Zane, N., Kurasaki, K. S., **Mak, W. W. S.**, & Takeuchi, D. T. (1995, August). *Appropriateness of DSM-III-R depression criteria among a Chinese American sample*. A paper presented at the Asian American Psychological Association Convention, New York.

EXTERNAL COMPETITIVE RESEARCH GRANTS **As Principal Investigator (Total amount: HK\$10,292,870)**

01/01/2022- 31/12/2024	General Research Fund, Beyond Efficacy—Eliciting Preference for Face-to-face and Internet-based Psychotherapy among people with depression: Using Discrete Choice Experiment to advance future service implementation, GRF 14604321, HK\$617,932
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- 17/09/2018 – Health Care and Promotion Scheme, Mindful flourishing—promoting
16/12/2020 college students’ mental well-being through cultivation of mindfulness
with online and offline approaches, 01170708, HK\$1,198,665
- 12/09/2017 – Health and Medical Research Fund, Efficacy and economic evaluation
30/11/2020 of Internet-based cognitive behavioural therapy as treatment for
anxiety and depression: A randomised controlled trial, 14151961,
HK\$1,199,906
- 01/09/2015 – Health and Medical Research Fund, Internet-based mindfulness and
28/02/2018 rumination-focused cognitive behavioural therapy as selective
prevention of anxiety and depression: A randomised controlled trial,
12130711, HK\$999,692
- 01/06/2016 – Council for AIDS Trust Fund, HIV stigma, mental health, and sexual
31/05/2017 behavior of PLHIV: Panel survey and ecological momentary
assessment, MSS247R, HK\$419,176 (withdrawn due to changes in
policy of HIV clinics in patient recruitment)
- 14/04/2014 – Health and Medical Research Fund, Mobile self-compassion
31/07/2016 programme for the promotion of public mental health: Randomised
controlled trial, 11121081, HK\$873,692 (**Received 2021 Excellent
Research Award, Food and Health Bureau**)
- 01/04/2014 – Health and Medical Research Fund, Self-determination theory-based
31/08/2016 exercise programmes for the enhancement of exercise adherence and
well-being among people with depression: Randomised controlled
trial, 11120951, HK\$715,941
- 01/01/2013 – Research Grants Council General Research Fund, Concepts of illness,
30/04/2016 recovery, and personhood on recovery participation and outcomes for
people with schizophrenia spectrum disorders, 449312, HK\$685,112
- 01/11/2011 – Health and Health Services Research Fund, Internet-based
31/08/2014 mindfulness programme for the promotion of public mental health:
Randomised controlled trial, 09100711, HK\$848,642
- 01/08/2010 – Food and Health Bureau Commissioned Research on Mental Health
31/07/2012 Policy and Services, Understanding and reducing professional stigma
of psychiatric disorders: Perspectives of professionals and people with
psychiatric disorders, SMH-014 (SS10532), HK\$702,059
- 15/10/2009 – Health and Health Services Research Fund, Physical health needs and
14/05/2011 lifestyle choices on quality of life among people with mental illness in
the community, 07080161 (SS09476), HK\$369,205
- 01/10/2008 – Hong Kong Council for the AIDS Trust Fund, Bridging the intention-
30/09/2009 behavior gap of safer sex behavior: Application of the Health Action
Process Approach (HAPA) model to condom use behavior among
Chinese men who have sex with men in Hong Kong, ATF-APF-071
(SS08640), HK\$142,344
- 01/09/2004 – Research Grants Council Earmarked Grant, Cultural Attributional
31/08/2006 Model of Public-, Affiliate-, and Self-Stigma for Individuals with
Major and Minor Psychiatric Disorders, CUHK4145/04H,
HK\$634,200
- 01/08/2004 – Direct Allocation from the Research Fund for the Control of Infectious
31/07/2006 Diseases/Health and Health Services Research Fund, A Comparative
Study of Stigma Associated with Infectious Diseases (Severe Acute
Respiratory Syndrome, HIV/AIDS, and Tuberculosis), CUHK-PH-
002, HK\$886,304

EXTERNAL COMPETITIVE RESEARCH GRANTS

As Co-Investigator (Total amount: HK\$26,848,614)

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|----------------------------|---|
| 01/01/2023-
31/12/2024 | Early Career Scheme, Research Grants Council, Examining the role of embodied mindfulness in the link between identity-salient experiences and wellness among LGB people in Hong Kong, 27606522, HK\$944,306 (PI: Eddie S. K. Chong) |
| 20/12/2021-
19/03/2023 | Supportive care needs and telehealth-related perceptions as determinants of intention to use telehealth for supportive oncology care among recently-diagnosed breast cancer survivors, HMRP, 18190061, \$576,157, (PI: Nelson Chun Yiu Yeung) |
| 29/11/2021-
28/11/2022 | Online integrated mindfulness-meaning programme for depression and anxiety during COVID-19: A pilot randomized controlled trial, HMRP, 18190881, \$95,000 (PI: Dexing Zhang) |
| 01/01/2020-
30/06/2023 | Early Career Scheme, Research Grants Council, Critical consciousness as a building block for positive development among sexual minority youth: A longitudinal prospective study, 28609019, HK\$561,309 (PI: Randolph C. H. Chan) |
| 29/06/2020-
28/06/2022 | Potential cost-effectiveness of mobile health and internet technology-supported mental health interventions for university students – a health economic analysis, HMRP, 17180271, \$393,992, (PI: Joyce Hoi-sze You) |
| 01/09/2020 –
31/08/2021 | AIDS Trust Fund, Awareness, acceptability, and effects of HIV treatment as prevention among men who have sex with men at risk of and living with HIV, MSS 337 R, HK\$373,400 (PI: Randolph C. H. Chan) |
| 10/11/2020 –
09/06/2023 | Health and Medical Research Fund, A randomized controlled trial of an Internet-based self-help skill strengthening (ISSS) selective intervention for secondary school teachers with emotional problems, 17180791, HK\$1,436,890 (PI: Xue Yang) |
| 29/06/2020 –
28/06/2022 | Health and Medical Research Fund, Potential Cost-effectiveness of Mobile Health and Internet Technology-supported Mental Health Interventions for University Students - A Health Economic Analysis, 17180271, HKD\$ 393,992 (PI: Joyce Hoi-sze You) |
| 01/01/2020 –
31/12/2022 | Research Grants Council, Empathy for other people and the self: The role of perspective shifting in the simulation of an incompatible emotional experience, 14612519, HKD\$ 628,140 (PI: Chui-de Chiu) |
| 01/01/2020 –
31/12/2022 | Research Grants Council, A randomized controlled trial for evaluating the efficacy of a cognitive behavioral therapy intervention in reducing Internet gaming disorder among secondary school students in Hong Kong, 14607319, HKD\$ 908,756 (PI: Xue Yang) |
| 01/01/2020 –
31/12/2022 | Research Grants Council, Teachers' attitudes toward seeking professional psychological help and their relation to referring students for mental health support, 2180071, HKD\$ 607,508 (PI: Harold Chiu) |
| 17/09/2019 –
16/09/2022 | Health Care and Promotion Scheme, An Online Psychological Intervention in Promoting Mental Well-being among Chinese Adolescents, 02180208, HKD\$ 1,025,134 (PI: Phoenix Mo) |
| 17/09/2019 –
16/09/2021 | Health and Medical Research Fund, A Longitudinal Study for Identifying Predictors of Incidence/Remission of Probable Depression and Developing a Predictive Index for Probable Depression among |

- Secondary School Students, 16171001, HKD\$ 1,499,272 (PI: Xue Yang)
- 01/01/2019 – General Research Fund, Brief mindfulness-based family
31/12/2021 psychoeducation for students with early psychosis: A mixed methods study, 15604118, HK\$623,800 (PI: Herman Lo)
- 01/10/2018 – Health and Medical Research Fund, A Randomized Controlled Trial
31/12/2021 Evaluating Two E-health Interventions (Presence/Absence of Motivational Interviewing) in Increasing Colorectal Cancer Screening among People Aged 50-60 with Moderate Risk, 15161231, HKD\$ 1,198,022 (PI: Joseph Lau)
- 01/01/2017 – General Research Fund, Hong Kong Research Grants Council, The use
31/12/2019 of mindfulness-based intervention for improving bracing compliance for adolescent idiopathic scoliosis patients: A randomized controlled trial. U616144, 14614416, HK\$ 989,720 (PI: Benjamin Yip)
- 01/06/2016– Health Care and Promotion Fund, “Me and My Friends”: Social
30/09/2017 Initiation, Interactions and Supports for Children with Autism Spectrum Disorders in Hong Kong. MD15523, HK\$ 299,886 (PI: Prof. Huso Yi)
- 01/05/2016 – General Research Fund, Hong Kong Research Grants Council, The
31/10/2018 efficacy of using online narratives in changing HIV risk perceptions and behaviors among men who have sex with men in Hong Kong, 14612615, HK\$ 811,168 (PI: Phoenix Mo)
- 01/01/2016 – Early Career Scheme, Hong Kong Research Grants Council, The
31/12/2018 content and process of self-stigma in people with serious mental illness: A longitudinal study, 28611515, HK\$747,580 (PI: Kevin Chan)
- 01/09/2015 – Council for AIDS Trust Fund, A Community Driven Comprehensive
31/08/2016 Needs Assessment for People Living with HIV in Hong Kong, MD15846, HK\$ 499,370 (PI: Joseph Lau)
- 01/09/2015 – Health and Medical Research Fund, A randomised controlled trial
30/11/2017 evaluating efficacy of a psychological intervention based on Common sense Model in improving mental health and self-care among Type-2 Diabetes Mellitus patients, 12130751, HK\$999,004 (PI: Phoenix Mo)
- 01/06/2014 – Beat Drugs Fund, Toward a drug-free campus: An integrated humanistic
31/05/2016 and cognitive-behavioral training on anti-drug work for practitioners and students of the teaching profession, 130027, HK\$583,050 (PI: Steven Ngai)
- 01/05/2014 – Health Care and Promotion Fund, “WE WRAP”: An innovative
30/04/2016 empowerment and education program for people with mental health challenge and young people, 06130045, HK\$498,200 (PI: Sania S. W. Yau)
- 01/09/2014 – Health and Medical Research Fund, Autism Spectrum Conditions
30/06/2016 among Primary School Children in Hong Kong: Describing the Unmet Needs of a Vulnerable Group, 11120211, HK\$999,858 (PI: Huso Yi)
- 01/07/2013 – Health Care and Promotion Fund, Happy@Work: A Innovation
31/12/2014 Web-based Program to Promote Positive Mental Well-being among Working Population, 05120045, \$449,574 (PI: Su Liu)
- 01/01/2013 – Health and Health Services Research Fund, Double stigma, social
31/12/2014 connectivity and isolation as determinants of mental health problems and service utilization among men who have sex with men in Hong Kong, \$879,960 (PI: Joseph Lau)
- 09/07/2012 – Health and Health Services Research Fund, Incidence and
08/07/2014

- Longitudinal Factors Predicting Onset and Recovery of Internet Addiction among Secondary School Children in Hong Kong (MD11792) 2012-07-09 to 2014-07-08, \$989,120 (PI: Joseph Lau)
- 01/01/2013 – Worldwide Universities Network Research Development Fund,
31/12/2013 Scoping survey of autism support and resources: Social integration of diagnosis, healthcare, and support systems, £31,711 (PI: Huso Yi)
- 01/04/2012 – Hong Kong Council for the AIDS Trust Fund, Scaling up HIV Testing
30/06/2014 among MSM in Collaboration with an NGO by Applying the 5A Community-based Participatory Research (CBPR) Intervention Model (MD11485) \$580,000 (PI: Huso Yi)
- 01/06/2012 – Health Care and Promotion Fund Seed Fund Scheme, “In Our Own
30/11/2013 Stories” - Stigma reduction programme in promoting a positive attitude towards persons in recovery in secondary school students, 04110025, HK\$334,750 (PI: Sania Yau);
Awarded outstanding contributions to health promotion and disease prevention by the Research Fund Secretariat of the Food and Health Bureau, HKSAR, Nov 20, 2015
- 15/05/2012 – Health and Health Services Research Fund, A randomized, controlled
14/02/2015 clinical trial: The effects of mindfulness-based cognitive therapy on chronic insomnia among Chinese patients in the community, 09100611, \$884,472 (PI: Samuel Wong)
- 01/02/2011 – Health Care and Promotion Fund Seed Fund Scheme, “MIND EASY”:
31/12/2012 An Innovative Web-based Self-Help Programme for Young People Impacted by Mild Depression or Anxiety, 03100215, \$497,790 (PI: Sania Yau)
- 01/06/2010 – Food and Health Bureau Commissioned Research on Mental Health
28/02/2013 Policy and Services, Prevention of anxiety and depression in Chinese: a randomized clinical trial testing the feasibility and effectiveness of a generic stepped care programme in primary care, SMH-03 (MD09602), HK\$1,400,000 (PI: Samuel Wong)
- 01/03/2010 – Health and Health Services Research Fund, A randomized, controlled
31/08/2012 clinical trial: The effects of mindfulness-based cognitive therapy on generalized anxiety disorder and health service utilization among Chinese patients in primary care, MD09998, HK\$668,752 (PI: Samuel Wong)
- 01/02/2010 – Research Fund for the Control of Infectious Diseases, A Longitudinal
31/12/2012 Study of the Prevalence, Incidence and Predictors of Seasonal Influenza Vaccination among Children Aged from 6 Months to 5 Years Old in Hong Kong, SS09919, HK\$799,815 (PI: Joseph Lau)
- 01/09/2009 – Health Care and Promotion Fund, “Put Up Your New
31/08/2010 Glasses”—Stigma reduction towards mental health problems among young generation, 22080114, HK\$292,250 (PI: Deborah Wan)
- 01/10/2007 – Health and Health Services Research Fund, Prevalence of physical
31/07/2009 activity and depression and their interrelationships with self-care compliance among patients with diabetes mellitus in Hong Kong, 05060511 (MD07508), HK\$318,852 (PI: Joseph Lau)
- 01/04/2007 – Health Care and Promotion Fund, Application of a cost-effective,
31/01/2010 computer-based, telephone-counselling system to increase physical activity in diabetes patients in Hong Kong, 20060564 (MD06334), HK\$251,684 (PI: Joseph Lau)

- 01/03/2007 – Hong Kong Council for the AIDS Trust Fund, The implementation and
31/08/2009 evaluation of a cognitive-behavioral randomized controlled HIV
intervention prevention trials for at-risk monogamous Chinese women
attending public STD clinics in Hong Kong, HK\$407,000 (PI: Joseph
Lau)
- 2004-05 National Medical Research Council, Singapore, Public understanding
and response to Severe Acute Respiratory Syndrome (SARS): A cross-
national comparative study, HK\$115,682 (PI: George Bishop)

DONATIONS (Total amount: HK\$38,301,030)

- 04/01/2021 – Principal Investigator, Hong Kong Jockey Club Charities Trust,
03/01/2024 Jockey Club TourHeart+ Project (JCTH+) - Leveraging technology to
optimize stepped care and personalize mental health services,
HK\$24,950,000
- 04/09/2017 – Principal Investigator, Hong Kong Jockey Club Charities Trust,
03/12/2020 Stepped care online self-help and support service project on mental
health, HK\$9,180,000 (another HK\$7,130,000 was donated to New
Life Psychiatric Rehabilitation for execution of this project)
- 15/07/2019 – Principal Investigator, YES I CAN, a trial of immersive VR to treat
30/06/2021 social avoidance, EUR200,000 (~HK1,756,000) from AXA Research
Fund
- 17/06/2019 – Principal Investigator, A Research Project Seeking to Develop a VR
30/06/2021 Cognitive Behavioral Treatment for Social Avoidance, HK\$1,097,130
from AXA China Region Insurance Co Ltd
Research Matching Grant Scheme (RMGS) for research grants
awarded by commercial sectors:
\$885,990 for YES I CAN, a trial of immersive VR to treat social
avoidance (AXA Research Fund)
\$431,910 for A Research Project Seeking to Develop a VR Cognitive
Behavioral Treatment for Social Avoidance (AXA China Region
Insurance Co Ltd).

**INTRAMURAL COMPETITIVE RESEARCH GRANTS (Total amount:
HK\$6,270,717)**

- 01/08/2019 – Research and Development of ECA (Embodied Conversational Agent)
31/07/2022 on Mental Health, Research Committee Funding for Research
Sustainability of Major RGC Funding Schemes, 135010152,
HKD\$400,000
- 30/06/2020 – Principal Investigator, CUHK Direct University Grant, Internet-based
29/06/2023 Mindfulness-based Training (iMBT) for People with Depression:
Investigation of its efficacy and mechanism of change, 145883340,
4052239, HKD\$ 100,000
- 30/06/2019 – Co-investigator, CUHK Direct University Grant, ""Shame on me"":
29/06/2021 Exploring the Role of Self-Stigma in Psychological Well-Being and
Self-Management Behaviors among Type 2 Diabetes Patients in Hong
Kong, 2018.029, HKD\$118,000 (PI: Nelson Yeung)
- 01/06/2018 – Principal Investigator, CUHK Direct University Grant, Promoting
31/12/2021 social justice ideology, collective action participation, and mental well-
being through identification with all humanity, 4052176, HKD 99,997

- 01/02/2016 – Co-investigator, Faculty Strategic Development Fund,
30/06/2019 Transdisciplinary Research on ‘smart sustainability’: ICT,
environment, spatial competency and well-being, (PR003),
HK\$1,500,000 (PI: Yee Leung)
- 01/06/2017 – Principal Investigator, CUHK Direct University Grant, Uprooting
01/02/2019 Stigma through Interconnectedness: A Correlational, Experimental, and
Intervention-based Examination (SS16616), HKD 100,000
- 30/06/2017 – Co-investigator, CUHK Direct University Grant, "Muscle Up!":
30/12/2018 Psychosocial Correlates of Drive for Muscularity, Body
Dissatisfaction, and Muscularity-Enhancement Behaviors among Male
College Students in Hong Kong (SS16590), HKD145,957 (PI: Nelson
Yeung)
- 30/06/2017 – Co-investigator, CUHK Direct University Grant, Can Positive
29/06/2018 Psychological Intervention (PPI) improve psychological well-being
among Chinese University students? A randomized control trial of Best
Possible Self (BPS) Intervention (SS16885), HKD69,650 (PI: Phoenix
Mo)
- 06/30/2016– Co-investigator, CUHK Direct University Grant, Psychosocial
06/29/2017 Correlates of Mental Health Problems and Mental Health Service
Utilization among Foreign Domestic Workers in Hong Kong
(MD15987), HK\$ 90,000
- 15/12/2015 – Principal Investigator, Faculty Strategic Development Fund,
30/06/2017 Development and launch of a mobile device to promote well-being (in
collaboration with NCKU; 4620614 (SDF02)), HK\$250,000 out of
total HK\$1,000,000
- 15/12/2015 – Co-investigator, VC Discretionary Fund, CUHK-NCKU Joint
30/06/2017 Research Center for Positive Social Science, HK\$ 1,000,000
- 01/11/2015 – Co-investigator, Direct Grant, Place-making and Well-being: An
30/10/2016 Interdisciplinary and Exploratory Study (SS15867), HK\$ 40,000
- 01/10/2015 – Principal Investigator, Faculty Funding for CUHK-NCKU Joint
06/30/2017 Research Center for Positive Social Science, Multiple Facets of Well-
being: Nature and Measurement (SS15715), HK\$ 614,839
- 01/05/2015 – Principal Investigator, CUHK Direct University Grant, Engaging the
31/12/2016 majority in anti-stigma collective action: An Extension of the social
identity model of collective action (4052103), HK\$40,000
- 15/11/2014 – Principal Investigator, Departmental Research Grant, Civic
14/11/2015 Engagement and Well-being of Emerging Adults, HK\$20,000
- 01/07/2014 – Principal Investigator, CUHK Direct University Grant, The role of
31/01/2017 intention in mindfulness (4052068), HK\$55,600
- 01/02/2014 – Principal Investigator, Departmental Research Grant, Effects of
31/01/2015 *IntenSati* and *Principles of Clarity* workshops on well-being of
university students: Proof-of-concept pilot trial, HK\$20,000
- 01/02/2013 – Principal Investigator, CUHK Direct University Grant, Cross-cultural
31/01/2014 comparison of self-stigma on recovery among people with severe
mental illness in Hong Kong and the United States (4052011),
HK\$31,981
- 30/07/2012 – Co-investigator, Internal Competitive Research Grant of the
29/07/2014 Polytechnic University of Hong Kong, Cultural Influences on
Emotional Experience and Communicative Behavior, HK\$110,000
- 15/01/2012 – Principal Investigator, CUHK Direct University Grant, Stigma
14/01/2014

- Watch—Mitigation of stigma internalization through self-compassion and valued living among people living with HIV/AIDS, (2021091), HK\$58,000
- 01/11/2011 – Principal Investigator, Departmental Fund for Collaborative Research
31/10/2012 with International Institutions (UCLA), Emotional Expression and Personal Disclosure among Bicultural Individuals: Testing of Cultural Priming and Ethnic Matching Hypotheses, HK\$20,000
- 01/07/2011 – Principal Investigator, CUHK Direct University Grant, Are you willing
31/10/2012 to date a person with schizophrenia? Implications to public's pattern of stigma, perceptions of illness, and attitudes towards recovery (2021079), HK\$28,000
- 01/06/2011 – Co-investigator, CUHK Direct University Grant, Illness Perception of
31/03/2012 Influenza and Related Coping Behaviors in Hong Kong General Public (MD10720), HK\$ 30,000 (PI: Kwok Kei Mak)
- 01/01/2011 – Principal Investigator, CUHK Direct University Grant, Cultural model
30/04/2012 of self-stigma among social minorities (2021054), HK\$56,405
- 01/01/2010 – Principal Investigator, CUHK Direct University Grant, Effects of
31/08/2010 relatives' expressed emotion on the psychosocial well-being of people with psychotic disorders and their relatives (2021008), HK\$26,900
- 01/05/2009 – Co-investigator, CUHK Direct University Grant, 'CUHK' Hong Kong
30/04/2010 Quality of Life Index - Socio-cultural Sub-index (SS08488), HK\$19,600
- 01/01/2009 – Principal Investigator, CUHK Direct University Grant, Effectiveness
14/12/2009 of a web-based mindfulness stress reduction program for promotion of mental health in the general public, HK\$47,988
- 01/11/2008 – Principal Investigator, Departmental Fund for Collaborative Research
31/10/2009 with International Institutions (University of Nottingham), Meta-Analysis of Stigma Reduction Programs, HK\$25,000
- 15/12/2007 – Principal Investigator, CUHK Direct University Grant, Application of
31/08/2008 self-determination theory to smoking reduction, HK\$39,000
- 27/12/2006 – Principal Investigator, CUHK Direct University Grant, Mental Illness
31/08/2007 Stigma Reduction Program, HK\$72,000
- 01/12/2006 – Principal Investigator, Departmental Fund for Collaborative Research
30/11/2007 with International Institutions (Peking University), Affiliate Self-Stigma and Caregiving Perceptions in Parents of Children with Intellectual Disability and/or Autism, HK\$20,000
- 15/03/2006 – Principal Investigator, CUHK Direct University Grant, Illness
14/11/2006 Perceptions and Stigma of Mental Illness in the Community, HK\$37,400
- 01/12/2005 – Principal Investigator, CUHK Direct University Grant,
28/02/2007 Meta-Analysis on Acculturation, HK\$39,200
- 15/03/2005 – Principal Investigator, CUHK Direct University Grant, Stigma of
14/09/2005 Early Psychosis: Does the Label Matter? HK\$39,200
- 15/11/2004 – Principal Investigator, CUHK Direct University Grant, Effects of
14/11/2005 Stigma on the Quality of Life of Individuals with AIDS, HK\$80,000
- 01/12/2003 – Principal Investigator, CUHK Direct University Grant, Experience of
30/11/2004 Stigma: Its Multifaceted Effects on Social Minorities, HK\$36,000
- 11/11/2002 – Principal Investigator, CUHK Direct University Grant,
10/11/2003 Understanding Help-Seeking: How Stigma and Other Sociocultural Factors Affect Illness Behaviors for Mental Illness, HK\$40,000

KNOWLEDGE TRANSFER GRANTS (Total amount: HK\$3,279,000)

- 01/04/2020-31/03/2022 Co-investigator, CUHK Knowledge Transfer Project Enhancing Mental Health of the Deaf Community in Hong Kong, KPF20GWP22, HK\$400,000 (PI. Felix Yim-Binh Sze)
- 01/06/2019-31/05-2021 Principal investigator, CUHK Sustainable Knowledge Transfer Project Fund, StoryTaler Hong Kong Company Limited, HK\$600,000
- 01/4/2016 – 31/5/2018 Principal investigator, CUHK Knowledge Transfer Project Fund, StoryTaler: Fighting against mental illness stigma through story-telling online and offline, KPF16ICF07, HK\$328,000
- 01/02/2017 - 30/09/2018 Co-investigator, CUHK Knowledge Transfer Project Fund, What does sexual orientation and gender identity equality mean for policy makers, service providers and legal and business communities? Using diverse ways to disseminate research findings to stakeholders and creating an interactive database and a knowledge hub on LGBT issues in Hong Kong, KPF17ICF28, HK\$280,000 (PI. Yiu Tung Suen)
- 01/4/2016 – 31/12/2017 Co-investigator, CUHK Knowledge Transfer Project Fund, An Evidence-based Knowledge Transfer Program Promoting HIV Self-testing with Real-time Online Counseling for Men Who Have Sex with Men in Hong Kong, KPF16ICF10, HK\$328,000 (PI: Joseph T. F. Lau)
- 01/4/2016 – 31/3/2018 Co-investigator, CUHK Knowledge Transfer Project Fund, Mindfulness for Children with Attention Deficit Hyperactivity Disorder (ADHD) and Their Parents: An Education and Practice Programme in the Community, KPF16ICF14, HK\$328,000 (PI: Samuel Y. S. Wong)
- 30/4/2015 – 29/4/2017 Principal investigator, CUHK Knowledge Transfer Project Fund, Living with Heart: Online and community-based mindfulness and compassion programs for the promotion of public mental health in Hong Kong, KPF15ICF17, HK\$400,000
- 10/01/2014 – 15/12/2015 Co-investigator, CUHK Knowledge Transfer Project Fund, Development and dissemination of an online exercise and health promotion program for Hong Kong middle-aged Chinese: The Virtual Trainer System 3rd Version, KPF14ICF14, HK\$300,000 (PI: Stanley Hui)
- 01/02/2014 – 31/08/2015 Co-investigator, CUHK Knowledge Transfer Project Fund, Nourishing a life of dignity: Healthy individuals, resilient families, and sustainable communities, KPF14ICF06, HK\$315,000 (PI: Mee Kam Ng)

RESEARCH CONTRACTS (Total amount: HK\$2,398,340)

- 01/04/2014 – 31/03/2015 Co-Investigator, Equal Opportunities Commission of Hong Kong, Feasibility Study on Legislating against Discrimination on the Grounds of Sexual Orientation, Gender Identity, and Intersex Status, SS13328, HK\$648,609.20 (PI: Yiu Tung Suen)
- 01/11/2012 – 31/10/2015 Co-Principal Investigator, Mindset Peer Support Worker Training and Employment Evaluation, \$300,000
- 2013-14 Principal Investigator, Caritas Hong Kong, Young Female Sex Workers' Mental Health and Condom Use, \$50,000

- 01/06/2012 – Principal Investigator, Social Welfare Development Fund (SWDF
31/05/2013 R04), Evaluation of individual rehabilitation planning (IRP) and person-centered planning (PCP) among persons in recovery (PIR) of mental illness, TN127052, \$114,586
- 16/01/2012 – Principal Investigator, Social Welfare Development Fund (SWDF /
15/01/2013 R03), Evaluation on the effectiveness of anti-stigma programs among person in recovery, caregivers and the general public, TN116876, HK\$88,320
- 16/01/2012 – Principal Investigator, Social Welfare Development Fund (SWDF /
15/01/2013 R02), Applying a mental illness self-management program—Effectiveness of Wellness Recovery Action Planning (WRAP) in Hong Kong, TN116854, HK\$86,825
- 15/01/2011 – Principal Investigator, Social Welfare Development Fund (SWDF /
15/12/2011 R01), Organizational Assessment on Elements of a Recovery Facilitating System at the New Life Psychiatric Rehabilitation Association, SS10468, HK\$109,999.80
- 01/01/2003 – Co-investigator, Correctional Services Department, HKSAR,
31/08/2005 Development and Validation of Clinical Risks and Needs Evaluation Measures of Offenders, HK\$1,000,000 (PI: Fanny Cheung)

TEACHING

TEACHING EVALUATIONS

Scores (range 1-6) are based on “students’ overall satisfaction with the performance of the teacher” (for PSY courses) or “students’ satisfaction with the teacher” (for UGE courses). Rating for CSS1704 is based on “students’ satisfaction with the course” as the former category is not available for rating.

Year	Term	Course Code	Class Size	My Mean	My Adjusted Mean	Adjusted Department Average
2020-21	2	PSYC6620	19	5.67	5.73	5.41
2019-20	2	PSYC6620	17	5.86	5.92	5.55
2018-19	2	PSYC6620	18	5.53	5.60	5.25
2017-18	2	PSYC6620	17	5.65	5.8	5.46
2016-17	1	PSYC4904	15	5.60	5.77	4.98
	2	PSYC6620	18	5.44	5.56	5.41
2015-16	1	PSYC4904	16	5.62	5.67	5.10
	2	PSYC6620	20	5.72	5.81	5.39
2014-15	1	PSYC4904	16	5.75	5.86	5.06
		PSYC6620	18	5.22	5.31	5.31
2013-14	1	PSYC4904	17	5.60	5.69	4.89
	2	PSYC6620	18	5.20	5.38	5.29
2012-13	1	PSYC3710	23	5.35	5.52	4.76
		PSYC4904	15	5.40	5.54	4.76
	2	PSYC6620	19	5.27	NA	5.57
2011-12	1	PSYC3710	21	5.14	5.23	5.06
		PSYC4904	11	5.55	5.70	5.06
	2	PSYC6620	12	5.58	5.64	5.51
2010-11	1	PSYC3710 (Ug)	26	5.14	5.26	5.10

		PSYC3710 (TPg)	2	5.50	5.50	5.14
		PSYC4904	14	5.57	5.62	5.10
	2	PSYC6620	12	4.67	4.91	5.38
2009-10	1	PSY4904	15	5.27	5.46	5.03
	2	PSY3710	21	5.31	5.50	5.13
		PSY5620	12	5.75	5.82	5.49
2008-09	1	PSY3710	25	5.36	5.50	5.21
		PSY4904	15	5.73	5.92	5.21
		GEC0413	10	5.20	NA	NA
	2	PSY5620	12	4.80	4.89	5.39
2007-08	1	PSY4904	18	5.11	5.44	5.03
		UGD259SA	88	5.12	5.33	5.06
	2	PSY5620	13	5.62	5.67	5.20
2006-07	1	PSY3710	48	4.70	5.03	5.12
		PSY4904	15	5.86	5.92	5.12
	2	PSY5720	12	5.75	5.82	5.62
2005-06	1	PSY4904	13	5.54	5.67	4.99
		PSY5410	24	5.35	5.53	5.02
		UGD259SA	50	5.29	5.41	5.03
	2	UGC2913	32	4.91	5.06	4.98
		UGD259SB	60	5.05	5.21	4.98
2004-05	1	PSY1040	21	5.11	5.18	4.79
		PSY5410	42	5.16	5.29	5.19
		UGC2913	29	5.53	5.59	5.05
		UGD259S	94	5.09	5.23	5.05
	2	PSY3710	28	4.82	5.07	5.12
		PSY4904	12	5.58	5.64	5.12
2003-04	1	PSY1040	45	4.94	5.03	4.86
		CSS1704	33	5.67	NA	NA
	2	PSY4904	10	5.75	5.82	4.88
2002-03	1	GEE259S	100	4.93	5.07	4.98
		PSY1040	45	5.07	5.22	NA
		GEE259S	99	5.14	5.31	4.95
AVERAGE SINCE AUGUST 2018				5.69	5.75	5.40
GRAND AVERAGE (2002-2021)				5.36	5.48	5.15

*2021-22 quantitative summary of course evaluation was not available due to small sample size (n=5) during the 5th COVID outbreak.

PSY5620/PSYC6620: Health and Community Psychology

PSY4904/PSYC4904: Practicum in Psychology & Health

PSY3710/PSYC3710: Introduction to Clinical Psychology

HSOC5305: Advanced Theories of Health Behaviours

PSY5720: Personality Assessment

GEE259S/UGD259S/CSS1704: Personal Growth

GEC0413: Chung Chi College Senior Seminar

PSY5410: Psychology of Adjustment

GEC0113: Idea of a University

PSY1040/UGC2913: Understanding Human Sexuality

GRADUATE AND UNDERGRADUATE STUDENTS' THESIS SUPERVISION

(Please refer to the Teaching File, Achievements of Postgraduate Students for details)

Current Students	19
• Postdoctoral Fellow	1
• PhD in Psychology	5
• PsyD in Clinical Psychology	4
• MSSc in Clinical Psychology	5
• MA in Psychology	1
• BSSc in Psychology	3
Graduated Students	214
• Postdoctoral Fellow	4
• PhD in Psychology	7
• PhD in Public Health (co-supervision)	1
• PhD in Social Medicine (co-supervision)	1
• PsyD in Clinical Psychology	3
• MPhil in Psychology	10
• MSSc in Clinical Psychology	62
• MA in Psychology	12
• MA in Trauma Psychology	23
• Postgraduate Diploma in Psychology	19
• BSSc in Psychology	72

* BSSc = Bachelor's of Social Science; MPhil = Master's of Philosophy; MSSc = Master's of Social Science; PhD = Doctor of Philosophy in Psychology; PsyD = Doctor of Psychology in Clinical Psychology

Note: In Hong Kong, the qualification for clinical psychologist is a Master's degree in Clinical Psychology.

Current Students

Postdoctoral Fellow: 1

2022: Dr. Apesta Chung Hiu Ming

PhD in Psychology: 5

2020: Ben Yu Chun Leung

2019: Larry Auyeung, Amanda Li Chiu Ming, Alan Tong Chun Yat

2018: Connie Ho Yan Yung

PsyD in Clinical Psychology: 4

2021: Jacobi Shing Yee Ting

2020: Gladys Ho Sze Man

2017: Kristy Wong Kwun Yu, April Chiu Wai Kei

MSSc in Clinical Psychology: 5

2018: Jackie Chow Cheuk Kwan

2020: Doris Lam Lun Wai

2021: Karen Shen Hoi Lam, Joey Wong Ching Hang, Anna Yuen Sin Yan

MA in Psychology: 1

2021-22: Sik Hin Tak

BSSc in Psychology: 3

2022: Savina Lee, Rachel Leung, Natalie Fong

Graduated Students

Postdoctoral Fellow: 4

2019-21: Dr. Emily Tsoi Wing See

2017-20: Dr. Amy Chan Tsz Ying

2016-17: Dr. Ken Chow

2014-15: Dr. Rita Law

PhD in Psychology: 7

- 2015-18: Floria Chio Hin Ngan (Assistant Professor, Hong Kong Shue Yan University)
2014-18: Randolph Chan Chun Ho (Associate Professor, Department of Special Education and Counselling, Hong Kong Education University of Hong Kong); Gloria Ma Yuet Kwan (RGC Postdoctoral Fellowship Scheme, Faculty of Education, University of Hong Kong)
2013-16: Xue Yang (Research Assistant Professor, Jockey Club School of Public Health and Primary Care, Chinese University of Hong Kong)
Ruirui Zhang (Assistant Professor, Shanghai University of International Business and Economics)
2012-15: Amy Chan Tsz Ying
2010-13: Kevin Chan Ka Ching (Associate Professor, Dept Head, Department of Psychological Studies, Hong Kong Education University of Hong Kong)

PhD in Public Health (co-supervision): 1

- 2010-13: Xiaobing Wu (Associate Chief Physician, Department of STD Control, Shenzhen Center of Chronic Disease Control, Shenzhen, Guangdong, China)

PhD in Social Medicine (co-supervision): 1

- 2005-10: Xiaoyou Su (Associate Professor, School of Population Medicine and Public Health Chinese Academy of Medical Sciences & Peking Union Medical college)

PsyD in Clinical Psychology: 5

- 2015-21: Shannon Cheng Siu Yung (Clinical Psychologist of the Department of Immigration);
Olivia Jung Hiu Ching (Clinical Psychologist of CUHK Counseling Services)
2012-17: Cindy Yip Ying Chi (Clinical Psychologist of Hospital Authority)

MPhil in Psychology: 10

- 2017-20: Amanda Fu Ching Man; Ben Yu Chun Leung
2012-14: Floria Chio Hin Ngan
2010-12: Amy Chan Tsz Ying, Celia Wong Ching Yee
2008-10: Bess Lam Yin Hung
2007-09: Yue Teng
2006-08: Stephanie Leung Yat Chi, Nelson Yeung Chun Yiu, Jenny Huen Mei Yiu

MSSc in Clinical Psychology: 62

- 2019-21: Amanda Fu Ching Man, Chu Man Him
2018-21: Christine Tam Hiu Wai, Calian Wong, Ella Wong
2017-19: Michelle Lam, Josephine Lui, Ivan Ma, Denise Ng, Angel Pang, Julia Sun, Joann Teo
2016-18: Winnie Cheng, Holly Ho, Keith Wong, Michelle Chan, Sharon Kao
2015-17: Sarah Chan, Regina Cheng, Yee Wa Hong, Henry Wong, Cadence Chan
2014-16: Bandai Choi, Sandy Leung, Amanda Li Chiu Ming, Szeka Wong Sze Ka, Iris Yung
2013-15: Kylie Chan, Kathie Chong Sui Ching, Ingrid Pang Hing Yi, Willie Tang Chung Sing
2012-14: Annie Hsu Yik Kwan, Helen Kwan Hoi Man, Yvonne Kwok, Vanessa Lam, Cliff Siu, Daisy To
2011-13: Nicola Chung, Connie Ho, Cherry Lin, Backy Tong
2010-12: Sharon Leung, Sita Ngai, Jacobi Shing Yee Ting
2009-11: Shannon Cheng Siu Yung, Ka Tsun Ting, Ellery Wu
2008-10: Olivia Jung Hiu Ching
2007-09: Eliza Cheung, Candy Ling, Joey Lui, Gladys Yeung, Jessie Yiu Wai Yuk
2006-08: Jenny Chan
2005-07: Joanna Law, Betty Wong, Crystal Wu, Mabel Yum

2004-06: Sindy Mok, Iris Wong, Daisy Yeung

2002-04: May Chan

MA in Psychology: 12

2020-21: Luly LAI Wai Lee

2019-20: Wai Ki Tang

2018-19: Kris Choi

2017-18: Ryan Chan, Man Dong, Ella Wong

2016-17: Ami Hui, William Shum

2015-16: Carman Sin

2014-15: Mavis Lee, Sabrina Mok Wing Shan, Charlotte Ng

MA in Trauma Psychology: 23

2008-09: Eva Chan Yat Wai, Evelyn Cheung, Jo Ho, Maggie Lai, Ida Wong Hoi Fai,
Kam Wong

2007-08: Shannon Cheng Siu Yung, Steven Fok, Sze Man Lee

2006-07: Janice Cheng, Crystal Lau, Karen Lee, Gigi Li, Kristy Li, Candy Ling, Eunice
Poon, Ida Poon, Joey Sham, Agnes Wong, Winnie Yuen

2005-06: Yvonne Lee, Jackson Tang, Adrian Wan

Postgraduate Diploma in Psychology: 19

2011-12: Yvonne Lee, Fiona Lo, Venus Wong

2009-10: Cheryl Chan, Backy Tong

2008-09: Flora Mak, Louise Wong

2007-08: Mabel Kwong

2005-06: Jenny Chan, Christine Chung, Michelle Fok, Stella Wong

2004-05: Christina Szeto, Pui Shan Tsang, Crystal Wu

2003-04: Anna Ho

2002-03: Carrie Kwan, Vicki Kwan, Vera Lam

BSSc in Psychology: 72

2021-22: Michael Chan, Florence Ho, Lewis Lai, Emily Lau

2020-21: Shelly Cheung, Tiffany Fong, Charlie Ip, Yar Lin Ng, Karen Shen

2019-20: Kelly Chan, Catherine Wu

2018-19: Tiffany Ho, Anna Yuen

2017-18: Chantelle Suen, Sarah Ku

2016-17: Toby Jong, Ivy Leung, Joyce Li, Calian Wong, Ben Yu

2015-16: Man Him Chu, Holly Ho

2014-15: Regina Cheng, Rachael Cheng

2013-14: Sarah Chan, Liz Cheng, Yee Wa Hong, Christy Lee, Amanda Li, Gloria Ma

2012-13: Danny Chan, Kathie Chong, Aka Lee, Susanna Lei

2010-11: Nicola Chung, Connie Ho, Maggie Lam, Ingrid Pang, Vinca Tang, Daisy To,
Amy Wong, Kam Hing Wong

2009-10: Cherry Lin, Karin Ngai, Sita Ngai, Cliff Siu, Terence Tam, Celia Wong

2008-09: Eddie Chong, Yvonne Kwok, Willie Tang, Ellery Wu, Doris Yeung

2007-08: Olivia Jung, Johnny Lau, Trent To, Nicky Yu

2006-07: Eliza Cheung, Elaine Lam

2005-06: Louis Cheung, Stephanie Leung, Ivy Ng, Vicky Ng

2004-05: Cinnie Lai, Allison Luk, Ah Chit Ng, Ricky Wong, Sze Ka Wong

2003-04: Iris Chung, Gladys Ho, Lilian Mok, Venus Yiu

SERVICE

SERVICE TO SCIENTIFIC/PROFESSIONAL COMMUNITIES

Leadership in Scientific Communities/Professional Societies

- Apr 2020-Present Member, Advisory Board for the Lancet Commission on Stigma and Discrimination in Mental Health
- Feb 2022-Present Expert Member, Working Group on Improving Access to Mental Health Care in Asia, AXA and Geneva Health Forum
- 2013-Present Founding Vice President, Hong Kong Society of Behavioral Health (Society member of International Society of Behavioral Medicine)

Editorial Boards

- 2020-Present Editorial Board Member, *Mindfulness*
- 2015-Present Editorial Board Member, *Stigma and Health*
- 2016-Aug 2022 Editorial Board Member, *Social Science and Medicine*
- 2017-May 2019 Associate Editor, *Translational Behavioral Medicine*
- 2014-May 2019 Consulting Editor, *Cultural Diversity and Ethnic Minority Psychology*
- 2012-May 2019 Editor, International Section, *Asian American Journal of Psychology*
- 2010-12 Consulting Editor, *Asian American Journal of Psychology*
- 2012-13 Editorial Board Member, HIV/AIDS and Cross-Cultural Perspective Research Series, Springer
- 2010-2012 Editorial Board Member, *Annals of Behavioral Medicine*

Ad hoc Journal Reviewer

- 2017-Present Psychiatry Research
- 2008-Present AIDS and Behavior
- 2007-Present AIDS Care
- 2007-Present American Journal of Community Psychology
- 2015-Present American Journal of Orthopsychiatry
- 2015-Present Assessment
- 2015-Present Comprehensive Psychiatry
- 2015-Present Journal of Affective Disorders

Conference Organization

- 2022 Convenor, Working Group for Annual Education Conference, “Flourishing Together in Unsettling Times”, Chung Chi College, March 19, 2022, Hong Kong
- 2015 Scientific Committee Member, International Behavioral Health Conference (BeHealth Conference 2016). Hong Kong Society of Behavioral Health, Jan 16-17, 2016, Hong Kong
- 2014 Core Organizing Committee Member, Symposium: Pathways to Mental Health Recovery—User Involvement and Peer-led Services. March 14-15, 2014, Hong Kong. Co-organized with the New Life Psychiatric Rehabilitation Association and the Program for Recovery and Community Health at the Yale University
- 2011 Core Organizing Committee Member, Symposium: Pathways to Mental Health Recovery—Person-Centered Care and Beyond. May 26-28, 2011, Hong Kong. Co-organized with the New Life Psychiatric Rehabilitation Association and the Program for Recovery and Community Health at the Yale University (258 delegates from the United States, Malaysia, Singapore, Taiwan, Thailand, Mainland China, and Hong Kong attended, 1 news media coverage)

SERVICE TO GOVERNMENT/COMMERCIAL SECTORS/PROFESSIONAL COMMUNITIES

Government and related organizations:

- | | |
|-----------------------|--|
| 2018-22 | Member, Expert Advisory Panel in Mental Health, Food and Health Bureau, HKSAR Government |
| 2015-18 | Member, Advisory Group on Mental Health Promotion, HKSAR Government |
| Nov 2016-
Aug 2025 | Honorary Advisor, Oasis—Center for Personal Growth & Crisis Intervention, Corporate Clinical Psychology Services, Hospital Authority |

Corporations:

- | | |
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| 2020-2022 | AIA Group External Advisor |
| 2019-2021 | Member, AXA Hong Kong Mental Health Advisory Board |
| 2017-2020 | Member, AIA Workplace Health Advisory Board |
| 2018-2020 | Member, Facebook Global Mental Health Advisor |

Research:

- | | |
|--------------|--|
| 2005-Present | Grant Proposal Reviewer, Research Grants Council, Hong Kong |
| 2021 June | Grant Reviewer, United Arab Emirates University (UAEU) Strategic Research 2021 |
| 2016-2019 | Member, Assessment Panel Commissioned Community Partnership Programmes on Mental Health Promotion in Hong Kong, Health Care and Promotion Fund, Food and Health Bureau, HKSAR Government |
| 2016 | Grant Proposal Reviewer, University of Macau |
| 2003-2006 | Member, SARS Psychological Research Consortium organized by the National University of Singapore |
| 2003 | Judge, Hong Kong Psychological Society Annual Conference Student Best Paper Award |
| 2001-2004 | Judge and Proposal Reviewer, Asian American Psychological Association Annual Convention |

Academic Programs:

- | | |
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| 2011-2012 | Panel Member for Programme Validation for Bachelor of Social Sciences (Honors) in Psychology, Hong Kong Council for Accreditation of Academic & Vocational Qualifications. |
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Professional Associations:

- | | |
|-----------|---|
| 2011-2015 | Convenor, Work Group on Issues for Psychologists Working with Lesbians, Gays, Bisexual, Transgender, and Intersex Individuals, Division of Clinical Psychology, Hong Kong Psychological Society |
| 2012-2015 | Representative of Hong Kong Psychological Society for the International Network for Lesbian, Gay, Bisexual Concerns and Transgender Issues in Psychology |
| 2010-2015 | Member, Steering Committee for the Development of The Hong Kong Wechsler Adult Intelligence Scale – Fourth Edition (HKWAIS4) |
| 2006-2015 | Member, Membership Subcommittee, Division of Clinical Psychology, Hong Kong Psychological Society |
| 2009-2014 | Member, Working Group for Revision of Membership Criteria, Division of Clinical Psychology, Hong Kong Psychological Society |
| 2007-2008 | Convenor, Information Exchange Network on Test Use, Division of Clinical Psychology, Hong Kong Psychological Society |

2006-2008 Professional Standards Officer, Division of Clinical Psychology, Hong Kong Psychological Society

Non-Governmental Organizations/Community Organizations

2015-Present Co-Founder and Executive Director, *StoryTaler Hong Kong Company Limited*, a social enterprise on community-based anti-stigma and mental health promotion

2017-Present Advisor, Buddhist Spiritual Counselling Centre, Tsz Shan Monastery

2017-Present Member, Advisory Committee of MINDSET College, New Life Psychiatric Rehabilitation Association, Mental Health Association of Hong Kong, Caritas Hong Kong, Baptist Oi Kwan Social Service

2015-May 2019 Advisor, Steering Committee for R330 Initiative, New Life Psychiatric Rehabilitation Association

2013-Present Founder, *Stigma Watch*, community-based social action group

2010-Aug 2019 Member, Executive Committee, New Life Psychiatric Rehabilitation Association

2010-Aug 2019 Chairperson, Training, Research, & Development Subcommittee of the Executive Committee, New Life Psychiatric Rehabilitation Association

2012-2017 Member, Advisory Committee for the MINDSET Peer Support Worker Project, New Life Psychiatric Rehabilitation Association, Mental Health Association of Hong Kong, Caritas Hong Kong, Baptist Oi Kwan Social Service

2010-2015 Advisor, Steering Committee for the Recovery Initiative, New Life Psychiatric Rehabilitation Association

2008-2009 Advisor, AIDS Concern

2004-2010 Member, Research & Training Subcommittee of the Executive Committee, New Life Psychiatric Rehabilitation Association

INTERNAL SERVICE TO CUHK

The Chinese University of Hong Kong (CUHK)

2016-Present Member, Committee on Psychological Counselling Service

2015-Present Member, Steering Committee, Sustainable Knowledge Transfer Project Fund

2016-Oct 2019 Chair, Survey and Behavioural Research Ethics Committee

2016-Oct 2019 Member, Research Committee

2016-Oct 2019 Member, Committee of Knowledge Transfer

2016-Oct 2019 Member, Hong Kong PhD Fellowship Scheme (HKPFS) Panel

2016 Member, Task Force on Student Mental Wellness and Support Services

2010 Ad hoc Member, General Education Review Panel

2006 Member, Selection Committee for the Vice-Chancellor's Exemplary Teaching Award, Faculty of Arts

2004-2005 Member, Research Programme Sub-Committee of the Centre for Emerging Infectious Diseases (CEID)

Chung Chi College

2021-Present Member, Student Wellness Committee

2021-2022 Convenor, Working Group for Chung Chi College Annual Education Conference, Flourishing Together in Unsettling Times, March 2022

2019-2021 Member, Chung Chi College 70th Anniversary Education Conference Subcommittee

2018-2021	Member, Preparation Committee for the Caring Centre
2004-2016	Member, Scholarships, Awards, and Financial Aid Committee
2006-2015	College Coordinator
2007-2012	Co-opt member, Clubhouse Management Sub-Committee
2004-2012	Adjudicator, Chung Chi College Academic Creativity Awards
2010	Member, Performance Working Group of the Chung Chi College 60 th Anniversary Carnival Sub-Committee
2005-2007	Member, Catering Tender Ad Hoc Committee
2003-2007	Member, Executive Committee of the Chung Chi Staff Club
2003-2007	Convenor, Clubhouse Management Sub-Committee
2003-2007	Member, Catering Services Sub-Committee

Faculty of Social Science

2016-Present	Member, Faculty Board
2015-Present	Research Director, The Chinese University of Hong Kong-National Cheng Kung University, Taiwan Joint Research Centre for Positive Social Science
2007-Dec 2020	Member, Centre for Quality of Life
Aug 2016-Oct 2019	Associate Dean (Research)
2015-2016	Assistant Dean (Research)
2016-Oct 2019	Convenor, Social Science Panel
2016-Oct 2019	Member, Faculty Executive Committee
2012-2013	Member, Student Advisory Committee
2007-2008	Member, Selection Committee for the Exemplary Teaching Award
2003-2009	Member, Publications Committee
2003-2005	Member, Task Force on SARS Related Issues

Department of Psychology

2009-10, 12-13, 19-Present	Member, Executive Committee
2022-Present	Vice Chairperson, Research Committee
2007-2019, 22-Present	Member, Graduate Panel
2014-22	Member, Research Committee
2013-19	Program Director, Graduate Studies in Clinical Psychology (MSSc and PsyD)
2013-19	Chair, Clinical Psychology Panel
2012-2014	Program Director, Master of Arts in Psychology Program
2004-2014	Program Director, Postgraduate Diploma of Psychology Program
2007-14	Chair, Self-Financed Programs Committee
2005-2013	Chair, Student Consultation Committee
2007-2013	Student Affairs Tutor, Clinical Psychology Program
2005-2012	Member, Curriculum Committee
2008-09	Member, Departmental Selection Committee
2005-07	Member, External Relations Committee
2005-07	Member, Student Exchange Committee
2003-07	Member, Self-Financing Programs Committee
2002-05	Member, Student Consultation Committee
2002-03	Chair, Library Committee
2002-03	Member, Postgraduate Diploma Committee

KNOWLEDGE TRANSFER ACTIVITIES (Total: 30)

- Stigma and mental health in the workplace.* Invited speaker. Virtual Life Underwriting and Claims Conference, AXA Group, April 28, 2022
- Workplace mental health.* Invited speaker. Webinar for employees of Urban Renewal Authority, Apr 22, 2022
- Mindfulness on stress reduction.* Invited speaker. Webinar for members of Malaysian Chamber of Commerce, Apr 14, 2022
- Workplace mental health—Redesigning the post-pandemic workplace.* Invited Panelist. Gain Miles Health Forum 2021, Web-mediated Forum, May 26, 2021
- Under the Water: Employee Mental Health,* Invited Panelist, Gain Miles Health Forum, Web-mediated Forum, May 26, 2020
- COVID-19 Impact on Employees' Mental Health,* Invited Speaker, Gain Miles Health Forum, Web-mediated Forum, May 26, 2020
- How can we improve workplace mental health?* Invited Speaker, Gain Miles Health Forum, Harbour Grand Hotel, Hong Kong, to over 300 Human Resources personnel, May 20, 2019.
- Mental wellbeing for your workforce,* Invited speaker, AIA Regional Solutions Conference 2019, Mar 8, 2019
- Mental health at work,* Invited speaker, AIA's Regional Sharing Event, September 6-7, 2018
- Importance of workplace mental health,* Invited speaker, AIA Hong Kong & Macau Health Expo 2018, all staff at AIA Hong Kong, Aug 3, 2018
- StoryTaler: Reducing Psychiatric Stigma & Increasing Mental Health Knowledge through Stories,* sharing to 250 medical students for their Bioethics education for the MBChB at CUHK, May 2, 2018
- Why Mental Health and Stigma Matters in the Police Force,* sharing at the Police Force, February 2, 2018
- StoryTaler: Co-produce stories, reduce stigma, promote mental health,* sharing at Red Cross Volunteer Camp, November 4, 2017
- Engaging everyone for better mental health.* Monday Energiser Session for Jardine Matheson Group, September 25, 2017
- Mad World x StoryTaler x Self-Help Group of People with Mental Illness Symposium,* May 7, 2017
- Mad World x StoryTaler Discussion Forum,* April 5, 2017
- StoryTaler sharing at Diocesan Girls' School,* February 17, 2017.
- Reflection on mental wellness and recovery.* The Road to Integration: An Online Training Kit for Supporting Students with Special Education Needs. Video produced by Student Counselling and Development Service, Office of Student Affairs, The Chinese University of Hong Kong, Dec 7, 2016.
- Well-being.* Invited training for 80 supervisors of the New Life Psychiatric Rehabilitation Association, November 11, 2016.
- StoryTaler: Mental Health Promotion and Stigma Reduction through Co-creation.* Invited workshop at the Symposium on Peer Support Service—The Power of Collaboration, June 27, 2016.
- MINDSET PSW Training and Employment Sharing Session for Professionals.* Invited presentation at the Hong Kong Council of Social Service, March 27, 2015.
- Seeing Heart 180—Youth Mental Health Training Kit and Website.* Evidence-based training kit for teachers/youth workers/counselors and website <http://www.seeingheart180.com> to promote knowledge of common mental health and help-seeking among secondary school students. Distributed to all 500+ secondary schools and counseling centers of 8 universities in Hong Kong, April, 2010.

- Professional Readiness for Managing Same Sex Intimate Partner Violence*. Invited training workshop for 60+ social workers organized by Social Welfare Department of Hong Kong, April 26, 2010.
- Case Management of Same-Sex Intimate Partner Violence*. Invited speaker for the Symposium for social workers organized by Hong Kong Council of Social Service, January 29, 2010.
- Understanding Sexual Orientation*. Invited training workshop for teachers and social workers organized by the Boys' and Girls' Club Association of Hong Kong, January 23, 2010.
- Same Sex Intimate Partner Violence in Hong Kong*. Invited training workshop for 80+ social workers and related professionals organized by the Tung Wah Group of Hospitals CEASE Crisis Centre, December 11, 2009.
- Uncovering Acculturation: A Longitudinal Study on Mainland Chinese Students in Hong Kong*. Invited training workshop for Hong Kong Tertiary Institutions Psychological Counseling Working Group (HKTIPCWG) of Hong Kong Student Services Association (HKSSA) (Attended by counselors and clinical psychologists of 15 tertiary institutions in Hong Kong and Macau), May 2009.
- Understanding Sexual Orientation*. Invited training workshop for teachers and social workers organized by the Boys' and Girls' Club Association of Hong Kong, February, 2009.
- The Same or Not the Same: Understanding Schizophrenia*. Evidence-based training kit for teachers/counselors to reduce stigma towards schizophrenia among students. Distributed to all 500+ secondary schools and counseling centers of 8 universities in Hong Kong, March 2008.
- Basic Counseling Skills Workshop for Volunteers*. Training workshop for The Community Health Organization for Intervention, Care and Empowerment. February 2007.

MEDIA COVERAGE (Total: 48)

- RTHK Doctor and You Mental Health Series "Heart to Heart Conversation" Workplace Mental Health [香港電台醫生與你 精神健康系列「心晴對話」5, 職場心理健康](#), May 26, 2022.
- Unwire HK. [【專訪】用 VR 治療焦慮、抑鬱症 教授：療程不需精神科醫生](#). (Using VR to treat anxiety and depression without the need of a psychiatrist). May 24, 2021.
- South China Morning Post. [Suffer from social anxiety? How VR therapy can help with everyday situations like shopping and dealing with clients](#). Jan 26, 2021.
- China Daily-Global Edition. [VR-aided anxiety treatment trials move to second phase](#). Nov 19, 2020.
- RTHK 1 Radio Interview, 麥穎思教授：以靜觀拆解歧視 [《香港電台第一台非常人物生活雜誌》](#) April 26, 2020
- Press interview, [【人間師格】麥穎思 x 余俊良：從焦慮到自信 從稜角到擁抱](#) Jan 16, 2020 Mingpao Weekly 《明周文化》
- Press interview, [Have Hong Kong's protests sparked a mental health crisis?](#) Jan 15 2020. BBC Health Check
- 麥穎思—以人情味消除精神病偏見與歧視 說書人升級社企路 [Eliminating stigma with a human touch: A story of Prof Winnie Mak's StoryTaler](#) Oct 4, 2019. Interviewed by SoCUBE
- Press interview, [感受對方情緒 忌急於建議 「耳仔溝通」更勝用口](#) Nov 9, 2018. Interview appeared on Ming Pao OL.
- Press interview, [走出抑鬱的陰霾—精神病不要污名化](#) April 24, 2018. Interview appeared on Kong Gu Facebook page.

- Press interview, [文化專題：說書](#) April 25, 2018. Article (in Chinese) appeared on Ming Pao website.
- Press interview, [文化專題：說書人：正視抑鬱 接納自己不完美](#) April 25, 2018. Article (in Chinese) appeared on Ming Pao website.
- Interview, *The price of success. Asia's economies may have prospered but the health of the region's workers is in somewhat poorer shape*. Health at Work by Financial Times. Sept 2017.
- Interview, [Not Always Clear of Clouds, A CUHK psychologist' positive take on mental illness](#). July, 2017 at CUHK Website
- Editorial, 拓展網上精神健康服務新方向 New directions in the development of Internet-based mental health service, July 2, 2017 in Sing Tao.
- Press interview, 【靜觀無明（三）】早上是心理學家，晚上是「說書人」，學者落地反精神病污名化 <http://www.popnews.hk/?p=20719>, June 25, 2017 Article in Chinese published in Headlines Pop News
- Press interview, [《旭茉 JESSICA》成功女性 2017 - 麥穎思](#), June 9, 2017 ; [Synopsis of Winnie Mak](#), article in Chinese published in JESSICA Magazine
- Editorial, [Stressed Hong Kong workers can find mental well-being with web-based behavioural training](#), June 1, 2017 in South China Morning Post
- Press interview, 【真●一念無明】優秀開朗女大生經歷抑鬱症 籲勿標籤精神病人 and 【真●一念無明】余文樂現實版 暴食 Pizza Hut 二人餐匿巴士狂喊. April 17, 2017 Articles and Videos in (in Chinese) appeared on Next Media.
- Press interview, [一念無明 X 說書人座談：精神健康不是病人的事，是每一個人的事](#), Mental Health is everyone's business, April 13, 2017, The News Lens.
- Press interview, [說書人分享故事破精神病偏見 鼓勵接納不完美 求助是勇敢](#). April 5, 2017 Article (in Chinese) appeared on Ming Pao.
- Press interview, [識識之友-講故事推精神健康經歷「貼地」反歧視](#) *Telling stories to promote mental health and tackle discrimination*. October 17, 2016. Article (in Chinese) appeared on Sing Tao S File.
- Press interview, [我的名字 你的故事——「說書人」以故事「貼地」談精神健康](#) *My Name, Your Story- Talk about mental health pragmatically*, July 17, 2016. Article (in Chinese) appeared on the Life Ichiban website.
- Press interview, [Focus on Hong Kong students' mental health- call for more awareness and assistance](#), June 26, 2016. Article (in English) appeared on the South China Morning Post website.
- Press interview, [點解我哋會鬧人癲線，唔會鬧人你有糖尿？](#) “Go haywire” is a derogatory idiom. But we won't tease people having “diabetes” instead, March 18, 2016. Articles appeared in the Volume 3, Issue 4 of the Sunzine.
- Press interview, [精神困擾，不是錯](#) *It's not a wrong thing to have mental illness*, March 11, 2016. Article (in Chinese) appeared on the Hong Kong China News Agency website.
- Press conference, *Evaluation of MINDSET Peer Support Worker Program*, March 30, 2015.
- Press conference, *MTR-CUHK Youth Quality of Life Index: Quality of Life of Youth in Hong Kong Increases Slightly in General*, July 7, 2014. 19 articles featured in 14 major local newspapers on the following day.
- Press interview, *From mindful experiencing to sustainable well-being*. Article appeared in the March 2014 issue of University Marketplace.
- Press conference, *Hong Kong's First-Ever HIV Stigma Research-HIV Stigma Watch*, February 17, 2014. 4 articles featured in 4 major local newspapers on the following day.
- Press interview, *How to get out of the trap of becoming “monster parents”*, August 23, 2013. Article appeared in the October 2013 issue of F & H Magazine.

- Press conference, *Effective Strategies for Promoting Psychological Well-being*, June 10, 2013. 15 articles featured in 11 major local newspapers on the following day.
- Press conference, *MTR-CUHK Youth Quality of Life Index*, May 28, 2013.
- Interviewed by Next Media, *Homosexual children have something to say*, February 28, 2013.
- Interviewed by South China Morning Post Young Post, *Hong Kong's homosexual population still have no legal protection against discrimination*, November 22, 2012.
- Press conference, *Internet Mental Health Interventions: Research and Applications*, December 2, 2011.
http://orientaldaily.on.cc/cnt/news/20111203/00176_061.html?pubdate=20111203
- Press conference, *CUHK Hong Kong Quality of Life Index: Quality of Life in Hong Kong Declines Further*, August 3, 2010. 21 articles featured in 17 major local newspapers on the following day.
- Press conference, *Evaluation of the First Integrated Mental Health Centre—The Wellness Centre in Tin Shui Wai, Hong Kong*, May 14, 2010. 7 articles featured in 7 major local newspapers on the following day.
- Press conference cum workshop for educators and social workers, *Youth mental health in Hong Kong—Mental health status, help-seeking patterns, and attitudes towards mental illness*, April 13, 2010. Over 100 representatives from secondary schools and youth centers attended. 11 articles featured in 11 major local newspapers on the following day.
- Interviewed by New Life Psychiatric Rehabilitation Association to appear on *New Life Newsletter* (Vol. 014) on Recovery of mental illness, September, 2009.
- Interviewed by ATV to appear in the television program, *Inside Story*, on stigma towards people with mental illness, August 25, 2009.
- Press conference, *Research on same-sex intimate partner violence in Hong Kong*, June 16, 2009. 9 articles featured in 9 major local newspapers on the following day.
- Press conference, *Stigma and well-being of parents of children with autism spectrum disorder*, with undergraduate student, Yvonne Kwok, May 20, 2009. 4 articles featured in 4 major local newspapers on the following day.
- Press conference, *Cultural adaptation and mental health of mainland students in Hong Kong*, with undergraduate student, Ellery Wu, May 20, 2009. 4 articles featured in 4 major local newspapers on the following day.
- Interviewed by ICable TV to appear in the television program, *Current Affairs Broadband*, on domestic violence for same-sex intimate partners, January 24, 2009.
- Interviewed by RTHK to appear in the television program, *The Pulse*, on domestic violence for same-sex intimate partners, January 9, 2009.
- Interviewed by Project Touch of the Boys' and Girls' Clubs Association of Hong Kong on what is homosexuality to appear at www.newtouch.net, September, 2008.
- Press conference, *Stigma reduces people's intention to seek help for mental health problems*, October 15, 2007. 14 articles featured in 14 major local newspapers on the following day.
- Interviewed by Reuters to appear in news article, *Epidemic survivors stress need for mental care*, November 28, 2005.