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Confront and Navigate
Depression Online Project

Kick-off Ceremony

9 JULY 2019
TUE
14:30-17:00

AAB204, Academic and
Administration Building,
Hong Kong Baptist University

Introduction of the CANDO Project

The CANDO Project is a 3-year project funded by Innovation and Technology Fund for Better Living in Innovation and Technology Bureau in 2019. This project will collaborate with Department of Computer Science in Hong Kong Baptist University and Stockholm University to develop a culturally and linguistically appropriate online intervention program for Hong Kong people with depression to reduce their depressive symptoms and improve their mental health. The developed online program will be delivered to 400 Hong Kong people with mild to moderate depression and train 200 local mental health professionals to use this program to work with their clients.

Public Seminar on Online Cognitive Behavioral Therapy for Depression

During the last two decades, Internet-delivered cognitive behavior therapy (ICBT) has been tested in hundreds of randomized controlled trials, often with promising results. However, the control groups were often waitlisted, care-as-usual or attention control. The aim of this talk is to investigate the most recent literature on guided ICBT for depression. Overall, large treatment effects are reported with a few exceptions. Different forms of delivery, like smartphones, will be discussed as well as relapse prevention programs to limit the reoccurrence of new depressive episodes. Working alliance as a predictor of treatment outcome will be covered. The effects of recruitment source on patient demographics and clinical characteristics, and the possible harmful effects of ICBT will be also discussed.

Speaker



Prof. Per Carlbring
Professor of Clinical Psychology
Department of Psychology, Stockholm University, Sweden

Professor Per Carlbring is the Head of the Clinical Division at the Department of Psychology and the leader of the clinical psychology research group at Stockholm University. His main research focus is effectiveness and efficacy of Internet interventions for depression, social anxiety disorder and gambling. Professor Carlbring has published over 250 peer-reviewed papers in international journals and serves as the editor-in-chief of Cognitive Behaviour Therapy.



Dr. Jiayan Pan
Associate Professor
Principal Investigator, CANDO Project
Department of Social Work, Hong Kong Baptist University

Trained in both psychology and social work, Dr. Jiayan Pan's research interests centre on migration and mental health, resilience in acculturation, cognitive behavioral therapy, Chinese students, scale development and program evaluation. She has been recently awarded three grants to develop online cognitive behavioral intervention programs for Hong Kong people with different mental health disorders. The CANDO Project is one of the funded project. Dr. Pan has published over 30 journal papers.



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All are welcome