

## CURRICULUM VITAE

Daniel Fu Keung Wong, 黃富強  
Chair Professor of Mental Health and Counselling  
Department of Social Work  
Faculty of Social Sciences  
Hong Kong Baptist University  
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### EDUCATIONAL ATTAINMENT

2012 - 2014	Doctor of Clinical Psychology	Alliant International University, USA
2011 - 2012	Master of Arts (Clinical Psychology)	Alliant International University, USA
2000 - 2002	Cognitive Therapy Training	The Beck Institute, USA
1993 - 1997	Doctor of Philosophy	La Trobe University, Australia
1988 - 1991	Master of Social Work	Chinese University of Hong Kong, Hong Kong
1981 - 1985	Bachelor of Arts (History) and Bachelor of Social Work	McMaster University, Canada

### PROFESSIONAL QUALIFICATION

Fellow and Certified Cognitive Therapist of the Academy of Cognitive Therapy, USA  
Registered Social Worker, Hong Kong, Hong Kong  
Accredited Mental Health Social Workers, AASW, Australia  
Registered Clinical Psychologist, Australia  
Australian Board Approved Clinical Psychologist Supervisor, Australia  
Registered Clinical Psychologist, Association of Hong Kong Doctors of Clinical Psychologists, Hong Kong  
Associate Fellow and Approved Counselling Supervisor, Hong Kong Professional Counselling Association, Hong Kong

## EMPLOYMENT

Chair Professor, Department of Social Work, Hong Kong Baptist University (current)

Professor, Department of Social Work and Social Administration, The University of Hong Kong (September 2015 to August 2022)

Professor, Department of Applied Social Studies, City University of Hong Kong (September 2010 to August 2015)

Assistant/Associate Professor, Department of Social Work and Social Administration, The University of Hong Kong (September 1998 to August 2010)

Associate Professor, School of Nursing and Social Work, The University of Melbourne (January 2008 to November 2009)

Lecturer, Division of Social Studies, City University of Hong Kong (January 1995 to August 1998)

Mental Health Social Worker, Broadmeadows Community Health Services, Melbourne, Australia (December 1992 to December 1994)

Social Worker/Social Work Supervisor, Mental Health Association of Hong Kong (October 1986 to October 1992)

Social Worker, Hong Kong Federation of Youth Groups, (October 1985 to September 1986)

## AWARDS AND HONOURS

2024 Fellow, Sau Po Centre on Aging, The University of Hong Kong (Jan, 2024 to December 2025)

2023 World's Top 2% Scientists by Stanford University (Clinical Medicine, 2023)

2023 Honorary Consultant, Social Work Services Division, Caritas Hong Kong (October, 2023 to September 2025)

2023 Honorary Scholar, School of Continuing Education, Hong Kong Baptist University (August 2023 to August 2025).

2023 "Joint University Mental Wellness Project" won the 2022年高等教育(本科)國家級教學成果獎二等獎, Ministry of Education of the People's Republic of China (2023)

2021 Best Practice Awards in Social Welfare (Outstanding Service Delivery Award) – awarded to The Hong Kong Federation of Youth Groups for a cognitive behavior therapy on mental health and delinquency prevention and intervention project in which I was the consultant, researcher and clinical supervisor. This specific award is given for the project's contribution to evidence-based practice research innovation, Hong Kong Council of Social Services (2021)

2021 Best Practice Awards in Social Welfare (Outstanding Social Service Award) – awarded to The Hong Kong Federation of Youth Groups for a cognitive behavior therapy on mental

health and delinquency prevention and intervention project in which I was the consultant, researcher and clinical supervisor, Hong Kong Council of Social Services (2021)

UGC Teaching Award – one of the recipients of a team category award on a project entitled Joint University Mental-Wellness Project (JUMP) which promoted Positive Psychology among university students at different universities in Hong Kong between 2017 and 2020, University Grant Committee (2021)

2019 Best Practice Awards in Social Welfare (Outstanding Social Service Award) – awarded to The Hong Kong Federation of Youth Groups for a cognitive behavior therapy on crime and drug prevention project in which I was the consultant, researcher and clinical supervisor, Hong Kong Council of Social Services (2019)

University Outstanding Teaching Award, The University of Hong Kong (2018)

Social Sciences Outstanding Teaching Award, Faculty of Social Sciences, The University of Hong Kong (2018)

Universitas 21 Fellowship – a visiting scholar to the School of Social Work, University of Melbourne for a period of two months. Main objectives are to exchange ideas about teaching at the postgraduate level and conducting joint research activities (2018-2019)

Fellow, Academy of Cognitive Therapy, USA (Since October 2015)

Honorary Research Fellow, Sau Po Centre on Ageing, HKU (Since October 2015)

Honorary Fellow, The Hong Kong Jockey Club Centre for Suicide Research and Prevention, The University of Hong Kong (Since 2007)

Honorary Professor, Department of Social Work and Social Administration, The University of Hong Kong (2010 – 2014)

Fulbright Scholars Award – a visiting scholar for 6 months at UC Berkeley, USA (2004-2005)

Universitas 21 Fellowship – a visiting scholar to the School of Social Work, University of Melbourne for a period of two months. Main objectives are to exchange ideas about teaching at the postgraduate level and conducting joint research activities (2001-2002)

Outstanding Teaching Award – one of the teachers in the Department of Social Work and Social Administration awarded as an outstanding teacher, Faculty of Social Sciences, The University of Hong Kong (1999-2000)

## **PROFESSIONAL LEADERSHIP**

Convenor, Evidence-Based Clinical Social Work Practice Research Cluster, Department of Social Work and Social Administration, The University of Hong Kong (January 2018 to August 2022)

Founding Member, Hong Kong Health Literacy Hub (AHLA Hong Kong office), Hong Kong (since 2018)

Chairman, Institute of Cognitive Therapy, Hong Kong ([www.ictkhk.org](http://www.ictkhk.org)) (Since 2011)

Chairman, Centre for Holistic Health, Melbourne, Australia ([www.chh.org.au](http://www.chh.org.au)) (From 2014 to November 2019)

Founder and Convenor, Chinese Cognitive-Behavioral Therapy Hub, a departmental unit of the Department of Applied Social Studies, College of Liberal Arts and Social Sciences, City University of Hong Kong, ([www.cityu.edu.hk/ss/ccbt](http://www.cityu.edu.hk/ss/ccbt)) (September 2010 to August 2015)

Honorary Advisor, The Hong Kong Society for Rehabilitation, HK (2016 – 2018)

Core member, International Network of Health and Mental Health (2003 – 2007)

## **ADMINISTRATIVE LEADERSHIP**

Associate Head, Department of Social Work, Baptist University of Hong Kong

Faculty Research Committee Member, Faculty of Social Sciences, Baptist University of Hong Kong

Faculty Human Resource Committee (FHRC), Faculty of Social Sciences, the University of Hong Kong (September 2021 – August 2022)

Management Committee, Hong Kong Institute for the Humanities and Social Sciences, the University of Hong Kong (September 2018 – August 2022)

Departmental Approver on Ethics Approval of Student Dissertations, Department of Social Work and Social Administration, University of Hong Kong, (September 2016 – March 2021)

Director of Master of Social Sciences Programme (Mental Health), Department of Social Work and Social Administration, University of Hong Kong (September 2015 – August 2022)

Member, Management Committee, Department of Social Work and Social Administration, The University of Hong Kong (September 2015 – August 2022)

Faculty Research Committee, Faculty of Social Sciences, University of Hong Kong (2018 – 2019)

Research Coordinator, Department of Applied Social Studies, City University of Hong Kong (September 2013 to June 2014)

Member, College Committee, College of Liberal Studies and Social Sciences, City University of Hong Kong (2012 – 2014)

RAE Social Work Stream Coordinator, Department of Applied Social Studies, City University of Hong Kong (September 2012 – December 2013)

Nam Shan Practice and Psychology Laboratories Coordinator, Department of Applied Social Studies, City University of Hong Kong (January 2012 – June 2013)

Director, Chinese Cognitive-Behaviour Therapy (CCBT) Hub, a research unit of the Department of Applied Social Studies, City University of Hong Kong (September 2010 – August 2015)

College Knowledge Transfer Coordinator, College of Liberal Arts and Social Sciences, City University of Hong Kong (September 2011 – November 2012)

Associate Director, Centre on Behavioral Health, The University of Hong Kong (Till 2008)

Deputy Head, Department of Social Work and Social Administration, The University of Hong Kong October 2006 – January 2008)

Programme Director, The Master of Social Sciences (Mental Health), The University of Hong Kong (2003 – 2008)

Associate Dean, Faculty of Social Sciences, The University of Hong Kong (2003 – 2006)

Coordinator, The Master of Social Sciences Programmes, The University of Hong Kong (2001 – 2003)

## RESEARCH

- I have generated a total of over **HK\$54 million** as **PI** (an additional **45 million** as co-I)
- For the **69 research projects** I have secured, **55** have been **externally funded**. I am the **PI** of **50** of the projects
- **38** of the projects are **competitive research grants**
- I received **4 CERG/GRF grants in the capacity of PI** in 2007, 2014, and 2016, 2019 and **5 GRF grants in the capacity of Co-I** in 2015, 2017, 2018, 2020, 2021
- **52** of the **69** projects are **directly related to developing innovative and indigenized clinical intervention model, mostly in the application of cognitive behaviour therapy (CBT)** in working with diverse groups of Chinese clients with depression, anxiety disorders, elderly with depression, parents with emotional problems, youth with psychosis, problem gamblers, cancer patients, drug abusers, children and youth with anxiety problems and etc.
- In 2018, 12 colleagues in the Department of Social Work and Social Administration, HKU, have developed an **Evidence-Based Social Work Practice Research Cluster**. We bid and experiment innovative practice research projects, provide knowledge transfer to professionals and the general public, and run the Practice Centre.
- In 2022, 6 colleagues in **Department of Social Work, HKBU**, have developed the **Mental Health Research Cluster**, aiming to develop vigorous research and innovative interventions in tackling mental health issues in Hong Kong and globally.

## Research Interests

My research interests fall into cognitive-behaviour therapy; evidence-based practice in mental health; community mental health such as mental health promotion and mental health issues among migrants.

## Research Grants

Year	Title	Grant Nature	
<b>Externally Funded</b>			
1.	2023	"Emotional Resilience for Family and Teens" Program – Phase 2 of Mental Health Initiatives Funding Scheme ( <b>Co- Principal Investigator</b> , Hong Kong SAR Government, Hong Kong <b>\$1,652,478.00</b> ) – <b>current</b>	Competitive research
2.	2022	Jockey Club Smart Link Project – Phase II (2022, <b>Principal Investigator</b> , Hong Kong Jockey Club Charities Trust, Hong Kong, <b>HK\$172.47million</b> of which <b>HK\$16million</b> dedicated to BU Blended Mode Initiatives) – <b>current</b>	Contract research
3.	2022	Examining the effectiveness of narrative enhancement and cognitive therapy (NECT) and enhanced Wellfocus Positive Psychotherapy for the people with schizophrenia (2022, <b>Co- Investigator</b> , GRF, Hong Kong, <b>HK\$734,678</b> ) – <b>current</b>	RGC fund
4.	2022	Improving psychological wellbeing of university students (2022, <b>Principal Investigator</b> , UGC Special Grant, Hong Kong, <b>HK\$800,000</b> ) – completed	RGC fund
5.	2022	Prevention and intervention for cannabis-abuse youth: Screening test and integrated cognitive-behavioral intervention (2022, <b>Principal Investigator</b> , Beat Drug Fund, Hong Kong, <b>HK\$1.8million</b> ) – <b>current</b>	Competitive research
6.	2022	Researching the effectiveness of a cognitive-behavioral intervention in enhancing family resilience and alleviating parental stress of parents with preschool children (2021, <b>Principal Investigator</b> , Heep Hong Society, <b>HK\$700,000</b> ) – completed	Contract research
7.	2022	Professional Support Advisory Network on Student Suicide Prevention: Developing and evaluating the effectiveness of the network model (2022, <b>Principal Investigator</b> , Keswick Foundation Limited and Mindset, Hong Kong, <b>HK\$970, 000</b> ) – completed	Contract research
8.	2021	Evaluating the effectiveness of an enhanced WELLFOCUS	Competitive

		Positive Psychotherapy and a hybrid CBSST-SCIT intervention for the people with schizophrenia in halfway houses (2021, <b>Co-Investigator</b> , GRF, Hong Kong, <b>HK\$725,200</b> ) – completed	research
9.	2020	The impact of grandparenting on Chinese left-behind Children’s Mental Health: A resilience framework (2020, <b>Co-Investigator</b> , GRF, Hong Kong, <b>HK\$522,408</b> ) – completed	Competitive research
10.	2020	Building emotional resilience in Hong Kong families – Professional capacity building for family social workers (2020, <b>Principal Investigator</b> , Hong Kong Jockey Club Charities Trust, <b>HK\$11million</b> ) – completed	Contract research
11.	2020	Localization of the “FRIENDS Resilience” group programs in secondary schools: An evaluation study in Hong Kong (2020, <b>Principal Investigator</b> , Tung Wah Group of Hospitals, Hong Kong, <b>HK\$300,000</b> ) – completed	Contract research
12.	2019	The effectiveness of a professionally-facilitated recovery-oriented cognitive-behaviour approach for people with schizophrenia in Hong Kong: A comparison to a peer-led peer support programme (2019, <b>Principal Investigator</b> , GRF, Hong Kong, <b>HK\$770,936, #17609919</b> ) – completed	Competitive research
13.	2019	Healthy transition – Preventive and educational programmes for substance abusers with mental health issues (2019, <b>Co-Principal Investigator</b> , Beat Drug Fund, Hong Kong, <b>HK\$5.4 million (2.05 million</b> dedicated to research and training) – completed	Competitive research
14.	2019	Pilot project on developing a district-based professional support advisory network for student suicide prevention (2019, <b>Principal Investigator</b> , Keswick Foundation Limited, Hong Kong, <b>HK\$1.8 million</b> ) – completed	Competitive research
15.	2018	Developing resilience among international post-secondary students in Victoria, Australia – Phase 2 (2018, <b>Principal Project Holder</b> , funded by Department of Economic Department, Jobs, Transport and Resources, Victoria State Government, Australia, AUD\$75000 ( <b>HK\$430,000</b> ) – completed	Competitive research
16.	2018	Meaning making in dementia caregiving among adult children in Hong Kong: testing a generation model (2018, <b>Co-Investigator</b> , GRF, Hong Kong, <b>HK\$606,020, #17613218</b> ) – completed	Competitive research
17.	2018	Focus group study on planning of mental health educational and destigmatisation campaign (2018, <b>Principal Investigator</b> , commissioned by Department of Health, Hong Kong SAR Government, <b>HK\$450,000</b> ) – completed	Competitive research
18.	2017	A study on youth delinquency, criminal behaviours and mental health (2017, <b>Principal Investigator</b> , subcontracted by Hong Kong Federation of Youth Groups, Funded by D. H. Chen Foundation, <b>HK\$449,500</b> ) – completed	Competitive research

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| 19. | 2017 | Enhancing Chinese people's knowledge about cultural and social issues on domestic violence (2017, <b>Principal Project Holder</b> , Funded by Community Grants Hub, The Department of Social Services, Victoria State Government, Australia, AUD\$100,000 <b>HK\$600,000</b> ) – completed  | Competitive research            |
| 20. | 2017 | Enhancing university students' well-being and positive learning experiences – Application of positive education (2017, <b>Co-Investigator</b> , Funded by University Grant Council – Teaching and Learning Fund, Hong Kong, <b>HK\$4 million</b> ) – completed  | Competitive research            |
| 21. | 2017 | Effects of expressive arts therapy intervention for elderly with depression: A comparison study to efficacy of cognitive behavioral therapy (2017, <b>Co-Investigator</b> , Funded by GRF grant, Hong Kong, <b>HK\$704,440</b> ) – withdrawn  | Competitive research            |
| 22. | 2017 | Research study on enhancement of self-efficacy and perseverance for special educational needs (SENs) students in Hong Kong (2017, <b>Principal Investigator</b> , funded by Yan Chai Hospital Social Services, Hong Kong, <b>HK\$497,380</b> ) – completed  | Competitive research (SWD Fund) |
| 23. | 2017 | Developing resilience among international Post-Secondary Students in Victoria, Australia – Phase 1 (2017, <b>Principal Project Holder</b> , funded by Department of Economic Department, Jobs, Transport and Resources, Victoria State Government, Australia, AUD\$50000 ( <b>HK\$300,000</b> )) – completed  | Competitive research            |
| 24. | 2016 | The development of an integrated assessment tool, treatment protocol and training for social workers by using Cognitive Behavioural Therapy for young hidden drug abusers and youth with drug-related offence (2016, <b>Principal Investigator</b> , funded by Hong Kong Federation of Youth Groups – Beat Drug Fund, Hong Kong, <b>HK\$700,000</b> ) – completed | Competitive research            |
| 25. | 2016 | Evaluating the effectiveness of a culturally-attuned cognitive-behaviour therapy for Chinese adolescents with anxiety problems in school settings in Hong Kong: A randomised control design (2016, <b>Principal Investigator</b> , funded by GRF grant, HKU17651016, Hong Kong, <b>HK\$813,592</b> ) – completed  | Competitive research            |
| 26. | 2016 | One-year training on integrated cognitive-behaviour intervention for social workers working with youth drug abusers (2016, <b>Principal Investigator</b> , Beat Drugs Fund Association (BDF150022), <b>HK\$1 million</b> ) – completed  | Competitive research            |
| 27. | 2016 | Holistic support programme on mental health for older people (2016, <b>Co-Investigator</b> , funded by The Hong Kong Jockey Club Charities Trust - General Award, Hong Kong, <b>HK\$25.86 million</b> ) – completed   | Contract research               |
| 28. | 2015 | Comparing the effectiveness of integrative body-mind-spirit group intervention and cognitive-behavioral group on quality of   | Competitive research            |



- life and psycho-socio- spiritual distress for lung cancer patients and their family caregivers: A randomized controlled trial (2015, **Co-Investigator**, funded by GRF grant (HKU17614515), Hong Kong, **HK\$ 905,940**) – completed
29. 2015 Evaluating cognitive behavioural therapy for carers with adult children with intellectual and psychiatric disabilities in Hong Kong (2015, **Principal Investigator**, commissioned by Mental Health Association of Hong Kong, Hong Kong, **HK\$135,000**, including training) – completed Contract research
30. 2014 Evaluating the effectiveness of an integrated cognitive-behavioural model for people with problem gambling in Hong Kong: A randomized waitlist control design (2014, **Principal Investigator**, funded by GRF grant (HKU1140914), Hong Kong, **HK\$418,500**) – completed Competitive research
31. 2014 A study of an emotional coaching program (ECP) for children and adolescent with anxiety features – Using protective factors to enhance positive changes (2014, **Principal Investigator**, funded by Tung Wah Group of Hospitals, Hong Kong, including training, **HK\$350,000**) – completed Competitive research (SWD Fund)
32. 2013 Survey of carers' quality of life cum an evaluation study on cognitive-behavioural therapy for carers with relative suffering from mental illness (2013, **Principal Investigator**, **HK\$350,000**, funded by Baptist Oi Kwan Social Services, Hong Kong including training) – completed Competitive research (SWD Fund)
33. 2013 Evaluating cognitive behavioural therapy for youth at risk in Hong Kong (2013, **Principal Investigator**, funded by Hong Kong Federation of Youth Groups, Hong Kong, **HK\$195,000**, including training) – completed Competitive research (SWD Fund)
34. 2013 Social connectedness project: Supporting people from culturally diverse backgrounds (2013-2016, **Consultant and Investigator**, **AUD\$308,935 (HK\$2.25million)**, collaborated with Chinese Community Social Service Centre of Melbourne and funded by Department of Health and Ageing, Australian Government) – completed Competitive research
35. 2013 Evaluating cognitive behavioural therapy for carers with school-aged children with ADHD in Hong Kong (2013, **Principal Investigator**, commissioned by Lutheran Social Services of Hong Kong, Hong Kong, **HK\$140,000**, including training) – completed Competitive research (SWD Fund)
36. 2013 A survey on understanding anxieties of children between primary 1 to primary 3 – A growth perspective (2013, **Principal Investigator**, commissioned by Tung Wah Group of Hospitals, Hong Kong, **HK\$100,000**) – completed Contract research
37. 2012 Studies on evidence-based practices for integrated community Competitive research

		centres of mental wellness (ICCMWs), (2012, <b>Principal Investigator</b> , funded by Mental Health Association of Hong Kong, <b>HK\$1.2 million</b> ) – completed	(SWD Fund)
38.	2011	Antenatal cognitive behavioral therapy group intervention for the prevention of perinatal depression among Macao and Chengdu Chinese pregnant women: A quasi-experimental study (2011, <b>Co-investigator</b> , Macau Polytechnic Institute, <b>MOP\$219,643</b> ) – completed	Contract research
39.	2011	Evaluating cognitive-behavioural therapy for adolescents and young adults with psychosis and emotional disorders in Hong Kong (2011, <b>Principal Investigator</b> , funded by Baptist Oi Kwan Social Services, Hong Kong, <b>HK\$180,000</b> , including training) – completed	Competitive research (SWD Fund)
40.	2010	Evaluating cognitive behavioural therapy for school-aged adolescents in Hong Kong (2010, <b>Principal Investigator</b> , funded by Yan Oi Tong Social Services, Hong Kong, <b>HK\$90,000</b> , including training) – completed	Competitive research (SWD Fund)
41.	2010	Evaluating cognitive-behavioural therapy for older adults with chronic pain in Hong Kong (2010, <b>Principal Investigator</b> , funded by Yan Oi Tong Social Services, Hong Kong, <b>HK\$90,000</b> , including training) – completed	Competitive research (SWD Fund)
42.	2010	Evaluating cognitive behavioural therapy for parents with adult children with disabilities in Hong Kong (2010, <b>Principal Investigator</b> , funded by Caritas Social Services, Hong Kong, <b>HK\$70,000</b> , including training) – completed	Competitive research (SWD Fund)
43.	2010	Evaluating cognitive behavioural therapy for parents with young children with disabilities in Hong Kong (2010, <b>Principal Investigator</b> , funded by Caritas Social Services, Hong Kong, <b>HK\$90,000</b> , including training) – completed	Competitive research (SWD Fund)
44.	2010	Randomized controlled trial of a brief group intervention using cognitive behavioral approach to reduce postnatal depressive symptoms (2010, <b>Co-investigator</b> , Health and Health Service Research Fund, <b>\$HK547,000</b> ) – completed	Competitive research
45.	2010	Evaluating Mental Health First Aid Programme (MHFA) in Hong Kong (2010, <b>Principal Investigator</b> , commissioned by Mental Health Association of Hong Kong, <b>HK150,000</b> ) – completed	Contract research
46.	2010	Opinion survey on carers of persons with severe mental illness: Their perceptions of adequacy and effectiveness of community mental health services in Hong Kong (2010, <b>Principal Investigator</b> , commissioned by Baptist Oi Kwan Social Services, <b>HK\$50,000</b> ) – completed	Contract research
47.	2008	Cognitive behavioural treatment group (CBTG) program - Enhancing stress resilience in Chinese parents of children with	Competitive research

disabilities (2008, Principal Investigator, Ian Potter Foundation—Standard Grant, AUD\$35,000 (HK\$210,000), with Chinese Community Social Services Centre Inc, Melbourne, Australia as grant recipient) – completed

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| 48. | 2008 | A survey on Chinese immigrants' barriers to accessing mental health services in Melbourne, Australia (2008, Principal Investigator, Chinese Community Social Services Centre Inc, Melbourne, Australia, AUD\$10,000 (HK\$60,000) – completed   | Contract research    |
| 49. | 2007 | Resilience of rural migrant workers in Shanghai China: A longitudinal study (2007, Principal Investigator, RGC/GRF Grant, HK\$500,800) – declined due to no pay leave  | Competitive research |
| 50. | 2007 | Compulsive buying of Chinese people in Hong Kong (2007-2008, Principal Investigator, Tung Wah Groups of Hospitals, HK\$90,000) – completed   | Contract research    |
| 51. | 2005 | Factors affecting the help-seeking pathways of Hong Kong Chinese immigrants and White American-Born caregivers who have relatives suffering from the first episode of schizophrenia in the United States: A comparative study with the Chinese caregivers in Hong Kong (2005, Principal Investigator, Fulbright Scholar Research Grant, HK\$382,600) – completed | Competitive research |
| 52. | 2005 | Combating depression: Training professionals to run cognitive behavioral therapy workshops for people suffering from mild to moderate depression (2005-2007, Principal Investigator, Mrs. Li Ka Shing Fund, HK\$ 1 million) – completed  | Contract research    |
| 53. | 2000 | Developing a community dementia day-care service for the elderly people in Central and Western District in Hong Kong (2000, Co-investigator, S. K. Yee Medical Foundation, HK\$1.6 million) – completed  | Competitive research |

### **Internally Funded**

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| 54. | 2018 | Marital rock and roll: Developing cognitive behaviour couple interventions in supporting couples who have experienced mental health challenges (2018, Principal Investigator, HKU KE Fund, HK\$70,000, #KE-IP-2018/19-78) – completed | Internal university grant |
| 55. | 2012 | Developing an evidence-based group cognitive behavioural treatment manual for Chinese problem gamblers in Hong Kong, (2012, Principal Investigator, City University Start-Up Grant, HK\$200,000) – completed                          | Internal university grant |
| 56. | 2011 | Knowledge Transfer (KT) Website development for College of Liberal Arts and Social Sciences (2011, Principal Investigator, UGC KT Earmarked Fund, City University of Hong Kong, HK\$270,000) – completed                              | Internal university grant |
| 57. | 2011 | Brief cognitive behavioral education program for main family  | Internal                  |

- carers of patients in intensive care units: A randomized controlled trial (2011, Co-investigator, Competitive Research Grants for Newly Recruited Junior Academic Staff, Polytechnic University of Hong Kong, HK\$195,780) – completed university grant
58. 2011 Putting theory into practice: A web-based cognitive behavior theory learning platform (2011, Principal Investigator, Teaching Development Grant, City University of Hong Kong, HK\$99,968) – completed Internal university grant
59. 2010 Trial run of brief group intervention using cognitive behavioral approach to reduce postnatal depressive symptoms (2010, Co-investigator, University of Hong Kong Seed Funding, (HK\$61,000) – completed Internal university grant
60. 2009 Trial run for antenatal preventive intervention to prevent postpartum depression and anxiety in Hong Kong (2009, **Co-investigator**, University of Hong Kong Seed Funding, (**HK\$70,000**) – completed Internal university grant
61. 2008 Becoming reflexive social workers: Developing an outcome-based course on reflexivity for social work students (2008, **Co-investigator**, Leung Kau Kui Research and Teaching Endowment Fund Teaching Grants, **HK\$60,000**) – completed Internal university grant
62. 2007 A quasi-experimental study on cognitive behavioural programme for work-related stress of secondary school teachers in HK: a pilot study (2007, **Co-investigator**, Seed Funding Programme for Basic Research, HKU, **HK\$80,000**) – completed Internal university grant
63. 2006 Resilience of children of rural migrant workers in Shanghai (2006-2007, **Principal Investigator**, CRCG Grant, **HK\$66,800**) – completed Internal university grant
64. 2004 Rural-urban migrants in Shanghai: Their stresses and mental health (2004-2005, CRCG Grant, **Principal Investigator**, **HK\$65,000**) – completed Internal university grant
65. 2004 Cognitive therapy for persons with anxiety disorders in Groups: A randomized controlled study (2004, **Principal Investigator**, University Development Fund-Faculty fund, **HK\$100,000**) – completed Internal university grant
66. 2003 Cognitive therapy for persons with major depression in groups: A randomized controlled study (2003-2004, **Principal Investigator**, CRCG Grant, **HK\$68,000**) – completed Internal university grant
67. 2002 A study of the factors influencing help-seeking behaviours of Chinese carers with relatives suffering from his/her first episode of a serious mental illness in Hong Kong (2002-03, **Principal Investigator**, CRCG Grant, **HK\$64,000**) – completed Internal university grant

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| 68. | 2002 | Caring for carers with persons suffering from mental disorders in Hong Kong and Australia: A cross-cultural comparisons (2002, <b>Principal Investigator</b> , CRCG Grant, <b>HK\$110,000</b> ) – completed | Internal university grant |
| 69. | 2001 | Mental health of mainland Chinese immigrant and local-born youth in Hong Kong: A comparison (2001, <b>Principal Investigator</b> , CRCG, <b>HK\$119,500</b> ) – completed                                   | Internal university grant |

## Scholarly Journal Articles, Books, Book Chapters and Monographs

### Journal publications

- I have authored/co-authored about **140 articles**. About **70 articles** were written by myself **as the sole or first author**
- More than **two-third** of the refereed articles fall into **Q1 and Q2** journal categories
- Many of them have appeared in:
  - Top social work journals such as *British Journal of Social Work* (4 articles), *Research on Social Work Practice* (8 articles) and *Child and Family Social Work* (2 articles)
  - Top psychiatry journals such as *Depression and Anxiety* (1 article), *Australian and New Zealand Journal of Psychiatry* (5 articles) and *Social Psychiatry and Psychiatric Epidemiology* (4 articles)
  - Top nursing, rehabilitation and social science journals such as *International Journal of Nursing Studies* (1 article), *Journal of Intellectual Disability Research* (5 articles), *Social Science and Medicine* (1 article)
- My **H-index is 40** (Google Scholar). The **total citations** are over **4450**, with the past three years having about 500 per year.

### Journal articles (IF = Impact factor, % = My contribution, Rank = Ranking of paper within the category)

1. Low, Y.T.A., Kwok, S.L.Y.C, **Wong, F.K.D.** (2023). Effectiveness of a culturally specific school-based Cognitive-Behavioral Group Therapy for primary school children with anxiety problems in Hong Kong. *Asia Pacific Journal of Social Work and Development*, First published online December 24, 2023. <https://doi.org/10.1080/29949769.2023.2296894>.
2. **Wong, F.K.D.**, Cheung, Y.C.H., Zhuang, X.Y., Ng, Y.N.P., Oades, L., & Ye, S.Q.S. (2023). Strength-based Cognitive-Behavioural Therapy and Peer-to-Peer Support in the recovery process for people with schizophrenia: A randomized control trial. *International Journal of Social Psychiatry*, First published online November 30, 2023. <https://doi.org/10.1177/00207640231212096>

3. **Wong, F.K.D.**, Chan, H.W., & Lu, S. (2023). Development and validation of the Social Ecological Resilience Scale (SERS) from a systems perspective for Hong Kong families. *Child and Family Behavior Therapy*, 1-25. DOI:10.1080/07317107.2023.2268067
4. **Wong, F.K.D.**, Cheung, Y.C.H., Zhuang, X.Y., Ng, Y.N.P., Oades, L., & Ye, S.Q.S. (2023). Towards an integrative hope-dysfunctional beliefs perspective on personal recovery among people with schizophrenia in Hong Kong: A path analysis. *BMC Psychiatry*, 23, 651. <https://doi.org/10.1186/s12888-023-05135>
5. Tang, X.F., Jia, S.M., Zhuang, X.Y. & **Wong, F.K.D.** (2023). Preventing depressive symptoms in Chinese adolescents: a pilot cluster randomized controlled trial. *Research on Social Work Practice*, [https:// doi.org/10.1177/10497315231189179](https://doi.org/10.1177/10497315231189179)
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  47. Chiang, V. C. L., Chien, W. T., Wong, H. T., Lee, R. L. P., Ha, J., Leung, S. S. K., & **Wong, F.K.D.** (2016). A brief cognitive-behavioral psycho-education (B-CBE) program for managing stress and anxiety of main family caregivers of patients in the intensive care unit. *International Journal of Environmental Research and Public Health*, 13(10), 962. [https://doi:10.3390/ijerph13100962](https://doi.org/10.3390/ijerph13100962). Available: <http://www.mdpi.com/1660-4601/13/10/962/html> (IF = **2.145**, **20%**, **Rank = 116/241**)
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  49. Wong, P.K.S., **Wong, F.K.D.**, Zhuang, X.Y. & Liu, Y. J. (2016). Psychometric properties of the AIR Self-Determination Scale: The Chinese version (AIR SDS-C) for Chinese people with intellectual disabilities. *International Journal of*

*Intellectual Disability Research*, 1-12. [https://doi: 10.1111/jir.12343](https://doi.org/10.1111/jir.12343) (IF = **2.026**, 30%, Rank = 12/69)

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Kong. *International Journal of Intellectual Disability Research*. [https://doi:10.1111/jir.12116](https://doi.org/10.1111/jir.12116) (IF = 2.026, 30%, Rank = 12/69)

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- people with intellectual disabilities: A cultural perspective. *International Journal of Intellectual Disability Research*, 55, 6, 572-580. (IF = 2.026, 40%, Rank = 12/69)
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  72. Leung, S.S.K., Chiang, V.C.L., Chui, Y.Y., Mak, Y.W. & **Wong, F.K.D.** (2011). A brief cognitive-behavioural stress management programme for secondary school teachers. *Journal of Occupational Health*, 53, 23-35. (IF = 1.285, 20%, Rank = 128/181)
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  77. **Wong, F.K.D.**, Chan, K.S., & Lau, Y. (2011). The roles of perfectionism and dysfunctional attitudes in depression and quality of life of Chinese adults in Hong Kong. *International Journal of Mental Health*, 39, 4, 40-58. (80%)
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  79. **Wong, F.K.D.**, Lam, Y.K.A. & Poon, A. (2010). Knowledge and preferences regarding schizophrenia and mental health services among Chinese-speaking Australians in Melbourne Australia. *Social Psychiatry and Psychiatric Epidemiology*, 45, 865-873. (IF = 2.918, 85%, Rank = 56/142)
  80. **Wong, F.K.D.**, Chang, Y.L., He, X.S. & Wu, Q.B. (2010). The Protective Functions of Relationships, Social Support and Self-Esteem in the Life Satisfaction of

Children of Migrant Workers in Shanghai, China. *International Journal of Social Psychiatry*, 56: 143-157. (IF = 1.613, 75%, Rank = 84/142)

81. Lau, Y., Wong, F.K.D., & Chan, K. S. (2010). The utility of perinatal depression screening in second trimester among Chinese: A three-wave prospective longitudinal study, *Archives of Women's Mental Health*, 13, 2, 153-164. (IF = 2.565, 30%, Rank = 66/142)
82. Wong, F.K.D. & Chang, Y.L. (2010). Mental health of Chinese migrant workers in factories in Shenzhen, China: Effects of migration stress and social competence. *Social Work in Mental Health*, 8, 4, 305-318. (70%)
83. Leung, G.S.M., Yeung, K. C. & Wong, F.K.D. (2010). Academic stressors and children anxiety: The role of paternal support. *Journal of Child and Family Studies*, 19, 1, 90-100. (IF = 1.588, 20%, Rank = 17/39)
84. Wong, F.K.D., & Poon, A. (2010). Cognitive-behavioural group treatment for Chinese parents with children with developmental disabilities in Melbourne, Australia: an efficacy study. *Australian and New Zealand Journal of Psychiatry*, 44, 742-749. (IF = 5.084, 90%, Rank = 14/142)
85. Wong, F.K.D., Lam, Y.K.A. & Poon, A. (2010). Depression literacy among Australians of Chinese-speaking background in Melbourne, Australia. *BMC Psychiatry* 10:1-7 (19 January 2010) (IF = 2.419, 85%, Rank = 71/142)
86. Lam, Y.K. A., Jorm, A.F. & Wong, F.K.D. (2010). Mental health first aid training for the Chinese community in Melbourne, Australia: effects on knowledge, attitudes toward people with mental illness. *International Journal of Mental Health Systems*, 4, 1-18. (IF = 1.694, 30%, Rank = 81/142)
87. He, X.S., Wong, F.K.D. & Zeng, S.C. (2010). Rural urban migration and mental health: Evidence from Shanghai. *Sociological studies*, 145, 111-129, Institute of Sociology, Chinese Academy of Social Sciences, China. [In Chinese] (20%)
88. Wong, F.K.D., Yeung, M. & Ching, C.K. (2009). Evaluating a case management for people with mental illness in halfway houses in Hong Kong: A preliminary study. *Hong Kong Journal of Psychiatry*, 19, 1, 11-17. (100%)
89. Chan, C.L.W. & Wong, F.K.D. (2009). Introduction: Harmony in Chaos: Social Work Responses to Issues Arising from a Changing and Stressful World, Part I. *Social Work in Health care*, 48, 3, 213-215. (IF = 1.097, 80%, Rank = 19/42)
90. Wong, F.K.D., Chang, Y.L. & He, X.S. (2009). Correlates of mental health of children of migrant workers in Shanghai, China. *Social Psychiatry and Psychiatric Epidemiology*, 44, 10, 815-824. <https://doi:10.1007/s00127-009-0003-y>. (IF = 2.918, 80%, Rank = 56/142)
91. Chan, C.L.W. & Wong, F.K.D. (2009). Introduction: Harmony in Chaos: Social Work Responses to Issues Arising from a Changing and Stressful World, Part II. *Social Work in Health care*, 48, 4, 363-363. (IF = 1.097, 80%, Rank = 19/42)

92. **Wong, F.K.D.** (2009). A six-month follow-up study of cognitive behavioral treatment groups for Chinese people with depression. *Behaviour Change*, 26, 2, 130-140. (IF = 1.343, 100%, Rank = 88/127)
93. **Wong, F.K.D.**, He, X.S., Leung, G., Lau, Y., & Chang, Y.L. (2008). Mental health of migrant workers in China: Prevalence and correlates. *Social Psychiatry and Psychiatric Epidemiology*, 43, 6, 483-489. (IF = 2.918, 80%, Rank = 56/142)
94. Lau, Y., & **Wong, F.K.D.** (2008). Are face concern and willingness to seeking-help correlates to early postnatal depressive symptoms among Hong Kong Chinese Women? A cross-sectional survey. *International Journal of Nursing Studies*, 45, 1, 51-64. (IF = 3.656, 40%, Rank = 1/115)
95. **Wong, F.K.D.** (2008). Cognitive behavioral treatment groups for people with chronic depression: A randomized waitlist control design. *Depression and Anxiety*, 25, 2, 142-148. (IF = 5.043, 100%, Rank = 19/142)
96. **Wong, F.K.D.** (2008). Differential impacts of stressful life events and social support on the mental health of mainland Chinese immigrants and local youth in Hong Kong: A resilience perspective. *British Journal of Social Work*, 38, 2, 236-252. (IF = 1.746, 100%, Rank = 10/42)
97. Wong, P.K.S., & **Wong, F.K.D.** (2008). Enhancing staff's attitude, knowledge and skills in supporting self-determination of adults with intellectual disability in residential settings – A pretest-posttest comparison group design. *Journal of Intellectual Disability Research*, 52, 3, 230-243. (IF = 2.026, 50%, Rank = 12/69)
98. Sim, T., & **Wong, F.K.D.** (2008). Working with Chinese families in adolescent drug treatments. *Journal of Social Work Practice*, 22, 1, 103-118. (IF = 0.60, 30%, Rank = 36/42)
99. **Wong, F.K.D.** & He, X.S. (2008). The resilience of migrant workers in China: The roles of migration stress and meaning in migration. *International Journal of Social Psychiatry*, 54, 2, 131-143. (IF = 1.613, 90%, Rank = 84/142)
100. Pan, J.Y., **Wong, F.K.D.**, Chan, K. S. & Chan, C. L. W. (2008). Development and validation of Chinese Making Sense of Adversity Scale (CMSAS): Using acculturative stressor as an example. *Research on Social Work Practice*, 18, 5, 479-486. (IF = 1.929, 20%, Rank = 8/42)
101. **Wong, F.K.D.**, Chan, K.S., & Lau, Y. (2008). Reliability and validity of the Chinese version of the Dysfunctional Attitudes Scale (DAS-A) in a community sample. *International Journal of Psychiatry in Medicine*, 38, 2, 141-152. (IF = 0.681, 65%, Rank = 128/142)
102. Lau, Y., & **Wong, F.K.D.** (2008). Impact and cumulative effects of intimate partner abuse during pregnancy on health-related quality of life among Hong Kong Chinese women. *Midwifery*, 24, 22-27. (IF = 1.787, 40%, Rank = 21/115)
103. Pan, J.Y., **Wong, F.K.D.**, Chan, C. L. W. & Joubert, L. (2008). The protective function of meaning of life on life satisfaction among Chinese international

- students in Australia and Hong Kong: A resilience framework. *Journal of American College Health*, 57, 2, 221-231. (IF = 1.326, 35%, Rank = 98/157)
104. **Wong, F.K.D.** (2008). Cognitive and health-related outcomes of cognitive behavioral treatment groups for people with depressive symptoms in Hong Kong: A randomized waiting list control study. *Australian and New Zealand Journal of Psychiatry*, 42, 703-712. (IF = 5.084, 100%, Rank = 14/142)
105. Lau, Y., & **Wong, F.K.D.** (2008). The Role of social support in helping Chinese women with perinatal depressive symptoms cope with family conflict. *Jognn- Journal of Obstetric gynecologic and neonatal nursing*, 37, 5, 566-571. (IF = 1.473, 40%, Rank = 34/115)
106. **Wong, F.K.D.**, & Leung, G.S.M. (2008). Functions of social support in the mental health of male and female migrant workers in China. *Health and Social Work*, 33, 4, 275-286. (IF = 1.115, 90%, Rank = 18/42)
107. Pan, J.Y., **Wong, F.K.D.** & Chan, C. L. W. (2008). Meaning of life as a protective factor of positive affect in acculturation: A resilience framework and a cross-cultural comparison. *International Journal of Intercultural Relations*, 32, 6, 505-514. (IF = 1.580, 35%, Rank = 31/98)
108. Leung, S.S.K., Mak, V.Y.W., Chui, C.Y.Y., Sun, S.Y.K. & **Wong, F.K.D.** (2008). A study on brief cognitive-behavioral intervention for teachers' work-related stress: A discussion paper on recruitment and engagement issues. *Hong Kong Journal of Mental Health*, 34, 1, 43-50. (15%)
109. **Wong, F.K.D.**, Lo, S. & Leung T. (2008). Compulsive buying behaviours among Chinese people in Hong Kong: Prevalence, patterns and mental health conditions. *Hong Kong Journal of Mental Health*, 34, 1, 4-15. (100%)
110. **Wong, F.K.D.** (2007). Uncovering socio-cultural factors influencing the pathway to care of Chinese caregivers with relatives suffering from early psychosis in Hong Kong. *Culture, Medicine and Psychiatry*, 31, 1, 51 - 71. (IF = 0.983, 100%, Rank = 39/85)
111. **Wong, F.K.D.**, Chang, Y.L., & He, X.S. (2007). Rural migrant works in urban China: Living a marginalized life. *International Journal of Social Welfare*, 16, 7, 32 - 40. (IF = 0.761, 80%, Rank = 32/42)
112. **Wong, F.K.D.** (2007). Crucial individuals in the help-seeking pathway of the Chinese caregivers with relatives suffering from early psychosis in Hong Kong: Implications for social work Practice. *Social Work*, 52, 2, 127-138. (IF = 1.667, 100%, 13/42)
113. **Wong, F.K.D.** Chau, P., Kwok, A. & Kwan, J. (2007). Cognitive-behavioral treatment group for people with chronic illnesses in Hong Kong: Reflections on culturally sensitive practices. *International Journal of Group Psychotherapy*, 57, 3, 367-385. (IF = 0.319, 90%, Rank = 126/127)
114. Lau, Y., & **Wong, F.K.D.** (2007). Correlates of depressive symptomatology during the second trimester of pregnancy: a population-based study in Hong Kong. *Social Sciences and Medicine*, 64, 1802-1811. (IF = 3.007, 40%, Rank = 5/42)



115. Tam, P.W.C., & Wong, F.K.D (2007). Qualitative analysis of dysfunctional attitudes in Chinese persons suffering from depression. *Hong Kong Journal of Psychiatry*, 17, 109-114. (40%)
116. Pan, J.Y., Wong, F.K.D. & Joubert, L. (2007). Acculturative stressor and meaning of life as predictors of negative affect in acculturation: A cross-cultural comparative study between Chinese international students in Australia and Hong Kong. *Australian and New Zealand Journal of Psychiatry*, 41, 740-750. (IF = 5.084, 40%, Rank = 14/142)
117. Wong, F.K.D., & He, X. S. (2006). Dynamics of social support: A longitudinal qualitative study on mainland Chinese immigrant women's first year of resettlement in Hong Kong. *Social Work in Mental Health*, 4, 3, 83-101. (50%)
118. Wong, F.K.D. & Sun, S.Y.K. (2006). A preliminary study of the efficacy of cognitive-behavioral therapy group for people with social anxiety in Hong Kong. *Hong Kong Journal of Psychiatry*, 16, 50-56. (90%)
119. Wong, F.K.D., Lam, O. B. D., Yan, P. & Hung, M. (2004). The Impacts of acculturative stress and social competence on the mental health of Mainland Chinese immigrant youth in Hong Kong. *British Journal of Social Work*, 34, 1009-1024. (IF = 1.746, 80%, Rank = 10/42)
120. Wong, F.K.D., Tsui, K. P., Pearson, V., Chen, E. & Chiu, S. N. (2004). Family burdens, Chinese health beliefs and mental health of caregivers in Hong Kong. *Transcultural Psychiatry*, 41, 4, 497-513. (IF = 1.5, 80%, Rank = 89/142)
121. Wong, F.K.D., Yan, P., Lo, E. & Hung, M. (2003). Mental health and social competence of Mainland Chinese immigrant and local youth in Hong Kong: A comparison. *Journal of Ethnic and Cultural Diversity in Social Work*, 12, 1, 85-110. (90%)
122. Wong, F.K.D., & Kwok, S.L.Y.C (2003). Stresses and mental health of fathers with younger children in Hong Kong—Implications for culturally-sensitive practices. *International Journal of Social Work*, 46, 1, 117-133. (IF = 0.910, 80%, Rank = 25/42)
123. Wong, F.K.D., Tsui, K. P., Pearson, V., Chen, E. & Chiu, S. N. (2003). Changing Chinese health beliefs on mental illness and their impacts on mental health of Chinese caregivers in Hong Kong. *International Journal of Mental Health*, 32, 2, 85-100. (90%)
124. Wong, F.K.D., & Sun, Y. K. S. & Chiu, K. S. L. (2003). Evaluating the effectiveness of supported apartment in facilitating community integration and mutual help among residents with chronic mental illness in Hong Kong. *International Journal of Psychosocial Rehabilitation*, 7, 133-143. (90%)
125. Wong F.K.D., Sun, S. Y. K., Tse, J. P. D., & Wong, F. (2002). Evaluating a cognitive-behavioral group treatment model for persons with mental health concerns in Hong Kong. *Research on Social Work Practice*, 12, 4, 534-545. (IF = 1.929, 80%, Rank = 8/42)

126. **Wong, F.K.D.**, (2002). Stage-specific and culture-specific coping strategies of Mainland Chinese immigrants during resettlement in Hong Kong: A qualitative analysis. *Social Work in Health Care*, 35, 1-2, 479-499. (IF = 1.097, 100%, 19/42)
127. **Wong F. K. D.**, Poon, W. L. (2002). Cultural factors influencing expressed emotion found between Chinese carers and their relatives with schizophrenia in Hong Kong: A qualitative analysis. *Social Work in Mental Health*, 1, 2, 61-81. (80%)
128. **Wong F.K.D.**, Chan, C. L. W., Law, C. K. & Au, T. (2002). Medical social services at accident and emergency department in Hong Kong--their utilization patterns, functions and outcomes. *Asia Pacific Journal of Social Work and Development*, 12, 2, 8-24. (IF = 0.263, 80%, Rank = 41/42)
129. **Wong F.K.D.**, (2001). Differential functions and sources of social support of Mainland Chinese immigrants during resettlement in Hong Kong: A qualitative analysis. *The Journal of Social Work and Evaluation: An International Publication*, 2, 2, 319-332. (100%)
130. **Wong F.K.D.**, Leung, S. K. S., & So, K. O. C. (2001). Differential impacts of coping strategies on the mental health of Chinese nurses in Hong Kong. *International Journal of Nursing Practices*, 7, 188-198. (IF = 1.142, 80%, Rank = 62/115)
131. **Wong F.K.D.**, Leung, S. K. S., & So, K. O. C. (2001). Mental health of Chinese nurses in Hong Kong: the roles of nursing stresses and coping strategies. *Online-Journal of Issues in Nursing*, 5, 2, Manuscript 7, 1-21. (90%)
132. Kwok, S. & **Wong, F.K.D.** (2000). Mental health of parents with young children in Hong Kong: The roles of parenting stress and parenting self-efficacy. *Child and Family Social Work*, 5, 57-65. (IF = 1.907, 60%, 9/42)
133. **Wong, F.K.D.** (2000). Socio-economic changes and mental health: Setting a new agenda for prevention strategies. *International Journal of Psychosocial Rehabilitation*, 4, 5, 476-489. (100%)
134. **Wong F.K.D.** (2000). Stress factors and mental health of carers with relatives suffering from schizophrenia in Hong Kong: Implications for culturally sensitive practices. *British Journal of Social Work*, 30, 365-382. (IF = 1.746, 100%, Rank = 10/42)
135. **Wong F.K.D** (1998). Coping with resettlement difficulties: a qualitative analysis of coping strategies used by mainland Chinese immigrants in Hong Kong. *Hong Kong Journal of Social Work*, 32, 2, 131-149. (100%)
136. **Wong, F.K.D.**, & Kwok, S. (1997). Difficulties and patterns of social support of mature students in Hong Kong - implications for student guidance and counselling services. *British Journal of Guidance & Counselling*, 25, 3, 377-387. (IF = 0.907, 80%, Rank = 70/82)
137. **Wong, F.K.D.** (1996). Managing stress - the uses of a coping - rest model and cognitive-behavioral techniques in a group setting. *Asian Journal of Counselling*, 4, 1 & 2, 55-65. (100%)

138. **Wong, F.K.D., & Leung, A.** (1996). An evaluation of mental health telephone counselling services in Hong Kong. *Asia Pacific Journal of Social Work and Development*, 6, 2, 46-57. (IF = 0.263, 90%, Rank = 41/42)

### Books and manuals

- In the past years, I have written a total of **19 books and manuals**, 6 of them are refereed books and 3 are in English
- The book “*Clinical case management for people with mental illness: A bio-psychosocial vulnerability-stress model*” has been adopted as a textbook and has been favorably reviewed in prestigious social work and psychiatry journals. **The overall comments suggest that this book contributes auspiciously to the theory and practice of mental health counseling both locally and internationally**
- Two of my Chinese books on cognitive behavior therapy: “*CBT for Depression*” and “*CBT for Anxiety*”, published by Joint Publishing Co., have been sold for about 10,000 copies respectively
- My relatively new book, “*Strength-based cognitive-behaviour therapy on Mental Health Recovery*” which promotes a new approach to intervention on mental health recovery, was published in June, 2019. Comments made by reviewers include:
  - “*This book has the unique advantage of focusing specifically on the Recovery-Oriented Cognitive Behavioural Approach, which is a new intervention model not previously described in an English-language book*” (Reviewer 1)
  - “*There are very few practice-oriented books that integrate the cognitive behavioural approach with the recovery model for people with mental illness*” (Reviewer 2).
- I have also written **3 book chapters, 16 monographs**, and presented in **45 academic conferences**. The contents of the invited speech and training revolved around CBT and mental health issues.

### Books

1. **Wong, F.K.D., Chan, V. & Yu, R.** (August, 2019). *Strengths-based cognitive-behaviour therapy (SBCBT) for recovery: From trapped to liberated self*. Singapore: Routledge. (Refereed, In English)
2. **Wong, F.K.D. & Chan, V.** (2017). *From trapped self to liberated self: Recovery-oriented cognitive behavior approach for working with people with severe mental illness*. Hong Kong: Joint Publishing Co. (In Chinese)
3. **Wong, F.K.D., Lee, E., & Cheng, S. Y. P.** (2013). *Cognitive-behavioural therapy for parenting stress and emotions*. Hong Kong: City University Press. (Refereed, In Chinese)

4. **Wong, F.K.D., & Sun, Y. K. S.** (March, 2007) (2<sup>nd</sup> ed., 5<sup>th</sup> print). *Managing your anxiety: A cognitive therapy self-help manual*. Hong Kong: Joint Publishing Co. (In Chinese and simplified Chinese versions, over 8000 copies sold)
5. **Wong, F.K.D.** (January, 2006). *Clinical case management for people with mental illness: A bio-psychosocial vulnerability-stress model*. New York: Haworth Press. (**Refereed**, In English, Citations = 8). This book was favorably reviewed by three academics and appeared in:

**i. Dr. Soo Lee, *British Journal of Social Work*, 37, 3, 588-589, 2007**

“This book offers a theoretical framework of the Vulnerability Stress model and employs cognitive behavioural approach as an effective intervention strategy for common and severe mental health disorders. It has been structured in a logical sequence, assisting the reader to have an overview of the focus before the application of the theory and practice.

Although the background of the book is set in Hong Kong and the case examples provided are apparently of Chinese origin, the author has skilfully conveyed the application of cognitive behavioural therapy to a group of people from a different cultural background. The clinical case examples provided afford mental health workers valuable lessons in case management”

**ii. Dr. Elizabeth Randall, *Families in Society*, 88, 2, 326-328, 2007**

“This text reads like a primer for beginning behavioural health professionals from a variety of disciplines, potentially including social work, counseling and human services. Written primarily for students in Hong Kong, much of the contents is nevertheless applicable internationally....

The author makes a good case for the particular blend of theoretical elements he has chosen to incorporate into the model, and gives a clear description of how the practitioner’s work could be strengthened”

**iii. Dr. Kristine Haertl, *Psychiatric Rehabilitation Journal*, 30, 4, 319-325, 2007**

“Daniel Fu Keung Wong’s *Clinical Case Management for People with Mental Illness: A Biopsychosocial Vulnerability-Stress Model*, a user friendly book with practical applications for academicians and clinical practitioners, enhances our understanding of psychiatric hospital and community based clinical practice. The combination of theory, practice, and clinical expertise provides a biopsychosocial clinical framework for both students and clinicians”

6. **Wong, F.K.D & Yu W. M. R.** (November, 2006). *Clinical case management for people with mental illness: A bio-psychosocial vulnerability-stress model (An expanded Chinese Version)*. Hong Kong: Chinese University Press (**Refereed**, In Chinese). This book was favorably reviewed by:

**i. Dr. Edwin Lee, *Hong Kong Journal of Psychiatry*, 17, 32, 2007**

“The author successfully delivers the theory and practical experience of clinical case management for people with mental illness using a biopsychosocial vulnerability-stress model. Its broad coverage provides an overview for mental health professionals who want to start practising clinical case management or have an interest in the biopsychosocial vulnerability-stress model..... The translation is fluent and easy to read. This Chinese edition is a useful reference for the psycho-education of mentally ill persons and their family members”

7. **Wong, F.K.D. et al.,** (2005) (2<sup>nd</sup> ed., 9<sup>th</sup> print). *Getting out of the abyss of depression: A cognitive therapy self- help manual*. Hong Kong: Joint Publishing Co. (In Chinese and simplified Chinese versions, over 10000 copies sold)

8. **Wong, F.K.D., & Sun, Y. K. S.** (2003). *Emotional management: A cognitive-behavioral group approach manual*. Hong Kong: Hong Kong University Press. (Refereed, In Chinese)

## Manuals

1. **Wong, F.K.D.** (2020) & Hong Kong Federation of Youth Groups, Youth Crime Prevention Centre. *E.Positive – A step-care cognitive-behaviour intervention manual on mental health of delinquent youth in Hong Kong*. Hong Kong: Hong Kong Federation of Youth Groups.
2. **Wong, F.K.D.** (2019) & Hong Kong Federation of Youth Groups, Youth Crime Prevention Centre. *Radar – A cognitive-behaviour intervention manual on youth with drug addiction*. Hong Kong: Hong Kong Federation of Youth Groups.
3. **Wong, F.K.D.** (2018). *A cognitive-behaviour group manual on youth anxiety problems for mental health professionals*. Hong Kong: Institute of Cognitive Therapy Hong Kong. (In Chinese)
4. **Wong, F.K.D.** (2016). *A cognitive-behaviour group manual for mental health professionals*. Hong Kong: Institute of Cognitive Therapy Hong Kong. (In Chinese)
5. **Wong, F.K.D.** (2016). *An integrated group cognitive-behaviour intervention manual for working with people with gambling problems*. Hong Kong: Institute of Cognitive Therapy Hong Kong. (In Chinese)
6. **Wong, F.K.D.** (2016). *A cognitive-behaviour intervention manual for working with people with severe mental illness*. Hong Kong: Institute of Cognitive Therapy Hong Kong. (In Chinese)
7. **Wong, F.K.D.** (2013). *Cognitive-behavioural therapy manual on depression for professionals and their clients*. Hong Kong: Institute of Cognitive Therapy Hong Kong. (In Chinese)
8. **Wong, F.K.D.** (2013). *Cognitive-behavioural therapy manual on anxiety problems for professionals and their clients*. Hong Kong: Institute of Cognitive Therapy Hong Kong. (In Chinese)
9. **Wong, F.K.D., Poon, A., & Liu, M.** (2010). *An emotion management group manual for professionals working with Chinese-speaking parents with children with developmental disabilities*, Chinese Community Social Services Centre Inc. and The University of Melbourne (In English and Chinese)
10. **Wong, F.K.D.** (2008). *A client's workbook in Cognitive Therapy for people with depression*. Centre for Cognitive-Behavioral Therapy Education and Training for Chinese People, Department of Social Work and Social Administration, The University of Hong Kong. (In Chinese)
11. Yu, R., **Wong, F.K.D.** & Chan, V. (2007). *Depression: A cognitive therapy booklet for the general public*. Translated from the English version of the same book written by Beck's Institute (In Chinese)

### Book chapters

1. **Wong, F.K.D.** (2013). Social Work in Mental Health. In W. S. Chow and Y. C. Chan (eds.), *Introduction to Social Work: An expanded version*, pp.210-228. Hong Kong: Hong Kong Commercial Press. (In Chinese)
2. **Wong, F.K.D.** (2012). Lecture notes on cognitive-behavioural therapy. In 信思金 & 李俊 (eds.), *Lectures notes*, pp. 201-211. Wuhan: Wuhan University of Technology Press. (In Chinese)
3. Lau, Y., & **Wong, F.K.D.** (2008). Predictors of Antenatal depressive symptoms among Chinese women: A two-wave prospective longitudinal study. In W. Hansson and E. Olsson (eds.), *New Perspectives in Women and Depression*. New York: Nova Sciences Publishers (~~Book Chapter~~). (In Chinese)

### Monographs

1. **Wong, F.K.D.** (2013). *A report on the effectiveness of cognitive behavioural therapy for problem gamblers* (Monograph), Caritas Social Services of Hong Kong, Hong Kong (25 pages).
2. **Wong F.K.D.** (2013). *A report on the effectiveness of cognitive behavioural therapy for youth with psychosis and depression* (Monograph), Baptist Oi Kwan Social Services of Hong Kong (32 pages).
3. **Wong F.K.D.** (2013). *A report on the effectiveness of cognitive behavioural therapy for elderly pain management and emotional distress in youth* (Monograph), Yan Oi Tong Social Services (65 pages).
4. **Wong F.K.D.** (2013). *A report on anxieties of junior primary school students in Hong Kong* (Monograph), Tung Wah Groups of Hospitals (78 pages).
5. **Wong F.K.D.** (2013). *A report on evaluation of CBT groups and case management services for participants of Wellness Centres of Mental Health Association of Hong Kong* (Monograph), Mental Health Association of Hong Kong (220 pages).
6. **Wong, F.K.D. & Pan, J. Y.** (2012). *A report on the effectiveness of Mental Health First Aid in promoting mental health literacy among Chinese in Hong Kong* (Monograph), Mental Health Association of Hong Kong, Hong Kong (45 pages).
7. **Wong, F.K.D.** (2012). *A report on the effectiveness of Cognitive Behavioural Coaching in improving parenting stress and mental health of parents with children with disabilities in Hong Kong* (Monograph), Caritas Social Services of Hong Kong, Hong Kong (82 pages).

8. **Wong, F.K.D.**, Lam, Y.K. & staff of Baptist Oi Kwan Social Service (2011). *Survey on caregiver stress and quality of life and expectation towards community mental health services* (Monograph), Baptist Oi Kwan Social Service. (52 pages)
9. **Wong, F.K.D.**, Lo, S., & Tung Wah Groups of Hospitals (2009). *Compulsive buying behaviours among Chinese people in Hong Kong: Prevalence, patterns and consequences* (Monograph), Tung Wah Groups of Hospitals (42 pages).
10. **Wong, F.K.D.** (2007). *A study of the psychosocial stressors, coping and mental health of mainland Chinese immigrants: Their first two years of experiences in Hong Kong*. Unpublished Doctor of Philosophy Thesis, La Trobe University, Melbourne, Australia. (256 pages)
11. Wong, P. K. S. & **Wong, F.K.D.** (2007). Disability. In J. C. B. Leung (ed.), *Envisioning social welfare: Our shared future*, commissioned by the Central Policy Unit of the Government of the Hong Kong Special Administrative Region, Hong Kong. (16 pages)
12. **Wong, F.K.D.**, Leung, S. S. K. and So, C. K. O. (2000). *Nursing stress, coping, burnout and mental health of nurses in Hong Kong* (Monograph), Division of Social Studies, City University of Hong Kong. (93 pages)
13. **Wong, F.K.D.**, Chan, C. L. W., Law, C. K., and Au, T. Y. W. (2000). *The utilization patterns, functions and outcomes of medical social services at Accident and Emergency Department in hospitals in Hong Kong: A preliminary study*, (Monograph Series No. 37), Department of Social Work and Social Administration, The University of Hong Kong. (30 pages)
14. Ip, B., Kwok, S., Leung, S, and **Wong, F.K.D.** (1996). *Enhancing learning effectiveness of mature students*, (Monograph), Division of Social Studies, City University of Hong Kong. (40 pages)
15. Hong Kong Council of Social Services (1993). *An exploratory study on sheltered employment of psychiatrically disabled persons in Hong Kong* (Monograph), Hong Kong Council of Social Services, Hong Kong. (30 pages)
16. **Wong, F.K.D.** (1991). *The study of chronic strains, coping and mental health of caregivers of the mentally ill*. Unpublished Master Thesis, Chinese University of Hong Kong, Hong Kong. (180 pages)

**Invited Lectures/Symposium/Plenary Speech (Conference Invitation = C, Institutional invitation = I)**

- I have been invited as a **keynote and plenary speaker** and a **clinical specialist** by more than **60 conferences and institutions** to deliver intervention research findings and knowledge and skills in **CBT and mental health issues** in different parts of the world including Australia, China, Hong Kong, Macau, Singapore and the United States

- I am also involved in mental health academic activities and have served as **chair, coordinator and scientific committee chair** and member of various **mental health and CBT conferences and symposiums**

### Overseas

1. Australian International Education Conference – 2021 (October 2021). **Invited speaker**, “*Mental Health of Chinese International Students: Issues and Responses*”, Online, Australia. (C)
2. Professional Training Workshop, School of Social Work, University of Melbourne (June, 2019). **Invited speaker**, “*Strength-based cognitive behavior therapy for people with mental health problems*”, Melbourne, Australia (I)
3. School of Social Work, University of Melbourne (June, 2019). **Invited speaker**, “*SET: An innovative model of clinical social work research and practice*”, Melbourne, Australia (I)
4. Mental Health Professional Network, Melbourne, Australia (June, 2017). **Invited speaker**, “*Strength-based cognitive behavior therapy for people with mental illness*”, Melbourne, Australia (I)
5. 3rd International Conference on Health Literacy and Healthcare Efficiency (Nov, 2015). **Keynote speaker**, “*Understanding and intervening in mental health literacy for Chinese people: Is there a need for it? – A comparison of four Chinese communities*”, Asian Health Literacy Association, Tainan, Taiwan (C)
6. National Taiwan Normal University, Taipei, Taiwan (Nov, 2015). **Invited speaker**, “*Mental health literacy of Taiwanese Chinese people*”, for faculty members and students in the Institute of Social Work, NTNU, Taipei, Taiwan (I)
7. Mental Health Professional Network, Melbourne, Australia (June, 2015). **Invited speaker**, “*Are Chinese carers different from other carers: Examining it through a cultural lens*”, Melbourne, Australia (I)
8. Chinese Community Social Service Centre, Melbourne, Australia (November, 2013). **Invited speaker**, “*Two days training in CBT in Melbourne*”, Australia. (I)
9. Chinese Workers’ Network, Melbourne, Australia (September, 2013). **Invited speaker**, “*Resilience in Chinese families*”, Melbourne, Australia. (I)
10. Chinese Community Social Service Centre, Melbourne, Australia (August, 2011). **Invited speaker**, “*3 days training in CBT for Chinese mental health workers in Melbourne*”, Australia. (I)
11. Chinese Community Social Service Centre, Melbourne, Australia (August, 2011). **Invited speaker**, “*Three-day training in CBT in Melbourne*”, Australia. (I)
12. Sun Yat-sen Center for Migration Health Policy and The United Nation Research Institute for Social Development, Guangzhou, China (June, 2011). **Invited speaker**, 2-day workshop on “*Migration and Health in China*”, Guangzhou, China (C)



13. Chinese Community Social Service Centre, Melbourne, Australia (December, 2010). **Invited speaker**, “*Two-day training in CBT for Chinese mental health workers in Melbourne*”, Australia. (I)
14. Chinese Workers’ Network, Melbourne, Australia (July, 2009). **Invited speaker** to talk about “*Mental health literacy of Chinese-speaking Australians, Australian and the Japanese people: A comparative study*”, Melbourne, Australia (I)
15. Southern Health Social Workers In-Service Training (July, 2009). **Invited speaker** on “*Cognitive-therapy for Chinese people*”, Melbourne, Australia. (I)
16. St. Vincent’s Hospital Social Work Unit, Melbourne, Australia (September, 2009). **Invited speaker** on “*Cultural issues in working with Chinese people: Their clinical implications*”, Melbourne, Australia (I)
17. Manningham Council, Melbourne, Australia (October, 2008). **Invited speaker** on “*Mental health of Chinese people: Implications for cultural sensitive practice*”, Melbourne, Australia”. (I)
18. UC-Berkeley, California, USA (April-May, 2005). **Invited speaker**, as a Fulbright scholar, to give a series of lectures to staff and students on “*Chinese cultural values and mental health and Help-seeking pathway of Chinese caregivers with relatives suffering from mental illness*”, USA (I)
19. The University of Melbourne, Victoria, Australia (May-June, 2002). **Invited speaker**, as a Universitas 21 fellowship holder, invited to give a series of lectures to staff and students on “*How cultural issues such as health beliefs of the Chinese people affect family burdens and mental health of carers and the strengths and limitations of conducting cross-cultural comparison study*”, Melbourne, Australia (I)
20. ASEAN Inter-University Seminar (June, 2001). **Invited speaker**, to give a lecture on “*Culture and Mental Illness*”, Singapore (C)

## China

1. China Psychological Association, Beijing China (2017, 2018). Invited trainer and speaker, *Group cognitive behavior therapy for psychologists, social workers and counselors in China*, Beijing and Chengdu, China. (I)
2. Hebei Sixth People’s Psychiatric Hospital, Hebei, China (2016, 2017, November). Invited trainer and speaker, *Cognitive-behaviour therapy for psychiatrists and health care professionals in Hebei*, China. (I)
3. Suicide Prevention Unit, Huilongguan Hospital, Beijing, China (December, 2016). **Invited trainer**, *Group CBT for Chinese people*, Beijing China (I)
4. Number 6 Hospital, Hebei Province, China (February, 2016). **Invited trainer**, *Group CBT for Chinese people*, Hebei, China (I)
5. 5<sup>th</sup> Asian Cognitive Behaviour Therapy Conference, Nanjiang (May, 2015). **Invited speaker**, *CBT for Chinese: its applications and cultural adaptations*, Nanjiang, China (I)

6. 5<sup>th</sup> Asian Cognitive Behaviour Therapy Conference, Nanjiang (May, 2015). **Invited trainer**, Master Clinician, *CBT for Chinese people*, Nanjiang, China (I)
7. United International College, Beijing Normal University and Baptist University (May, 2013). **Invited speaker**, *CBT for youths with emotional problems*, Beijing, China. (I)
8. Sixth Hospital of Hebei Province, Hebei, China (August, 2012). **Invited speaker**, *3 day training in CBT for psychiatrists and counselors to provide cognitive therapy training*, Hebei, China (I)
9. Remin University, Beijing, China (January, 2012). **Invited speaker**, 2 day training for social work teaching staff on designing and implementing courses on *Clinical Social Work Practice and CBT*, Beijing, China (I)
10. General hospital, Chengdu, China (January, 2012). **Invited speaker**, *2-day training for nursing staff on the use of CBT for women with antenatal depressive symptoms*, Chengdu, China. (I)
11. Columbia University (International Association of Cognitive Behavioural Therapists) and Beijing Suicide Prevention Centre, Beijing, China (February, 2011). **Invited speaker**, *3-day training in CBT for psychiatrists, psychologists and counselors in Beijing to provide cognitive therapy training. Trainees came from different parts of China*, Beijing, China. (I)
12. Remin University, Suzhou Campus, China (June, 2011). **Invited speaker**, on “*Clinical Social Work Practice*”, Beijing, China. (I)
13. East China University of Science and Technology, Shanghai, China (October, 2010). **Invited speaker**, *2-day training in CBT for social work students and counsellors in Shanghai*, Shanghai, China. (I)
14. (May, 2009), **invited speaker**, *a one-week training course to train health care professionals in Shanghai to use cognitive therapy to work with their clients*, East China University of Science and Technology, Shanghai, China. (I)
15. East China University of Science and Technology, Shanghai, China, (August, 2008). **Invited speaker**, *a 2-day workshop to train health care professionals in Shanghai to use cognitive therapy to work with their clients*, Shanghai, China. (I)
16. 5th World Congress for Psychotherapy, Beijing, China. (October 2008). **Invited speaker**, *a 3-evening workshop on Cognitive-behaviour for Chinese with depression*, Beijing China (I)
17. International Association of Cognitive Behaviour Therapists (August, 2007). **Invited trainer** to provide *cognitive therapy training for psychiatrists and psychotherapists at Beijing, China. Trainees came from different parts of China*, Beijing, China (I)
18. East China University of Science and Technology, Shanghai, China (October, 2007). **Invited keynote speaker** at the symposium on social work in mental health of the International Conference on: “*Knowledge, Policy and Service: A Dialogue between East and West on Social Work*” October 28 ~ 29, 2007”, Shanghai, China. (C)

**Hong Kong**

1. Department of Social Work and Social Administration, The University of Hong Kong (October, 2021). **Keynote Speaker**, Conference on “*Hong Kong Families in Crisis – Enhancing Family Resilience during COVID-19*”.
2. Department of Psychiatry, The University of Hong Kong (October, 2021). **Keynote Speaker**, Jockey Club SMART Family-Link Project 2021 Symposium. “*People before Technology: Equipping Family Workers With Skills in Handling Complex Family Situations in Hong Kong*”. (C)
3. Evidence-Based Social Work Practice Cluster, Department of Social Work and Social Administration, HKU and Institute of Cognitive Therapy (November, 2018). **Keynote Speaker**, Symposium on Youth with Drug Problems. “*Application of cognitive-behaviour therapy for youth with drug problems*”. (C)
4. The University of Hong Kong and Institute of Cognitive Therapy (March, 2017). **Keynote Speaker**, Symposium on Youth with Anxiety Problems. “*Cultural adaptation of cognitive-behaviour therapy for youth with anxiety*”. (C)
5. The University of Hong Kong and Institute of Cognitive Therapy (December, 2017). **Keynote Speaker**, Symposium on Youth with Anxiety Problems. “*Cultural adaptation of cognitive-behaviour therapy for youth with anxiety*”. (C)
6. The University of Hong Kong and Institute of Cognitive Therapy (December, 2016). **Keynote Speaker**, Symposium on Strength-based cognitive-behaviour therapy. “*Cultural adaptation of strength-based cognitive-behaviour therapy on mental health for people with mental illness*”. (C)
7. Caritas Social Services (May, 2013). **Invited speaker**, workshop on “*Application of cognitive-behavioural therapy for handling of stressful emotion for parents with special needs children*” in Conference on Visioning the Future – Partnership in Building a Relational Society. (C)
8. Baptist Oi Kwan Social Services (November, 2012). **Invited speaker**, *Symposium of Child and Youth Mental Health* in Conference on Mental Health in the City – Making Impact. (C)
9. Mental Health Association of Hong Kong, Hong Kong (November, 2011). **Invited speaker**, *counseling theories for mental health first aid instructors*. (I)
10. Advanced Institute of Cross-Disciplinary Studies, City University of Hong Kong, Hong Kong (June, 2011). **Invited speaker**, “*Mental health across disciplines*”. (C)
11. School Social Work, Lutheran Social Services of Hong Kong, Hong Kong (October – November, 2011). **Invited speaker**, *case management for adolescents with mental health problems in the school settings*, 3 consecutive talks. (I)
12. Hong Kong Wide Caregivers Forum 2010 (November, 2010). **Invited speaker**, given a lecture to family members and professionals on the “*Quality of life of Chinese caregivers with relatives suffering from mental illness*”. (C)

13. Joint World Conference on Social Work and Social Development (June, 2010). **Invited speaker**, half day workshop for professionals on, *Theoretical and practice issues in indigenizing cognitive therapy for use with Chinese people: reflection and implications for practice.* (C)
14. Conference on Promoting Community Mental Health, Caritas Social Services, Hong Kong (December, 2009). **Invited plenary speaker**, in the plenary session, *Early identification of mental health problems.* (C)
15. Conference on Promoting Community Mental Health, Caritas Social Services, Hong Kong (December, 2009). **Invited speaker**, half day workshop for professionals on, *The indigenization of cognitive therapy for Chinese people: reflection and implications for practice.* (C)
16. The First Joint International Conference of the Hong Kong College of Psychiatrists and the Royal College of Psychiatrists (UK) (December, 2008). **Invited speaker**, in the symposium on — *Mood Disorders and Suicide.* (C)
17. The World Federation on Mental Health, (August, 2007). **Invited plenary speaker** of — *Cultural conception of mental illness among Chinese in Hong Kong: Stability versus fluidity, Hong Kong, China.* (C)
18. The World Federation on Mental Health (August, 2007). **Invited speaker** on *evaluating a case management model for people with serious mental illness in Hong Kong.* (C)
19. Department of Psychiatry, The University of Hong Kong, (January, 2007). **Invited speaker**, a talk on *Cognitive therapy for people with social phobia: Preliminary findings.* (I)
20. Third Hong Kong Wide Conference for Carers of the Mentally Ills, Baptist Oi Kwan Social Service (October, 2007). **Invited speaker** on *Carers of the mentally ill.* (C)
21. 5th International Conference in Health and Mental Health (December, 2006). **Plenary speaker** at the parallel symposium of the 5th International Conference in Health and Mental Health. The topic is — *Changing Chinese cultural conceptions of mental health and mental illness: Implications for cultural sensitive practices.* (C)
22. 5th International Conference in Health and Mental Health (December, 2006). **Invited discussant** of the **plenary session** on — *Synergetic integration of policy and practice in health and mental health* presented by Professor Peter Huxley of the University of Wales, UK and Professor Zhang Xiu Lan of Beijing Normal University, China. (C)
23. Number One Psychiatric Hospital in Shanghai (2006). **Invited speaker** on — *Community mental health service models: Overseas and Hong Kong experiences.* Presented to psychiatrists, nurses and social workers at the Number One Psychiatric Hospital in Shanghai, China. (I)
24. International Forum on Community Psychological Medicine (October, 2006). **Invited speaker**, on *mental disorders and social problems in Hong Kong, China.* (C)
25. Hong Kong Wide Caregivers Forum (November, 2003). **Invited speaker**, given a lecture to family members and professionals on *the Changing roles of caregivers with relatives suffering from mental illnesses in Hong Kong.* (C)

26. The Annual Scientific Symposium 2003 of the Hong Kong Schizophrenia Research Society (November, 2003). **Invited speaker**, given a lecture to psychiatrists and mental health professionals on — *A study of the factors influencing the help-seeking behaviours of caregivers with relatives suffering from early psychosis in Hong Kong.* (C)
27. Hospital Authority (April, 2002). **Invited speaker and organizer**, coordinated and taught a 2-day workshop on — *Suicide prevention for professional social workers.* (I)
28. Social Welfare Department (February, 2002). **Invited speaker and organizer**, coordinated and taught a 3-days workshop on — *Suicide prevention for professional social workers.* (I)
29. Social Welfare Department (2001-2004). **Invited speaker and organizer** — *Certificate course for welfare workers working in the rehabilitation service settings in Hong Kong.* (I)

### Macau

1. Macau Psychological Association, Macau (June, 2009). **Invited speaker**, one and a half day workshop to train probation officers in Macau to use *cognitive therapy to work with people with emotional problems.* (I)
2. Richmond Fellowship, Macau (June, 2009). **Invited speaker**, one and a half day workshop to train mental health workers of the Richmond Fellowship of Macau to use *cognitive therapy to work with people with emotional problems.* (I)
3. Macau Psychological Association, Macau (December, 2008). **Invited speaker**, 3-day workshop to train health care professionals in Macau to use *cognitive therapy to work with people with emotional problems.* (I)

### Conference Organizing

1. **Conference/Webinar Chair**, Webinars on “*Implementation Science: Evidence-Based Clinical Social Work Practice Research in Hong Kong*”. 70th Anniversary of Social Work Education at HKU, the Evidence-Based Clinical Social Work Practice Research Cluster of the Department of Social Work and Social Administration, Hong Kong (May, June & July, 2020).
2. **Symposium Chair**, Symposium on “*The joys and challenges in collecting evidence in social work practice: Four illustrations with Chinese clients with health and mental health concerns*”. 9th International Conference on Social Work in Health and Mental Health, York, England (September, 2019).
3. **Symposium Chair**, Symposium on Youth with Drug Problems, Hong Kong. “*Application of cognitive-behaviour therapy for youth with drug problems*”. Evidence-Based Social Work Practice Cluster, Department of Social Work and Social Administration, HKU and Institute of Cognitive Therapy (November, 2018).

4. **Symposium Chair**, Symposium on Youth with Anxiety Problems. *“Application of cognitive-behaviour therapy for youth with anxiety”*. The University of Hong Kong and Institute of Cognitive Therapy (December, 2017).
5. **Symposium Chair**, The University of Hong Kong and Institute of Cognitive Therapy (December, 2017). Symposium on *Strength-based cognitive-behaviour therapy on mental health recovery*. The University of Hong Kong and Institute of Cognitive Therapy (March, 2016).
6. **Symposium Chair**, 8<sup>th</sup> World Congress of Behavioural and Cognitive Therapies, Melbourne, Australia June, 2016). *Cognitive behaviour therapy in Chinese societies: Excitement and challenges*.
7. **Symposium Chair**, 5th Asian Cognitive Behaviour Therapy Conference, Nanjiang (May, 2015). *CBT in action in Hong Kong (II)*
8. **Advisor**, 8<sup>th</sup> International Congress of Cognitive Psychotherapy, June, 2013
9. **Programme Organizer and Chair**, symposium on *“Knowledge transfer and social enterprise”*, April, 2012
10. **Program Chair**, 2-day workshop on *“CBT for Psychosis”* delivered by Professor Philippa Garety, Institute of Psychiatry, London, England, co-run with Institute of Cognitive Therapy, November, 2011
11. **Program Chair**, 1 day workshop on *“Low intensity CBT for people with depression and anxieties”*, delivered by Professor David Richards of Exeter University, April, 2011
12. **Plenary Chair**, Mental Health Across Nations, *International Conference of Social Work and Social Policy*, Shanghai, East China University of Science and Technology, China, June, 2011
13. **Program coordinator**, symposium on social work in mental health of the *International Conference on Knowledge, Policy and Service: A Dialogue between East and West on Social Work*, October 28 – 29, 2007, East China University of Science and Technology, Shanghai, China, 2007
14. **Co-Chairman**, Scientific Committee, 5th International Conference on Health and Mental Health, Hong Kong, December, 2006
15. **Scientific Committee Member**, CRN 10th Anniversary Conference (Facilitating the vetting of papers submitted to the conference), 2005
16. **Scientific Committee Member**, CRN, 5th Anniversary Conference (Facilitating the vetting of papers submitted to the conference), 2000

## Peer-Reviewed Conference Presentations

### International

1. **Wong F.K.D.** (2019). *Strength-based cognitive-behavior therapy for people with severe mental illness*. 9th International Conference on Social Work in Health and Mental Health, York, England.
2. **Wong, F.K.D.** (2019). *Cognitive and behavioural mediators in drug dependency: Implications for an integrated cognitive-behaviour approach to treating drug abusers*. World Congress of Behavioural and Cognitive Therapy 2019 Congress, Berlin, Germany.
3. **Wong, F.K.D.** (2019). *Cognitive-behaviour therapy with and without parental involvement for Chinese adolescents with anxiety problems: A randomised controlled trial*. 23<sup>rd</sup> Annual Conference, Society for Social Work Research (SSWR), San Francisco, USA.
4. **Wong, F.K.D.** (2018). *One-year training in integrated cognitive-behaviour therapy for social workers working with youth with drug addiction*. 19th International Mental Health Conference, Aug 08 - 10, [Australian and New Zealand Mental Health Association \(ANZMH\)](#), Gold Coast, Australia
5. **Wong F.K.D.** (2016). *Evaluating the effectiveness of an integrated cognitive-behaviour therapy for Chinese gamblers in Hong Kong*. 8<sup>th</sup> World Congress of Behavioural and Cognitive Therapies, Melbourne, Australia.
6. **Wong, F.K.D.** (2016). *The effectiveness of an integrated recovery and CBT model in helping people with mental illness*. 8<sup>th</sup> World Congress of Behavioural and Cognitive Therapies, Melbourne, Australia.
7. Chan, W. & **Wong, F.K.D.** (2016). *A clinical study on the effectiveness of a culturally-attuned cognitive-behavioural therapy in working with delinquent youth in Hong Kong*. 8<sup>th</sup> World Congress of Behavioural and Cognitive Therapies, Melbourne, Australia.
8. Zhuang, X.Y. & **Wong, F.K.D.** (2014). *Risk and resilience of Chinese rural-to-urban migrant adolescents: in comparison with urban adolescents*. 28th International Congress of Applied Psychology, France.
9. Kwan, A., & **Wong, F.K.D.** (2014). *Attributional style and job disengagement among Chinese migrant workers in Mainland China*. 28th International Congress of Applied Psychology, France.
10. Chiang, V., Leung, S. & **Wong, F.K.D.** (July, 2012). *Brief cognitive-behavioral education program for main family carers of patients in intensive care units: A randomized controlled trial*, Sigma Theta Tau International's 23rd International Nursing Research Congress, Brisbane, Australia.
11. Kwok, S., & **Wong, F.K.D.** (July, 2012). *Relationship of mothers' parenting, their experiences of fathering involvement and marital satisfaction*, Social Work and Social Development 2012: Action and Impact, Stockholm, Sweden.

12. **Wong, F.K.D.** & He, X.S. (July, 2012). *Cultural influence on Shanghai Chinese's help seeking for mental health problems: Implications for social work practice*. Social Work and Social Development 2012: Action and Impact, Stockholm, Sweden.
13. Leung, SSK., **Wong F.K.D.**, Lee, AM, Lam, SK, Chiang, VCL, Yung, C. (2011). *Efficacy of a brief cognitive-behavioral intervention on pregnant women to prevent postnatal depression*. 1<sup>st</sup> World Congress of Obstetrics, Gynecology and Andrology, April, 2011, London, United Kingdom.
14. **Wong F.K.D.** & He, X.S. (August, 2011). *A comparison of female migrant workers' mental health in four cities in China*. 3<sup>rd</sup> World Congress of Asian Psychiatry, Melbourne, Australia.
15. **Wong F.K.D.** (2010). *Rural migrant workers in urban China: living a marginalised life*, 2010 Joint World Conference in Social Work, Hong Kong
16. **Wong F.K.D.** (2010). *The application of cognitive behavioral group treatment for parents with children with disabilities in Hong Kong: A sharing and reflection on our clinical experience*, 2010 Joint World Conference in Social Work, Hong Kong
17. **Wong F.K.D.** (2010). *Mental health literacy among Chinese-speaking Australians in Melbourne, Australia: Implications for mental health promotion among overseas Chinese*, 6th Conference in Social Work in Health and Mental Health, Dublin, Ireland.
18. **Wong F.K.D.** (2010). *Children of migrant workers in Shanghai, China: Stresses and strengths*, 6th Conference in Social Work in Health and Mental Health, Dublin, Ireland.
19. **Wong F.K.D.** (2010). *Evaluating the effectiveness of a randomized waitlist control cognitive-behaviour group treatment for Chinese-speaking parents with children with disabilities in Melbourne, Australia*, 2010 World Cognitive Behavioural Therapy Conference, Boston, USA.
20. **Wong F.K.D.** (2010). *The process of indigenizing Cognitive Behavioural Therapy for Chinese people: Sharing of our 5 years of experience*, 2010 World Congress of Cognitive Behavioural Therapy Conference, Boston, USA.
21. Huang, D. & **Wong F.K.D.** (2010). *Factors associated with aged care utilisation among the Chinese-speaking elderly in Australia*, 8th National Conference of Emerging Researchers in Ageing, Melbourne, Australia
22. Huang, D., Ozanne, E., Harms, L. & **Wong, F.K.D.** (2010). *Understanding factors associated with the elderly Chinese immigrants' use of aged care services in Australia*, Changing Health Dublin Conference, 28 June- 2 July 2010, Ireland.
23. **Wong F.K.D.** (2009). *Rural-to-urban migrant workers in China: Benefits and costs of moving to the cities*, 2009 Melbourne Conference on China, Melbourne, Australia.



24. **Wong F.K.D.** (2009). *Evaluating the efficacy of cognitive-behaviour group treatment for Chinese-speaking parents with children with disabilities: A preliminary study*, 2009 AACBT National Conference, Perth, Australia.
25. **Wong F.K.D.** (2007). *The effectiveness of cognitive-behavioral therapy group for Chinese people with social anxiety in Hong Kong: Further analysis*, World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.
26. **Wong F.K.D.** (2007). *Correlates of mental health of rural-urban migrant workers in Shanghai, China*, World Psychiatric Association International Congress 2007, Melbourne, Australia.
27. **Wong F.K.D.** (2008). *Crucial individuals in the help-seeking pathway for Chinese caregivers of relatives with early psychosis in Hong Kong*. 6th International Conference on Early Psychosis, Melbourne, Australia.
28. **Wong F.K.D.** (2006). *Crucial individuals in the pathway to care for people with early psychosis in Hong Kong*. World Psychiatric Congress, Istanbul, Turkey.
29. **Wong F.K.D.** (2004). *Help-seeking pathway of caregivers with relatives suffering from early psychosis in Hong Kong*, 4th International Conference on Health and Mental Health, Quebec, Canada
30. **Wong, F. K. D.** (2004). *A study on the effectiveness of cognitive therapy for people with emotional disorders: a pre-test and post-test controlled trial*, 4th International Conference on Health and Mental Health, Quebec, Canada.
31. **Wong F.K.D.** (with Jourbert, L. & Meadows, G., Feb, 2003,). *Caring for the seriously mentally ill: Similarities and differences in Hong Kong and Australia*, International Conference on Mental Health, Melbourne, Australia.
32. **Wong F.K.D.** (July, 2001). *Mental health of mainland Chinese immigrant and local - born youth in Hong Kong: A comparison*. 3rd International Conference on Social Work in Health and Mental Health, Finland. (Poster presentation).

## **Regional**

33. Leung, S., Mak, Y. W., Chiang, V., Chui, C., Sun, S., & **Wong, F.K.D.** (2008). *Health promotion program for secondary school teachers in managing their work-related stress*, 19th International Nursing Research Congress Focusing on Evidence-Based Practice, Singapore.
34. **Wong, F.K.D.** (2008). *The efficacy of cognitive-behavioral therapy group for a community sample of Chinese people with depression in Hong Kong*, 5th World Congress of Psychotherapy, Beijing, China.
35. **Wong, F.K.D.** (2006). *The effectiveness of cognitive-behavioral therapy group for Chinese people with social anxiety in Hong Kong: A preliminary study*, 1st Asian CBT Conference, Hong Kong, China.

## Local

36. **Wong, F.K.D.** (2006). *Clinical case management for people with depression: A bio-psychosocial stress-vulnerability model*, 5th International Conference on Health and Mental Health, Hong Kong SAR.
37. **Wong, F.K.D.** (2006). Pre-conference skills workshop (3 hours), *Cognitive-behavioral therapy for Chinese people with social phobia in Hong Kong: What and how to do it?*, 5th International Conference on Health and Mental Health, Hong Kong SAR.
38. Kwok, S., **Wong, F.K.D.**, Ip, B. & Leung, S. (1996). *Difficulties and patterns of social support of mature college students in Hong Kong - implications for services*. Conference Proceedings of Joint Work Congress of International Federation of Social Workers and International Association of Social Work. Hong Kong, 306-308.

## Other academic activities

- I am currently serving as an **associate editor of International Journal of Mental Health Systems**, Australia, and on the **editorial board of Child and Family Behaviour Therapy**, USA. I was also an associate editor of *Social Work in Mental Health* for 7 years.
- In 2009, I was the **co-editor of a special issue** of the *Social Work in Health Care*
- In total, I have been invited for more than **80 times** by refereed journals and academic bodies *to review articles and research proposals*, such *Social Science and Medicine, BMC Psychiatry, and British Journal of Social Work*

## Editorial or editorial board membership

1. **Associate Editor**, *International Journal of Mental Health Systems*, Australia, (current, Q2)
2. **Editorial Board Member**, *Child and Family Behaviour Therapy*, USA. (current, Q2)
3. **Editorial Board Member**, *Research on Social Work Practice*, USA.
4. **Editorial Board Member**, *Social Work in Mental Health*, USA.
5. **Associate Editor**, *Social Work in Mental Health*, USA (2005-2012), 1 of 2 Associate Editor)
6. **Editorial Board Member**, *Hong Kong Journal of Social Work*, HK (2009)

7. **Guest Editor** of the special issue in *Social Work in Health Care “Harmony in Chaos: Social Work Responses to Issues Arising from a Changing and Stressful World”*
8. **Editor** for the special issue of the *Newsletter of the Academy of Cognitive Therapists* (Mid 2009, sole editor).

**Guest reviewers of articles/book/thesis (Since 2007)**

1. Journal of Social Work, UK
2. British Journal of Social Work, UK
3. Hong Kong Journal of Social Work, Hong Kong
4. Social Psychiatry and Psychiatric Epidemiology, USA
5. Clinical Social Work Journal, USA
6. Reviewer of a book —International Social Health Care Policy, Programs and Studies, published by The Haworth Press, USA
7. Demography, USA
8. International Journal of Geriatric Psychiatry, UK
9. BMC Health Services Research, UK
10. Behavioural and Cognitive Psychotherapy, UK
11. Vulnerable Children and Youth Studies, UK
12. Acta Psychiatrica Scandinavica, Scandinavia
13. Public Health, UK
14. Journal of Immigrant and Minority Health, USA
15. International Journal of Psychology, UK
16. European Psychologist, EU
17. Australian Psychologist, AUS
18. Social Science and Medicine, UK
19. British Journal of Sociology
20. European Child & Adolescent Psychiatry, Europe
21. Polytechnic University of Hong Kong, Department of Applied Social Sciences, PhD thesis,
22. BMC Psychiatry, UK
23. Asian Journal of Psychiatry, HK
24. International Journal of Social Welfare, USA
25. Plos One
26. Social Work in Mental Health, USA
27. Journal of Urban Studies
28. International Perspective in Psychology
29. Journal of Ethic and Cultural Diversity in Social Work, USA
30. Culture, Medicine and Psychiatry, USA

**Grant reviewers for competitive grants:**

1. GRF Grants
2. Health and Health Service Research Grants
3. Public Policy Research Grants

## TEACHING

- I am considered by colleagues and students as an excellent teacher. I have received the **UGC Teaching Award (Team)** in 2021, **HKU University Outstanding Teacher Award** in 2018, and have also been awarded twice **HKU The Faculty Outstanding Teaching Award** in 2000 and 2018
- My average teaching scores always ride on the “**Excellent**” range (an average 88 out of 100)
- I have had **18 postgraduate students** and **16 students have completed their PhD and MPhil theses**. Six of them are now teaching at various universities in China, Hong Kong and Singapore. A few of them received fellowships and awards during their studies.
- As the **Director of the Master of Social Science (Mental Health) Programme** in 2015, I led the programme team and we have redeveloped the programme from a generic mental health to a mental health counselling programme
  - The annual student intake has increased **from a single digit to about 30 students**, with students coming from disciplines including nursing, social work, psychology, occupational therapy and teaching
  - Our programme is now **accredited** as a professional counselling programme recognized **by the Hong Kong Professional Counselling Association**
  - Graduates from this stream can **obtained** an equivalent qualification of **Certificate in Level I CBT training of Institute of Cognitive Therapy (Hong Kong)**

### Primary teaching responsibilities

1. Cognitive Behaviour Therapy (**current**, Master of Social Sciences (Mental Health Programme), The University of Hong Kong)
2. Psychosocial Care in Mental Health (**current**, Master of Social Sciences (Mental Health Programme), The University of Hong Kong)
3. Cognitive Behaviour Therapy Skills Practice (**current**, Master of Social Sciences (Mental Health Programme), The University of Hong Kong)
4. Cognitive Behaviour Therapy Supervised Practice (**Current**, Master of Social Sciences (Mental Health Programme), The University of Hong Kong)
5. Social Work Research and Evaluation (Bachelor of Social Work, City University of Hong Kong)
6. Mental Health Counselling/Issues and Interventions in Mental Health (Master of Counselling, City University of Hong Kong)
7. Cognitive-Behavioural Interventions (Master of Counselling, City University of Hong Kong)

8. Social Work Practice Research (Bachelor and Master of Social Work, University of Melbourne)
9. Social Work with Mental Health (Bachelor and Master of Social Work, University of Melbourne)
10. Problem-based Learning (Master of Social Work, The University of Hong Kong)
11. Issues and Interventions in Mental Health (Bachelor and Master of Social Work, The University of Hong Kong)
12. Community Mental Health Policies and Practices (Master of Social Sciences, Mental Health Programme, The University of Hong Kong)
13. Cognitive-Behavioural Interventions (Master of Social Sciences, Mental Health Programme, The University of Hong Kong)
14. Assessment and Interventions in Mental Health (Master of Social Sciences, Mental Health Programme, The University of Hong Kong)
15. Advanced (Clinical) Social Work Practice (Bachelor of Social Work, The University of Hong Kong)

### **Mphil and PhD Student Supervision**

1. PhD student, Miss Connie Kang Man Ying (**current**), Mindfulness-based CBT for ADHD adults in China
2. PhD student, Mr. Yves Cheung Cho Ho (**current**), Resilience-based interventions for ADHD adults in Hong Kong
3. PhD student, Miss Edwina Ko (**current**), Strength-based CBT interventions for children with anxiety problems in Hong Kong
4. PhD student, Mr. Tony Leung (**current**), ICBT for relapse prevention for drug abused youths in Hong Kong
5. PhD student, Dr Yinan Ji (completed, 2022), Strength-based CBT for internet gaming addiction of youth in China (**Assistant Professor, Department of Social Work, Tsingdao University of Science and Technology**)
6. PhD student, Dr. Tang Xin Fung (completed, 2020), CBT for primary care doctors in China, **Best PhD Proposal Presentation, 2018 (Assistant Professor, Department of Psychology, Renmin University of China, China)**
7. PhD student, Dr. Kathy Xia (completed), Resilience in Chinese migrants: Issues and Intervention (**Lecturer, Beijing Normal University, China**)
8. PhD student, Dr. Dolly Huang (completed, 2017), Chinese elderly's access to health care services in Melbourne, Australia
9. PhD student, Dr. Zhuang Xiao Yu, (completed, 2015), Mental health and adolescent migrants. **Recipient of the Best Research Student Award, City University of Hong Kong, 2013. (Associate Professor, Jinan University, China)**

10. PhD student, Dr. Lu Nan (completed, 2013), Elderly in China
11. PhD student, Dr. Catherine Chung Lai Ping (completed, 2012). Gambling research (as supervisor and co-supervisor, HKU) (**Lecturer, The University of Hong Kong**)
12. PhD student, Dr. Chang Ying Li (completed, 2011). Mental health and work stress of rural-urban migrant workers
13. Mphil student, Miss Chen Hao (completed, 2010). Mental health of caregivers in mainland China
14. PhD student, Dr. Pan Jiayan (completed, 2009). Mental health of mainland postgraduate students in Hong Kong (as thesis advisor). **Recipient of the Endeavor Fellowship, 2008 (Associate Professor, Baptist University of Hong Kong)**
15. PhD student, Dr. Lau Ying (completed, 2006). Depression during pregnancy and postpartum in Hong Kong Chinese population. **Recipient of the Sir Edward Youde Scholarship, Hong Kong, 2005 (Associate Professor, Department of Nursing, National University of Singapore)**
16. PhD student, Dr. Tim Sim (completed, 2005). The dynamics of family relationship in male adolescent drug rehabilitation (**Associate Professor, Polytechnic University of Hong Kong**)
17. Mphil student, Miss Fong Kit Wah (completed, 2004). How parenting stress and social support affect the demand of respite care services of caregivers having children with mental handicaps in Hong Kong
18. Mphil student, Dr. Phyllis Wong (completed, 2004). Evaluating a staff development programme using an interpersonal-environment approach in facilitating self-determination of adults with intellectual disabilities in Hong Kong - A pretest-posttest control group design (**Assistant Professor, Chinese University of Hong Kong**)
19. PhD student, Dr. He Xuesong (completed, 2004) Dynamics of social networks: The personal experiences of female Chinese immigrants in their first year of resettlement in Hong Kong (**Associate Dean, Faculty of Social Science, east China University of Science and Technology**)
20. PhD student, Dr. Wu Xiang Shu (completed, 2002) Illness perception and coping among older adults with coronary heart disease: a study at acute and convalescent stage (co-supervisor)
21. PhD student, Dr. Li Hong (completed, 2002) College stress and psychological well-being: vision in life as coping resource (co-supervisor)

## Knowledge Transfer

- In the past ten years, I have dedicated a great deal of efforts in **disseminating my clinical intervention research findings in CBT:**

- Through **developing professional and self-help manuals, and card game** and cue cards, the evidence-informed knowledge and skills are transferred to Chinese people and professionals in various in Hong Kong, China, Melbourne Australia, and other places
- Running CBT training workshops and clinical supervisions for professionals. Over **80 training workshops** have been organized in the past 5 years. In addition, we have also been providing one to two years clinical supervision for agency staff and professionals who are interested to becoming a certified cognitive behaviour therapist
- Between 2010 and 2019, we have provided **more than 60 public seminars/workshops** in Hong Kong and Australia with about **2800 participants** benefitting from these seminars
- Over **350 clients** have **received individual and/or group counselling** from our unit

### **Professional training in CBT (workshops)**

1. Evidence-Based Clinical Social Work Practice Research Cluster, Department of Social Work and Social Administration, HKU (July, 2020): Webinar on “Implementation Science: Evidence-Based Clinical Social Work Practice Research in Hong Kong”. (140 professionals).
2. Education Department (February, 2019): Advanced CBT training for educational psychologists in the Education Department who are interested in applying CBT to work the school-aged children and youth (30 professionals)
3. Education Department (February and March, 2018): Basic and Advanced CBT training for educational psychologists in the Education Department who are interested in applying CBT to work the school-aged children and youth (35 professionals).
4. Education Department (May, 2017): This is a group of educational psychologists in the Education Department who are interested in applying CBT to work the school-aged children and youth (35 professionals)
5. Education Department (May, 2017): This is a group of educational psychologists in the Education Department (Special Education Unit) who are interested in applying CBT to work the school-aged children and youth (35 professionals)
6. Education Department (July, 2015): This is a group of educational psychologists in the Education Department who are interested in applying CBT to work the school-aged children and youth (35 professionals)
7. Education Department (July, 2014): This is a group of educational psychologists in the Education Department who are interested in applying CBT to work the school-aged children and youth (30 professionals)
8. Hospital Authority (September, 2013) – 1-Day CBT workshop for nurses undertaking training in community psychiatric nursing (60 professionals)

9. Caritas Social Services – Pre-school section of The Rehabilitation Division (September, 2013), book launch and sharing of CBT skills in working with parents with children with disability (90 professionals)
10. Hong Kong Counseling Association (September, 2013), CBT for people with emotional problems (21 professionals)
11. Social Welfare Department, Training Section (February, 2013), this is a group of colleagues of different agencies who are interested in applying CBT to work the elderly in variety of settings (60 professionals)
12. Education Department (February, 2013): This is a group of educational psychologists in the Education Department who are interested in applying CBT to work the school-aged children and youth (100 professionals)
13. Boys and Girls Club of Hong Kong (January, 2013): This is a group of colleagues of the agency who are interested in applying CBT to work the children and youth in variety of settings (40 professionals)
14. Hospital Authority (November, 2012) – 2-Day CBT workshop for nurses undertaking training in community psychiatric nursing (83 professionals)
15. The Friends of Scouts Hong Kong – Youth Division (September, 2012), CBT for working with youths (2012)
16. Hospital Authority (November, 2011) – 2-Day CBT workshop for nurses undertaking training in community psychiatric nursing (80 professionals)
17. Institute of Advanced Nursing Studies, Hospital Authority (November – December, 2011) – 3-Day CBT workshop for registered nurses (psychiatric) (45 professionals)
18. Caritas Social Services – Pre-school section of The Rehabilitation Division (April, 2011), Sharing/report-back on the use of CBT in working with parents with children with disability in their service units (40 professionals)
19. Caritas Social Services – Elderly Division (June, 2010), Sharing/report-back on the use of CBT in working with elderly in their service units (40 professionals)
20. Yan Oi Tong – Elderly and Youth services (October, 2010), CBT theories and skills – Refresher course, 2 day workshop (45 professionals)
21. Caritas Social Services –Elderly Division (June, 2009), —The use of cognitive therapy to work with elderly with emotional problems, 2 day workshop (85 professionals)
22. Caritas Social Services - Open forum for all professionals (June, 2009), CBT group on emotional management for stressful parents with or without disabled children, half-day forum (80 professionals)
23. Yan Oi Tong, (2008), — CBT in working with the elderly with emotional problems – work in progress, Hong Kong, (45 professionals)
24. Caritas Social Services –Elderly Division (December, 2008) —The use of cognitive therapy to work with elderly with emotional problems, 2 day workshop



25. Tung Wah Groups of Hospital (2007), — CBT for working with people with compulsive buying (25 professionals)
26. Tung Wah Groups of Hospital (2007), — CBT for working with youth in school setting, 1 day workshop (30 professionals)
27. Salvation Army (2007), — CBT for working with youth (40 professionals)
28. Caritas Hong Kong (2007, 2008), — CBT for working with people with depression, (40 professionals)
29. Yan Oi Tong, (2004, 2006), — CBT in working with the elderly with emotional problems, Hong Kong (40 professionals)
30. Salvation Army (February, 2004), — Cognitive Therapy for treating elderly with depression, for social workers (40 professionals)
31. Mental Health Association of Hong Kong (February, 2004), — Cognitive Therapy for treating people with schizophrenia, for social workers (60 professionals)
32. Hospital Authority (February, 2003), —Cognitive therapy and chronic mental patients, lectures for Psychiatric nurse (80 professionals)
33. Hong Kong Occupational Therapy Association (October, 2003), — A two-day workshop on the applications of cognitive therapy for persons with mental illness (60 professionals)
34. Tung Wah Groups of Hospitals, Social Services (December, 2003), — Cognitive Behavioral Interventions for social workers (45 professionals)
35. Hong Kong Social Workers' Association (August, October, December, 2003), "Clinical applications of cognitive therapy in working with clients" (40 professionals)
36. Hong Kong Social Workers' Association (August, 2001), "Clinical applications of cognitive therapy in working with clients" (60 professionals)

**Certificate training (China, Hong Kong, Macau, 9-month to 1-year training, including supervision)**

**Hong Kong**

1. Trainee group (2020, Level I), This is the eighth batch of the 12-month training on CBT – current
2. Trainee group (2020, Level II), This is the fifth batch of the 12-month training on CBT – current
3. Trainee group (2019, Level I), This is the eighth batch of the 12-month training on CBT – completed
4. Trainee group (2019, Level II), This is the fifth batch of the 12-month training on CBT – completed

5. Trainee group (2018, Level I), This is the seventh batch of the 12-month training on CBT – completed
6. Trainee group (2018, Level II), This is the fourth batch of the 12-month training on CBT – completed
7. Trainee group (2017, Level I), This is the seventh batch of the 12-month training on CBT – completed
8. Trainee group (2017, Level II), This is the fourth batch of the 12-month training on CBT – completed
9. Trainee group (2016, Level I), This is the sixth batch of the 12-month training on CBT – completed
10. Trainee group (2015, Level I), This is the first batch of the 12-month training on CBT for trainees with Master in Counselling Degree – completed
11. Trainee group (2015, Level II), This is the first batch of the 12-month training on CBT for trainees with Master in Social Sciences (Counselling Degree) – completed
12. Trainee group (2015, Level I), This is the fifth batch of the 12-month training on CBT – completed
13. Trainee group (2014, Level I), This is the fourth batch of the 12-month training on CBT – completed
14. Trainee group (2014, Level II), This is the second batch of the 12-month training on CBT – ongoing
15. Trainee group (2013, Level I), This is the third batch of the 12-month training on CBT – completed
16. Trainee group (2012, Level I), This is the second batch of the 12-month training on CBT – completed
17. Trainee group (2012, Level II), This is the first batch of the 12-month training, on CBT – completed
18. Trainee group (2011, Level I): This is the first batch of the 12-month training on CBT – completed
19. Trainees group (2010), This is the eighth batch of the trainees of our 9-month training programme on CBT – completed
20. Trainees group (2009), This is the seventh batch of the trainees of our 9-month training programme on CBT – completed
21. Trainees group (2009), This is the sixth of the trainees of our 9-month training programme on CBT – completed

22. Trainees group (2008), This is the fifth batch of the trainees of our 9-month training programme on CBT – completed
23. Trainees group (2008), This is the fourth batch of the trainees of our 9-month training programme on CBT – completed
24. Trainees group (2007), This is the third batch of the trainees of our 9-month training programme on CBT – completed
25. Trainees group (2007), This is the second batch of the trainees of our 9-month training programme on CBT – completed
26. Trainees group (2006), This is the first batch of the trainees of our 9-month training programme on CBT – completed

## **China**

1. Hebei training group (**2020, pending the health safety conditions**): One Year Training in Level I CBT, including 6 full days of training in psychotherapies and CBT, and 12 months of supervision (10 psychiatrists)
2. Beijing training group, China Psychological Association (2020-2021): One Year Training in Level I CBT, including 3-Day Foundation Course, 3-Day Skills Training and 12 months of monthly supervision (12 professionals)
3. United International College, Zhuhai, China (2019-2020): One Year Training in Level I CBT, including 3-Day Foundation Course, 3-Day Skills Training and 12 months of monthly supervision (12 professionals, completed)
4. Hebei training group (2018): Every year, 1 psychiatrist would come to HKU for a 4-month CBT training and supervision (completed)
5. Beijing training group (2017): These are professionals in psychiatry and psychotherapy in Beijing. Six group supervision sessions were provided for them (12 professionals, completed)
6. Beijing training group (2013): These are professionals in psychiatry and psychotherapy in Beijing. Individual supervision was provided for them (5 professionals, completed)

## **Macau**

1. Macau training group (2012): This was the third batch of trainees of our 9-month training programme on CBT in Macau. (10 professionals, 2012, completed)
2. Macau training group (2011): This was the second batch of trainees of our 9-month training programme on CBT in Macau (10 professionals, 2011, completed)

3. Macau training group (2010): This was the first batch of trainees of our 9-month training programme on CBT in Macau. (10 professionals, 2010, completed)

### **Australia, Melbourne**

1. Chinese Australian training group (2018): Received monthly supervision via webcam (6 professionals, completed)
2. Chinese Australian training group (2017): Received monthly supervision via webcam (7 professionals, completed)
3. Chinese Australian training group (2017): Level II CBT training in Melbourne, and received monthly supervision via webcam (5 professionals, completed)
4. Chinese Australian training group (2015): Level I CBT training in Melbourne, and received monthly supervision via webcam (6 professionals, completed)
5. Chinese Australian training group (2012): Received monthly supervision via webcam (5 professionals, completed)

### **Clinical supervision (agency sponsorship)**

1. Hong Kong Federation of Youth Groups (**current**). This is a group of social workers wanting to apply strength-based CBT for working with youth with mental health and drug issues
2. Hong Kong Lutheran Social Services (completed). This is a group of social workers wanting to apply strength-based CBT for working with school-aged youth with mental health problems in school settings
3. Mental Health Association of Hong Kong and Caritas Social Services Hong Kong (**current**). This is a group of social workers wanting to apply strength-based CBT for working with people with severe mental illness in Hong Kong
4. Mental Health Association of Hong Kong (2018-2019). This was a group of social work colleagues wanting to learn to apply CBT for working with couples
5. Yan Chai Social Services of Hong Kong (2017-2019). This was a group of social work colleagues wanting to learn to apply CBT for working with youth with special needs in schools
6. Hong Kong Federation of Youth Groups (2016-2018). There were two groups of colleagues wanting to learn to apply CBT for working with youth with delinquency and crimes
7. Hong Kong Lutheran Social Services (2015-2017). This was a group of school social workers wanting to learn to apply CBT for working with children and youth with emotional problems in schools
8. Agency staff (2016-2017). 60 social workers from various agencies working for youth with drug addictions. This was a group of social workers wanting to learn to apply CBT for working with youth drug abusers

9. Baptist Oi Kwan Social Services (rehabilitation division) (2014-2015). This was a group of colleagues of Baptist Oi Kwan who were interested in applying recovery model and CBT to work with their clients with mental health problems
10. Hong Kong Federation of Youth Groups (outreaching social work team) (2013-2014). This was a group of colleagues who were interested in applying CBT to work with adolescents with delinquent behaviours
11. Hong Kong Children and Youth Services (2014). This was a group of colleagues who are interested in applying CBT to work with adolescents
12. Community Rehabilitation Network (2014). This was a group of colleagues who are interested in applying CBT to work with adolescents with delinquent behaviours
13. Tung Wah group (school social work) (2014-2015). This was a group of colleagues who were interested in applying CBT to work with children and adolescents with anxiety problems
14. Lutheran Social Services (school social work) (2013). This was a group of colleagues of the agency who were interested in applying CBT to work the youth in school setting
15. Down's Syndrome Association (2012-2013). This was a group of colleagues who are interested in applying CBT to work with parents with disabled children
16. Mental Health Association of Hong Kong, Wellness Centre (psychiatric rehabilitation) (2012-2013). This is a group of colleagues who are interested in applying CBT to work with their clients with mental health problems
17. Baptist Oi Kwan Social Services (2011-2013). This was a group of colleagues of Baptist Oi Kwan who were interested in applying CBT to work with their clients with mental health problems
18. Caritas Social Services (elderly services) (2011-2013). This was a group of colleagues who were interested in applying CBT to work with the depressed elderly
19. Yan Oi Tong Social Services (school social work) (2011-2013). This was a group of colleagues of Yang Oi Tong Social Services who were interested in applying CBT to work with youth with emotional concerns in schools
20. Caritas group (rehabilitation division) (2008-2012). This was a group of colleagues of Caritas Social Services who were interested in applying CBT to work with parents with disabled children.
21. Yan Oi Tong Social Services (elderly services) (2007-2013). This was a group of colleagues of Yang Oi Tong Social Services for the Elderly who were interested in applying CBT to work with the depressed elderly

### **Public seminars (Since 2010)**

### **Hong Kong**

1. Faculty of Social Sciences, Mental Wellness Series: How to enhance emotional resilience in families in Hong Kong: Three evidence-based counselling approaches (2020, 250 participants)
2. Institute of Cognitive Therapy of Hong Kong, CBT for parents with emotional disturbances (2019, 3 sessions, around 30 participants)
3. Institute of Cognitive Therapy of Hong Kong, CBT group for people with anxiety problems (2019, 8 sessions, 10 participants)
4. Institute of Cognitive Therapy of Hong Kong, CBT for emotion management (2018, around 100 participants)
5. Institute of Cognitive Therapy of Hong Kong, CBT for anger management (2018, around 50 participants)
6. Institute of Cognitive Therapy of Hong Kong, CBT for couples with marital difficulties (2018, 16 couples)
7. Institute of Cognitive Therapy of Hong Kong, CBT for depression (2017, 8 couples)
8. Institute of Cognitive Therapy of Hong Kong, CBT for depression (2016, around 100 participants)
9. Institute of Cognitive Therapy of Hong Kong, CBT group for emotional problems (2016, 8 sessions, 9 participants)
10. Institute of Cognitive Therapy of Hong Kong, CBT for emotional problems (2016, 3 sessions, around 30 participants)
11. Institute of Cognitive Therapy of Hong Kong, CBT for emotional problems (July, 2014, 3 sessions, around 30 participants)
12. Polytechnic University of Hong Kong, Student Affairs Office, CBT for youth with emotional problems (February, 2013, 120 participants)
13. Family Welfare Society of Hong Kong – Integrated CBT and Positive Psychology Practice for the general public (January – March 31, 2012) – 3 workshops, each one is 4 sessions, 3 hourly per session (25 participants per workshop)
14. CBT on emotion management for parents (January 2011, 240 participants)
15. CBT on emotion management for parents (April 2011, 50 participants)
16. CBT on emotion management for parents (April 2011, 108 participants)
17. CBT on emotion management for teachers (November 2010, 210 participants)

18. CBT on emotion management for teachers (December 2010, 150 participants)
19. CBT on emotion management for people with chronic illnesses (June, 2011, 120 participants)
20. CBT on emotion management for parents and teachers (March 2010, 250 participants)
21. CBT on emotion management for parents and teachers (April 2010, 180 participants)
22. CBT on depression for the general public (October 2010, 220 participants)
23. CBT on anxiety disorders for the general public (October 2010, 160 participants)

### **Melbourne Australia**

1. Centre for Holistic Health, Melbourne, Australia, groups on CBT for emotion management for couples (2017, 2018), for couples in marital difficulties, 5 sessions per group)
2. Centre for Holistic Health, Melbourne, Australia, workshops on CBT for emotion management for international students (2017, 2018), for international students, 3 sessions per workshop
3. Centre for Holistic Health, Melbourne, Australia, workshop on CBT for emotion management (2017), 7 sessions, around 8 participants
4. Centre for Holistic Health, Melbourne, Australia, workshop on CBT for couples (2017, 5 sessions, around 6 couples)
5. Centre for Holistic Health, Melbourne, Australia, workshop on talk for international students (2017), 1 sessions, around 12 participants)
6. Centre for Holistic Health, Melbourne, Australia, workshop on CBT for anger management (2016, 1 sessions, around 20 participants)
7. Centre for Holistic Health, Melbourne, Australia, CBT group on CBT for emotion management (2016, 8 sessions, around 8 participants)
8. Centre for Holistic Health, Melbourne, Australia, workshop on CBT for couples (May to 2016, 3 sessions, around 7 couples participants)
9. Centre for Holistic Health, Melbourne, Australia, public seminar on Health and Mental Health (March, 2015, around 30 participants)
10. Centre for Holistic Health, Melbourne, Australia, workshop on CBT for emotion management (May to June, 2015, 3 sessions, around 25 participants)

### **Community consultancy**

1. Advisor, “Smiley Activation Project”—Community/Home-Based Treatment for the Elderly, Hong Kong Family Welfare Society (2015-2017)
2. Chairman, Institute of Cognitive Therapy (Hong Kong) Limited, ongoing
3. Chairman, Centre for Holistic Health (Australia, 2015-2019),
4. Clinical consultant, Community Rehabilitation Network (Giving advice and supervision on designing and implementing cognitive-behavioural therapy for chronic patients), ongoing
5. Founding member, The Hong Kong Early Psychosis Intervention Society, ongoing
6. Member, Mental Health Review Tribunal (Assessing suitability of discharge of mental patients from hospitals), completed
7. Executive Committee Member, The Mental Health Association of Hong Kong (Providing consultancy to policy and service development of the agency), completed
8. Convener, Supported Housing Project for the Ex-mentally Ills (Establishing this new service model in Hong Kong), completed
9. Committee Member, Community Education and Counseling Services, The Mental Health Association of Hong Kong, completed
10. Advisor, Happy-Together Self-Help Group for People with Depression, completed

**Press conference/newspaper column (Since 2010)**

1. (June, 2020), Family functioning and mental health of families during COVID-19, 5 news coverage
2. (March, 2019), Developing an assessment tool and CBT intervention programme for young drug abusers in Hong Kong – Project Radar, 10 news coverage)
3. (November, 2018), CBT on youth delinquency, 11 news coverage
4. (January, 2018), CBT for youth anxiety problems in schools, 5 news coverage
5. (March, 2017), Master of Social Science – Mental Health Programme, 1 news coverage
6. (July, 2014), Mental health first aid, 1 news coverage



7. (April, 2014), Mental health and positive attitudes of carers with relatives suffering from serious mental illnesses, 5 news coverage
8. (June, 2014), Mental health and positive attitudes of carers with relatives suffering from dementia and other old age problems, 3 news coverage
9. (September, 2013), Anxieties of children of junior primary schools in Hong Kong, 7 news coverage in the newspapers
10. (June, 2013), Parenting stress and CBT, Hong Kong Radio Broadcast
11. (September, 2011), Axe murders raise doubts over China's mental healthcare system, The National, UAE
12. (May, 2011), Mental health literacy of Hong Kong Chinese, newspaper, [http://video.mingpao.com/cfm/heal4.cfm?File=20110526/head01/HET20110511\\_512x288.txt](http://video.mingpao.com/cfm/heal4.cfm?File=20110526/head01/HET20110511_512x288.txt)
13. (May, 2011), Parental stress and CBT, Economic Daily
14. (March, 2011), Mental health of Chinese and mental health services in Hong Kong, BBC Radio Broadcast, <http://www.bbc.co.uk/programmes/p002vsyw>
15. (November, 2010), Caregivers' burdens and the New ICCMW centres, Hong Kong Radio Broadcast
16. (October, 2010), Quality of life of caregivers with relative suffering from severe mental illness in Hong Kong, newspapers and ATV news

Dated: December, 2023