

CURRICULUM VITAE

Name

Dr. Chung Ka-Fai

Present Academic Position

Clinical Associate Professor, Department of Psychiatry, University of Hong Kong, Hong Kong

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Academic and Professional Qualification

1988	MB,BS (University of Hong Kong)
1994	MRCPsych, (Member, Royal College of Psychiatrists, UK)
1996	FHKCPsych, (Fellow, Hong Kong College of Psychiatrists) FHKAM (Psychiatry) (Fellow, Hong Kong Academy of Medicine)
2001	Master of Education (Distinction) (University of Wollongong, Australia)

Employment

1989	Medical Officer, Department of Psychiatry, Queen Mary Hospital, Hong Kong
1990	Medical Officer, Castle Peak Hospital, Hong Kong
1991-1996	Lecturer, Department of Psychiatry, University of Hong Kong, Hong Kong
1997-2005	Assistant Professor, Department of Psychiatry, University of Hong Kong, Hong Kong
2005-present	Clinical Associate Professor, Department of Psychiatry, University of Hong Kong, Hong Kong Honorary Consultant, Department of Psychiatry, Queen Mary Hospital, Hong Kong

Research and Scholarship

Dr. Chung was trained under Professor Harvey Mofdosky at the Center for Sleep and Chronobiology of the University of Toronto in Canada. He has diverse research interest, including sleep and mood disorders, traditional Chinese medicine application in mental health, psychiatric stigma and electroconvulsive therapy. In view of a paucity of high-quality research in traditional Chinese medicine therapies for insomnia, he conducted the first large-scale randomized placebo-controlled trial of acupuncture for treating insomnia. A total HK\$4.96 million research funding has been awarded to him to study Chinese medicine application for insomnia and depression. Two of the studies are on acupuncture, supported by the Health and Medical Research Fund, one study is supported by the Innovation and Technology Commission, and the other projects are funded by the Chinese Medicine Department of the Hospital Authority. Recently, Dr. Chung extended his research to examine the application of cognitive behavioral therapy for insomnia and obtained a grant from the General Research Fund to examine cognitive behavioral therapy for insomnia as an early intervention of mood disorders. Dr. Chung has research collaborations with experts in clinical psychology, Chinese medicine, nursing, social work, public health and statistics. Dr. Chung is a grant reviewer for the European Research Commission and the Hong Kong Research Grant Council and a member of the Expert Panel of Central Research Working Group for the Hospital Authority Chinese Medicine Research. He serves on the editorial board of *Asia-Pacific Psychiatry* and *Chinese Journal of Behavioral Medicine and Brain Science* and is an issue editor of *Evidence-Based Complementary and Alternative Medicine*. Up to 25 October, 2018, Dr. Chung has published 121 peer-reviewed papers and most of the papers as the first or corresponding author. According to the Scopus (Author ID: 57194128409), Dr. Chung has 115 documents and his h-index is 25. His research papers have been published in top sleep journals, including *Sleep Medicine Reviews*, *Sleep*, and *Sleep Medicine* as well as psychiatry journals, like *Psychotherapy and Psychosomatics*, *Journal of Clinical Psychiatry*, *Journal of Psychiatric Research*, and *Journal of Affective Disorders*.

Book chapters

1. 鍾家輝醫生 主編. 好眠自己來: 專家推薦的中西醫失眠自助療法. Hong Kong University Press, 2019 (in press).
2. Yeung WF, *Chung KF. Traditional Chinese medicine treatments for depression, anxiety, and insomnia. In: Gerbarg PL, Muskin PR, Brown RP, eds. *Complementary and Integrative Treatments in Psychiatric Practice*. American Psychiatric Association, 2017. Gold Medal Nautilus Book Award in the Psychology category for 2017.
3. 鍾家輝醫生. 強迫症 - 無法自控的思想和行為. In: The University of Hong Kong, Li Ka Shing Faculty of Medicine, eds. *都市健康小百科第二冊*, Hong Kong: Metro Publishing HK Ltd, 2011: 54-5.

Journal publications

- Up to 25 October, 2018

- Peer-reviewed papers: 121; full length articles: 116; letters to the editor: 4; editorial: 1.
- *Asterisk denotes first or corresponding author papers.
- Scopus parameters: author ID: 56431269300; number of documents: 115; *h*-index: 25.

Four most significant publications in the last six years

1. ***Chung KF**, Yeung WF, Ho FY, Yung KP, Yu YM, Kwok CW. Cross-cultural and comparative epidemiology of insomnia: the Diagnostic and Statistical Manual (DSM), International Classification of Diseases (ICD) and International Classification of Sleep Disorders (ICSD). *Sleep Medicine* 2015;16:477-482 (Citation according to Scopus: 34).

We are the first group to examine the prevalence of insomnia disorder by the DSM-5, the newest version of DSM using a structured diagnostic interview. This study provides important data on the prevalence of insomnia in Hong Kong.

2. Ho FY, ***Chung KF**, Yeung WF, Ng TH, Kwan KS, Yung KP, Cheng SK. Self-help cognitive-behavioral therapy for insomnia: a meta-analysis of randomized controlled trials. *Sleep Medicine Reviews* 2015;19C:17-28 (Citation according to Scopus: 67).

We are interested in using non-drug treatments for insomnia in Hong Kong and this review article serves the foundation of our future studies of cognitive-behavioral therapy for insomnia. The paper has been cited 67 times since its publication in 2015.

3. ***Chung KF**, Yeung WF, Yu YM, Yung KP, Zhang SP, Zhang ZJ, Wong MT, Lee WK, Chan LW. Acupuncture for residual insomnia associated with major depressive disorder: a placebo- and sham-controlled, subject- and assessor-blind, randomized trial. *Journal of Clinical Psychiatry* 2015;76:e752-760 (Citation according to Scopus: 23).

This study is funded by the Health Services Research Committee and belongs to the third of our series of randomized controlled trials examining the efficacy of acupuncture for insomnia. We modified our acupuncture regime and included some acupoints on the limbs that are not used in our previous studies. In addition, we selected acupoints for acupuncture and minimal acupuncture that are similarly located. Although acupuncture was well tolerated, we found that its efficacy was only mild and similar to that of minimal acupuncture. The finding underscores the difficulties in the treatment of residual insomnia associated with major depressive disorder. Our series of randomized controlled trials allows us to perform a number of secondary analyses on various topics, such as acupuncture-related adverse events and predictors of acupuncture response. Our studies also form a foundation for our success in attaining a Health and Medical Research Fund on combined electroacupuncture and auricular acupuncture for the treatment of insomnia.

4. ***Chung KF**, Yeung WF, Yu BY, Leung FC, Zhang SP, Zhang ZJ, Ng RM, Yiu GC. Acupuncture with or without combined auricular acupuncture for insomnia: a randomised, waitlist-controlled trial. *Acupuncture in Medicine* 2018;36:2-13 (Citation according to Scopus: 2).

This study aims to examine whether combining acupuncture and auricular acupuncture is more effective for insomnia than acupuncture alone. Data generated from our studies allow us to perform several secondary analyses on the predictors of a positive response and adverse events of acupuncture. The study is funded by the Health Services Research Committee.

Publication list

2018

1. ***Chung KF**, Poon YP, Ng TK, Kan CS. Correlates of sleep irregularity in schizophrenia. *Psychiatry Research* doi: 10.1016/j.psychres.2018.10.064 [epub ahead of print].
2. Poon YP, Kan CS, Yeung WF, ***Chung KF**. Delayed sleep-wake phase disorder and delayed sleep-wake phase in schizophrenia: clinical and functional correlates. *Schizophrenia Research* doi: 10.1016/j.schres.2018.06.057 [epub ahead of print].
3. ***Chung KF**, Yeung WF, Ho FY, Ho LM, Yung KP, Yu BY, Kwok CW. Predictors of daytime consequences of insomnia: the roles of quantitative criteria and nonrestorative sleep. *Psychopathology* 2018;51:262-268.
4. ***Chung KF**, Lee CT, Yeung WF, Chan MS, Chung EW, Lin WL. Sleep hygiene education as a treatment of insomnia: a systematic review and meta-analysis. *Family Practice* 2018;35:365-375.
5. ***Chung KF**, Yeung WF, Leung FC, Yu BY. When east meets west: understanding the traditional Chinese medicine patterns on insomnia by Western nosology. *European Journal of Integrative Medicine* 2018;17:129-134.
6. ***Chung KF**, Yeung WF. Insomnia with objective short sleep duration is associated with a reduced response to active or placebo acupuncture: a secondary analysis of three randomized controlled trials. *Sleep and Biological Rhythms* 2018;16:197-204.
7. ***Chung KF**, Yeung WF, Ho FY, Ng TK. Dysfunctional cognitions about sleep as mediators of outcome in acupuncture for insomnia. *Acupuncture in Medicine* 2018;36:193-194.
8. ***Chung KF**, Yeung WF, Yu BY, Leung FC, Zhang SP, Zhang ZJ, Ng RM, Yiu GC. Acupuncture with or without combined auricular acupuncture for insomnia: a randomised, waitlist-controlled trial. *Acupuncture in Medicine* 2018;36:2-13.
9. ***Chung KF**, Yeung WF, Yu BY, Ho FY. A population-based 2-year longitudinal study of insomnia disorders in the general population in Hong Kong. *Psychology, Health & Medicine* 2018;23:505-510.
10. Yeung WF, Ho FY, **Chung KF**, Zhang ZJ, Yu BY, Suen LK, Chan LY, Chen HY, Ho LM, Lao LX. Self-administered acupressure for insomnia disorder: a pilot randomised controlled trial. *Journal of Sleep Research* 2018;27:220-231.
11. Ji XW, Ng SM, Chan CL, Chan JS, Chan CH, ***Chung KF**. Integrative body-mind-spirit intervention for concurrent sleep and mood disturbances: sleep-specific

daytime functioning mediates sleep and mood improvements. *Journal of Sleep Research* 2018;27:56-63.

12. Yu AP, Tam BT, Lai CW, Yu DS, Woo J, **Chung KF**, Hui SS, Liu JY, Wei GX, Siu PM. Revealing the neural mechanisms underlying the beneficial effects of Tai Chi: a neuroimaging perspective. *American Journal of Chinese Medicine* 2018;46:231-259.

2017

13. Kongsakon R, Thavichachart N, **Chung KF**, Lim L, Azucena B, Rondain E, Go B, Costales F, Nerapusee O. Evaluation of sleep profile in schizophrenia patients treated with extended-release paliperidone: an open-label prospective study in Southeast Asia. *Psychology Research & Behavior Management* 2017;10:323-327.
14. Ho RT, Wan AH, Chan JS, Ng SM, **Chung KF**, Chan CL. Study protocol on comparative effectiveness of mindfulness meditation and qigong on psychophysiological outcomes for patients with colorectal cancer: a randomized controlled trial. *BMC Complementary and Alternative Medicine* 2017;17:390.
15. ***Chung KF**, Yeung WF, Leung FC, Yu BY. An integrative Chinese-Western diagnostic approach to predict a positive response to acupuncture [Letter]. *Acupuncture in Medicine* 2017;35:306-308.
16. Ngai FW, Wong PW, **Chung KF**, Leung KY. The effect of a telephone-based cognitive behavioral therapy on quality of life: a randomized controlled trial. *Archives of Women's Mental Health* 2017;20:421-426.
17. Yeung WF, ***Chung KF**, Zhang ZJ, Chan WC, Zhang SP, Ng RM, Chan CL, Ho LM, Yu BY, Lao LX. Electroacupuncture for tapering off long-term benzodiazepine use: study protocol of randomized controlled trial. *BMC Complementary and Alternative Medicine* 2017;17:183.
18. ***Chung KF**, Chan MS, Lam YY, Lai CS, Yeung WF. School-based sleep education programs for short sleep duration in adolescents: a systematic review and meta-analysis. *Journal of School Health* 2017;87:401-408.
19. Ji XW, Chan CH, Lau BH, Chan JS, Chan CL, ***Chung KF**. The interrelationship between sleep and depression: a secondary analysis of a randomized controlled trial on mind-body-spirit intervention. *Sleep Medicine* 2017;29:41-46.
20. Yeung WF, ***Chung KF**, Yu BY, Lao L. What predicts a positive response to acupuncture? A secondary analysis of three randomised controlled trials of insomnia. *Acupuncture in Medicine* 2017;35:24-29.
21. Chan MS, ***Chung KF**, Yung KP, Yeung WF. Sleep in schizophrenia: a systematic review and meta-analysis of polysomnographic findings in case-control studies. *Sleep Medicine Reviews* 2017;32:69-84.
22. Chan CH, Ji XW, Chan JS, Lau BH, So KF, Li A, **Chung KF**, Ng SM, Chan CL. Effects of the integrative mind-body intervention on depression, sleep disturbances and plasma IL-6. *Psychotherapy and Psychosomatics* 2017;86:54-56.
23. Chan JS, Yu NX, Chow AY, Chan CL, **Chung KF**, Ho RT, Ng SM, Yuen LP, Chan CH. Dyadic associations between psychological distress and sleep disturbance among Chinese patients with cancer and their spouses. *Psychooncology* 2017;26:856-861.

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24. ***Chung KF**, Yeung WF, Leung FC, Zhang SP. Traditional Chinese medicine diagnosis and response to acupuncture for insomnia: an analysis of two randomized placebo-controlled trials. *European Journal of Integrative Medicine* 2016;8:797-801.
25. Ng TH, ***Chung KF**, Ng TK, Lee CT, Chan MS. Correlates and prognostic relevance of sleep irregularity in inter-episode bipolar disorder. *Comprehensive Psychiatry* 2016;69:155-162.
26. Ngai FW, Wong PW, **Chung KF**, Leung KY. The effect of telephone-based cognitive-behavioural therapy on parenting stress: A randomised controlled trial. *Journal of Psychosomatic Research* 2016;86:34-38.
27. ***Chung KF**, Ho YY, Yeung WF, Psychometric comparison of the full and abbreviated versions of the Dysfunctional Beliefs and Attitudes about Sleep Scale. *Journal of Clinical Sleep Medicine* 2016;12:821-828.
28. ***Chung KF**, Yeung WF, Zhang SP, Zhang ZJ, Wong MT, Lee WK, Chan KW. Acupuncture for persistent insomnia associated with major depressive disorder: a randomised controlled trial. *Hong Kong Medical Journal* 2016;22 Suppl 2:9-14.
29. Leung SS, Lee AM, Wong DF, Wong CM, Leung KY, Chiang VC, Yung WK, Chan SW, **Chung KF**. A brief group intervention using a cognitive behavioural approach to reduce postnatal depressive symptoms: a randomised controlled trial. *Hong Kong Medical Journal* 2016;22 Suppl 2:4-8.
30. Yeung WF, ***Chung KF**, Zhang NL, Zhang SP, Yung KP, Chen PX, Ho YY. Traditional Chinese medicine syndrome in insomnia: an analysis using latent tree models. *Chinese Medicine* 2016;11:4.
31. Yung KP, ***Chung KF**, Ho YY, Yeung WF, Ng TH. The experience of chronic insomnia in Chinese adults: a study using focus groups and insomnia experience diaries. *Behavioral Sleep Medicine* 2016;14:406-428.
32. Ng TH, ***Chung KF**, Lee CT, Yeung WF, Ho FY. Eveningness and its associated impairments in remitted bipolar disorder. *Behavioral Sleep Medicine* 2016;14:650-664.

2015

33. Ngai FW, Wong PW, Leung KY, Chau PH, **Chung KF**. The effect of telephone-based cognitive-behavioral therapy on postnatal depression: a randomized controlled trial. *Psychotherapy and Psychosomatics* 2015;84:294-303.
34. Lam TH, ***Chung KF**, Yeung WF, Yu YM, Yung KP, Ng TH. Hypnosis for insomnia: a systematic review of randomized controlled trials. *Complementary Therapies in Medicine* 2015;23:719-732.
35. Yeung WF, ***Chung KF**, Ho YY, Ho LM. Predictors of dropout from internet-based self-help cognitive behavioral therapy for insomnia. *Behaviour Research and Therapy* 2015;73:19-24.
36. ***Chung KF**, Yeung WF, Yu YM. Correlates of residual fatigue in patients with major depressive disorder: the role of psychotropic medication. *Journal of Affective Disorders* 2015;186:192-197.
37. Yeung WF, ***Chung KF**, Yu YM, Lao LX. Response to placebo acupuncture in insomnia: a secondary analysis of three randomized controlled trials. *Sleep Medicine* 2015;16:1372-1376.

38. ***Chung KF**, Yeung WF, Kwok CW, Zhang SP, Zhang ZJ. Adverse events related to acupuncture: development and testing of a rating scale. *Clinical Journal of Pain* 2015;31:922-928.
39. Li GZ, ***Chung KF**, Poon J. Evidence-based patient classification for traditional Chinese medicine, *Evidence-Based Complementary and Alternative Medicine* 2015:168343 [Editorial].
40. ***Chung KF**, Yeung WF, Yu YM, Yung KP, Zhang SP, Zhang ZJ, Wong MT, Lee WK, Chan LW. Acupuncture for residual insomnia associated with major depressive disorder: a placebo- and sham-controlled, subject- and assessor-blind, randomized trial. *Journal of Clinical Psychiatry* 2015;76:e752-760.
41. ***Chung KF**, Yeung WF, Ho FY, Yung KP, Yu YM, Kwok CW. Cross-cultural and comparative epidemiology of insomnia: the Diagnostic and Statistical Manual (DSM), International Classification of Diseases (ICD) and International Classification of Sleep Disorders (ICSD). *Sleep Medicine* 2015;16:477-482.
42. Yeung WF, ***Chung KF**, Ng KY, Yu YM, Zhang SP, Ziea TC, Ng B. Prescription of Chinese herbal medicine in pattern-based traditional Chinese medicine treatment for depression: a systematic review. *Evidence-Based Complementary and Alternative Medicine* 2015:160189.
43. ***Chung KF**, Yeung WF, Ho FY, Ho LM, Yung KP, Yu YM, Kwok CW. Comparison of scoring methods for the Brief Insomnia Questionnaire in a general population sample. *Journal of Psychosomatic Research* 2015;78:34-38.
44. Chan CW, Yeung WF, Wong CS, Lam LC, **Chung KF**, Luk JK, Lee JS, Law AC. Efficacy of physical exercises in preventing falls in older adults with cognitive impairment or dementia: a systematic review and meta-analyses. *Journal of the American Medical Directors Association* 2015;16:149-154.
45. Ho FY, ***Chung KF**, Yeung WF, Ng TH, Kwan KS, Yung KP, Cheng SK. Self-help cognitive-behavioral therapy for insomnia: a meta-analysis of randomized controlled trials. *Sleep Medicine Reviews* 2015;19C:17-28.
46. Ng TH, ***Chung KF**, Ho FY, Yeung WF, Yung KP, Lam TH. Sleep-wake disturbance in interepisode bipolar disorder and high-risk individuals: a systematic review and meta-analysis. *Sleep Medicine Reviews* 2015;20C:46-58.
47. Yeung WF, ***Chung KF**, Yung KP, Ng TH. Doxepin for insomnia: a systematic review of randomized placebo-controlled trials. *Sleep Medicine Reviews* 2015;19C:75-83.
48. Tse S, Davidson L, **Chung KF**, Yu AC, Ng KL, Tsoi E. Logistic regression analysis of psychosocial correlates associated with recovery from schizophrenia in a Chinese community. *International Journal of Social Psychiatry* 2015;61:50-57.

2014

49. Chan JS, Ho RT, **Chung KF**, Ng SM, Wang CW, Yao TJ, Chan CL. Qigong exercise alleviates fatigue, anxiety and depressive symptoms, improves sleep quality and shortens sleep latency in persons with chronic fatigue syndrome-like illness. *Evidence-Based Complementary and Alternative Medicine* 2014:106048.
50. ***Chung KF**, Yeung WF, Kwok CW, Yu YM. Risk factors associated with adverse events of acupuncture: a prospective study. *Acupuncture in Medicine* 2014;32:455-462.

51. # Ho YY, ***Chung KF**, Yeung WF, Ng TH, Cheng SK. Weekly brief phone support in self-help cognitive behavioral therapy for insomnia disorder: relevance to adherence and efficacy. *Behaviour Research and Therapy* 2014;63:147-156.
52. Yeung WF, ***Chung KF**, Yung KP, Ho FY, Ho LM, Yu YM, Kwok CW. The use of conventional and complementary therapies for insomnia among Hong Kong Chinese: a telephone survey. *Complementary Therapies in Medicine* 2014;22:894-902.
53. ***Chung KF**, Yu YM, Yung KP, Yeung WF, Ng TH, Ho FY. Assessment of fatigue using the Multidimensional Fatigue Inventory in patients with major depressive disorder. *Comprehensive Psychiatry* 2014;55:1671-1678.
54. Yeung WF, ***Chung KF**, Ng KY, Yu YM, Ziea ET, Ng BF. A systematic review on the efficacy, safety and types of Chinese herbal medicine for depression. *Journal of Psychiatric Research* 2014;57:165-175.
55. ***Chung KF**, Yeung WF, Ho FY, Ho LM, Yung KP, Yu YM, Kwok CW. Validity and reliability of the Brief Insomnia Questionnaire in the general population in Hong Kong. *Journal of Psychosomatic Research* 2014;76:374-379.
56. Yeung WF, ***Chung KF**, Ng KY, Yu YM, Ziea ET, Ng BF. A meta-analysis of the efficacy and safety of traditional Chinese medicine formula Ganmai Dazao Decoction for depression. *Journal of Ethnopharmacology* 2014;153:309-317.
57. Gadau M, Yeung WF, Liu H, Zaslowski C, Tan YS, Wang FC, Bangrazi S, **Chung KF**, Bian ZX, Zhang SP. Acupuncture and moxibustion for lateral elbow pain: a systematic review of randomized controlled trials. *BMC Complementary and Alternative Medicine* 2014;14:136.
58. Tse S, Murray G, **Chung KF**, Ng KL, Davidson L, Yu AC. Differences and similarities between functional and personal recovery in an Asian population: a cluster analytic approach. *Psychiatry-Interpersonal and Biological Processes* 2014;77:41-56.
59. Tse S, Murray G, **Chung KF**, Ng KL, Davidson L, Yu AC. Exploring the recovery concept in bipolar disorder: A decision tree analysis of psychosocial correlates of recovery stages. *Bipolar Disorders* 2014;16:366-377.
60. ***Chung KF**, Kan KK, Yeung WF. Insomnia in adolescents: prevalence, help-seeking behaviors, and types of interventions. *Child and Adolescent Mental Health* 2014;19:57-63.
61. Yeung WF, Chan HY, **Chung KF**, Zhang ZJ. Clinical trials of traditional Chinese medicine for insomnia: current status and future directions. *世界睡眠醫學雜誌 World Journal of Sleep Medicine* 2014;1:54-58 (in Chinese).

2013

62. ***Chung KF**, Kan KK, Yeung WF. Sleep duration, sleep-wake schedule regularity, and body weight in Hong Kong Chinese adolescents. *Biological Rhythm Research* 2013;44:169-179.

2012

63. Poon Y, ***Chung KF**, Tso KC, Chang CL, Tang D. The use of Mood Disorder Questionnaire, Hypomania Checklist-32 and clinical predictors for screening previously unrecognized bipolar disorder in a general psychiatric setting. *Psychiatry Research* 2012;195:111-117.

64. Zhang ZJ, Ng R, Man SC, Li TY, Wong W, Tan QR, Wong HK, **Chung KF**, Wong MT, Tsang WK, Yip KC, Ziea E, Wong VT. Dense cranial electroacupuncture stimulation for major depressive disorder - a single-blind, randomized, controlled study. *PLoS One* 2012;7:e29651.
65. ***Chung KF**, Tso KC, Yeung WF, Li WH. Quality of life in major depressive disorder: the role of pain and pain catastrophizing cognition. *Comprehensive Psychiatry* 2012;53:387-395.
66. Yeung WF, ***Chung KF**, Poon MM, Ho FY, Zhang SP, Zhang ZJ, Ziea ET, Wong VT. Chinese herbal medicine for insomnia: a systematic review of randomized controlled trials. *Sleep Medicine Reviews* 2012;16:497-507.
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71. Yeung WF, ***Chung KF**, Poon MM, Ho FY, Zhang SP, Zhang ZJ, Ziea ET, Wong VT. Prescription of Chinese herbal medicine and selection of acupoints in pattern-based traditional Chinese medicine treatment for insomnia: a systematic review. *Evidence-Based Complementary and Alternative Medicine* 2012:902578.

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73. ***Chung KF**, Kan KK, Yeung WF. Assessing insomnia in adolescents: comparison of Insomnia Severity Index, Athens Insomnia Scale and Sleep Quality Index. *Sleep Medicine* 2011;12:463-470.
74. Yeung WF, ***Chung KF**, Tso KF, Zhang SP, Zhang ZJ, Ho LM. Electroacupuncture for residual insomnia associated with major depressive disorder: a randomized controlled trial. *Sleep* 2011;34:807-815.
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76. ***Chung KF**, Tso KC. Relationship between insomnia and pain in major depressive disorder: a sleep diary and actigraphy study. *Sleep Medicine* 2010;11:752-758.
77. Yeung WF, ***Chung KF**, Wong CY. Relationship between insomnia and headache

in community-based middle-aged Hong Kong Chinese women. *Journal of Headache and Pain* 2010;11:187-195.

78. Liu H, Li H, Xu M, **Chung KF**, Zhang SP. A systematic review on acupuncture for trigeminal neuralgia. *Alternative Therapies in Health and Medicine* 2010;16:30-35.

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80. ***Chung KF**, Tso KC, Chung TY. Validation of the Mood Disorder Questionnaire in the general population in Hong Kong. *Comprehensive Psychiatry* 2009;50:471-476.
81. Yeung WF, ***Chung KF**, Zhang SP, Yap TG, Law AC. Electroacupuncture for primary insomnia: a randomized controlled trial. *Sleep* 2009;32:1039-1047.

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82. ***Chung KF**, Cheung MM. Sleep-wake patterns and sleep disturbance among Hong Kong Chinese adolescents. *Sleep* 2008;31:185-194.
83. ***Chung KF**, Tso KC, Cheung E, Wong M. Validation of the Chinese version of the Mood Disorder Questionnaire in a psychiatric population in Hong Kong. *Psychiatry and Clinical Neurosciences* 2008;62:464-471.
84. Yeung WF, ***Chung KF**, Chan TC. Sleep-wake habits, excessive daytime sleepiness and academic performance among medical students in Hong Kong. *Biological Rhythm Research* 2008;39:369-377.
85. Chung JP, Chong CS, **Chung KF**, Dunn EL, Tang WN, Chan WF. The incidence and characteristics of clozapine-induced fever in a local psychiatric unit in Hong Kong. *Canadian Journal of Psychiatry* 2008;53:857-862.

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87. ***Chung KF**. Determinants of seizure threshold of electroconvulsive therapy in Chinese. *Journal of ECT* 2006;22:100-102.
88. ***Chung KF**, Tang MK. Subjective sleep disturbance and its correlates in middle-aged Hong Kong Chinese women. *Maturitas* 2006;53:396-404.

2005

89. Lee AM, Wei R, **Chung KF**, Hui KT, Ip SK, Leung HL, Liu HL, Lui SY, Ng YH, Wong MF, Wong TC. Premenstrual symptoms among Chinese female undergraduates: relationship with stress and mental health. *Hong Kong Journal of Gynecology, Obstetrics and Midwifery* 2005;5:10-21.
90. Chen YH, Dunn EL, Miao MY, Yeung WS, Wong CK, Chan WF, Chen YL, **Chung KF**, Tang WN. The impact of family experience on the duration of untreated psychosis (DUP) in Hong Kong. *Social Psychiatry and Psychiatric*

Epidemiology 2005;40:350-356.

91. ***Chung KF**. Insomnia subtypes and their relationships to daytime sleepiness in patients with obstructive sleep apnea. *Respiration* 2005;72:460-465.
92. ***Chung KF**. Changing the attitudes of Hong Kong medical students toward people with mental illness. *Journal of Nervous and Mental Disease* 2005;193:766-768.

2004

93. Ho WK, Wei WI, **Chung KF**. Managing disturbing snoring with palatal implants - a pilot study. *JAMA Otolaryngology-Head & Neck Surgery* 2004;130:753-758.
94. ***Chung KF**, Chan JK. Can a less pejorative Chinese translation for schizophrenia reduce stigma? A study of adolescents' attitudes toward people with schizophrenia. *Psychiatry and Clinical Neurosciences* 2004;58:508-515.
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103. ***Chung KF**, Wong SJ. Stimulus dose titration for electroconvulsive therapy. *Psychiatry and Clinical Neurosciences* 2001;55:105-110.
104. ***Chung KF**, Chen EY, Liu CS. University students' attitudes towards mental patients and psychiatric treatment. *International Journal of Social Psychiatry* 2001;47:63-72.
105. ***Chung KF**, Wong SJ. Initial seizure threshold of bilateral ECT in Chinese. *Journal of ECT* 2001;17:254-258.

2000

106. Peh WC, Ip MS, Chu FS, **Chung KF**. Computed tomographic cephalometric

- analysis of Chinese patients with obstructive sleep apnoea. *Australasian Radiology* 2000;44:417-423.
107. ***Chung KF**. Use of Epworth Sleepiness Scale in Chinese patients with obstructive sleep apnea and normal hospital employees. *Journal of Psychosomatic Research* 2000;49:367-372.
108. ***Chung KF**. Monitoring of seizures during electroconvulsive therapy by the 'cuff' method is still relevant today. *Psychiatric Bulletin* 2000;24:434 [Letter].

1999

109. ***Chung KF**, Cheung RC, Tam JW. Long-term benzodiazepine users - characteristics, views and effectiveness of benzodiazepine reduction information leaflet. *Singapore Medical Journal* 1999;40:138-143.
110. Ip M, **Chung KF**, Chan KN, Lam SP, Lee K. Previously unrecognised obstructive sleep apnea in Chinese subjects with essential hypertension. *Lung* 1999;177:391-400.

1998

111. ***Chung KF**. Half-night polysomnography: how is it compared to full-night polysomnography? *European Respiratory Journal* 1998;12:748-749 [Letter].

1997

112. ***Chung KF**. Recurrent hypersomnia: a case report with polysomnographic findings. *Hong Kong Medical Journal* 1997;3:107-110.
113. ***Chung KF**. Benzodiazepine prescribing trends after its inclusion as a dangerous drug under the Dangerous Drugs Ordinance in Hong Kong. *Hong Kong Medical Journal* 1997;3:16-20.
114. ***Chung KF**, Chen EY, Lam LC, Chen RY, Chan CK. How are psychotic symptoms perceived? A comparison between patients, relatives and the general public. *Australian and New Zealand Journal of Psychiatry* 1997;31:756-761.
115. ***Chung KF**. Melatonin use in sleep disorders. *Hong Kong Practitioner* 1997;19:669-672.

1996

116. ***Chung KF**, Chen RY, Wong MT. Three years outcome of long-term benzodiazepine users in a psychiatric clinic in Hong Kong. *Hong Kong Journal of Psychiatry* 1996;6:14-17.
117. Lee PW, Lam KS, Lieh Mak F, **Chung KF**. Emotional maladjustment, physical malaise and diabetic control in young Chinese patients with diabetes. *Psychology, Health & Medicine* 1996;1:119-127.

1995

118. Ho TP, Hung SF, Lee CC, **Chung KF**, Chung SY. Characteristics of youth suicide in Hong Kong. *Social Psychiatry and Psychiatric Epidemiology* 1995;30:107-112.

1994

119. ***Chung KF**, Wong MT. Rapid eye movement sleep behavior disorder in a Chinese male. *Australian and New Zealand Journal of Psychiatry* 1994;28:144-146.

1992

120. ***Chung KF**, Mak KY. Deinstitutionalisation - a review. *Journal of the Hong Kong College of Psychiatrists* 1992;2:50-56.

1991

121. Wong MT, **Chung KF**. Benzodiazepine withdrawal seizure in a Chinese lady. *Hong Kong Practitioner* 1991;14:53-57.

Conference papers (selected)

1. Yung KP, **Chung KF**, Ho YY. Cognitive and behavioral characteristics of chronic primary insomnia in Hong Kong: A qualitative and quantitative survey. 27th Annual Meeting of the Associated Professional Sleep Society, Baltimore, USA, June 2013.
2. Ho YY, **Chung KF**, Yeung WF. Self-help cognitive-behavioral therapy for insomnia (CBT-I): A systematic review of randomized controlled trials. 15th Nordic Sleep Conference, Copenhagen, Denmark, June 2013.
3. Yeung WF, **Chung KF**, Poon MK, Ho YY. A systematic review of acupressure, reflexology and auricular acupressure. 26th Annual Meeting of the Associated Professional Sleep Society, Boston, USA, June 2012.
4. Yeung WF, **Chung KF**, Poon MK. Chinese herbal medicine for insomnia: a systematic review of randomized controlled trials. 10th Meeting of Consortium for Globalization of Chinese Medicine. Shanghai, China, 2011.
5. Yeung WF, **Chung KF**, Poon MK. Chinese herbal medicine for insomnia: a systematic review. Annual Scientific Meeting of the Hong Kong Society of Sleep Medicine. Hong Kong, 2011.
6. Poon Y, **Chung KF**. Detecting bipolar spectrum disorder in a psychiatric outpatient population in Hong Kong., 8th International Conference on Bipolar Disorder, Pittsburgh, USA, June, 2009.
7. Yeung WF, **Chung KF**, Zhang SP, TG Yap, YP Chan. Acupuncture for primary insomnia: a randomized placebo-controlled trial. TWGHS. Eddie Wang Symposium on Integrated Chinese and Western Medicine. TWGHS and Hospital Authority, Hong Kong, 2007.
8. **Chung K.F.**, Tso K.C., Cheung E.P. and Wong M.M.C., Validation of the Chinese version of the Mood Disorder Questionnaire for the screening of bipolar disorder, 7th International Conference on Bipolar Disorder. Pittsburgh, USA, 2007.
9. Yeung W.F., **Chung K.F.**, Zhang S.P. and Yap T.G., A randomized placebo-controlled trial of acupuncture for primary insomnia – preliminary data, 21st Annual Meeting of the Associated Professional Sleep Society. Minneapolis, USA, June 2007.
10. Yeung W.F., **Chung K.F.**, Zhang S.P., Yap T.G. and Chan Y.P., A randomized placebo-controlled trial of acupuncture for primary insomnia. Hong Kong, Modernized Chinese Medicine International Association, Macau, 2007.
11. **Chung KF**, Tam MK. Sleep disturbance in middle-aged women in Hong Kong: relationship with menopause. Invited presentation at the 4th Asian Sleep Research Society Congress, Zhuhai, China, March 2004.

12. **Chung KF**, Lam PS. Sleep quality versus sleep quantity: relationship between sleep and measures of health, well-being and sleepiness in university students. Oral presentation at the 11th Annual Scientific Meeting of the Hong Kong College of Sleep Medicine, Hong Kong, September 2004.
13. **Chung KF**, Lee CKY. Over-the-counter sleeping pills: A survey of use in Hong Kong and a review of their constituents. Oral presentation at the 9th Annual General Meeting & Scientific Meeting of the Hong Kong College of Sleep Medicine, Hong Kong, March 2002.
14. **Chung KF**. Predictors of daytime sleepiness in patients with obstructive sleep apnea. Poster presentation at the 3rd International Congress of Neuropsychiatry, Kyoto, Japan, April 2000.
15. **Chung KF**. Association between subjective estimates and objective measures of daytime sleepiness. Poster presentation at the 3rd International Congress of Neuropsychiatry, Kyoto, Japan, April 2000.
16. **Chung KF**. Insomnia complaints among patients with sleep apnea. Poster presentation at the Hong Kong Academy of Medicine Second International Congress, Hong Kong, November 2000.
17. **Chung KF**. Association between subjective estimates and objective measures of daytime sleepiness. Poster presentation at the Hong Kong Academy of Medicine Second International Congress, Hong Kong, November 2000.
18. **Chung KF**. Predicting nasal continuous positive airway pressure. Oral presentation at the 6th Annual General Meeting & Scientific Meeting of the Hong Kong College of Sleep Medicine, Hong Kong, March 1999.
19. **Chung KF**. Acceptance of CPAP therapy: Does cost matter? Oral presentation at the 13th Annual Meeting of the Associated Professional Sleep Societies; June 1999; Orlando, Florida. *Sleep* 1999;22 Suppl: S236.
20. **Chung KF**. Using self-reported questionnaire and anthropomorphic measurements to prioritize sleep apnea patients for polysomnography: a Hong Kong experience. Oral presentation at the 13th Annual Meeting of the Associated Professional Sleep Societies; June 1999; Orlando, Florida. *Sleep* 1999;22 Suppl: S9.
21. **Chung KF**. Measuring daytime sleepiness in a Chinese sample. Oral presentation at the 5th Annual General Meeting & Scientific Meeting of the Hong Kong College of Sleep Medicine, Hong Kong, October 1998.
22. **Chung KF**. Acceptance of CPAP therapy for sleep apnoea in Chinese: A preliminary report. Oral presentation at the 1st International Congress of the Hong Kong Academy of Medicine, Hong Kong, November 1999. *Hong Kong Medical Journal* 1998;4(4) Suppl:124.
23. **Chung KF**, Campbell RCH, Chen RYL, Wong J. Initial seizure threshold in bilateral electroconvulsive therapy. Oral presentation at the Annual Scientific Symposium of the Hong Kong College of Psychiatrists, Hong Kong, December 1998.
24. **Chung KF**, Chen EYH, Chen RYL, Tang WL, Dunn ELW, Chan WF, Yeung WS, Miao YK, Wong CK. Insight in first-episode psychotic patients. Oral presentation at the Annual Scientific Symposium of the Hong Kong College of Psychiatrists, Hong Kong, December 1998.

25. **Chung KF.** Diagnosis of sleep-disordered breathing by half-night polysomnography: a revisit. Oral presentation at the 4th Annual General Meeting and Scientific Meeting of The Hong Kong College of Sleep Medicine, Hong Kong, October 1997.
26. **Chung KF.** Recent advances in sleep studies of schizophrenia. Invited presentation at The Regional Meeting of World Psychiatric Association, Beijing, China, October 1997
27. **Chung KF.** Zolpidem discontinuation - a literature review. Oral presentation at the 3rd Annual General Meeting and Scientific Meeting of The Hong Kong College of Sleep Medicine, Hong Kong, October 1996.
28. **Chung KF,** Chen EYH, Lam LCW, Chen RYL and Chan CKY. How are psychotic symptoms perceived? a comparison between patients, relatives and the general public. Poster presentation at the Annual Meeting of the Royal College of Psychiatrists and 8th Congress of Association of European Psychiatrists, London, England, July 1996. *European Psychiatry* 1996;11(Suppl 4):406s-407s.

Invited lectures (selected)

1. **Chung KF.** Prevalence and etiology of insomnia, 2nd Congress of Asian Society of Sleep Medicine. Mar 22-25, 2018. Seoul, Korea.. 2018.
2. **Chung KF.** Sleep and wellness: an evidence-based discussion, International Conference on Recovery-oriented Services and Policy Planning in Mental Health. Jan 11-12, 2018. Hong Kong. 2018.
3. **Chung KF.** Sleep and psychiatric disorders. Annual Scientific Meeting, Hong Kong Society of Sleep Medicine, Sept, 2016.
4. **Chung KF.** Research on acupuncture for insomnia: a summary of our experience. The 9th Pong Ding Yuen International Symposium on Traditional Chinese Medicine, Hong Kong, Dec, 2015.
5. **Chung KF.** Sleep-wake disturbance in interepisode bipolar disorder and high risk individuals. World Psychiatric Association Regional Congress, Hong Kong, Dec, 2014.
6. **Chung KF.** Treatment guideline for insomnia. World Psychiatric Association Regional Congress, Hong Kong, Dec, 2014.
7. **Chung KF.** Experience sharing of application for the Certificate for Clinical Trial and Medicinal Test of Chinese Medicines in Hong Kong. Seminar on Research and Development of Chinese Medicines, Innovation and Technology Commission, Sept, 2014.
8. **Chung KF.** Acupuncture for insomnia. Seminar on integrative medicine for sleep and mood disorders: from traditional empiricism to clinical trials. Hong Kong Association for Integration of Chinese-Western Medicine, Hong Kong, April, 2013.
9. **Chung KF.** Treatment guidelines for insomnia. Pre-AGM Seminar, Division of Clinical Psychology, Hong Kong Psychological Society, Hong Kong, May, 2013.
10. **Chung KF.** Prevention and treatment for insomnia using acupuncture and/or Chinese herbal medicine. Seminar on Chinese Medicines, Innovation and Technology Commission, Hong Kong SAR Government, Hong Kong, September, 2012.

11. **Chung KF**, Ng TH. Sleep-wake disturbance in bipolar disorder. 3rd International Conference of the Hong Kong College of Psychiatrists and Royal College of Psychiatrists, Hong Kong, December, 2012.
12. **Chung KF**, Yeung WF, Poon MM, Ho FY. Treatment of insomnia using acupuncture and Chinese herbal medicine. 3rd International Conference of the Hong Kong College of Psychiatrists and Royal College of Psychiatrists, Hong Kong, December, 2012.
13. **Chung KF**. Acupuncture for insomnia. Hong Kong International Acupuncture Conference, Hong Kong Hospital Authority, Hong Kong, January, 2011.
14. **Chung KF**. Understanding and treating pain – the body, the brain and the psychology. 1st AMM-AMS-HKAM Tripartite Congress/44th Malaysia-Singapore Congress of Medicine, Hong Kong, November, 2010.
15. **Chung KF**. Screening for bipolar disorder: what are the pitfalls? 2nd Joint International Conference of the Hong Kong College of Psychiatrists and the Royal College of Psychiatrists (UK), Hong Kong, December, 2010.
16. **Chung KF**. Psychiatric comorbidities of bipolar disorder. SABAD Workshop on Bipolar Disorder 2009, Hong Kong, August 2009.
17. **Chung KF**. Role of electroconvulsive therapy in contemporary psychiatric practice. ECT Training Day 2009, organized by the Tutor Committee (Psychiatry), Hospital Authority and Hong Kong College of Psychiatrists, Hong Kong, September 2009.
18. **Chung KF**. Recent advances in bipolar disorder. Hong Kong College of Family Physicians - Lectures in Psychiatric Disorders, Hong Kong, 2009.
19. **Chung KF**, Tso KF, Wong MC, Chung TY. Validity of the Mood Disorder Questionnaire in the general population in Hong Kong. 3rd Biennial Conference of the International Society for Bipolar Disorders, India, January 2008.
20. **Chung KF**. Pharmacological treatment for insomnia. Conference on Sleeplessness in Hong Kong – from infancy to old age, Chinese University of Hong Kong, Hong Kong, March 2008.
21. **Chung KF**. Major depressive disorder in Hong Kong Chinese - the relationship between pain, sleep and depression. 11th Congress of the ASEAN Federation for Psychiatry and Mental Health, Bangkok, Thailand, August 2008.
22. **Chung KF**, Tam MK. Sleep disturbance in middle-aged women in Hong Kong: relationship with menopause. Invited presentation at the 4th Asian Sleep Research Society Congress, Zhuhai, China, March 2004.
23. **Chung KF**. Practice and utilization of electroconvulsive therapy in Hong Kong. Invited presentation at the 11th Scientific Meeting of the Pacific Rim College of Psychiatrists, Hong Kong, October 2004.
24. **Chung KF**. Practical management of common sleep disorders. Invited presentation at the Symposium in Medical Sciences 21st Century Health Care in Hong Kong: A New Era, Faculty of Medicine, University of Hong Kong, Hong Kong, June 2002.

Editorship

Asia-Pacific Psychiatry (Editorial Board)

Chinese Journal of Behavioral Medicine and Brain Science (Editorial Board, 2014-2018)

Evidence-Based Complementary and Alternative Medicine (Issue Editor)

Grant reviewer

European Research Commission

Hong Kong Research Grant Council

Expert Panel of Central Research Working Group for the Hospital Authority Chinese Medicine Research

Journal reviewer (selected)

BMJ, Chronobiological International, Depression and Anxiety, European Psychiatry, Evidence-Based Complementary and Alternative Medicine, Journal of Ethnopharmacology, Journal of Headache and Pain, Journal of Psychosomatic Research, Maturitas, Psychiatry Research, Sleep, Sleep Medicine, Sleep Medicine Reviews, Social Psychiatry and Psychiatric Epidemiology, Supportive Care in Cancer.

External peer-reviewed competitive research grants received as principal investigator (total HK\$3.84 million):

- | | |
|------|---|
| 1995 | Risks and benefits of long-term continuous benzodiazepine use in psychiatric patients - an implication of cost saving and better quality of life. Health Services Research Committee (\$58,520) |
| 2006 | Herbal treatment of primary insomnia - a randomized placebo-controlled study. Innovation and Technology Commission (\$1,200,000) (Co-principal investigator) |
| 2010 | A randomized controlled trial of electroacupuncture for persistent insomnia symptoms associated with major depressive disorder. Health Services Research Committee (\$886,972) |
| 2012 | Combined electroacupuncture and auricular acupuncture for primary insomnia: a randomized controlled trial of dose-response effect. Health and Medical Research Fund (\$997,250) |
| 2016 | Cognitive behavioral therapy for insomnia as a transdiagnostic early intervention of mood disorders: a randomized controlled trial. General Research Fund (\$696,124) |
| 2016 | The experience of stigma in patients with mental disorders: are there improvements in the past 15 years?" Public Policy Research Fund (\$346,293) (2016.A8.049.16D) |

External research grants and donations received as principal investigator (total HK\$3.91 million):

- | | |
|------|--|
| 2005 | Validation of the Chinese version of Mood Disorder Questionnaire. Hong Kong Society for the Advancement of Bipolar Affective Disorder (\$40,000) |
|------|--|

- 2006 Mood and sleep research, private donation (\$2,000,000)
- 2010 A pilot study of acupuncture for postpartum depression. Hong Kong Hospital Authority contracted research (\$486,439)
- 2010 A systematic review of traditional Chinese medicine treatment for insomnia. Hong Kong Hospital Authority contracted research (\$299,336)
- 2012 A systematic review on the effectiveness of Chinese herbal medicine for depression. Chinese Medicine Research, Hong Kong Hospital Authority (\$296,776)
- 2012 The efficacy of Gui Pi Tang, Suan Zao Ren Tang, and Tian Wang Bu Xin Dan for insomnia: a pilot randomized double-blinded trial. Chinese Medicine Research, Hong Kong Hospital Authority (\$684,918)
- 2014 Provision of training service on how to apply for clinical trials and medicinal test certificate. Chinese Medicine Research, Hong Kong Hospital Authority (\$106,885)

Internal research grants received as principal investigator (total HK\$ 0.51 million):

- 1991 A two stage study of the prevalence of psychiatric and psychological morbidity in patients attending a cardiac arrhythmia clinic and a diabetic clinic (\$63,945).
- 1995 Haloperidol dosage for Chinese patients with schizophrenia and mania (\$136,000).
- 1998 Insight, neurocognitive impairment and one-year outcome in first-episode schizophrenia (\$106,000)
- 2013 Validity and reliability of the Chinese version of the Brief Insomnia Questionnaire (\$69,575)
- 2014 Validity and reliability of the Chinese version of the Brief Insomnia Questionnaire in adolescents (\$72,760)
- 2015 Incidence, persistence and remission of insomnia: a population-based 2-year longitudinal study (\$63,964)

External peer-reviewed competitive research grants received as co-investigator:

- 1996 Prevalence of obstructive sleep apnoea in middle-aged Chinese in Hong Kong and its relationship to anthropometric characteristics. Research Grant Council (\$692,000)
- 1998 Longitudinal course of neurocognitive impairments in schizophrenia: a 3 year prospective study of first episode patients. Research Grant Council (\$898,000)
- 2010 Randomized controlled trial of a brief group intervention using cognitive-behavioral approach to reduce postnatal depressive symptoms. Health Services Research Committee (\$547,035)
- 2011 The identification of central neural network for antidepressant effects of dense cranial electroacupuncture stimulation - a positron emission topographic (PET) study. Research Grant Council (\$900,000)

- 2011 A recovery-focused study for individuals experiencing bipolar disorder: Comparison with a matched group recovering from schizophrenia. Research Grant Council (\$586,672)
- 2011 The effect of a telephone-based cognitive-behavioral intervention on postnatal depression: a randomized controlled trial. Health Services Research Committee (\$756,676)
- 2013 Efficacy of Tai Chi training to alleviate insomnia in older adults: a randomized controlled trial. Health and Medical Research Fund (\$1,000,000)
- 2013 The effect of a father inclusive psychoeducation program on postnatal depression: a randomized controlled trial. Research Grant Council (\$739,920)
- 2014 Electroacupuncture for tapering off long-term benzodiazepine use: a randomized controlled trial. Health and Medical Research Fund (\$917,030)
- 2015 Effects of sleep disturbances on disrupted affective cognition in individuals with depression. Health and Medical Research Fund (\$526,856)
- 2015 Starting from the mind or the body in mind-body intervention? A randomized controlled trial on comparative effectiveness of mindfulness meditation and qigong on psychophysiological outcomes in colorectal cancer patients. Health and Medical Research Fund (\$615,800)
- 2016 Sleep on it: Effects of daytime naps and nighttime sleep on emotional processing in college students. Research Grant Council (\$754,406)

Primary supervisor of postgraduate students

- 2003 Sleep patterns of secondary school students in Hong Kong: a cross-sectional study. Cheung Miao Miao (MMedSci, 1-year full-time)
- 2003 The prevalence of sleep disturbance in middle-aged women in Hong Kong: relationship with menopause. Tang Mei Ki (MMedSci, 1-year full-time)
- 2003 Sleep quality vs sleep quantity: relationship between sleep and measures of health, well-being and sleepiness in university students. Lam Pak Sai (MMedSci, 1-year full-time)
- 2009 Effects of acupuncture for insomnia. Yeung Wing Fai (PhD, 4-year full-time) (currently Assistant Professor, School of Nursing, The Hong Kong Polytechnic University)
- 2007 The relationship between headache, sleep and psychopathology in Hong Kong Chinese women. Wong Chun Yue (MMedSci, 1-year full-time)
- 2008 The relationship between depression, pain and sleep in Hong Kong Chinese patients with major depressive disorder. Tso Kwok Chu (FHKCPsych, 2-year part-time)
- 2008 Validation of the Sleep Quality Index, Insomnia Severity Index and Athens Insomnia Scale in Hong Kong Chinese adolescents. Kathy Kan (MMedSci, 1-year full-time)
- 2009 Classification of insomnia using Traditional Chinese Medicine diagnostic system: a systematic review. Poon Man Ki (MMedSci, 1-year full-time)

- 2010 Screening for bipolar disorder in a general psychiatric setting: comparison of Mood Disorder Questionnaire, 32-item Hypomania Checklist and clinical predictors. Poon Yuan Ling (FHKCPsych, 2-year part-time)
- 2012 Hypnosis for psychiatric disorders: systematic review, meta-analysis, and randomized controlled trial. Lam Tak Ho (PhD, 4-year part-time)
- 2013 Internet-based cognitive behavioral therapy for insomnia: a systematic review and a randomized controlled trial. Ho Yan Yee (MPhil, 2-years full-time) (currently PhD in Clinical Psychology, University of Hong Kong)
- 2013 Cognitive and behavioral characteristics of chronic primary insomnia in Hong Kong: a qualitative and quantitative survey. Yung Kam Ping (MPhil, 2-year full-time) (currently MSocSci in Clinical Psychology, Chinese University of Hong Kong)
- 2014 Sleep-wake disturbance in bipolar disorder. Ng Tommy (MPhil 2-year full-time) (currently PhD in Clinical Psychology, Temple University, USA)
- 2015 Armodafinil for excessive daytime sleepiness: a systematic review of randomized controlled trials. Lau Hon Pang (MMedSci, 2-year part-time)
- 2016 Delayed sleep-wake phase disorder in schizophrenia. Poon Yuan Ping (FHKCPsych, 2-year part-time)

Knowledge transfer

Dr. Chung is active in writing columns in newspapers, giving public talks, and as a guest in radio and television programs. He was an invited speaker in local, regional, and international conferences organized by various professional societies, including the World Psychiatric Association - Asia-Pacific Region, Pacific Rim College of Psychiatrists, Hong Kong College of Psychiatrists, Hong Kong Psychological Society, Hong Kong Association for Integration of Chinese-Western Medicine, Innovation and Technology Commission of the Hong Kong Government, and Hong Kong Hospital Authority. Dr. Chung had set up a self-help cognitive behavioral therapy for insomnia website (www.sleephk.com) to serve the local population with insomnia (currently not in use due to a shortage of manpower). A list of recent newspaper columns and radio recordings are shown below:

1. 睡眠問題 Cable TV 至 FIT 男女 2016-05-15
2. 針灸治失眠副作用少 AM730 2014-05-12
3. 焦慮症 AM730 2014-05-05
4. 強迫症：折磨人的重覆思想及行為 AM730 2014-04-14
5. 腦震盪治嚴重抑鬱成效佳 Oriental Daily News 2013-12-21
6. 拆解失眠(二) Radio-iCare, 2013-05-18.
7. 拆解失眠(一) Radio-iCare, 2013-01-21.
8. 日瞓 8 小時未必啱你. Ming Pao Daily News, 2013-04-06.
9. 人生的三分之一----睡眠, 每日雜誌/精神透視, Sing Tao Daily. 2012.
10. [安眠藥] - 我真的需要嗎?, 健康與醫療/醫學教室, Apple Daily, 2010.
11. 脾氣差程度界定情緒病, 健康與醫療/醫學教室, Apple Daily. 2010.

Patent and royalties

2011 Chinese medicine formula for sleep disorder (ITC Ref: GHP/037/05)

Teaching and Learning

Dr. Chung takes part in the teaching of problem-based learning and provides bedside teaching during medical students' attachment to the General Psychiatry Team and the sleep clinic at Queen Mary Hospital. He gives whole class lecture for MBBS IV on classification and diagnosis of mental disorders, bipolar disorders, and sleep and sleep disorders. Dr. Chung obtains positive students' feedbacks and good teacher effectiveness rating. Dr. Chung is the Director of Graduate Research Studies at the department. He supervises postgraduate students and psychiatric trainees and sometimes teaches overseas doctors and gives invited lectures. He is also in charge of the multiple-choice question bank at the department and involves in various examination issues.

Dr. Chung's teaching philosophy is "A teacher is a person who creates an environment that is conducive to learning. I see myself as a tour guide, role model and facilitator. As a tour guide, I lead my students on understanding the bio-psychosocial aspects of people with mental disorders. I, as a role model, demonstrate the importance of empathic understanding. As a facilitator, I provide opportunities for discussion about mental disorders using medical and psychosocial models."

Clinical Service

Dr. Chung is currently an Honorary Consultant of the Hospital Authority and has served as the Head of General Adult Psychiatry Team 2 at Queen Mary Hospital for more than 10 years. He supervises psychiatric trainees and has clinics serving the public and for private patients. He has active involvement in the service development at the department and the electroconvulsive therapy and sleep service in Hong Kong. He was the Chief of Inpatient Clinical Affairs for a few years and had been responsible for manpower planning and administrative duties for inpatient service. He conducted the first territory-wide audit of electroconvulsive therapy and has organized training courses for nurses and doctors in sleep disorders and electroconvulsive therapy. He is a founding member of the sleep laboratory at Queen Mary Hospital.

Community Services

Dr. Chung was elected as a council member of the Hong Kong College of Psychiatrists, Hong Kong Society of Sleep Medicine, and Hong Kong Society for the Advancement of Bipolar Affective Disorder. He serves on the Psychiatry training sub-committee of the Hospital Authority and is an active Fellow of the Hong Kong College of

Psychiatrists and has served in various committees on accreditation, education, training, and examination. He serviced as an expert member of the Mental Health Review Tribunal, a statutory government body for 6 years and is active in giving expert opinion in cases taken up by the High Court, Coroner's Court, Medical Council, Legal Aid Department, and Police Department of Hong Kong. A chronological record of community services is listed below:

1994-2015	Council member and honorary secretary, Hong Kong Society of Sleep Medicine
1999-2005	Council member, Hong Kong College of Psychiatrists
2004-2008	Honorary secretary, Hong Kong Society for the Advancement of Bipolar Affective Disorder
2004-2009	Expert member, Mental Health Review Tribunal
2008-2015	Member, Education Committee, Scientific Committee, and Board of Examiners, Hong Kong College of Psychiatrists

Administration

Dr. Chung is a senior member of the department and has been involved in various administrative and manpower planning duties. He was previously responsible for the training programs for psychiatric trainees, family medicine trainees, and interns. Currently, he is responsible for the General Adult Psychiatry Team 2 administration, postgraduate research program, and the Master of Medical Sciences program at the department. The following is a list of past and current administrative duties:

1994-2007	Departmental in-charge, Electroconvulsive Therapy Service, Department of Psychiatry, Queen Mary Hospital
1994-present	Departmental in-charge, Sleep Disorder Service, Department of Psychiatry, Queen Mary Hospital
1997-1999	Departmental representative, Faculty Admissions Committee, Faculty of Medicine, University of Hong Kong
1997-present	Departmental representative, Board of Studies of the Master of Medical Sciences, Faculty of Medicine, University of Hong Kong
1999- 2001	Clinical Teaching Planning Group, Undergraduate Education Committee, Faculty of Medicine, University of Hong Kong
2000-2008	Departmental in-charge, Family Medicine and Intern Training, Department of Psychiatry, Queen Mary Hospital
2002-2009	Department representative, Tutor Committee and Education Appointments Committee, Hospital Authority (Psychiatry)
2003	Distinguished Service Award, Department of Psychiatry, Queen Mary Hospital (first year of the award)
2003-2005	Member, Working Groups on Triage Guidelines and Patient Education, Hospital Authority (Psychiatry)
2003-2007	Chief of Inpatient Clinical Affairs, Department of Psychiatry, Queen Mary Hospital

- 2007-present Head of General Adult Psychiatry Team 2 and Honorary Consultant, Department of Psychiatry, Queen Mary Hospital
- 2008-present Director of Graduate Research Studies and Chairman of Postgraduate Student Committee, Department of Psychiatry, University of Hong Kong
- 2009-present Departmental representative, Training Committee, Hospital Authority (Psychiatry)