

Prof. Rainbow Tin Hung Ho

B.Sc., M.Phil (BMedSci), PhD, BC-DMT, AThR, REAT, RSMT, RSME, CGP, CMA, SAC

Current Position

1. Professor, Department of Social Work & Social Administration
2. Director, Centre on Behavioral Health
3. Program Director, Master of Expressive Arts Therapy, HKU
4. Program Director, Master of Social Sciences in Behavioral Health
5. Honorary Professor, Li Ka Shing Faculty of Medicine
6. Honorary Research Fellow, Sau Po Centre on Aging

Academic Qualification

1. Ph.D., The University of Hong Kong
2. Prof. Dip. (Performing Arts-Dance/Ballet), Hong Kong Academy of Performing Art
3. M.Phil. (Basic Medical Sciences/Anatomy), The Chinese University of Hong Kong,
4. B.Sc. (Biology/Biochemistry), The Chinese University of Hong Kong

Professional Qualification

1. Registered and Board-certified Dance Movement Therapist, American Dance Therapy Association
2. Registered Expressive Arts Therapist, International Expressive Arts Therapy Association
3. Registered Arts Therapist, Australia and New Zealand Arts Therapy Association
4. Registered Somatic Movement Therapist and Educator, International Somatic Movement Education & Therapy Association
5. Certified Group Psychotherapist, American Group Psychotherapy Association
6. Certified Movement Analyst, Laban/Bartenieff Institute of Movement Studies
7. Senior Addiction Counselor (SAC), Asia Pacific Certification Commission for Addiction Professionals
8. Registered and Licensed international Adjudicator, World Dancesport Federation
Registered Personal Fitness Trainer, National Academy of Sport Sciences, US
9. Registered Medical Technologist, Medical Laboratory Technologists Board (HK)
10. Registered Teacher (Ballet, Modern Ballroom, Latin-American Dance), Royal Academy of Dancing (UK), Imperial Society of Dance Teachers (UK), Commonwealth Society of Teachers of Dancing(AU)

Awards

- 2016 Research and Development Award, Australia and New Zealand Arts Therapy Association
2015 Outstanding Achievement Award, American Dance Therapy Association, US
2015 Outstanding Teaching Award, Faculty of Social Sciences, HKU
2015 Research Award, American Dance Therapy Association, US
2010 Communication Awards: International Award for Creative Output to the Project ENABLE
Website (Team award, Centre on Behavioral Health)
2009 CADENZA Fellow, A Project for Elderly in Hong Kong
2006 "Fun Fearless Female", Cosmopolitan, Hong Kong
2006 "Brave New Girl" Cosmo Girl, Hong Kong
2002 Outstanding Young Investigator Award, The Hong Kong International Cancer Congress

PUBLICATIONS**A. JOURNAL ARTICLES**

- A1.1. Ho, A.H.Y., Fong, T.C.T., Potash, J. S., Ho, Vania F.L., Chen, E. Y.H., **Ho, R.T. H.*** (in press) Deconstructing Patterns of Stigma Toward People Living with Mental Illness. *Social Work Research*.
- A1.2. Potash, J. S., Ho, R.T.H. & Ho, A.H.Y. (in press). Promoting social inclusion for people living with mental illness by activating citizenship through compassion and the arts. *Social Change*.
- A1.3. **Ho, R. T. H.**, Fong, T. C. T., Yip, P. S.F. (2018). Perceived stress moderates the effects of a randomized trial of dance movement therapy on diurnal cortisol slopes in breast cancer patients. *Psychoneuroendocrinology*,87:119-126.
- A1.4. **Ho, R. T.H.** Wan, A.H.Y., Chan, J.S.M., Ng, S.M., Chung, K.F., and Chan, C.L.W. (2017). 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*, 17:390.
- A1.5. Nan, J.K.M, **Ho, R.T.H.** (2017). Effects of Clay Art Therapy on Adults Outpatients with Major Depressive Disorder: A Randomized Controlled Trial. *Journal of Affective Disorders*, 217: 237-245. DOI: 10.1016/j.jad.2017.04.013.
- A1.6. Fong, T.C.T., **Ho, R.T.H.**, Wan, A.H.Y., Au-Yueng, F.S.W. (2017). Psychiatric symptoms mediate the effects of neurological soft signs on functional outcomes in patients with chronic schizophrenia: A longitudinal path-analytic study. *Psychiatry Research*, 249: 152-158.
- A1.7. Chan, J.S.M., Li, A, Ng, S.M., **Ho, R.T.H.**, Xu, A., Yao, T.J., Wang, X.M., So, K.F., Chan, C. L.W. (2017). Adiponectin potentially contributes to the anti-depressive effects of Baduanjin Qigong exercise in women with chronic fatigue syndrome-like illness. *Cell Transplantation*, 3:493-501. doi: 10.3727/096368916X694238.
- A1.8. Chan, C.K.P., **Ho, R.T.H.*** (2017). Discrepancy in spirituality among patients with schizophrenia and family caregivers and its impacts on illness recovery: a dyadic investigation. *British Journal of Social Work*, 47:28-47. doi: 10.1093/bjsw/bcw156
- A1.9. **Ho, R.T.H.**, Potash, J.S., Ho, A.H.Y., Ho, V.F.L. & Chen, E.Y.H. (2017). Reducing Mental Illness Stigma and Fostering Empathic Citizenship: Community Arts Collaborative Approach. *Social Work in Mental Health*, 15 (4): 469-485.
- A1.10. Chan, J.S.M., Yu, N. Xiaonan, Chow, A. Y. M., Chan, C.L.W., Chung, L.F., **Ho, R.T.H.**, Ng, S.M., Yuen, L.P., Chan, C. H.Y. (2017). Dyadic associations between psychological distress and sleep disturbance among Chinese patients with cancer and their spouses. *Psycho-Oncology*, 26:856-861. DOI: 10.1002/pon.4240.
- A1.11. Kalmanowitz, D., & **Ho.R.T.H.*** (2017). Art Therapy and Mindfulness with Survivors of Political Violence: A Qualitative Study. *Psychological Trauma: Theory, Research, Practice, and Policy*, 9:107-113. <http://dx.doi.org/10.1037/tra0000174>.
- A1.12. **Ho, R.T.H.**, Lai, A.H.Y., & Lo, P.H.Y. (2017). A Strength-Based Arts and Play Support Program for Young Survivors in Post-Quake China: Effects on Self-Efficacy, Peer Support and Anxiety. *The Journal of Early Adolescence*, 37 (6): 805-824. DOI: 10.1177/0272431615624563.
- A1.13. **Ho, R.T.H.**, Sing, J.C.Y., & Wong, V.P.Y. (2016). Addressing holistic health and work empowerment through a Body-Mind-Spirit intervention program among helping professionals in continuous education: a pilot study. *Social Work in Health Care*,

- 55 (10): 779-793.
- A1.14. **Ho, R.T. H.**, Fong, T.C.T., Lo, P.H.Y., Ho, S. M.Y., Lee, P.W.H., Leung, P.P.Y., Spiegel D., Chan, C.L.W., (2016). Randomized controlled trial of supportive-expressive group therapy and body-mind-spirit intervention for Chinese non-metastatic breast cancer patients. *Supportive Care in Cancer*. 24(12):4929-4937.
- A1.15. **Ho, R. T. H.**, Wan, A. H. Y., & Chan, C. K. P. (2016). Towards a holistic approach to spiritual healthcare for people with schizophrenia, *Holistic Nursing Practice*, 30 (5): 269-271.
- A1.16. **Ho, R.T.H.**, Fong, T.C.T., Wan, A.H.Y. Au-Yeung, F.S.W., Chen, W.Y.H., Spiegel, D. (2016). Associations between diurnal cortisol patterns and lifestyle factors, psychotic symptoms, and neurological deficits: A longitudinal study on patients with chronic schizophrenia. *Journal of Psychiatric Research*, 81: 16-22.
- A1.17. Kalmanowitz, D., & **Ho.R.T.H.** (2016). Out of Our Mind. Art Therapy and Mindfulness with Refugees, Political Violence & Trauma. *The Arts in Psychotherapy*,49: 57-65.
- A1.18. **Ho, R.T.H.**, Fong, T. C.T., Cheung, I.K.M., Yip, P.S.F., Luk, M.Y. (2016). Effects of a short-term Dance Movement Therapy program on symptoms and stress in breast cancer patients undergoing radiotherapy: A randomized controlled trial. *Journal of Pain and Symptom Management*, 51:824-831.
- A1.19. **Ho, R.T.H.**, Chan, C.K.P., Lo, P.H.Y., Wong, P.H., Leung, P.P.Y., Chan, C.L.W., & Chen, E.Y.H. (2016). Understandings of spirituality and its role in illness recovery in persons with schizophrenia and mental-health professionals: a qualitative study. *BMC Psychiatry*, 16:86.
- A1.20. **Ho, R.T.H.**, Fong, T.C.T., Au-yeung F.S.W.Ng, Wan, A.H.Y., S.M., Chan, C.L.W., Chen, E.Y.H. (2016). A 3-arm randomized controlled trial on the psychophysiological effects of Tai-chi and exercise interventions on patients with chronic schizophrenia. *Schizophrenia Research*, 171:42-49.
- A1.21. **Ho, R.T.H.**, Sing, C.Y., Fong, T.C.T., Au-Yeung, F.S.W., Law, K.Y., Lee, L.F., & Ng, S.M. (2016). Underlying Spirituality and mental health: The role of burnout. *Journal of Occupational Health*, 58:66-71.
- A1.22. **Ho, R.T.H.** Lo, P.H.Y., & Luk, M.Y. (2016). A Good Time to Dance? A Mixed-Methods Approach of the Effects of Dance Movement Therapy for Breast Cancer Patients During and After Radiotherapy. *Cancer Nursing*. 39 (1): 32-41.
- A1.23. Fong, T.C.T, Chan, C.L.W., **Ho, R.T.H.**, Chan, J.S.M., Chan, C.H.Y., & Ng, S.M. (2016). Dimensionality of the Center for Epidemiologic Studies Depression Scale: An exploratory bi-factor analytic study. *Quality of life research*. 25(3): 731-737.
- A1.24. Fong, T.C.T. **Ho, R.T.H.**, Au Yeung, F.S.W. Sing, J.C.Y., Law, K.Y., Lee, L.F., Ng, S.M. (2016). The relationships of change in work climate with changes in burnout and depression: A 2-year longitudinal study of Chinese mental health care workers. *Psychology, Health & Medicine*. 21(4):401-412.
- A1.25. Jia, L. Chen, J.P., **Ho, R.T.H.**, Yu, J., Guo, L. (2016). Music Intervention Can Improve Emotion in Cancer Patients during Disease Progression. *Arch Depress Anxiety*, 2 (1):007-009. DOI:10.17352/2455
- A1.26. **Ho, R.T.H.** (2015). A place and space to survive: a dance/movement therapy program for childhood sexual abuse survivors. *The Arts in Psychotherapy*. 46:9-16.
- A1.27. **Ho, R.T.H.**, Cheung J.K.K., Chan, W.C., Cheung, I.K.M., Lam, L.C.W. (2015). A 3-arm

- Randomized Controlled Trial on the Effects of Dance Movement Intervention and Exercises on Elderly with Early Dementia. *BMC Geriatrics*, 15:127.
- A1.28. Fong, T.C.T., **Ho, R.T.H.**, Wan, A.H.Y., Siu, P. J.C.Y., & Au-yeung, F.S.W. (2015). Psychometric validation of the consensus five-factor model of the Positive and Negative Syndrome Scale. *Comprehensive Psychiatry*. 62: 204-208.
- A1.29. Fong, T.C.T., & **Ho, R.T.H.** (2015). Dimensionality of the 9-item Utrecht Work Engagement Scale revisited: A Bayesian structural equation modeling approach. *The Journal of Occupational Health*. 57(4): 353-358.
- A1.30. **Ho, R.T. H.**, Potash, J.S., Fang, F., & Rollins, J. (2015). Art Viewing Directives in Hospital Settings Effect on Mood. *Health Environments Research & Design Journal*. 8(3):30-43.
- A1.31. Chan, C.K.P., Lo, P.H.Y., Chen, E.Y.H., & **Ho, R.T.H.*** (2015). Coping with Illness Experiences in Patients with Schizophrenia: The Role of Peacefulness. *Journal of Schizophrenia Research*. 2(1):1007.
- A1.32. Fong, T.C.T., Chan, J.S.M., Chan, C.L.W., **Ho, R.T.H.**, Ziea, E.T.C., Wong, V.C.W., Ng, B.F.L., & Ng, S.M. (2015). Psychometric properties of the Chalder Fatigue Scale revisited: an exploratory structural equation modeling approach. *Quality of Life Research*, 24(9): 2273-2278.
- A1.33. Wang, C.W., Chan C.L.W., & **Ho, R.T.H.** (2015). HIV/AIDS-related deaths in China, 2000–2012, *AIDS Care: Psychological and Socio-medical Aspects of AIDS/HIV*, 27 (7):849-854.
- A1.34. Fong, T.C.T., & **Ho, R.T.H.** (2015). Re-examining the factor structure and psychometric properties of the Mini-Mental Adjustment to Cancer Scale in a sample of 364 Chinese cancer patients. *Supportive Care in Cancer*. 23: 353-358.
- A1.35. **Ho, R.T.H.**, Kwan, T.T.C., Cheung I.K.M., Chan, C.K.P., Lo, P.H.Y., Yip, P.S.F., Luk, M.Y., & Chan, C.L.W. (2015). Association of fatigue with perceived stress in Chinese women with early stage breast cancer awaiting adjuvant radiotherapy. *Stress and Health*, 31 (3):214-221.
- A1.36. Ho, A.H.Y., Potash, J.S., Fong, T.C.T., Ho, V.F.L., Chen, E.Y.H., Lau, R.H., Au Yeung, F. S.W., & **Ho, R.T.H.*** (2015). Psychometric properties of a Chinese version of the Stigma Scale: examining the complex experience of stigma and its relationship with self-esteem and depression among people living with mental illness in Hong Kong. *Comprehensive Psychiatry*. 56:198-205.
- A1.37. Chan, J.S.M., **Ho, R.T.H.**, Chung, K.F., Wang, C.W., Yao, T.J., Ng, S.M., & Chan, C.L.W. (2014). 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, vol. 2014, Article ID 106048, 10 pages.
- A1.38. Wang, C.W., **Ho, R.T.H.**, Chan, C.L.W., & Tse, S. (2014). Exploring Personality Characteristics of Chinese Adolescents with Internet-Related Addictive Behaviors: Trait Differences for Gaming Addiction and Social Networking Addiction. *Addictive Behaviors*, 42: 32-35.
- A1.39. **Ho, R.T.H.**, Wan, A.H.Y., Au-Yeung, F.S.W., Lo, P.H.Y., Siu, P.J.C.Y., Wong, C.P.K., Ng, W.Y.H., Cheung, I.K.M., Ng, S.M., Chan, C.L.W., & Chen, E.Y.H. (2014). The psychophysiological effects of Tai-chi and exercise in residential Schizophrenic patients: a 3-arm randomized controlled trial. *BMC Complementary and Alternative Medicine*, 14:364.

- A1.40. Nan, J.K.M., & **Ho, R.T.H.** (2014). Affect Regulation and Treatment for Depression and Anxiety through Art: Theoretical Ground and Clinical Issues. *Annals of Depression and Anxiety*, 1(2): 6.
- A1.41. Tiwari, A., Chan, C.L.W., **Ho, R.T.H.**, Tsao, G.S.W., Deng, W., Hong, A.W.L., Fong, D.Y.T., Fung, H.Y.K.Y., Pang, E.P.S., Cheung, D.S.T., & Ma, J.L.C. (2014). Effect of a qigong intervention program on telomerase activity and psychological stress in abused Chinese women: a randomized, wait-list controlled trial. *BMC Complementary and Alternative Medicine*, 14(1):300.
- A1.42. **Ho, R.T.H.**, Potash, J.S., Lo, P.H.Y., & Wong, V.P.Y. (2014). Holistic interventions to trauma management for teachers following disaster: Expressive arts and Integrated Body-mind-spirit approaches. *Asia Pacific Journal of Social Work and Development*. 24 (4): 275-284.
- A1.43. **Ho, R.T.H.**, Fong, T.C.T., & Cheung, I.K.M. (2014). Cancer –related fatigue in breast cancer patients: factor mixture models with continuous non-normal distribution. *Quality of Life Research*, 23 (10): 2909-2916.
- A1.44. Wang, C.W.[#], Chan, C.L.W., Mak, K.K., Ho, S.Y., Wong, P.W.C., & **Ho, R.T.H.** (2014). Prevalence and Correlates of Video and Internet Gaming Addiction among Hong Kong Adolescents: A Pilot Study. *The Scientific World Journal*, vol. 2014, Article ID 874648, 9 pages, 2014.
- A1.45. **Ho, R.T.H.**, & Fong, T.C.T. (2014). Factor structure of the Chinese version of the Pittsburgh Sleep Quality Index in breast cancer patients. *Sleep Medicine*. 15:565-569.
- A1.46. Wang, C.W., Chan, C.H.Y., **Ho, R.T.H.**, Chan, J.S.M., Ng, S.M., & Chan, C.L.W. (2014). Managing stress and anxiety through qigong exercise in healthy adults: a systematic review and meta-analysis of randomized controlled trials. *BMC complementary and alternative medicine*. 14 (1): 8.
- A1.47. Fong, T.C.T., & **Ho, R.T.H.** (2014). Testing gender invariance of the Hospital Anxiety and Depression Scale using the classical approach and Bayesian approach. *Quality of Life Research*, 23 (5): 1421-1426.
- A1.48. Fong, T.C.T., **Ho, R.T.H.**, & Ng, S.M. (2014). Psychometric Properties of the Copenhagen Burnout Inventory - Chinese Version. *The Journal of Psychology: Interdisciplinary and Applied*, 148 (3): 255-266.
- A1.49. Hsiao, F.H., Lai, Y.M., Chen, Y.T., Yang, T.T., Liao, S.C., **Ho, R.T.H.**, Ng, S.M., Chan, C.L.W., & Jow, G.M. (2014). Efficacy of Psychotherapy on Diurnal cortisol patterns and Suicidal Ideation in Adjustment Disorder with Depressed Mood. *General Hospital Psychiatry*, 36 (2): 214-219.
- A1.50. Wang, C.W., Chan, C.L.W., & **Ho, R.T.H.** (2013). Prevalence and trajectory of psychopathology among child and adolescent survivors of disasters: a systematic review of epidemiological studies across 1987-2011. *Social Psychiatry and Psychiatric Epidemiology*, 48:1697-1720.
- A1.51. Fong, T.C.T., & **Ho, R.T.H.** (2013). Factor analyses of the Hospital Anxiety and Depression Scale: a Bayesian structural equation modeling approach. *Quality of Life Research*. 22(10): 2857-2863.
- A1.52. **Ho, R.T.H.**, Fong, T.C.T., Chan, C.K.P., & Chan, C.L.W. (2013). The associations between diurnal cortisol patterns, self-perceived social support, and sleep behavior in Chinese breast cancer patients. *Psychoneuroendocrinology*. 38(10): 2337-2342.

- A1.53. **Ho, R.T.H.**, Wang, C.W., Ng, S.M., Ho, A.H.Y., Ziea, E.T.C., Wong, V.C.W., & Chan, C.L.W. (2013). The effect of Tai Chi exercise on immunity and infections: A systematic review of controlled trials. *Journal of Alternative and Complementary Medicine*. 19(5): 389-396.
- A1.54. Hsiao, F.H., Chang, K.J., Kuo, W.H., Huang, C.S., Liu, Y.F., Lai, Y.M., Jow, G.M., **Ho, R.T.H.**, Ng, S.M., & Chan, C.L.W. (2013). A longitudinal study of cortisol responses, sleep problems, and psychological well-being as the predictors of changes in depressive symptoms among breast cancer survivors. *Psychoneuroendocrinology*, 38(3):356-366.
- A1.55. Potash, J.S., **Ho, R.T.H.**, Chick, J.K.Y., & Au Yeung, F.S.W. (2013). Viewing and engaging in an art therapy exhibit by people living with mental illness: Implications for empathy and social change. *Public Health*, 127 (8), 735-744.
- A1.56. Chan, J.S.M., **Ho, R.T.H.**, Wang, C.W., Yuen, L.P., Sham, J.S.T., & Chan, C.L.W. (2013). Effect of qigong exercise on fatigue, anxiety and depressive symptoms of patients with chronic fatigue syndrome-like illness: a randomized controlled trial. *Evidence-based Complementary and Alternative Medicine*. 2013: Article ID 485341, 8 pages.
- A1.57. Wang, C.W., Chan, C.L.W., **Ho, R.T.H.**, Tsang, H.W.H., Chan, C.H.Y., & Ng, S.M. (2013). The Effect of Qigong on depressive and anxiety symptoms: a systematic review and meta-analysis of randomized controlled trails, *Evidence-based Complementary and Alternative Medicine*, vol. 2013, Article ID 716094, 13 pages.
- A1.58. **Ho, R.T.H.**, Au Yeung, F.S.W., Lo, P.H.Y. Law, K.Y., Wong, K.O.K., Cheung, I.K.M., & Ng, S.M. (2012). Tai-chi for Residential Patients with Schizophrenia on Movement Coordination, Negative Symptoms and Functioning: A Pilot Randomized Controlled Trial. *Evidence-based Complementary and Alternative Medicine*, vol. 2012, Article ID 923925, 10 pages.
- A1.59. **Ho, R.T.H.**, Lau, B.W.M., Chan, J.S.M., Wang, C.W., So, K.F., Yuen, L.P., Sham, J.S.T., & Chan, C.L.W. (2012). A randomized controlled trial of qigong exercise on fatigue, symptoms, functioning, and telomerase activity in persons with chronic fatigue and chronic fatigue syndrome. *Annals of Behavioral Medicine*. 44:160-170.
- A1.60. Chan, C.L.W., Wang, C.W., **Ho, R.T.H.**, Ng, S.M., Chan, J.S.M., Ziea, E.T.C., & Wong, V.C.W. (2012). A systematic review of the effectiveness of qigong exercise in supportive cancer care. *Support Care Cancer*, 20:1121-1133.
- A1.61. Chan, C.L.W., Wang, C.W., **Ho, R.T.H.**, Ho, A.H.Y., Ziea, E.T.C., Wong, V.C.W., & Ng, S.M. (2012). A systematic review of the effectiveness of qigong exercise in cardiac rehabilitation. *The American Journal of Chinese Medicine*, 40(2): 255-267.
- A1.62. Chan, C.L.W., Wang, C.W., **Ho, R.T.H.**, Ng, S.M., Ziea, E.T.C., & Wong, V.C.W. (2012). Qigong exercise for the treatment of fibromyalgia: A systematic review of randomized controlled trials. *Journal of Alternative and Complementary Medicine*. 18(7): 641-646.
- A1.63. Ng, S.M., Wang, C.W., **Ho, R.T.H.**, Ziea, E.T., Wong, V.C.W., & Chan, C.L.W. (2012). Tai Chi exercise for patients with heart diseases: A systematic review of controlled clinical trials. *Alternative Therapies in Health and Medicine*. 18(3): 16-22.
- A1.64. Potash, S.J., Bardot, H., & **Ho, R.T.H.** (2012). Conceptualizing international art therapy education standards. *The Arts in Psychotherapy*, 39: 143-150.
- A1.65. Lai, J.C.L., Chong, A.M.L., Siu, O.T., Evans, P., Chan, C.L.W., & **Ho, R.T.H.** (2012). Social Network Characteristics and Salivary Cortisol in Healthy Older People. *The*

- Scientific World Journal*, (2012): Article ID 929067, 8 pages.
- A1.66. **Ho, R.T.H.**, Fan, F., Lai, A.H.Y., Lo, P.H.Y., Potash, J. S., Kalamowitz, D.L., Nan, J.K.M., Pon, A.K.A., Shi, Z.B., & Chan, C.L.W. (2012). An Expressive Arts-based and Strength-focused Experiential Training Program for Enhancing the Efficacy of Teachers Affected by Earthquake in China. *Creative Education*, 3(1):67-74.
- A1.67. Hsiao, F.H., Jow, G.M., Kuo, W.H., Chang, K.J., Liu, Y.F., **Ho, R.T.H.**, Ng, S.M., Chan, C.L.W., Lai, Y.M., & Chen, Y.T. (2012). The Effects of Psychotherapy on Psychological Well-Being and Diurnal Cortisol patterns in Breast Cancer Survivors. *Psychotherapy and Psychosomatics*, 81:173–182.
- A1.68. Wang, C.W., Ng, S.M., **Ho, R.T.H.**, Ziea, E.T.C., Wong, V.C.W., & Chan, C.L.W. (2012). The effect of qigong exercise on immunity and infections: A systematic review of controlled trials. *The American Journal of Chinese Medicine*, 40(6): 1143-1156.
- A1.69. **Ho, R.T.H.** (2011). Mind-Body Intervention in Rehabilitation. *Physiotherapy News Bulletin*, Hong Kong Physiotherapy Association. 15(1): 2-3.
- A1.70. Potash J.S., & **Ho, R.T.H.** (2011). Drawing involves caring: fostering relationship building through art therapy for social change. *Art Therapy*. 28(2):74-81.
- A1.71. Hsiao, F.H., Jow, G.M., Lai, Y.M., Chen, Y.T., Wang, K.C., Ng, S.M., **Ho, R.T.H.**, Chan, C.L.W., & Yang, T.T. (2011). The long-term effects of psychotherapy added to Pharmacotherapy on morning to evening diurnal cortisol patterns in outpatients with major depression. *Psychotherapy & Psychosomatics*, 80: 166-172.
- A1.72. **Ho, R.T.H.**, Potash, J.S., Fu, W., Wong, K.P.L., & Chan, C.L.W. (2010). Changes in Breast Cancer Patients after Psychosocial Intervention as Indicated in Drawings. *Psycho-oncology*, 19:353-360.
- A1.73. Lai, J.C.L., Chong, A.M.L., Siu, O.T., Evans, P., Chan, C.L.W., & **Ho, R.T.H.** (2010). Humor Attenuates the Cortisol Awakening Response in Healthy Older Men. *Biological Psychology*, 84: 375-380.
- A1.74. Hsiao, F.H., Yang, T.T., **Ho, R.T.H.**, Jow, G.M., Ng, S.M., Chan, C.L.W., et al. (2010). The self-perceived symptom distress and health-related conditions associated with morning to evening diurnal cortisol patterns in outpatients with major depressive disorder. *Psychoneuroendocrinology*, 35(4): 503-515.
- A1.75. **Ho, R.T.H.** (2009). The dance of the mind-body in psychology and counseling. *Journal of Psychology and Counseling*. 1(2). Editorials.
- A1.76. Yang, T.T., Hsiao, F.H., Wang, K.C., Ng, S.M., **Ho R.T.H.**, Chan, C.L.W., et al. (2009). The Effect of Psychotherapy Added to Pharmacotherapy on Cortisol Responses in Outpatients with Major Depressive Disorders. *The Journal of Nervous and Mental Disease*, 197(6): 401-406.
- A1.77. Woo, I.M.H., Chan, C.L.W., Chow, A.Y.M., & **Ho, R.T.H.** (2009). Management of Challenges of Conjugal Loss among Chinese Widowers: An Exploratory Study. *Omega: Journal of Death and Dying*, 59(1), 39-61.
- A1.78. Ho, D.Y.F., & **Ho, R.T.H.** (2008). Knowledge is a Dangerous Thing: Authority Relations, Ideological Conservatism, and Creativity in Confucian-Heritage Cultures. *Journal for the Theory of Social Behaviour*, 38(1): 67-86.
- A1.79. Woo, I.M.H., Chan, C.L.W., Chow, A.Y.M., & **Ho, R.T.H.** (2008). Chinese Widowers' Self-Perception of Growth: An Exploratory Study. *Journal of Social work in end-of-life and palliative care*, 3(4): 47-67.
- A1.80. **Ho, R.T.H.**, Ho, D.Y.F., & Ng, S.M. (2007). Responding to Criticisms of Qualitative

- Research: How Shall Quality be Enhanced? *Asian Journal of Social Psychology*, 10 (4): 277-279.
- A1.81. Ho, D.Y. F., & **Ho, R.T.H.** (2007). Measuring Spirituality and Spiritual Emptiness: Toward Ecumenicity and Transcultural Applicability. *Review of General Psychology*, 11(1): 62-74.
- A1.82. Chan, T.H.Y., **Ho, R.T.H.**, & Chan, C.L.W. (2007). Developing an outcome measurement for meaning-making intervention with Chinese cancer patients. *Psycho-Oncology*, 16(9): 843-850.
- A1.83. Ho, D.Y.F., **Ho, R.T.H.**, & Ng, S.M. (2007). Restoring Quality to Qualitative Research. *Culture & Psychology*, 13(3): 377-383.
- A1.84. Chan, C.L.W., **Ho, R.T.H.**, Fu, W., & Chow, A.Y.M. (2006). Turning Curses into Blessings - An Eastern Approach to Psycho social Oncology. *Journal of Psychosocial Oncology*, 24(4): 15-32.
- A1.85. Ho, D.Y.F., **Ho, R.T.H.**, & Ng, S.M. (2006). Investigative Research as a Knowledge-Generation Method: Discovering and Uncovering. *The Journal for the Theory of Social Behaviour*, 36(1): 17 -38.
- A1.86. Chan, C.L.W., **Ho, R.T.H.**, Lee, P.W.H., Cheng, J.Y.Y., Leung, P.P.Y., Foo, W.W.L., Chow, L.W.H., Sham, J.S.T., & Spiegel, D. (2006). A Randomized Controlled Trial of Psychosocial Interventions Using the Psychophysiological Framework for Chinese Breast Cancer Patients. *Journal of Psychosocial Oncology*, 24(1): 3-26.
- A1.87. Ng, S.M., Chan, C.L.W., Ho, D.Y.F., Wong, Y.Y., & **Ho, R.T.H.** (2006). Stagnation as a distinct clinical syndrome: Comparing "Yu" (stagnation) in traditional Chinese medicine with depression. *British Journal of Social Work*, 36(3): 467-484.
- A1.88. Chan, C.L.W., Ng, S.M., **Ho, R.T.H.**, & Chow, A.Y.M. (2006). East meets west: applying eastern spirituality in clinical practice. *Journal of Clinical Nursing*, 15:822-832.
- A1.89. Chan, C.L.W., Tso, I.F., **Ho, R.T.H.**, Ng, S.M., Chan, C.H.Y., Chan, J.C.N., Lai, J.C.L., & Evans, P.D. (2006). The Effect of a One-hour Eastern Stress Management Session on Salivary Cortisol. *Stress and Health*, 22: 45-49.
- A1.90. **Ho, R.T.H.** (2005). Effect of Dance Movement therapy on Chinese Cancer Patients - A Pilot Study in Hong Kong. *The Arts in Psychotherapy*, 32(5): 337-345.
- A1.91. **Ho, R.T.H.** (2005). Regaining Balance Within: Dance Movement Therapy With Chinese Cancer Patients In Hong Kong. *American Journal of Dance Therapy*, 27(2): 87-99.
- A1.92. Ho, D.Y.F., Wang, O.H.L., Ng, S.M., & **Ho, R.T.H.** (2005). Basic communicating and counseling skills for family physicians. *The Hong Kong Practitioner*, 27: 180-190. (Professional Journal)
- A1.93. Ho, Y.F., Huang, S.S., Ng, S.M., **Ho, R.T.H.**, Wang, H.L., & Zhang, X.D. (2005). Influences of Confucian culture on cognitive development. *Research in Teaching*, 28(5), 381-388.
- A1.94. Lai, J.C.L., Evans, P.D., Ng, S.H., Chong, A., Siu, O., Chan, C.L.W., Ho, S.M., **Ho, R.T.H.**, Chan, P., & Chan, C.C. (2005). Optimism, positive affectivity and salivary cortisol. *British Journal of Health Psychology*, 10(4), 467-484.
- A1.95. **Ho, R.T.H.**, Chan, C.L.W., & Ho, S.M.Y. (2004). Emotional control in Chinese female cancer survivors. *Psycho-Oncology*, 13(11), 808-817.
- A1.96. Ho, S.M.Y., Chan, C.L.W., & **Ho, R.T.H.** (2004). Posttraumatic growth in Chinese cancer survivors. *Psycho-Oncology*, 13(6), 377-389.

B. Book Chapters and Monographs

B1. Peer-reviewed book chapters

- B1.1. **Ho, R.T.H.** (2014). Supporting Children with Trauma Through Arts and Movement. In Conte J.R. (Ed), *Child Abuse and Neglect Worldwide, Volume III: Interventions and Treatments*. (pp.159-176). Santa Barbara, CA: Praeger.
- B1.2. Potash, J.S., & **Ho, R.T.H.** (2014). Expressive Therapies for Bereavement: The State of the Arts. In Thompson, B.E. & Neimeyer, R.A. (Eds). *Grief and the Expressive Arts: Practices for Creating Meaning*. (pp28-32).New York: Routledge.
- B1.3. **Ho, R.T.H.**, Lo, P.H.Y., Chan, C.L.W., & Leung, P.P.Y. (2012). An East-West Approach to Mind-Body Health of Chinese Elderly. In S. Chen & J.L. Powell (Eds.), *Aging in China: Implications to Social Policy of a Changing Economic State* (pp. 169-186). New York: Springer.
- B1.4. **Ho, R.T.H.**, Chan C.L.W., Lo, P.H.Y., & Leung, P.P.Y. (2009).The Efficacy of the Body-Mind-Spirit Intervention and Social Support groups on Chinese breast cancer patients, In M.Y. Lee, C.L.W. Chan, S.M. Ng, P. P.Y. Leung (Eds.), *Integrative Body-Mind-Spirit Social Work: An Empirically Based Approach to Assessment and Treatment*. (pp.217-234). New York: The Oxford University Press.
- B1.5. **Ho, R.T.H.** (2009). From The Body to the Mind and Spirit. In M.Y. Lee, C.L.W. Chan, S.M. Ng, P. P.Y. Leung (Eds.), *Integrative Body-Mind-Spirit Social Work: An Empirically Based Approach to Assessment and Treatment*. (pp.162-170). New York: The Oxford University Press.
- B1.6. **Ho, R.T.H.** (2009). The Body Approach for the Treatment of Childhood Sexual Abuse Survivors. In S. M. Hau (Ed.), *Trauma and Counseling*. Caritas Project of Adult Survivors of Childhood Trauma, Caritas. (pp.258-263). Hong Kong.
- B1.7. Ho, A.H.Y., Lo, P.H.Y., Leung, P.P.Y., **Ho R.T.H.**, & Chan, C.L.W. (2009). Efficacy Studies of the Body-Mind-Spirit Model on Serving Cancer Patients. In: Chan, L.W., Fan, F.M. & Leung, P.Y., *The Holistic Body-Mind-Spirit Well-being Model – Chinese Culture and Group Counselling*. (pp. 187-199). Beijing, China Light Industrial Press.
- B1.8. Chan, C.L.W., Wong, V.P.Y., Ng, O.K., & **Ho, R.T.H.** (2009). Supporting mental rehabilitation: concepts and practice for the body, mind and spiritual health of caregivers. In Richmond Fellowship of Hong Kong, *Community mental health rehabilitation services – new opportunities*. Hong Kong. pp. 11- 18.
- B1.9. Ng, S.M., Chan, C.L.W., Yu, T., & **Ho, R.T.H.** (2007). Attachment, Stagnation and Depression. In Luk, L. (Ed.), *Spirituality, Religion & Holistic Health: Transcendancy of Human Predicament*. (pp. 74-79). The Nethersole Institute of Continuing Holistic Health Education, Hong Kong.
- B1.10. Chan, C.L.W., Chow, A.Y.M., & **Ho, R.T.H.** (2005). Transformation Intervention: Facilitating Growth after Loss and Grief due to Cancer or Bereavement. In T. Heinonen & A. Metteri (Eds.), *Social Work in Health and Mental Health: Issues, Developments and Actions*. (pp. 300-320). Toronto: Canadian Scholars' Press.

B2 . Non-peer reviewed book and book chapter (Invited)

- B2.1. **Ho, R.T.H.**, & Leung, E.K.T. (2014). Your heart shapes your emotion: 5 ways to help yourself for emotional issues. Joyful (Mental Health) Foundations. Joyful

Books Co. Ltd. (in Chinese) 《境由心造》自療情緒的 5 個妙方, 快樂書房有限公司。

- B2.2. **Ho R.T.H.**, & Leung, E.K.T. (2013). Religion/Spirituality and Health, 宗教／靈性與健康, *Year Book of the Centre for Religious and Spirituality Education, The Hong Kong Institute of Education*. 《香港教育學院宗教教育與心靈教育中心年報》, pp.8-21. (In Chinese).
- B2.3. **Ho, R.T.H.**, Potash, J.S., Ho, A.H.Y., Chen, E.Y.H., & Ho, V.F.L. (2013). *Using the Arts to Increase understanding and support for People Living with Mental Illness*. Centre on Behavioral Health, The University of Hong Kong.

C. Creative and Literary Works, Consultancy Reports and Other Outputs

C1. Encyclopedia

Ho, R.T.H. (2012). Dance/Dance Sciences. In Ministry of Education (ed.), *Encyclopedia of Physical Education & Sports* 《體育運動大辭典》. The Commercial Press. <http://140.122.72.155/index.php> (in Chinese)

Articles on:

(1) American Dance Therapy Association; (2) Attunement; (3) Authentic Movement; (4) Creative Process; (5) Dance Therapy; (6) Improvisation; (7) Individualization; (8) Mirroring; (9) Movement Empathy; (10) Spontaneity; (11) Symbolization; (12) Synchrony; (13) Verbalization; (14) Witness.

C2. Manual and Documentary Book

- D3.1. Ho, R.T.H. and Nan, J.K.M. (ed.) (2011). *Using Arts as a Media for Healing – A Training Project for Sichuan School Teachers*, Centre on Behavioral Health, The University of Hong Kong. 以藝術為媒介-在藝術中治療 - 四川表達性藝術方法教師培訓計劃紀念畫冊
- D3.2. Pon, A. K. L., Ho, R.T.H., Fan, F.M., Ho, J., Chu, A., Cheung, I.K.M. (2011). *Sichuan Expressive Arts Approach Teacher Training Project: Activity Book*, Centre on Behavioral Health, The University of Hong Kong. 四川表達性藝術方法教師培訓計劃活動範例集

D. Editorship, Invited Lecture and Keynote Speeches

D1 . Journal Editorship and Reviewer

D1.1. Editorship

- D1.1.1. Associate Editor, BMC Psychology, BioMed Central, UK, 2014-present
- D1.1.2. Associate Editor, International Journal of Psychology and Counseling, Lagos, 2009-present
- D1.1.3. Guest Editor, Evidence-Based Complementary and Alternative Medicine, Hindawi Publishing Corporation, USA, 2013-present
- D1.1.4. Editorial Board Member Advances in Medicine, Hindawi Publishing Corporation, US, 2013-present

- D1.1.5. Editorial Board Member, *Advances in Physical Education*, Scientific Research Publishing, Irvine CA, US, 2012-present
- D1.1.6. Editorial Board Member, *Annals of Depression and Anxiety*, Austin Publishing Group, US, 2014-present
- D1.1.7. Editorial Board Member, *British Journal of Interdisciplinary Studies*, UK, 2014-present
- D1.1.8. *Creative Arts Education and Therapy*, *Frontiers in China*, China, 2015-present
- D1.1.9. Editorial Board Member, *International Journal of Advanced Education Research*, Science Publishing Corporation, Germany, 2013-present

D1.2. Reviewer

- D1.2.1. *BMC Geriatrics*, BioMed Central, UK
- D1.2.2. *British Journal of Education, Society & Behavioural Science*
- D1.2.3. *Children and Youth Services Review*, Elsevier, US
- D1.2.4. *Cochrane Library*, John Wiley & Sons, Ltd, US
- D1.2.5. *Contemporary Clinical Trial*, Elsevier, US.
- D1.2.6. *Central European Journal of Medicine*, Springer, US
- D1.2.7. *Dove Open Access Journal of Sports Medicine*, UK
- D1.2.8. *European Journal of Sports Science*
- D1.2.9. *Health and quality of life outcomes*, Springer, US
- D1.2.10. *International SportMed Journal*, Sports Science Institute of South Africa, South Africa
- D1.2.11. *Journal of Body, Movement and Dance in psychotherapy*, Taylor & Francis, US
- D1.2.12. *Journal of Alternative and Complementary Medicine*, Mary Ann Liebert, USA
- D1.2.13. *Journal of ANZATA*
- D1.2.14. *Journal of Ethnic and Cultural Diversity in Social Work*, US
- D1.2.15. *Journal of Health Psychology*, Sage, UK
- D1.2.16. *Journal of Interpersonal Violence*
- D1.2.17. *Journal of Pain and Symptom Management*, Elsevier, US
- D1.2.18. *Journal of Philosophical Psychology*, ND
- D1.2.19. *Journal of Psychosocial Oncology*, Routledge, Taylor & Francis ,US
- D1.2.20. *Journal of Psychosomatic Research*, Elsevier, US
- D1.2.21. *Journal of Traumatic Stress*, Wiley, US
- D1.2.22. *Lancet, Psychiatry*, Elsevier, US
- D1.2.23. *Psychiatry Research*, Elsevier, US
- D1.2.24. *Psychological Trauma: Theory, Research , Practice and Policy*, APA
- D1.2.25. *Psychoneuroendocrinology*, Elsevier, US
- D1.2.26. *Psycho-oncology*, Wiley, US & UK
- D1.2.27. *Schizophrenic Bulletin*, Oxford University Press
- D1.2.28. *Scientific Reports*, Nature
- D1.2.29. *Social Work in Health Care*, Routledge, Taylor & Francis, US
- D1.2.30. *Teacher and Teacher Education*, Evise, UK
- D1.2.31. *Women & Health*, Taylor & Francis, US

D1.3 External Grant Reviewer (Academic)

D1.3.1. Swiss National Science Foundation

E. Research Grants

E1. External Competitive Research Grant as PI

- E.1.1 The Psycho-physiological & Social-Spiritual Effects of Expressive Arts-based Intervention on Young and Pre-elderly Stroke Survivors: A Randomized Controlled Study (GRF/HKU/17609417) HK\$781,300. 2018.1-2020.12
- E.1.2 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 (GRF/HKU 17611615), HK\$ 615,800. 2016.1-2018.12.
- E.1.3 The Psychophysiological Effects of Dance movement-based Intervention on Elderly with Early Dementia: A Randomized Controlled Trial (GRF/HKU17402714), HK\$843,412, 2015.1-2017.12
- E.1.4 Spirituality in healing: Uncovering the meaning and the role of spirituality in the rehabilitation for schizophrenia (General Research Fund (GRF/ HKU 745110H), HK\$383,196, 2012.1-2014.12
- E.1.5 Mental health promotion: Using the Arts to increase " understanding and support" for people living with mental illness (GRF/PPR/HKU 7006-PPR-11), HK\$406,733, 2012-2013
- E.1.6 A randomized controlled trial on tai chi for patients with schizophrenia: effects on positive and negative symptoms, stress levels, motor and memory deficits, functioning and diurnal cortisol rhythms (GRF/ HKU 744912), HK\$545,818, 2013.1-2014.12
- E.1.7 The effects of a dance/movement-based psychotherapy program on the symptom cluster, quality of life, and diurnal cortisol rhythm in Chinese breast cancer patients undergoing radiotherapy (General Research Fund (GRF/ HKU 745511H) HK\$555,669, 2011-2013

E2. External Competitive Research Grant as Co-I

- E2.1 Effects of Expressive Arts Therapy intervention for elderly with depression: A comparison study to efficacy of Cognitive Behavioral Therapy (GRF/HKU 17616617). Dr. Cheung A.Y.A.(PI), HK\$704,440. 2018.1-2019.12.
- E2.2 Comparing the Effectiveness of Integrative Body-Mind-Spirit Group Intervention and Cognitive-Behavioral Group on Quality of Life and Psycho-socio-spiritual Distress for Lung Cancer Patients and their Family Caregivers: A Randomized Controlled Trial (GRF/HKU17614545). Prof. Cecilia L. W. Chan (PI), HK\$ 905,940, 2016.1-2018.12
- E2.3 Application of mindfulness training in a family-based intervention for improving early child development and stress management in economically disadvantaged families (RGC/ECS/CityU 21611415). Dr. Herman Hay Ming Lo (PI, PolyU). HK\$478,000. 2016.1-2017.12
- E2.4 Group therapy for Chinese medicine stagnation syndrome: A randomized controlled trial (GRF/HKU 748013H). Dr. S.M.Ng (PI), HK\$ 632,156, 2014-2015

- E2.5 A randomized, wait-list controlled trial of a Qigong intervention program on Telomerase Activity and Psychological Stress in Abused Chinese Women (Health and Medical Research Fund11121361). Prof Agnes Tiwari (PI), HK\$995,224, 2014-2016
- E2.6 A survey of stagnation among Hong Kong Chinese adults in the community (GRF/ HKU 749708H), Dr. S.M.Ng, HK\$446,662, 2009-2010

E3. Non-competitive Research Grants and Projects as PI

- E 3.1. From Depression to Expression - Expressive Arts-based Intervention for Helping Community-Dwelling Depressed Elders. Keswick Foundation, HK\$2,803,938.7. 2017.5-2020.4.-
- E 3.2. Effectiveness of using drama as a mean to construct the life meaning for people with disabilities. Tung Wah Hospital, HK\$300,000. 2017.3-2019.2
- E 3.3. Project EMBRACE (Empowering CoMmunity and Building Resilience for Adults Caregivers of the Elderly) – HKU Knowledge Exchange Fund, HK\$99,880. 2016.7-2017.6.
- E 3.4. Expressive art-making intervention on releasing cancer patients' anxiety before and during Magnetic Resonance Imaging Examination (Strategic Research Theme of Cancer - Seed Fund for Collaboration), HK\$80,000. 2015.7.-2016.7.
- E 3.5. Evaluating the effectiveness of the program on Play Therapy for Strengthening Family Relationship of Ethnic Minorities in TCIS. (The Neighbourhood Advice-Action Council). 2015-2016.
- E 3.6. Expressive arts intervention for people with intellectual disabilities/mental health problems. (Fu Hong Society). 2015-2016.
- E 3.7. Introducing the post of counsellor in Non-Government Organization: a three year feasibility study (Keswick Foundation Limited (KFL)). 2015-2017.
- E 3.8. The Bio-Psycho-Social Effects of Compassion-based Mindfulness Practice on Chinese with Cancer: A Randomized-Controlled Pilot Study of Heart Rate Variability (HRV) (Seed Funding Program for Basic Research: 201411159184. 2015.2.26-2016.1.31.
- E 3.9. The effect of clay art therapy on emotional regulation in adults with depression: a pilot Event Related Potential (ERP) study (HKU Seed Fund program for basic research), 2014.6-2015.6
- E 3.10. Exploration study on positive virtues enhancement of caregivers to promote their roles as family caregivers of mental illness through body-mind-spirit (BMS) intervention (Hong Kong Sheng Kung Hui), 2014.8-2015..8
- E 3.11. Exploratory pilot study on emotional improvement of persons with mental disorders through the application of positive energy healing and mindfulness methods (Hong Kong Sheng Kung Hui), 2014.10-2015.10
- E 3.12. Evaluative Study on the Effectiveness of the Use of Art (Music and Movement) for Care of Elderly (Tung Wah Group of Hospitals, Community Services Division, Elderly Services Section), 2014.9-2015.9
- E 3.13. Teaching Development Grant (HKU), 2013.9-2014.8
- E 3.14. Effects of the exercise for the elderly with mild cognitive impairment: A Pilot Randomized Controlled Trial study (HKU small project funding), 2013-2014
- E 3.15. Project Evaluation for "Joyful Jockey Club Mental Health School Project (Joyful

- (Mental Health) Foundation),2012-2015.
- E 3.16. Study on the Efficacy of Horticultural Therapy Program for Women and Children Victims of Domestic Violence (Contract research with Harmony House), 2010-2013
- E 3.17. End of Life Social Enterprise – Training Cancer Survivors and Volunteers on Life and Death Education for Terminal Ill Patients (Knowledge Exchange Fund), 2012
- E 3.18. Expressive Arts Therapy Education and Research, HKU Matching Fund. 2011-2013
- E 3.19. Art Exhibit Directives Impact on Viewers Well-being (Funded by the American Art Resources and the Society for the Arts in Healthcare Research Grant, USA), 2012-2013
- E 3.20. An Evaluative Research on the Effectiveness of the Service Delivery: Caritas Jockey Club Community Support Programme for Sex Offenders (Contract research with Caritas), 2008-2011
- E 3.21. A pilot study on the effectiveness of a Tai-Chi exercise program on the positive and negative symptoms, movement coordination, cortisol stress levels and self-efficacy of patients with chronic schizophrenia (Small Project Funding, HKU/201007176145), 2011.1-12
- E 3.22. Using Art as a Media for Rebuilding Hopes and Instilling Meaning in Lives- A project for post-disaster mental health rehabilitation training in schools to promote positive development among youngsters (Robert Ho Foundation), 2009-2011
- E 3.23. Effect of Dance Movement Therapy On Improving Mental Health In Cancer Patients (Seed Fund for Basic Research, HKU /200611159176), 2007-2008
- E 3.24. Dance Movement Therapy for Chinese Cancer Patients and Its Effectiveness on Stress, Self-esteem, Body-image and Neuroendocrine Outcomes (Hong Kong Cancer Fund), 2005-2006

E4. Other Research Grants as Co-I

- E4.1 The University of Hong Kong PET/CT scan: A state-of-the-art imaging facility available to all. (S.K. Yee Medical Foundation - General Award). Prof. Khong, PL (PI). 2016-2019.
- E4.2 The effects of an art therapy program on behavioral-emotional competencies, psychological stress, and cortisol rhythm of foster care children. (Seed Fund for Basic Research for Resubmission of GRF/ECS Proposals). Dr. Joshua Nan. (PI). 2016.7-2016.11.
- E4.3 Effects of Clay Art Therapy and Therapeutic Art of Coloring for children promoted to secondary school – A randomized controlled trial. (Seed Fund for Basic Reserch). Dr. Joshua Nan (PI). 2016.6-2017.12.
- E4.4 TCM music therapy could suppress growth of breast cancer in depressive-like behavior breast cancer animal model by regulating thioredoxin 2. (Strategic Research Theme of Cancer –Seed Fund for Collaboration). Dr. Jianping Chen (PI). 2015.7-2016.9.
- E4.5 Evaluating the impact and feasibility of a cross-disciplinary, library-based mindful practice program for healthcare and human service students (Teaching Development Grants) Dr. Julie Chen(PI), 2013-2015

- E4.6 The Centennial Evolution of Funeral and Burial Practices in Hong Kong: An Research and Education Initiative. (The Chinese Permanent Cemeteries Fund). Prof. Cecilia Chan (PI). 2013-2015.
- E4.7 The neuropsychological basis of stress-induced impact on risky decision making (HKU Seed Funding Programme for Basic Research) Prof Tatia Lee (PI), 2013-2015
- E4.8 Prevalence and correlates of cancer-related fatigue in gynaecologic cancer survivors (HKU small project funding) Dr. Tracy Kwan (PI), 2013-2014
- E4.9 Prevalence and correlates of problematic online gaming and online social networking addiction and their linkage to sleep disturbance and mental health problems among Hong Kong adolescents (HKU small project funding) Dr. C.W.Wang (PI), 2013-2014
- E4.10 HKU KGKF Health & Health Assessment Research Initiatives for Families - "Health Empowerment Programmes for KGF Trekkers Families Prof. Cindy Lam (PI), 2012-2013
- E4.11 The effect of Qigong on Person with Chronic Fatigue Syndrome: The Psychosocial and Physiological Impacts (Hospital Authority) Dr. S.M.Ng (PI), 2011-2013
- E4.12 A Program Evaluation Study of the Sensory Motor Adventure Square Project at Harmony Manor (Funded by The Neighbourhood Advice-Action Council), Dr. Ben Law (PI), 2012
- E4.13 Project Evaluation for the Hong Kong Anti-Cancer Society "Walking Hand-in-Hand" Cancer Family Support Project, Dr. Andy Ho (PI), 2011-2013
- E4.14 Program Evaluation on the Family Pilot Project (Funded by The Neighbourhood Advice-Action Council), Dr. Celia Chan (PI), 2011-2012
- E4.15 Body-mind-spirit integrative training in medical school for stress management and prevention against junior physicians' burnout. (Funded by The Developmental Fund for Medical Humanities (DFMH), Li Ka Shing Faculty of Medicine, HKU) Prof. L.C. Chan (PI), 2011-2012
- E4.16 The effect of qigong on person with chronic fatigue syndrome (Donation for Research, CBH, HKU), Prof. C. L.W. Chan (PI), 2010-2012
- E4.17 Adaptation and Validation of the Spiritual Health and Life-Orientation Measure" Questionnaire with a Hong Kong Student - Teacher Sample (Funded by the Committee on Research and Development, the Hong Kong Institute of Education) Dr. Wong Ping Ho (PI), 2009-2010
- E4.18 Psychosocial determinants of neuroendocrine function in the elderly (Internal SRG funding support, City University of Hong Kong) Dr. Julian Chan (PI), 2008-2010
- E4.19 Surviving breast cancer: A 3-year prospective follow-up study of psychosocial, neuroendocrine and disease outcomes, and their relationships with meaning reconstruction among Chinese patients (HK Cancer Fund) Prof. C.L.W.Chan (PI), 2006-2008
- E4.20 A study of the psycho-social factors affecting long term survivors of liver cancers (HK Cancer Fund) Prof. C.L.W.Chan (PI), 2005-2006

F. SERVICES AND KNOWLEDGE TRANSFER

F.1 Service within HKU

- Director, Centre on Behavioral Health, 2011-present
- Director, Master of Expressive Arts Therapy, 2013-present
- Director, Master of Social Sciences in Behavioral Health, 2008-present
- Member, Faculty Research Committee, Faculty of Social Sciences, 2011-present
- Advisory board member, Lap Chee College, 2017-present
- Acting Director, Centre on Behavioral Health. 2010-2011
- Honorary Research Fellow, Sau Po Centre on Aging, 2009-present
- Member, Equal Opportunity Unit, HKU, 2009-present

F.2, COMMUNITY and PROFESSIONAL SERVICES**F2.1. Academic/ Professional Committee**

- Professional Standard Committee, International Expressive Arts Therapy Association, US, 2014-present
- Consultant, Hong Kong Arts Therapy Association, 2014-present
- Chairperson, Hong Kong Dance Movement Therapy Association, 2014-present
- Member of Academic Advisory Committee, School of Dance, the Hong Kong Academy of Performing Arts, 2008-present
- Core committee, Treasurer, Asian Consciousness Society (HK) (2010-present)
- International Panelist, American Dance Therapy Association (US) (2008-2010)
- Executive Committee member of the "Primary Care and Health Services Research Initiative for Families", Li Ka Shing Faculty of Medicine (2012-present)
- Member of Academic Advisory Committee, School of Dance, the Hong Kong Academy of Performing Arts (2008-present)
- External Examiner of the Internal Validation Committee of Bachelor of Performing Arts in Dance 4YD Programme, Diploma and Advanced Diploma Programme, School of Dance, the Hong Kong Academy of Performing Arts (2011)
- External Examiner of the Internal Validation Committee of Master of Performing Arts (MFA) Program, School of Dance, the Hong Kong Academy of Performing Arts (2010)

F2.2. Conference Organizing Committee

- Vice-President, Conference Committee, the 6th International Expressive Therapy Conference, Suzhou, China. (4-6 August, 2017).
- Co-Chair, and member of the conference organizing committee for the 38th STAR Conference - Stress, Anxiety & Resilience: Challenges of 21st Century (5-7 July, 2017). Hong Kong.
- Member of organizing committee, FW: the First Asia Pacific Conference of Addiction Professionals, (18-19 May, 2017), Hong Kong
- Organizing committee, the 4th international conference on existential psychology-authenticity and human potential (27-29 Jun, 2016). University of Hong Kong, 2016
- Member of organizing and executive committee for the 9th Pong Ding Yuen International Symposium on Traditional Chinese Medicine (5-6 Dec, 2015), University of Hong Kong, 2015-present
- Vice-President, International Expressive Psychotherapies Conference, Suzhou, China,

2011, 2013, 2015

- Member of organizing committee for the coming Asia Pacific Problem Gambling and Addiction 2015 Conference, 2014-2015
- Member of organizing committee for the Teachers' Professional Development Conference "Religious Aspects and Practices in School Contexts", Centre for Religious and Spirituality Education, Hong Kong Institute of Education, 2013.10.25-26

F2.3. Government Services

- Grant Reviewer, Hong Kong Arts Development Council (2008-present)
- Project Accessor (fixed and project-based), HK Arts Development Council (2009-present)
- Healthy Exercise Ambassador, Department of Health (DH) & Leisure and Cultural Services Department (LCSD) (2004-2016)
- Adjudicator, DanceSport, School Dance Festival, Education Bureau, HKSAR (2007-present)
- School Exercises Ambassador, Department of Health (DH), Education Bureau & Leisure and Cultural Services Department (LCSD), HKSAR (2004-2006)

F2.4. Community Services

- Chair, Sports for All Commission, World DanceSport Federation, 2017-present
- Member of Sports for All Commission, World DanceSport Federation, 2014-2017
- Director of Professional Division, Hong Kong DanceSport Association, 2016-present
- Honorary Advisers, Early Education & Training Centre, The Boy's & Girls' Clubs Association of Hong Kong, 2014-present
- Advisory Committee member of Tung Wah Group of Hospitals Integrated Centre on Addiction Prevention and Treatment, 2013-present
- Chairperson, the Advisory Committee on the rehabilitation services of Hong Kong Sheng Kung Hui, 2010-present
- Services Advisor/ Consultant/Supervisor, Tung Wah Group of Hospital (2012-present)
- Member of the Executive Council, "Cancer Survivors Serving Cancer Patients Committee", Hong Kong Social Enterprise Incubation Centre (2011-present)
- Services Advisor/ Consultant, Tung Wah Group of Hospital, 2012
- Member of the Advisory Committee on the services of Hong Kong Sheng Kung Hui The Providence Garden for Rehab, 2010-present
- Member of executive committee, Tung Chung Health and Primary Health Care Services Project, 2012-2014
- Executive Vice-President, Asian DanceSport Federation, 2007-present
- Competition Assistant Director, DanceSport Event, the 5th East Asian Games, 2009
- Master of Ceremony for the East Asian Games, DanceSport event, 5 Dec 2009