

Yanjuan LI

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ACADEMIC APPOINTMENT

Assistant professor (Tenure-track)

July 2025 – Present

Department of Social Work and Social Administration

The University of Hong Kong

Postdoctoral Fellow

2024 - July 2025

Department of Social Work and Social Administration

The University of Hong Kong

EDUCATION

Ph.D. in Applied Psychology

Peking University

2024

M.S. in Applied Psychology

Sun Yat-sen University

2020

B.A. in Applied Psychology

Sun Yat-sen University

2017

PUBLICATIONS

- Li, Y., Zhang, Y., Wang, C., Luo, J., Yu, Y., Feng, S., Wang, C., Xu, Q., Wang, P., Chen, J., Zhang, N., Yu, Q., Liu, Y., Chen, D., Hofmann, S. G., & Liu, X. (2025). Supported Mindfulness-Based Self-Help Intervention as an Adjunctive Treatment for Rapid Symptom Change in Emotional Disorders: A Practice-Oriented Multicenter Randomized Controlled Trial. *Psychotherapy and Psychosomatics*, 1–11. <https://doi.org/10.1159/000542937> (IF = 16.3, JCR Q1)
- Li, Y., He, M., Wang, Z., Hofmann, & Liu, X. (2024). Distress tolerance as a mediator of mindfulness-based intervention for anxiety and depression: Evidence from two randomized controlled trials. *International Journal of Clinical and Health Psychology*, 24(2), 100445. <https://doi.org/10.1016/j.ijchp.2024.100445> (IF = 5.3, JCR Q1)
- Li, Y., Ju, R., Hofmann, S. G., Chiu, W., Guan, Y., Leng, Y., & Liu, X. (2023). Distress tolerance as a mechanism of mindfulness for depression and anxiety: Cross-sectional and diary evidence. *International Journal of Clinical and Health Psychology*, 23(4), 100392. <https://doi.org/10.1016/j.ijchp.2023.100392> (IF = 5.3, JCR Q1)
- Li, Y., Zhang, J. A., Meng, Y., Hofmann, G. S., Zhou, A. Y., & Liu, X.* (2023). A Randomized trial of the online self-help mindfulness intervention for emotional distress: Serial mediating effects of mindfulness and experiential avoidance. *Mindfulness*, 14, 510–523. <https://doi.org/10.1007/s12671-023-02083-x> (IF = 3.1, JCR Q1)
- Li, Y., Su, J., Jia, X., Yu, X., Wei, S., Wang, X., & Qian, M. (2023). Attitudes and behaviors of psychology intervention researchers toward adverse events: An interview study. *Chinese Journal of Clinical Psychology*, 31(04), 898–903. <http://dx.doi.org/10.16128/j.cnki.1005-3611.2023.04.026>
- Li, Y., Hu, Y., Yang, W., & Wang, Y. (2021). Daily interventions and assessments: The effect of online self-compassion meditation on psychological health. *Applied Psychology: Health and Well-Being*, 13(4), 906–921. <https://doi.org/10.1111/APHW.12278> (IF = 3.8, JCR Q1)
- Li, Y., Deng, J., Lou, X., Wang, H., & Wang, Y. (2019). A daily diary study of the relationships among daily self-compassion, perceived stress and health-promoting behaviours. *International Journal of Psychology*, 55(3), 364–372. <https://doi.org/10.1002/ijop.12610> (IF = 3.3, JCR Q1)
- Li, Y., & Wang, Y. (2018). Effect of self-compassion-based writing on reducing women's objectified body consciousness. *Chinese Journal of Clinical Psychology*, 26(1), 179–183.

<http://dx.doi.org/10.16128/j.cnki.1005-3611.2018.01.039>

He, M., Li, Y., Ju, R., Liu, S., Hofmann, S. G., & Liu, X. (2023). The role of experiential avoidance in the early stages of an online mindfulness-based intervention: Two mediation studies. *Psychotherapy Research*, 1–12. <https://doi.org/10.1080/10503307.2023.2232528> (IF = 2.6, JCR Q2)

Zeng, Y., Li, Y., & Wang, Y. (2021). The effect and mechanism of functionality-based writing intervention on improving body image in Chinese female college students. *Chinese Journal of Clinical Psychology*, 29(02), 414-418. <http://dx.doi.org/10.16128/j.cnki.1005-3611.2021.02.040>

MAIN RESEARCH PROJECTS

Jockey Club Bereavement Care Consortium

2024-June 2025

Funding resource: The Hong Kong Jockey Club Charities Trust

Project lead: Prof. Amy CHOW

Role: Postdoctoral Fellow

2021-2023

The auxiliary effects and underlying mechanisms of online self-help mindfulness interventions for emotional disorders

Funding resource: The National Clinical Research Center for Psychiatric and Mental Disorders (Peking University Sixth Hospital; Project

No. NCRC2021M01)

Project lead: Prof. Xinghua LIU

Role: Primary team member

Examining the mechanism of mindfulness-based intervention in alleviating anxiety and depression: the role of distress tolerance

2021-2024

Funding resource: the National Natural Science Foundation of China (Project No. 32371138)

Project lead: Prof. Xinghua LIU

Role: Primary team member

PRESENTATIONS

Li, Y., Chow, A.Y.M., * Huang, J. (May 2025). *Suicide Bereavement Care in Hong Kong and Evaluative Study Result*. Symposium on Suicide Bereavement Care: Global Perspectives on Support Strategies. Hong Kong, China. (Oral presentation).

Li, Y., Chong, E.S.K., Chow, A.Y.M., Jiao, K., Cong, Q., Suen, M.H.P., Ning, J., Wang, J., & Ng, Y.H. (May 2025). *Development and Validation of a Culturally and Clinically-relevant Bereavement Outcome Scale: HKU ABC-OS*. The JCBcARE International Conference – Towards 2030: The Practitioner-Research Collaborated Bereavement Care. Hong Kong, China. (Oral presentation)

Li, Y., He, M., Hofmann, & Liu, X. (Oct 2023). *Effect of mindfulness-based intervention on somatic symptoms and psychological distress: The mediating role of perceived stress*. The 25th National Academic Conference of Psychology. Sichuan, China. (Oral presentation)

Li, Y., He, M., Hofmann, & Liu, X. (July 2023). *Distress tolerance as a mediator of mindfulness-based intervention for anxiety and depression: Evidence from two randomized controlled trials*. 2023 CPS Clinical and Counseling Psychology Conference. Guangdong, China. (Oral presentation)

Li, Y., Ju, R., Hofmann, S. G., Chiu, W., Guan, Y., Leng, Y., & Liu, X. (June 2023). *Distress tolerance as a mechanism of mindfulness for depression and anxiety: Cross-sectional and diary evidence*. The 10th World Congress of Cognitive and Behavioral Therapies. Seoul, Korea. (Oral presentation)

SCHOLARSHIPS

- President Scholarship, Peking University, 2022-23
- National Scholarship, Peking University, 2022-23
- The First Prize Scholarship, Peking University, 2022-23
- National Scholarship, Sun Yat-sen University, 2019-20
- The First Prize Scholarship, Sun Yat-sen University, 2017-20

AWARDS

- Outstanding Graduate, Peking University, 2024
- Merit Student, Peking University, 2022-23
- Outstanding Oral Presentation, International Joint Forum on Psychological and Cognitive Sciences, April 2022 & 2023
- Outstanding Paper Award, 2023 CPS Clinical and Counseling Psychology Conference, July 2023

COUNSELING EXPERIENCE

Main Training

- Clinical and Counseling Psychology Training program from Peking University (2020-2023)
- Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP) training from Prof. Xinghua LIU-Certified UP Trainer (2021-present)

Counseling-related experiences

- Peking University: providing individual UP Supervision 60h+ (2022-present)
- Peking University Psychology Counseling and Therapy Center: individual counseling 190 h, group supervision 50h (2021-23)
- Peking University Chen Zhonggeng Clinical Psychology Training Center: individual counseling 87 h, group supervision 160h+, individual supervision 80h (2020-23)
- Peking University Sixth hospital: Internship in clinical diagnosis and therapy, 120h (2022)
- Sun Yat-sen University Psychological and Health Counseling Center: individual counseling 112h, group supervision 250h+ (2018-20)

QUALIFICATIONS

- Registered Counseling Psychologist in Clinical and Counseling Psychology Registration System (CCPRS) in China
- Certified Mindfulness Intervention for Emotional Distress (MIED) facilitator, certified by Pro. Xinghua LIU, Mindfulness Lab, Peking University)
- Certified MIED supervisor, certified by Pro. Xinghua LIU, Mindfulness Lab, Peking University
- Trained Mindfulness-based Cognitive Therapy (MBCT) facilitator, certified by Center for Mindfulness Studies, Canada