

Prof. Rainbow Tin Hung Ho

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

Current Position

1. 2016.7-present: Professor, Department of Social Work & Social Administration, HKU
2. 2010.8-present: Director, Centre on Behavioral Health, Faculty of Social Sciences, HKU
3. 2024.1-present: Affiliate Researcher, WHO Jameel Arts & Health Lab, New York University
4. 2013.8-present: Program Director, Master of Expressive Arts Therapy, HKU
5. 2022.8-present: Program Director, Master of Social Sciences (Behavioral Health), HKU
6. 2019.1-present: Honorary Fellow, The JC Centre for Suicide Research and Prevention, HKU
7. 2010.9-present: Honorary Fellow, Sau Po Centre on Ageing, HKU

Academic Qualification

1. Ph.D., (Social Work and Social Administration), The University of Hong Kong,
2. M.Phil. (Basic Medical Sciences/Anatomy), The Chinese University of Hong Kong
3. B.Sc. (Biology/Biochemistry), The Chinese University of Hong Kong

Previous Position

1. 2018.7-2023.6: Associate Dean (Postgraduate Education), Faculty of Social Sciences, HKU
2. 2021.7-2022.6: Associate Director, Knowledge Exchange Office, HKU
3. 2016.7-2019.7 Honorary Professor, Li Ka Shing Faculty of Medicine, HKU
4. 2013.1-2016.6 Associate Professor, Dept of Social Work & Social Administration, HKU
5. 2009.10-2012.12 Assistant Professor, Dept of Social Work & Social Administration, HKU
6. 2008-2018: Program Director, Master of Social Sciences (Behavioural Health), HKU
7. 2006.10-2009.10 Assistant Professor, Centre on Behavioral Health, HKU
8. 2005.10-2006.10 Research Officer, Centre on Behavioral Health, HKU

Areas of Specialization

Behavioral health sciences, arts and health, creative and expressive Arts therapy, mental and holistic health, evidence-based psychosocial interventions, psychophysiology, exercises and health, mind-body practices, biomarkers development, spirituality for illness and healthy populations across life span

Professional Training

1. Movement Analysis, Laban/Bartenieff Institute of Movement Studies, New York, US & Toronto, Canada, 2006-2008
2. Dance Movement Therapy, Kinections, Rochester, New York, US, 2002-2006
3. Professional Diploma, Performing Arts/Dance, Hong Kong Academy of Performing Arts, 2000-2001
4. Teaching Certificate and Teaching Diploma, Royal Academy of Dancing, UK/HK, 1995-1998

Professional Qualifications

1. Board-certified Dance Movement Therapist, American Dance Therapy Association, US
2. Registered Expressive Arts Therapist, International Expressive Arts Therapy Association, US
3. Registered Arts Therapist, Australian, New Zealand and Asian Creative Arts Therapies Association (ANZACATA), AU&NZ
4. Registered Somatic Movement Therapist, International Somatic Movement Education & Therapy Association, US
5. Certified Group Psychotherapist, American Group Psychotherapy Association, US
6. Certified Movement Analyst, Laban/Bartenieff Institute of Movement Studies, US
7. Senior Addiction Counselor, Asia Pacific Certification Commission for Addiction Professionals
8. Registered Teacher, Royal Academy of Dancing, UK
9. Licensed international Adjudicator, Professional and Grade A, World Dancesport Federation
10. Licensed DJ, World DanceSport Federation
11. Registered Medical Technologist, Medical Laboratory Technologists Board, HK

Awards

2025 Outstanding research paper award “Expressive arts therapy for improving communication and understanding between mothers and their children with intellectual disability” The 10th International Expressive Arts Therapy conference, Suzhou, China. 6-8 August, 2025

2022 Outstanding Research Student Supervisor Award, HKU

2022 Knowledge Exchange Award (Wellcation project, with Prof. Paul Yip, Centre of Suicide Research and Prevention), Faculty of Social Sciences, HKU

2021 Knowledge Exchange Award (Arts and health, CBH), Faculty of Social Sciences, HKU

2020 Social Sciences Outstanding Research Output Award (Applied Research), HKU

2019 Research Award, American Dance Therapy Association, US.

2016 Research and Development Award, Australia and New Zealand Arts Therapy Association

2015 Outstanding Achievement Award, American Dance Therapy Association, US

2015 Research Award, American Dance Therapy Association, US

2015 Social Sciences Outstanding Teaching Award, Faculty of Social Sciences, HKU

2010 Communication Awards: International Award for Creative Output to the Project ENABLE Website (Team award, Centre on Behavioral Health)

2006 “Fun Fearless Female”, Cosmopolitan, Hong Kong

2002 Outstanding Young Investigator Award, The Hong Kong International Cancer Congress.

Awards with research postgraduate students (selected)

2025 Outstanding research paper award “Does therapeutic song writing induce interbrain synchronization between a music therapist and a university student with depression and anxiety? – A brief report”. The 10th International Expressive Arts Therapy conference, Suzhou, China, 6-8 August 2025 with PhD student Ruby Zhao

2019 Outstanding Paper Presentation Award. Hong Kong Association of Gerontology, the 26th Annual Congress of Gerontology, with PhD Student Janet Lee, L.C.

2015 Award of Merit- Poster Presentation, Frontiers in Medical and Health Sciences Education, HK, with PhD student Venus Wong, P.Y.

2015 Best Abstract for Poster Presentation, 12th Asia Pacific medical Education Conference, Singapore, with PhD student Venus Wong, P.Y.

2012 Meritorious Student Abstract Award, Society of Behavioral Medicine’s 33rd Annual Meeting, USA, with PhD student Jessie Chan, S.M.

2011 Complementary and integrative medicine student research SIG award, Society of Behavioral Medicine’s 32nd Annual Meeting, USA, with PhD student Jessie Chan, S.M.

Honors

- WHO- Jameel Arts and Health Lab, Steering Committee Member. 2024-present
- Affiliate Researcher, WHO Jameel Arts & Health Lab, 2024-present
- Member of Board of Trustees of New Asia College, Chinese University of Hong Kong, 2024-present
- Stanford Top 2% scientist, 2021, 2023, 2024, 2025
- International Creative Arts Therapy Research Alliance, Steering Committee Member, 2023-present
- Neuroscience Meets Dance in Therapy Network – Arts and Humanities Research Council Network (UK), Steering Committee Member, 2023-present
- Chair of Sports for all and social responsibility commission, World DanceSport Federation, 2017-present
- University 21 Global Leadership, 2022-present
- Fellow: The Hong Kong Professional Counselling Association, Hong Kong
- CADENZA Fellow (Leadership training), A Project for Elderly in Hong Kong
- Have been invited to deliver keynote speech in major conferences in US, UK, Germany, Australia, New Zealand, Rwanda, Israel, Japan, Korea, Singapore, Thailand, Taiwan, Macau and China.

Key Community Services (selected)

- Education resource committee, International Expressive Arts Therapy Association, US, 2021-present
- Professional Standard Committee, International Expressive Arts Therapy Association, US, 2014-

present

- Academic Advisor, Division of Expressive Arts Therapy, Group Psychotherapy Association, China Psychology Health Association. 2017-present
- Advisory committee members, School of Dance, Hong Kong Academy of Performing Arts

Publications

My publications focus on diverse topics related to promoting holistic wellbeing across populations, mind-body medicine and practices, complementary and alternative medicine, arts-based interventions, and spirituality across the life span. I published in journals in the fields of social work, medicine, psychology, physiology, sports, rehabilitation and creative and expressive arts therapy.

A. Peer Reviewed Journal Articles

(* corresponding author or co-first author; #PDF/PhD/MPhil/MSSC students)

2025

- A1.1. Liu, C, Wong, SHS, Arbour-Nicitopoulos, K, **Ho, RTH**, Yang, Y, Liang, X, Leung, A, Cheung, JST, Dastamooz, S, Sit, CHP. (in press). Effects of physical activity on suicidal ideation and sleep disturbances in adolescents with attention-deficit hyperactivity disorder: A randomized controlled trial. *Journal of Affective Disorder*.
- A1.2. Dastamooz, S., Stephen H.S., Wong, S.H.S., Yang, Y., Arbour-Nicitopoulos, K., **Ho, R.T.H.**, Yam, J. C.S., Tham, C.C.Y., Liu, C., Sit, C.H.P. (in press). Efficacy of a short-term physical exercise intervention on stress biomarkers and mental health in adolescents with ADHD: A randomized controlled trial. *Journal of Affective Disorder*. 393:120285. <https://doi.org/10.1016/j.jad.2025.120285>
- A1.3. Chang, K, Fong, TCT, Chio FHN, **Ho, RTH***. (in press). Unveiling Psychological Responses to COVID-19: Psychometric Properties of the Mental Impact and Distress Scale in Hong Kong Adults. (in press). *Journal of Psychopathology and Behavioral Assessment*
- A1.4. **Ho RTH**, Lo TLT[#], Fong TCT, Chan CKP[#], Pang MYC, Wan AHY, Leung PPY, Lau GKK. (2025, online first). Psychophysiological effects of an expressive arts-based intervention in young and pre-elderly stroke survivors: A randomized controlled trial. *Archives of physical medicine and rehabilitation*. 2025 Apr 23: S0003-9993(25)00657-4. doi: 10.1016/j.apmr.2025.04.008.
- A1.5. Gao J, Leung HK, Lee KC, Poon CC, Huang G, Liao J, Wu BWY, Thach TQ, **Ho RTH** and Sik HH. (2025). Interbrain synchronization in classroom during high-entropy music listening and meditation: a hyperscanning EEG study. *Frontier in Neuroscience* 19:1557904. doi: 10.3389/fnins.2025.1557904.
- A1.6. Chang, K, Lev, M, Vaisvaser, S, Fong, TCT., **Ho, RTH**.* (2025). Assessing psychological responses to the COVID-19 pandemic in Israeli adults: a psychometric evaluation of the Hebrew version of the mental impact and distress scale. *Current Psychology* (2025). <https://doi.org/10.1007/s12144-025-08300-1>
- A1.7. Dastamooz, S., **Ho, RTH**, Arbour-Nicitopoulos, K. Wong, SHS, Sit, CHP. (2025). The Association between Movement Behaviours and Mental Health Issues in Adolescents with Neurodevelopmental Disorders. *Medicine & Science in Sports & Exercise*.
- A1.8. Kwok, J.Y.Y., Lai, C.A., Sin, W.W.F., Chan, L.M. L., Shum, Y.Y., Choi, E.P.H., Lee, J.J., Lok, K.Y.W., Pang, S.Y.Y., Auyeung, M., Wong, S.Y.S., **H, R.T.H.** (2025). Enhancing Whole-Person Care Through Mindfulness: Qualitative Insights from Patients with Parkinson's Disease. *Mindfulness* (2025). <https://doi.org/10.1007/s12671-025-02626-4>.
- A1.9. Jiang, D., Kwok, J.Y.Y., Yeung, DYL, Tang, V.F.Y., Choi, N., G., **Ho, R.T.H.**, Warner, L. M. Chou, K.L. (2025). Six-month outcomes of layperson-delivered, telephone-based behavioural activation and mindfulness interventions on loneliness among older adults during the COVID-19 pandemic: The HEAL-HOA Dual Randomised Controlled Trial, Age and Ageing, Volume 54, Issue 8, August 2025, afaf209, <https://doi.org/10.1093/ageing/afaf209> [IF 7.1]
- A1.10. Kor, P.P.K., Chou, K.L., Tsang, A.P.L. Mak, W.W.S, Galante, J., **Ho, R.T.H.**, Wong, S.Y.S.,

- Cheung D.S.K., Liu J.Y.W., Zarit, S.H. (2025). Effects of a closed-loop mindfulness-based program for reducing stress in family caregivers of people with dementia: a study protocol of a randomized controlled trial. *BMC Psychology* 13, 681 (2025).
<https://doi.org/10.1186/s40359-025-02919-2>
- A1.11. Lee, JLC, Kwok, LL, Shi, SL, Lee, KNW, Wong, AYL, **Ho, RTH**, Ng, PHF. (2025, online first). Applying a Participatory Design Model-Making Engagement Activity to Understand How Different Stakeholders Envision Senior-Friendly Outdoor Gyms in Parks. *Journal of Aging and Environment*. <https://doi.org/10.1080/26892618.2025.2454036>
- A1.12. Moo, J. T. N[#], & **Ho, RTH*** (2025). Family-centered creative arts therapies for children with autism: A configurative systematic review. *Family Relations*, 74(1), 412–429.
<https://doi.org/10.1111/fare.13092>.
- A1.13. Yeung, DYU, Jiang, D[#], Warner, LM, Choi, NG, **Ho, RTH**, Kwok, JYY, Chou, KL. (2025). The 12-month longitudinal effects of volunteering on loneliness and well-being among older adults: The HEAL-HOA Dual Randomized Controlled Trial. *The Lancet Healthy Longevity*, 6 (1):100664 [IF 14.6]
- A1.14. Liu, C., Yang, Y., Arbour-Nicitopoulos, K. **Ho, R.T.H.**, Cheung, J.S.T., Leung, A., Sit, C, H.P. (2025, online first). Moderate-to-Vigorous Physical Activity and Suicidal Ideation in Adolescents with Attention Deficit/Hyperactivity Disorder: the Mediating Effects of Mental Health. *Journal of Autism Development Disorders*. (2025). <https://doi.org/10.1007/s10803-025-06809-9>
- A1.15. Wan, AHY[#], **Ho, RTH***, Yau, JCY, Yau, EFK. (2025). Start with the Body or the Mind? Differential Benefits of Mindfulness and Qigong Practices for Colorectal Cancer Survivors: A Qualitative Study. *Cancer Nursing: An International Journal for Cancer Care Research*. 48 (3): 180-189. DOI: 10.1097/NCC.0000000000001288 [IF=2.4, Q1 in Nursing]
- A1.16. Kwok, JYY, Chan, LML, Lai, CA, HO, PWL, Choi, ZY, Auyeung, M, Pang, SY, Choi, EPH, Fong, DYU, Yu, DSF, Lin, C, Walker, R. Wong, SYS, and **Ho, RTH**. (online first). Effects of meditation and yoga on anxiety, depression and chronic inflammation in patients with Parkinson's disease: A randomised clinical trial. *Psychotherapy and Psychosomatics*. [IF 17.4]
- A1.17. Lo, T.L.T.[#], Leung, I.C.H., Leung, L.L.W., Chan, P.P.Y., **Ho, R.T.H*** (2025). Assessing sleep metrics in stroke survivors: A comparison between objective and subjective measures. *Sleep and Breathing*. [IF2.0]
- A1.18. Lo, TLT[#], & **Ho, RTH***. (2025). Changes in younger stroke survivors' body perception as indicated in body drawings: A comparison between Expressive Arts-based Intervention and control groups. *Neuropsychological Rehabilitation*, 35(3):498-523.
<https://doi.org/10.1080/09602011.2024.2343460>.

2024

- A1.19. **Ho RTH**, Cheong AMY, Wan AHY, Lo, TLT[#], Fong, TCT, Chan, CKP[#], Li, Q., Chan W.C. (2024). Protocol for a mixed-methods randomised controlled trial evaluating the psychosocial effects of an expressive arts-based intervention on adults with age-related macular degeneration *BMJ Open* 2024;14:e088311. doi: 10.1136/bmjopen-2024-088311. [IF=2.4, Q1 in Medicine, General & Internal]
- A1.20. Dastamooz, S.[#], **Ho, RTH**, Arbour-Nicitopoulos, K. Wong, S.H.S., Sit, C. H.P. (in press). The Association between Movement Behaviours and Mental Health Issues in Adolescents with Neurodevelopmental Disorders. *Medicine & Science in Sports & Exercise*. [IF=4.1, Q1 in Sport sciences]
- A1.21. Fong TCT, Leung ICH, Wong CK, Jackson AC and **Ho RTH***. (2024). Psychometric validation of the Cardiac Distress Inventory - Short Form among people with cardiac diseases in Hong Kong. *Frontiers in Psychiatry* 15:1412264. doi: 10.3389/fpsyt.2024.1412264
- A1.22. Wong, ACM[#] & **Ho, RTH*** (in press). The Integrated Model: Dynamic Changes in Mother-Child Relationship in the Context of Intimate Partner Violence. *Journal of Family Violence*. [IF=2.7, Q1 in Family Studies]
- A1.23. Fong, TCT, Chang, K, **Ho, RTH**, Chio, FHN, Yip, PSF, Wen, M. (2024). Psychological responses to the COVID-19 pandemic and situational impact: A network analysis in Hong Kong residents. *Journal of Affective Disorders*, 362: 152-160. [IF=4.9, Q1 in Psychiatry]

- A1.24. Kwok, JYY, Jiang, D., Yeung, DY, Choi, NG, **Ho, RTH**, Lisa M. Warner, LM, Chou, KL. (2024). Layperson-Delivered Telephone-Based Behavioral Activation Among Low-Income Older Adults During the COVID-19 Pandemic: The HEAL-HOA Randomized Clinical Trial. *JAMA Network Open*. 7(6): 2416767. DOI: 10.1001/jamanetworkopen.2024.16767. [IF=9.7, Q1 in Medicine, General & Internal]
- A1.25. Yip, PSF, Caine, ED, Yeung, CY, Law, YW, **Ho, RTH** (2024). Suicide prevention in Hong Kong: pushing boundaries while building bridges. *The Lancet Regional Health - Western Pacific* 46 (7):101061. <https://doi.org/10.1016/j.lanwpc.2024.101061>. [IF=7.6, Q1 in Healthcare Sciences & Services]
- A1.26. Fong TCT, Cheung DY, Choi EP, Fong DY, **Ho RTH**, Ip P, Kung MC, Lam MW, Lee AM, Wong WC, Lam TH, Yip PS. (in press). Latent heterogeneity of online sexual experiences and associations with sexual risk behaviors and behavioral health outcomes in Chinese young adults: A cross-sectional study. *JMIR Public Health and Surveillance*. DOI: 10.2196/preprints.50020. [IF=3.9, Q1 in Public, Environmental & Occupational Health]
- A1.27. Warner, LM, Jiang, D., Yeung, DY, Choi, NG, **Ho, RTH**, Kwok, JYY, Song, Y, Chou, KL. (2024) Study protocol of the 'HEAL-HOA' dual randomized controlled trial: Testing the effects of volunteering on loneliness, social, and mental health in older adults. *Contemporary Clinical Trials Communications*, 38:101275. DOI: 10.1016/j.conctc.2024.101275. [IF=1.4]
- A1.28. Warner, L.M., Yeung, DY, Da Jiang, Choi, NG **Ho, RTH**, Kwok, JYY, Chou, KL. (2024). Effects of volunteering over six months on loneliness, social and mental health outcomes among older adults: The HEAL-HAO Dual Randomized Controlled Trial. *American Journal of Geriatric Psychiatry*. 32 (5): 598-610. Doi: <https://doi.org/10.1016/j.jagp.2023.12.022>. [IF=3.8, Q1 in Psychiatry].

2023

- A1.29. Lee, JLC, Xing, J, **Ho, RTH**. (2023). What Is Known From the Published Literature About Yoga Interventions Delivered in Community Settings for Older Adults? A Systematic Scoping Review. *Journal of Aging and Physical Activity*, 31(6): 1039-1050. Doi: 10.1123/japa.2022-0346. [IF=1.4]
- A1.30. Moo, JTN[#] & **Ho, RTH*** (2023). Benefits and challenges of Tele-Dance Movement Psychotherapy with children with autism and their parents. *Digital Health*, 9:1-17. Doi: 10.1177/20552076231171233. [IF=3.3]
- A1.31. Kwok JYY, Auyeung M, Pang SY, Ho PW, Yu DSF, Fong DYT, Lin CC, Walker R, Wong SY, **Ho RTH**. (2023). A randomized controlled trial on the effects and acceptability of individual mindfulness techniques - meditation and yoga - on anxiety and depression in people with Parkinson's disease: a study protocol. *BMC Complementary Medicine and Therapies*. 2023 Jul 17;23(1):241. doi: 10.1186/s12906-023-04049-x. [IF=3.4, Q1 in Integrative & Complementary medicine]
- A1.32. Lo TLT[#], Wan AHY, Fong TCT, Wong PKS, Lo HHM, Chan CKP[#], **Ho RTH***. (2023). Protocol for a mixed-methods randomised controlled trial evaluating the effectiveness of a dyadic expressive arts-based intervention in improving the psychosocial well-being of children with intellectual disability in special schools and their mothers. *BMJ Open*. 2023 Jul 7;13(7):e067239. doi: 10.1136/bmjopen-2022-067239. [IF=2.3, Q1 in Medicine, General & Internal]
- A1.33. Fong, T.C.T, **Ho, R.T. H.*** & Yip, P. S. F. (2023). Psychometric Properties of the Patient Health Questionnaire-4 among Hong Kong young adults in 2021: Associations with meaning in life and suicidal ideation. *Frontiers in Psychiatry*, 14:1138755. [IF=3.2, Q1 Psychiatry]
- A1.34. Fong, TCT, Chang, KC, **Ho, RTH***. (2023). Association between quarantine and sleep disturbance in Hong Kong adults: the mediating role of COVID-19 mental impact and distress. *Frontiers in Psychiatry*, 14:1127070. [IF=3.2, Q1 Psychiatry]
- A1.35. Lo, TLT[#], Lee, JLC[#], **Ho, RTH***. (2023). Recovery beyond functional restoration: a systematic review of qualitative studies of the embodied experiences of people who have survived a stroke. *BMJ Open*. DOI:10.1136/bmjopen-2022-066597. [IF=2.3, Q1 in Medicine, General & Internal]

- A1.36. Xing, J[#], Peng, M., Deng, Z., Chan, E.K.L., Chang, Q., **Ho, RTH*** (2023). The Prevalence of Bullying Victimization and Perpetration among the School-aged Population in Chinese Communities: A Systematic Review and Meta-Analysis. *Trauma, Violence, & Abuse*, 24 (5): 3445-3460. <https://doi.org/10.1177/152483802211295>. [IF=5.4, Q1 in Criminology & Penology]
- A1.37. Gonzalez Barajas, A.[#] & **Ho, RTH** (2023). Catharsis in art: Sexuality and self-knowledge. *Epidemiology and Psychiatric Sciences*, 32, E6. doi:10.1017/S2045796022000804. [IF=5.9, Q1 in Psychiatry]
- A1.38. Fong, T.C.T., Lo, T.L.T[#]. & **Ho, RTH***. (2023). Psychometric properties of the 12-item Stroke-Specific Quality of Life Scale among stroke survivors in Hong Kong. *Scientific Reports*, 13, 1510. <https://doi.org/10.1038/s41598-023-28636-7>. [IF=3.8, Q1 in Multidisciplinary Sciences]

2022

- A1.39. Yau, J. C.Y., Fong, T.C.T, Wan, A.H.Y., **Ho, RTH*** (2022). Comparison of passive drool and cotton-based collection methods for salivary C-reactive protein measurement. *American Journal of Human Biology*, 34 (9):e23782. DOI: 10.1002/ajhb.23782. [IF=1.6. Q1 in Anthropology]
- A1.40. Li, B[#], & **Ho, RTH*** (2022). Including Formal and Informal Caregivers in the Development of Play Intervention for Dementia: A Qualitative Study. *BMC Geriatrics*. 22: 591 (2022). <https://doi.org/10.1186/s12877-022-03232-y>. [IF=3.4, Q1 in Gerontology, JCI]
- A1.41. Fong, TCT, Lo, TLT[#], **Ho, RTH.*** (2022). Indirect effects of social support and hope on quality of life via emotional distress among stroke survivors: A three-wave structural equation model. *Frontiers in Psychiatry*, 13:919078. doi.org/10.3389/fpsy.2022.919078. [IF=3.2]
- A1.42. Fong, T.C.T., **Ho, RTH***, Yau, J.C.Y. (2022). Longitudinal associations between salivary cortisol to C-reactive protein ratios and psychological well-being in Chinese Adults. *Psychoneuroendocrinology*, 143(136):105824, DOI: 10.1016/j.psyneuen.2022.105824. [IF=3.4]
- A1.43. Fong, TCT, **Ho, RTH***, Fong, JCY (2022) Temporal relationships among role stress, staff burnout, and residents' behavioral problems: A 2-year longitudinal study in child care homes in Hong Kong. *PLoS ONE* 17(7): e0270464. <https://doi.org/10.1371/journal.pone.0270464>. [IF=2.9, Q1 in Multidisciplinary Sciences]
- A1.44. **Ho, RTH**, Fong, T.C.T., Wan, A.H.Y[#] (2022). Effects of self-compassion on diurnal cortisol pattern via positive affect in colorectal cancer survivors. *Mindfulness*, 13:211-221. [IF=3.1, Q1 in Psychology, Clinical]
- A1.45. Wong, ACM[#] & **Ho, RTH*** (2022). Applying Joint Painting Procedure to Understand Implicit Mother-Child Relationship in the Context of Intimate Partner Violence. *International Journal of Qualitative Methods*, 21:1-14. [IF=3.9, Q1 in Social Sciences, Interdisciplinary]
- A1.46. Lee, J.LC[#]. & **Ho, RTH*** (2022). Creating exercise spaces in parks for older adults with fitness, rehabilitation, and play elements: a review and perspective. *Gerontology & Geriatric Medicine*, 8: 1-4. [IF=2.1]
- A1.47. Zeng Y, Guo Y, **Ho RTH**, Zhu M, Zeng C, Monroe-Wise A, Li Y, Qiao J, Zhang H, Cai W, Li L, Liu C. (2022). Positive Coping as a Mediator of Mobile Health Intervention Effects on Quality of Life Among People Living With HIV: Secondary Analysis of the Randomized Controlled Trial Run4Love. *Journal of Medical Internet Research*, 2022;24(2):e25948 doi: 10.2196/25948. [IF=5.8, Q1 in Health Care Sciences & Services]
- A1.48. Jovanović, V., Rudnev, M., Arslan, G. Buzea, C., Dimitrova, R., Góngora, V., Guse, T., **Ho, RTH**, ...Iqbal, N. *et al.* (2022). The Satisfaction with Life Scale in Adolescent Samples: Measurement Invariance across 24 Countries and Regions, Age, and Gender. *Applied Research Quality of Life*, 17 (4): 2139-2161. <https://doi.org/10.1007/s11482-021-10024-w>. [IF=2.8, Q1 in Social Sciences, Interdisciplinary]
- A1.49. **Ho, RTH** (2022). Michael Franklin: "Art as Contemplative Practice: Expressive Pathways to the Self". A Review and Reflection by Rainbow Tin Hung Ho. *Creative Arts Education and Therapy*. 7(2):245-249.
- A1.50. Lee, JLC[#], Guo, Y[#], Lo, TLT[#], **Ho, RTH*** (2022). Prisoner and creator of space and place: An

interpretive descriptive QGIS study to understand exercise experiences of community-dwelling older adults in a low-income neighborhood. *Journal of Aging and Environment*. 36(3): 274-288. <https://doi.org/10.1080/26892618.2021.1932009>

- A1.51. Lee, JLC[#] and **Ho, RTH***. (2022). Engaging community-dwelling older adults as co-developers in a public outdoor exercise facilities-based physical activity education intervention: A mixed-method participatory study in Hong Kong. *Health and Social Care in the community*, 2022:30 (5):e1862–e1874. DOI: <https://doi.org/10.1111/hsc.13616>. [IF=2.0, Q1 in Social Work]
- A1.52. Fong, TCT, Yip, PSF, Chan, M., **Ho, RTH**. (2022). Factor structure and measurement invariance of the Stigma of Suicide Scale – Short Form among adolescents and early adults in Hong Kong. *Assessment*. 29 (2): 285-295. doi: 10.1177/1073191120976857. [IF=3.5, Q1 in Psychology, Clinical]

2021

- A1.53. Chang, Q., Xing, J., Chang, R., Ip, P., Fong, DYT, Fan, S., **Ho, RTH***, Yip, PSF. (2021). Online sexual exposure, cyberbullying victimization and suicidal ideation among Hong Kong adolescents: moderating effects of gender and sexual orientation. *Psychiatry research communications*. 1(2), 2021, 100003.
- A1.54. Gonzalez Barajas, AK[#], **Ho, R.T.H** (2021). Unmapped realms: Representation of inner mythologies in the creative work of artists with autism. *Epidemiology and Psychiatric Sciences*, 30, E75. doi:10.1017/S2045796021000615. [IF=5.9, Q1 in Psychiatry]
- A1.55. Fong, T.C.T., **Ho, RTH*** (2021). Longitudinal measurement invariance in urbanization index of Chinese communities across 2000 and 2015: a Bayesian approximate measurement invariance approach. *BMC Public Health*, 21:1653. <https://doi.org/10.1186/s12889-021-11691>. [IF=3.5, Q1 in Public, Environmental & Occupational Health]
- A1.56. De Witte, M., Orkibi, H., Zarate, R., Karkou, V., Sajjani, N., Malhotra, B., **Ho, RTH**, Kaimal G., Baker, F.A., Koch, S.C. (2021). From Therapeutic factors to mechanisms of change in the creative arts therapies: a scoping review. *Frontier in Psychology*, 12:678397. [IF=2.6]
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- A1.177. Ho, D.Y.F., Wang, O.H.L., Ng, S.M., & **Ho, RTH** (2005). Basic communicating and counseling skills for family physicians. *The Hong Kong Practitioner*, 27: 180-190. (Professional Journal)
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B. Book Chapters and Monographs

B1. Book and Book chapters

- B1.1. Serlin, I.A., **Ho, RTH**, Kurter, F., Kennedy, J.R., (2025). The Creative and Expressive Arts Therapies and Existential -Humanistic Psychotherapy. In Hoffman, L. and Lac, V.. (Eds). The Evidence-based Foundations of Existential-Humanistic Therapy. APA Publishing, American Psychological Association.
- B1.2. Moo, J. T.N.[#] and **Ho, R.T.H** (2023). Adapting to COVID-19: Telehealth Dance Movement Psychotherapy with Children and Adolescents with Autism. In Aithal, S. & Karkou, V. (Eds). *Arts Therapies Research and Practice with Persons on the Autism Spectrum: Colourful Hatchling*. Chapter 11. Routledge.
- B1.3. Emery, C.R., Abdullah, A., **Ho, RTH**, Islas-Madlo, S. (2023). Studying Maltreatment Through Polyvictimization: A Three-Dimensional Theoretical Foundation. In: Martin, C., Preedy, V.R., Patel, V.B. (eds) *Handbook of Anger, Aggression, and Violence*. Springer, Cham. https://doi.org/10.1007/978-3-030-98711-4_3-1
- B1.4. **Ho, RTH** & Potash, J.S. (2022). Exhibitions through arts and arts therapy: From empathic understanding to advocacy. In Betts, D. & Huet, V. (Eds). *Bridging the Creative Arts Therapies and Arts in Health: Toward Inspirational Practice*. Chapter 9 (pp. 175-192). Jessica Kingsley
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- B1.7. **Ho, RTH** and C.Wong[#]. (2019). Joint Painting for Understanding the Development of Emotional Regulation and Adjustment between Mother and Son in Expressive Arts Therapy. In McKay, L., Barton, G., Garvis S., Sappa, V. (Eds). *Arts-based research, resilience and wellbeing across the lifespan*. (pp127-146). Palgrave Macmillan, Cham.
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- B1.11. **Ho, RTH**, Wan, A.H.Y. [#], Au Yeung, F.S.W, & Lee, L.F. (2018). The Holistic Healthcare Model as a Recovery Approach to Schizophrenia. In M.Y. Lee, C.H.Y. Chan, 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.292-301). New York: The Oxford University Press

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- B1.13. Potash, J.S., & **Ho, RTH** (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*. (pp.28-32). New York: Routledge.
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- B1.15. **Ho, RTH**, 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.
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- B1.18. **Ho, RTH**, & 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。
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- B1.20. **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).
- B1.21. **Ho, RTH** (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.
- B1.22. 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.
- B1.23. Chan, C.L.W., Wong, V.P.Y., Ng, O.K., & **Ho, RTH** (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.
- B1.24. Ng, S.M., Chan, C.L.W., Yu, T., & **Ho, RTH** (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.

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

C1. Encyclopedia

- C1.1. Ho, R. T.H. (2018-). Behavioral Gerontology (section editor). In Gu, D. (Ed.), *Encyclopedia of Gerontology and Population Aging*. Springer

Articles on:

(1) Behavioral Gerontology, (2) Biobehavioral Effects, (3) Disruptive Behaviors, (4) Expressive Arts Therapy, (5) Health Literacy and Health behaviors
(citation example: Ho R.T.H., Wan A.H.Y. (2019) Expressive Arts Therapy. In: Gu D., Dupre M. (eds) Encyclopedia of Gerontology and Population Aging. Springer, Cham.)

- C1.2. Ho, RTH (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

- C3.1. Ho, RTH 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
- C3.2. Pon, A. K. L., Ho, RTH, 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

C3. Conference Paper and Presentations

I have presented more than 200 conference papers in major conferences and seminars in related fields in these years.

Editorship

Journal Editorship

1. Academic Editor, PLOS ONE, US. [IF=2.9, Q1 in Multidisciplinary Sciences]
2. Guest Editor, BMC Complementary Medicine and Therapies, Springer Nature [IF=3.3, Q1 in Integrative & Complementary medicine]
3. Associate Editor, BMC Psychology, BioMed Central, UK [IF=2.7, Q1 in Psychology, Multidisciplinary]
4. Associate Editor, Creative Arts Education and Therapy, China
5. Editorial Board Member, Evidence-Based Complementary and Alternative Medicine, USA
6. Editorial Board Member, GMS Journal of Arts Therapies. Germany
7. Editorial Board Member, Body Movement and Dance in Psychotherapy, Taylor & Francis
8. Section Editor, Behavioral Gerontology, Encyclopedia of Gerontology and Population Aging, Springer.

Journal Reviewer

I have been serving as ad-hoc reviewers for more than 30 international journals including Lancet Psychiatry, Nature Scientific Reports, Cochrane Library, Brain and Behavior, Dementia: the international journal of social research and practice, European Journal of Sports Science, Frontier in Psychology, Health and quality of life outcomes, Journal of Affective Disorders, Journal of Alternative and Complementary Medicine, Journal of Health Psychology, Journal of Interpersonal Violence, Journal of Pain and Symptom Management, Journal of Psychosocial Oncology, Journal of

Psychosomatic Research, Journal of Traumatic Stress, Psychiatry Research, Psychological Trauma: Theory, Research, Practice and Policy, Psychoneuroendocrinology, Psycho-oncology, Schizophrenic Bulletin, Social Work in Health Care, Women & Health etc.

Invited Keynote Speeches and Lectures

I have been invited to deliver keynote speeches in major international conferences and seminars related to psychotherapy, creative arts therapy, behavioral health and holistic medicine held in US, UK, Germany, Australia, New Zealand, Rwanda, Israel, Japan, Korea, Singapore, Taiwan, China, Macau, and numerous local international conferences held in Hong Kong.

Invited Overseas Keynotes and Speeches: selected (2016-2024)

1. 2025.8.6. Keynote speech “Arts Therapies and Youth Mental Health: Research and Practice” at the 10th International Expressive Arts Therapy conference. Suzhou, China.
2. 2025.4.16. Keynote speech “Neurosciences and Dance Movement Therapy”. at the 1st International Expressive and Creative Arts Therapy Conference. Taichung, Taiwan.
3. 2024.11.16. Keynote speech at “Innovation in Creative Arts Therapy: Strengthening practice and research” organized by the Australia New Zealand and Asia Creative Arts Therapy Association (ANZACATA), at Melbourne, Australia.
4. 2024.7.18. Keynote speech at “The Future of Music and Arts in Medicine and Health” organized by the International Association of Music and Medicine and International Society for Arts and Medicine. Berlin, Germany.
5. 2024.6.29. Keynote speech at “2024 International Seminar on Art Therapy Education”, organized by the Central Academy of Fine Arts (中央美術學院), Beijing, China.
6. 2024. 6.28. Invited speech “Arts Therapy Skills for Counsellors” at the Tsinghua University.
7. 2024.6.7. Invited speech at the conference ““Neuroscience, Dance, The Arts and Therapy: Translating Research into Practice”, Edge Hill University, UK.
8. 2024.5.28. Seminar and workshop “Current development and future of Expressive Arts Therapy”, Wuhan Music Academy, Wuhan, China.
9. 2023.10.27. Keynote speech for the Conference: International Symposium on Art Healing. Shanghai, China.
10. 2023.8.6. Keynote speech: The 9th International Symposium on Expressive Arts Psychotherapy and the 2nd National School Mental Health and Expressive Arts Summit. Suzhou, China.
11. 2023.7.18. Keynote speech: Dance Movement Therapy in Psychiatric Setting. National Training for mental health professional. Shanghai Mental Health Rehabilitation Center. Shanghai, China.
12. 2023.5.25. Keynote speech: The unlimited possibilities of art for a limited life: Art Therapy for Hospice and Life Education. Shanghai University, Shanghai, China
13. 2023.3.10. Invited Panel speaker in Dance Therapy Summit : Global Panel - From tradition to diversity, innovation and breakthrough: Key conversations on dance and movement therapy around the world – World Arts & Embodiment Forum.
14. 2022.10.2. Keynote, “Postpandemic era – Adaptation of Dance Therapy for the changes”. Taiwan Dance Therapy Association.
15. 2022.6.25. Invited speech, Challenges in managing psychological issues in Parkinson's disease”. Hong Kong Parkinson’s disease foundation 20th Anniversary Celebration Symposium.
16. 2022.6.19. Invited speech, “Creating “Me” space – Space and Flow of Ink”. The International Association for Creative Arts in Education and Therapy Webinar Series.
17. 2022.6.17. Keynote, “Arts and Health”, Peking Art Academy.
18. 2022.6.11. Keynote, “Dance Therapy for Eating Disorders”. Beijing Dance Academy.
19. 2022.5.21. Invited speech: “The body-mind-spirit health in the pandemic”, The Hong Kong Council of Early Childhood Education and Services (CECES).
20. 2022.1.9. Invited speech: “ From Therapeutic Factors to Mechanisms of Change in the Creative Arts Therapies: A discussion of findings from a Scoping Review”. International Association for Creative Arts in Education and Therapy (IACAET)

21. 2021.12.2. Invited Speech: Promoting Arts for Wellbeing in Hong Kong”.
22. 2021.11.25. Invited lecture: “Arts intervention for older adults: design and research”. University of Taipei.
23. 2021.11.14. Invited Panel speaker, “Advancing Research on the arts and health” in the Healing Arts symposium, WHO Arts & Health Program, Metropolitan Museum of Art, New York University.
24. 2021.9.21. Panel member of Roundtable Discussion in Advancing Research on the Arts and Health sponsored by New York University’s Creative Arts Therapies Consortium and International Research Alliance in partnership with Arts & Health @ NYU, the WHO Arts & Health Program, and Frontiers.
25. 2021. 8.7. Keynote, “Expressive arts therapy during the pandemic period”. ” the 8th International Conference of Expressive Therapies, Suzhou, China.
26. 2021.7.2. Invited speaker: Youth Speak Human Library and Youth Summit. Youth to Sustainability Summit, AIESEC
27. 2021. 6.23. Invited speaker. Culture, Health and Wellbeing International Conference. Arts & Health South West, UK.
28. 2021. 3.31. Invited speaker. Unlimited Possibilities of Arts for Holistic Well-being: From Artworks to Research Data. No Limits: Inclusiveness through the Arts 2021, Hong Kong Arts Festival.
29. 2021. 3.23. Invited speech: Dance Movement Therapy for Dementia: Why and How? 2021 Rotman Research Institute Virtual Conference Program: Aging & Brain Health- Optimizing Cognitive & Behavioral Function in Disorders of the Aging Brain.
30. 2020.12.7. Invited speech: Present Moment with Arts: Embodied Experiences of Arts for Self-care in the challenging time. The 7th Annual International Conference of the Creative Movement Therapy Association of India (CMTAI): Movement and Other Arts Therapies: Encountering the New Normal (virtual)
31. 2020.11.25. Invited Workshop: The Body Has its Own Choice: A Reflective Journey Through Dance Movement Therapy. The 11st National Conference of Analytic Psychology and Sandplay Therapy: Choice and Changes: Reflection on Covid-1 from the perspective of Depth Psychology (Jiangxi, China and virtual)
32. 2020.11.21. Invited speech and workshop: “Holistic wellbeing”, Patient Empowerment Partner, Roche Hong Kong Limited.
33. 2020.7.5. Invited Speech; “Music for wellness”, Haw Par Music Foundation.
34. 2020. 6.27. Invited speech: Calm Down in Crisis. International Conversation on Arts and Trauma (ICAT), organized by the International Association of Creative Arts Somatic Education (IACASE).
35. “Psychosocial Services and Interventions in a New Era - Application and Development of Arts Psychotherapy” in the 3rd The 3rd Beichuan International Psychological Forum, 11-12 May, 2019. Mianyang, Sichuan, China
36. “Dance for Wellness” Dance and global health, Hamwe Festival, University of Global Health Equity, Rwanda, Africa, 25-27 November 2019.
37. “Creative Aging in Practice: Expressive Arts Therapy for promoting wellbeing in old age”, Use of Expressive Arts for old age. Taipei City University, Taipei, 23 November, 2019.
38. “Arts Therapy and Mental Wellbeing” in Art, Technology and Inner Peace, Buddhism, Science, Future: Brain Science and Mental Wellbeing, 2019 Woodenfish Forum, Shenzhen, China. 23-24 August, 2019.
39. “Dancing across disciplines”, the 5th International Dance and Somatics Conference. Centre for Dance Research, Coventry University, UK. 5-7 July, 2019.
40. “Arts based intervention for psychosocial services and crisis intervention – development and prospects” in the 1st Baichuen International Psychology Conference”, Sichuan, China. 4-7 May, 2019.
41. “Mindfulness, Arts and Mental Health” in 2019 Cross-Strait, Hong Kong and Macau Social Services Symposium. Macau, 22 March, 2019.
42. “Rhythm as the Agent for Changes and Cohesion” in Convergence, Cohesion in Diversity: Australia New Zealand, and Asia Creative Arts Therapy Association (ANZACATA) conference. Perth, Australia. 7-10 December, 2018.
43. “Movement elements informed Arts Therapy” in Convergence, Cohesion in Diversity: Australia New Zealand, and Asia Creative Arts Therapy Association conference. Perth, Australia. 6 & 11 December, 2018.
44. “Expressive Arts Therapy for the growth of Youth” International Conference of Expressive

Therapies, 5 August, 2017, Suzhou, China

45. "Dancing out of the risk: supporting children at-risk with creative arts". International Creative Arts Therapy Experts Meeting, University of Haifa, Israel, 27 June, 2017
46. "Space and Place as a Treatment Framework in Dance Movement Therapy, Annual Conference of The Australia and New Zealand Arts Therapy Association, Christchurch, New Zealand, 6 November, 2016.

Research Grants

External Competitive Research Grant (from RGC) as PI

1. RGC/GRF/HKU/17611122: Unlocking Limitations through Arts: A Mixed Methods Study on the Effectiveness of an Expressive Arts-based Intervention on Psychosocial Wellbeing of Adults with Age-related Visual Impairment. HK\$922,047. 2023.1-2025.12.
2. RGC/GRF/HKU/1760121: Enhancing Mother-Child Ties and Psychosocial Wellness through Arts: A Mixed Methods Study on Dyadic Expressive arts-based Intervention for Children with Intellectual Disability and their Mothers. HK\$883,755. 2022.1-2024.12.
3. RGC/CRF/HKU/C7151-20G: (Co-PI) Suicide Prevention during COVID-19 HK\$2,992,917. 2021.3-2023.8.
4. RGC/GRF/HKU/17609417: The Psycho-physiological & Social-Spiritual Effects of Expressive Arts-based Intervention on Young and Pre-elderly Stroke Survivors: A Randomized Controlled Study HK\$781,300. 2018.1-2021.6.
5. RGC/GRF/HKU/17611615: 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 HK\$ 615,800. 2016.1-2018.12.
6. RGC/GRF/HKU/17402714: The Psychophysiological Effects of Dance movement-based Intervention on Elderly with Early Dementia: A Randomized Controlled Trial HK\$843,412, 2015.1-2017.12
7. RGC/GRF/HKU/744912: 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. HK\$545,818, 2013.1-2014.12
8. RGC/GRF/HKU/745110H: Spirituality in healing: Uncovering the meaning and the role of spirituality in the rehabilitation for schizophrenia. HK\$383,196, 2012.1-2014.12
9. RGC/GRF/PPR/HKU 7006-PPR-11: Mental health promotion: Using the Arts to increase " understanding and support" for people living with mental illness HK\$406,733, 2012-2013
10. RGC/GRF/HKU/745511H) 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 HK\$555,669, 2011-2013.

External Competitive Research Grant (from RGC or HMRF) as Co-PI or Co-I or Coollaborator

1. RGC/GRF/15603625: Stroke survivors' and caregivers' experiences of and perspectives on utilizing outdoor exercise facilities and park space for self-managed rehabilitation: a multi-method qualitative study. PI: Dr. Janet Lok Chun Lee. HK\$600,520. 2026.1.1-2027.12.31
2. RGC/GRF/15605424: Effects of a closed-loop and neuroplasticity-based mindfulness program for reducing stress in family caregivers of people with dementia: a randomized controlled trial with a process evaluation. PI: Dr. Kor, Pui Kin Patrick. HK\$1,148,359. 2025.1.1-2027.12.31.
3. RGC/GRF/17605424: Enhancing psychological wellbeing and the patient-caregiver relationship through dyadic mindfulness: A randomized controlled trial in people with Parkinson's disease and their caregivers. PI: Prof. Y.Y.Kwok. HK\$927,800. 2025.1.1-2027.6.30.
4. RGC/STG4/M701/23N: Managing the Socio-economic Implications of Pandemic and Other Public Health Challenges. PC: Prof. Benjamin Cowling. HK\$30.059, 000. 2024.1.1-2028.12.31. (Collaborator)
5. RGC/CRF/C8105-20G: Protecting older people from loneliness during the coronavirus (Covid-19) and other novel infectious disease pandemic. PI: Prof. Chou Kee Lee. (EdU) HK\$5,487,015. 2021.6-2023.6 (Collaborator)
6. ARC (Australian Research Council) Discovery Project Grant DP210101247: Physical musicality:

- Optimising lived experience among older adults. Prof. William Thompson, Macquarie University & Prof. Jane Davidson, University of Melbourne (Chief Investigator). AUD\$592,369. 2021.1-2024.9
7. RGC/GRF/HKU 17611720: 'Mindfulness in stillness' or 'mindfulness in motion'? A randomized controlled trial on the effects and acceptability of individual mindfulness techniques – meditation and yoga – on anxiety and depression in people with Parkinson's disease.. Prof. Jojo Kwok (PI) HK\$979,252. 2020.1-2022.12
 8. RGC/GRF/CUHK/14619720: A Cluster Randomized Controlled Trial of School-based Physical Activity Intervention on Mental Health and Risk Behaviours in Adolescents with Special Educational Needs. Prof. Cindy Sit (PI). HK\$791,930. 2021.1-2023.6.
 9. HMRP/17182481: The effects of a mindful yoga program on mood symptoms and stress for postpartum women with depressive symptoms: a randomized controlled clinical trial. Health and Medical Research Fund. Dr. Jingxia Lin (PI). HK\$1,247,800. 2020.12-2025.7.
 10. RGC/GRF/CUHK/14622018: A Cluster Randomized Controlled Trial of Physical Activity Intervention on Motor and Cognitive Functions and Psychosocial Outcomes of Children with Developmental Coordination Disorder. Dr. Cindy Sit (PI). HK\$727,398. 2019.1-2021.6.
 11. HMRP/14151741: The impact of climate change on elderly suicide deaths in Hong Kong and implications to suicide prevention. Dr. Pasty Chau (PI). HK\$99,729. 2017.1-2018.2.
 12. RGC/GRF/HKU 17616617: Effects of Expressive Arts Therapy intervention for elderly with depression: A comparison study to efficacy of Cognitive Behavioral Therapy. Dr. Cheung A.Y.A.(PI), HK\$704,440. 2018.1-2019.12. (Withdraw by the PI due to departure from HKU)
 13. RGC/GRF/HKU17614545: 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. Prof. Amy Chow (PI), HK\$ 905,940, 2016.1-2018.12
 14. RGC/ECS/CityU 21611415: Application of mindfulness training in a family-based intervention for improving early child development and stress management in economically disadvantaged families. Dr. Herman Hay Ming Lo (PI, PolyU). HK\$478,000. 2016.1-2017.12)
 15. HMRP/11121361: A randomized, wait-list controlled trial of a Qigong intervention program on Telomerase Activity and Psychological Stress in Abused Chinese Women. Prof. Tiwari AFY (PI). HK\$995,224. 2014.7-2016.2.
 16. RGC/GRF/HKU/748013H. Group therapy for Chinese medicine stagnation syndrome: A randomized controlled trial. Prof. SM Ng (PI). HK\$632,156. 2014.1-2016.12.
 17. RGC/GRF/HKU749708H: A survey of stagnation among Hong Kong Chinese adults in the community. Prof. SM Ng (PI). HK\$446,662. 2009.1-2010.6.

Non-competitive Research Grants as PI

1. A Community-based Initiative on Self-Compassion and Personal Well-being: Self-Help Approach to Wellness and Resilience. Knowledge Exchange Funding Impact Project Scheme. KE-IP-2025/26-59. HK\$87,585. 2025.11.1-2026.6.30.
2. A Mixed-Methods Study on the Benefits of an Arts Engagement Program for Reducing Loneliness and Promoting Well-being of Older Adults in Hong Kong: Preliminary Evidence and Implications for Creative Ageing. Seed Fund for Basic Research, HKU. HK\$93,040. 2024.6.30-2025.12.29.
3. Big data analysis on behavioral and Neurophysiological aspects of Mental Wellness and subsequent Application of Personalized Brainwave Music Interventions. Seed grant for CRF, HKU. HK\$984,680. 2023.6-2026.5
4. The Development of the Common Core course "Countemplative Practices : From Personal Awareness to Social Well-being" Teaching Development Grant. HK\$70,860. 2023.5.1.-2024.5.31.
5. Project CAPE 2.0 "A Celebrated Life": A Creative Arts-based Community Project on Positive Living for Ex-Drug Users in Hong Kong. HK\$633,737. 1.2023-9.2024.
6. Sleep and psychological well-being in stroke survivors: A pilot study with a portable pulse oximeter sensor. Seed Fund for Basic Research. HK\$82,000. 2022.6.1-2023.5.31.
7. Comparative Psychosocial Impacts of Expressive Art-based Self-Compassion Intervention Programs Conducted Face-to-face and Online: A 2-Arm, Randomized-Controlled Pilot Study. Seed Fund for Basic Research. HK\$88,800. 2021.5-2022.6
8. A Community Engagement Project for Emotional Resilience and Personal Empowerment (Project

- CARE): A Strength-based, Holistic Healthcare Approach to Wellness. HKU Knowledge Exchange Funding. HK\$99,500. 2019.7-2020.6.
9. Holistic Healthcare Parents Support Program on Wellness Enhancement and Self-care (HOPES). Knowledge Exchange Impact Project Scheme. HK\$69,962. 2018.6.-2019.6.
 10. Effects of an Expressive Arts-based Intervention on Rehabilitation for People with Gambling Problems in Hong Kong: A Randomized-Controlled Trial. HKU Seed Fund for Basic Research. HK\$72,320, 2018.5-2019.4
 11. Project EMBRACE (Empowering CoMmunity and Building Resilience for Adults Caregivers of the Elderly) – HKU Knowledge Exchange Fund, HK\$99,880. 2016.7-2017.6.
 12. 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.
 13. 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: 2015.2.26-2016.1.31.

External Scholarship and Grant Review

External Grant Review (Academic)

1. National Medical Research Council (NMRC), The Ministry of Health, Singapore
2. Swiss National Science Foundation
3. The Singapore Ministry of Education Social Science Research Thematic Grant (SSRTG)
4. Social Sciences and Humanities Research Council (SSHRC) Insight Grant, Canada

External Tenure and Promotion Review

1. Department of Psychiatry, National University of Singapore
2. School of Creative Arts Therapies, University of Haifa, Israel
3. School of Education and Human Development, University of Southern Maine, US
4. School of Social Work, Ariel University, Israel
5. Graduate School of Arts & Social Sciences, Lesley University, US
6. Department of Creative Arts Therapies, Drexel University, US

Academic Program Review and Advisor

1. External Academic Advisor, Wong Bing Lai Music and Performing Arts Unit, Lingnan University, 2021-present
2. External Examiner of the Graduate Diploma program in Expressive Arts Therapy, Singapore University of Social Sciences, 2020-present
3. Academic Advisory, Master of Creative Arts Therapies program, Murdoch University, Australia, 2018-present
4. Academic Advisor, School of Dance, The Hong Kong Academy of Performing Arts, 2008-present
5. External Reviewer, Postgraduate Diploma and Certificate program in Music Therapy, HKU SPACE. 2020-present
6. External Examiner, Technological and Higher Education Institute of Hong Kong: THEi, 2016-2023
7. 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)
8. 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)

Supervision of Research Postgraduates

As Primary Supervision, I have graduated 15 PhD students and 3 MPhil students. I am currently supervision 5 full time PhD students. Many of my students have developed as academics, researchers, and lecturers in local and international higher institutes.

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Current Students	Degree (MPhil / PhD)	Area of Study
Zhao Wanru	FT PhD	Inter-brain Synchronization in Music Therapy
Xindi Li	FT PhD	Holistic health interventions and Interoception for People with depression
Artis Li	FT PhD	Drama and Improvisation in arts-based intervention
Iris Huiyi Yao	FT PhD	Narrative therapy for children with cancer
Freya Wang	FT PhD	Non-suicidal self-injuries (NSSI) among adolescents: risk factors and school prevention

Graduated Students

Name	Degree (MPhil / PhD)	Mode of Study (F/T / P/T)	Thesis Title
Chan Kar Pui Caitlin	PhD	FT	An exploration of meaning and role of spirituality in rehabilitation among people with schizophrenia
Chan Suet Mui	PhD	PT	The Psychosocial and Physiological Effects of Qigong Exercise in Integrative Medicine: A Study of Chinese Patients with Chronic Fatigue Syndrome-Like Illness
Fong Chun Tat	MPhil & PhD	PT	Relations between developmental trajectories of burnout and holistic care climate among human service workers: A latent growth modeling approach
Kalmanowitz Debra Lee	PhD	FT	Inhabited studio: art therapy and mindfulness with survivors of political violence
Lee Lok Chun Janet	PhD	FT	Co-develop Physical Activity Intervention with Community-dwelling Older Adults: A Community-based Participatory Research Approach
Leung Siu Ling Angela	MPhil	FT	Understanding holistic survivorship of women's breast cancer experiences during transition period using movement-based focus group
Li Bingyu	PhD	FT	Unfolding Selfhood of the Elderly with Dementia through Play – A Community-based Participatory Action Research (CBPAR) Project
Lo Temmy Lee Ting	PhD	FT	Where is my body? Re-establishing first-person body perception among young and pre-elderly stroke survivors through expressive arts-based intervention
Nan Kin Man	PhD	FT	Therapeutic effects of clay art therapy For depression patients
Potash Jordan	PhD	FT	Guided relational viewing: Art therapy for empathy and

Seth			social change to increase understanding of people living with mental illness
Tang Kwong Yue Alan	MPhil	PT	The Effectiveness of Music Therapy Group in Elders with Depression
Wan Ho Yin Adrian	PhD	PT	Self-compassion and bio-psychosocial well-being : the application of mindful self-compassion training on cancer survivors in Hong Kong
Wong Pui Yan	PhD	PT	On becoming a mindful practitioner: The medical students' perspectives on self-awareness and empathy
Xing Jianli	PhD	FT	The impacts of boarding on coping with school bullying in China
Wong Chunmiao	PhD	FT	Dynamic changes in mother-child relationship in the context of Intimate partner violence
Gonzalez Barajas Ana Karen	PhD	FT	Myths and religions in outsider arts
Moo Tein Ni Janet	PhD	FT	Dance psychotherapy for mother and child with ASD
Yeung Wai Tung, Aster	PhD	FT	Music therapy for lesbians, minority stress

Teaching

Innovative Curriculum Development and Program Directorship

2013-present Master in Expressive Arts Therapy Program

This master program was launched in 2013 and is the first of its kind in Asia. I have been playing the pivotal role in developing the curriculum and running the program in the department of Social Work and Social Administration with the assistance of the Centre on Behavioral Health within the Faculty of Social Sciences. Since its first admission, the program receives overwhelming responses and attracts local and overseas helping professionals. I have been serving as Program Director and leading a program management committee for the program. Under my leadership and the hard work of the committee members, the program has been endorsed by the Australia and New Zealand Arts Therapy Association in 2015 based on its high quality of training in both academic and professional practices. The program is now an approved training program. Graduates of our program are eligible to apply for professional membership as a Registered Arts Therapist of the association.

2008-present MSoc.Sc (Behavioral Health) program

The Master of Social Sciences (Behavioral Health) program is an innovative program firstly launched in 2004. I started to be involved in teaching in this program since 2005 and took over the directorship from 2008-2018, then 2022-present. This program is also the first of its kind in the region which emphasizes on several layers of integration including: (i) the integration of Eastern and Western therapeutic approaches and health philosophies; (ii) integration of theories and practices; (iii) integration of the arts (creativity) and sciences (evidence-based) in practices; (iv) integration of individual and community effort in promoting the betterment in health and well-being. Since I took up the Program Director position, the program underwent some structural reform and development in order to include the most up-to-date practices. Under my leadership, the program continues to receive good reputation as evidenced by enthusiastic responses in each year's admission exercise. Students are helping professionals of diversified background from local and overseas countries.

2013-present New Common Core Course: Creative Arts as A Way of Knowing

With a strong background in arts and arts therapy, I created this common core course to promote arts as a way of knowing and learning. This course was approved and launched in 2013. Full enrollment (120 students) has been received with very positive feedback from students. I have been leading a team of about 5 tutors and teaching assistants for experiential learning components of the course. A teaching development

grant was awarded in 2013 in order to facilitate course development. Upon completion of the granted project, the very encouraging feedback was received: *“The outcome of the project is very satisfactory which has achieved all objectives successfully. The project shows deep thoughtfulness, pedagogical imagination, and engagement with the students...The course is very well conceived and created – with a focus on multiple disciplines, and in particular, a thoughtful integration of the lectures, tutorials, and hands-on learning.”*

2019-present Common Core Course: Contemplative Practices: From Personal Awareness to Social Well-being

With the experiences of promoting holistic wellbeing and mind-body practice, I also created this Common Core Course with my colleagues in the CBH for the undergraduate students. This course focuses on the philosophical and spiritual roots, cultural influences and scientific studies of contemplative practices adopted in modern societies. The course was launched in 2019 and is one of the most popular course among the common core curriculum.

Will be offered in Summer 2026, Micro Common Core Course: Authentic Well-Being: Embracing Challenges and Cultivating Resilience

In view of the numerous challenges that we face every day, from managing academic pressures to navigating personal relationships and career aspirations, maintaining a healthy balance is crucial for success and happiness. My colleagues in CBH and I created this course which weaves proven wellness principles, theories, and practical wellness-enhancing strategies into experiences that will help us transform how we handle everyday stress, broaden social networks, and thrive through life adversities. Students will gain a deeper understanding of how holistic wellness can enrich their lives and the lives of those around them. This course will also equip students with cross-cultural, evidence-based, holistic health knowledge and practice skills to enhance their well-being, cultivate compassion, and build resilience in everyday life through practical, scientific, and ethical approaches.

Course Teaching

Undergraduate courses

- CCHU9044 Creative Arts as a Way of Knowing
- SOWK3106 Use of Creative Arts in Social Work Practice

Postgraduate courses

- EXAT 7001 Theories and Practices in Expressive Arts Therapy
- EXAT 7005 Group creative process and expression
- EXAT 7006 Professional Practice and Ethics in Expressive Arts Therapy
- EXAT 7104 Fundamentals of dance and movement therapy
- EXAT 7020 Expressive arts therapy clinical practicum
- EXAT 7022 Expressive arts therapy dissertation

Guest lectures in the following courses:

- CCHU9078 Contemplative Practices: From Personal Awareness to Social Well-being
- EXAT7105 Assessment in Clinical Settings
- MSBH7001 Introduction to Behavioral Health
- MSBH7005 Scientific inquiry and research methods in behavioral health
- MSBH7008 Integrative approaches to holistic well-being
- SOWK7007 Social Work and Applied Social Science Research Methods
- EXAT7005 Community Application of Creative Processes

- MSBH 6101 Counseling and psychotherapy

Guest teaching in other Institutes

Guest lectures for the following local and international higher institutes:

- Introduction of Expressive Arts Therapy and Introduction of Dance Movement Therapy, Complementary and Alternative Medicine (NURS3121), School of Nursing, Chinese University of Hong Kong
- University of Melbourne, Creative Arts Therapy program
- University of Auckland, Dance Movement Therapy program
- Edge Hill University, Dance Movement Therapy program, UK
- Wuhan Music Academy, China
- Beijing Dance Academy, China
- Central Academy of Art, China

And give workshops and talks from time to time in expressive arts therapy or dance movement therapy in Peking University, Tsang Wah University, Shanghai University, Tongji University, Zhejiang University, Shanghai Mental Health Center, and City University of Taipei etc.

Services and Knowledge Exchange

Service within HKU

- Postgraduate Research Students Award Committee, 2023-present
- Panel members, Appeals Panel, HKU, 1.2.2022-present
- Associate Dean (Postgraduate Education), Faculty of Social Sciences, 2018.7-2023.6
- Chair, Faculty Higher Degree Committee, Faculty of Social Sciences, 2018.7-2023.6
- Member, FOSS representative, Joint Consultative Committee, 1.2021-2024.6
- Member of Selection Committee for Research Postgraduate Student Awards, 2022-present
- Member, Equal Opportunity Unit, HKU, 2009-present
- Director, Centre on Behavioral Health, 2011-present
- Director, Master of Expressive Arts Therapy, 2013-present
- Director, Master of Social Sciences in Behavioral Health, 2008-2019, 2022-present
- Advisory board member, Lap Chee College, 2017-present
- Honorary Fellow, Jockey Club Centre for Suicide Research and Prevention, 2019-present
- Honorary Fellow, Sau Po Centre on Aging, 2009-present
- Associate Director, Knowledge Exchange Office, June 2021-July 2022
- Faculty Human Resources Committee, Faculty of Social Sciences, 2017-2021
- Faculty Research Committee, Faculty of Social Sciences, 2011-2018

Community and Professional Services

Academic/ Professional Committee, local and international

- Steering committee member, WHO Jameel Arts and Health lab, 2024-present
- Affiliate Researcher, WHO Jameel Arts and Health lab, 2024-present
- Member of Board of Trustees of New Asia College, CUHK, 2024-present
- Steering committee member, International Creative Arts Therapy Research Alliance, 2023-present
- Steering committee member, Neuroscience meets dance in therapy network, 2023-present
- Education resource committee, International Expressive Arts Therapy Association, US, 2021-present
- Professional Standard Committee, International Expressive Arts Therapy Association, US, 2014-present
- External Academic Adviser (EAA), Wong Bing Lai Music and Performing Arts Unit, Lingnan University, 3.2021-present

- Academic Advisor, Division of Expressive Arts Therapy, Group Psychotherapy Association, China Psychology Health Association. 2017-present.
- External Examiner, Graduate Diploma in Expressive Arts Therapy, Singapore University of Social Sciences, 2021-present
- Panel Member, the Hong Kong Jockey Club Music and Dance Fund. 2016- present
- Consultant, 2018-present; Chairperson, 2014-2018, Hong Kong Dance Movement Therapy Association
- Founding member, International Association of Creative Arts Somatic Education IACASE
- Consultant, Hong Kong Arts Therapy Association, 2014-2016
- Core committee, Treasurer, Asian Consciousness Society (HK) (2010-present)
- International Panelist, American Dance Therapy Association (US) (2008,2010,2017)
- Executive Committee member of the “Primary Care and Health Services Research Initiative for Families”, Li Ka Shing Faculty of Medicine (2012-2015)
- External Examiner, Technological and Higher Education Institute of Hong Kong: THEi, 2016-present Grant
- External Reviewer, Postgraduate Diploma program in Music Therapy, HKU SPACE.
- 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)

Conference Organizing Committee

- Scientific Committee, Congress of the International Society for Arts and Medicine (ISfAM), will be held on 18-20 June, 2026. Berlin, Germany
- Chair, International Expressive Psychotherapies Conference, Suzhou, China, 2025, 2023
- Member of organizing committee, The World Physiotherapy AWP Regional Congress, Hong Kong, 18-20 June, 2022
- Member of organizing committee, the 5th Asian Pacific Problem Gambling and Addiction Conference: Challenges and Interventions in the Era of Innovation and Technology, Hong Kong, 27-28, 2020
- Vice-President, Conference Committee, the 6th International Expressive Therapy Conference, Suzhou, China. 2021, 2019, 2017, 2015, 2013, 2011
- 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
- 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

Government Services

- Grant Review Board (GRB) member, Health and Medical Research Fund (HMRF), 2017-present
- Grant and Project Reviewer, Hong Kong Arts Development Council (2008-present)
- Grant Reviewer, Public Policy Research Funding Scheme, HKSAR Government
- External Reviewer, Faculty Development Scheme, University Grant Council, 2018-present
- Grant Reviewer, Research Grant Council, Competitive Research Funding Schemes for the Local Self-financing degree sector, UGC, 2017-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)

Community Services

- Chair, Sports for All and Social Responsibility Commission, World DanceSport Federation, 2017-present
- Member, Sports Technical System Committee, World DanceSport Federation, 2023-present
- Advisor, Our Hong Kong Foundation, 2018-present
- Chairman of the Directors, DanceSport Association of Hong Kong, China, 2024-present
- Director of Professional Division, DanceSport Association of Hong Kong, China, 2016-present
- Honorary Advisor, The Hong Kong Society for Rehabilitation, 2020-present
- Advisory member, project “Dreamlander: Art Education Program 夢同行計劃”, Playtao Education | Social Ventures Hong Kong, 2020-present
- Chairperson, 2016-present, Member (2010-2016), the Advisory Committee on the rehabilitation services of Hong Kong Sheng Kung Hui.
- Honorary Advisers, Early Education & Training Centre, The Boy’s & Girl’s 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
- Member of Sports for All Commission, World DanceSport Federation, 2014-2017
- Member of Executive committee, Tung Chung Health and Primary Health Care Services Project, 2012-2014
- Services Advisor/ Consultant, Tung Wah Group of Hospital, 2012
- Competition Assistant Director, and Master of Ceremony, DanceSport Event, the 5th East Asian Games, 2009
- Adjudicator for Dancesport events in Asian Indoor Games, East Asian Games, World Cup, World GrandSlam, World Championship, Asian Championship, International Open competitions, 2016-present.
- Executive Vice-President, Asian DanceSport Federation, 2007-2019