

## LU Shiyu Tracy

### RESEARCH INTEREST

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Social capital for healthy aging  
Meaningful engagement  
Environmental gerontology

### ACADEMIC AND PROFESSIONAL QUALIFICATIONS

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2011 Bachelor of Management, Sun Yat-Sen University, China  
2013 Master of Public Administration, Sun Yat-Sen University  
2017 Doctor of Philosophy, The Chinese University of Hong Kong, Hong Kong

### ACADEMICA APPOINTMENT

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2018-2019 Postdoctoral Fellow, Department of Social Work and Social Administration, The University of Hong Kong  
2019-2021 Research Assistant Professor, Sau Po Centre on Ageing, The University of Hong Kong  
2021-2024 Assistant Professor (tenure-track), Department of Social and Behavioural Sciences, City University of Hong Kong  
2024- Assistant Professor (tenure-track), Department of Social Work and Social Administration, The University of Hong Kong

### AWARDS AND ACHIEVEMENTS

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Award	Awarding Body	Year of Award
<b>Healthy Longevity Catalyst Awards (Hong Kong) (Principal Investigator)</b>	<b>Hong Kong Research Grants Council</b>	September 2023

### EXTERNAL RESEARCH GRANTS

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The total secured amount of external research grant funding is HK\$21.01 million, of which HK\$12.49 million (approximately 59%) was awarded in the capacity of Principal Investigator and Co-Principal Investigator.

#### **EXTERNAL PEER-REVIEWED COMPETITIVE RESEARCH GRANTS**

*In Principal Investigator (PI) or Co-Principal Investigator (Co-PI) Capacity*

2025-27 **Rethinking the role of social support exchange for healthy aging in later life: A longitudinal mixed method using timebanking as a case study (PI)**  
Funded by General Research Fund, Research Grants Council (on-going, HK\$ 703,148)

2023-25 **Volunteer Engagement and Healthy Aging in Later Life: A Mixed Method Study (PI)**  
Funded by Early Career Scheme, Research Grants Council (Completed, HK\$ 506,211)

2023-24 **Social prescribing of virtual reality urban greenness with peer support model to promote mental health among aging population: an effectiveness and feasibility study (PI)**  
Funded by Healthy Longevity Catalyst Awards (Hong Kong), Research Grants Council (Completed, HK\$ 388,978)

2021-26 **E2Power: Engagement and empowerment of communities through social capital development (Co-PI)**  
Funded by Research Impact Fund, Research Grants Council (HK\$ 4,900,000, On-going)

2020-23 **The effects of the Timebank Program on promoting voluntary participation among older adults (PI)**  
Funded by General Research Fund, Research Grants Council (Completed, HK\$ 944,672)

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*In Co-Investigator Capacity:*

2023-25 Understanding the dynamic nature of the healthy aging framework: A real-time assessment of person-environment interaction using smartphone application and ecological momentary assessment (Co-I)

Funded by General Research Fund, Research Grants Council (on-going, HK\$ 946,656)

**OTHER EXTERNAL RESEARCH FUNDING**

2025-27 **BrainLive Connect: A quasi-experimental study evaluating a refined and culturally localized, volunteer-led cognitive stimulation intervention integrated with timebanking in Hong Kong. Principal Investigator.** Funded by the Simon K. Y. Lee Foundation Limited (on-going, HK\$5,051,009).

2023-25 **Community Re-integration Project for People in Recovery of Severe Mental Illness (Co-I)**

Funded by The Hong Kong Jockey Club Charities Trust (on-going, HK\$ 3,440,000)

2023-26 **Apply Community-Based Participatory Research (CBPR) in the development of community social capital through timebank strategy (Co-I)**

Funded by Community Investment and Inclusion Fund (Hong Kong) (on-going, HK\$ 4,132,000)

**RESEARCH AND SCHOLARSHIP**

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Google i10-index: 23; h-index: 18; Total citation: 924

**Journal Publications** (N=45) (\*Corresponding author; ^ Research postgraduate students, postdoctoral fellows or research assistant professors under my supervision; Most significant publications since tenure-track appointment are highlighted in grey)

*Since Tenure-track Appointment at The University of Hong Kong (N=14)*

**2026**

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1. **Lu, S\***. Chui, C., Li, L., (Accepted on 05/04/2026). The effectiveness of social prescribing of virtual reality urban greenness with peer support model to reduce stress and promote social connection among older people with mild depressive symptoms. *Innovation in Aging*. [SSCI (2024): Gerontology 3/48, Q1, JIF(5year): 6.5]
2. **Lu, S\***, Chui, C., Li, L., & Wang, W. (2026). Urban green space and mental well-being of older adults: participatory action research in Hong Kong. *BMC geriatrics*, <https://doi.org/10.1186/s12877-025-06953-y> [SSCI (2024): Gerontology 5/48, Q1, JIF: 3.8; Contribution: First and Corresponding author.]
3. Guan, X., Chan, O. F., Zhong, Y., Zhou, J., Liang, P., **Lu, S.**, ... Lum, T. Y. S. (2026). The moderating role of agency and belonging in the healthy aging framework: a momentary assessment study among older adults in Hong Kong. *Aging & Mental Health*, 1–13. <https://doi.org/10.1080/13607863.2026.2635534>
4. Ezulike, J. C. D<sup>^</sup>, **Lu, S.**, & Chiu, M. Y. L. (2026). “God will prosper you for doing this for me”: A Phenomenological Exploration of Older Carers’ Experiences of Informal Caregiving in Nigeria. *The Gerontologist*. <https://doi.org/10.1093/geront/gnaf186> [SSCI (2024): Gerontology 10/48, Q1, JIF(5year): 5.3; Contribution: Second author and Supervisor for the first author for her PhD thesis]
5. Liu, T., Leung, D. K. Y., Wong, D., Tse, S., Wong, P., Ng, S. M., Chan, W. C., Lou, V., Tang, J. Y.-M., Cheng, R., Lu, S., Wong, F. H. C., Zhang, W., Sze, L. C. Y., Kwok, W. W., Knapp, M., Lum, T. Y. S., & Wong, G. (2026). Effectiveness of an integrated prevention programme (“JoyAge”) for depressive symptoms, anxiety, and loneliness in older adults in Hong Kong: A pragmatic quasi-experimental trial. *Journal of Affective Disorders*, 121333. <https://doi.org/https://doi.org/10.1016/j.jad.2026.121333>
6. **Lu, S\***. (2026). How time Exposure, role Engagement and task Essence (“3E”) of volunteering interact to associate with healthy aging: A cross-sectional mixed-method study in Hong Kong. *The Journals of Gerontology, Series B: Psychological Sciences and Social*

Sciences. <https://doi.org/10.1093/geronb/gbaf214> [SSCI (2024): Gerontology 10/48, Q1, JIF(5year): 4.5; Contribution: Sole author]

\*\*This study introduces and validates a new 3E framework of volunteering, including time exposure (e.g., volunteering hours), role engagement, and task essence (e.g., types of activities) by investigating how these dimensions and their interactions impact healthy aging outcomes in older adults. This study demonstrates that role engagement optimizes the health benefits of late-life volunteering hours and volunteering types.

## 2025

7. **Lu, S\*.,** Chui, C., & Lum, T. (2025). A Chain Mediation Model Unveiling the Effectiveness of Timebanking on Quality of Life in Later Life: A Quasi-experimental Study in Hong Kong. *Applied Research in Quality of Life*, 20(5), 2141-2160. <https://doi.org/10.1007/s11482-025-10503-4> [SSCI (2024): social sciences, interdisciplinary 41/271, Q1, JIF(5year): 3.0; Contribution: First and Corresponding author]
8. **Lu, S\*.,** Chui, C. H. K., Lum, T. Y. S. (2025). Timebanking promotes equitable volunteering in older adults without crowding-out effects: evidence from a quasi-experimental study in Hong Kong. *The Gerontologist*. <https://doi.org/10.1093/geront/gnaf200> [SSCI (2024): Gerontology 10/48, Q1, JIF(5year): 5.3; Contribution: First and Corresponding author]  
\*\*This paper extends the theoretical understanding of how social capital can be built to support active and healthy aging, using the case study of timebanking and quasi-experimental study design. The findings show that social capital embedded in timebanking intervention can promote late-life volunteerism without diminishing other forms of community participation. Additionally, such programs can act as social equalizers, enabling vulnerable groups to access volunteering opportunities.
9. Chui, C. H., **Lu, S.**, Chan, O. F., Cheung, J. C., Chiu, T. Y., & Lum, T. Y. (2025). Asset-Based Community Development for Dementia-Friendly Communities (ABCD for DFC): Perspectives From Community Stakeholders. *Research on aging*, 1640275251370237. Advance online publication. <https://doi.org/10.1177/01640275251370237> [SSCI (2024): Gerontology 26/48, Q3, JIF(5year): 2.6]
10. Shi, C., Wong, G. H. Y., Choy, J. C. P., Tang, J. Y. M., Luo, H., **Lu, S.**, Comas Herrera, A., Knapp, M., & Lum, T. Y. S. (2025). Association of dementia diagnosis, cognitive impairment levels, and their combination with care costs among publicly funded long-term care recipients. *Innovation in Aging*. <https://doi.org/10.1093/geroni/igaf088> [SSCI (2024): Gerontology 3/48, Q1, JIF(5year): 6.5]
11. Zhang, A. Y., Liu, T., Leung, D. K. Y., **Lu, S.**, Yau, J. H. Y., Wong, G. H. Y., & Lum, T. Y. S. (2025). Different types of depression literacy and their impacts on reducing personal stigma towards late-life depression in older adults: Results from a pre-and-post intervention study. *The British Journal of Social Work*. <https://doi.org/10.1093/bjsw/bcaf038>

## 2024

12. **Lu, S.**, & Chan, W. K. (2024). Understanding Organizational Resilience of Care Homes for Older People During COVID-19 in China: A Qualitative Study with Post-Pandemic Policy Implications. *Journal of Aging & Social Policy*, 36(6), 1432-1451. <https://doi.org/10.1080/08959420.2024.2403828> [SSCI (2024): Gerontology 21/48, Q2, JIF(5year): 2.6]
13. **Lu, S\*.,** Chui, C. H. K., Lum, T. Y. S., Liu, T., Wong, G., Chan, W. (2024). Promoting Late-Life Volunteering with Timebanking: A Quasi-Experimental Mixed-Methods Study in Hong Kong. *Innovation in Aging*, <https://doi.org/10.1093/geroni/igae056> [SSCI (2024): Gerontology 3/48, Q1, JIF(5year): 6.5; Contribution: First and Corresponding author]

*Before Tenure-track Appointment at The University of Hong Kong (N=21)*

14. Chan, S. W., **Lu, S\*.,** Cheng, N. H. C., Chui, C. H.-K., & Yat-Sang Lum, T. (2024). Promoting Charitable Donations and Volunteering Through Nudge Tools from the Perspective of Behavioral Economics: A Systematic Review. *Nonprofit and Voluntary Sector Quarterly*, 54(2), 435-461. <https://doi.org/10.1177/08997640241258140>

15. Guo, Y., **Lu, S.**, Liu, Y., Chan, O. F., Chui, C. H. K., & Lum, T. Y. S. (2024). Objective and perceived service accessibility and mental health in older adults. *Aging & Mental Health*, 1–8. <https://doi.org/10.1080/13607863.2024.2313723>
16. Ezulike, C. D., **Lu, S.**, Chiu, Y. L. (2024). Ageing and Caring: Exploring Older Adults' Motivation for Informal Caregiving to Other Ageing Individuals in Nigeria. *Innovation in Aging*, igad140, <https://doi.org/10.1093/geroni/igad140> [SSCI (2024): Gerontology 3/48, Q1, JIF(5year): 6.5; Contribution: Supervision]

## 2023

17. **Lu, S.\***. (2023). Functional Ability and Its Associated Factors Among Chinese People Aged 50 Years and Above from the Perspective of Healthy Aging: A 7-Year Longitudinal Study. *Journal of Aging & Social Policy*, 1–16. <https://doi.org/10.1080/08959420.2023.2226286> [SSCI (2024): Gerontology 21/48, Q2, JIF(5year): 2.6]
18. Ho, H. C.\*, Song, Y., Cheng, W., Liu, Y., Guo, Y., **Lu, S.**, Lum, T., Chiu, R. L. H., & Webster, C. (2023). How do forms and characteristics of Asian public housing neighbourhoods affect dementia risk among senior population? A cross-sectional study in Hong Kong. *Public Health*, 219, 44-52. <https://doi.org/10.1016/j.puhe.2023.03.014>
19. Chan, O. F., Guo, Y., **Lu, S.**, Liu, Y., Chui, C. H. K., & Lum, T. Y. S\*. (2023). Neighborhood-built environment and ageism in later life. *Journal of Applied Gerontology*, 42(6), 1295–1304. <https://doi.org/10.1177/07334648231158093>
20. Liu, Y., Guo, Y., **Lu, S.**, Chan, O. F., Chui, C. H. K., Ho, H. C., Song, Y., Cheng, W., Chiu, R. L. H., Webster, C., & Lum, T. Y. S\*. (2023). Understanding the long-term effects of public open space on older adults' functional ability and mental health. *Building and Environment*, 234, 110126. <https://doi.org/10.1016/j.buildenv.2023.110126>
21. **Lu, S.**, Chui, C.\*, & Lum, T. Y. S. (2023). Facilitating volunteer engagement among older adults in social services: A case study of an innovative timebank program in a Chinese society. *The Gerontologist*. <https://doi.org/10.1093/geront/gnad010> [SSCI (2024): Gerontology 10/48, Q1, JIF(5year): 5.3; Contribution: First and Corresponding author]  
\*\*This paper advances the theoretical understanding of how the social capital of older adults can be created and maintained within social care organizations and further transformed into welfare production for the benefit of society. This paper has been recognized as an important demonstration case, illustrating how healthy longevity, combined with the "empowered social capital" of older adults, can contribute to "a previously unimagined third demographic dividend" by Rowe, J. W. (2025) (<https://doi.org/10.1093/geront/gnae162>) who proposed the paradigm of Successful Ageing.
22. Chui, C. H. K.\*, **Lu, S.**, Chan, O. F., Cheung, J. C-S., Guo, Y., Liu, Y., & Lum, T. Y. S. (2023). Universities as intermediary organizations: catalyzing the construction of an Age-friendly City in Hong Kong. *Innovation in Aging*, 7(3), 1–11. <https://doi.org/10.1093/geroni/igad016>

## 2022

23. **Lu, S.**, Guo, Y., Chui, C., Liu, Y., Chan, O. F., Chan, S. W., & Lum, T. Y. S\*. (2022). Neighborhood environment and mental well-being among Chinese older adults: The mediating role of social capital. *Innovation in Aging*, 6(7), 1–13, <https://doi.org/10.1093/geroni/igac070>
24. Chan, O. F., Liu, Y., Guo, Y., **Lu, S.**, Chui, C. H. K., Ho, H. C., Song, Y., Cheng, W., Chiu, R. L. H., Webster, C., & Lum, T. Y. S\*. (2022). Neighborhood built environments and cognition in later life. *Aging & Mental Health*, 27(3), 466–474. <https://doi.org/10.1080/13607863.2022.2046697>
25. **Lu, S.\*** (2022). Longitudinal associations between perception of future time and subjective well-being among middle-aged and older people in China: the moderating roles of individual health and socioeconomic status. *Quality of Life Research*. 31, 3009–3018, <https://doi.org/10.1007/s11136-022-03163-6>
26. Chui, C. H., **Lu, S.**, Chan, O. F., Cheung, J. C.-S., Guo, Y., Liu, Y., Chan, S. W., Tang, J. Y. M., Au, A., Wen, Z. V., Yu, R., Bai, X., Mok, K. H. J., Woo, J., & Lum, T. Y. S\*. (2022). Changes in older adults' perceptions of age-friendliness in Hong Kong: A three-year mixed-methods study. *Cities*, 127, 103748–. <https://doi.org/10.1016/j.cities.2022.103748>

27. Ho, H. C., Cheng, W., Song, Y., Liu, Y., Guo, Y., Lu, S., Lum, T. Y. S., Chiu, R., & Webster, C\*. (2022). Spatial uncertainty and environment-health association: An empirical study of osteoporosis among “old residents” in public housing estates across a hilly environment. *Social Science & Medicine*, 306, 115155–115155. <https://doi.org/10.1016/j.socscimed.2022.115155>
28. Lu, S.\*, Chui, C. H. K., & Lum, T. Y. S. (2022). Promoting social capital for healthy aging: Towards an integrative framework. *The Gerontologist*. 63(4), 628–636, <https://doi.org/10.1093/geront/gnac062>  
\*\*This paper develops a multi-level theoretical framework for building social capital to promote healthy aging. It emphasizes strengthening emotional meaningfulness during social participation, promoting the role of co-production among older adults, and fostering an inclusive and equitable society. This conceptual framework has also been utilized to guide the development of timebanking interventions. The paper has been recognized as a "particularly exciting theoretical innovation to advance and refine theories of aging and guide public health and related policy development for social capital and healthy aging," by the Editor-in-Chief of *The Gerontologist*, J. E. Gaugler (2023) (<https://doi.org/10.1093/geront/gnad014>).
29. Tang, J. P. S., Liu, T., Lu, S., Sing, C. Y., Sze, L. C. Y., Lum, T. Y. S., & Tse, S\*. (2022). “It was the deepest level of companionship”: peer-to-peer experience of supporting community-dwelling older people with depression - a qualitative study. *BMC Geriatrics*, 22(1), 443–443. <https://doi.org/10.1186/s12877-022-03121-4>
30. Cheung, J. C.-S., Liu, T\*., Lu, S., Chui, C. H.-K., Leung, D. K. Y., Au, W. S. H., Kwok, W.-W., Lum, T., & Wong, G. (2022). Depressive Symptoms and Coping Strategies in Community-Dwelling Older People Amidst the COVID-19 Pandemic: A Mixed-Method Study. *Journal of Gerontological Social Work*, 65(8), 866–882. <https://doi.org/10.1080/01634372.2022.2061662>
31. Liu, T., Leung, D. K. Y., Lu, S., Kwok, W.-W., Sze, L. C. Y., Tse, S. S. K., Ng, S. M., Wong, P. W. C., Lou, V. W. Q., Tang, J. Y. M., Wong, D. F. K., Chan, W. C., Kwok, R. Y. K., Lum, T. Y. S., & Wong, G. H. Y\*. (2022). Collaborative community mental health and aged care services with peer support to prevent late-life depression: study protocol for a non-randomised controlled trial. *Trials*, 23(1), 280–280. <https://doi.org/10.1186/s13063-022-06122-1>
32. Lu, S., Zhang, Y., Liu, T., Leung, D. K. Y., Kwok, W., Luo, H., Tang, J., Wong, G. H. Y., & Lum, T. Y. S\*. (2022). Associations between depressive symptom clusters and care utilization and costs among community-dwelling older adults. *International Journal of Geriatric Psychiatry*, 37(1). <https://doi.org/10.1002/gps.5636>
33. Wong, F. H. C., Leung, D. K. Y., Wong, E. L. Y., Liu, T., Lu, S., Chan, O. F., Wong, G. H. Y., & Lum, T. Y. S.\* (2022). The Moderating Role of Community Capacity for Age-friendly Communication in Mitigating Anxiety of Older Adults During the COVID-19 Infodemic: Cross-sectional Survey. *JMIR Infodemiology*, 2(1), e33029–e33029. <https://doi.org/10.2196/33029>

## 2021

34. Lu, S., Zhang, A. Y., Liu, T., Choy, J. C. P., Ma, M. S. L., Wong, G., & Lum, T.\* (2021). Degree of personalisation in tailored activities and its effect on behavioural and psychological symptoms and quality of life among people with dementia: a systematic review and meta-analysis. *BMJ Open*, 11(11), e048917–e048917. <https://doi.org/10.1136/bmjopen-2021-048917>

## Before Tenure-track Appointment (N=10)

35. Lu, S., Liu, Y., Guo, Y., Ho, H. C., Song, Y., Cheng, W., Chui, C., Chan, O. F., Webster, C., Chiu, R. L. H., & Lum, T. Y\*. (2021). Neighborhood Built Environment and Late-Life Depression: A Multilevel Path Analysis in a Chinese Society. *The Journals of Gerontology. Series B, Psychological Sciences and Social Sciences*, 76(10), 2143–2154. <https://doi.org/10.1093/geronb/gbab037>
36. Liu, Y., Lu, S., Guo, Y., Ho, H. C., Song, Y., Cheng, W., Chui, C. H. K., Chan, O. F., Chiu, R. L. H., Webster, C., & Lum, T. Y. S\*. (2021). Longitudinal associations between neighbourhood physical environments and depressive symptoms of older adults in Hong Kong: The moderating

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effects of terrain slope and declining functional abilities. *Health & Place*, 70, 102585–102585.

<https://doi.org/10.1016/j.healthplace.2021.102585>

37. Lu, S., Liu, Y., Guo, Y., Ho, H. C., Song, Y., Cheng, W., Chui, C. H. K., Chan, O. F., Webster, C., Chiu, R. L. H., & Lum, T. Y. S\*. (2021). Neighbourhood physical environment, intrinsic capacity, and 4-year late-life functional ability trajectories of low-income Chinese older population: A longitudinal study with the parallel process of latent growth curve modelling. *EClinicalMedicine*, 36, 100927–100927. <https://doi.org/10.1016/j.eclinm.2021.100927>
38. Guo, Y., Liu, Y., Lu, S., Chan, O. F., Chui, C. H. K., & Lum, T. Y. S\*. (2021). Objective and perceived built environment, sense of community, and mental wellbeing in older adults in Hong Kong: A multilevel structural equation study. *Landscape and Urban Planning*, 209, 104058–. <https://doi.org/10.1016/j.landurbplan.2021.104058>
39. Lu, S.\*, Chan, W. K., Chui, C. H.-K., Tang, J. Y. M., & Lum, T. Y. S. (2021). The effects of neighbourhood migrant concentration on ageing-in-place preference among older people in China. *Asia Pacific Journal of Social Work and Development*, 31(4), 308–322. <https://doi.org/10.1080/02185385.2021.1903982>
40. Chan, W., Chui, C. H. K., Cheung, J. C. S., Lum, T. Y. S., & Lu, S.\*. (2021). Associations between Volunteering and Mental Health during COVID-19 among Chinese Older Adults. *Journal of Gerontological Social Work*, 64(6), 599–612. <https://doi.org/10.1080/01634372.2021.1904079>
41. Lu, S., Liu, T., Wong, G. H. Y., Leung, D. K. Y., Sze, L. C. Y., Kwok, W.-W., Knapp, M., Lou, V. W. Q., Tse, S., Ng, S.-M., Wong, P. W. C., Tang, J. Y. M., & Lum, T. Y. S\*. (2021). Health and social care service utilisation and associated expenditure among community-dwelling older adults with depressive symptoms. *Epidemiology and Psychiatric Sciences*, 30, e10–e10. <https://doi.org/10.1017/S2045796020001122>

#### **Before 2020**

42. Liu, T., Lu, S., Leung, D. K. Y., Sze, L. C. Y., Kwok, W. W., Tang, J. Y. M., Luo, H., Lum, T. Y. S., & Wong, G. H. Y\*. (2020). Adapting the UCLA 3-item loneliness scale for community-based depressive symptoms screening interview among older Chinese: a cross-sectional study. *BMJ Open*, 10(12), e041921–e041921. <https://doi.org/10.1136/bmjopen-2020-041921>
43. Lu, S.\*. (2020). Perceived housing conditions, home satisfaction, control beliefs over aging experience, and life satisfaction among Chinese older adults: A path analysis study. *Journal of Aging and Environment*. 35(1), 88-105, <https://doi.org/10.1080/26892618.2020.1793441>
44. Lu, S.\*. (2019). The Effects of Neighborhood Variables on Needs of Social Care: A Hierarchical Multiple Regression of Senior Residents in China. *Journal of Social Service Research*, 45(2), 241–253. <https://doi.org/10.1080/01488376.2018.1480551>

#### **Book Chapters**

1. Lu, S.\*, & Ottervik, M. G. (June 2017). Transforming long-term care in three Chinese societies. In T. T. Ngoh, S. Chan, K. Mehta, & D. Androff (Eds.). *Transforming society: Strategies for social development in Singapore, Asia and around the world*. New York: Routledge. <https://doi.org/10.4324/9781315205755>

#### **List of Publications in Languages other than English**

##### **Books**

1. 陳永傑, 盧施羽, 劉維. (6/2017). *廣東南海社會工作發展報告*. 北京: 社會科學文獻出版社. (In Chinese) (Involvement: 30%)
2. 陳永傑, 盧施羽. (6/2013). *中國養老服務的挑戰與選擇: 基於南海區的實證研究*. 廣州: 中山大學出版社. (In Chinese) (Involvement: 50%)

##### **Journal Articles**

1. 盧施羽, & 黃洪 (2017). 福利多元主義視角下社區照護發展挑戰——以佛山市 N 區長者日託中心示範點為例. *華南理工大學學報 (社會科學版)*. 19(2), 78-86,

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92. <https://doi.org/10.19366/j.cnki.1009-055x.2017.02.009> (In Chinese) (2020 CNKI IF: 1.024) (In Chinese) <https://doi.org/10.19366/j.cnki.1009-055x.2017.02.009>
2. 陳那波, & 盧施羽. (2013). 場域轉換中的默契互動--中國“城管”的自由裁量行為及其邏輯. *管理世界*, (10), 62-80. <https://doi.org/10.19744/j.cnki.11-1235/f.2013.10.006> (In Chinese) (2020 CNKI IF: 7.597; Top 1 in Public Administration)
3. 陳永傑, & 盧施羽. (2011). 大學生就業困難與“螞蟻族”的出現: 一個社會政策的視角. *公共行評*, 4(3), 146-171. <https://kns.cnki.net/kcms/detail/detail.aspx?dbcode=CJFD&filename=GGXZ201103008&dbname=CJFD2011> (In Chinese) (2020 CNKI IF: 3.398)

### Publication in Progress

1. Lu, S\*, Pan, Z., Kim, S. (R&R). Meaningful voluntary work design and dual pathways for healthy aging (MVP-HA): A cross-sectional and mixed-methods study in Hong Kong
2. Lu, S., (R&R). The Stepped-up meaningful engagement model and its supportive environment in later life: A case study of Tech-Assisted social enterprise in Hong Kong
3. Lu, S., (R&R). The associations between role quantity, quality and types of late-life volunteering and quality of life and their pathways: A cross-sectional mixed-method study in Hong Kong
4. Lu, S and others. (Under Review). Cost-Effectiveness analysis of a collaborative community mental health and aged care services to prevent and treat late-life depression: a non-randomized quasi-experimental trial
5. Pan, Z<sup>^</sup> & Lu, S\*, (Under Review). Understanding the stages of change in volunteering among older adults: A perspective of person-environment fit
6. Pan, Z<sup>^</sup> & Lu, S\*. (Under Review). Neighbourhood Service Accessibility and Late-Life Mental Well-Being: A Moderated Mediation Analysis of Older Adults in Hong Kong
7. Zhang, J<sup>^</sup> & Lu, S\*, (Under Review). How filial piety influence the loneliness among older adults in Chinese society.
8. Lu, S\*. (Under Review). Meaningful voluntary work design for social capital and connection: A cross-sectional study in Hong Kong

### Selected Conference, Presentations, Symposia & Workshops (International)

1. Lu, S. (2025-Paper presentation) Optimizing Volunteer Engagement and voluntary work design for Healthy Aging: a cross-sectional and Mixed-method study in Hong Kong. Gerontological Society of America 2025 Annual Scientific Meeting. Boston
2. **Lu, S.**, & Chan, W-K. (2023). *Challenges experienced by the nursing homes and their coping strategies during COVID-19 in China: Policy implications for the era of the post-pandemic*. [Paper presentation]. 29<sup>th</sup> Annual Foundation for International Studies on Social Security (FISS) Conference on Issues in Social Security (FISS 2023), Sigtuna, Sweden.
3. **Lu, S.** (Nov 2022). How to engage seniors as volunteers in social care sectors: a case study of a timebank in Hong Kong, *Innovation in Aging*, Volume 6, Issue Supplement\_1, November 2022, Pages 877–878, <https://doi.org/10.1093/geroni/igac059.3133>. Gerontological Society of America 2022 Annual Scientific Meeting
4. **Lu, S.**, et al. (Nov 2021). Neighbourhood Environment, Intrinsic Capacity and 4-Year Late-Life Functional Ability Trajectories (Oral presentation). The Gerontological Society of America 2021 Annual Scientific Meeting, Phoenix, Arizona.
5. Liu, T., Wong, G. H. Y., **Lu, S.**, & Lum, T. Y. S. (2020). Effects of the JC Joyage Stepped-Care Model are differentially associated with older adults' baseline profiles. *Innovation in Aging*, 4(Suppl 1), 305–305. <https://doi.org/10.1093/geroni/igaa057.977>
6. Lum, T. Y. S., & **Lu, S.** (2019, May 1–June 1). *Tailored activity program to promote meaningful engagement for people with dementia* [Conference presentation]. International Alzheimer's Disease Conference 2019, Hong Kong.
7. **Lu, S.**, Wong, G. H. Y., Lum, T. Y. S., & Liu, T. (2019). Cost-effectiveness analysis of the collaborative stepped care intervention for late-life depression. The Gerontological Society of

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- America (GSA) 2019 Annual Scientific Meeting: Strength in Age: Harnessing the Power of Networks, Austin, Texas, USA, 13-17 November 2019. *Innovation in Aging*, 3(Suppl 1), S876–S877. <https://doi.org/10.1093/geroni/igz038.3213>
8. Leung, D. K. Y., Sing, J., Sze, L., Tang, J., **Lu, S.**, Liu, T., Wong, G. H. Y., & Lum, T. Y. S. (2019). Dual impacts on meaning in life in older persons volunteering for elderly mental health program. *Innovation in Aging*, 3 (Suppl 1), S979–S980. <https://doi.org/10.1093/geroni/igz038.3549>
  9. **Lu, S.** (2019). The associations between neighbourhood characteristics and the self-rated health and life satisfaction of community-dwelling older adults in China. *International Journal of Integrated Care*, 19(4), 7. <http://doi.org/10.5334/ijic.s3007>
  10. **Lu, S.**, Tang, J. Y., Chui, C. H. K., & Lum, T. Y. S. (2018, November 14–18). *Associations among neighbourhood characteristics and preference for ageing-in-place among community-dwelling older Chinese* [Poster presentation]. The Gerontological Society of America's 2018 Annual Scientific Meeting, Boston, USA.
  11. **Lu, S.**, & Wong, H. (2016, June 19–21). *Fragmented landscape of elderly care and territorial injustice: policy implications for welfare reform in China* [Paper presentation]. The Foundation for International Studies on Social Security (FISS), Stigtuna, Sweden.
  12. **Lu, S.**, & Ottervik, M. (2015, June 7–9). *Long-term care in three Chinese* [Paper presentation]. The 22nd Foundation for International Studies on Social Security (FISS), Hong Kong.

## **TEACHING AND SUPERVISION**

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Teaching information in the last 3 years

**Course Instructor & Coordinator, The University of Hong Kong**

*Undergraduate level*

1. Introduction to social policy and social development (2024-)

*Postgraduate level*

2. Social Science Theories for Social Work (2024- present)
3. Social Work Research (2025 – present)

**Course Instructor & Coordinator, City University of Hong Kong**

*Undergraduate level*

4. Research Methods in Criminology 2021-2023

*Postgraduate level*

1. Social Welfare Policy System & Reform 2021-2023
2. Research Methods in Social Sciences 2021-2023
3. Enhancing Social Science Competence 2021 – 2023

Supervision of Research Postgraduate Students

1. Sun Nianzi, The University of Hong Kong (2025- )  
Role: Supervisor
2. Chigozie Donatus EZULIKE (**Hong Kong PhD Fellowship Scheme**), City University of Hong Kong. Graduated.  
Role: Supervisor

## **KNOWLEDGE EXCHANGE**

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**Invited speakers – local and Greater Bay Area**

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- August 2025 Invited Keynote Speaker (Sep 2025): *Timebanking and Sustainability: Local Wisdom and Policy Innovation* organized by the Hong Kong Timebank Platform ([online Video](#)), attended by over 500 participants, including social workers, policymakers, older adults, and funders.
- July 2025 Invited Discussant: Discussion on the timebanking in Hong Kong. Blessing Community.
- September 2024 Invited Keynote Speaker: Timebanking and sustainability: Policy learning from the international experiences. Hong Kong Timebanking Platform 2024
- June 2024 Invited Speaker: Timebanking and social care for older people. The University of Pennsylvania School of Nursing's Comparing Systems of Elder Care course
- May 2024 Invited Keynote Speaker: A brief introduction to "Time Bank" and its development in different places. The practices and challenges of timebanking in Hong Kong: policy learning from the international experiences.
- December 2023 Invited Speaker: An Aging Society: Opportunity or Challenge? CityU-Learning, Office of the Provost and Deputy President, City University of Hong Kong.
- December 2023 Invited Discussant: Discussion on the timebanking in Hong Kong. Blessing Community.
- July 2023 Invited Keynote Speaker: A brief introduction to "Time Bank" and its development in different places. Community Investment & Inclusion Fund.
- June 2023 Invited Speaker: Timebanks and social care for older people. The University of Pennsylvania School of Nursing's Comparing Systems of Elder Care course
- December 2022 Invited Speaker: Aging Society: Challenges and opportunities? City University of Hong Kong e-learning for the secondary school students. December 30 2022
- December 2022 Invited Discussant: 蘇港澳論壇之老齡化城市研究與適老性規劃. Nanjing University. December 8 2022.
- August 2022 Invited Speaker: *Facilitating volunteer engagement among older adults in social service sectors*. The Christian Family Service Centre (CFSC). Internal meetings.
- June 2021 Invited Speaker: *Volunteerism of health ambassadors via empowerment approach and time-bank system*. "One from Hundred Thousand" Social Innovation Symposium. The Hong Kong Polytechnic University. <https://www.polyu.hk/en/topic/s11/planning>
- January 2020 Invited Speaker: *Social Impact Assessment*. Nanhai Society for Social Work Scholars and Students, China
- September 2019 Invited Speaker: *Social Service Need Assessment and Data Analysis Training*. Nanhai Society for Social Work Scholars and Students, China
- September 2019 Invited Speaker: *Family Service Need Assessment and Data Analysis Training*. Nanhai Society for Social Work Scholars and Students, China

### Media Interviews/Coverage

- 12 Sep 2025 Media interview. Medicine Online Episode 483 | [Timebanking](#), with 1329 views (as 09/04/2026).
- March 2025 Media report: 及早自主人生計劃成果分享記者會 ([文匯報](#));

### COMMUNITY AND PROFESSIONAL SERVICES

Community / Professional Services	Role	Period
Blessing Community	Consultant	May 2024
Competitive Research Funding Schemes for Local Self-financing Degree Sector under Research Grants Council	External Competitive Grant Reviewer	May 2023
The University of Hong Kong (PhD: Zeng Yue)	PhD external examiners	August 2022
Nanhai Society for Social Work Scholars and Students, China	Founder and Chair	2015-present

  

Membership of Professional Bodies	Role	Period
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The Gerontological Society of America	Member	2022-present
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<b>Journal reviewer/Editor</b>	<b>Role</b>
The Gerontologist	Reviewer
Journals of Gerontology Series B: Psychological Sciences and Social Sciences	Reviewer
Aging & Mental Health	Reviewer
The British Journal of Social Work	Reviewer
Frontiers in Public Health	Reviewer Editor