

## Yee-Man Branda, YU

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Scopus ID: 56090342000

Scopus h-index: 21 (Total citations: 1128)

### Education

#### Lab attachment

School of Psychology, The University of Queensland, Oct-Nov 2023

#### Doctor of Philosophy in Psychology

Department of Psychology, The University of Hong Kong, 2020-2024

#### Master of Art in Guidance and Counselling

Faculty of Health and Social Sciences, The Hong Kong Polytechnic University, 2013-2016

#### Bachelor of Social Sciences in Psychology

Department of Social and Behavioural Sciences, City University of Hong Kong, 2007-2010

### Research Interest

My areas of research interests encompass family relations, moral psychology, sleep and circadian rhythms, and mental health.

### Grant

As PI

- ♦ **2024 IARR Geographical Diversity Research Grants:** “Parent-Child Political Incongruence and Emotional Bonds: A Moderated Mediation Model with Moral Distances and Family Identification”. 01/07/2024 – 30/04/2025, PI: YU Yee Man Branda. (USD \$1,000)

As Co-I

- ♦ **Insight Grants, University of Toronto:** “The impact of digital media use on meaning”. PI: TAM Yuen Yan.
- ♦ **General Research Fund, Research Grants Council:** “When the political becomes moral: Big data and self-report studies on the familial consequences of differences in political views and moral foundations”. (Project no.: 17608422) 01/07/2022 – 30/06/2025, PI: CHAN Christian. (\$810,516)
- ♦ **Seed Fund for Basic Research for Resubmission of GRF/ECS Proposals,** the University of Hong Kong: “Irreconcilable political differences in families: An integrative study of qualitative data, big data, and longitudinal quantitative data.”. 01/06/2021 – 30/11/2021, PI: CHAN Christian. (\$60,000)

### Award

- ♦ The University of Hong Kong. The 2022-2023 Graduate Research Publication Award, 2nd Place.

## Invited Speech

- ◆ *Sustained impacts of political incongruence on families: Aftermath of the 2019 social unrest in Hong Kong* [Seminar talk]. Centre for Research in Social Psychology, The University of Queensland, Brisbane, Australia. 20<sup>th</sup> October 2023.

## Teaching experience

### Subject

PSYC1001 Introduction to Psychology

PSYC2071 Judgments and decision making

### Programme

Bachelor of Psychology, University of Hong Kong

Bachelor of Psychology, University of Hong Kong

## Work experiences

### Research Assistant Professor (2025-present)

Department of Social Work and Social Administration, The University of Hong Kong

### Post-doctoral Fellow (2024-2025)

Department of Management, The Chinese University of Hong Kong

## Research Publications (In Reverse Chronological Order)

### Family

- ◆ **Yu, B. Y. M.**, Lam, C., & Chan, C. S. (2024). All We Need is Love? Irreconcilable Political Incongruence in Families after the 2019 Social Unrest in Hong Kong. *Political Psychology*, 45, 643-665. doi.org/10.1111/pops.12941 (**IF: 3.5; Q1 in PSYCHOLOGY, SOCIAL**)

### Sleep and Correlates

- ◆ **Yu, B. Y. M.**, & Chan, C. S. (2024). 0439 Analysis of Responders to Self-Help Sleep Interventions in a Stepped-Care Clinical Trial Among Schoolteachers [Abstract]. *Sleep*, 47(Supplement\_1), A188-A189. https://doi.org/10.1093/sleep/zsae067.0439 (**IF: 4.9; Q1 in CLINICAL NEUROLOGY**)
- ◆ Cheung, D. S. T., **Yu, B. Y. M.** (Co-first author), Lam, S. C., Leung, D., Chung, K. F., Ho, F. Y. Y., Chen, S., & Yeung, W. F. (2024). A longitudinal study on the change in sleep across three waves of the COVID-19 outbreaks in Hong Kong. *Sleep and Biological Rhythms*, 22 (1), 93-102. doi.org/10.1007/s41105-023-00486-w (**IF: 1.3; Q4 in CLINICAL NEUROLOGY**)
- ◆ **Yu, B. Y. M.**, Lam, C. S., Tam, K. Y. Y., Cheung, D. S. T., Chen, C. S., & Yeung, W. F. (2024). The Role of Insomnia and Exercise in COVID-19 Worries for Mental Health: A Moderated Mediation Model. *Behavioral Sleep Medicine*, 22(3), 378-392. https://doi.org/10.1080/15402002.2023.2270095 (**IF: 1.6; Q3 in PSYCHIATRY**)
- ◆ Lam, C. S., **Yu, B. Y. M.**, Cheung, D. S. T., Cheung, T., Lam, S. C., Chung, K. F., Ho, F. Y. Y., & Yeung, W. F. (2021). Sleep and mood disturbances during the COVID-19 outbreak in an urban Chinese population in Hong Kong: A longitudinal study. *International Journal of Environmental Research and Public Health*, 18(16), 8444. doi.org/10.3390/ijerph18168444

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- ♦ **Yu, B. Y. M.**, Yeung, W. F., Lam, J. C. S., Yuen, S. C. S., Lam, S. C., Chung, V. C. H., Chung, K. F., Lee, P. H., Ho, F. Y. Y., & Ho, J. Y. S. (2020). Prevalence of Sleep Disturbances during COVID-19 Outbreak in an Urban Chinese Population: A Cross-Sectional Study. *Sleep Medicine*, 74, 18-24. doi.org/10.1016/j.sleep.2020.07.009 (IF: 3.4; Q2 in CLINICAL NEUROLOGY)
- ♦ **Yu, B. Y. M.**, Yeung, W. F., Ho, Y. S., Ho, F. Y. Y., Chung, K. F., Lee, R. L. T., Lam, M. Y., & Chen, S. C. (2020). Associations Between the Chronotypes and Eating Habits of Hong Kong School-Aged Children. *International Journal of Environmental Research and Public Health*, 17(7), 2583. doi.org/10.3390/ijerph17072583
- ♦ Chung, K. F., Yeung, W. F., Leung, F. C., & **Yu, B. Y.** (2018). When east meets west: Understanding the traditional Chinese medicine diagnoses on insomnia by Western medicine symptomatology. *European Journal of Integrative Medicine*, 17, 129-134. doi.org/10.1016/j.eujim.2017.12.007 (IF: 1.7; Q3 in INTEGRATIVE & COMPLEMENTARY MEDICINE)
- ♦ Chung, K. F., Yeung, W. F., Ho, F. Y., Ho, L. M., Yung, K. P., **Yu, B. Y.**, & Kwok, C. W. (2018). Predictors of Daytime Consequences of Insomnia: The Roles of Quantitative Criteria and Nonrestorative Sleep. *Psychopathology*, 51(4), 262-268. doi.org/10.1159/000489500 (IF: 2.2; Q2 in PSYCHIATRY)
- ♦ Zhao, Y., **Yu, B. Y.**, Liu, Y., & Liu, Y. (2017). Meta-Analysis of the Effect of Obstructive Sleep Apnea on Cardiovascular Events after Percutaneous Coronary Intervention. *American Journal of Cardiology*, 120(6), 1026-1030. doi.org/10.1016/j.amjcard.2017.06.035 (IF: 2.1; Q3 in CARDIAC & CARDIOVASCULAR SYSTEMS)
- ♦ Chung, K. F., Yeung, W. F., **Yu, Y. M.**, & Ho, F. Y. (2017). A population-based 2-year longitudinal study of insomnia disorder in a Chinese population in Hong Kong. *Psychology, Health and Medicine*, 8, 1-6. doi.org/10.1080/13548506.2017.1363397 (IF: 1.9; Q2 in PUBLIC, ENVIRONMENTAL & OCCUPATIONAL HEALTH)
- ♦ Yeung, W. F., Chung, K. F., Yung, K. P., Kwok, C. W., **Yu, Y. M.**, & Ho, Y. Y. (2014). The Use of Conventional and Complementary Therapies For Insomnia: A Telephone Survey in Hong Kong. *Complementary Therapies in Medicine*, 22(5), 894-902. doi.org/10.1016/j.ctim.2014.08.001 (IF: 3.5; Q2 in INTEGRATIVE & COMPLEMENTARY MEDICINE)

### ***Interventional Studies-Psychological Interventions/Exercise & Others***

- ♦ Yeung, W.F., Lai, A. Y. K., **Yu, B. Y. M.**, Ho, F. Y. Y., Chung, K. F., Ho, J. Y. S., Suen, L. K. P., Ho, L. M., & Lam T.H. (2025). Effect of Zero-Time Exercise on Physically Inactive Adults with Insomnia Disorder: A Randomized Controlled Trial. *International Journal of Nursing Studies*, 165, 105033. doi.org/10.1016/j.ijnurstu.2025.105033 (IF: 7.1; Q1 in NURSING)
- ♦ Chen, S. C., Cheung, T. W., **Yu, B. Y. M.**, Chan, M. Y., Yeung, W. F., & Li, L. (2023). Improving Sleep with the Far-infrared Emitting Pyjamas: A Pilot Randomized Controlled Trial. *International Journal of Environmental Research and Public Health*, 20(5):3870. doi: 10.3390/ijerph20053870.
- ♦ Chan, C. S., Wong, C. Y. F., **Yu, B. Y. M.**, Hui, V. K. Y., Ho, F. Y. Y., & Cuijpers, P. (2023). Treating depression with a smartphone-delivered self-help cognitive behavioral therapy for insomnia: a parallel-

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group randomized controlled trial. *Psychological Medicine*, 53(5), 1799-1813.

doi:10.1017/S0033291721003421 (IF: 5.5; Q1 in PSYCHIATRY)

- ◆ Yeung, W. F., Lai, A. Y., Ho, F. Y., Suen, L. K., Chung, K. F., Ho, J. Y., Ho, L. M., **Yu, B. Y.**, Chan, L. Y., & Lam, T. H. (2018). Effects of Zero-time Exercise on inactive adults with insomnia disorder: a pilot randomized controlled trial. *Sleep Medicine*, 52, 118-127. doi.org/10.1016/j.sleep.2018.07.025(IF: 3.4; Q2 in CLINICAL NEUROLOGY)
- ◆ Chung, K. F., Lee, C. T., Lam, T. H., Yeung, W. F., & **Yu, Y. M.** (2018). Hypnotherapy for Insomnia: A Randomized Controlled Trial Comparing Generic and Disease-Specific Suggestions. *Complementary Therapies in Medicine*, 41, 231-239. doi.org/10.1016/j.ctim.2018.10.008 (IF: 3.5; Q1 in INTEGRATIVE & COMPLEMENTARY MEDICINE)

### *Interventional Studies-Complementary Therapies*

- ◆ Yeung, W. F., **Yu, B. Y. M.**, Chung, K. F., Zhang, Z. J., Lao, L. X., Ho, F. Y. Y., Suen, L. K. P., & Ho, L. M. (2022). Self-administered Acupressure for Insomnia Disorder: A Randomized Controlled Trial. *Phytomedicine*, 99, 153993. doi.org/10.1016/j.phymed.2022.153993. (IF: 8.3; Q1 in CHEMISTRY, MEDICINAL)
- ◆ Yeung, W. F., **Yu, B. Y. M.**, Yuen, J. W. M., Ho, J. Y. S., Chung, K. F., Zhang, Z. J., Mak, D. S. Y., Suen, L. K. P., & Ho, L. M. (2021). Semi-Individualized Acupuncture for Insomnia Disorder and Oxidative Stress: A Randomized, Double-Blind, Sham-Controlled Trial. *Nature and Science of Sleep*, 13, 1195-1207. doi.org/10.2147/NSS.S318874 (IF: 3.4; Q2 in CLINICAL NEUROLOGY)
- ◆ Cheung, D. S., Yeung, W. F., Suen, L., Chong, T. C., Ho, Y. S., **Yu, Y. M.**, Chan, L. Y., Chen, H. Y., & Lao, L. X. (2020). Self-administered Acupressure for Knee Osteoarthritis in Middle-aged and Older Adults: A Pilot Randomized Controlled Trial. *Acupuncture in Medicine*, 38(2), 75-85. doi.org/10.1177/0964528419883269(IF: 2.6; Q2 in INTEGRATIVE & COMPLEMENTARY MEDICINE)
- ◆ Yeung, J. W. F., Ho, Y. S., **Yu, B. Y. M.**, & Ho, F. Y. Y. (2020). Self-administered acupressure for insomnia disorder: a protocol of randomized controlled trial. *Integrative Medicine Research*, 9, 100524. doi.org/10.1016/j.imr.2020.100524 (IF: 3.0; Q2 in INTEGRATIVE & COMPLEMENTARY MEDICINE)
- ◆ Yeung, W. F., Chung, K. F., Zhang, Z. J., Zhang, S. P., Chan, W. C., Ng, R. M., Chan, C. L., Ho, L. M., **Yu, Y. M.**, Chau, J. C., Lau, N. C., & Lao, L. X. (2019). Electroacupuncture for Tapering off Long-Term Benzodiazepine Use: A Randomized Controlled Trial. *Journal of Psychiatric Research*, 109, 59-67. doi.org/10.1016/j.jpsychires.2018.11.015 (IF: 3.2; Q2 in PSYCHIATRY)
- ◆ Yeung, W. F., Ho, F. Y., Chung, K. F., Zhang, Z. J., **Yu, B. Y.**, Suen, L. K., Chan, L. Y., Chen, H. Y., Ho, L. M., & Lao, L. X. (2018). Self-administered acupressure for insomnia disorder: a pilot randomised controlled trial. *Journal of Sleep Research*, 27(2), 220-231. doi.org/10.1111/jsr.12597 (IF: 3.9; Q1 in CLINICAL NEUROLOGY)
- ◆ Chung, K. F., Yeung, W. F., **Yu, B. Y.**, Leung, F. C., Zhang, S. P., Zhang, Z. J., Ng, R. M., & Yiu, G. C. (2018). Acupuncture with or without combined auricular acupuncture for insomnia: a randomised,

waitlist-controlled trial. *Acupuncture in Medicine*, 36(1), 2-13. doi.org/10.1136/acupmed-2017-011371(**IF: 2.6; Q2 in INTEGRATIVE & COMPLEMENTARY MEDICINE**)

- ◆ Yeung, W. F., Chung, K. F., Zhang, Z. J., Chan, W. C., Zhang, S. P., Ng, R. M., Chan, C. L., Ho, L. M., **Yu, Y. M.**, & Lao, L. X. (2017). Electroacupuncture for tapering off long-term benzodiazepine use: study protocol of randomized controlled trial. *BMC Complementary and Alternative Medicine*, 17(1), 183. doi.org/10.1186/s12906-017-1692-5 (**IF: 3.4; Q1 in INTEGRATIVE & COMPLEMENTARY MEDICINE**)
- ◆ Yeung, W. F., Chung, K. F., **Yu, Y. B.**, & Lao, L. (2017). What predicts a positive response to acupuncture? A secondary analysis of three randomised controlled trials of insomnia. *Acupuncture in Medicine*, 35(1), 24-29. doi.org/10.1136/acupmed-2016-011058(**IF: 2.6; Q2 in INTEGRATIVE & COMPLEMENTARY MEDICINE**)
- ◆ Chung, K. F., Yeung, W. F., **Yu, Y. M.**, Yung, K. P., Zhang, S. P., Zhang, Z. J., Wong, M. T., Lee, W. K., & Chan, L. W. (2015). Acupuncture For Residual Insomnia Associated with Major Depressive Disorder: A Placebo- and Sham-Controlled, Subject- and Assessor-Blind, Randomized Trial. *Journal of Clinical Psychiatry*, 76(6), e752-e760. doi.org/10.4088/JCP.14m09124 (**IF: 4.6; Q1 in PSYCHIATRY**)

#### **Systematic Reviews and Metta-Analyses**

- ◆ Chen, S. C., Yu, B. Y. M., Suen, L. K., Yu, J., Ho, F. Y., Yang, J. J., & Yeung, W. F. (2019). Massage Therapy for the Treatment of Attention Deficit/Hyperactivity Disorder (ADHD) in Children and Adolescents: A Systematic Review and Meta-analysis. *Complementary Therapies in Medicine*, 42, 389-399. doi.org/10.1016/j.ctim.2018.12.011(**IF: 3.5; Q1 in INTEGRATIVE & COMPLEMENTARY MEDICINE**)
- ◆ Zhao, Y., Yu, B. Y., Liu, Y., Tong, T., & Liu, Y. (2018). Weight reduction and cardiovascular benefits: Protocol for a systematic review and meta-analysis. *Medicine (Baltimore)*, 97(50), e13246. doi.org/10.1097/MD.00000000000013246 (**IF: 1.4; Q2 in MEDICINE, GENERAL & INTERNAL**)
- ◆ Yeung, W. F., Chung, K. F., **Yu, Y. M.**, & Lao, L. X. (2015). Response to placebo acupuncture in insomnia: A secondary analysis of three randomized controlled trials. *Sleep Medicine*, 16(11), 1372-1376. doi.org/10.1016/j.sleep.2015.07.027(**IF: 3.4; Q2 in CLINICAL NEUROLOGY**)
- ◆ Yeung, W. F., Chung, K. F., Ng, K. Y., **Yu, Y. M.**, Zhang, S. P., Ziea, T. C., & Ng, B. (2015). Prescription of Chinese Herbal Medicine in Pattern-Based Traditional Chinese Medicine Treatment for Depression: A Systematic Review. *Evidence-Based Complementary and Alternative Medicine*, 2015, 160189. doi.org/10.1155/2015/160189 (**IF: 2.6; Q3 in INTEGRATIVE & COMPLEMENTARY MEDICINE**)
- ◆ Lam, T. H., Chung, K. F., Yeung, W. F., & **Yu, Y. M.** (2015). Hypnotherapy for insomnia: A systematic review and meta-analysis of randomized controlled trials. *Complementary Therapies in Medicine*, 23(5), 719-732. doi.org/10.1016/j.ctim.2015.07.011(**IF: 3.5; Q1 in INTEGRATIVE & COMPLEMENTARY MEDICINE**)

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- ◆ Yeung, W. F., Chung, K. F., Ng, K. Y., **Yu, Y. M.**, Ng, B., & Ziea, T. C. (2014). A Systematic Review on The Efficacy, Safety and Types of Chinese Herbal Medicine For Depression. *Journal of Psychiatric Research*, 57, 165-175. doi.org/10.1016/j.jpsychires.2014.05.016 (IF: 3.2; Q2 in PSYCHIATRY)
- ◆ Yeung, W. F., Chung, K. F., Ng, K. Y., **Yu, Y. M.**, Ng, B., & Ziea, T. C. (2014). A Meta-Analysis of The Efficacy and Safety of Traditional Chinese Medicine Formula Ganmai Dazao Decoction For Depression. *Journal of Ethnopharmacology*, 153(2), 309-317. doi.org/10.1016/j.jep.2014.02.046 (IF: 5.4; Q1 in CHEMISTRY, MEDICINAL)

### Questionnaire Validation

- ◆ Ruan, J. Y., Yeung, W. F., **Yu, B. Y. M.**, Chung, K. F., Ho, F. Y. Y., Lo, H. K. Y., Su, J. J. (2025). A translation and validation study of the traditional Chinese version of RU-SATED scale in Chinese Hong Kong residents. *Sleep Health*, 11(3), 390-398. doi.org/10.1016/j.sleh.2025.03.010 (IF: 3.4; Q2 in CLINICAL NEUROLOGY)
- ◆ Yeung, W. F., **Yu, B. Y. M.**, Ho, Y. S., Ho, F. Y. Y., Chung, K. F., Lee, R. L. T., Wong, C., & Lam, M. Y. (2019). Validation of the Chinese Version of the Children's ChronoType Questionnaire (CCTQ) in School-Aged Children. *Chronobiology International*, 36(12), 1681-1690. doi.org/10.1080/07420528.2019.1673769 (IF: 1.7; Q2 in PHYSIOLOGY)
- ◆ Chung, K. F., Yeung, W. F., **Yu, Y. M.**, Kwok, C. W., Zhang, S. P., & Zhang, Z. J. (2015). Adverse Events Related to Acupuncture: Development and Testing of A Rating Scale. *Clinical Journal of Pain*, 31(10), 922-928. doi.org/10.1097/AJP.000000000000189 (IF: 3.1; Q1 in ANESTHESIOLOGY)
- ◆ Chung, K. F., Yeung, W. F., Ho, Y. Y., Ho, L. M., Yung, K. P., **Yu, Y. M.**, & Kwok, C. W. (2015). Comparison of Scoring Methods For The Brief Insomnia Questionnaire in A General Population Sample. *Journal of Psychosomatic Research*, 78(1), 34-38. doi.org/10.1016/j.jpsychores.2014.11.015 (IF: 3.3; Q2 in PSYCHIATRY)
- ◆ Chung, K. F., **Yu, Y. M.**, Yung, K. P., Yeung, W. F., Ng, T. H., & Ho, Y. Y. (2014). Assessment of Fatigue Using The Multidimensional Fatigue Inventory in Patients with Major Depressive Disorder. *Comprehensive Psychiatry*, 55(7), 1671-1678. doi.org/10.1016/j.comppsy.2014.06.006 (IF: 4.2; Q1 in PSYCHIATRY)
- ◆ Chung, K. F., Yeung, W. F., Ho, Y. Y., Ho, L. M., Yung, K. P., **Yu, Y. M.**, & Kwok, C. W. (2014). Validity and Reliability of The Brief Insomnia Questionnaire in The General Population in Hong Kong. *Journal of Psychosomatic Research*, 76(5), 374-379. doi.org/10.1016/j.jpsychores.2014.03.002 (IF: 3.3; Q2 in PSYCHIATRY)

### Others

- ◆ **Yu, B. Y. M.**, Lam, J. C. S., Lam, S. C., Li, Y., Chen, S. C., Lam, M. Y., & Yeung, W. F. (2022). COVID-19 Vaccine Hesitancy and Resistance in an Urban Chinese Population of Hong Kong: A Cross-sectional Study. *Human Vaccines & Immunotherapeutics*, 18(5), 2072144. doi.org/10.1080/21645515.2022.2072144 (IF: 3.5; Q2 in BIOTECHNOLOGY & APPLIED MICROBIOLOGY)

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- ♦ Chung, K. F., **Yu, Y. M.**, & Yeung, W. F. (2015). Correlates of residual fatigue in patients with major depressive disorder: The role of psychotropic medication. *Journal of Affective Disorders*, 186, 192-197. doi.org/10.1016/j.jad.2015.07.026 (IF: 4.9; Q1 in PSYCHIATRY)
- ♦ Chung, K. F., Yeung, W. F., Kwok, C. W., & **Yu, Y. M.** (2014). Risk Factors Associated with Adverse Events of Acupuncture: A Prospective Study. *Acupuncture in Medicine*, 32(6), 455-462. doi.org/10.1136/acupmed-2014-010635(IF: 2.6; Q3 in INTEGRATIVE & COMPLEMENTARY MEDICINE)

### Proceeding of Local and International Scientific Meetings

- ♦ **Yu, Y. M. B.**, & Hong, Y. Y. (2026). *Identifications and Intergroup Bias among Young Adults undergoing Socio-Political Transition*. [Poster presentation] The SPSP 2026 Annual Convention Chicago, United State.
- ♦ **Yu, Y. M. B.**, Hildebrand, C., Hong, Y. Y., Chan, C. S. (2025). *Differing Moral Foundations Underlying Generational Differences in Political Attitudes*. [Oral presentation] The 16th Biennial Conference of the Asian Association of Social Psychology (AASP 2025), Subang Jaya, Malaysia.
- ♦ **Yu, Y. M. B.**, & Chan, C. S. (2024). *Binding Moral Foundations and Family Communication: A Network Study of Hong Kong Young Adults*. [Oral presentation] IARR 2024 Main Conference, Boston, United States.
- ♦ **Yu, Y. M. B.**, & Chan, C. S. (2024). *Analysis of Responders to Self-Help Sleep Interventions in a Stepped-Care Clinical Trial Among Schoolteachers*. SLEEP 2024: the 38th annual meeting of the APSS, Houston, United States.
- ♦ **Yu, B. Y. M.**, & Chan, C. S. (2024). *Generational Differences in Political Attitudes: The Mediating Role of Moral Foundations*. [Oral presentation] Hong Kong Studies Annual Conference (HKSAC) 2024, Hong Kong.
- ♦ **Yu, Y. M. B.**, & Chan, C. S. (2023). *Factors Facilitating Love and Care Expression Toward Family Members in the Context of Familial Political Incongruence*. [Oral presentation] SASP-ACPID Conference 2023, Noosa, Australia.
- ♦ **Yu, Y. M. B.**, & Chan, C. S. (2023). *The Influence of Moral Foundation on the Acceptance of Violent forms of Collective Action*. [Oral presentation] The 15th Biennial Conference of the Asian Association of Social Psychology (AASP 2023), Hong Kong.
- ♦ **YU, Y. M. B.**, Lam, C., & Chan, C. S. (2022). *Family Communication Mediates the Relationship between Parent-Child Political Discordance and Psychological Distress*. [Oral presentation] EASP Meeting: Deeply Divided Societies: Social Psychological Processes and Theorising, Nicosia, Cyprus.
- ♦ **YU, Y. M. B.**, Lam, C., & Chan, C. S. (2022). *All we need is love? Irreconcilable political incongruence in families after the 2019 social unrest in Hong Kong*. [Oral presentation] ISPP 2022 Annual Meeting, Athens, Greece.
- ♦ **Yu, B. Y. M.**, & Chan, C. S. (2022). *Family Communication Mediates The Relationship Between Parent-Child Political Discordance And Psychological Distress*. [Oral presentation] 22nd Annual Research Postgraduate Conference, Hong Kong.
- ♦ Yeung, W. F., Ho, F. Y. Y., Chung, K. F., Zhang, Z. J., **Yu, B. Y. M.**, Suen, L. K. P., Chan, L. Y. T., Chen, H. Y., Ho, L. M., & Lao, L. X. (2018). *A Pilot Randomised Controlled Trial Evaluating the Effects of Self-acupressure on Insomnia*. The WPA Thematic Congress, Innovation in Psychiatry, Melbourne, Australia.

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- ♦ Meng, W., Lao, L., Zhang, Z. J., Lian, W. L., Zhang, Y. B., Yeung, W. F., Ng, H. Y. E., Lee, E., Chen, J. P., Su, J., Rong, J. H., Lam, P. Y. F., & **Yu, Y. M. B.** (2017). *A Double-blind, Randomized. Two-dose Trial of Tumor-shrinking Decoction (TSD), a Chinese Medicine Preparation in Patients with Symptomatic Uterine Fibroids.* Health Research Symposium, Hong Kong SAR.
- ♦ **YU, Y. B.**, Yeung, W. F., & Chung, K. F. (2017). *Effect of mindfulness-oriented interventions for insomnia: a meta-analysis.* SLEEP 2017: 31st Annual Meeting of the Associated Professional Sleep Societies, Boston, USA.
- ♦ Yeung, W. F., Chung, K. F., Kwok, C. W., **Yu, Y. M.**, Yung, K. P., & Ho, Y. Y. (2013). *Utilization of Traditional Chinese Medicine and Other Complementary and Alternative Medicine for Improving Sleep in Hong Kong: A Telephone Survey.* 12th Meeting of Consortium for Globalization of Chinese Medicine, Graz, Austria.