

Dr. Siu-man Ng (吳兆文)

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Affiliations:

Associate Professor
Department of Social Work & Social Administration
The University of Hong Kong

Academic & Professional Qualifications:

BHSc(ChiMed), MSc(PsySW), PhD
Registered Social Worker, HK Social Workers Registration Board
Registered Chinese Medicine Practitioner, Chinese Medicine Council, HK
Fellow and Approved Supervisor, HK Professional Counselling Association

Research Areas:

With a dual professional background in mental health social work and Chinese medicine, my research theme is mental health, mental disorders and culture. My current research areas include (i) operationalization of the Chinese medicine stagnation syndrome as a psychological construct useful to all mental health practitioners; (ii) family expressed emotion of persons with schizophrenia and its impacts on the course of illness; (iii) critical re-examination of the conceptualization of mindfulness; and (iv) workplace well-being: a paradigm shift of focus from stress and burnout to meaning and engagement.

Selected Recent Publications:

Fong, T. C. T., Ho, R. T. H., Au-Yeung, F. S. W., Sing, C. Y., Law, K. Y., Lee, L. F., & Ng, S. M.* (2016). The relationships of change in work climate with changes in burnout and depression: a 2-year longitudinal study of care workers. *Journal of Psychology, Health & Medicine*, 21(4), 401-412. Doi: 10.1080/13548506.2015.1080849 (*Correspondence author)

Ran, M. S., Chan, C. L. W., Ng, S. M., Guo, L. T., & Xiang, M. Z. (2015). The effectiveness of psychoeducational family intervention for patients with schizophrenia in a 14-year follow-up study in a Chinese rural area. *Psychological Medicine, online first*. doi: 10.1017/S0033291715000197

Ng, S. M. (2014). Is brief daily body-mind-spirit practice desirable for staff who provide services for elderly people? Two pilot studies with care and professional workers. *Asia Pacific Journal of Social Work and Development* 24(4), 227-237.

Chan, J. S. M., Ho, R. T. H., Chung, K. F., Wang, C. W., Yao, T. J., Ng, S. M., & Chan, C. L. W. (2014). Qigong exercise alleviates fatigue, anxiety, and depressive Symptoms, improves sleep quality, and shortens sleep latency in persons with chronic fatigue syndrome-like illness. *Evidence-based Complementary and Alternative Medicine*, 2014, 10 pages. doi: 10.1155/2014/106048 (*Co-correspondence author)

Ng, S. M., & Yiu, Y. M. (2013). Acupuncture for chronic fatigue syndrome: a randomised, sham-controlled trial with single-blinded design. *Alternative Therapies in Health and Medicine*, 19(4), 21-26.

Ng, S. M., Fong, T. C. T., & Wang, X. L. (2012). Confirmatory factor analysis of the Stagnation Scale - A traditional Chinese medicine construct operationalized for mental health practice. *International Journal of Behavioral Medicine*, 19(2), 228-233

Selected Recent Research Projects:

Project	PI/Co-I	Funding Body	Period
Group therapy for Chinese medicine stagnation syndrome – a randomized controlled trial	PI	GRF, Research Grant Council (# 748013)	Jan. 2014 – Dec. 2016; Ongoing
A service research & development plan for Lok Hong Integrated Community Centre for Mental Wellness, Tung Wah Group of Hospitals	PI	Tung Wah Group of Hospitals	Sept. 2012 – May 2014
Effect of qigong on person with chronic fatigue syndrome: The psychosocial and physiological impacts (salivary cortisol and telomerase activity)	PI	Integrative Medicine, Hong Kong Hospital Authority	April 2011 – Sept. 2012
Developing Active Interests before Retirement for Better Well-being after Retirement – A Senior Mentorship Scheme (Main study)	PI	Hong Kong Jockey Club Charities Trust	Feb 2011 – Jan 2013
Systematic Review on the Use of Taichi/Qigong in Prevention and Rehabilitation	PI	Integrative Medicine, Hospital Authority	April 2010 – March 2011
A survey of 'stagnation' among Hong Kong Chinese adults in the community	PI	GRF, Research Grant Council (#HKU 749708H)	Jan. 2009 – June 2010