

Prof. Rainbow Tin Hung Ho

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

Current Position

1. 2021.7-present: Associate Director, Knowledge Exchange Office, HKU
2. 2018.7-present: Associate Dean (Postgraduate Education), Faculty of Social Sciences, HKU
3. 2016.7-present: Professor, Department of Social Work & Social Administration, HKU
4. 2010.8-present: Director, Centre on Behavioral Health, Faculty of Social Sciences, HKU
5. 2013.8-present: Program Director, Master of Expressive Arts Therapy, HKU
6. 2019.1-present: Honorary Fellow, The JC Centre for Suicide Research and Prevention, HKU

Academic Qualification

1. Ph.D., (Social Work and Social Administration), The University of Hong Kong
2. Prof. Dip. (Performing Arts-Dance/Ballet), Hong Kong Academy of Performing Art
3. M.Phil. (Basic Medical Sciences/Anatomy), The Chinese University of Hong Kong
4. B.Sc. (Biology/Biochemistry), The Chinese University of Hong Kong

Areas of Specialization

Behavioral Health Sciences, Creative and Expressive Arts Therapy, Psychophysiology, Holistic Wellness, Complementary and Alternative Medicine, Sport, Spirituality, and Arts for Wellbeing

Previous Position

1. 2016.7-2019.7 Honorary Professor, Li Ka Shing Faculty of Medicine, HKU
2. 2013.1-2016.6 Associate Professor, Dept of Social Work & Social Administration, HKU
3. 2009.10-2012.12 Assistant Professor, Dept of Social Work & Social Administration, HKU
4. 2006.10-2009.10 Assistant Professor, Centre on Behavioral Health, HKU
5. 2005.10-2006.10 Research Officer, Centre on Behavioral Health, HKU
6. 2010-2019: Honorary Research Fellow, Sau Po Centre on Aging, HKU
7. 2008-2018: Program Director, Master of Social Sciences (Behavioural Health), HKU

Professional Qualification

1. Registered and 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)
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. Fellow, Hong Kong Professional Counselling Association, HKPCA, HK
8. Senior Addiction Counselor, Asia Pacific Certification Commission for Addiction Professionals
9. Licensed international Adjudicator, Professional and Grade A, World Dancesport Federation
10. Registered Medical Technologist, Medical Laboratory Technologists Board, HK

Awards and Honors

2021 Social Sciences Knowledge Exchange Award, Faculty of Social Sciences, HKU
 2020 Social Sciences Research Output Award, Faculty of Social Sciences, HKU
 2019 Research Award, American Dance Therapy Association, US.
 2016 Research and Development Award, Australia and New Zealand Arts Therapy Association, AU
 2015 Outstanding Achievement Award, American Dance Therapy Association, US
 2015 Research Award, American Dance Therapy Association, US
 2015 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)
 2009 CADENZA Fellow, A Project for Elderly in Hong Kong
 2002 Outstanding Young Investigator Award, The Hong Kong International Cancer Congress.

Editorship***Journal Editorship***

1. Academic Editor, PLOS ONE, US, 2018-present
2. Associate Editor, BMC Psychology, BioMed Central, UK, 2014-present
3. Associate Editor, International Journal of Body, Movement and Dance in Psychotherapy, Taylor & Francis, 2021-present
4. Associate Editor, Creative Arts Education and Therapy, Frontiers in China, China, 2015-present
5. Editorial board member, International Journal of Environmental Research and Public Health, 2020-present
6. Section Editor, Behavioral Gerontology, Encyclopedia of Gerontology and Population Aging, Springer. 2018-present
7. Guest Editor, Evidence-Based Complementary and Alternative Medicine, Hindawi Publishing Corporation, USA, 2013-present
8. Editorial Board Member, British Journal of Interdisciplinary Studies, UK, 2014-present
9. Editorial Board Member, International Journal of Advanced Education Research, Science Publishing Corporation, Germany, 2013-present

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, Teacher and Teacher Education, Women & Health etc.

Research Grants

External Competitive Research Grant as PI/Co-PI

1. 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 (GRF/HKU/1760121). HK\$883,755. 2022.1-2025.12.
2. RGC/CRF/HKU/C7151-20G: (Co-PI) Suicide Prevention during COVID-19 HK\$2,992,917. 2021.3-2023.8.
3. The Psycho-physiological & Social-Spiritual Effects of Expressive Arts-based Intervention on Young and Pre-elderly Stroke Survivors: A Randomized Controlled Study (GRF/HKU/17609417) HK\$781,300. 2017.7-2020.12.
4. 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 (GRF/HKU 17611615), HK\$ 615,800. 2016.1-2018.12.
5. The Psychophysiological Effects of Dance movement-based Intervention on Elderly with Early Dementia: A Randomized Controlled Trial (GRF/HKU17402714), HK\$843,412, 2015.1-2017.12
6. 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 (GRF/ HKU 744912), HK\$545,818, 2013.1-2014.12
7. Spirituality in healing: Uncovering the meaning and the role of spirituality in the rehabilitation for schizophrenia (General Research Fund (GRF/ HKU 745110H), HK\$383,196, 2012.1-2014.12
8. Mental health promotion: Using the Arts to increase " understanding and support" for people living with mental illness (GRF/PPR/HKU 7006-PPR-11), HK\$406,733, 2012-2013
9. 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 (General Research Fund (GRF/ HKU 745511H) HK\$555,669, 2011-2013

Non-competitive Research Grants and Projects (selected, past 5 years)

1. BMS Wellness Buddy (Ambassador Training) project. Robert H.N. Ho Foundation Limited. HK\$505,284. 2020.5-2021.4.
2. Application of a Computer-Aided Life & Death Education Program for People with Intellectual Disability in Hong Kong: A Program Evaluation Study. St. James Settlement. HK\$500,000. 2020.3-2021.3
3. Effectiveness of Dance Education and Family Intervention in Enhancing Well-being of SEN Children and Family. Hong Kong Sheng Kung Hui Welfare Council. HK\$280,000. 2020.1.1-2022.2
4. Program Evaluation on Arts-based Support Service for Children with Special Education Needs. The Boys' & Girls' Clubs Association of Hong Kong (BGCA). HK\$800,000. 2019.5-2022.4.
5. Modern Dance in Practice: Benefits of Dance Education (DE) to Hong Kong Secondary School Students. City Contemporary Dance Company Dance Centre. HK\$200,000. 2019-2020.
6. Program Evaluation for a Jockey Club Music Children Seed Program: A Community-based Music Education Initiative for Underprivileged Children in Hong Kong. Music Children Foundation Limited. HK\$598,000. 2019.11-2022.10.
7. An Integrated Body-Mind-Spirit and Expressive Arts-based Intervention for Divorced Mothers. Bridging Hope Charity Foundation. 2019-2020. HK\$300,000
8. CATCH II - Families Support Scheme Program Evaluation (The Furtherance and Evaluation of a Holistic Healthcare Program for Caregivers of Psychotropic Substance Abusers in Hong Kong: A Multi-disciplinary Approach to Caregiver Support. Hong Kong Christian Service from Beat Drug Fund. HK\$740,000. 2019.9-2021.5.

9. Bear Kindness”: An Evaluation Study of TWGHs Preschool Mindfulness-based Social-Emotional Learning (SEL) Curriculum (K2-K3). Tung Wah Group of Hospital. HK\$99,800. 2019.8-2020.12.
10. From addiction to creation: Project on using creative arts for drug use prevention and young adult drug users empowerment (Project "CAPE"), HK\$2,619,778. 2019.6.1-2021.5.31
11. Study on Empowering Children witnesses of Domestic Violence through Therapeutic Groups. Harmony House Limited. HK\$380,000. 2019.5-2021.5.
12. Program Evaluation for "Dancing Life Academy": A Growth-Oriented Street Dance Teacher Training Program for Youth. Tung Wah Group of Hospital. HK\$270,000. 2019.8-2021.8.
13. Evaluation Study on the Effectiveness of a Creative Arts Therapy Program for Gay People Addicted to Chem Sex in Hong Kong. The Boys’ & Girls’ Clubs Association of Hong Kong from Beat Drug Fund. HK\$280,000. 2019.8-2020.8.
14. 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.
15. Expressive Arts in Life and Death Education: Education and Innovation. The Chinese Permanent Cemeteries. 2019-2020. HK\$425,000.
16. Developing salivary C-reactive protein (CRP) as an innovative non-invasive biomarker for understanding the relationship between inflammation and psychosocial well-being in Chinese adults, HKU, HK\$53,260. 2019.51-2020.4.30.
17. Mindfulness for Resilience Building in Clinical and Non-Clinical Staff Program at the Hong Kong Children's Hospital. The D.H.Chen Foundation. HK\$1,348,204, 2018.7-2020.6.
18. Holistic Healthcare Parents Support Program on Wellness Enhancement and Self-care (HOPES). Knowledge Exchange Impact Project Scheme. HK\$69,962. 2018.6.-2019.6.
19. 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
20. Expressive Arts-based Intervention for Helping Community-Dwelling Depressed Elders. Keswick Foundation, HK\$2,803,938.7. 2017.5-2020.4.
21. Art-Essence: An arts-based empowerment programme for school children with special education needs and their teachers. Collaborative work with Sovereign Art Foundation; funded by the Hong Kong Jockey Club charity fund, HK\$2,110,000. 2017.7-2020.8.
22. LEAP! Project Evaluation (A movement project for the development of children in Kindergarten). Tung Wah Groups of Hospital. HK\$300,000. 2017.5-2019.12.
23. Effectiveness of using drama as a mean to construct the life meaning for people with disabilities. Tung Wah Hospital, HK\$300,000. 2017.3-2019.2
24. Physiological and behavioral assessments of emotions in people with moderate to severe intellectual disabilities: A pilot study with Expressive Arts Therapy as an intervention. HKU Seed Fund for Basic Research. HK\$80,470. 2016.6 – 2017.5.
25. Project EMBRACE (Empowering CoMmunity and Building Resilience for Adults Caregivers of the Elderly) – HKU Knowledge Exchange Fund, HK\$99,880. 2016.7-2017.6.
26. Evaluating the effectiveness of the program on Play Therapy for Strengthening Family Relationship of Ethnic Minorities in TCIS. (The Neighbourhood Advice-Action Council). 2015.7-2017.9. HK\$190,000
27. Introducing the post of counsellor in Non-Government Organization: a three year feasibility study (Keswick Foundation Limited (KFL)). 2015-2017. HK\$781,794

Publications

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

A. Peer Reviewed Journal Articles

- A1.1. De Witte, M., Orkibi, H., Zarate, R., Karkou, V., Sajnani, N., Malhotra, B., **Ho, R.T.H.**, Kaimal G., Baker, F.A., Koch, S.C. (in press). From Therapeutic factors to mechanisms of change in the creative arts therapies: a scoping review. *Frontier in Psychology*
- A1.2. Lee, JLC[#], Guo, Y[#], Lo, TLT[#], **Ho, RTH*** (online first). 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*.
- A1.3. Xing, Jianli[#], Fong, TCT, **Ho, RTH*** (online first). Validation of the Actually Received Support Scale for Chinese Adolescents Experiencing School Bullying. *Journal of Child and Family Studies*. 30(6):1-10. <https://doi.org/10.1007/s10826-021-01976-6>
- A1.4. Xing, J.[#], Leng, L.[#], & **Ho, RTH.*** (2021). Boarding school attendance and mental health among Chinese adolescents: The potential role of alienation from parents. *Children and Youth Services Review*, 127 (1): 106074.
- A1.5. Fong, TCT, Wan, AHY, Wong, VPY, **Ho, RTH*** (2021). Psychometric properties of the Chinese version of Five Facet Mindfulness Questionnaire - short form in cancer patients: A Bayesian structural equation modeling approach. *Health and Quality of Life*, 19: 51.
- A1.6. Chan CKP[#]; Lo, TLT[#]; Wan, WHY; Leung, PPY; Pang, MYC; **Ho. RTH***. (2021). A randomized controlled trial of expressive arts-based intervention for young stroke survivors, *BMC Complementary Medicine and Therapies*, 21:7.
- A1.7. **Ho, RTH** (2021). Growing to be Independent in an Interdependent Culture: A Reflection on the Cultural Adaptation of Creative and Expressive Arts Therapy in an Asian Global City. *Creative Arts Education and Therapy*, 6(2): 171-178. DOI: 10.15212/CAET/2020/6/1
- A1.8. Fong, TCT, Yip, PSF, Chan, M., **Ho, RTH.** (2020, online first). Factor structure and measurement invariance of the Stigma of Suicide Scale – Short Form among adolescents and early adults in Hong Kong. Assessment. doi: 10.1177/1073191120976857.
- A1.9. Lee, JLC[#] & **Ho, RTH *** (2020). Exercise Spaces in Parks for Older Adults: A Qualitative Investigation. *Journal of Aging and Physical Activity*. 29(2): 233-241.
- A1.10. Cheng C; **Ho RTH***; Guo, Y; Zhu, M; Yang, W; Li, Y; Liu Z; Zhuo, S; Liang, Q; Chen, Z; Zeng Y; Yang, J; Zhang, Z, Zhang, X, Monroe-Wise, A; Yeung, S. (2020). Development and feasibility of a mHealth supported comprehensive intervention model (“CIMmH”) for improving the quality of life in esophageal cancer patients after esophagectomy: Pilot study. *Journal of Medical Internet Research*. 22(8):e18946. DOI: 10.2196/18946.
- A1.11. **Ho, R.T.H.**, Lo, H.H.M., Fong, T.C.T., Choi, C.W. (2020). Effects of a Mindfulness-based Intervention on diurnal cortisol pattern in disadvantaged families: A randomized controlled trial. *Psychoneuroendocrinology*. 117: 104696.
- A1.12. Fong, TCT & **Ho, RTH*** (2020). Mindfulness facets predict quality of life and sleep disturbance via physical and emotional distresses in Chinese cancer patients: A moderated mediation analysis. *Psycho-oncology*. 29 (5):894-901.
- A1.13. Zeng, Y., Guo, Y, Li, L.; Hong, Y.A., Li, Y, Zhu, M., Zeng, C., Zhang, H.,Cai, W., Liu, C., Wu, S., Chi, P.; Monroe-Wise, A., **Ho, R.T.H.** (2020). Relationship between patient engagement and depressive symptoms among people living with HIV in a mobile health intervention: a secondary analysis of a randomized controlled trial. *JMIR mHealth and uHealth*. 8(10):e20847. DOI: 10.2196/20847.
- A1.14. Gonzalez Barajas, AK[#], **Ho RTH** (2020). Drawings from a man at a penitentiary centre in

- Mexico. *Epidemiology and Psychiatric Sciences* 29, e171, 1–6.
- A1.15. **Ho R.T.H.**, Chan C.K.P., Fong T.C.T., Lee P.H.T., Lum D.S.Y. and Suen S.H. (2020) Effects of Expressive arts–based interventions on adults with intellectual disabilities: a stratified randomized controlled trial. *Frontiers in Psychology*. 11:1286.
- A1.16. **Ho, R.T.H.**, Fong, T.C.T., Yau, J.C.Y., Chan, W.C., Kwan, J.S.K., Chiu, P.K.C., Lam, L.C.W. (2020). Diurnal cortisol slope mediates the association between affect and memory retrieval in older adults with mild cognitive impairment: A path-analytical study. *Frontiers Aging Neuroscience*, 2020, 12:35. doi:10.3389/fnagi.2020.00035.
- A1.17. **Ho, R.T.H.**, Fong, T.C.T., Chan, W.C., Kwan, J.S.K., Chiu, P.K.C., Yau, J.C.Y., Lam, L.C.W. (2020). Psychophysiological effects of Dance Movement Therapy and physical exercise on older adults with mild dementia: A randomized controlled trial. *Journal of Gerontology: Psychological Sciences*. 75(3):560-570. Chau, P.H.; Yip, P.S.F.; Lau, E.H.Y.; Ip, Y.T.; Law, F.Y.W.; **Ho, R.T.H.**; Leung, A.Y.M.; Wong, J.Y.H.; Woo, J. (2020). Hot Weather and Suicide Deaths among Older Adults in Hong Kong, 1976–2014: A Retrospective Study. *Int. J. Environ. Res. Public Health*, 17: 3449. doi: 10.3390/ijerph17103449.
- A1.18. Li, B.[#] and **Ho, R.T.H.*** (2019). Unveiling the Unspeakable: Integrating Video Elicitation Focus-group Interviews and Participatory Video in an Action Research Project on Dementia Care Development. *International Journal of Qualitative Methods*. 18:1-10.
- A1.19. Fong, T.C.T.[#], **Ho, R.T.H.** Yip, P.S.F. (2019). Effects of urbanization on metabolic syndrome via dietary intake and physical activity in Chinese adults: Multilevel mediation analysis with latent centering. *Social Sciences & Medicine*, 234:112372.
- A1.20. Xiu, D., Fung, YL., Lau, BHP, Wong, DFK, Chan, CHY, **Ho, RTH**, So, TH, Lam, TC, Lee, VHF, Lee, AWM, Chow, SF, Lim, FM, Tsang, MW, Chan, CLW (2019, online first). Comparing dyadic cognitive behavioral therapy (CBT) with dyadic integrative body-mind-spirit intervention (I-BMS) for Chinese family caregivers of lung cancer patients: a randomized controlled trial. *Supportive Care in Cancer*.
- A1.21. Lo, H.H.M, Wong, J.Y.H., Wong, S., Wong, S.Y.S., Choi, C.W., **Ho, R.T.H.**, Fong, R.W.T., Snel, E., (2019). Applying Mindfulness to Benefit Economically Disadvantaged Families: A Randomized Controlled Trial. *Research on Social Work Practice*. 29 (7): 753-765.
- A1.22. **Ho, R.T.H.**, Fong, T.C.T.[#], Sing, C.Y., Lee, P.H.T., Leung, A.B.K., Chung, K.S.M., Kwok, J.K.L. (2019). Managing behavioral and psychological symptoms in Chinese elderly with dementia via group-based music intervention: A cluster randomized controlled trial. *Dementia: the international journal of social research and practice* 18 (7-8): 2785-2798.
- A1.23. **Ho, R.T.H.**, Fong, T.C.T.[#], Hon, T., Chan, W.C., Kwan, J.S.K., Chiu, P.K.C., Lam, L.C.W. (2019). Psychometric validation of Fuld Object Memory Evaluation in older adults with cognitive impairments. *Aging and Mental Health*, 23 (6): 711-717.
- A1.24. Chang, Q[#], Xing, J.[#], **Ho, R.T.H.**, Yip, P.S.F. (2019). Cyberbullying and suicide ideation among Hong Kong adolescents: the mitigating effects of life satisfaction with family , classmates and academic results. *Psychiatry Research*, 274: 269-273.
- A1.25. Kwong, M.K.[#], **Ho, R.T.H.**, Huang, Y.T. (2019). A creative pathway to a meaningful life: An existential expressive arts group therapy for people living with HIV in Hong Kong. *The Arts in Psychotherapy*, 63:9-17. Doi: 10.1016/j.aip.2019.05.004.
- A1.26. Cheung, D.S.T.; Deng, W., Tsao, S.W., **Ho, R.T.H.**, Chan, C.L.W., Fong, D.Y.T., Chau, P.H., Hong, A.W.L., Helina Yin King Yuk Fung, Ma, J.L.C., Tiwari, A.F.Y. (2019) Effect of a Qigong Intervention on Telomerase Activity and Mental Health in Chinese Women Survivors of Intimate Partner Violence A Randomized Clinical Trial. *JAMA Network Open*, 2(1): e186967. doi:10.1001/jamanetworkopen.2018.6967.

- A1.27. Xiu,D, Fung,YL, Lau, BHP, Wong,DFK, Chan, CHY, **Ho, RTH**, So, TH, Lam, TC, Lee, YHF, Lee, AWM, Chow, SF., Lim, FM, T, MW, Chan, CLW, Chow, AYM. (2019). Comparing dyadic cognitive behavioral therapy (CBT) with dyadic integrative body-mind-spirit intervention (I-BMS) for Chinese family caregivers of lung cancer patients: a randomized controlled trial. *Support Care in Cancer*, 1-11.
- A1.28. Zhou, T.Y., Kim, N., Machida, S., Sakiyama, Y., Tsai, P.S., Lee, TC., **Ho, R.T.H.**, Bijlani, R., Mehta, d., Bui, M. (2018). Dance Movement Therapy in Asia: an overview of the profession and its practice. *Creative Arts Education and Therapy*, 4 (2):1-12.
- A1.29. Lo, T.L.T.#, Lee, J.L.C.#, **Ho, R.T.H.***(2018). Creative arts-based therapies for stroke survivors: A qualitative systematic review. *Frontiers in Psychology*, 9:1646.
- A1.30. Ho, A.H.Y., Fong, T.C.T.#, Potash, J. S., Ho, Vania F.L., Chen, E. Y.H., **Ho, R.T. H.*** (2018). Deconstructing Patterns of Stigma Toward People Living with Mental Illness. *Social Work Research*, 42 (4): 302-312.
- A1.31. Potash, J. S., **Ho, R.T.H.**, Ho, A.H.Y. (2018). Citizenship, Compassion, the Arts: People Living with Mental Illness Need a Caring Community. *Social Change*, 48 (2): 238-259.
- A1.32. Ng, S.M., Leng, L.L., **Ho, R.T.H.**, Zhang, Z.G., Wang, Q. (2018). A Brief Body-Mind-Spirit Group Therapy for Chinese Medicine Stagnation Syndrome: A Randomized Controlled. *Evidence-based Complementary and Alternative Medicine. Article ID 8153637*, 12 pages.
- A1.33. Lee, J. L.C.#, Lo, T.L.T.#, **Ho, R.T.H.*** (2018). Understanding outdoor gyms in public open spaces: a systematic review and integrative synthesis of qualitative and quantitative evidence. *International Journal of Environmental research and public health*, 15:590 (15 pages). DOI:10.3390/ijerph15040590.
- A1.34. **Ho, R. T. H.**, Fong, T. C. T.#, Yip, P. S.F. (2018). Perceived stress moderates the effects of a randomized trial of dance movement therapy on diurnal cortisol slopes in breast cancer patients. *Psychoneuroendocrinology*, 87:119-126.
- A1.35. Lau, B.H.P., Chow, A.Y.M, Wong, D.F.K., Chan, J.S.M., Chan, C.H.Y., **Ho, R.T.H.**, So, T.H., Lam, T.C., Lee, V.H.F., Lee, A.W.M., Chow, S.F., & Cecilia L. W Chan (2018) Study protocol of a randomized controlled trial comparing integrative body–mind–spirit intervention and cognitive behavioral therapy in fostering quality of life of patients with lung cancer and their family caregivers, *Journal of Evidence-Informed Social Work*, 15 (3): 258-276,
- A1.36. **Ho, R. T.H.** Wan, A.H.Y.#, Chan, J.S.M., Ng, S.M., Chung, K.F., and Chan, C.L.W. (2017). Study protocol on comparative effectiveness of mindfulness meditation and qigong on psychophysiological outcomes for patients with colorectal cancer: a randomized controlled trial. *BMC Complementary and Alternative Medicine*, 17:390.
- A1.37. Nan, J.K.M,# **Ho, R.T.H.** (2017). Effects of Clay Art Therapy on Adults Outpatients with Major Depressive Disorder: A Randomized Controlled Trial. *Journal of Affective Disorders*, 217: 237-245. DOI: 10.1016/j.jad.2017.04.013.
- A1.38. Fong, T.C.T.#, **Ho, R.T.H.**, Wan, A.H.Y., Au-Yueng, F.S.W. (2017). Psychiatric symptoms mediate the effects of neurological soft signs on functional outcomes in patients with chronic schizophrenia: A longitudinal path-analytic study. *Psychiatry Research*, 249: 152-158.
- A1.39. Chan, J.S.M., Li, A, Ng, S.M., **Ho, R.T.H.**, Xu, A., Yao, T.J., Wang, X.M., So, K.F., Chan, C. L.W. (2017). Adiponectin potentially contributes to the anti-depressive effects of Baduanjin Qigong exercise in women with chronic fatigue syndrome-like illness. *Cell Transplantation*, 3:493-501. doi: 10.3727/096368916X694238.
- A1.40. Chan, C.K.P.#, **Ho, R.T.H.*** (2017). Discrepancy in spirituality among patients with schizophrenia and family caregivers and its impacts on illness recovery: a dyadic

- investigation. *British Journal of Social Work*, 47:28-47. doi: 10.1093/bjsw/bcw156
- A1.41. **Ho, R.T.H.**, Potash, J.S., Ho, A.H.Y., Ho, V.F.L. & Chen, E.Y.H. (2017). Reducing Mental Illness Stigma and Fostering Empathic Citizenship: Community Arts Collaborative Approach. *Social Work in Mental Health*, 15 (4): 469-485.
- A1.42. Chan, J.S.M., Yu, N. Xiaonan, Chow, A. Y. M., Chan, C.L.W., Chung, L.F., **Ho, R.T.H.**, Ng, S.M., Yuen, L.P., Chan, C. H.Y. (2017). Dyadic associations between psychological distress and sleep disturbance among Chinese patients with cancer and their spouses. *Psycho-Oncology*, 26:856-861. DOI: 10.1002/pon.4240.
- A1.43. Kalmanowitz, D.#, & **Ho.R.T.H.*** (2017). Art Therapy and Mindfulness with Survivors of Political Violence: A Qualitative Study. *Psychological Trauma: Theory, Research, Practice, and Policy*, 9:107-113. <http://dx.doi.org/10.1037/tra0000174>.
- A1.44. **Ho, R.T.H.**, Lai, A.H.Y., & Lo, P.H.Y. (2017). A Strength-Based Arts and Play Support Program for Young Survivors in Post-Quake China: Effects on Self- Efficacy, Peer Support and Anxiety. *The Journal of Early Adolescence*, 37 (6): 805-824. DOI: 10.1177/0272431615624563. [2017 IF: 1.828]
- A1.45. **Ho, R.T.H.**, Sing, J.C.Y., & Wong, V.P.Y.# (2016). Addressing holistic health and work empowerment through a Body-Mind-Spirit intervention program among helping professionals in continuous education: a pilot study. *Social Work in Health Care*, 55 (10): 779-793.
- A1.46. **Ho, R.T.H.** (2016). Expressive Arts Therapy for People with Depression. *Hong Kong Journal of Mental Health*, 42(1), 38-44.
- A1.47. **Ho, R.T. H.**, Fong, T.C.T.#, Lo, P.H.Y., Ho, S. M.Y., Lee, P.W.H., Leung, P.P.Y., Spiegel D., Chan, C.L.W., (2016). Randomized controlled trial of supportive-expressive group therapy and body-mind-spirit intervention for Chinese non-metastatic breast cancer patients. *Supportive Care in Cancer*. 24(12):4929-4937. doi: 10.1007/s00520-016-3350-8.
- A1.48. **Ho, R. T. H.**, Wan, A. H. Y.#, & Chan, C. K. P.# (2016). Towards a holistic approach to spiritual healthcare for people with schizophrenia, *Holistic Nursing Practice*, 30 (5): 269-271.
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B. Book Chapters and Monographs

B1. Book and Book chapters

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- B1.9. **Ho, R.T.H.**, 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
- B1.10. **Ho, R.T.H.** (2014). Supporting Children with Trauma Through Arts and Movement. In Conte J.R. (Ed), *Child Abuse and Neglect Worldwide, Volume III: Interventions and Treatments*. (pp.159-176). Santa Barbara, CA: Praeger.
- B1.11. Potash, J.S., & **Ho, R.T.H.** (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*. (pp28-32).New York: Routledge.

- B1.12. **Ho, R.T.H.**, & 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。
- B1.13. **Ho, R.T.H.**, Potash, J.S., Ho, A.H.Y., Chen, E.Y.H., & Ho, V.F.L. (2013). *Using the Arts to Increase understanding and support for People Living with Mental Illness*. Centre on Behavioral Health, The University of Hong Kong.
- B1.14. **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).
- B1.15. **Ho, R.T.H.**, Lo, P.H.Y., Chan, C.L.W., & Leung, P.P.Y. (2012). An East-West Approach to Mind-Body Health of Chinese Elderly. In S. Chen & J.L. Powell (Eds.), *Aging in China: Implications to Social Policy of a Changing Economic State* (pp. 169-186). New York: Springer.
- B1.16. **Ho, R.T.H.**, 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.
- B1.17. **Ho, R.T.H.** (2009). From The Body to the Mind and Spirit. 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.162-170). New York: The Oxford University Press.
- B1.18. **Ho, R.T.H.** (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.
- B1.19. 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.
- B1.20. Chan, C.L.W., Wong, V.P.Y., Ng, O.K., & **Ho, R.T.H.** (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.
- B1.21. Ng, S.M., Chan, C.L.W., Yu, T., & **Ho, R.T.H.** (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.
- B1.22. Chan, C.L.W., Chow, A.Y.M., & **Ho, R.T.H.** (2005). Transformation Intervention: Facilitating Growth after Loss and Grief due to Cancer or Bereavement. In T. Heinonen & A. Metteri (Eds.), *Social Work in Health and Mental Health: Issues, Developments and Actions*. (pp. 300-320). Toronto: Canadian Scholars' Press.

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, R.T.H. (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, R.T.H. 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, R.T.H., 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.

Invited Keynote Speeches and Lectures

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

Invited Keynotes and Speeches: Virtual Webinars

1. 2021. 8.7. Keynote, “Expressive arts therapy during the pandemic period”. ” the 8th International Conference of Expressive Therapies, Suzhou, China.
2. 2021. 6.23. Invited speaker. *Culture, Health and Wellbeing International Conference*. Arts & Health South West, UK.
3. 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.
4. 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.

5. 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)
6. 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)
7. 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) (virtual).

Overseas Keynotes (past 5 years, selected)

1. "Dance for Wellness" Dance and global health, Hamwe Festival, University of Global Health Equity, Rwanda, Africa, 25-27 November 2019.
2. "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
3. "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.
4. "Dancing across disciplines", the 5th International Dance and Somatics Conference. Centre for Dance Research, Coventry University, UK. 5-7 July, 2019.
5. "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.
6. "Mindfulness, Arts and Mental Health" in 2019 Cross-Strait, Hong Kong and Macau Social Services Symposium. Macau, 22 March, 2019.
7. "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.
8. "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.
9. "Expressive Arts Therapy for the growth of Youth" International Conference of Expressive Therapies, 5 August, 2017, Suzhou, China
10. "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
11. "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.
12. "Dance/Movement Therapy Professional Transitioning from West to East: The Hong Kong Scene". The 50th Annual Conference of American Dance Therapy Association, San Diego, US. 23-25 Oct, 2015.
13. "Expressive Arts Therapy in Psychiatry". The National Conference in Psychiatry and Mental Health. Jinan, China, 17-19, September, 2015.
14. "Updates on Global Research in Dance Movement Therapy", International Conference of

Expressive Therapies, Suzhou, China, 11 August, 2015.

Local Keynote speeches (past 5 years, selected)

1. Living with Joy: Achieving holistic health under Covid-19. Patient Empowerment Series. Roche Hong Kong Limited. (Virtual), 25 October, 2020.
2. "Rhythm for life and wellbeing". Invited keynote speech, Haw Par Music Wellness Day: Disconnect to Reconnect. 5 July, 2020.
3. "Playfulness for wellbeing in young children". Tung Wah Group of Hospital. Hong Kong. 11.Oct, 2019
4. "Expressive Arts Therapy for Young Children". "童真 · 解密" Symposium, The Hong Kong Society for the Deaf. 25 May, 2019.
5. Plenary speech: "Child-Focused Protection & Intervention for Children from Disadvantaged Circumstances and Internalizing Problems". Symposium on Early Childhood Intervention, BGCA, 29 March, 2019
6. Use of Drama for people with disabilities. Tung Wah Group of Hospital, Hong Kong. 21 March, 2019
7. "Expressive Arts Therapy for Students with SEN" BGCA Symposium on Arts for Children with SEN. 24 May, 2019.
8. Plenary speech: "Holistic care for persons with chronic schizophrenia: alternative treatment and spiritual care". In HKCPsych International Mental Health Congress. 14-15 Dec, 2018.
9. "Project "Leap"". Symposium on Creative Play in Classrooms. 10 Nov, 2018.
10. The 4th International Conference of Existential Psychology, 27-29 May, 2016, Hong Kong
11. Expressive Arts Therapy for under privileged children. Sovereign Arts Foundation, 8 April, 2016, Hong Kong
12. Expressive arts therapy for wellbeing. The New Life 50th Anniversary Symposium: Beyond Recovery: Wellbeing for all. 15-16 Jan, 2016, Hong Kong
13. TCM Mind-body practices for mental disease and wellbeing. The 9th Pong Ding Yuen International Symposium on Traditional Chinese Medicine. 4-5 Dec. 2015, Hong Kong

External Scholarship and Grant Review

External Research Grant Review

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

External Tenue and Promotion Review

1. National University of Singapore
2. Ariel University, Israel
3. Lesley University, US
4. Drexel University, US
5. University of Haifa, Israel
6. University of Southern Maine, US

Academic Program Review and Advisor

1. Singapore University of Social Sciences, Singapore
2. Murdoch University, Australia
3. Lingnan University
4. Academic Advisor, The Hong Kong Academy of Performing Arts
5. External Examiner, Technological and Higher Education Institute of Hong Kong: THEi, External Reviewer, Postgraduate Diploma and Certificate program in Music Therapy, HKU SPACE.
6. 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
7. External Examiner of the Internal Validation Committee of Master of Performing Arts (MFA) Program, School of Dance, the Hong Kong Academy of Performing Arts

Services and knowledge transfer

Service within HKU

- Associate Director, Knowledge Exchange Office, HKU, 2021-present
- Associate Dean (Postgraduate Education), Faculty of Social Sciences, 2018-present
- Chair, Faculty Higher Degree Committee, Faculty of Social Sciences, 2018-present
- Director, Centre on Behavioral Health, 2011-present
- Director, Master of Expressive Arts Therapy, 2013-present
- Advisory board member, Lap Chee College, 2017-present
- Faculty Human Resources Committee, Faculty of Social Sciences, 2017-2021
- Faculty Research Committee, Faculty of Social Sciences, 2011-2020
- Director, Master of Social Sciences in Behavioral Health, 2008-2019
- Acting Director, Centre on Behavioral Health. 2010-2011
- Honorary Research Fellow, Sau Po Centre on Aging, 2009-2019
- Member, Equal Opportunity Unit, HKU, 2009-2019

Community and Professional Services

Academic/ Professional Committee

- 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
- Panel Member, the Hong Kong Jockey Club Music and Dance Fund. 2016, 2018
- 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)

Conference Organizing Committee

- Member of organizing committee, World Physiotherapy AWP Regional Congress, to be held on 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 (postponed).
- Vice-President, Conference Committee, the 6th International Expressive Therapy Conference, Suzhou, China. (4-6 August, 2017).
- 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
- Vice-President, International Expressive Psychotherapies Conference, Suzhou, China, 2011, 2013, 2015
- 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 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 Commission, World DanceSport Federation, 2017-present
- Scholarship reviewer, the Hong Kong Jockey Club Music and Dance Fund (2016-present).
- Member of Sports for All Commission, World DanceSport Federation, 2014-2017
- Executive Vice-President, Asian DanceSport Federation, 2007-2020
- Director of Professional Division, Hong Kong DanceSport Association, 2016-present

- Advisory member, project “Dreamlander: Art Education Program 夢同行計劃”, Playtao Education | Social Ventures Hong Kong, 2020-present
- Honorary Advisers, Early Education & Training Centre, The Boy’s & Girls’ 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)
- Services Advisor/ Consultant, Tung Wah Group of Hospital, 2012
- Chairperson, 2016-present, Member (2010-2016), the Advisory Committee on the rehabilitation services of Hong Kong Sheng Kung Hui..
- Member of executive committee, Tung Chung Health and Primary Health Care Services Project, 2012-2014
- Competition Assistant Director, DanceSport Event, the 5th East Asian Games, 2009
- Master of Ceremony for the East Asian Games, DanceSport event, 5 Dec 2009.