

**Prof. Siu-man Ng (吳兆文教授)**

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吳兆文博士為香港大學社會工作及社會行政學系教授，擁有中醫學和精神科社會工作雙重專業背景。他的研究範疇為精神健康與華人文化，特別是有關中醫學和傳統哲學於精神健康工作的應用。目前重點研究是將中醫鬱證操作化為一個現代架構，以廣泛應用於精神健康實務。在嚴重性精神病方面，主要研究在於家人的高度情緒表達對精神分裂症預後的影响。

**Affiliations:**

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, 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.

**Bibliometrics:** Google Scholar: h-index 40; citations 4,929 (retrieved 16.8.2023)  
Scopus: h-index 25; citations 2,488 (retrieved 16.8.2023)

**Selected Recent Publications:**

Ng, S.M., Fung, M.H.Y., Yin, M.X.C., Chan, C.L.W., & Epstein, I. (2023, June 1). Who benefits more from IBMS or Qigong? Clinical data-mining RCT data. *Research on Social Work Practice (Online first)*.  
<https://doi.org/10.1177/10497315231175368>

Leng, L.L., Yin, X.C. Yin, Chan, C.L.W., & Ng, S.M.\* (2023, May 6). Antenatal mobile-delivered mindfulness-based intervention to reduce perinatal depression risk and improve obstetric and neonatal outcomes: A randomized controlled trial. *Affective Disorders (Online first)*. DOI:  
10.1016/j.jad.2023.04.133 (\*Correspondence author)

Ng, S.M., Yin, M.X.C., Chan, J.S.M., Chan, C.H.Y., Fong, T.C.T., Li, A., So, K.F., Yuen, L.P., Chen, J.P., Chung, K.F., & Chan, C.L.W. (2022). Impact of mind-body intervention on proinflammatory cytokines interleukin 6 and 1β: a three-arm randomized controlled trial for persons with sleep disturbance and depression. *Brain, Behavior, and Immunity*, 99:166-176. DOI:  
10.1016/j.bbi.2021.09.022

- Gao, S., & Ng, S.M.\* (2021, March 8). Reducing stigma among college students toward people with schizophrenia, a randomized controlled trial grounded on intergroup contact theory. *Schizophrenia Bulletin Open*. DOI: 10.1093/schizbullopen/sgab008 (\*Correspondence author)
- Ng, S.M., Fung, M.H.Y., & Gao, S.Y. (2020, Nov. 4). High level of expressed emotions in the family of people with schizophrenia: has a covert abrasive behaviours component been overlooked? *Heliyon*. 6(2020):e05441. doi: 10.1016/j.heliyon.2020.e05441
- Ng, S.M., Leng, L.L., Xie, Q.W., Chan, J.S.M., Chan, C.L.W., So, K.F., Li, A., Po, K.K.T., Yuen, L.P., Ku, K.S., Choi, A.W.M., Chouliara, Z., Cheung, A.C.Y., Chan, C.L.W., Emery, C. (2020, May 15) Trust as a mediator in the relationship between childhood sexual abuse and IL-6 level in adulthood. *PLOS ONE*, 15(5), e0232932. doi: 10.1371/journal.pone.0232932
- Ng, S.M., Yeung, C.H., & Gao, S. (2019). A concise self-report scale can identify high expressed emotions and predict higher relapse risk in schizophrenia. *Comprehensive Psychiatry*, 89: 1-6. doi: 10.1016/j.comppsy.2018.12.001
- Ng, S. M., Leng, L. L., & Wang, Q. (2019). Active Interest Mentorship for Soon-to-Retire People: A Self-Sustaining Retirement Preparation Program. *Applied Gerontology*, 38(3), 344-364. doi: 10.1177/0733464816687448

### Selected Recent Research Projects:

Project	PI/ Co-leader/ Co- investigator	Funding Body	Period
A Guided Mobile-Based Perinatal Mindfulness Intervention - A Randomized Controlled Trial	PI	GRF: Research Grant Council, HKSAR Government (#17603520)	Jan. 2021 – June 2023
Reducing mental health-related stigma in primary health care professionals: Randomized controlled trial of Enhancing Contact Model in rural China	PI	GRF: Research Grant Council, HKSAR Government (#17600520)	Aug. 2020 – Jan. 2024
Dispel Misunderstandings and Promote Mutual Acceptance between Local and Mainland College Students in Hong Kong – A Randomize Controlled Trial of an Intervention Grounded on Intergroup Contact Theory	PI	PPR: Policy Innovation & Coordination Office, HKSAR Govt. (# SR2020.A8.025)	Mar. 2020 – Sept. 2020
Brief body-mind-spirit practice for sustainable emotional capacity and work engagement for community mental health workers – a multi-site randomized controlled trial	PI	GRF: Research Grant Council, HKSAR Government (# 17610418)	Jan. 2019 – Dec. 2021
A research study on the application of Laughter Yoga daily exercises in Hong Kong on enhancing the mental well-being of people	PI	Caritas Rehabilitation Services	July 2017 – Nov. 2018

<b>Project</b>	<b>PI/ Co-leader/ Co- investigator</b>	<b>Funding Body</b>	<b>Period</b>
suffering from mood disorders			
Blended Approach for social work Learning: reflection-based and user-oriented pedagogical model	Co-Leader	University Grant Council (# CUHK-3)	Sept. 2017 – Aug. 2020
Evaluation of the project “Career Empowerment Platform for People of Differences”	PI	Lee Hysan Foundation/ DiD HK Limited	Oct. 2016 – Feb. 2020