

## **CHAN Wai Sze, Ph.D.**

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### **ACADEMIC QUALIFICATIONS**

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2015	Ph.D. Clinical Psychology (APA- and PCSAS-accredited) Department of Psychological and Brain Sciences Indiana University-Bloomington, IN USA
2008	M.Phil. Psychology. Department of Applied Social Sciences City University of Hong Kong, Hong Kong
2005	B.Soc.Sc. Psychology. Department of Applied Social Sciences City University of Hong Kong, Hong Kong

### **EMPLOYMENT HISTORY**

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2019–present	Assistant Professor. Department of Psychology. University of Hong Kong, Hong Kong (HKU)
2022	Visiting Professor. Center for Digital Health Interventions ETH Zurich, Switzerland
2017–2018	Assistant Professor. Department of Psychiatry Geisel School of Medicine at Dartmouth, Dartmouth College, NH USA
2015–2017	Postdoctoral Fellow. Department of Health Psychology University of Missouri-Columbia, MO USA

### **PROFESSIONAL QUALIFICATIONS**

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2025–present	Associate Fellow (#20203158). Division of Clinical Psychology Hong Kong Psychological Society
2021–present	Clinical Psychologist in Accredited Register (#CP00266) Hong Kong Institute of Clinical Psychologists
2017–2019	Licensed Clinical Psychologist (#1413) State of New Hampshire, USA

### **LEADERSHIP ROLES**

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2024–present	Director. MSocSc Program in Clinical Psychology. HKU
2020–2024	Director. Doctor of Psychology Program in Clinical Psychology. HKU
2020–2022	Director. Psychological Service Unit. HKU

### **SELECTED HONORS AND AWARDS**

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2022	Outstanding Poster Presentation Award, Department of Psychology, HKU (Role: Supervisor. Student Awardee: Tsui, Tsz Ching)
2020	Undergraduate Research Fellowship Program, HKU (Role: Supervisor. Student Awardee: Tsui, Tsz Ching)
2017	Early Career Stage Clinical Investigator Award, Sleep Research Society
2016	Dissertation Award 2016, Society of Behavioral Sleep Medicine
2016	Mizzou Advantage Interdisciplinary Research Award, University of Missouri
2016	Young Investigator Research Forum, American Academy of Sleep Medicine
2010	APA Advanced Training Institute Travel Grant, American Psych. Association
2007	Early Investigator Travel Fellowship, Academy for Eating Disorders

## **RESEARCH AND SCHOLARSHIP**

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### **1. External Competitive Research Grants**

#### **(a) As Principal Investigator**

01/12/2023- 30/11/2026	Title: A randomized controlled trial of enhanced cue exposure therapy for negative emotional eating (Ref# 17604321) Source: GRF, Research Grants Council, Hong Kong SAR Government Funding amount: HK\$924,344
01/10/2022- 31/03/2025	Title: Insufficient sleep and emotional eating: An experimental study of the effects of partial sleep deprivation on negative emotional eating in laboratory and naturalistic environments (Ref# 17605122) Source: GRF, Research Grants Council, Hong Kong SAR Government Funding amount: HK\$983,280
01/09/2021- 31/08/2024	Title: Effects of partial sleep deprivation and sleep recovery on habitual control of food-motivated behavior (Ref# 17615123) Source: GRF, Research Grants Council, Hong Kong SAR Government Funding amount: HK\$ 923,175
01/08/2022- 31/07/2023	Title: A feasibility randomized controlled trial of a scalable, fully-automated digital cognitive behavioral intervention for perinatal insomnia and depression (Ref# 09202266) Source: HMRF, Food and Health Bureau, Hong Kong SAR Government Funding amount: HK\$99,006
12/20/2017- 12/20/2018	Title: Improving sleep in cancer patients: A feasibility trial of delivering cognitive behavioral therapy for insomnia during cancer treatments Source: American Cancer Society Institutional Research Grant Funding amount: US\$30,000

#### **(b) As Co-Investigator**

6/2024-5/2026	Title: Women taking illicit drugs during pregnancy: A fNIRS study on the neuro-psycho-social functioning of parental substance use and their impacts on parenting Source: Beat Drugs Fund Regular Funding Scheme Funding amount: HK\$1,169,550
3/2023-2/2026	Title: Jockey Club Carer Space Project Source: The Hong Kong Jockey Club Charities Trust Funding amount: HK\$27,040,000
01/10/2022- 31/03/2025	Title: The efficacy of motivational interviewing to promote a healthy behavior and lifestyle in periodontitis-susceptible patients: A randomized controlled trial Source: HMRF, Food and Health Bureau, Hong Kong SAR Government Funding amount: HK\$689,820
01/09/2021- 31/08/2025	Title: The impact of cognitive behavioral therapy for insomnia (CBT-I) on glycemic control in older type 2 diabetes (T2D) comorbid with insomnia Source: HMRF, Food and Health Bureau, Hong Kong SAR Government Funding amount: HK\$1,484,694
01/01/2021- 31/12/2024	Title: Quality of life without gaming: A randomized controlled trial comparing the efficacy of two dyadic programs for gaming disorder prevention (Ref# 17601420) Source: GRF, Research Grants Council, Hong Kong SAR Government Funding amount: HK\$866,100

## 2. Peer-reviewed Journal Articles (36 in total; 25 in Q1 journals)

\*Denotes correspondence authorship; student/supervisee co-authors are underlined

1. Cheng, W.Y., & **Chan, W.S.\*** (2025). A Narrative review on sleep and eating behavior. *Current Diabetes Reports*, 25(1), 50. <https://doi.org/10.1007/s11892-025-01611-4>. **IF: 6.4, Q1** in Endocrinology & Metabolism.
2. Rasmussen, C.H., O, C.K., **Chan, W.S.**, Magkos, F., & Kong, A.P. (2025). Sleep habits in the pathogenesis and management of diabetes. *Journal of Diabetes Investigation*, 16(7), 1202–1216. doi:10.1111/jdi.70075. IF: 3.0.
3. **Chan, W.S.\*** & Cheng, W.Y. (2025). Study protocol for a parallel-group, randomized controlled trial of enhanced cue exposure therapy for negative emotional eating. *Contemporary Clinical Trials*, 107955. doi:10.1016/j.cct.2025.107955. IF: 1.9.
4. Ng, A.S., & **Chan, W.S.\*** (2025). Sleep and arousal in adults who recall chronic childhood trauma. *Journal of Clinical Sleep Medicine*, 21(8), 1487–1490. doi:10.5664/jcsm.11684. **IF: 3.5, Q1** in Clinical Neurology.
5. Hayse, B., A Stearns, M., Mazurek, M.O., Curtis, A.F., Nair, N., **Chan, W.S.**, Munoz, M., D McGovney, K., Beversdorf, D.Q., Golzy, M., A Sohl, K., Ner, Z.H., Davis, B.E., Takahashi, N., & McCrae, C.S. (2025). Exploratory analyses of sleep intraindividual variability and fatigue in parents of children on the autism spectrum. *Autism: The International Journal of Research and Practice*, 29(4), 958–974. doi:10.1177/13623613241292691. **IF: 3.5, Q1** in Clinical Neurology.
6. Lou, V.W., Chan, S.K.L., Tang, V.M.Y., Chandola, T., **Chan, W.S.**, Quan, J., ... & Leung, D.K.Y. (2025). Development and validation of a carer need screening tool (CNST-11) for carers of older adults: A need stratified tool for services matching. *Gerontologist*, gnaf151. doi:10.1093/geront/gnaf151. **IF: 3.2, Q1** in Gerontology.
7. Tsui, H.T.C. & **Chan, W.S.\*** (2025). Daily associations between sleep parameters and depressive symptoms in individuals with insomnia: Investigating emotional reactivity and regulation as mediators. *Behavioral Sleep Medicine*, 23(1), 1-16. doi:10.1080/15402002.2024.2399620. IF: 2.2.
8. **Chan, W.S.\***, Po, S.K., & Ng, A.S.Y. (2024). Stigma of binge-eating disorder in Hong Kong Chinese adults: Effects of weight status, diagnostic labeling, and etiological explanations. *International Journal of Eating Disorders*, 57(9):1969-1981. doi:10.1002/eat.24251. **IF: 4.7, Q1** in Clinical Psychology.
9. **Chan, W.S.\***, Cheng, W.Y., Lok, S.H.C., Cheah, A.K.M., Lee, A.K.W., Ng, A.S.Y., & Kowatsch, T. (2024). Assessing the short-term efficacy of digital cognitive behavioral therapy for insomnia with different types of coaching: Randomized controlled comparative trial. *JMIR Mental Health*, 11(1), e51716. doi:10.2196/51716. **IF: 4.8, Q1** in Psychiatry.
10. **Chan, W.S.\*** (2024). Effects of sleep deprivation on food-related Pavlovian-instrumental transfer: A randomized crossover experiment. *Scientific Reports*, 14(1), 10029. doi:10.1038/s41598-024-60223-2. **IF: 3.8, Q1** in Multidisciplinary.
11. Schlieter, H.\*, Gand, K., Marsch, L.A., **Chan, W.S.**, & Kowatsch, T. (2024). Scaling-up health-IT—sustainable digital health implementation and diffusion. *Frontiers in Digital Health*, 6, 1296495. doi:10.3389/fdgth.2024.1296495. **IF: 3.2, Q1** in Health Care Sciences & Services.
12. Tsui, H.T.C. & **Chan, W.S.\*** (2024). Negative emotional reactivity and maladaptive emotional regulation strategies mediate the prospective relationship between depressive symptoms and insomnia symptoms in individuals with insomnia. *Journal of Affective Disorders Reports*, 16, 100766. doi:10.1016/j.jadr.2024.100766
13. Chung, H.K.S., Louie, K., & **Chan, W.S.\*** (2024). Development and evaluation of a Chinese short-form of the Sleep-related Behaviors Questionnaire in Hong Kong Chinese

- adults using item response theory. *Journal of Health Psychology*, 29(4), 255-265. doi:10.1177/13591053231195518. IF: 2.5.
14. **Chan, W.S.\* & Lai, T.T.** (2023). Pavlovian-instrumental transfer effects in individuals with binge eating. *Journal of Eating Disorders*, 11(1), 113. doi:10.1186/s40337-023-00824-w. **IF: 3.5, Q1** in Clinical Psychology.
  15. **Chan, W.S.\***, McCrae, C.S., & **Ng, A.S.Y.** (2023). Is cognitive behavioral therapy for insomnia effective for improving sleep duration in individuals with insomnia? A meta-analysis of randomized controlled trials. *Annals of Behavioral Medicine*, 57(6), 428-441. doi:10.1093/abm/kaac061. **IF: 3.6, Q1** in Psychology Multidisciplinary.
  16. **Ng, A.S.Y.** & **Chan, W.S.\*** (2023). Psychometric evaluation of the Hong Kong Chinese version of the Dissociative Experiences Measure, Oxford (HKC-DEMO). *Journal of Trauma & Dissociation*, 24(3), 321-332. doi: 10.1080/15299732.2023.2171173. IF: 2.3.
  17. **Ng, A.S.Y.** & **Chan, W.S.\*** (2023). Sleep quality, sleep-related experiences, and dissociation in adult survivors of childhood trauma. *Behavioral Sleep Medicine*, 21(6), 659-670. doi:10.1080/15402002.2022.2148669. IF: 2.2.
  18. **Chan, W.S.\***, **Lam, S.C.Y.**, **Ng, A.S.Y.**, & **Lobo, S.** (2022). Daily associations of sleep quality and sleep duration with anxiety in young adults: The moderating effect of alexithymia. *Behavioral Sleep Medicine*, 20(6), 787-797. doi:10.1080/15402002.2021.2016406. IF: 2.2.
  19. **Chan, W.S.\***, & **Cheng, C.** (2022). Elevated prevalence of probable insomnia among young men during social unrest in Hong Kong: A population-based study. *Behavioral Sleep Medicine*, 20(2), 204-211. doi: 10.1080/15402002.2021.1902813. IF: 2.2.
  20. Ollier, J.\*, Neff, S., Dworschak, C., Sejdiji, A., Santhanam, P., Keller, R., Xiao, G., Asisof, A., Rüegger, D., Bérubé, C., Tomas, L., Neff, J., Yao, J., Alattas, A., Varela-Mato, V., Pitkethly, A., Vara, M. D., Herrero, R., Baños, R., Parado, C., Agatheswaran, R.S., Villalobos, V., Keller, O.C., **Chan, W.S.,...** & Kowatsch, T. (2021). Elena+ care for COVID-19, a pandemic lifestyle care intervention: Intervention design and study protocol. *Frontiers in Public Health*, 9, 625-640. doi: 10.3389/fpubh.2021.625640. **IF: 3.4, Q1** in Public, Environmental, and Occupational Health.
  21. McCrae, C.S., **Chan, W.S.**, Curtis, A.F., Nair, N., Deroche, C.B., Munoz, M., Takamatsu, S., McLean, D., Davenport, M., Muckerman, J.E., Takahashi, N., McCann, D., McGovney, K., Sahota, P., & Mazurek, M.O. (2021). Telehealth cognitive behavioral therapy for insomnia in children with autism spectrum disorder: A pilot examining feasibility, satisfaction, and preliminary findings. *Autism*, 25(3), 667-680. doi: 10.1177/1362361320949078. **IF: 5.2, Q1** in Developmental Psychology.
  22. Miller, M.B., Curtis, A.F., **Chan, W.S.**, Deroche, C.B., & McCrae, C.S.\* (2021). Daily associations between sleep and opioid use among adults with comorbid symptoms of insomnia and fibromyalgia. *Journal of Clinical Sleep Medicine*, 17(4), 729-737. **IF: 3.5, Q1** in Clinical Neurology.
  23. **Chan, W.S.**, Dautovich, N.D., McNamara, J.P., Stripling, A., Dzierzewski, J.M., McCoy, K., & McCrae, C.S.\* (2021). Sleep discrepancy in a randomized controlled trial of brief behavioral therapy for chronic insomnia in older adults. *Behavioral Sleep Medicine*, 19(2), 221-231. doi: 10.1080/15402002.2020.1726750. IF: 2.2.
  24. McCrae, C.S., **Chan, W.S.**, Curtis, A.F., Deroche, C.B., Munoz, M., Takamatsu, S., Muckerman, J., Takahashi, N., McCann, D., McGovney, K., Sahota, P., & Mazurek, M.O. (2020). Cognitive behavioral treatment of insomnia in school-aged children with autism spectrum disorder: A pilot feasibility study. *Autism Research*, 13(1), 167-176. doi:10.1002/aur.2204. **IF: 5.3, Q1** in Developmental Psychology.

25. **Chan, W.S.\***, Levsen, M.P.<sup>†</sup>, & McCrae, C.S. (2018). A meta-analysis of associations between obesity and insomnia diagnosis and symptoms. *Sleep Medicine Reviews*, 40, 170-182. doi: 10.1016/j.smr.2017.12.004. **IF: 11.2, Q1** in Clinical Neurology.
26. **Chan, W.S.\*** (2018). Daily associations between objective sleep and consumption of highly palatable food in free-living conditions. *Obesity Science & Practice*, 4(4), 379-386. doi: 10.1002/osp4.281. **IF: 1.9.**
27. **Chan, W.S.**, Levsen, M.P.<sup>†</sup>, Puyat, S.<sup>†</sup>, Robinson, M.E., Staud, R., Berry, R.B., & McCrae, C.S.\* (2018). Sleep discrepancy in patients with comorbid fibromyalgia and insomnia: Demographic, behavioral, and clinical correlates. *Journal of Clinical Sleep Medicine*, 14(11), 1911-1919. doi: 10.5664/jcsm.7492. **IF: 3.5, Q1** in Clinical Neurology.
28. McCrae, C.S.\*, Curtis, A.F., Williams, J.M., Dautovich, N.D., McNamara, J.P., Stripling, A., Dzierzewski, J.M., **Chan, W.S.**, Berry, R.B., McCoy, K. J.M., & Marsiske, M. (2018). Efficacy of brief behavioral treatment for insomnia in older adults: Examination of sleep, mood, and cognitive outcomes. *Sleep Medicine*, 51, 153-166. doi:10.1016/j.sleep.2018.05.018. **IF: 3.8, Q1** in Clinical Neurology.
29. Miller, M.B., **Chan, W.S.**, Curtis, A.F., Boissoneault, J., Robinson, M.E., Staud, R., Berry, R.B., & McCrae, C.S.\* (2018). Pain intensity as a moderator of the association between opioid use and insomnia symptoms among adults with chronic pain. *Sleep Medicine*, 52, 98-102. doi: 10.1016/j.sleep.2018.08.015. **IF: 3.8, Q1** in Clinical Neurology.
30. Miller, M.B., **Chan, W.S.**, Boissoneault, J., Robinson, M.E., Staud, R., Berry, R.B., & McCrae, C.S. (2018). Dynamic daily associations between insomnia symptoms and alcohol use in adults with chronic pain. *Journal of Sleep Research*, 27(3), e12604. doi: 10.1111/jsr.12604. **IF: 3.9, Q1** in Neuroscience.
31. **Chan, W.S.**, Williams, J., Dautovich, N.D., McNamara, J.P., Stripling, A., Dzierzewski, J.M., Berry, R.B., McCoy, K., & McCrae, C.S.\* (2017). Night-to-night sleep variability in older adults with chronic insomnia: Mediators and moderators in a randomized controlled trial of brief behavioral therapy (BBT-I). *Journal of Clinical Sleep Medicine*, 13(11), 1243-1254. doi: 10.5664/jcsm.6790. **IF: 3.5, Q1** in Clinical Neurology.
32. **Chan, W.S.\*** (2017). Delay discounting and response disinhibition moderate associations between actigraphically measured sleep parameters and body mass index. *Journal of Sleep Research*, 26(1), 21-29. doi: 10.1111/jsr.12437. **IF: 3.9, Q1** in Neuroscience.
33. **Chan, T.W.S.\***, Bates, J.E., Lansford, J.E., Dodge, K.A., Pettit, G.S., Dick, D.M., & Latendresse, S.J. (2014). Impulsivity and genetic variants in *DRD2* and *ANKK1* moderate longitudinal associations between sleep problems and overweight from ages 5 to 11. *International Journal of Obesity*, 38(3), 404-410. doi: 10.1038/ijo.2013.123. **IF: 4.2, Q1** in Endocrinology & Metabolism.
34. **Chan, T.W.S.\***, Ahn, W.-Y., Bates, J.E., Busemeyer, J.R., Guillaume, S., Redgrave, G.W., Danner, U.N., & Courtet, P. (2014). Differential impairments underlying decision making in anorexia nervosa and bulimia nervosa: A cognitive modeling analysis. *International Journal of Eating Disorders*, 47(2), 157-167. doi: 10.1002/eat.22223. **IF: 4.7, Q1** in Clinical Psychology.
35. Cheng, S.-T., **Chan, T.W.S.**, Li, G.H.K., & Leung, E.M.F. (2014). Childlessness and subjective well-being in Chinese widowed persons. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 69(1), 48-52. doi: 10.1093/geronb/gbt049. **IF: 4.8, Q1** in Gerontology.
36. Cheng, S.-T., Leung, E.M.F., & **Chan, T.W.S.** (2014). Physical and social activities mediate the associations between social network types and ventilatory function in Chinese older adults. *Health Psychology*, 33(6), 524. doi: 10.1037/hea0000026. **IF: 3.1, Q1** in Clinical Psychology.

### 3. Manuscripts In Preparation

1. **Chan, W.S.** Sleep loss and Pavlovian-instrumental transfer effects: Evidence from three experimental sleep deprivation studies.  
This manuscript presents the findings from the two research projects funded by GRF. The dataset consists of a total of 240 individuals undergoing experimental sleep deprivation procedures and completed a range of cognitive, behavioral, and motivational tasks related to food reward processing and food consumption.
2. **Chan, W.S. & Cheng, W.Y.** Interrelationships between symptoms of emotional eating, binge eating, and food addiction in community-dwelling individuals: A network analysis.  
This manuscript presents data from 1945 adults who have different types and severities of disordered eating behavior. They completed measures of eating disorders symptoms, mood disorder symptoms, food addiction symptoms, and impulsivity.
3. **Chan, W.S. & Cheng, W.Y.** The construct validity of the Dutch Eating Behavior Questionnaire (DEBQ).  
This manuscript presents the validation study of the DEBQ. Specifically, we examined whether the DEBQ has predictive validities, i.e., predicting actual food intake in the laboratory and in real-life.
4. **Chan, W.S., Fong, K., & Cheng, W.Y.** Effects of experimental partial sleep deprivation on energy intake and macronutrient consumption  
This manuscript presents the analysis of the sleep deprivation and nutrition intake from 240 individuals who underwent experimental sleep deprivation procedures and completed 24-hour dietary recall interviews.
5. **Cheng, W.Y. & Chan, W.S.\*** Effects of experimental partial sleep deprivation on food craving and effort expenditure for food rewards  
This manuscript presents the analysis of the sleep deprivation and food craving and effort expenditure for food rewards from 240 individuals who underwent experimental sleep deprivation procedures.

### 4. Peer-Reviewed, International Conference Presentations

1. **Chan, W.S. & Cheng, W.Y.** (Submitted). *Interrelationships between symptoms of emotional eating, binge eating, and food addiction in community-dwelling individuals: A network analysis*. Abstract submitted to the International Conference on Eating Disorders, June 3-5, 2026, the Hague, Netherlands.
2. **Chan, W.S., Ren, X., & Koprinska.** (Submitted). *Machine learning prediction models of disordered eating episodes using passive sensing data and ecological momentary assessment*. Abstract submitted to the International Conference on Eating Disorders, June 3-5, 2026, the Hague, Netherlands.
3. **Chen, X.A. & Chan W.S.** (Submitted). *Dynamic associations between sleep and emotional eating: A seven-day daily study of ecological momentary assessments*. Abstract submitted to the International Conference on Eating Disorders, June 3-5, 2026, the Hague, Netherlands.
4. **Cheng, W.Y. & Chan, W.S.** (Submitted). *Construct validity of the Dutch eating behavior questionnaire*. Abstract submitted to the International Conference on Eating Disorders, June 3-5, 2026, the Hague, Netherlands.
5. **Cheng, W.Y. & Chan, W.S.** (Submitted). *Effects of experimental partial sleep deprivation on food cue reactivity*. Abstract submitted to the International Conference on Eating Disorders, June 3-5, 2026, the Hague, Netherlands.
6. **Chan, W.S.** (2024, March 14-16). *Stigma of binge eating disorder in Hong Kong Chinese adults: Effects of weight status, diagnostic labelling, and etiological explanations* [Paper presentation]. International Conference of Eating Disorders (ICED) 2024, New York, NY, USA.
7. **Chan, W.S.** (2023, October 20-25). *Predictors of response to cognitive behavioral therapy for insomnia: The impact of night-to-night variability on response to CBT-I* [Symposium presentation]. World Sleep Congress 2023, Rio de Janeiro, Brazil.

8. **Chan, W.S.** & Cheng, W.Y.<sup>†</sup> (2023, October 14-17). *Effects of partial sleep deprivation and sleep recovery on food consumption* [Poster presentation]. Obesity Society Annual Meeting 2023, Dallas, TX, USA.
9. **Chan, W.S.** & Cheng, W.Y.<sup>†</sup> (2023, October 14-17). *Psychometric evaluation of the Yale Food Addiction Scale 2.0 in a Hong Kong Chinese community sample* [Poster presentation]. Obesity Society Annual Meeting 2023, Dallas, TX, USA.
10. **Chan, W.S.** (2022, March 11-16). *One-night total sleep deprivation did not alter effects of Pavlovian cues on instrumental responses for highly palatable food rewards* [Poster presentation]. World Sleep Congress 2022, Rome, Italy.
11. **Chan, W.S.** (2020, September 22-25). *The impact of one-night total sleep deprivation on the effects of Pavlovian cues on instrumental responses for food rewards* [Paper presentation]. 25th Congress of the European Sleep Research Society (virtual congress).
12. Gilley, R.R., Goldschmidt, M., Greenough, G.P., & **Chan, W.S.** (2018, June 2-6). *Insomnia symptoms as a barrier to patients' return for follow-up in PAP treatment for obstructive sleep apnea* [Abstract presentation]. 32nd Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Baltimore, MD, USA.
13. **Chan, W.S.**, Levens, M.P., & McCrae, C.S. (2018, June 2-6). *A meta-analysis of associations between insomnia and obesity in adults*. [Poster presentation]. 32nd Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Baltimore, MD, USA.
14. **Chan, W.S.**, Levens, M.P., Svyatoslav, P., Robinson, M.E., Staud, R., Berry, R.B., & McCrae, C.S. (2018, June 2-6). *Sleep discrepancy in patients with comorbid fibromyalgia and insomnia: Demographic, behavioral, and clinical correlates* [Poster presentation]. 32nd Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Baltimore, MD, USA.
15. Miller, M.B., **Chan, W.S.**, Boissoneault, J., Robinson, M.E., Staud, R., Berry, R.B., & McCrae, C.S. (2018, June 2-6). *Pain severity as a moderator of the association between prescription opiate use and insomnia symptoms among adults with chronic pain* [Poster presentation]. 32nd Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Baltimore, MD, USA.
16. Miller, M.B., **Chan, W.S.**, Boissoneault, J., Robinson, M.E., Staud, R., Berry, R.B., & McCrae, C.S. (2018, June 2-6). *Prescription pain medication and sleep among adults with chronic pain: A daily process model* [Poster presentation]. 32nd Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Baltimore, MD, USA.
17. McCrae, C.S., **Chan, W.S.**, Deroche, C.B., Munoz, M., McLean, D., Davenport, M., Muckerman, J., Takahashi, N., McCann, D., McGovney, K., Sahota, P., Mazurek, M. (2018, June 2-6). *CBT for insomnia in children with autism spectrum disorder (ASD)* [Poster presentation]. 32<sup>nd</sup> Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Baltimore, MD, USA.
18. Micah, O.M., **Chan, W.S.**, Munoz, M., Muckerman, J.E., Takahashi, N., Takamatsu, S., Sahota, P., & McCrae, C.S. (2018, May 9-12). *Efficacy of a new family-based cognitive-behavioral intervention for insomnia in children with ASD* [Paper presentation]. International Society for Autism Research (INSAR) 2018, Rotterdam, Netherlands.
19. McCrae, C.S., Micah, O.M., **Chan, W.S.**, Munoz, M., Muckerman, J.E., Takahashi, N., Sahota, P., & Kahng, S. (2017, November 2-5). *Preliminary efficacy of a family-based approach to providing cognitive-behavioral therapy for insomnia in children with autism spectrum disorder* [Paper presentation]. 9<sup>th</sup> Biennial Conference on Pediatric Sleep Medicine, Fernandina Beach, FL, USA.
20. **Chan, W.S.** (2017, June 3-7). *Actigraphy-assessed sleep and consumption of highly palatable food in controlled and naturalistic environments* [Poster presentation]. 31<sup>st</sup> Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Boston, MA, USA.
21. **Chan, W.S.**, Williams, J., Dautovich, N.D., McNamara, J.P., Stripling, A., Dzierewski, J.M., Berry, R.B., McCoy, K.J., Marsiske, M., & McCrae, C.S. (2017, June 3-7). *Night-to-night sleep variability in older adults with chronic insomnia: A randomized controlled trial*

- of brief behavioral therapy for insomnia environments* [Poster presentation]. 31<sup>st</sup> Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Boston, MA, USA.
22. **Chan, W.S.**, Williams, J., Dautovich, N.D., McNamara, J.P., Stripling, A., Dzierewski, J. M., Berry, R.B., McCoy, K.J., Marsiske, M., & McCrae, C.S. (2017, March 29-April 1). *Subjective-objective sleep discrepancy in older adults with insomnia: A randomized controlled trial of behavioral therapy environments* [Poster presentation]. 38<sup>th</sup> Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, CA, USA.
  23. Miller, M.B., **Chan, W.S.**, Boissoneault, J., Robinson, M.E., Staud, R., Nerry, R.B., & McCrae, C.S. (2017, March 24-25). *Dynamic daily associations between sleep and alcohol use in adults with chronic pain* [Poster presentation]. Collaborative Perspectives on Addiction (2017) Meeting, Albuquerque, NM, USA.
  24. **Chan, W.S.** (2016, June 11-15). *Delay discounting and response disinhibition moderate associations between actigraphically-measured sleep parameters and body mass index pain* [Poster presentation]. 30<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Denver, CO, USA.
  25. **Chan, W.S.**, Robinson, M.E., Staud, R., Berry, R.B., & McCrae, C.S. (2016, June 11-15). *BMI moderates the effectiveness of cognitive behavioral therapy for individuals with comorbid insomnia and fibromyalgia* [Poster presentation]. 30<sup>th</sup> Annual Meeting of the Associated Professional Sleep Societies (SLEEP), Denver, CO, USA.
  26. **Chan, T.W.S.** & Bates, J.E. (2014, March 27-29). *Moderations of reward sensitivity and stress on body mass* [Poster presentation]. International Conference of Eating Disorders (ICED) 2014, New York, NY, USA.
  27. **Chan, T.W.S.**, Bates, J.E., Lansford, J.E., Dodge, K.A., & Pettit G.S. (2013, May 23-26). *Life-course-persistent trajectory of externalizing symptoms is associated with greater consumption of soda and sweetened drinks among individuals with high temperamental resistance to control* [Poster presentation]. 25<sup>th</sup> Annual Convention of Association for Psychological Science, Washington, DC, USA.
  28. **Chan, T.W.S.**, Ahn, W.-Y., Bates, J.E., Guillaume, S., & Courtet, P. (2012, May 3-5). *Identifying cognitive and motivational mechanisms underlying decision-making deficits in eating disorders: A cognitive modeling approach to the Iowa gambling task* [Paper presentation]. International Conference of Eating Disorders (ICED) 2012, Austin, TX, USA.
  29. **Chan, T.W.S.**, Bates, J.E. Lansford, J.E., Dodge, K.A., & Pettit G.S. (2011) *Impulsivity moderates longitudinal association between sleep deprivation and overweight in children* [Poster presentation]. 15<sup>th</sup> Biennial Scientific Meeting of Society for Research on Child and Adolescent Psychopathology, Chicago, IL, USA.
  30. Stadnik, R., Bates, J.E., Holtzworth-Munroe, A., **Chan, T.W.S.**, Lansford, J.E., Dodge, K.A., & Pettit, G.S. (2011, March 31-April 1). *Behavioral adjustment and peer relations as predictors of rejection sensitivity* [Poster presentation]. Society for Research in Child Development Biennial Meeting Montreal, QC, Canada.
  31. **Chan, T.W.S.**, Bates, J.E. Lansford, J.E., Dodge, K.A., & Pettit G.S. (2010, August 12-15). *Reward sensitivity moderates longitudinal association between sleep and weight problems* [Poster presentation]. American Psychological Association 118<sup>th</sup> Annual Convention, San Diego, CA, USA.
  32. **Chan, T.W.S.** (2007, May 2-5). *A multifactorial model of eating disorder symptomatology: Identifying and integrating potential risk and protective factors among Hong Kong adolescent girls* [Paper presentation]. International Conference of Eating Disorders (ICED) 2007, Baltimore, MD, USA.
  33. **Chan, T.W.S.** & Wang, J. (2007, May 24-27). *Validating the Chinese version of Emotional Intelligence Scale in a Hong Kong Chinese sample: Factor structure, reliabilities, convergent and discriminant validities* [Paper presentation]. 7<sup>th</sup> Annual Hawaii International Conference on Business, Honolulu, HI, USA.



## 5. Journal Editorship & Professional Society Affiliations

2024-present	<b>Associate Editor.</b> Behavioral Sleep Medicine Publisher: Taylor & Francis
2024-present	<b>Associate Editor.</b> Scientific Reports (Ranking: Q1). Publisher: Nature Portfolio
2022	<b>Guest Editor.</b> Frontiers in Digital Health
2022-present	<b>Member,</b> Academy for Eating Disorders
2018-2020	<b>Science Advisory Committee Member.</b> Society of Behavioral Sleep Medicine

## 6. Journal Ad Hoc Reviews (selected list)

Journal of Medical Internet Research, Appetite, Nutrients, Journal of Eating Disorders, Eating Behaviors, Sleep Medicine Reviews, Sleep Medicine, Journal of Clinical Sleep Medicine, Journal of Sleep Research, Behavioral Sleep Medicine, Sleep Health, Journal of Gerontology: Social Sciences, Psychology and Aging, Journal of Child Psychology and Psychiatry, Child Development Research, European Journal of Psychology, Journal of Health Psychology, Frontiers in Psychiatry

## CLINICAL EXPERIENCE

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### 1. Clinical Supervisory Experience

2023-present	Psychological Service Unit. HKU
2017-2018	Department of Psychiatry. Dartmouth-Hitchcock Medical Center, USA
2015-2017	University of Missouri & Thompson Center for Autism, USA
2014-2015	CBT Research and Training Clinic. Indiana University, USA
2011-2014	Parent Behavioral Training Clinic. Indiana University, USA
2013-2014	Evidence-Based Clinical Supervision Weekly Seminar, Indiana University, USA

### 2. Eating Disorders and Weight Management Treatments

2014-2015	Partial Hospitalization Program. Eating Disorders Rotation. APA-accredited Pre-doctoral Clinical Psychology Internship. Alexian Brothers Behavioral Health Hospital, Chicago
2014	Workshop on Enhanced Cognitive Behavioral Therapy for Eating Disorders. Chicago, USA. Speaker: Christopher Fairburn
2012-2013	Behavioral Weight Management Group. Larue Carter Memorial Hospital, Indianapolis.
2012-2013	Community Weight Management Program for Children. Bloomington Hospital

### 3. Behavioral Sleep Medicine

2015-2017	Behavioral Sleep Medicine. MizZzou Sleep Research Lab.
2014-2015	Sleep Disorders Track – APA-accredited Pre-doctoral Clinical Psychology Internship. Alexian Brothers Behavioral Health Hospital, Chicago
2009-2014	Behavioral Sleep Intervention for Parent Behavioral Training. Indiana University

### 4. Behavioral Health Interventions

2012-2013	Smoking Cessation Relapse Prevention Program, Centerstone, IN, USA
2011-2013	Alternative Alcohol Intervention Program. Indiana University

## 5. Outpatient CBT Interventions

2012–2014	CBT for Depression and Anxiety Disorders. CBT Research and Training Clinic. Indiana University.
2012–2013	CBT for Psychosis. Inpatient Psychiatric Unit. Larue Carter Memorial Hospital, Indianapolis, USA
2009–2014	Parent Behavioral Training Clinic. Indiana University, USA

## 6. Psychological and neuropsychological assessments

2014–2015	Comprehensive Assessments for Children and Adults. Clinical Psychology Internship. Alexian Brothers Behavioral Health Hospital, Chicago
2013–2014	Neuropsychological Assessments for Children. Riley Hospital for Children, Indianapolis

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## TEACHING AND LEARNING

### 1. Classroom Teaching

2020–present	Psychopathology I (Adult). Postgraduate Level.
2020–present	Psychotherapy I (Adult). Postgraduate Level.
2020–present	Community and Health Psychology. Postgraduate Level
2020–present	Clinical Seminar I. Postgraduate Level.

### 2. Postgraduate Research Supervision

2025–present	PhD Student. Chen, Xi (Aurelia). Thesis title: <i>Reproductive hormones and eating disorders during perimenopause</i>
2022–present	PhD Student. Cheng, Wing Yee. Thesis title: <i>Sleep and Negative Emotional Eating</i>
2021–2025	PhD Graduate. Zhang, Qi. Thesis title: <i>Sleep and Depression in Perinatal Depression</i>
2019–2023	PhD Graduate. Ng, Albe Sin Ying. Thesis title: <i>Sleep and arousal in adult survivors of chronic childhood trauma</i> . Placement: Currently work as a Research Assistant Professor at Hong Kong Polytechnic University
2020–2023	MPhil Graduate. Tsui, Helen Tsz Ching. Thesis title: <i>The mediating roles of emotional reactivity and regulation in the relationship between insomnia, depression, and anxiety</i>
2020–2023	PsyD Graduate. Tang, Long Yin Aled. Thesis title: <i>Development and evaluation of an app-based transdiagnostic intervention for depression and anxiety: Scale validation and a randomized controlled trial</i>
2024–present	MSocSc Student. Lau, Fong Ting Edelweiss. Thesis: <i>Baseline mindfulness as a moderator of the efficacy of exposure therapy for emotional eating</i>
2024–present	MSocSc Student. Chan, Enoch. Thesis title: <i>Baseline emotional distress as a moderator of the efficacy of exposure therapy for emotional eating</i>
2024–present	MSocSc Student. Chan, Janice. Thesis title: <i>Self-compassion as a moderator of the efficacy of exposure therapy for emotional eating</i>
2022–2024	MSocSc Graduate. Leung, Wei Lin Vivian. Thesis title: <i>Development and validation of the Eating Expectancy Scale with Chinese population</i>
2022–2024	MSocSc Graduate. Kong, Ryan. Thesis title: <i>Acceptability, responsiveness, and feasibility of cue exposure therapy targeting expectancy violation in emotional eating and eating self-efficacy: A mixed-methods case study</i>
2021–2013	MSocSc Graduate. Hoi, Chun Lok. Thesis title: <i>A comparative randomized controlled trial of digital cognitive behavioral therapy for insomnia with and without human therapist support</i>
2021–2023	MSocSc Graduate. Grace Vivian Liu. Thesis title: <i>A feasibility trial of digital cognitive behavioral therapy for insomnia for ADHD</i> .

2021-2013	MSocSc Graduate. Cheah, Kah Mun Amanda. Thesis title: <i>A randomized controlled comparative trial of digital cognitive behavioral therapy for insomnia with or without virtual coaching</i>
2021-2013	MSocSc Graduate. Cheng, Wing Ho. Thesis title: <i>Meta-analysis of the efficacy of cognitive behavioral therapy for insomnia (CBT-I) on sleep, mood disturbances, fatigue and quality of life in cancer patients</i>
2020-2022	MSocSc Graduate. Chung, Harry Ka Shing. Thesis title: <i>Psychometric properties of the Chinese versions of the Sleep-related Behaviors Questionnaire and the Pre-Sleep Arousal Scale</i>
2019-2021	MSocSc Graduate. Li, Hazel. Thesis title: <i>Depression, motivation, and self-care behaviors in patients with type 2 diabetes</i>
2019-2021	MSocSc Graduate. Wong, Tsing Sum Charlie. Thesis title: <i>Depression and insomnia in patients with type-2 diabetes, the role of emotional regulation, physical activity and diet</i>
2018-2020	MSocSc Graduate. Lam, Chin Yee Stephanie. Thesis title: <i>Daily associations between sleep quality and anxiety in university students: The moderating effect of alexithymia</i>

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#### **PUBLIC DISSEMINATION/COMMUNITY SERVICE**

2022–2025	Clinical Consultation for the Society for the Aid and Rehabilitation of Drug Abusers
2022	Public Talk: Lifestyle determinants of mental and physical wellness
2021–2022	Knowledge Exchange Project: Disseminating and evaluating a digital lifestyle intervention for individuals with or at-risk for type 2 diabetes
2018	Invited Talk: <i>Treating Insomnia in Patients with Medical and Psychiatric Illnesses</i> . Grand Rounds at Medicine. Dartmouth-Hitchcock Medical Center, Lebanon, NH
2018	Invited Talk: <i>Sleep Problems in Primary Care</i> . Grand Rounds at General Internal Medicine. Dartmouth-Hitchcock Medical Center, Lebanon, NH
2018	Invited Talk: <i>Cognitive Behavioral Therapy for Insomnia</i> . Didactic Seminar for Psychiatry Trainees. Dartmouth-Hitchcock Medical Center, Lebanon, NH