

Prof. Rainbow Tin Hung Ho

B.Sc., M.Phil, 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
7. 2010.9-present: Honorary Fellow, Sau Po Centre on Ageing, HKU

Academic Qualification

1. Ph.D., (Social Work and Social Administration), The University of Hong Kong
2. M.Phil. (Basic Medical Sciences/Anatomy), The Chinese University of Hong Kong
3. 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. 2008-2018: Program Director, Master of Social Sciences (Behavioural Health), HKU
5. 2006.10-2009.10 Assistant Professor, Centre on Behavioral Health, HKU
6. 2005.10-2006.10 Research Officer, Centre on Behavioral Health, HKU

Professional Qualification

1. Prof. Dip. (Performing Arts-Dance/Ballet), Hong Kong Academy of Performing Art, HK
2. Registered and Board-certified Dance Movement Therapist, American Dance Therapy Association, US
3. Registered Expressive Arts Therapist, International Expressive Arts Therapy Association, US
4. Registered Arts Therapist, Australian, New Zealand and Asian Creative Arts Therapies Association (ANZACATA), AU&NZ
5. Registered Somatic Movement Therapist, International Somatic Movement Education & Therapy Association, US
6. Certified Group Psychotherapist, American Group Psychotherapy Association, US
7. Certified Movement Analyst, Laban/Bartenieff Institute of Movement Studies, US
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

2021 Knowledge Exchange Award, Faculty of Social Sciences, HKU
2020 Outstanding Research Output Award (Applied Research), 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
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)

2006 “Fun Fearless Female”, Cosmopolitan, Hong Kong

2002 Outstanding Young Investigator Award, The Hong Kong International Cancer Congress.

Awards with RPG students (selected)

2019 Outstanding Paper Presentation Award. Hong Kong Association of Gerontology, the 26th Annual Congress of Gerontology, with PhD Student Lee, J.L.C.

2015 Award of Merit- Poster Presentation, Frontiers in Medical and Health Sciences Education, HK, with PhD student Wong, V.P.Y.

2015 Best Abstract for Poster Presentation, 12th Asia Pacific medical Education Conference, Singapore, with PhD student Wong, V.P.Y.

2012 Meritorious Student Abstract Award, Society of Behavioral Medicine’s 33rd Annual Meeting, USA, with PhD student Chan, J.S.M.

2011 Complementary and integrative medicine student research SIG award, Society of Behavioral Medicine’s 32nd Annual Meeting, USA, with PhD student Chan, J.S.M.

Honors

2021-present Fellow: The Hong Kong Professional Counselling Association, Hong Kong

2009-present: CADENZA Fellow (Leadership training), A Project for Elderly in Hong Kong

Editorship

Journal Editorship

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

I received 8 GRF grants from RGC as PI since I joined the Department of Social Work and Social Administration in 2010. In the past 6 years, I received 4 GRF grants from RGC as PI with a total of 3.1 million, 8.5 million for 2 CRF projects as Co-PI and Collaborator, and 3.1 million as Co-I in 4 GRF projects. I have also secured many research contracts and grants for the Centre on Behavioral Health from different funders and research granting bodies.

External Competitive Research Grant (from RGC) as PI

1. RGC/GRF/HKU/1760121: 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. HK\$883,755. 2022.1-2025.12.
2. RGC/GRF/HKU/17609417: The Psycho-physiological & Social-Spiritual Effects of Expressive Arts-based Intervention on Young and Pre-elderly Stroke Survivors: A Randomized Controlled Study HK\$781,300. 2017.7-2020.12.
3. RGC/GRF/HKU/17611615: 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 HK\$ 615,800. 2016.1-2018.12.
4. RGC/GRF/HKU/17402714: The Psychophysiological Effects of Dance movement-based Intervention on Elderly with Early Dementia: A Randomized Controlled Trial HK\$843,412, 2015.1-2017.12
5. RGC/GRF/HKU744912: 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. HK\$545,818, 2013.1-2014.12
6. RGC/GRF/HKU/745110H: Spirituality in healing: Uncovering the meaning and the role of spirituality in the rehabilitation for schizophrenia. HK\$383,196, 2012.1-2014.12
7. RGC/GRF/PPR/HKU 7006-PPR-11: Mental health promotion: Using the Arts to increase " understanding and support" for people living with mental illness HK\$406,733, 2012-2013
8. RGC/GRF/HKU/745511H) 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 HK\$555,669, 2011-2013.

External Competitive Research Grant (from RGC or HMRF) as Co-PI/Co-I/Collaborator

1. RGC/CRF/HKU/C7151-20G: (Co-PI) Suicide Prevention during COVID-19 HK\$2,992,917. 2021.3-2023.8.
2. RGC/CRF/C8105-20G: Protecting older people from loneliness during the coronavirus (Covid-19) and other novel infectious disease pandemic. HK\$5,487,015. 2021.6-2023.5
3. ARC (Australian Research Council) Discovery Project Grant DP210101247: Physical musicality: Optimising lived experience among older adults. Prof. William Thompson, Macquarie University & Prof. Jane Davidson, University of Melbourne (Chief Investigator). AUD\$592,369. 2021.1-2024.9
4. RGC/GRF/HKU 17611720: 'Mindfulness in stillness' or 'mindfulness in motion'? A randomized controlled trial on the effects and acceptability of individual mindfulness techniques – meditation and yoga – on anxiety and depression in people with Parkinson's disease.. Dr. Jojo Kwok (PI) HK\$979,252. 2020.1-2022.12
5. RGC/GRF/CUHK/14619720: A Cluster Randomized Controlled Trial of School-based Physical Activity Intervention on Mental Health and Risk Behaviours in Adolescents with Special Educational Needs. Dr. Cindy Sit (PI). HK\$791,930. 2021.1-2023.6.
6. HMRF/17182481: The effects of a mindful yoga program on mood symptoms and stress for postpartum women with depressive symptoms: a randomized controlled clinical trial. Health and Medical Research Fund. Dr. Jingxia Lin (PI). HK\$1,247,800. 2020.12-2021.1.
7. RGC/GRF/CUHK/14622018: A Cluster Randomized Controlled Trial of Physical Activity

- Intervention on Motor and Cognitive Functions and Psychosocial Outcomes of Children with Developmental Coordination Disorder. Dr. Cindy Sit (PI). HK\$727,398. 2019.1-2021.6.
8. HMR/14151741: The impact of climate change on elderly suicide deaths in Hong Kong and implications to suicide prevention. Dr. Pasty Chau (PI). HK\$99,729. 2017.1-2018.2.
 9. RGC/GRF/HKU 17616617: Effects of Expressive Arts Therapy intervention for elderly with depression: A comparison study to efficacy of Cognitive Behavioral Therapy. Dr. Cheung A.Y.A.(PI), HK\$704,440. 2018.1-2019.12. (Withdraw by the PI due to departure from HKU)
 10. RGC/GRF/HKU17614545: Comparing the Effectiveness of Integrative Body-Mind-Spirit Group Intervention and Cognitive-Behavioral Group on Quality of Life and Psycho-socio-spiritual Distress for Lung Cancer Patients and their Family Caregivers: A Randomized Controlled Trial. Prof. Amy Chow (PI), HK\$ 905,940, 2016.1-2018.12
 11. RGC/ECS/CityU 21611415: Application of mindfulness training in a family-based intervention for improving early child development and stress management in economically disadvantaged families. Dr. Herman Hay Ming Lo (PI, PolyU). HK\$478,000. 2016.1-2017.12 (***as collaborator, ECS no Co-I*)
 12. HMR/11121361: A randomized, wait-list controlled trial of a Qigong intervention program on Telomerase Activity and Psychological Stress in Abused Chinese Women. Prof. Tiwari AFY (PI). HK\$995,224. 2014.7-2016.2.
 13. RGC/GRF/HKU/748013H. Group therapy for Chinese medicine stagnation syndrome: A randomized controlled trial. Prof. SM Ng (PI). HK\$632,156. 2014.1-2016.12.
 14. RGC/GRF/HKU749708H: A survey of stagnation among Hong Kong Chinese adults in the community. Prof. SM Ng (PI). HK\$446,662. 2019.1-2010.6.

Non-competitive Grants, Research Contracts and Projects

1. Research evaluation for the project “Cancer Survivorship Care Program”. Anti-Cancer Society, HK\$1,250,000. 2021.9.1-2025.8.31.
2. Comparative Psychosocial Impacts of Expressive Art-based Self-Compassion Intervention Programs Conducted Face-to-face and Online: A 2-Arm, Randomized-Controlled Pilot Study. Seed Fund for Basic Research. HK\$88,800. 2021.5-2022.6
3. BMS Wellness Buddy (Ambassador Training) project. Robert H.N. Ho Foundation Limited. HK\$505,284. 2020.5-2021.4.
4. 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
5. 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
6. 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.
7. Counselling Services Scheme II: Developing a Teamwork service model in non-Government organizations. HK\$1,119,000. 2019.4.1.-2022.6.
8. 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.
9. 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.
10. An Integrated Body-Mind-Spirit and Expressive Arts-based Intervention for Divorced Mothers. Bridging Hope Charity Foundation. 2019-2020. HK\$300,000
11. 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.
12. 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.

13. 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
14. Study on Empowering Children witnesses of Domestic Violence through Therapeutic Groups. Harmony House Limited. HK\$380,000. 2019.5-2021.5.
15. 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.
16. 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.
17. 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.
18. Expressive Arts in Life and Death Education: Education and Innovation. The Chinese Permanent Cemeteries. 2019-2020. HK\$425,000.
19. 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.
20. 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.
21. Holistic Healthcare Parents Support Program on Wellness Enhancement and Self-care (HOPES). Knowledge Exchange Impact Project Scheme. HK\$69,962. 2018.6.-2019.6.
22. 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
23. Expressive Arts-based Intervention for Helping Community-Dwelling Depressed Elders. Keswick Foundation, HK\$2,803,938.7. 2017.5-2020.4.
24. 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.
25. 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.
26. 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
27. 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.
28. Project EMBRACE (Empowering CoMmunity and Building Resilience for Adults Caregivers of the Elderly) – HKU Knowledge Exchange Fund, HK\$99,880. 2016.7-2017.6.
29. Expressive art-making intervention on releasing cancer patients' anxiety before and during Magnetic Resonance Imaging Examination (Strategic Research Theme of Cancer - Seed Fund for Collaboration), HK\$80,000. 2015.7.-2016.7.
30. 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
31. Expressive arts intervention for people with intellectual disabilities/mental health problems. (Fu Hong Society). 2015-2016. HK\$200,000
32. Introducing the post of counsellor in Non-Government Organization: a three year feasibility study (Keswick Foundation Limited (KFL)). 2015-2017. HK\$951,912
33. The Bio-Psycho-Social Effects of Compassion-based Mindfulness Practice on Chinese with Cancer: A Randomized-Controlled Pilot Study of Heart Rate Variability (HRV) (Seed Funding Program for Basic Research: 2015.2.26-2016.1.31.
34. Arts for Holistic Development of Children. Tung Wah Groups of Hospital. 2015/10-2017.11. HK\$318,646.75.

External Scholarship and Grant Review

External Grant Review (Academic)

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 Tenure and Promotion Review

1. Department of Psychiatry, National University of Singapore
2. School of Social Work, Ariel University, Israel
3. Graduate School of Arts & Social Sciences, Lesley University, US
4. Department of Creative Arts Therapies, Drexel University, US
5. School of Creative Arts Therapies, University of Haifa, Israel
6. School of Education and Human Development, University of Southern Maine, US

Academic Program Review and Advisor

1. External Examiner of the Graduate Diploma program in Expressive Arts Therapy, Singapore University of Social Sciences, 2020-present
2. Academic Advisory, Murdoch Uni Master of Creative Arts Therapies Proposal, 2018-present
3. External Academic Adviser, Wong Bing Lai Music and Performing Arts Unit, Lingnan University, 2021-present
4. Academic Advisor, The Hong Kong Academy of Performing Arts, 2008-present
5. External Examiner, Technological and Higher Education Institute of Hong Kong: THEi, 2016-present
6. External Reviewer, Postgraduate Diploma and Certificate program in Music Therapy, HKU SPACE.
7. 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 (2011)
8. External Examiner of the Internal Validation Committee of Master of Performing Arts (MFA) Program, School of Dance, the Hong Kong Academy of Performing Arts (2010)

Invited Keynote Speeches and Lectures

I have been invited to deliver 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 international conferences held in Hong Kong.

Invited Keynotes and Speeches: Virtual Webinars since 2020

1. 2021.11.14. Panel speaker, “*Advancing Research on the arts and health*” in the Healing Arts symposium, WHO Arts & Health Program, Metropolitan Museum of Art, New York University.
2. 2021.9.21. Panel member of *Roundtable Discussion* in Advancing Research on the Arts and Health sponsored by New York University’s Creative Arts Therapies Consortium and International Research Alliance in partnership with Arts & Health @ NYU, the WHO Arts & Health Program, and Frontiers.
3. 2021. 8.7. Keynote, “Expressive arts therapy during the pandemic period”. ” the 8th International Conference of Expressive Therapies, Suzhou, China.
4. 2021. 6.23. Invited speaker. *Culture, Health and Wellbeing International Conference*. Arts & Health South West, UK.
5. 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.
6. 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.
7. 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)
 8. 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)
 9. 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

Publications (since I joined HKU)

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

A. Peer Reviewed Journal Articles

- A1.1. **Ho, R.T.H.**, Fong, T.C.T., Wan, A.H.Y[#] (accepted). Effects of self-compassion on diurnal cortisol pattern via positive affect in colorectal cancer survivors. *Mindfulness*.
- A1.2. **Ho, R.T.H.** (in press). Michael Franklin: "Art as Contemplative Practice: Expressive Pathways to the Self". A Review and Reflection by Rainbow Tin Hung Ho. *Creative Arts Education and Therapy*.
- A1.3. Chang, Q., Xing, J., Chang, R., Ip, P., Fong, DYT, Fan, S., **Ho, RTH**, Yip, PSF. (2021, online first). Online sexual exposure, cyberbullying victimization and suicidal ideation among Hong Kong adolescents: moderating effects of gender and sexual orientation. *Psychiatry research communications*. 100003.
- A1.4. Lee, JLC[#] and **Ho, R.T.H.***. (2021, online first). Engaging community-dwelling older adults as co-developers in a public outdoor exercise facilities-based physical activity education intervention: A mixed-method participatory study in Hong Kong. *Health and Social Care in the community*. DOI: <https://doi.org/10.1111/hsc.13616>.
- A1.5. Lee, JLC[#], Guo, Y[#], Lo, TLT[#], **Ho, RTH*** (2021, 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*.
- A1.6. Gonzalez Barajas, AK[#], **Ho, R.T.H** (2021). Unmapped realms: Representation of inner mythologies in the creative work of artists with autism. *Epidemiology and Psychiatric Sciences*, 30, E75. doi:10.1017/S2045796021000615.
- A1.7. Fong, T.C.T., **Ho, R.T.H.** (2021). Longitudinal measurement invariance in urbanization index of Chinese communities across 2000 and 2015: a Bayesian approximate measurement invariance approach. *BMC Public Health*, 21:1653. <https://doi.org/10.1186/s12889-021-11691>.
- A1.8. De Witte, M., Orkibi, H., Zarate, R., Karkou, V., Sajjani, N., Malhotra, B., **Ho, R.T.H.**, Kaimal G., Baker, F.A., Koch, S.C. (2021). From Therapeutic factors to mechanisms of

- change in the creative arts therapies: a scoping review. *Frontier in Psychology*, 12:678397
- A1.9. Xing, Jianli[#], Fong, TCT, **Ho, RTH*** (2021). 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>
- A1.10. 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.
- A1.11. 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. <https://doi.org/10.1186/s12955-021-01692-1>.
- A1.12. 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. <https://doi.org/10.1186/s12906-020-03161-6>
- A1.13. **Ho, .R.T.H.** (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
- A1.14. 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.
- A1.15. 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. DOI: 10.1123/japa.2019-0397.
- A1.16. 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.
- A1.17. **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. DOI: <https://doi.org/10.1016/j.psyneuen.2020.104696>.
- A1.18. 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. DOI: 10.1002/pon.5363.
- A1.19. 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.
- A1.20. Gonzalez Barajas, AK[#], **Ho, R.T.H** (2020). Drawings from a man at a penitentiary centre in Mexico. *Epidemiology and Psychiatric Sciences*, 29, e171, 1–6. <https://doi.org/10.1017/S2045796020000852>
- A1.21. **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. doi: 10.3389/fpsyg.2020.01286.
- A1.22. **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 in Aging Neuroscience*, 2020, 12:35. doi:10.3389/fnagi.2020.00035.
- A1.23. **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.
<https://doi.org/10.1093/geronb/gby145>.
- A1.24. 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.
- A1.25. 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. DOI: 10.1177/1609406919830561.
- A1.26. 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.
- A1.27. 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*.
- A1.28. 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. DOI: 10.1177/1049731518817142.
- A1.29. **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. DOI: 10.1177/1471301218760023.
- A1.30. **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.
- A1.31. 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.
- A1.32. 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.
- A1.33. 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.
- A1.34. 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.
- A1.35. Zhou, T.Y., Kim, N., Machida, S., Sakiyama, Y., Tsai, P.S., Lee, T.C., **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. DOI: 10.15212/CAET/2019/5/6
- A1.36. 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. doi: 10.3389/fpsyg.2018.01646
- A1.37. 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.
- A1.38. 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.
- A1.39. 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.
- A1.40. 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.
- A1.41. **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.
- A1.42. 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,
- A1.43. **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.
- A1.44. 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.
- A1.45. 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.
- A1.46. 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.
- A1.47. 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
- A1.48. **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.
- A1.49. 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.
- A1.50. 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>.
- A1.51. **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]
- A1.52. **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.
- A1.53. **Ho, R.T.H.** (2016). Expressive Arts Therapy for People with Depression. *Hong Kong Journal of Mental Health*, 42(1), 38-44.
- A1.54. **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.
- A1.55. **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.
- A1.56. **Ho, R.T.H.**, Fong, T.C.T.[#], Wan, A.H.Y.[#], Au-Yeung, F.S.W., Chen, W.Y.H., Spiegel, D. (2016). Associations between diurnal cortisol patterns and lifestyle factors, psychotic symptoms, and neurological deficits: A longitudinal study on patients with chronic schizophrenia. *Journal of Psychiatric Research*, 81: 16-22.
- A1.57. Kalmanowitz, D.[#], & **Ho.R.T.H.** (2016). Out of Our Mind. Art Therapy and Mindfulness with Refugees, Political Violence & Trauma. *The Arts in Psychotherapy*, 49: 57-65.
- A1.58. **Ho, R.T.H.**, Fong, T. C.T., Cheung, I.K.M., Yip, P.S.F., Luk, M.Y. (2016). Effects of a short-term Dance Movement Therapy program on symptoms and stress in breast cancer patients undergoing radiotherapy: A randomized controlled trial. *Journal of Pain and Symptom Management*, 51:824-831.
- A1.59. **Ho, R.T.H.**, Chan, C.K.P., Lo, P.H.Y., Wong, P.H., Leung, P.P.Y., Chan, C.L.W., & Chen, E.Y.H. (2016). Understandings of spirituality and its role in illness recovery in persons with schizophrenia and mental-health professionals: a qualitative study. *BMC Psychiatry*, 16:86. [2017 IF: 2.419]
- A1.60. **Ho, R.T.H.**, Fong, T.C.T., Au-yeung F.S.W.Ng, Wan, A.H.Y., Ng, S.M., Chan, C.L.W., Chen, E.Y.H. (2016). A randomized controlled trial on the psychophysiological effects of Tai-chi and exercise interventions on patients with chronic schizophrenia. *Schizophrenia Research*, 171:42-49.
- A1.61. **Ho, R.T.H.**, Sing, C.Y., Fong, T.C.T., Au-Yeung, F.S.W., Law, K.Y., Lee, L.F., & Ng, S.M. (2016). Underlying Spirituality and mental health: The role of burnout. *Journal of Occupational Health*, 58:66-71.
- A1.62. **Ho, R.T.H.** Lo, P.H.Y., & Luk, M.Y. (2016). A Good Time to Dance? A Mixed-Methods Approach of the Effects of Dance Movement Therapy for Breast Cancer Patients During and After Radiotherapy. *Cancer Nursing*. 39 (1): 32-41.
- A1.63. Fong, T.C.T.[#], Chan, C.L.W., **Ho, R.T.H.**, Chan, J.S.M., Chan, C.H.Y., & Ng, S.M. (2016). Dimensionality of the Center for Epidemiologic Studies Depression Scale: An exploratory bi-factor analytic study. *Quality of life research*. 25(3): 731-737.
- A1.64. Fong, T.C.T. [#]**Ho, R.T.H.**, Au Yeung, F.S.W. Sing, J.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 Chinese mental health care workers. *Psychology, Health & Medicine*. 21(4):401-412.
- A1.65. Jia, L. Chen, J.P., **Ho, R.T.H.**, Yu, J., Guo, L. (2016). Music Intervention Can Improve Emotion in Cancer Patients during Disease Progression. *Arch Depress Anxiety*, 2 (1):007-009. DOI:10.17352/2455
- A1.66. **Ho, R.T.H.** (2015). A place and space to survive: a dance/movement therapy program for childhood sexual abuse survivors. *The Arts in Psychotherapy*. 46:9-16.
- A1.67. **Ho, R.T.H.**, Cheung J.K.K., Chan, W.C., Cheung, I.K.M., Lam, L.C.W. (2015). A 3-arm Randomized Controlled Trial on the Effects of Dance Movement Intervention and Exercises on Elderly with Early Dementia. *BMC Geriatrics*, 15:127.
- A1.68. Fong, T.C.T., **Ho, R.T.H.**, Wan, A.H.Y., Siu, P. J.C.Y., & Au-yeung, F.S.W. (2015). Psychometric validation of the consensus five-factor model of the Positive and Negative Syndrome Scale. *Comprehensive Psychiatry*. 62: 204-208.
- A1.69. Fong, T.C.T. [#], & **Ho, R.T.H.** (2015). Dimensionality of the 9-item Utrecht Work Engagement Scale revisited: A Bayesian structural equation modeling approach. *The Journal of Occupational Health*. 57(4): 353-358.

- A1.70. **Ho, R.T.H.**, Potash, J.S., Fang, F., & Rollins, J. (2015). Art Viewing Directives in Hospital Settings Effect on Mood. *Health Environments Research & Design Journal*. 8(3):30-43.
- A1.71. Chan, C.K.P.[#], Lo, P.H.Y., Chen, E.Y.H., & **Ho, R.T.H.**^{*} (2015). Coping with Illness Experiences in Patients with Schizophrenia: The Role of Peacefulness. *Journal of Schizophrenia Research*. 2(1):1007.
- A1.72. Fong, T.C.T.[#], Chan, J.S.M., Chan, C.L.W., **Ho, R.T.H.**, Ziea, E.T.C., Wong, V.C.W., Ng, B.F.L., & Ng, S.M. (2015). Psychometric properties of the Chalder Fatigue Scale revisited: an exploratory structural equation modeling approach. *Quality of Life Research*, 24(9): 2273-2278.
- A1.73. Wang, C.W., Chan C.L.W., & **Ho, R.T.H.** (2015). HIV/AIDS-related deaths in China, 2000–2012, *AIDS Care: Psychological and Socio-medical Aspects of AIDS/HIV*, 27 (7):849-854.
- A1.74. Fong, T.C.T.[#], & **Ho, R.T.H.** (2015). Re-examining the factor structure and psychometric properties of the Mini-Mental Adjustment to Cancer Scale in a sample of 364 Chinese cancer patients. *Supportive Care in Cancer*. 23: 353-358.
- A1.75. **Ho, R.T.H.**, Kwan, T.T.C., Cheung I.K.M., Chan, C.K.P.[#], Lo, P.H.Y., Yip, P.S.F., Luk, M.Y., & Chan, C.L.W. (2015). Association of fatigue with perceived stress in Chinese women with early stage breast cancer awaiting adjuvant radiotherapy. *Stress and Health*, 31 (3):214-221.
- A1.76. Ho, A.H.Y., Potash, J.S., Fong, T.C.T., Ho, V.F.L., Chen, E.Y.H., Lau, R.H., Au Yeung, F. S.W., & **Ho, R.T.H.**^{*} (2015). Psychometric properties of a Chinese version of the Stigma Scale: examining the complex experience of stigma and its relationship with self-esteem and depression among people living with mental illness in Hong Kong. *Comprehensive Psychiatry*. 56:198-205.
- A1.77. 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, vol. 2014, Article ID 106048, 10 pages.
- A1.78. Wang, C.W., **Ho, R.T.H.**, Chan, C.L.W., & Tse, S. (2014). Exploring Personality Characteristics of Chinese Adolescents with Internet-Related Addictive Behaviors: Trait Differences for Gaming Addiction and Social Networking Addiction. *Addictive Behaviors*, 42: 32-35.
- A1.79. **Ho, R.T.H.**, Wan, A.H.Y., Au-Yeung, F.S.W., Lo, P.H.Y., Siu, P.J.C.Y., Wong, C.P.K., Ng, W.Y.H., Cheung, I.K.M., Ng, S.M., Chan, C.L.W., & Chen, E.Y.H. (2014). The psychophysiological effects of Tai-chi and exercise in residential Schizophrenic patients: a 3-arm randomized controlled trial. *BMC Complementary and Alternative Medicine*, 14:364.
- A1.80. Nan, J.K.M., & **Ho, R.T.H.** (2014). Affect Regulation and Treatment for Depression and Anxiety through Art: Theoretical Ground and Clinical Issues. *Annals of Depression and Anxiety*, 1(2): 6.
- A1.81. Tiwari, A., Chan, C.L.W., **Ho, R.T.H.**, Tsao, G.S.W., Deng, W., Hong, A.W.L., Fong, D.Y.T., Fung, H.Y.K.Y., Pang, E.P.S., Cheung, D.S.T., & Ma, J.L.C. (2014). Effect of a qigong intervention program on telomerase activity and psychological stress in abused Chinese women: a randomized, wait-list controlled trial. *BMC Complementary and Alternative Medicine*, 14(1):300.
- A1.82. **Ho, R.T.H.**, Potash, J.S., Lo, P.H.Y., & Wong, V.P.Y. (2014). Holistic interventions to trauma management for teachers following disaster: Expressive arts and Integrated Body-mind-spirit approaches. *Asia Pacific Journal of Social Work and Development*. 24 (4): 275-284.
- A1.83. **Ho, R.T.H.**, Fong, T.C.T.[#], & Cheung, I.K.M. (2014). Cancer –related fatigue in breast cancer patients: factor mixture models with continuous non-normal distribution. *Quality of Life Research*, 23 (10): 2909-2916. [2017 IF: 2.392]
- A1.84. Wang, C.W.[#], Chan, C.L.W., Mak, K.K., Ho, S.Y., Wong, P.W.C., & **Ho, R.T.H.** (2014). Prevalence and Correlates of Video and Internet Gaming Addiction among Hong Kong Adolescents: A Pilot Study. *The Scientific World Journal*, vol. 2014, Article ID 874648, 9

- pages, 2014.
- A1.85. **Ho, R.T.H.**, & Fong, T.C.T.# (2014). Factor structure of the Chinese version of the Pittsburgh Sleep Quality Index in breast cancer patients. *Sleep Medicine*. 15:565-569.
- A1.86. Wang, C.W., Chan, C.H.Y., **Ho, R.T.H.**, Chan, J.S.M.#, Ng, S.M., & Chan, C.L.W. (2014). Managing stress and anxiety through qigong exercise in healthy adults: a systematic review and meta-analysis of randomized controlled trials. *BMC complementary and alternative medicine*. 14 (1): 8.
- A1.87. Fong, T.C.T.#, & **Ho, R.T.H.** (2014). Testing gender invariance of the Hospital Anxiety and Depression Scale using the classical approach and Bayesian approach. *Quality of Life Research*, 23 (5): 1421-1426.
- A1.88. Fong, T.C.T.#, **Ho, R.T.H.**, & Ng, S.M. (2014). Psychometric Properties of the Copenhagen Burnout Inventory - Chinese Version. *The Journal of Psychology: Interdisciplinary and Applied*, 148 (3): 255-266.
- A1.89. Hsiao, F.H., Lai, Y.M., Chen, Y.T., Yang, T.T., Liao, S.C., **Ho, R.T.H.**, Ng, S.M., Chan, C.L.W., & Jow, G.M. (2014). Efficacy of Psychotherapy on Diurnal cortisol patterns and Suicidal Ideation in Adjustment Disorder with Depressed Mood. *General Hospital Psychiatry*, 36 (2): 214-219.
- A1.90. Wang, C.W., Chan, C.L.W., & **Ho, R.T.H.** (2013). Prevalence and trajectory of psychopathology among child and adolescent survivors of disasters: a systematic review of epidemiological studies across 1987-2011. *Social Psychiatry and Psychiatric Epidemiology*, 48:1697-1720.
- A1.91. Fong, T.C.T., & **Ho, R.T.H.** (2013). Factor analyses of the Hospital Anxiety and Depression Scale: a Bayesian structural equation modeling approach. *Quality of Life Research*. 22(10): 2857-2863.
- A1.92. **Ho, R.T.H.**, Fong, T.C.T., Chan, C.K.P., & Chan, C.L.W. (2013). The associations between diurnal cortisol patterns, self-perceived social support, and sleep behavior in Chinese breast cancer patients. *Psychoneuroendocrinology*. 38(10): 2337-2342.
- A1.93. **Ho, R.T.H.**, Wang, C.W., Ng, S.M., Ho, A.H.Y., Ziea, E.T.C., Wong, V.C.W., & Chan, C.L.W. (2013). The effect of Tai Chi exercise on immunity and infections: A systematic review of controlled trials. *Journal of Alternative and Complementary Medicine*. 19(5): 389-396.
- A1.94. Hsiao, F.H., Chang, K.J., Kuo, W.H., Huang, C.S., Liu, Y.F., Lai, Y.M., Jow, G.M., **Ho, R.T.H.**, Ng, S.M., & Chan, C.L.W. (2013). A longitudinal study of cortisol responses, sleep problems, and psychological well-being as the predictors of changes in depressive symptoms among breast cancer survivors. *Psychoneuroendocrinology*, 38(3):356-366.
- A1.95. Potash, J.S.#, **Ho, R.T.H.**, Chick, J.K.Y., & Au Yeung, F.S.W. (2013). Viewing and engaging in an art therapy exhibit by people living with mental illness: Implications for empathy and social change. *Public Health*, 127 (8), 735-744.
- A1.96. Chan, J.S.M.#, **Ho, R.T.H.**, Wang, C.W., Yuen, L.P., Sham, J.S.T., & Chan, C.L.W. (2013). Effect of qigong exercise on fatigue, anxiety and depressive symptoms of patients with chronic fatigue syndrome-like illness: a randomized controlled trial. *Evidence-based Complementary and Alternative Medicine*. 2013: Article ID 485341, 8 pages.
- A1.97. Wang, C.W., Chan, C.L.W., **Ho, R.T.H.**, Tsang, H.W.H., Chan, C.H.Y., & Ng, S.M. (2013). The Effect of Qigong on depressive and anxiety symptoms: a systematic review and meta-analysis of randomized controlled trails, *Evidence-based Complementary and Alternative Medicine*, vol. 2013, Article ID 716094, 13 pages.
- A1.98. **Ho, R.T.H.**, Au Yeung, F.S.W., Lo, P.H.Y. Law, K.Y., Wong, K.O.K., Cheung, I.K.M., & Ng, S.M. (2012). Tai-chi for Residential Patients with Schizophrenia on Movement Coordination, Negative Symptoms and Functioning: A Pilot Randomized Controlled Trial. *Evidence-based Complementary and Alternative Medicine*, vol. 2012, Article ID 923925, 10 pages.
- A1.99. **Ho, R.T.H.**, Lau, B.W.M., Chan, J.S.M.#, Wang, C.W., So, K.F., Yuen, L.P., Sham, J.S.T., & Chan, C.L.W. (2012). A randomized controlled trial of qigong exercise on fatigue, symptoms, functioning, and telomerase activity in persons with chronic fatigue and chronic fatigue syndrome. *Annals of Behavioral Medicine*. 44:160-170.

- A1.100. Chan, C.L.W., Wang, C.W., **Ho, R.T.H.**, Ng, S.M., Chan, J.S.M., Ziea, E.T.C., & Wong, V.C.W. (2012). A systematic review of the effectiveness of qigong exercise in supportive cancer care. *Support Care Cancer*, 20:1121-1133.
- A1.101. Chan, C.L.W., Wang, C.W., **Ho, R.T.H.**, Ho, A.H.Y., Ziea, E.T.C., Wong, V.C.W., & Ng, S.M. (2012). A systematic review of the effectiveness of qigong exercise in cardiac rehabilitation. *The American Journal of Chinese Medicine*, 40(2): 255-267.
- A1.102. Chan, C.L.W., Wang, C.W., **Ho, R.T.H.**, Ng, S.M., Ziea, E.T.C., & Wong, V.C.W. (2012). Qigong exercise for the treatment of fibromyalgia: A systematic review of randomized controlled trials. *Journal of Alternative and Complementary Medicine*. 18(7): 641-646.
- A1.103. Ng, S.M., Wang, C.W., **Ho, R.T.H.**, Ziea, E.T., Wong, V.C.W., & Chan, C.L.W. (2012). Tai Chi exercise for patients with heart diseases: A systematic review of controlled clinical trials. *Alternative Therapies in Health and Medicine*. 18(3): 16-22.
- A1.104. Potash, S.J., Bardot, H., & **Ho, R.T.H.** (2012). Conceptualizing international art therapy education standards. *The Arts in Psychotherapy*, 39: 143-150.
- A1.105. Lai, J.C.L., Chong, A.M.L., Siu, O.T., Evans, P., Chan, C.L.W., & **Ho, R.T.H.** (2012). Social Network Characteristics and Salivary Cortisol in Healthy Older People. *The Scientific World Journal*, (2012): Article ID 929067, 8 pages.
- A1.106. **Ho, R.T.H.**, Fan, F., Lai, A.H.Y., Lo, P.H.Y., Potash, J. S., Kalamowitz, D.L., Nan, J.K.M., Pon, A.K.A., Shi, Z.B., & Chan, C.L.W. (2012). An Expressive Arts-based and Strength-focused Experiential Training Program for Enhancing the Efficacy of Teachers Affected by Earthquake in China. *Creative Education*, 3(1):67-74.
- A1.107. Hsiao, F.H., Jow, G.M., Kuo, W.H., Chang, K.J., Liu, Y.F., **Ho, R.T.H.**, Ng, S.M., Chan, C.L.W., Lai, Y.M., & Chen, Y.T. (2012). The Effects of Psychotherapy on Psychological Well-Being and Diurnal Cortisol patterns in Breast Cancer Survivors. *Psychotherapy and Psychosomatics*, 81:173-182.
- A1.108. Wang, C.W., Ng, S.M., **Ho, R.T.H.**, Ziea, E.T.C., Wong, V.C.W., & Chan, C.L.W. (2012). The effect of qigong exercise on immunity and infections: A systematic review of controlled trials. *The American Journal of Chinese Medicine*, 40(6): 1143-1156.
- A1.109. **Ho, R.T.H.** (2011). Mind-Body Intervention in Rehabilitation. *Physiotherapy News Bulletin*, Hong Kong Physiotherapy Association. 15(1): 2-3.
- A1.110. Potash J.S. #, & **Ho, R.T.H.** (2011). Drawing involves caring: fostering relationship building through art therapy for social change. *Art Therapy*. 28(2):74-81.
- A1.111. Hsiao, F.H., Jow, G.M., Lai, Y.M., Chen, Y.T., Wang, K.C., Ng, S.M., **Ho, R.T.H.**, Chan, C.L.W., & Yang, T.T. (2011). The long-term effects of psychotherapy added to Pharmacotherapy on morning to evening diurnal cortisol patterns in outpatients with major depression. *Psychotherapy & Psychosomatics*, 80: 166-172.
- A1.112. **Ho, R.T.H.**, Potash, J.S., Fu, W., Wong, K.P.L., & Chan, C.L.W. (2010). Changes in Breast Cancer Patients after Psychosocial Intervention as Indicated in Drawings. *Psycho-oncology*, 19:353-360.
- A1.113. Lai, J.C.L., Chong, A.M.L., Siu, O.T., Evans, P., Chan, C.L.W., & **Ho, R.T.H.** (2010). Humor Attenuates the Cortisol Awakening Response in Healthy Older Men. *Biological Psychology*, 84: 375-380.
- A1.114. Hsiao, F.H., Yang, T.T., **Ho, R.T.H.**, Jow, G.M., Ng, S.M., Chan, C.L.W., et al. (2010). The self-perceived symptom distress and health-related conditions associated with morning to evening diurnal cortisol patterns in outpatients with major depressive disorder. *Psychoneuroendocrinology*, 35(4): 503-515.
- A1.115. **Ho, R.T.H.** (2009). The dance of the mind-body in psychology and counseling. *Journal of Psychology and Counseling*. 1(2). Editorials.
- A1.116. Yang, T.T., Hsiao, F.H., Wang, K.C., Ng, S.M., **Ho R.T.H.**, Chan, C.L.W., et al. (2009). The Effect of Psychotherapy Added to Pharmacotherapy on Cortisol Responses in Outpatients with Major Depressive Disorders. *The Journal of Nervous and Mental Disease*, 197(6): 401-406.
- A1.117. Woo, I.M. #H., Chan, C.L.W., Chow, A.Y.M., & **Ho, R.T.H.** (2009). Management of Challenges of Conjugal Loss among Chinese Widowers: An Exploratory Study. *Omega: Journal of Death and Dying*, 59(1), 39-61.

- A1.118. Ho, D.Y.F., & **Ho, R.T.H.** (2008). Knowledge is a Dangerous Thing: Authority Relations, Ideological Conservatism, and Creativity in Confucian-Heritage Cultures. *Journal for the Theory of Social Behaviour*, 38(1): 67-86.
- A1.119. Woo, I.M.H., Chan, C.L.W., Chow, A.Y.M., & **Ho, R.T.H.** (2008). Chinese Widowers' Self-Perception of Growth: An Exploratory Study. *Journal of Social work in end-of-life and palliative care*, 3(4): 47-67.
- A1.120. **Ho, R.T.H.**, Ho, D.Y.F., & Ng, S.M. (2007). Responding to Criticisms of Qualitative Research: How Shall Quality be Enhanced? *Asian Journal of Social Psychology*, 10 (4): 277-279.
- A1.121. Ho, D.Y.F., & **Ho, R.T.H.** (2007). Measuring Spirituality and Spiritual Emptiness: Toward Ecumenicity and Transcultural Applicability. *Review of General Psychology*, 11(1): 62-74.
- A1.122. Chan, T.H.Y., **Ho, R.T.H.**, & Chan, C.L.W. (2007). Developing an outcome measurement for meaning-making intervention with Chinese cancer patients. *Psycho-Oncology*, 16(9): 843-850.
- A1.123. Ho, D.Y.F., **Ho, R.T.H.**, & Ng, S.M. (2007). Restoring Quality to Qualitative Research. *Culture & Psychology*, 13(3): 377-383.
- A1.124. Chan, C.L.W., **Ho, R.T.H.**, Fu, W., & Chow, A.Y.M. (2006). Turning Curses into Blessings - An Eastern Approach to Psycho social Oncology. *Journal of Psychosocial Oncology*, 24(4): 15-32.
- A1.125. Ho, D.Y.F., **Ho, R.T.H.**, & Ng, S.M. (2006). Investigative Research as a Knowledge-Generation Method: Discovering and Uncovering. *The Journal for the Theory of Social Behaviour*, 36(1): 17 -38.
- A1.126. Chan, C.L.W., **Ho, R.T.H.**, Lee, P.W.H., Cheng, J.Y.Y., Leung, P.P.Y., Foo, W.W.L., Chow, L.W.H., Sham, J.S.T., & Spiegel, D. (2006). A Randomized Controlled Trial of Psychosocial Interventions Using the Psychophysiological Framework for Chinese Breast Cancer Patients. *Journal of Psychosocial Oncology*, 24(1): 3-26.
- A1.127. Ng, S.M., Chan, C.L.W., Ho, D.Y.F., Wong, Y.Y., & **Ho, R.T.H.** (2006). Stagnation as a distinct clinical syndrome: Comparing "Yu" (stagnation) in traditional Chinese medicine with depression. *British Journal of Social Work*, 36(3): 467-484.
- A1.128. Chan, C.L.W., Ng, S.M., **Ho, R.T.H.**, & Chow, A.Y.M. (2006). East meets west: applying eastern spirituality in clinical practice. *Journal of Clinical Nursing*, 15:822-832.
- A1.129. Chan, C.L.W., Tso, I.F., **Ho, R.T.H.**, Ng, S.M., Chan, C.H.Y., Chan, J.C.N., Lai, J.C.L., & Evans, P.D. (2006). The Effect of a One-hour Eastern Stress Management Session on Salivary Cortisol. *Stress and Health*, 22: 45-49.
- A1.130. **Ho, R.T.H.** (2005). Effect of Dance Movement therapy on Chinese Cancer Patients - A Pilot Study in Hong Kong. *The Arts in Psychotherapy*, 32(5): 337-345.
- A1.131. **Ho, R.T.H.** (2005). Regaining Balance Within: Dance Movement Therapy With Chinese Cancer Patients In Hong Kong. *American Journal of Dance Therapy*, 27(2): 87-99.
- A1.132. Ho, D.Y.F., Wang, O.H.L., Ng, S.M., & **Ho, R.T.H.** (2005). Basic communicating and counseling skills for family physicians. *The Hong Kong Practitioner*, 27: 180-190. (Professional Journal)
- A1.133. Ho, Y.F., Huang, S.S., Ng, S.M., **Ho, R.T.H.**, Wang, H.L., & Zhang, X.D. (2005). Influences of Confucian culture on cognitive development. *Research in Teaching*, 28(5), 381-388.
- A1.134. Lai, J.C.L., Evans, P.D., Ng, S.H., Chong, A., Siu, O., Chan, C.L.W., Ho, S.M., **Ho, R.T.H.**, Chan, P., & Chan, C.C. (2005). Optimism, positive affectivity and salivary cortisol. *British Journal of Health Psychology*, 10(4), 467-484.
- A1.135. **Ho, R.T.H.**, Chan, C.L.W., & Ho, S.M.Y. (2004). Emotional control in Chinese female cancer survivors. *Psycho-Oncology*, 13(11), 808-817.
- A1.136. Ho, S.M.Y., Chan, C.L.W., & **Ho, R.T.H.** (2004). Posttraumatic growth in Chinese cancer survivors. *Psycho-Oncology*, 13(6), 377-389.

B. Book Chapters and Monographs

B1. Book and Book chapters

- B1.1. **Ho, R.T.H.** & Potash, J.S. (*in press*). Exhibitions through arts and arts therapy: From empathic understanding to advocacy. In Betts, D. & Huet, V. (Eds). *Bridging the Creative Arts Therapies and Arts in Health: Toward Inspirational Practice*. Jessica Kingsley
- B1.2. Moo, J. T.N.[#] and **Ho, R.T.H.** (*in press*). Adapting to COVID-19: Telehealth Dance Movement Psychotherapy with Children and Adolescents with Autism. In Aithal, S. & Karkou, V. (Eds). *Arts Therapies for persons with an Autism Spectrum Disorder- Bridging Research and Practice*. Taylor & Francis.
- B1.3. **Ho, R.T.H.** (2020). Back to Basics: The aesthetic, poetic, and contemplative movements' attributes that heal in Dance Movement Therapy. In Wengrower, H. & S. Chaiklin (Eds). *International Perspectives on Dance Movement Therapy: Dance and Creative Process in Theory, Research and Practice*. (pp25-34). New York: Routledge.
- B1.4. **Ho, R.T.H.**, Markosov, S.H. [#], Sanders, N., Nam, C.S., (2019). BCI-based Expressive arts: Moving toward Mind-body alignment. In Nijholt, A. (Ed), *Brain Art, Brain-computer interfaces for artistic expression*. (pp355-373). Switzerland : Springer.
- B1.5. **Ho, R.T.H.** and C.Wong[#]. (2019). Joint Painting for Understanding the Development of Emotional Regulation and Adjustment between Mother and Son in Expressive Arts Therapy. In McKay, L., Barton, G., Garvis S., Sappa, V. (Eds). *Arts-based research, resilience and wellbeing across the lifespan*. (pp127-146). Palgrave Macmillan, Cham.
- B1.6. **Ho, R.T.H.** (2019). Embodiment of space in relation to the self and others in psychotherapy: Boundlessness, Emptiness, Fullness, and Betweenness. In Payne H., Koch, S., Tantia J., & Euchs T. (Eds). *The Routledge International Handbook of Embodied Perspectives in Psychotherapy*. New York: Routledge.
- B1.7. Li, Bingyu[#] & **Ho, R.T.H.** (2019). An Aesthetic of Existence in Chinese Verse: Revisiting Ji Kang's Qin Fu (琴賦) through an Existential Lens. In Hoffman, L., Yang, M., Mansilla, M., Dias, J., Moats, M., and Claypool Trent (Eds). *Existential Psychology East-West*. Volume 2. (pp.211-217). Colorado Springs: University Professors Press.
- B1.8. **Ho, R.T.H.**, Wan, A.H.Y. [#], Hsiao, F.H., & Lee, G.L. (2018). Spirituality and survivorship: The Body-Mind-Spirit Approach to Enhance and Transform Cancer Coping. 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.228-237). New York: The Oxford University Press.
- 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.

Teaching

Curriculum Development and Program Directorship

2013-present Master in Expressive Arts Therapy Program

This master program was launched in 2013 and is the first of its kind in Asia. I have been playing the pivotal role in developing the curriculum and running the program in the department of Social Work and Social Administration with the assistance of the Centre on Behavioral Health within the Faculty of Social Sciences. Since its first admission, the program receives overwhelming responses and attracts local and overseas helping professionals. I have been serving as Program Director and leading a program management committee for the program. Under my leadership and the hard work of the committee members, the program has been endorsed by the Australia and New Zealand Arts Therapy Association in 2015 based on its high quality of training in both academic and professional practices. The program is now an approved training program. Graduates of our program are eligible to apply for professional membership as a Registered Arts Therapist of the association.

2008-2018 MSoc.Sc (Behavioral Health) program

The MSoc.Sc. (Behavioral Health) program is an innovative program firstly launched in 2004. I started to be involved in teaching in this program since 2005 and took over the directorship since 2008. This program is also the first of its kind in the region which emphasizes on several layers of integration including: (i) the integration of Eastern and Western therapeutic approaches and health philosophies; (ii) integration of theories and practices; (iii) integration of the arts (creativity) and sciences (evidence-based) in practices; (iv) integration of individual and community effort in promoting the betterment in health and well-being. Since I took up the Program Director position, the program underwent some structural reform and development in order to include the most up-to-date practices. Under my leadership, the program continues to receive good reputation as evidenced by enthusiastic responses in each year's admission exercise. Students are helping professionals of diversified background from local and overseas countries.

2013-present New Common Core Course: Creative Arts as A Way of Knowing

With a strong background in arts and arts therapy, I created this common core course to promote arts as a way of knowing and learning. This course was approved and launched in 2013. Full enrollment (120 students) has been received with very positive feedback from students. I have been leading a team of about 5 tutors and teaching assistants for experiential learning components of the course. A teaching development grant was awarded in 2013 in order to facilitate course development. Upon completion of the granted project, the very encouraging feedback was received: *"The outcome of the project is very satisfactory which has achieved all objectives successfully. The project shows deep thoughtfulness, pedagogical imagination, and engagement with the students...The course is very well conceived and created – with a focus on multiple disciplines, and in particular, a thoughtful integration of the lectures, tutorials, and hands-on learning."*

Course Teaching

I teach the following courses in the past 5 years:

- CCHU9044 Creative arts as a way of knowing
- SOWK3106 Use of Creative Arts in Social Work Practice
- EXAT 7001 Theories and Practices in Expressive Arts Therapy
- EXAT 7005 Group creative process
- EXAT 7104 Fundamentals of dance and movement therapy
- EXAT 7020 Expressive arts therapy clinical practicum
- EXAT 7022 Expressive arts therapy dissertation

I also do guest teaching in one or two lectures in the following courses:

- CCHU9078 Contemplative Practices: From Personal Awareness to Social Well-being
- SOWK7007 Social Work and Applied Social Science Research Methods
- MSBH7005 Scientific inquiry and research methods in behavioral health
- EXAT7105 Assessment in Clinical Settings

Services and Knowledge Exchange

Service within HKU

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

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)
- External Examiner, Technological and Higher Education Institute of Hong Kong: THEi, 2016-

- present Grant
- External Reviewer, Postgraduate Diploma program in Music Therapy, HKU SPACE.
- 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 (2011)
- External Examiner of the Internal Validation Committee of Master of Performing Arts (MFA) Program, School of Dance, the Hong Kong Academy of Performing Arts (2010)

Conference Organizing Committee

- Member of organizing committee, The World Physiotherapy AWP Regional Congress, Hong Kong, 18-20 June, 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 (27-28, 2020).
- 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).
- Advisory member, project "Dreamlander: Art Education Program 夢同行計劃", Playtao Education | Social Ventures Hong Kong, 2020-present
- Advisor, Cancerinformation.com.hk Charity Foundation. 2018-present

- Honorary Advisers, Early Education & Training Centre, The Boy's & Girl's 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