

Dr. Siu-man Ng (吳兆文)

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Affiliations:

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

Academic & Professional Qualifications:

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

Research Areas:

My key research area is the application of traditional Chinese medicine (TCM) and philosophies in mental health work. Current research projects are operationalization of stagnation (a concept from TCM) as a mental health construct, illness coping strategies in functional disorders (especially symptoms catastrophizing and social hypervigilance), and welling-being and spirituality.

Selected Recent Publications:

- Ng, S. M. (2014). Is brief daily body-mind-spirit practice desirable for staff who provide services for elderly people? Two pilot studies with care and professional workers. *Asia Pacific Journal of Social Work and Development (online first)*. doi: 10.1080/02185385.2013.843471
- Ng, S. M., & Yiu, Y. M. (2013). Acupuncture for chronic fatigue syndrome: a randomised, sham-controlled trial with single-blinded deign. *Alternative Therapies in Health and Medicine*, 19(4), 21-26.
- Ng, S. M. (2013). Validation of the 10-item Chinese perceived stress scale in elderly service workers: one-factor versus two-factor structure. *BMC Psychology*, 1, 9.
- Ng, S. M., & Chow, K. W. (2012). Symptoms Catastrophizing versus Social Hypervigilance in irritable bowel syndrome patients. *Social Work in Health Care* 51(8), 743-756.
- Ng, S. M., Fong, T. C. T., & Wang, X. L. (2012). Confirmatory factor analysis of the Stagnation Scale - A traditional Chinese medicine construct

operationalized for mental health practice. *International Journal of Behavioral Medicine*, 19(2), 228-233

Ng, S. M., Wang, C. W., Ho, R. T. H., Ziea, E. T. C., Wong, V. C. W., & Chan, C. L. W. (2012). Tai Chi exercise for patients with heart disease: A systemic review of controlled clinical trials. *Alternative Therapies in Health and Medicine*, 18(3), 44-50.

Selected Recent Research Projects:

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