

27th June, 2025 (Friday)

Time/Venue	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
9:00 am – 9:30 am	Opening Ceremony (Lecture Theatre) <ul style="list-style-type: none">Guest of Honour and Officiating Guest: Lam Ching-choi, SBS, JP, Chairman of the Advisory Committee on Mental Health and Non-Official Member of the Executive Council of the Government of the Hong Kong SAROfficiating Guest: Kenneth Chen, GBS, Vice President (Administration) of The Chinese University of Hong Kong					
9:30 am – 11:30 am	Plenary Keynote Address (1) (Lecture Theatre) Education and Lifespan Development Moderator: Winnie Mak <ul style="list-style-type: none">Willem Kuyken, Professor of Mindfulness and Psychological Science, University of Oxford “A Life Well Lived” From Preventing Depression to Promoting Human Flourishing: Mindfulness-based Cognitive Therapy Comes of AgeZheng Ruimin, Professor, Center for Women and Children’s Health, National Health Commission of China Effects of mindfulness - based psychosomatic program on fear of childbirth: a multi - center randomized controlled studyHerman Lo, Associate Professor, Department of Applied Social Sciences, The Hong Kong Polytechnic University Applying Mindfulness in Supporting Children and Families Question & Answer					
11:30 am – 11:50 am	Morning Tea					
11:50 am – 12:50 pm	Stream B1: Education and Lifespan Development Moderator: Philo Yang (156) Integrating Peer-Led Mindfulness Education with Mobile Sensing Technology: A Novel Approach for Scaling Mindfulness Practice in Educational Settings Elison Po Wa Lee (25) The Mindful Scientist: How Mindfulness Meditation Could Support Ethical Scientific Practice Kevin Berryman (88) A Brief, Video-based Mindfulness Training on Young Children’s Socio-emotional Development: Randomized Controlled Trial Lai Hong Siu (151) Mindfulness-based Training for Teachers and Young Children for Social Emotional and Ethical Development (SEED): A Randomized Controlled Trial Rebecca Cheung	Stream B2: Education and Lifespan Development Moderator: Wenying Zeng (171) MINDWEL: Using Mindfulness-Based Huddle Intervention to Promote Nurses’ Daily Workplace Wellbeing Wenying Zeng (177) Mindfulness for college students in China: An experimental evaluation of a culturally adapted mindfulness-based program Cody Abbey (186) Examining the Feasibility of a Mindful Parenting Program among Chinese Families with Young Children Shiyu Jiang (194) The Effects of Incorporating Meditation into Classical Literature Classrooms: An Empirical Study on Classroom Anxiety, Behavior, Memory Retention, Narrative immersion and Text Comprehension Rong Deng	Stream A1: Health and Well-being Moderator: Yingqi Gu (7) Mindfulness for Seniors: The Silver Santé Study Martine Batchelor (8) Mechanism of Mindfulness Practice in Reducing Psychological Distress among Social Workers: The Role of Spirituality Qi Wang (13) Effectiveness of mindfulness to reduce spatial anxiety and improve spatial navigation with and without virtual reality support Yingqi Gu (122) Mapping Cross-Cultural Pathways from East Asian Ideologies to Help-Seeking and Effective Coping via Psychological Flexibility: A Network Analysis Yi-Ying Lin (96) The Role of Early Maladaptive Schemas, Self-Compassion, and Mindfulness in Predicting Anxiety and Depressive Symptoms Among Young People: A Structural Equation Modelling Approach Stella Chan	Stream A2: Health and Well-being Moderator: Eric Kam-pui Lee (18) Feasibility and preliminary effectiveness of mindfulness-based stress reduction program on patients with nocturnal hypertension: A pilot randomized controlled trial Eric Kam-pui Lee (24) Effects of Dyadic Parent-Child Self-Compassion Programme on Psychological Well-Being Among Children: A Pretest-Posttest Study Wai Man Sin (68) Exploration of the Inpatient Mindfulness-Based Intervention Yaxue Wu	Stream D1: Environmental and Social Sustainability Moderator: Stephanie Campbell (85) A thematic review of literature on how the sustainable environment affects to mindfulness. Dr. Miu Yee Wong Miu Yee Wong (107) Co-designing place-based interventions using contemplative practices to support mental health and community resilience in climate change contexts: a proof-of-concept study Julieta Galante (127) Inner-Outer Transformations for Sustainability—Current and potential contributions of spiritual and pastoral carers and faith-based leaders to realising transformative ecological justice in Australia Stephanie Campbell (173) Coming Back to Our “True Nature” as a Mindfulness Mechanism of Change for Prosociality and Personal Sustainability. Narrative Literature Review Anton Skolzkov	Symposium on Advancing Mindfulness Interventions: Mechanisms, Cultural Integration, and AI Innovations in Mental Health Moderator: Wei Xu (195) A Randomized Controlled Trial on the Effects of Mindfulness Interventions on Meaning in Life and the Mechanism of Decentering as a Mediator Jing Chen (198) Can Cognitive Behavioral Additions Improve the Efficacy of Self-Help Mindfulness Intervention for Depression and Anxiety?: A Randomized Controlled Trial Wei Xu (199) AI Mindfulness Meditation Instructor: Development and Initial Evaluation Xinyi Li (200) Exploring the Cultivation of Ideal Mentalities in Second-Generation Mindfulness-Based Interventions: A Preliminary Empirical Study on Confucian Oneness in Mindfulness-Based Positive Psychology Xinyi Li (202) The Dual-Process Model of Depressive Interpretation Bias: Immediate and Delayed Mechanisms Through Mindfulness Intervention Yuzheng Wang
12:50 pm – 1:50 pm	Lunch (Level 3)					

27th June, 2025 (Friday)

Time/Venue	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
1:50 pm – 3:20 pm	Plenary Keynote Address (2A) (Lecture Theatre) Peace and Conflict Resolution Moderator: Kevin Fong <ul style="list-style-type: none">Stephen Batchelor, Buddhist writer, translator, teacher and artist Mindfulness-Based Ethical Living: Introduction and Overview <ul style="list-style-type: none">Rhonda Magee, Emeritus Law Professor, School of Law, University of San Francisco Connecting Across Differences: Mindfulness-Based Practices for Teaching, Learning and Flourishing Together <ul style="list-style-type: none">Hin Hung Sik, Honorary Assistant Professor and Senior Fellow, Centre of Buddhist Studies, University of Hong Kong The Uniqueness of Dharma Therapy: Integrating Buddhist Teachings with Top-Down and Bottom-Up Interventions in One-to-One Counseling					
3:20 pm – 3:40 pm	Afternoon tea / Poster session					
3:40 pm – 5:30 pm	Plenary Keynote Address (2B) (Lecture Theatre) Peace and Conflict Resolution Moderator: Stanley Chan <ul style="list-style-type: none">Thomas Kwan Tsun Tong, Emeritus Professor, Holy Spirit Seminary College of Theology and Philosophy Conflict and Reconciliation: A Spiritual Path <ul style="list-style-type: none">Mark Williams, Emeritus Professor of Clinical Psychology, University of Oxford Finding peace in the midst of conflict: what questions, what responses? Question & Answer					
5:30 pm – 6:45 pm	Mindfulness and Neurodiversity Special Interest Group Moderators: Chris Krageloh, Kelly Birtwell					Symposium on Mindfulness-based Programme Training and Development Moderators: Herman Lo, Stanley Chan Speakers: Heyoung Ahn Alison Evans Debbie Hu Ee Lin Ong Kevin Fong Sophie Zhang Tazuko Shibusawa Stanley Chan

28th June 2025 (Saturday)

Time/Venue	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
8:00 am – 8:45 am	Guided Morning Meditation (Lecture Theatre)					
9:00 am – 10:20 am	Plenary Keynote Address (3) (Lecture Theatre) Social Justice and Equality Moderator: Samuel Wong <ul style="list-style-type: none"> Ramaswami Mahalingam, Psychology Professor, Personality and Social Contexts Program, University of Michigan Winnie Mak, Professor, Department of Psychology, Chinese University of Hong Kong Mindfulness, Dignity and the Art of Human Connection Beyond Mindfulness—Promoting Social Justice with Wisdom Question & Answer					
10:20 am – 10:40 am	Morning Tea / Poster session					
10:40 am – 12:40 pm	Stream A5: Health and Well-being Moderator: Julieta Galante (115) An exploration of outcome and cost assessment across contemplative practices for economic evaluations using a representative countrywide survey Julieta Galante (123) Supporting Children to Cope with Psychosocial Challenges: Effectiveness of a School-based Mindfulness-based Intervention among Chinese Migrant Children Xiaolu Dai (124) Altering the Sense of Self in Meditation with one’s avatar in virtual reality enhances self-compassion and perspective-taking Hang Yang (129) Embodied Interoceptive Interaction: A Design Approach for Mindfulness Technologies to Support Self-regulation in Bipolar Disorder Zhen Zhao (132) Digital Interventions for Compassion Fatigue in Helping Professionals: A Research Protocol for a Three-Arm Randomized Controlled Trial Comparing Emotion-Focused Training (EFT-HP), Mindfulness-Based Stress Reduction (MBSR), and a Waitlist Control Group MSc Denis Deriglazov (134) The Effect of Mind-body Interventions on Interoception among Healthy Adults Xindi Li (161) Healing Through Self-Kindness: Bridging Mindfulness and Recovery in Mental Health Yi Ting Daphne Cheng	Stream A4: Health and Well-being Moderator: To be advised (92) The Effects of Mindfulness-Based Intervention Versus Social Contact Control in Alleviating Loneliness Among Older Adults: A Randomized Controlled Trial Elvin Tsz Fung Wong (94) How do autistic adults experience mindfulness practice and stimming? Findings from an online survey study. Kelly Birtwell (69) More Practice, More Benefits? A Longitudinal Study on Mindfulness Frequency and Heart Rate Variability Yan Ping Wei (97) Mindfulness-Based and Mindfulness-Integrated Programs for Parents and Children: A Comprehensive Overview of Systematic Reviews Na Zhang (101) A Multiperspectival Interpretative Phenomenological Comparison of Lived Experiences of Goenka Vipassana and Classical Yoga Practitioners. Heena Kamble (102) Hug Mudra Meditation Animation and Narration: Structural Characteristics and Meaning Exploration Seong-Hun Jo (103) Progress in meditation practice: A Delphi consultation study with Buddhist and secular mindfulness meditation teachers Lillian Ward (110) Effects of Awareness Training Program on Postgraduate Student Well-being Wai Yan Bonnie Wu	Kevin Fong: Interpersonal Mindfulness Workshop	Stream A3: Health and Well-being Moderator: Xinli Chi (45) Effectiveness of an Online Synchronous Four-week Mindfulness of Feeling Tone Intervention Program on Mental Health Outcomes Samson Hoi Chun Lok (55) Enhancing Mindful Movement in Older Adults: An Adaptive Virtual Reality Qigong Training System for Holistic Well-being Ruitong Che (60) The Effect of a Brief Mindfulness Induction on Induced Positive Emotions Yanming He (65) Mitigating Death Anxiety Through Intervention in the Degree of Attachment to the Self: An Experimental Study Investigating the Efficacy of a Buddhist Philosophy Approach Koni Wing-Tung Lau (42) LESS IS MORE? OVERPARENTING AND SELF COMPASSION IN EMERGING ADULTS IN HONG KONG Lai Kin Elsa Wong (95) Development and Application of Mindfulness-Based Parent-Child Co-Healing for Adolescent NSSI Na Li (79) Exercise and Mindfulness Combined Intervention for Depressive Symptoms in University Students Xinli Chi (84) Can Nonattachment Mitigate Perfectionism And Self-criticism? An Experimental Investigation Kang Yau, Rex Tin	Stream B3: Education and Lifespan Development Moderator: Ricardo Tarrasch (56) Integrating Mindfulness to Reduce Foreign Language Anxiety: A Mixed-Methods Pilot Study in Higher Education Hui Yang (12) Maternal Mindful Parenting and Preschoolers' Social Adjustment: Mechanisms and Intervention Effects Sha Xie (59) The Enlightenment of "Wisdom" in Mythological Epics Shi Yan Lin (77) Transforming Parenting: Evaluating the Impact of Mindful Parenting Training for Parents of Adolescents with SENs Jia-qi Melody Xu (38) Mindfulness and the Ethics of Sustainability: A Developmental Ethical Framework David Matta (91) The application of mindfulness training in Chinese secondary school: an interview survey of students and schoolteachers Tingjun Wang (131) Tracking the Impact of Focused Attention and Open Monitoring Meditation on Creativity: A Pilot Study Combining EEG and Heart Rate Monitoring Fengyi Li (143) Mindfulness and compassion: Comparing teacher-only vs. teacher and children practice effects Ricardo Tarrasch	Symposium on Education and Lifespan Development Moderator: Herman Lo Speakers: <ul style="list-style-type: none"> Lam Shui Fong Rebecca Cheung Elsa Lau Herman Lo Candice LYM Powell and Amanda K Cheung

28th June 2025 (Saturday)

Time/Venue	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
	<p>(140) Many Paths to Wellbeing: A Digital Mindfulness Intervention Alanna Jane Sethi</p> <p>(170) Mindfulness-based training for deaf and hard-of-hearing people: a pilot study Dexing Daisy Zhang</p>	<p>(112) Examining Dose-Response Effects of Mindfulness Meditation Interventions on Wellbeing: A Randomized Controlled Trial Nicholas Bowles</p>			<p>(11) Exploring the Impact of Mindfulness-Based Training on Social-Emotional Competence in Chinese Preschoolers Sha Xie</p>	
12:40 pm – 1:40 pm	Lunch (Level 3)					
1:40 pm – 3:40 pm	<p>Plenary Keynote Address (4) (Lecture Theatre) Environmental and Social Sustainability Moderator: Elsa Lau</p> <ul style="list-style-type: none">Christine Wamsler, Sustainability Science Professor, Director of Contemplative Sustainable Futures Program, Lund University <p>Mindfulness and Sustainability</p> <ul style="list-style-type: none">Poman Lo, Vice Chairman and Managing Director, Regal Hotels Group; Adjunct Professor, Department of Management, The Hong Kong University of Science and Technology <p>Embracing Interconnectedness: Harnessing Mindfulness and Compassion to Foster Sustainable Well-Being</p> <ul style="list-style-type: none">Christina Feldman, Co-founder, Gaia House <p>Changing Our Mind, Changing Our World Question & Answer</p>					
3:40 pm – 4:00 pm	Afternoon tea / Poster session					
4:00 pm – 6:00 pm	<p>Ryotaro Kusumoto: Symposium on the Threefold Wisdom Model of Mindful Education: Study, Reflection, and Cultivation</p>	<p>Free Paper Presentation Adjudicators: Chris Krageloh, Ramaswami Mahalingam</p> <p>(6) Mediators of mindfulness-based interventions in children and youth: A systematic review and meta-analysis Lian Liu</p> <p>(147) A Pragmatic Randomized Control Trial of “Ease with Zen”, a Web-based Mindfulness Program Promoting Holistic Wellbeing of the General Population in Hong Kong. Venue P.Y. Wong</p> <p>(14) Redevelopment of the State Mindfulness for Physical Activity with Self-compassion - Mindful and Compassionate Awareness Scale for Physical Activity (MCA-PA) Ming Yu Claudia Wong</p> <p>(17) Development of a Virtual Reality-based Mindfulness Intervention Program for Alleviating Pain and Enhancing Psychological Well-being Among Older Adults with Autoimmune Arthritis: A Transdisciplinary and Co-Creation Approach Chung Ming Timothy Wu</p> <p>(22) Comparing the Effectiveness and Mechanisms of Change of Parent Management Training and Mindful Parenting Programme: A Randomised Controlled Trial Hong Wang Kwan</p>	<p>Alison Evans & Debbie Hu: Mindfulness-based Supervision: Exploring What it is and its Value in Your Mindfulness-based Work (Workshop)</p>	<p>Gregor Žvelc & Maša Žvelc: Mindfulness and Compassion-Oriented Integrative Psychotherapy (Workshop)</p>		

28th June 2025 (Saturday)

Time/Venue	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
4:00 pm – 6:00 pm		<div><div>(54) Dose-Response and Personalization of Mindfulness Practice and Programs for Wellbeing Outcomes – Findings from Randomized Controlled Trials</div><div>Sarah Strohmaier</div></div> <div><div>(72) The Unified Flexibility & Mindfulness (UFM) Model: A Cross-Cultural, Process-Oriented Framework for Illuminating Mechanistic Pathways to Distress and Well-Being</div><div>Yi-Ying Lin</div></div> <div><div>(98) Prevalence and Mental Health Correlates of Different Contemplative Practices in Australia and New Zealand</div><div>Karin Matko</div></div> <div><div>(109) Waste Not, Eat Mindfully: How Ethical Mindfulness Benefits the Environment</div><div>Nhat Tram Phan-Le</div></div> <div><div>(26) Enhancing User Empowerment and Agency through Co-Creation of a Nonattachment-Based Post-Traumatic Stress Reduction Intervention</div><div>Lindsay Tremblay</div></div> <div><div>(27) Mindfulness-Based Physical Therapy Reducing Pain and Improving Psychological Outcomes in Chronic Low Back Pain Patients</div><div>Dalinda Isabel Sanchez Vidana</div></div> <div><div>(61) Seven facets of the mindfulness-environment relationship: Reinforcing, Reminding, Restoring, Rewarding, providing Refuge, Representing, and instilling Responsibility.</div><div>Nicole Porter</div></div>				
6:00 pm – 6:30 pm	Transportation to Cocktail Party + Gala Dinner					
6:30 pm – 9:00 pm	Cocktail Party + Gala Dinner					

29th June 2025 (Sunday)

Time/Venue	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
8:00 am – 8:45 am	Guided morning meditation (Lecture Theatre)					
9:00 am – 11:00 am	Plenary Keynote Address (5) (Lecture Theatre) Health and Well-being Moderator: Daisy Zhang <ul style="list-style-type: none">Chris Krageloh, Psychology Professor, Department of Psychology and Neuroscience, Auckland University of Technology Mindfulness Research: Reflections and Future Directions for Health and WellbeingLiu Xinghua, Associate Dean, School of Psychological and Cognitive Sciences, Peking University Introduction of Mindfulness Intervention for Emotional Distress (MIED)Zindel Segal: Distinguished Professor of Psychology in Mood Disorders, Graduate Department of Psychological Clinical Science, University of Toronto Scarborough Interoception, Body Awareness and Mechanisms of Change in Mindfulness Based Cognitive Therapy Questions & Answer					
11:00 am – 11: 20 am	Morning Tea / Poster session					
11:20 am – 12:50 pm	Stream A7: Health and Well-being Moderator: To be advised (164) Can Mindfulness-Based Inspiratory Training Enhance Functional Outcomes in Chronic Stroke? Study Protocol for A Randomized Controlled Trial Dalinda Isabel Sanchez Vidana (166) The effects of mindfulness-based painting training on reducing social media use and negative emotions Qian Yang (169) Effects of stand-alone mindfulness practices for people with long COVID-19 symptoms: A randomized controlled trial Dexing Daisy Zhang (172) From Attention to Intention: The Cognitive Mechanisms of Mindfulness as an Antidote in a Buddhist Psychological Model Yue Wang (176) Marital Quality and Child Behavior Problems: The Mediating Role of Mindful Parenting in a Longitudinal Study Nigela Ahemaitijiang (178) Early Findings of Enhanced Stress Resilience Training (ESRT) in a Hybrid In-Person and Digital Setting Paul Adam Gonzales (136) AI-Enhanced Mindfulness Intervention for Subclinical Anxiety and Depression: Integration of Machine Learning and Mindfulness Techniques Yaxue Wu (117) Positive Self Talk Journaling Intervention to Improve Psychological Well-being in Juvenile Prisoners Ilyus Yosep	Stream A8: Health and Well-being Moderator: Yancy Shi (179) From Mindful Brian to BeWell Catalyst: Evolution of a Digital Companion for Mindfulness-Based Interventions Stephan Schoenig (180) Exploring the Relationship Between Mindfulness and Psychological Safety and their Associations with Anxiety and Depression in General Surgery Training Brianna Johnston (181) Automating Compassion: Cultivating Kindness and Compassion with Mindfulness Apps Luara Karlson-carp (183)'It Is All So Much Fun!': Exploring The Experiences Of Children And Adolescents with Disabilities In A Mental Health Promotion Program Lai Tong, Regina Lee (187) Promoting well-being through interconnectedness: A longitudinal investigation on the meditating role of self-compassion Xue Peng (189) Effect of 10-week 8-Sense Mindfulness Training Therapy on Sleep Quality and Depression Symptoms Yancy Shi (190) Designing and implementing a community-based parallel parent-child mindfulness intervention for new arrival families in Hong Kong Christine Ng	Martine Batchelor: Knowing How it Feels: Creatively Engaging with Habits (Workshop)	Stream A6: Health and Well-being Moderator: Yuwei Zhou (149) Effects of using a consumer-grade wearable device with biofeedback and brief mindfulness training for stress reduction in family caregivers of people with dementia: a pilot randomized controlled trial Pak Lik Tsang (152) A Study on the Experience of Therapeutic Community Residents Participating a Long-Term Mindfulness-Based program group Guang-Ru Chen (153) Validity of the "Recollection Perspective Function Scale" Including Elements of Self-Compassion Mao Matsumoto (155) Executive function-related brain activity predicts mental health improvement to mindfulness meditation training Yuwen He (159) Exploring the Effects of Mindfulness on Compulsive Social Media Use: The Mediating Influence of Fear of Missing Out (FoMO) Yuwei Zhou (157) Buddhist Calligraphy Meditation in Relationship to Stress under COVID in Hong Kong Janet Tse	Stream C1: Social Justice and Equality Moderator: Julieta Galante (67) From Indifference to Advocacy: Investigating the Effects of Interconnectedness and Critical Reflection on Promoting Collective Action Intention Within LGBT+ and Heterosexual Cisgender Individuals Hoi Lam Shen (104) How are mindfulness meditation teachers implementing social justice literacy in their classes? A cross-sectional mixed-methods survey Julieta Galante (119) Understanding the Interconnected World with Mindfulness: Exploring the Synergistic Effects of Mindfulness and Interconnectedness in Promoting Collective Action Winnie Mak (185) Considerations for Sociocultural Adaptations of a Mindfulness-based Program within a Low Socio-economic Setting in Cape Town, South Africa Sarah Foale (192) Can Buddhist Psychology Enhance Well-being and Social Advocacy? A Synergistic Approach Integrating Self-Complexity and the Understanding of Impermanence, Interconnectedness, and Nonattachment Muk Hon Wat	

12:50 pm – 2:00 pm	Lunch (Level 3)					
2:00 pm – 3:15 pm		Symposium on Mindfulness-Based Interventions in PTSD Treatment Moderator: Samuel Wong Speakers: <ul style="list-style-type: none">Elizabeth GrangerKen Yu	Stanley Chan: Playful Path to Mindfulness: Engaging Young Learners through Mindfulness Activities			Symposium on Foundation Development Moderators: Herman Lo, Elsa Lau Speakers: <ul style="list-style-type: none">Sharon Hadley, OMFJun Pang, Chinese Association for Life CareLone Fjorback, Global Mindfulness CollaborativeAlison Evans, Mindfulness NetworkStephanie Unthank-Latter, BAMBA
3:15 pm – 3:45 pm	Afternoon tea / Poster session					
3:45 pm – 5:00 pm	Conference Closing Ceremony / Awards Presentation					