

27th June 2025 (Fri)

Abstract Number	Board Number	Abstract Title Authors
20	D1-01	Evaluate Effect of Mindfulness Meditation on Reducing Pain in Cancer Patients: A Systematic Review <u>Kwan Ho Cheng</u> , Ching Yau Shannon So, Kai Yu Nicole Su, Sen Hei Wong, Jingxuan Wang
28	D1-02	The effect of Mindfulness-Based Eating Awareness Training (MB-EAT) on university students with emotional eating: A randomized controlled trial <u>Dalinda Isabel Sanchez Vidana</u> , Daniel Kwasi Ahorsu, Lynette McCormack, Roy Rongyue Zeng, Tiev Miller, Nestor Vinas Guasch, Ngai-Man Jackie Chan, Kenneth Ka-Hei Lo, Sheena Ramazanu, Benson Wui-Man Lau, Kwok-Wai Way Lau
37	D1-03	Third-wave cognitive behavioral therapy for burnout in healthcare professionals: A systematic review and meta-analysis Jin-hui Han, Miran Lee, <u>Chiyoung Cha</u> , Gumhee Baek
46	D1-04	Depression as a Moderator of Mindfulness in Couples and Sexual Satisfaction among Adults in Committed Relationships <u>Akua Kwarko-Fosu</u> , Claudia Dias Martins, Agata Kasprzyk, Bassam Khoury
51	D1-05	Relationship Between Adult Attachment and Positive Emotions: the Mediating Role of Dispositional Mindfulness Facets <u>Yanming He</u> , Zara Brodie, Zsafia Takacs, Karen Goodall
66	D1-06	Chatbot-delivered mindfulness-based stress reduction program for enhancing athletes' sports performance and psychological well-being: A study protocol of a pilot randomised controlled trial <u>Mengqi Li</u> , Yan Li, Wenze Lu, Dexing Zhang, Mengting He
74	D1-07	Mechanism of Mindfulness on Learning Burnout: the Chain Mediation of Regulatory Emotion Self-efficacy and Academic Self-efficacy & the Partial Mediation of Perceived University Climate <u>Zhi Mei Cai</u> , Faridah Mydin, Muhammad Syawal Amran
90	D1-08	Mindfulness decreases responsiveness to reward presentation during reinforcement learning <u>Taiki Kishigami</u>

Abstract Number	Board Number	Abstract Title Authors
105	D1-09	Exploring the Impacts of a College Biology Course with Integrated Mindfulness Practice on Social Connectedness and Self-Compassion <i>Zhuoya Zhang</i> , Caroline M. Borowy, Mingliang Ge, Elizabeth Shelto, Diane Gilbert-Diamond
111	D1-10	Internalization or Enactment? A Longitudinal Analysis of Self-Compassion Among LGBTQ Individuals in Hong Kong <i>Eddie Chong</i> , Han Chen, Shuk Kwan Po, Yiyang Zhang
114	D1-11	Integrated Model of Mindful Practice: Focusing on Three Aspects of Mindfulness <i>Jin Young Jang</i>
120	D1-12	The effects of response styles on relationship between negative cognition and suicidal ideation in daily life <i>Atsushi Sakata</i> , Ayaka Yanagida, Hiroaki Kumano
121	D1-13	The mediating role of recovery perception and resilience on self-compassion and perceived functioning among people in recovery in Hong Kong <i>Shi Cheng, Vivian Fung</i> , Raysen Cheung
126	D1-14	The Impact of Enhanced Interoception on Reducing Internet Addiction Tendencies <i>Li-Hao Yeh</i> , Shu-Chi Mou
130	D1-15	Evaluation on the acceptability and efficacy of app-based brief mindfulness training program to enhance psychosocial well-being in working adults: A randomised control trial <i>Eliza Lai-Yi Wong</i> , Annie Wai-Ling Cheung, Amy Yuen-Kwan Wong, Qiu Hong

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Abstract Number	Board Number	Abstract Title Authors
32	D2-01	Mindfulness-Based Interventions for Post-Stroke Depression: A Meta-Analytical Perspective <u>Dalinda Isabel Sanchez Vidana</u> , Rangchun Hou, Peter Bohao Yang, Jack Jiaqi Zhang, Roy Rongyue Zeng, Jackie Ngai-Man Chan, Timothy Kai-Hang Fung, Shirley Pui-Ching Ngai, Kenneth N.K. Fong, Benson Wui-Man Lau
35	D2-02	Promoting Wellbeing: A Mindfulness-Based Self-Care Program for Minority Women in Hong Kong <u>Dalinda Isabel Sanchez Vidana</u> , Claudia Victoria Maetinez Roa, Ana Izquierdo Gil, Derry K. M. Law, Rangchun Hou, Sheena Ramazan, Mohana Das, Misbah Iqbal
36	D2-03	Gender Minority Stress, Mindfulness, Rumination, and Mental Health Outcomes: A Moderated Mediation among Transgender and Gender Diverse Adults <u>Agata Kasprzyk</u> , Akua Kwarko-Fosu, Bassam Khoury
41	D2-04	Mindfulness-based Interventions and Cardiovascular Diseases: An Umbrella Review Protocol on Cardiovascular Health Conditions <u>Yuen Ling Leung</u> , Hon-Lon Tam, Ka Ming Ho
43	D2-05	Mindfulness as a Catalyst for Lifespan Brain Health and Emotional Resilience <u>Robert Jesky</u>
49	D2-06	A Comparative Review of Awareness Training Program (ATP) and Mindfulness-Based Cognitive Therapy for Life (MBCT-L) <u>Karen Ga-Yun Lau</u>
58	D2-07	The Impact of Mindfulness-Based Interventions on Dancers' Mental Health: A Scoping Review <u>YULU Lin</u> , Richard Xu
63	D2-08	Effects of mindfulness- and acceptance-based interventions on reducing loneliness amongst older adults: A systematic review <u>Ka Wing, Vanessa Chau</u> , Long Kwan, Laurie Ho, Po Yan Sin, Huiyuan Li, Hok Man, Ken Ho, Ka Fai, Stephen Mann, Cho Lee Wong

Abstract Number	Board Number	Abstract Title Authors
70	D2-09	The Roles of Psychological Flexibility in Internet Gaming Disorder and Social Media Addiction in Hong Kong Adolescents: The Mediating Effects of Emotional Regulation and Stress Coping <u>Qian Li</u> , Samuel Yeung-shan Wong, Xue Yang
73	D2-10	The Role of Nonattachment in the Mental Well-being of Informal Caregivers <u>Sin Yan Yuen</u> , Winnie Wing-Sze Mak
76	D2-11	Heart rate variability as a biomarker for postpartum emotional distress and self-injury thoughts <u>Weiyi Xie</u> , Siuman Ng, Man Wang, Erin Li, Pingqiao Wang
78	D2-12	Can A Cooking Program Improve Mindfulness, Mindful Eating, And Emotional Self-Efficacy In Children? A Pilot Study Claudia Victoria Martinez Roa, Maria Isabela Brosas, Andreea Apostol, Rangchun Hou, Tiev Miller, <u>Dalinda Isabel Sanchez Vidana</u>
113	D2-13	The Effects of Mindful Practice Program on Stress, Mindfulness, and Gratitude Disposition in Middle-aged Adults: Focusing on the MindON Program <u>Eunjin Kim</u>
133	D2-14	Be kind, Be mind Yu Feng Li, <u>Shi Yan Lin</u> , Chen Yuan Zhang, Shu Huang
137	D2-15	The Relationship Between Self-Compassion and the Salience Network: A swLORETA Study <u>Hoshito Sasa</u> , Mao Nanamori, Taiki Kishigami, Hiroaki Kumano
142	D2-16	Introducing Loving-kindness Meditation to Patients with Chronic Musculoskeletal Pain <u>TC Chong</u>

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Abstract Number	Board Number	Abstract Title Authors
19	D3-01	Mindfulness Based Intervention to Improve Well-being in University Students <u>Luz Fernandez</u>
21	D3-02	The relationship between compassion and well-being in romantic couples: a dyadic approach <u>Ning Jia</u> , Mariët Hagedoorn, Maya Schroevers
29	D3-03	Increased frontal midline theta activity in response to mindfulness is related to emotion regulation: A pilot study <u>Dalinda Isabel Sanchez Vidana</u> , Hiu Yin Lai, Hei Yuen Huang, Ka Siu Lau, Kayan Hung, Rachel Kwok, Nestor Vinas Guasch, Daniel Kwasi Ahorsu, Tiev Miller, Sheena Ramazanu, Yushen Dai, Yan Li, Benson Wui Man Lau, Jack Jiaqi Zhang, Rangchun Hou
31	D3-04	The Effects Of Short-term Mindfulness Training On Emotional Attentional Bias And Emotional States <u>Xincheng Guo</u>
80	D3-05	Exploring professionalism among dental students: The influence of perceived stress and implicit affective experience within the dental environment, and the moderation effect of trait mindfulness <u>Rongdi Zhang</u> , Ke Deng, Jia-Qi, Melody Xu
81	D3-06	The Effect of Mindfulness-Based Interventions on Social Adaptation with Intellectual Disability: A Systematic Review and Meta- Analysis Yuetong Chen, Rangchun Hou, Sheena Ramazanu, Benson Wui-Man Lau, Tiev Miller, <u>Dalinda Isabel Sanchez Vidana</u>
83	D3-07	Managing Stress with Health Qigong, Mindfulness, and Virtual Reality: Testing the Feasibility of a Novel Stress Management Program for Young Adults <u>Erin Yiqing Lu</u> , Cong Wang, Zoey Yutong Li
87	D3-08	Effect of mindfulness-based cognitive therapy on quality of life in people with depressive disorders <u>Lei Liu</u>
89	D3-09	Innovative Approaches to Mindfulness Teaching for Undergraduate Medical Students <u>Pauline Luk</u> , Pui Wah Pamela Lee

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135	D3-10	Future Education, Originally Mindfulness › Timeless Wisdom <u>Shi Yan Lin</u> , Yu Feng Li, Shu Huang, Chen Yuan Zhang
158	D3-11	The Relationship Between Volleyball Player Positions, Playing Experience, and Stress <u>Kunugi Inoue</u>
160	D3-12	Dual Pathways to Enhancing Youth Well-being: Social Capital and Nature Connection Hoi Huen Chan, <u>Qiyu Chen</u>
167	D3-13	Insights Of The Path Of Devotion For Organizational Healing and Sustainability <u>Aditya Agrawal</u> , Payal Kumar, Chirag Dagar
184	D3-14	Examining the Association Between Two Types of State Loneliness and Mood States: An Approach from Quantitative and Qualitative Perspectives <u>Misaki Kishimoto</u> , Ayaka Yanagida, Hiroaki Kumano
193	D3-15	Effect of 10-week 8-Sense Mindfulness Training Therapy on Eating Behavior and 24-hour Movement Behaviors <u>Yancy Shi</u> , Yanda Li, Gejia Cao
203	D3-16	Adolescent Psychological Well-being, Agency, and Resilience during Dual Crises: Insights from a Civic Education Program in Ukraine <u>Kateryna Kliuzko</u> , Maria Pereira Da Costa