

Yuk Ching Sylvia KWOK LAI  
Department of Social and Behavioural Sciences  
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## Biography

Before I joined the University, I have been a school social worker, the in-charge of a children and youth centre and a family centre for a number of years. I joined the City University of Hong Kong as a lecturer in the Division of Social Studies in 1993, was transferred to the Department of Social & Behavioural Sciences (formerly Department of Applied Social Studies) as an Assistant Professor in 2008 and retitled as an Associate Professor (B) in 2012. I was promoted to Associate Professor (A) in 2017. My mission is to improve the mental health of children and adolescents from family ecological and positive psychological perspectives. My research mainly focuses on the family ecological and positive psychological factors that are related to anxiety, depression and suicide of children and adolescents. In the past years, I have published 50 papers related to children and adolescent mental health problems, parenting and positive psychology in international refereed journals with high impact factor, i.e., *Child Abuse and Neglect*, *Prevention Science*, *Research on Social Work Practice*, *Journal of Advanced Nursing*, *Journal of Intellectual Disability Research*, *Journal of Happiness Studies*, *Nursing Research*, *Social Indicators Research*, *Suicide and Life-threatening Behavior*, *Child Indicators Research*, *Journal of Positive Psychology*, *Children and Youth Services Review*, *Journal of Child and Family Studies*. I was also invited as a guest speaker and a keynote speaker in about 60 conferences and symposiums. I have established the Positive Education Laboratory in 2015, aiming to promote positive education for the students, teachers, parents and the community. The laboratory has collaborated with about 200 local schools to launch positive education. For the past years, I have implemented about 20 positive psychology projects to alleviate anxiety, depression, and suicidal ideation, as well as to improve the psychological well-being of children and adolescents. The projects include: "Enhancing hope and gratitude to alleviate depression in primary and secondary school students", "Developing hope and optimism to decrease anxiety in secondary school students", "Application of positive psychology for whole person development of pre-school children", "Integrating positive psychology and elements of music therapy to alleviate anxiety and depression of students", "Implementing positive education to nurture wellbeing and enhance mental health of primary school students", "Application of positive psychology to mental health setting – A holistic approach", "Application of positive education to university students". Funded by Idea Incubator fund and based on Satir Therapy and Bowen Therapy, two board games and two computer games aiming to promote communication among family members and increase mutual understanding were developed in 2013. This project won the Excellence in Knowledge Transfer Award by the College of Liberal Arts and Social Sciences (CLASS) in 2013. In addition, as the course leader, I got the Teaching Innovation Award (Team) for our innovation in teaching the CLASS foundation course awarded by CLASS in 2019. My students' projects also got the Discovery Enriched Curriculum Award in 2015, 2017 and 2019. I was presented the Distinguished Alumni Award by the Department of Social Work and Social Administration at the University of Hong Kong in 2020. In the previous years, I got about HK\$45,000,000 (US\$5,800,000) from internal grants at CityU and from external grants such as MTR Corporation Ltd., General Research Fund, Public Policy Research Fund, Quality Education Fund, UGC teaching and learning related initiatives, Bei Shan Tang Foundation, Yan Tak Charity Fund Limited, contract researches from secondary and primary schools, St. James Settlement, Caritas Social Services, ELCHK, Wofoo Charity Fund, Tung Wah Group of Hospitals, the Boys and Girls Clubs Association of Hong Kong, Mental Health Association, and the HK Rhenish Church Synod Social Services Department. In addition, I have been the reviewers and journal editors of different international refereed journals and the reviewer for General Research Fund and Public Policy Research proposals. Locally, I am the chief editor of the Hong Kong Journal of Social Work. I am also the board member of different social service agencies. Internationally, I am the regional representative lead in the Positive Education Division of the International Positive Psychology Association.

## Employment

**Department of Social and Behavioural Sciences**  
City University of Hong Kong  
1 Jul 2018 → present

**Department of Social and Behavioural Sciences**  
City University of Hong Kong  
1 Jul 2017 → 1 Jul 2018

**Department of Social and Behavioural Sciences**  
City University of Hong Kong

1 Jul 2012 → 1 Jul 2017

## Research outputs

### **Learn globally, adapt and apply locally**

Rashid, T., Andrew, G., Kwok Lai, S. Y. C., Al-Jenibi, N. M. & Mbanjwa, J., 19 Mar 2021, (Presented).

### **Predictors to Happiness in Primary Students: Positive Relationships or Academic Achievement**

Leung, C., Leung, J. T. Y., Kwok, S. Y. C. L., Hui, A., Lo, H., Tam, H. L. & Lai, S., 17 Feb 2021, (Online published) In: Applied Research in Quality of Life. Scopus citations: 4

### **The Impact of Childhood Emotional Abuse on Adolescents' Subjective Happiness: the Mediating Role of Emotional Intelligence**

Kwan, C. K. & Kwok, S. Y., 2 Feb 2021, (Online published) In: Applied Research in Quality of Life.

### **The significance of emotional intelligence to students' learning motivation and academic achievement: A study in Hong Kong with a Confucian heritage**

Tam, H., Kwok, S. Y., Hui, A. N., Chan, D. K., Leung, C., Leung, J., Lo, H. & 1 others, Lai, S., Feb 2021, In: Children and Youth Services Review. 121, 105847. Scopus citations: 1

### **Implementation of whole school wellbeing education in the Chinese population**

Kwok, S., Oct 2020, (Presented).

### **Enhancing university students' well-being and positive learning experiences: Application of Positive Education**

KWOK LAI, Y. C. S., 22 Aug 2020, (Presented).

### **A Cross-Lagged Panel Study Examining the Reciprocal Relationships Between Positive Emotions, Meaning, Strengths use and Study Engagement in Primary School Students**

Kwok, S. Y. C. L. & Fang, S., 9 May 2020, (Online published) In: Journal of Happiness Studies. 21 p. Scopus citations: 3

### **A comparison of positive youth development against depression and suicidal ideation in youth from Hong Kong and the Netherlands**

Leung, C. L. K., Bender, M. & Kwok, S. Y. C. L., Apr 2020, In: International Journal of Adolescent Medicine and Health. 32, 2, 2017-0105. Scopus citations: 4

### **A Longitudinal Study of Power-Assertive Discipline, Inductive Discipline and Preschoolers' Anxiety: Preschoolers' Forgiveness as a Moderator**

Gu, M. & Kwok, S. Y. C. L., Feb 2020, In: Child Indicators Research. 13, 1, p. 85-103

### **The relationship between parent-child triangulation and early adolescent depression in Hong Kong: The mediating roles of self-acceptance, positive relations and personal growth**

Kwok, S. Y. C. L., Gu, M., Synchaisuksawat, P. & Wong, W. W. K., Feb 2020, In: Children and Youth Services Review. 109, 104676.

### **Parental Suicidal Ideation and Child Depressive Symptoms: The Roles of Optimism and Gratitude**

Kwok, S. Y. C. L. & Gu, M., 2020, In: Journal of Social Service Research. 46, 4, p. 586-595 10 p. Scopus citations: 1

### **Integrating Positive Psychology and Elements of Music Therapy to Alleviate Adolescent Anxiety**

Kwok, S. Y. C. L., Sep 2019, In: Research on Social Work Practice. 29, 6, p. 663-676 Scopus citations: 1

### **A longitudinal study on the relationship among childhood emotional abuse, gratitude, and suicidal ideation of Chinese adolescents**

Kwok, S. Y. C. L., Gu, M. & Cheung, A., Aug 2019, In: Child Abuse and Neglect. 94, 104031. Scopus citations: 6

**Childhood Neglect and Adolescent Suicidal Ideation: a Moderated Mediation Model of Hope and Depression**  
Kwok, S. Y. C. L. & Gu, M., Jul 2019, In: Prevention Science. 20, 5, p. 632-642Scopus citations: 10

**The Application Of Whole School Positive Education In Hong Kong Primary School**  
Kwok, S. Y., Jul 2019.

**A modified interpersonal theory of suicide – Integration with PERMA theory**  
CHEUNG, P. S. A. & KWOK LAI, Y. C. S., 27 Jun 2019.

**Application of positive psychology in social work groups**  
Kwok Lai, S. Y., Kwok, R. K. & Tsang, E. M., 27 Jun 2019.

**Application of positive psychology intervention to ex-patients with mental health problems**  
KWOK, S., 27 Jun 2019.

**Effectiveness of Intervention Groups for Students At Risk**  
CHUI, W. & KWOK, S., Jun 2019.

**The Whole School Positive Education Intervention in Hong Kong Primary Schools**  
FANG, S. & KWOK LAI, Y. C. S., Jun 2019.

**Enhancing University Students' Well-being and Positive Learning Experiences – Application of Positive Education**  
KWOK LAI, Y. C. S., 24 May 2019.

**The moderating effects of positive psychological strengths on the relationship between tiger parenting and child anxiety**  
Tam, H., Kwok, S. Y. C. L., Ling, C. C. Y. & Li, C. I., Nov 2018, In: Children and Youth Services Review. 94, p. 207-215  
Scopus citations: 7

**Parenting Discrepancy and Child Development in Chinese Context**  
Yeung, J. W. K., Lo, H. H. M., Low, A. Y. T., Tam, H. L., Kwok Lai, S. Y. C., Zhang, Z. & Kim, T. Y., Oct 2018, In: Journal of Social Service Research. 44, 5, p. 684–701Scopus citations: 1

**Corrigendum: A multidimensional PERMA-H positive education model, general satisfaction of school life, and character strengths use in Hong Kong Senior Primary School Students: Confirmatory factor analysis and path analysis using the APASO-II**  
Lai, M. K., Leung, C., Kwok, S. Y. C., Hui, A. N. N., Lo, H. H. M., Leung, J. T. Y. & Tam, C. H. L., 19 Sep 2018, (Online published) In: Frontiers in Psychology. 9, 1639.Scopus citations: 1

**Effectiveness of a 4-Session Parent Group in Increasing Family Well-Being of the Parents**  
KWOK LAI, S. Y. C., CHUI, W., GU, M., LAM, E. Y. W. & LEE, D. P. K., Aug 2018.

**Autonomy-Granting Parenting and Child Depression: the Moderating Roles of Hope and Life Satisfaction**  
Chai, W. Y., Kwok, S. Y. C. L. & Gu, M., Jul 2018, In: Journal of Child and Family Studies. 27, 8, p. 2596-2607Scopus citations: 6

**Evaluating effectiveness of cognitive-behavior therapy for Hong Kong Adolescents with Anxiety problems**  
Wong, D. F. K., Kwok, S. Y. C. L., Low, Y. T., Man, K. W. & IP, P. S. Y., Jul 2018, In: Research on Social Work Practice. 28, 5, p. 585-594Scopus citations: 8

**A Multidimensional PERMA-H Positive Education Model, General Satisfaction of School Life, and Character Strengths Use in Hong Kong Senior Primary School Students: Confirmatory Factor Analysis and Path Analysis Using the APASO-II**  
Lai, M. K., Leung, C., Kwok, S. Y. C., Hui, A. N. N., Lo, H. H. M., Leung, J. T. Y. & Tam, C. H. L., 29 Jun 2018, In: Frontiers in Psychology. 9, 1090.Scopus citations: 11

**Enhancing University Students' Well-being and Positive Learning Experiences – Application of Positive Education**  
KWOK LAI Yuk-ching, S., May 2018.

**Qualitative case report on the impact of positive education on primary school students**  
KWOK LAI, Y. C. S., 2018

**The application of whole school positive education in Hong Kong primary schools**  
KWOK LAI, Y. C. S., 18 Nov 2017.

**Differential influences of parental home literacy practices and anxiety in English as a foreign language on Chinese children's English development**  
Chow, B. W., Chui, B. H., Lai, M. W. & Kwok, S. Y. C. L., Oct 2017, In: International Journal of Bilingual Education and Bilingualism. 20, 6, p. 625-637Scopus citations: 7

**The relationship between childhood physical abuse and suicidal ideation among Chinese university students: Possible moderators**  
Low, Y. T. A., Kwok, S. Y. C. L., Tam, H. L. C., Yeung, W. K. J. & Lo, H. M. H., Oct 2017, In: Children and Youth Services Review. 81, p. 94-100Scopus citations: 3

**Integrating positive psychology and elements of music therapy to alleviate adolescent anxiety**  
Kwok, S. & Wai, C., Sep 2017, *New Perspectives for Outcome-based Evaluation and Research on Family and Children's Services*. Canali, C., Ma, J. & Vecchiato, T. (eds.). Italy: Fondazione Zancan, p. 129-130

**A longitudinal study on the relationship between parental aggressive discipline and anxiety of Chinese preschoolers: The role of positive psychology constructs**  
KWOK, S. Y., 14 Jul 2017.

**Integrating positive psychology and elements of music therapy to alleviate adolescent anxiety**  
Kwok Lai, S. Y. C., Jul 2017, *Journal of Psychology & Psychotherapy: 17th World Summit on Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences*. Vol. 7(2)(Suppl). p. 57

**An Integrated Resilience and Ecological Model of Child Abuse (REC-Model)**  
Ling, C. & Kwok, S., 1 Jun 2017, In: Journal of Child and Family Studies. 26, 6, p. 1655-1663Scopus citations: 1

**Integrating Positive Psychology and Elements of Music Therapy to Alleviate Adolescent Anxiety**  
Kwok, S., Jun 2017.

**The Moderating Effects of Gratitude on the Association between Perceived Parenting Styles and Suicidal Ideation**  
LO, H. M. H., KWOK LAI, Y. C. S., YEUNG, W. K. J., LOW, Y. T. A. & TAM, H. L. C., Jun 2017, In: Journal of Child and Family Studies. 26, 6, p. 1671-1680Scopus citations: 13

**The Role of Emotional Competence in the Association Between Optimism and Depression Among Chinese Adolescents**  
Kwok, S. Y. C. L. & Gu, M., 1 Mar 2017, In: Child Indicators Research. 10, 1, p. 171-185Scopus citations: 16

**A longitudinal study of the role of children's altruism and forgiveness in the relation between parental aggressive discipline and anxiety of preschoolers in China**  
Kwok, S. Y. C. L., Gu, M. & Cheung, A. P. S., Mar 2017, In: Child Abuse and Neglect. 65, p. 236-247Scopus citations: 8

**The moderating effects of positive psychological strengths on the relationship between parental anxiety and child depression: The significance of father's role in Hong Kong**  
Tam, H., Yuk-ching Kwok Lai, S., Hay-ming Lo, H., Yiu-tsang Low, A., Wai-keung Yeung, J. & Ip-ki Li, C., Feb 2017, In: Children and Youth Services Review. 73, p. 283-290Scopus citations: 5

**Evaluating the Effectiveness of Mental Health First Aid Program for Chinese People in Hong Kong**

Wong, D. F. K., Lau, Y., Kwok, S., Wong, P. & Tori, C., Jan 2017, In: *Research on Social Work Practice*. 27, 1, p. 59-67  
Scopus citations: 17

**The role of positive education in promoting adolescents' mental health**

KWOK, S., 13 Nov 2016.

**Positive Education in Hong Kong: Present and Future**

KWOK, S., 7 Oct 2016.

**A longitudinal study on the relationship between parental aggressive discipline and preschooler anxiety in China**

Kwok Lai, S. Y. C., Jul 2016, *2nd International Conference on Mental Health & Human Resilience*. OMICS International, p. 44 (International Journal of Emergency Mental Health and Human Resilience; vol. 18, no. 2 (Suppl)).

**An Integrated Model of Suicidal Ideation in Transcultural Populations of Chinese Adolescents**

Leung, C. L. K., Kwok, S. Y. C. L. & Ling, C. C. Y., Jul 2016, In: *Community Mental Health Journal*. 52, 5, p. 574-581  
Scopus citations: 6

**Positive Psychology Intervention to Alleviate Child Depression and Increase Life Satisfaction: A Randomized Clinical Trial**

Kwok, S. Y. C. L., Gu, M. & Tong, K. K. K., Jul 2016, In: *Research on Social Work Practice*. 26, 4, p. 350-361  
Scopus citations: 25

**Socialization Effects of Authoritative Parenting and Its discrepancy on Children**

Yeung, J. W. K., Cheung, C., Kwok, S. Y. C. L. & Leung, J. T. Y., Jun 2016, In: *Journal of Child and Family Studies*. 25, 6, p. 1980-1990  
Scopus citations: 6

**The Moderating Roles of Parenting Self-Efficacy and Co-parenting Alliance on Marital Satisfaction Among Chinese Fathers and Mothers**

Kwan, R. W. H., Kwok, S. Y. C. L. & Ling, C. C. Y., Dec 2015, In: *Journal of Child and Family Studies*. 24, 12, p. 3506-3515  
Scopus citations: 20

**A Mediation Model of Father Involvement with Preschool Children in Hong Kong**

Kwok, S. Y. C. L. & Li, B. K. K., Jul 2015, In: *Social Indicators Research*. 122, 3, p. 905-923  
Scopus citations: 14

**Integrating positive psychology and elements of music therapy in treating adolescents with anxiety**

Kwok, S., 26 Jun 2015.

**An integrated resilience and ecological model of child abuse**

Kwok, S. L. Y. C., Jun 2015.

**Family Emotional Support, Positive Psychological Capital and Job Satisfaction Among Chinese White-Collar Workers**

Kwok, S. Y. C. L., Cheng, L. & Wong, D. F. K., Jun 2015, In: *Journal of Happiness Studies*. 16, 3, p. 561-582  
Scopus citations: 37

**The roles of emotional competence and social problem-solving in the relationship between physical abuse and adolescent suicidal ideation in China**

Kwok Lai, S. Y. C., Yeung, J. W. K., Low, A. Y. T., Lo, H. H. M. & Tam, C. H. L., Jun 2015, In: *Child Abuse & Neglect*. 44, p. 117 - 129  
Scopus citations: 27

**The Spillover Effect of Parenting on Marital Satisfaction Among Chinese Mothers**

Kwok, S. Y. C. L., Cheng, L., Chow, B. W. Y. & Ling, C. C. Y., Mar 2015, In: *Journal of Child and Family Studies*. 24, 3, p. 772-783  
Scopus citations: 33

**Marital satisfaction of Chinese mothers of children with autism and intellectual disabilities in Hong Kong**

Kwok, S. Y. C. L., Leung, C. L. K. & Wong, D. F. K., Dec 2014, In: Journal of Intellectual Disability Research. 58, 12, p. 1156-1171Scopus citations: 21

**A gratitude project to alleviate depression in adolescents with cognitive-behavioral therapy**

KWOK LAI, Y. C. S., Nov 2014.

**Development and evaluation of the positive psychology intervention for older adults**

Ho, H. C., YEUNG, D. & Kwok, S., 21 Jun 2014.Scopus citations: 37

**The moderating roles of emotional competence and social problem solving in the relationship between physical abuse and adolescent suicidal ideation in Shanghai**

KWOK LAI, Y. C., 9 Apr 2014.

**Application of positive psychology to alleviate adolescent depression**

KWOK LAI, Y. C. S., Apr 2014.

**The moderating role of emotional competence in suicidal ideation among Chinese university students**

Kwok, S. Y. C. L., Apr 2014, In: Journal of Advanced Nursing. 70, 4, p. 843-854Scopus citations: 10

**Application of positive psychology to promote whole child development in pre-primary education**

KWOK, S., 9 Jan 2014.

**Development and evaluation of the positive psychology intervention for older adults**

Ho, H. C. Y., Yeung, D. Y. & Kwok, S. Y. C. L., 2014, In: Journal of Positive Psychology. 9, 3, p. 187-197

**Child abuse and suicidal ideation among adolescents in China**

Kwok, S. Y. C. L., Chai, W. & He, X., Nov 2013, In: Child Abuse and Neglect. 37, 11, p. 986-996Scopus citations: 19

**Fathering Self-Efficacy, Marital Satisfaction and Father Involvement in Hong Kong**

Kwok, S. Y. C. L., Ling, C. C. Y., Leung, C. L. K. & Li, J. C. M., Nov 2013, In: Journal of Child and Family Studies. 22, 8, p. 1051-1060Scopus citations: 38

**Child abuse and adolescent suicidal ideation in China**

KWOK LAI, Y. C., 10 Jun 2013.

**Applying a suicidal ideation model to Hong Kong and Shanghai adolescents**

LEUNG, L. K. C. & KWOK LAI, Y. C. S., Jun 2013.

**Family therapy and positive psychology**

KWOK LAI, Y. C. S., Jun 2013.

**Institutional peer support mediates the impact of physical declines on depressive symptoms of nursing home residents**

Yeung, D. Y., Kwok, S. Y. C. & Chung, A., Apr 2013, In: Journal of Advanced Nursing. 69, 4, p. 875-885Scopus citations: 13

**Cognitive, Emotive and Cognitive-behavioral Correlates of Suicidal Ideation among Chinese Adolescents in Hong Kong**

Kwok, S. Y. C. L. & Shek, D. T. L., 2013, *Adolescence and Behavior Issues in a Chinese Context*. Shek, D. T., Sun, R. C. & Merrick, J. (eds.). Nova Science Publishers, Inc., p. 187-202 (Pediatrics, Child and Adolescent Health).

**Family processes and suicidal ideation among Chinese adolescents in Hong Kong**

Kwok, S. Y. & Shek, D. T., 2013, *Adolescence and Behavior Issues in a Chinese Context*. Shek, D. T., Sun, R. C. & Merrick, J. (eds.). Nova Science Publishers, Inc., p. 169-186 (Pediatrics, Child and Adolescent Health).

**Correlates of suicidal ideation among Chinese adolescents in Hong Kong**

KWOK LAI, Y. C., 8 Dec 2012.

**Applying positive psychology to primary school students in Hong Kong**

KWOK LAI, Y. C., 9 Nov 2012.

**Integrating positive psychology with cognitive behavioral coaching to enhance hope and gratitude in primary school students**

Kwok, Sylvia & Tong, Katrina, 11 Jul 2012, p. 234. 234 p.

**Correlates of suicidal ideation among Chinese adolescents in Shanghai and Hong Kong**

KWOK LAI, Y. C., 8 Jul 2012.

**Relationship of mothers' parenting stress, their experiences of fathering involvement and marital satisfaction**

Kwok, S. & WONG, F. K. D., 8 Jul 2012.

**Positive psychology: Enhancing students' hope and gratitude with cognitive behavioral coaching approach**

KWOK LAI, Y. C. & Tong Kai Kit, K., 5 Jan 2012.

**Positive psychology: Promoting well-being of primary school students in Hong Kong**

KWOK LAI, Y. C. S. & TONG, K. K., Jan 2012.

**Perceived family functioning and suicidal ideation: Hopelessness as mediator or moderator**

Kwok, S. Y. C. L., Nov 2011, In: *Nursing Research*. 60, 6, p. 422-429 Scopus citations: 13

**The maintenance effect of cognitive-behavioural treatment groups for the Chinese parents of children with intellectual disabilities in Melbourne, Australia: A 6-month follow-up study**

Wong, D. F. K., Poon, A. & Kwok, Y. C. L., Nov 2011, In: *Journal of Intellectual Disability Research*. 55, 11, p. 1043-1053 Scopus citations: 4

**Relative importance of personal and family correlates of fathering behavior among Chinese fathers in Hong Kong**

KWOK LAI, Y. C., Wong, F. K. & Li, K. K. B., 10 Jun 2011, p. 24-25.

**The Moderating Role of Perceived Social Support on the Relationship between Physical Functional Impairment and Depressive Symptoms among Chinese Nursing Home Elderly in Hong Kong**

Kwok, S. Y. C. L., Yeung, D. Y. L. & Chung, A., 5 May 2011, In: *TheScientificWorldJournal*. 11, p. 1017-1026 Scopus citations: 11

**Family Processes and Suicidal Ideation among Chinese Adolescents in Hong Kong**

Kwok, S. Y. C. L. & Shek, D. T. L., 5 Jan 2011, In: *TheScientificWorldJournal*. 11, p. 27-41 Scopus citations: 8

**Personal and Family Correlates of Fathering Behavior among Chinese Fathers in Hong Kong**

KWOK LAI, Y. C., 10 Jun 2010, p. 108-108.

**Towards a Cognitive-emotive-behavioral Model of Adolescent Suicidal Ideation in Hong Kong: The Agenda**

KWOK LAI, Y. C., 10 Jun 2010, p. 72-72.

**Hopelessness, parent-adolescent communication, and suicidal ideation among Chinese adolescents in Hong Kong**

Lai Kwok, S. Y. C. & Shek, D. T. L., Jun 2010, In: *Suicide and Life-Threatening Behavior*. 40, 3, p. 224-233 Scopus citations: 34

**Cognitive, Emotive, and Cognitive-Behavioral Correlates of Suicidal Ideation among Chinese Adolescents in Hong Kong**  
Kwok, S. Y. C. L. & Shek, D. T. L., 5 Mar 2010, In: *TheScientificWorldJournal*. 10, p. 366-379Scopus citations: 14

**Personal and family correlates of suicidal ideation among Chinese adolescents in Hong Kong**

Lai Kwok, S. Y. C. & Shek, D. T. L., Feb 2010, In: *Social Indicators Research*. 95, 3, p. 407-419Scopus citations: 15

**CORRELATES AND PREVALENCE OF DEPRESSION IN CHINESE RESIDENTS OF NURSING HOMES IN HONG KONG AND IMPLICATIONS FOR SERVICES AND INTERVENTION POLICIES**

Yeung, J. W. K., Ching, K. Y. & Chung, A., 2010, In: *Ljetopis Socijalnog Rada*. 17, 3, p. 445-460Scopus citations: 4

**Family processes and suicidal ideation among Chinese Adolescents in Hong Kong**

KWOK LAI, Y. C. S., Jun 2009.

**Family Processes and Suicidal Ideation among Chinese Adolescents in Hong Kong**

KWOK LAI, Y. C., Jun 2009.

**Social problem solving, family functioning, and suicidal ideation among Chinese adolescents in Hong Kong**

Lai Kwok, S. Y. C. & Shek, D. T. L., Jun 2009, In: *Adolescence*. 44, 174, p. 391-406Scopus citations: 28

**Social problem solving, family functioning, and suicidal ideation among chinese adolescents in Hong Kong**

Lai Kwok, S. Y. C. & Shek, D. T. L., 2009, In: *Family Therapy*. 36, 3, p. 147-162

**Personal and Family Correlates of Suicidal Ideation among Chinese Adolescents in Hong Kong**

KWOK LAI, Y. C. & SHEK, D. T. L., 12 Dec 2008, *Proceedings of the International Conference on Human Development and the Environment: Advances in Quality of Life Studies*. p. 12

**Socio-demographic correlates of suicidal ideation among Chinese adolescents in Hong Kong**

Kwok, S. Y. C. L. & Shek, D. T. L., Oct 2008, In: *International Journal of Adolescent Medicine and Health*. 20, 4, p. 463-472Scopus citations: 11

**Chinese adolescent suicidal ideation: personal and family correlates**

LAI, Y. C., 2008, Köln, Germany: Lambert Academic Publishing. 286 p.

**Hopelessness, Family Functioning and Suicidal Ideation among Chinese Adolescents in Hong Kong**

KWOK LAI, Y. C. & Shek, T. L., 2008, In: *The Open Family Studies Journal*. 1, p. 49 - 55

**Stresses and mental health of fathers with younger children in Hong Kong: Implications for social work practices**

Wong, D. F. K., Lam, D. O. B. & Kwok, S. Y. C. L., Jan 2003, In: *International Social Work*. 46, 1, p. 103-109+122+124+126+128Scopus citations: 12

**Mental health of parents with young children in Hong Kong: the roles of parenting stress and parenting self-efficacy**

Kwok, S. & Wong, D., Feb 2000, In: *Child and Family Social Work*. 5, 1, p. 57-65

**Predictors of divorcing women's use of divorce mediation**

Cheung, S. & Kwok, S. Y. C., 1 Jan 1999, In: *Journal of Divorce and Remarriage*. 31, 3-4, p. 37-52Scopus citations: 3

**Difficulties and patterns of social support of mature college students in Hong Kong: Implications for student guidance and counselling services**

Wong, D. F. K. & Kwok, S. L. Y. C., Aug 1997, In: *British Journal of Guidance and Counselling*. 25, 3, p. 377-387Scopus citations: 10



## **The Use of Supervision by Objectives in Fieldwork Teaching**

Kwok Lai, S. Y. C., Jul 1995, In: Asia Pacific Journal of Social Work. 5, 2, p. 88-102

## **Activities**

### **PhD Examination**

Yuk Ching Sylvia KWOK LAI (Examiner)

12 May 2021

### **Enhancing moral values of kindergarten students**

Yuk Ching Sylvia KWOK LAI (Speaker)

9 Apr 2021

### **Enhancing growth mindset to increase students' resilience**

Yuk Ching Sylvia KWOK LAI (Speaker)

8 Dec 2020

### **Application of positive psychology in social work setting**

Yuk Ching Sylvia KWOK LAI (Speaker)

27 Nov 2020

### **Diverse Practices in Positive Education**

Yuk Ching Sylvia KWOK LAI (Advisory Chair)

21 Aug 2020 → 22 Aug 2020

### **Applying positive psychology to enhance resilience of young people**

Yuk Ching Sylvia KWOK LAI (Speaker)

15 Aug 2020

### **Applying positive psychology to enhance emotional resilience of family members**

Yuk Ching Sylvia KWOK LAI (Speaker)

29 Jun 2020

### **Application of positive psychology to community mental health setting- A holistic approach**

Yuk Ching Sylvia KWOK LAI (Speaker)

26 Jun 2020

### **How to promote whole school positive education in secondary schools**

Yuk Ching Sylvia KWOK LAI (Speaker)

5 Jun 2020

### **Moral education for kindergarten students**

Yuk Ching Sylvia KWOK LAI (Speaker)

1 Jun 2020

### **Acting Co-ordinator - Research Degree Programme**

Yuk Ching Sylvia KWOK LAI (Recipient)

2020 → ...

### **Acting Discipline Leader - Social Work/Counselling Discipline**

Yuk Ching Sylvia KWOK LAI (Recipient)

2020 → ...

**External Examiner**

Yuk Ching Sylvia KWOK LAI (Examiner)  
2020 → ...

**External Examiner**

Yuk Ching Sylvia KWOK LAI (Examiner)  
2020 → ...

**International Conference on “Diverse Practices in Positive Education” (Event)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)  
2020 → ...

**International Journal of Environmental Research and Public Health (Journal)**

Yuk Ching Sylvia KWOK LAI (Guest Editor)  
2020 → ...

**International Journal of Environmental Research and Public Health (Journal)**

Yuk Ching Sylvia KWOK LAI (Editor-in-Chief)  
2020 → 2021

**Programme leader - Master of Social Work**

Yuk Ching Sylvia KWOK LAI (Recipient)  
2020 → ...

**Application of positive psychology to community mental health setting – A holistic approach**

Yuk Ching Sylvia KWOK LAI (Speaker)  
11 Dec 2019

**Research report on the implementation of positive education in eight primary schools**

Yuk Ching Sylvia KWOK LAI (Speaker)  
2 Nov 2019

**International Conference on Evidence matters**

Yuk Ching Sylvia KWOK LAI (Participant)  
25 Oct 2019

**International Conference on Evidence matters**

Yuk Ching Sylvia KWOK LAI (Participant) & Siqi FANG (Participant)  
25 Oct 2019

**Myths of positive education and the application of character strengths**

Yuk Ching Sylvia KWOK LAI (Speaker) & Kai Chun Remus KWOK (Speaker)  
25 Sep 2019

**6th World Congress on Positive Psychology 2019**

Yuk Ching Sylvia KWOK LAI (Participant)  
18 Jul 2019 → 21 Jul 2019

**Wellness Project for MTR staff**

Yuk Ching Sylvia KWOK LAI (Consultant)  
1 Jul 2019 → 30 Jun 2021

**International Conference on Change and Innovation for a Better World**

Yuk Ching Sylvia KWOK LAI (Participant)  
27 Jun 2019 → 29 Jun 2019

**International Conference on Change and Innovation for a Better World**

Yuk Ching Sylvia KWOK LAI (Participant), Man Yiu TSANG (Participant) & Kai Chun Remus KWOK (Participant)  
27 Jun 2019 → 29 Jun 2019

**International Conference on Change and Innovation for a Better World**

Yuk Ching Sylvia KWOK LAI (Participant) & Po Sze Andy CHEUNG (Participant)  
27 Jun 2019 → 29 Jun 2019

**International Conference on Change and Innovation for a Better World**

Yuk Ching Sylvia KWOK LAI (Participant) & Wing Han Chui (Participant)  
27 Jun 2019 → 29 Jun 2019

**Myths of positive education: Application to primary and secondary schools**

Yuk Ching Sylvia KWOK LAI (Speaker)  
18 Jun 2019

**Research Conference on Child Development**

Yuk Ching Sylvia KWOK LAI (Participant) & Siqi FANG (Participant)  
11 Jun 2019

**Learning and Teaching Conference on Excellence in Learning and Teaching in the Digital Era**

Yuk Ching Sylvia KWOK LAI (Participant)  
24 May 2019

**Application of positive psychology to customer services, human resources, service leaders and operating management**

Yuk Ching Sylvia KWOK LAI (Speaker)  
1 Apr 2019 → 30 Jun 2019

**Application of character education in school settings**

Yuk Ching Sylvia KWOK LAI (Speaker)  
22 Feb 2019

**Application of positive psychology to customer services, service leaders and operating management**

Yuk Ching Sylvia KWOK LAI (Speaker) & Kai Chun Remus KWOK (Speaker)  
2019

**Department of Psychology, Gratia College**

Yuk Ching Sylvia KWOK LAI (Examiner)  
2019

**External Examiner**

Yuk Ching Sylvia KWOK LAI (Examiner)  
2019 → ...

**Hong Kong Associations of Schools of Social Work (External organisation)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)  
2019 → ...

**Teaching Development Grant, Education University of Hong Kong (External organisation)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)  
2019 → ...

**The Hong Kong Journal of Social Work (Journal)**

Yuk Ching Sylvia KWOK LAI (Editor-in-Chief)

2019 → ...

**Application of positive education**

Yuk Ching Sylvia KWOK LAI (Speaker)

13 Jun 2018

**Theory and practice of positive education**

Yuk Ching Sylvia KWOK LAI (Speaker)

20 Apr 2018

**Promoting positive education to enhance teachers' and students' well-being**

Yuk Ching Sylvia KWOK LAI (Speaker)

3 Mar 2018

**Application of positive education to schools**

Yuk Ching Sylvia KWOK LAI (Speaker)

2018

**Centre for Child & Family Science, EdUHK**

Yuk Ching Sylvia KWOK LAI (Recipient)

2018

**Narodowe Centrum Nauki / Polish Government National Science Centre (External organisation)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)

2018 → ...

**Theory and practice of positive education**

Yuk Ching Sylvia KWOK LAI (Speaker)

2018

**Application of positive psychology to secondary school students**

Yuk Ching Sylvia KWOK LAI (Speaker)

7 Oct 2017

**Evaluation on positive education in primary school**

Yuk Ching Sylvia KWOK LAI (Speaker)

17 Aug 2017

**Integrating positive psychology and elements of music therapy to promote adolescent mental health**

Yuk Ching Sylvia KWOK LAI (Speaker)

7 Jun 2017

**Application of positive psychology to secondary school students**

Yuk Ching Sylvia KWOK LAI (Speaker)

2017

**College of Liberal Arts and Social Sciences (Organisational unit)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)

2017 → 2019

**Evaluation on positive education in primary school**

Yuk Ching Sylvia KWOK LAI (Speaker)

2017

**Happiness of students in Hong Kong: Implementation of positive education to enhance student wellbeing**

Yuk Ching Sylvia KWOK LAI (Speaker)  
2017

**International Positive Psychology Association, Positive Education Division (External organisation)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)  
2017 → ...

**Public Policy Research**

Yuk Ching Sylvia KWOK LAI (Recipient)  
2017 → ...

**The role of positive education in promoting adolescents' mental health**

Yuk Ching Sylvia KWOK LAI (Speaker)  
13 Nov 2016

**Positive education: Present and future**

Yuk Ching Sylvia KWOK LAI (Speaker)  
7 Oct 2016

**Abnormal & Behavioral Psychology (Journal)**

Yuk Ching Sylvia KWOK LAI (Editor-in-Chief)  
2015 → ...

**Acta Psychopathologica Journal (Journal)**

Yuk Ching Sylvia KWOK LAI (Editor-in-Chief)  
2015 → ...

**College of Liberal Arts and Social Sciences (Organisational unit)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)  
2015 → ...

**Department of Social and Behavioural Sciences (Organisational unit)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)  
2015 → 2017

**Honorary Consultant**

Yuk Ching Sylvia KWOK LAI (Consultant)  
2015 → ...

**Honorary Consultant**

Yuk Ching Sylvia KWOK LAI (Consultant)  
2015 → 2021

**International Conference on "Innovation and Discovery in Social Work Practicum Education" 2015**

Yuk Ching Sylvia KWOK LAI (Participant)  
2015

**International Positive Psychology Association (External organisation)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)  
2015 → ...

**Journal of Depression & Therapy (Journal)**

Yuk Ching Sylvia KWOK LAI (Editor-in-Chief)

2015 → ...

**Journal of Psychology and Psychotherapy Research (Journal)**

Yuk Ching Sylvia KWOK LAI (Editor-in-Chief)

2015 → ...

**Positive Education Laboratory**

Yuk Ching Sylvia KWOK LAI (Recipient)

2015 → ...

**Positive parenting: building a harmonious parent-child relationship**

Yuk Ching Sylvia KWOK LAI (Speaker)

2015

**Qualification Recognition Review – Higher Diploma in Social Work Program of the Caritas Institute of Higher Education**

Yuk Ching Sylvia KWOK LAI (Examiner)

2015

**Academic Consultation Panel Member**

Yuk Ching Sylvia KWOK LAI (Consultant)

2014

**Associate of Social Science in Social Work, Community College of City University**

Yuk Ching Sylvia KWOK LAI (Recipient)

2014 → 2020

**Child Abuse and Neglect (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)

2014 → ...

**Child and Adolescent Psychiatry and Mental Health (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)

2014 → ...

**Children and Youth Services Review (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)

2014 → ...

**College of Liberal Arts and Social Sciences (Organisational unit)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)

2014 → 2016

**College of Liberal Arts and Social Sciences (Organisational unit)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)

2014 → 2015

**External Examiner**

Yuk Ching Sylvia KWOK LAI (Examiner)

2014 → ...

**Faculty Development Scheme for the Self-financing Degree sector**

Yuk Ching Sylvia KWOK LAI (Recipient)

2014 → ...

**Harvard School of Public Health**

Yuk Ching Sylvia KWOK LAI (Visiting researcher)  
2014

**International Journal of Offender Therapy and Comparative Criminology (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)  
2014 → ...

**International Journal of Psychological Studies (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)  
2014 → ...

**International Journal of Psychology and Counselling (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)  
2014 → ...

**Journal of Advanced Nursing (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)  
2014 → ...

**Journal of Autism and Developmental Disorders (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)  
2014

**Journal of Child and Family Studies (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)  
2014 → ...

**Journal of Happiness Studies (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)  
2014 → ...

**Journal of Positive Psychology (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)  
2014 → ...

**Li Ka Shing Institute of Professional and Continuing Education, Open University of Hong Kong**

Yuk Ching Sylvia KWOK LAI (Examiner)  
2014 → 2018

**Neuropsychiatric Disease and Treatment (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)  
2014 → ...

**Nursing Research (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)  
2014 → ...

**Programme Validation Panel, Bachelor of Social Work (Honours), Gratia College**

Yuk Ching Sylvia KWOK LAI (Examiner)  
2014 → ...

**Social Indicators Research (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)

2014 → ...

**Social Research- Journal for General Social Issues (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)

2014 → ...

**Social Science and Medicine (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)

2014 → ...

**Social Workers Registration Board**

Yuk Ching Sylvia KWOK LAI (Examiner)

2014 → 2016

**Social Work in Mental Health (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)

2014 → ...

**The British Journal of Social Work (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)

2014 → ...

**The Scientific World Journal (Journal)**

Yuk Ching Sylvia KWOK LAI (Reviewer)

2014 → ...

**University of Rochester Medical Center**

Yuk Ching Sylvia KWOK LAI (Visiting researcher)

2014

**Canadian Social Science (Journal)**

Yuk Ching Sylvia KWOK LAI (Editor-in-Chief)

2013 → ...

**External Examiner**

Yuk Ching Sylvia KWOK LAI (Examiner)

2013 → ...

**General Research Fund/ Early Career Scheme for the UGC sector**

Yuk Ching Sylvia KWOK LAI (Recipient)

2013 → ...

**Hong Kong Student Aid Society Ltd. (External organisation)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)

2013 → 2018

**Studies in Sociology of Science (Journal)**

Yuk Ching Sylvia KWOK LAI (Editor-in-Chief)

2013 → ...

**Department of Social and Behavioural Sciences (Organisational unit)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)

2012 → 2014



**International Psychological Applications Conference and Trends 2012- 2019**

Yuk Ching Sylvia KWOK LAI (Participant)

2012 → ...

**Evangelical Lutheran Church Social Service-HK, Children & youth service sub-committee (External organisation)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)

2009 → ...

**World Suicidology Net (External organisation)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)

2009 → ...

**Chinese Rhenish Church HK Synod Welfare Department (External organisation)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)

2008 → ...

**Social Workers Registration Board (External organisation)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)

1997 → ...

**E.F.C.C. Neighbourhood Family Service Centre (External organisation)**

Yuk Ching Sylvia KWOK LAI (President/Chairman/Chairperson)

1994 → ...

## **Grants**

**Quality Education Fund: Application of whole school positive education to prevent mental health problems and enhance well-being of teachers and students in primary schools**

KWOK LAI, Y. C. S.

1/07/20 → 31/12/22