

CURRICULUM VITAE
DARA KIU YI LEUNG

Department of Social Work
The Chinese University of Hong Kong
Shatin, New Territories, Hong Kong

Tel: (+852) 3943 9378
Email: dkyleung@cuhk.edu.hk
ORCID: 0000-0002-7255-2790

RESEARCH INTERESTS

- Ageing and caregiving
- Buddhist psychology
- Dementia care
- Digital intervention
- Mental health and well-being

ACADEMIC QUALIFICATIONS

PhD in Social Work and Social Administration, The University of Hong Kong
Master of Buddhist Studies, The University of Hong Kong
MSc Health Psychology, The University of Bath, UK
BSc (Hons) Psychology, The University of York, UK

ACADEMIC APPOINTMENTS

2025 – Present	Assistant Professor Department of Social Work, The Chinese University of Hong Kong
2023 – 2025	Research Assistant Professor Department of Social Work and Social Administration, The University of Hong Kong
2021 – 2022	Post-doctoral Fellow Department of Social Work and Social Administration, The University of Hong Kong
2018	Associate Staff Department of Clinical, Education and Health Psychology, University College London, UK

PUBLICATIONS (*corresponding author)

2025

1. Liu, T.*, Kanagawa, H. S., Lee, J. K. Q., **Leung, D. K. Y.**, Wong, S. M. Y., Kwok, W., Wong, G. H. Y., & Lum, T. Y. S. (2025). Power of creative arts for older people with chronic pain and depressive symptoms: co-development of the Rewire with Arts protocol and findings from a pilot study. *BJPsych Open*, 11(4), e132. <https://doi.org/10.1192/bjo.2025.10062>.
2. **Leung, D. K. Y.***, Wong, D. H. S., Wong, F. H. C., Wong, S. M. Y., Chan, O. L. H., Wong, G. H. Y., Chan, W. C., & Lum, T. Y. S. (2025). Self-guided interventions for depression in older adults: a systematic review and meta-analysis. *Journal of Affective Disorders*, 389. <https://doi.org/10.1016/j.jad.2025.119756>.
3. Wang, Y-L., Wang, Y-H., **Leung, D. K. Y.***, Wong, S. M. Y., Ng, Z. L. Y., Chan, R. C. L., Chan, O. L. H., Chan, W. C., Wong, G. H. Y., & Lum, T. Y. S. (2025). Peer-supported mindfulness-based intervention for managing depressive symptoms in community-dwelling older adults in Hong Kong: Protocol of a randomised controlled trial. *Complementary Clinical Trials*. <https://doi.org/10.1016/j.cct.2025.107991>.
4. Yiu, E. K. L., Wong, S. M. Y.*, **Leung, D. K. Y.**, Liu, T., Wong, G. H. Y., Chan, W. C., & Lum, T. Y. S. (2025). Effects of formal and informal sources of social support pre-intervention on the prognosis of depressive and anxiety symptoms in older adults. *Journal of Affective Disorders*, 389. <https://doi.org/10.1016/j.jad.2025.119696>.
5. Lou, V. W. Q.*, Chan, S. K. L., Tang, V. M. Y., Chandola, T., Chan, W. S., Quan, J., Lum, Y.S., Tsoi, T. C. W., Lin, W. W., & **Leung, D. K. Y.** (2025). Development and Validation of a Carer Need Screening Tool (CNST-11) for Carers of Older Adults: A Need Stratified Tool for Services Matching, *The Gerontologist*, gnaf151, <https://doi.org/10.1093/geront/gnaf151>.

6. Mao, S., Chandola, T., Lou, V. W.*, & **Leung, D. K. Y.** (2025). The Association between Disability Status of the Caregivers and Their Perceived Mental Strain: Hong Kong Population-Based Study of Caregivers of Older Adults with Disabilities, *The Journals of Gerontology: Series B*, 80(6), gbaf044, <https://doi.org/10.1093/geronb/gbaf044>.
7. Wang, Y-H., Wang, Y-L., **Leung, D. K. Y.***, Wong, S. M. Y., Ng, Z. L. Y., Chan, O. L. H., Wong, G. H. Y., & Lum, T. Y. S. (2025). Effectiveness of modified mindfulness-based cognitive therapy for older adults with depressive symptoms: a non-randomised controlled trial. *BMC Complementary Medicine and Therapies*, 25, 81. <https://doi.org/10.1186/s12906-025-04781-6>.
8. Zhang, A. Y., Liu, T., **Leung, D. K. Y.**, Yau, J. H. Y., Lu, T. S., Wong, G. H. Y., & Lum, T. Y. S.* (2025). Different types of depression literacy and their impacts on reducing personal stigma towards depression in older people: A longitudinal study. *The British Journal of Social Work*, bcaf038. <https://doi.org/10.1093/bjsw/bcaf038>.

2024

9. **Leung, D. K. Y.**, Fong, A. P. C., Kwok, W. W., Shum, A. K. Y., Liu, T., Chan, R. H. M., Yeung, C. K. T., Kanagawa, S. H., Wong, G. H. Y., & Lum, T. Y. S.* (2024). A cultural adaptation of acceptance and commitment therapy with exercise for older Chinese with chronic pain and depressive symptoms: a mixed-methods study. *Psychotherapy*, 61(4), 269-281. <https://doi.org/10.1037/pst0000539>.
10. Wong, S. M. Y., **Leung, D. K. Y.**, Liu, T., Ng, Z. L. Y., Chan, W. C., Wong, G. H. Y., & Lum, T. Y. S.* (2024). Predictors of clinical remission and response in a large-scale community-based stepped-care intervention program for older adults with subclinical depressive symptoms: findings from the JoyAge study. *BMC Psychiatry*, 24, 839. <https://doi.org/10.1186/s12888-024-06281-2>.
11. Wang, Y-H., Wang, Y-L., **Leung, D. K. Y.**, Wong, G. H. Y., & Lum, T. Y. S.* (2024). The effect of balanced diet and body mass index on depression in older adults: A growth curve analysis. *BMC Geriatrics*, 24, 834. <https://doi.org/10.1186/s12877-024-05392-5>.
12. **Leung, D. K. Y.**, Yiu, E. K. L., Liu, T., Zhang, W., Kwok W., Sze, L. C. Y., Wong, G. H. Y., & Lum, T. Y. S.* (2024). Supporting older adults' mental health against suspected mental health problems: The moderating role of an age-friendly neighborhood. *Journal of Applied Gerontology*, 43(12), 2007-2021. <https://doi.org/10.1177/07334648241258032>.
13. **Leung, D. K. Y.**, Fong, A. P. C., Wong, F. H. C., Liu, T., Wong, G. H. Y., & Lum, T. Y. S.* (2024). Meta-analysis on non-pharmacological interventions for chronic pain in older adults. *The Gerontologist*, 64(6), gnae010. <https://doi.org/10.1093/geront/gnae010>.
14. Liu, T., Sze, L. C. Y., Yiu, E. K. L., Wong, E. L. Y., **Leung, D. K. Y.**, Kwok, W-W., Tang, J., Xu, J., Wong, G., Lum, T.* (2024). "I am more stressed if my infection affects others": Developing COVID-19-related Stress Scale in older people and examining its validity and associations with mental health risks. *BJPsych Open*, 10(6), e187. <https://doi.org/10.1192/bjo.2024.769>.
15. Zhang, W., Liu, T.*, **Leung, D. K. Y.**, Chan, S. C. Y., Wong, G. H. Y., Lum, T. Y. S. (2024). Sad mood bridges depressive symptoms and cognitive performance in community-dwelling older adults: a network approach. *Innovation in Aging*, 8(1), igad139. <https://doi.org/10.1093/geroni/igad139>.
16. **Leung, D. K. Y.**, Wong, N. H. L., Yau, J. H., Wong, F. H. C., Liu, T., Kwok, W., Wong, G. H. Y., & Lum, T. Y. S.* (2024). Hybrid delivered community psychoeducation for people aged 50 years or above: a mixed-methods evaluation and lesson learned. *Internet Interventions*, 35, 100699. <https://doi.org/10.1016/j.invent.2023.100699>.

2023

17. **Leung, D. K. Y.**, Wong, F. H. C., Wong, E. L. Y., Sze, L. C. Y., Chan, M., Liu, T., Fong, A. P. C., Kwok, W. W., Shum, A. K. Y., Wong, G. H. Y., & Lum, T. Y. S.* (2023). Technology affordance and constraints in an information and communication technology-delivered group psychotherapy and exercise program for older people with depressive symptoms: a multiple triangulation qualitative study. *Innovation in Aging*, 7(6), igad063. <https://doi.org/10.1093/geroni/igad063>.
18. Liu, T.*, Peng, M., Wong, F. H. C., **Leung, D. K. Y.**, Zhang, W., Wong, G. H. Y., & Lum, T. Y. S. (2023). Differential associations between depressive symptom-domains with anxiety, loneliness, and cognition

in a sample of community older Chinese: A multiple indicators multiple causes approach. *Innovation in Aging*, 7(7), igad075. <https://doi.org/10.1093/geroni/igad075>.

19. Salcher-Konrad, M. *, Shi, C., Patel, D., McDaid, D., Astudillo-Garcia, C. I., Bobrow, K., Choy, J., Comas-Herrera, A., Fry, A., Knapp, M., **Leung, D. K. Y.**, Lopez-Ortega, M., Lorenz-Dant, K., Musyimi, C., Ndeti, D. M., Nguyen, T. A., Oliveira, D., Putra, A., Vara, A., Wong, G., Naci, H., Alladi, S., Cai, X., Cheng, S. S., Mata, F. D., Dai, R., Hurzuk, S., Lakshminarayanan, M., Nagarajan, G., Rai, H., Rajagopalan, J., Sani, T., Tan, M., & Wang, P. (2023). Research evaluating the effectiveness of dementia interventions in low- and middle-income countries: a systematic mapping of 340 randomised controlled trials. *International Journal of Geriatric Psychiatry*, e5965. <https://doi.org/10.1002/gps.5965>.
20. Wong, E. L. Y., Yau, J. H., Sze, L. C. Y., Kanagawa, H. S., **Leung, D. K. Y.**, Liu, T., Wong, G. H. Y., & Lum, T. Y. S.* (2023) A core competence framework for mental health peer supporters of older adults in a Chinese community: A cross-culturally informed Delphi study. *BJPsych Bulletin*, 1-8. <https://doi.org/10.1192/bjb.2023.45>.
21. **Leung, D. K. Y.**, Wong, F. H. C., Yau, J. H., Zhang, Y., Au, W. S. H., Liu, T., Wong, G. H. Y., & Lum, T. Y. S.* (2023). Dimensionality and risk factors of personal stigma of in adults aged 50 years and older at risk of depression. *Aging and Mental Health*, 27(8), 1644-1651. <https://doi.org/10.1080/13607863.2023.2179973>.
22. Wong, F. H. C., **Leung, D. K. Y.**, Wong, E. L. Y., Liu, T., Wong, G. H. Y., & Lum, T. Y. S.* (2023). Negative ageism and compassionate ageism in news coverage of older people under COVID-19: How did the pandemic progression and public health responses associate with different news themes? *Ageing and Society*, 1-23. <https://doi.org/10.1017/S0144686X22001490>.

2022

23. Liu, T., **Leung, D. K. Y.**, Lu, S., Kwok, W. W., Sze, L. C. Y., Tse, S. S. K., Ng, S. M., Wong, P. W. C., Lou, V. W. Q., Tang, J. Y. M., Wong, D. F. K., Chan, W. C., Kwok, R. Y. K., Lum, T. Y. S., & Wong, G. H. Y.* (2022). Collaborative community mental health and aged care services with peer support to prevent late-life depression: study protocol for a non-randomised quasi-experimental trial. *Trials*, 23(280). <https://doi.org/10.1186/s13063-022-06122-1>.
24. Cheung, J. C., Liu, T., Lu, S., Chui, C. H., **Leung, D. K. Y.**, Au, W. S. H., Kwok, W., Shum, A. K. Y., Lum, T., Wong, G.* (2022). Depressive symptoms and coping strategies in community-dwelling older people amid the COVID-19 pandemic: A mixed-method cross-sectional telephone survey in Hong Kong. *Journal of Gerontological Social Work*. <https://doi.org/10.1080/01634372.2022.2061662>.
25. Wong, F. H. C., **Leung, D. K. Y.**, Wong, E. L. Y., Liu, T., Lu, S., Chan, O. F., Wong, G. H. Y., & Lum, T. Y. S.* (2022). The moderating role of community capacity for age-friendly communication in mitigating anxiety of older adults during the COVID-19 infodemic: cross-sectional survey, *JMIR Infodemiology*, 2(1), e33029. <https://doi.org/10.2196/33029>.

2021

26. Lu, S., Zhang, Y., Liu, T., **Leung, D. K. Y.**, Kwok, W., Luo, H., Tang, J., Wong, G. H. Y., & Lum, T. Y. S.* (2021). Associations between depressive symptom clusters and care utilisation and costs among community-dwelling older adults. *International Journal of Geriatric Psychiatry*, 37(1). <https://doi.org/10.1002/gps.5636>.
27. **Leung, D. K. Y.**, Wong, K. K. Y., Spector, A., & Wong, G. H. Y.* (2021). Exploring dementia family carers' self-initiated strategies in managing behavioural and psychological symptoms in dementia: a qualitative study. *BMJ Open*, 11:e048761. <https://doi.org/10.1136/bmjopen-2021-048761>.
28. Shi, C., Chen, S., Salcher-Konrad, M., Choy, J. C. P., **Leung, D. K. Y.**, Cai, X., Zeng, Y., Dai, R., Comas-Herrera, A., McDaid, D., Knapp, M., & Wong, G.* (2021). Effectiveness of interventions for people living with dementia and their carers in Chinese communities: protocol for a systematic review and meta-analysis of randomised controlled trials. *BMJ Open*, 11:e047560. <https://doi.org/10.1136/bmjopen-2020-047560>.
29. **Leung, D. K. Y.**, Chan, W. C., Spector, A., & Wong, G. H. Y.* (2021). Prevalence of depression, anxiety, and apathy symptoms across dementia stages: a systematic review and meta-analysis. *International Journal of Geriatric Psychiatry*, 36(9), 1330-1344. <https://doi.org/10.1002/gps.5556>.

30. Ng, C. K., **Leung, D. K. Y.**, Cai, X., & Wong, G. H. Y.* (2021). Perceived Help-Seeking Difficulty, Barriers, Delay, and Burden in Carers of People with Suspected Dementia. *Int. J. Environ. Res. Public Health*, 18(6), 2956. <https://doi.org/10.3390/ijerph18062956>.
31. Wong, F. H. C., Liu, T., **Leung, D. K. Y.**, Zhang, Y. A., Au, W. S. H., Kwok, W. W., Shum, A. K., Wong, G. H. Y., & Lum, T. Y. S.* (2021). Consuming information related to COVID-19 on social media among older adults and its associations with anxiety, social trust in information, and COVID-safe behaviours: Cross-Sectional Survey. *J Med Internet Res*, 23(2):e26570. <https://doi.org/10.2196/26570>.

2020

32. Lu, S., Liu, T., Wong, G. H. Y., **Leung, D. K. Y.**, Sze, L., Kwok, W. W., Knapp, M., Lou, V. W. Q., Tse, S., Ng, S., Wong, P., Tang, J. Y. M., & Lum, T.* (2020). Health and social care service utilisation and associated expenditure among community-dwelling older adults with depressive symptoms. *Epidemiology and Psychiatric Science*, 30(e10), 1-10. <https://doi.org/10.1017/S2045796020001122>.
33. Liu, T., Lu, S., **Leung, D. K. Y.**, Sze, L. C. Y., Kwok, W. W., Tang, J. Y. M., Luo, H., Lum, T. Y. S., & Wong, G. H. Y.* (2020). Adapting the UCLA 3-item loneliness scale for community-based depressive symptoms screening interview among older Chinese: a cross-sectional study. *BMJ Open*, 10(12), e041921. <https://doi.org/10.1136/bmjopen-2020-041921>.
34. Chan, J., **Leung, D. K. Y.**, Walton, H., Wong, G. H. Y., & Spector, A.* (2020). Can mindfulness-based interventions benefit people with dementia? Drawing on the evidence from a systematic review in populations with cognitive impairments. *Expert Review of Neurotherapeutics*, 20(11), 1143-1156. <https://doi.org/10.1080/14737175.2020.1810571>. (The authors contributed equally to this work.)

SELECTED CONFERENCE PRESENTATIONS

1. **Leung, D. K. Y.**, Chan, K. K. K., & Chan, O. L. H. (2024). *Building a compassionate society for carers of older people: insights from carers*. 7th International Conference on Evidence-based Policy in Long-term Care. Bilbao, Spain; 12-14 September 2024.
2. **Leung, D. K. Y.**, Wong, F. H. C., Choy, J. C. P., Wong, G. H. Y. (2024). *Factors influencing family carers' involvement in supporting people living with dementia using information and communication technology*. The International Society for Research on Internet Interventions Scientific Meeting. Limerick, Ireland; 2-5 June 2024.
3. **Leung, D. K. Y.**, Cheng, C. Y. M., Shan, M., & Lou, V. W. (2023). *Expert consensus regarding core outcomes in risk screening for carers of older adults: A Delphi study*. 16th International Federation on Ageing Conference. Bangkok, Thailand; 27-30 June 2023.
4. **Leung, D. K. Y.**, Liu, T., Zhang, W., Kwok, W. W., Sze, L., Wong, G. H. Y., & Lum, T. Y. S. (2022). *Impact of COVID-19 pandemic on mental health in older adults: comparison between 2020 and 2022*. Gerontological Society of America Annual Meeting. Indianapolis, IN; 2-6 November 2022.
5. **Leung, D. K. Y.**, Wong, F. H. C., Kwok, W. W., Liu, T., Wong, G. H. Y., & Lum, T. Y. S. (2022). *Delivering mental health education to older people at risk of depression via video conferencing and its impact on mental health literacy and psychological well-being*. The International Society for Research on Internet Interventions Scientific Meeting. Pittsburgh, PA; 19-21 September 2022.
6. **Leung, D. K. Y.**, Wong, F. H. C., Wong, G. H. Y., & Lum, T. Y. S. (2021). *Resolving dilemmas in ICT enhanced intervention: a cross-platform mediated strategy*. Gerontological Society of America Annual Meeting. Phoenix, AZ; 10-13 November 2021.
7. **Leung, D. K. Y.**, Fong, A. P. C., Kwok, W., Shum, A. K. Y., Liu, T., Wong, G. H. Y., & Lum, T. Y. S. (2021). *Acceptance and Commitment Therapy and exercise: can they help older adults manage chronic pain?* Gerontological Society of America Annual Meeting. Phoenix, AZ; 10-13 November 2021.
8. **Leung, D. K. Y.**, Sing, J., Sze, L., Tang, J. P. S., Lu, S., Liu, T., Wong, G. H. Y., & Lum, T. (2019). *Dual Impacts on Meaning in Life in Older Persons Volunteering for Elderly Mental Health Program (Poster)*. Gerontological Society of America Annual Meeting. Austin, TX; 13-17 November 2019.
9. **Leung, D. K. Y.** (2019). *Effects of Volunteering on Older Person's Mental Wellbeing*. International Symposium on Promoting Mental Wellbeing in Ageing Communities: Policy, Practice, and Public Awareness. Hong Kong; 2 August 2019.

10. Leung, D. K. Y. & Wong, G. H. Y. (2019). *Depression, Anxiety, and Apathy in Dementia: A Systematic Review and Meta-Analysis (Poster)*. International Conference on Change and Innovation for a Better World: The Future of Social Work Profession. Hong Kong; 27-29 June 2019.
11. Leung, D. K. Y. & Wong, G. H. Y. (2018). *Awareness and Anxiety in Help-seekers for Dementia Assessment Service (Poster)*. Gerontological Society of America Annual Meeting. Boston, MA; 14-18 November 2018.

INVITED SEMINARS/LECTURES

1. *Addressing ageism and mental health through co-designing digital intervention*. Seminar at School of Psychology and Clinical Language Sciences, University of Reading. Reading, UK; 8 May 2025.
2. *Mental Health in Old Age*. Department of Applied Social Sciences, The Hong Kong Polytechnic University. Hong Kong; 21 February 2025.
3. *Training Course on Understanding the Needs of and Providing Support for Carers of Elders with Dementia*. Social Welfare Department. Hong Kong; 28 August 2023.
4. *Drug prescription & non-pharmacological intervention use in China*. Online Research Seminars: Information Tools for Dementia-friendly Chinese Communities. TIP-CARD. Virtual; 20 February 2023.
5. *Meaning in Life in Old Age*. Lecture for MSocSc Mental Health at Department of Social Work and Social Administration, The University of Hong Kong. Hong Kong; 5 October 2022.
6. *Meaning in Life in Old Age*. Lecture for DClinPsy at Division of Psychology and Language Sciences, University College London. Virtual; 15 June 2021 and 31 May 2022.

GRANTS

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| 2025 – 2027 | Principal Investigator. Dyadic approach to self-compassion: understanding the interdependent effects on communication and psychological well-being.
Funded by General Research Fund (HK\$723,700) |
| 2024 – 2026 | Principal Investigator. Feasibility study of a codesigned behavioural activation-based ecological momentary intervention for older people with depressive symptoms.
Funded by Social Sciences Internal Seed Grant Scheme, The University of Hong Kong (HK\$150,000) |
| 2024 – 2026 | Co-investigator. Family care shared by multiple carers: longitudinal changes in family-level demands, resources, perceptions, and wellbeing among carers of people living with dementia.
Funded by General Research Fund (HK\$739,432) |
| 2024 – 2025 | Co-investigator. Empowering EM elderly with life story—A compassion-based life review intervention.
Funded by Vera Ruttonjee Desai Charitable Fund (HK\$1,240,091) |
| 2023 – 2025 | Principal Investigator. Conceptualising self-compassion in Chinese family carers of older adults: a concept elicitation, cognitive debriefing, scale validation, and cross-sectional survey study.
Funded by Seed Fund for Basic Research for New Staff, The University of Hong Kong (HK\$150,000) |
| 2023 – 2025 | Co-investigator. Is a picture worth a thousand words? A participatory approach to co-design descriptive and pictorial social norm nudges and a randomised controlled trial (RCT) to examine their effectiveness in improving mental health help-seeking intention.
Funded by General Research Fund (HK\$890,776) |

AWARDS

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| 2024 | Knowledge Exchange Excellence Award (JC JoyAge; PI: Prof Terry Lum)
The University of Hong Kong |
| 2024 | Faculty Knowledge Exchange Award (JC JoyAge; PI: Prof Terry Lum)
Faculty of Social Sciences, The University of Hong Kong |

- 2024 **Travel Award**
The International Society for Research on Internet Interventions
- 2022 **Conference Support Award**
The International Society for Research on Internet Interventions and The University of Pittsburgh

TEACHING

- 2023 – 2024 Department of Social Work and Social Administration, The University of Hong Kong
SOWK6282 Social Work Intervention with the Elderly
MSocSc Gerontology

KNOWLEDGE EXCHANGE

1. Trainer. *Peer Supporters Certificate Training*. JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness. Hong Kong; September 2018 to January 2019.
2. Trainer. *Ambassador Training*. The Jockey Club Age-friendly City Project. Hong Kong; 24 June 2019 and 29 July 2019.

PROFESSIONAL QUALIFICATIONS AND MEMBERSHIPS

- 2022 – Present Member of The International Society for Research on Internet Interventions
- 2018 – Present Member of The Gerontological Society of America
- 2016 – Present Certified Clinical Hypnotherapist of Hypnotherapy Counseling Center of Hong Kong
- 2013 – 2018 Member of The British Psychological Society

SERVICES

- Editorial board member, Scientific Reports
- Conference organising committee
 - *JC JoyAge Annual International Symposium*. Department of Social Work and Social Administration, The University of Hong Kong. 2017-2024.
 - *2nd International Cognitive Stimulation Therapy (CST) Conference*. Sau Po Centre on Ageing, The University of Hong Kong.
- Ad-hoc abstract reviewer, Gerontological Society of America Annual Scientific Meeting
- Ad-hoc peer reviewer
 - Aging and Mental Health
 - BMC Geriatrics
 - BMC Nursing
 - BMJ Open
 - International Journal of Geriatric Psychiatry
 - JMIR Research Protocols
 - Journal of Long-Term Care
 - The British Journal of Social Work
 - The Gerontologist