



香港教育大學

The Education University
of Hong Kong

International Conference on Life Education and Well-Being (ICLEWB 2025)

1-3 December 2025



*Cultivating Positive Life
Values and Attitudes for a
Flourishing Future*



Table of Content

03

Welcome Message

04

Logistics and Map

07

Keynote Speakers

12

Distinguished Panel Speakers

13

Featured Symposium

15

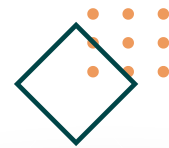
Conference Timetable

30

Poster Presentation

33

Organizing Team



Warm Welcome from the Organizing Committee of ICLEWB 2025



Professor John Chi-Kin LEE

Dear Friends and Colleagues,

We are delighted to warmly welcome you to Hong Kong for the International Conference on Life Education and Well-Being (ICLEWB 2025), organized by The Education University of Hong Kong. The conference will take place from December 1 to 3, 2025, on the university campus. Additionally, post-conference workshops will also be held on the university campus on December 4, 2025.



Professor Kevin Ka-Shing CHAN

The conference will bring together academics, researchers, practitioners, and students from around the globe to engage with the latest research, innovative practices, and interdisciplinary dialogue on life education and well-being. This event presents an excellent opportunity to network, exchange insights, and build lasting connections with participants from diverse backgrounds and disciplines.



Dr Xiuhong TONG

Hong Kong is an ideal location for hosting ICLEWB 2025. As one of the world's most densely populated cities, Hong Kong has made significant strides in promoting positive life values and well-being among its residents through innovative policies and programmes. The diverse expertise and perspectives gathered at this conference will undoubtedly contribute valuable insights toward achieving a more prosperous and flourishing future for all. We are confident that participants will find the conference to be both stimulating and enriching.



Dr Ivan Kai-Tak POON

We cordially invite you to submit proposals for paper presentations and poster displays, joining us at ICLEWB 2025 to engage in a vibrant exchange of ideas and perspectives on life education and well-being.



Professor Da JIANG

The Conference Organizing Committee warmly welcomes you and looks forward to greeting you in person at ICLEWB 2025 in Hong Kong!

Warm regards,

The ICLEWB 2025 Organizing Committee

Getting to EdUHK

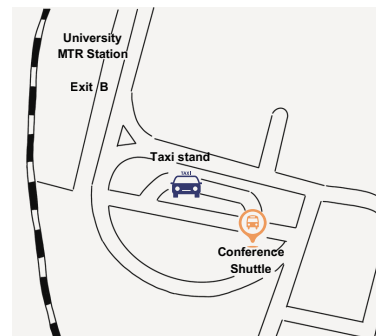
Modes of transportation to the conference venue

The conference will be held at the Education University of Hong Kong (EdUHK) Tai Po campus, located in the Tai Po district. The nearest MTR station is Tai Po Market on the East Rail Line.

1. Conference Shuttle

Complimentary private shuttle buses will operate at the start and end of each of the three conference days, transporting attendees between University MTR Station (Exit B, private bus loading bay) and The Education University of Hong Kong. The journey is expected to take approximately 15–20 minutes.

Note: On Tuesday evening, an additional shuttle bus to the banquet venue will be provided.



Shuttle Bus Schedule

| | Inbound (University MTR → EdUHK) | Outbound (EdUHK → University MTR) |
|-------|----------------------------------|--|
| Day 1 | 08:20 08:25 | 18:15 18:30 |
| Day 2 | 09:10 09:20 | 17:45 17:50 18:00 (EdUHK Banquet venue) |
| Day 3 | 09:10 09:20 | 17:00 17:15 |

2. Taxi

If arriving by taxi, instruct the driver to take you to The Education University of Hong Kong, Tai Po Campus (大埔香港教育大學). The nearest MTR station is Tai Po Market Station (大埔墟), with the taxi stand located outside Exit B. The journey to the university's front gate typically takes about 15 minutes and costs approximately HK\$60.

At EdUHK, a taxi stand is available in the public bus bay outside the front gate, where green taxis are usually on standby. Alternatively, you may use your preferred ride-hailing app.

3. Public Buses

Double-Decker Bus 74K (operated by KMB) runs every 20 minutes between Tai Po Market MTR Station and the EdUHK front gate (fare: HK\$5.2).

- Departures before 12:00 noon: approximately 20 minutes.
- Departures after 12:00 noon: approximately 35 minutes.

Green Minibus 26 operates every 8–9 minutes between Ma On Shan MTR Station and the EdUHK front gate (fare: HK\$14.3 from Ma On Shan; HK\$6.6 from intermediate stops such as Tai Po Centre). The route passes through Tai Po Centre but does not serve Tai Po Market MTR Station.

- From Ma On Shan MTR Station: 35–40 minutes.
- From Tai Po Centre: approximately 20 minutes.

Arrival Instructions If traveling by taxi, public bus or minibus, simply get off at the front gate (Block A). The conference venues are located in Blocks C and D, a short walk from the entrance.

General Information

Registration

You may collect your registration pack and name badge at the Conference Registration Counter, located outside D1-LP-04, from 1-3 December, between 08:30 and 18:00 daily.

Online and In-person venues

Our hybrid conference will take place simultaneously online and in-person in the following venues:
Hong Kong: Tai Po campus, The Education University of Hong Kong, 10 Lo Ping Road, Tai Po, NT
Zoom links for the corresponding conference halls:

| | | | |
|-----------------|--|-----------------|--|
| D1-LP-04 | https://eduhk.zoom.us/j/98689533061 Meeting ID: 986 8953 3061 | B4-LP-07 | https://eduhk.zoom.us/j/93190324465 Meeting ID: 931 9032 4465 |
| D1-LP-03 | https://eduhk.zoom.us/j/94993867006 Meeting ID: 949 9386 7006 | B4-LP-08 | https://eduhk.zoom.us/j/91630512210 Meeting ID: 916 3051 2210 |
| D1-LP-06 | https://eduhk.zoom.us/j/91789997972 Meeting ID: 917 8999 7972 | B4-LP-09 | https://eduhk.zoom.us/j/98535406936 Meeting ID: 985 3540 6936 |
| D1-LP-07 | https://eduhk.zoom.us/j/97991673246 Meeting ID: 979 9167 3246 | B4-LP-10 | https://eduhk.zoom.us/j/93170305468 Meeting ID: 931 7030 5468 |
| D2-LP-09 | https://eduhk.zoom.us/j/92607011618 Meeting ID: 926 0701 1618 | B4-LP-13 | https://eduhk.zoom.us/j/99604554111 Meeting ID: 996 0455 4111 |

Internet Access

Complimentary Wi-Fi is available throughout the conference venue. Please connect to the network “Wi-Fi.HK via EdUHK”. Note that the connection must be renewed every 10 hours.

Refreshment breaks

Light snacks and drinks will be provided during the scheduled tea breaks.

Smoking

Smoking is strictly prohibited throughout the EdUHK campus.

Lunch

The conference registration fee includes lunch for all on-site attendees who completed the lunch arrangement form. Lunch will be served at the following times:

Dec 1

Monday 12:00-13:30

Dec 2

Tuesday 11:45-13:00

Dec 3

Wednesday 11:45-13:00

Conference Dinner

The Conference Dinner on Tuesday, 2 December, is reserved exclusively for attendees who selected and paid for the dinner option during registration. A complimentary shuttle service will be provided from EdUHK to the dinner venue.

Oral Presentation Guide



Conference Map



Keynote Speakers



Professor John Chi-Kin LEE

President

UNESCO Chair in Regional Education Development and Lifelong Learning

Director of the Centre for Religious and Spirituality Education

The Education University of Hong Kong

Keynote Title

When Life Education Meets Mindfulness Education

Biography

Professor John Lee Chi-Kin, President and Chair Professor of Curriculum and Instruction, joined The Education University of Hong Kong (the then Hong Kong Institute of Education) in 2010. He was Vice President (Academic) from 2010 to 2019, and Vice President (Academic) and Provost from 2019 to 2023. Professor Lee was previously Dean of Education and a Professor at the Department of Curriculum and Instruction at The Chinese University of Hong Kong (CUHK). He was also the Director of the Centre for University and School Partnership and served as a Fellow of United College and Morningside College at CUHK. Professor Lee was a recipient of The Vice-Chancellor's Exemplary Teaching Award 1999 at CUHK. Before that, he worked as a secondary school teacher and as a Lecturer in the Sir Robert Black College of Education.

Professor Lee graduated from The University of Hong Kong and subsequently received an MSc degree from the University of Oxford, and an MA (Education), PhD and Diploma in Education (with distinction) from CUHK. His research interests focus on curriculum and instruction, geographical and environmental education, life and values education, and teacher development and school improvement. He is active in leading education research and development projects and has a solid track record in securing external grants. Professor Lee was named among the top 1% most-cited scientists in the world in terms of career-long impact, in the latest list released by Stanford University. He was a Fellow of the Hong Kong Primary Educational Research Association.

Professor Lee has served as Editor of the International Journal of Children's Spirituality, Executive Editor of Teaching and Teacher Education and editorial board member of Teachers and Teaching, as well as an editorial board members or advisory editor of many local, regional and international journals. He is also a prolific writer, having edited and written more than 25 books, and published over 175 journal articles and book chapters. He is the leading co-editor of the Springer book series, Curriculum and School Development in Asia and Education for Sustainability, as well as The Routledge Series on Life and Values Education and The Routledge Series on Chinese Language Education.



Professor Susan BÖGELS

Professor, Faculty of Social and Behavioural Sciences
University of Amsterdam

Keynote Title

Mindful Parenting and Its Impact on Parental, Child, and Family Well-Being

Biography

Susan Bögels is a professor in Family Mental Health, with a specific focus on Mindfulness, at the University of Amsterdam, the Netherlands. She is also a psychotherapist trained in CBT and family therapy, and a mindfulness trainer. Her research is about the intergenerational transmission of psychopathology, fathers, neurodiversity, anxiety disorders, and the (cost)effectiveness of mindfulness in a family context. She has developed the Mindful Parenting program, and the MYmind program (mindfulness for youth with neurodiversity and their parents). She teaches Mindful Parenting and MYmind to professionals worldwide. She also provides mindfulness retreats worldwide on the topic of Parenting our Selves.



Professor Thomas BRADBURY

Distinguished Professor and Chair, Department of Psychology
University of California, Los Angeles

Keynote Title

Achieving Well-Being: Perspectives From Relationship Science

Biography

Thomas N. Bradbury earned his BA in psychobiology from Hamilton College, followed by an MA in general psychology from Wake Forest University and a PhD in clinical psychology from the University of Illinois. After completing his clinical internship at the UCLA Neuropsychiatric Institute and Hospital in 1990, he joined UCLA's Department of Psychology as an Assistant Professor. Rising through the ranks, he was named Distinguished Professor in 2017 and now serves as Chair of the department.

Supported by NIMH, NICHD, NSF, the Templeton Foundation, and private donors, Bradbury's research group has conducted extensive longitudinal studies on well-being in intimate relationships, as well as experimental and quasi-experimental studies testing interventions designed to strengthen couples and families. He has authored over 200 research articles, and 12 of his former mentees have secured tenure-track academic positions.

Bradbury's contributions have been recognized with the American Psychological Association's Distinguished Early Career Award and UCLA's Distinguished Teaching Award. In 2013, he received an honorary doctorate from Catholic University in Milan, and in 2020, he was honoured with the Ernest W. Burgess Award from the National Council on Family Relations for outstanding scholarly achievements.



Dr Tony EAUDE

Researcher
University of Oxford

Keynote Title

Exploring the Research Into Young Children's Spirituality - Key Themes, Implications and Challenges

Biography

Dr Tony Eaude was, for nine years, the headteacher of a multi-cultural school for children aged 5 to 9 in Oxford, UK. He then studied for an M.Sc. and a doctorate at the University of Oxford on how teachers understand young children's spiritual development. He has worked independently since 2003 mostly in areas related to holistic approaches to young children's education and the implications for teachers. He has a particular interest in how the humanities can help even young children deal with important but difficult issues. Among his books are 'Children's Spiritual, Moral, Social and Cultural Development – Primary and Early Years', 'New Perspectives on Young Children's Moral Education – Developing Character through a Virtue Ethics Approach', 'Developing the Expertise of Primary and Elementary Classroom Teachers: Professional Learning for a Changing World' and 'Identity, Culture and Belonging: Educating Young Children for a Changing World.' Tony Eaude recently co-edited 'Nurturing Young Children as Spiritual Beings in a Globalized World.' He has also written many chapters in books and academic articles, several in the International Journal of Children's Spirituality for which he is the Books Review editor. More details of Tony Eaude's work can be seen on www.edperspectives.org.uk



Professor Steven J. HEINE

Professor and Distinguished University Scholar, Department of Psychology
University of British Columbia

Keynote Title

Cultural Fit, Well-Being, and Sleep

Biography

Steven J. Heine is Professor of Social and Cultural Psychology and Distinguished University Scholar at the University of British Columbia. After receiving his PhD from the University of British Columbia in 1996, he had visiting positions at Kyoto University and Tokyo University, and was on the faculty at the University of Pennsylvania before returning to British Columbia. He has authored the best-selling textbook in its field, entitled "Cultural Psychology," and has written two trade books called "Start Making Sense" (2025) and "DNA is not Destiny" (2017). Heine has received numerous international awards and is a fellow of the Royal Society of Canada.

Heine's research focuses on a few topics that converge on how people come to understand themselves and their worlds. In particular, he is most known for his work in cultural psychology where he has explored the key role that culture plays in shaping people's psychological worlds. He has also conducted much research exploring how people's essentialist biases make them prone to misunderstand and fear genetic concepts, how people make meaning in the face of meaninglessness, and how people can lead more meaningful lives.



Professor Huaiyin HOU

Professor, School of Education Science
Shanxi University

Keynote Title

Life as the Foundation of Social Education

Biography

Huaiyin Hou is a Changjiang Distinguished Professor appointed by the Ministry of Education, a second-level professor (as professors in China fall into four levels), and a doctoral student supervisor at the School of Educational Science, Shanxi University. He is also the Director of the China Social Education Research Institute at Shanxi University and receives a Special Government Allowance from the State Council, a prestigious honor awarded to outstanding professionals and technical experts in China.

Professor Hou is the principal investigator for more than 20 projects funded by the National Social Science Fund of China, including a major project titled "Development and Innovation of the Modern Chinese Educational System with Chinese Characteristics." He has edited a series of 12 books titled "70 Years of Educational Science in the People's Republic of China," published 17 academic monographs and textbooks, and authored over 300 academic papers in journals. Many of his papers have been reprinted in Xinhua Digest and Renmin University of China Photocopies of Materials from Newspapers and Periodicals. He was recognized as an "Important Author of Reprinted Periodicals and Materials" by the Academic Achievement Evaluation Research Center and the Book and Newspaper Information Center of Renmin University of China.

Online Keynote Speakers



Professor Claire HUGHES

Professor, Department of Psychology
University of Cambridge

Keynote Title

How Can Parent-child Interaction Facilitate the Development of Executive Function and Social Cognition?

Biography

Claire Hughes is a Professor of Developmental Psychology at the University of Cambridge. She is a Fellow of Newnham College, where she is Secretary to the Governing Body and Director of Studies (Psychology and Behavioural Sciences). She is also Deputy Head of the Psychology Department, with special responsibility for well-being, equality and diversity. Formerly, Claire worked at the Social, Genetic and Developmental Psychiatry Research Centre, Kings College London, and held a research fellowship at the Fyssen Foundation in Paris, France (Université Paris V). Previously, she has won UK awards for (a) 'Woman of the Year' (2011 – WOTY is an organization designed to recognise women who inspire others across multiple career paths) and (b) British Psychological Society Book of the Year (2013, for her book 'Social Understanding, Social Lives: from Toddlerhood to the Transition to School'). Other books include "Why Siblings Matter", "Executive Function in Childhood" and most recently, "The Psychology of Starting School" and a new picture book "How I Feel About My School". In 2025, these last two books will also be published in traditional Chinese. Her research applies longitudinal and international designs to examine the interplay between children's social experiences and cognitive development.



Professor Willem KUYKEN

Ritblat Professor of Mindfulness and Psychological Science, Department of Psychiatry
University of Oxford

Keynote Title

Mindfulness for Life: Ancient Wisdom Meets Modern Psychology

Biography

‘Willem Kuyken is Professor of Mindfulness and Psychological Science at the University of Oxford, United Kingdom. His work focuses on preventing depression, promoting mental health, and flourishing across the lifespan. He has published more than 150 journal articles and was named by Web of Science as in the top 1% of the most cited scientists in the world in 2019, 2020, 2021, 2022, 2023 and 2024. His new book, *Mindfulness for Life*, was published by Guilford Press in September 2024. It is a practical guide to help people improve well-being, enjoy life more fully, handle life's challenges better, and live aligned with personal values. It accompanies his earlier book with Christina Feldman, *Mindfulness – Ancient Wisdom Meets Modern Psychology*, published in 2019. His work has been featured in the *New York Times*, *New Scientist*, *Nature*, *Scientific American*, *Times Educational Supplement*, the *BBC*, *CBS*, *New Statesman*, *Oprah Daily*, *Le Monde*, *der Zeit*, the *Telegraph*, and the *Guardian*.



Professor Shigehiro OISHI

Marshall Field IV Professor, Department of Psychology
The University of Chicago

Keynote Title

What Is A Good Life? A Psychological Perspective

Biography

Shigehiro Oishi is the Marshall Field IV Professor of Psychology at the University of Chicago. He is a member of the American Academy of Arts and Sciences (2023). He received his B.A. at International Christian University in Tokyo, and Ph.D. at the University of Illinois at Urbana-Champaign in 2000. He taught at the University of Minnesota (2000-2004), Columbia University (2018-2020), and the University of Virginia (2004-2018; 2020-2022) before joining UChicago. He won the 2017 Society of Experimental Social Psychology Career Trajectory Award, the 2018 Carol and Ed Diener Award from the Society for Personality and Social Psychology, and the 2021 Outstanding Achievement Award for Advancing Cultural Psychology. His research focuses on culture, social ecology, and well-being. His lab is particularly interested in asking questions surrounding the concept of well-being (e.g. "what is a good life?"), the predictors of well-being (e.g. "what are the predictors of a good life?"), and the consequences of well-being (e.g. "are there benefits to a happy/meaningful/psychologically rich life?"). Furthermore, he is interested in how the concepts, the predictors, and the consequences of well-being might differ across cultures. Additionally, his research explores socio-ecological conditions that are detrimental or conducive to well-being (e.g., income inequality, residential mobility, walkability).

Distinguished Panel Speakers

Life Education and Values Education 生命教育與價值觀教育*



Ms Mandy Yuen-Yee AU

Executive Co-Director
Centre for Religious and Spirituality Education
The Education University of Hong Kong



Mr King-Leung CHENG

Chairman
Elite Sports Committee



Ms Vivian Ming-Wai CHUNG

Founder
Story Jungle Education and REACH



Ms Rowena Po-Man CHEUNG

Principal
Hong Kong Taoist Association
Wun Tsuen School



Chair: Dr Chi-Ming LAM

Associate Professor
Department of Education Policy and Leadership
The Education University of Hong Kong

Religious Education and Life Education 宗教教育與生命教育*



The Most Revd Andrew Au-Ming CHAN

Archbishop and Primate
Hong Kong Sheng Kung Hui



Professor Lok-Sang HO

Adjunct Professor, Department of Economics
Lingnan University
Advisor, Academy for Educational Development and Innovation
Adjunct Professor and Academy Fellow,
Academy for Applied Policy Studies and Education Futures
The Education University of Hong Kong



Dr Yiu-Fai LEE

Abbot
Sik Sik Yuen Wong Tai Sin Temple



Professor Hui LIU

Dean
College of Elementary Education
Capital Normal University



Dr Chi-Shing YIM

Academy Fellow
Academy for Educational Development and Innovation
The Education University of Hong Kong



Chair: Professor Susanna Siu-Sze YEUNG

Associate Vice President (Quality Assurance)
The Education University of Hong Kong

Featured Symposium

The Adverse Impact of Stigma, Ostracism, and Objectification on Social Well-Being



Chair: Professor Kevin Ka-Shing CHAN

Professor and Head of Department
Department of Psychology
The Education University of Hong Kong



Dr Angel Nga-Man LEUNG

Associate Professor
Department of Psychology
The Education University of Hong Kong



Dr Ivan Kai-Tak POON

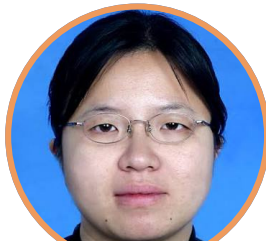
Associate Professor and Associate Head (Research) of Department
Department of Psychology
The Education University of Hong Kong



Professor Fei TENG

Professor
School of Psychology
South China Normal University

Behavioral Interventions for Well-Being: A Psychological Approach



Chair: Dr Rui ZHENG

Associate Professor
Institute of Psychology
Chinese Academy of Sciences



Dr Zhiqin CHEN

Assistant Professor and Doctoral Supervisor
Department of Psychology and Behavioral Sciences
Zhejiang University



Dr Xiaoqing HU

Associate Professor
Department of Psychology
The University of Hong Kong



Dr Minfan ZHU

Postdoctoral fellow
School of Psychological and Cognitive Sciences
Peking University

Well-Being in Older Adulthood: Control, Connection, and Contribution



Chair: Professor Da JIANG

Professor
Department of Special Education and Counselling
Associate Co-Director, Academy for Educational Development and Innovation
The Education University of Hong Kong



Professor Kee-Lee CHOU

Chair Professor of Social Policy
Department of Social Sciences and Policy Studies
The Education University of Hong Kong



Professor Helene Hoi-Lam FUNG

Professor
Department of Psychology
Executive Director, Centre for Positive Social Science
The Chinese University of Hong Kong

What Matters for Well-Being? Novel Findings From Diverse Cultural Contexts



Chair: Dr Emma BUCHTEL

Associate Professor
Department of Psychology
The Education University of Hong Kong



Dr Liman Man-Wai LI

Associate Professor
Department of Psychology
The Education University of Hong Kong



Dr Oliver SNG

Associate Professor
Department of Psychological Science
University of California, Irvine



Professor Yukiko UCHIDA

Professor
Institute for the Future of Human Society
Kyoto University

Day 1 Timetable

| Time | Session | Description |
|-----------------------------|---|--|
| 08:30 – 09:15 [D1-LP-04] | In-person Registration | Check in, collect your badges and conference materials. |
| 09:00 – 09:20 [D1-LP-04] | Opening Ceremony | |
| 09:20 – 10:00 [D1-LP-04] | Keynote Address 1 | <u>When Life Education Meets Mindfulness Education</u> Prof John Chi-Kin LEE, JP - The Education University of Hong Kong Chair: Prof Kevin Ka-Shing CHAN - The Education University of Hong Kong |
| 10:00 – 10:45 [D1-LP-04] | Keynote Address 2 | <u>Exploring the Research into Young Children's Spirituality – Key Themes, Implications and Challenges</u> Dr Tony EAUDE - University of Oxford Chair: Dr Ivan Kai-Tak POON - The Education University of Hong Kong |
| 10:45 – 11:00 | Break | |
| 11:00 – 12:00 [D1-LP-04] | Distinguished Panel Session 1 | <u>Life Education and Values Education 生命教育與價值觀教育*</u> Ms Mandy Yuen-Yee AU - The Education University of Hong Kong Mr King-Leung CHENG - Elite Sports Committee Ms Rowena Po-Man CHEUNG - Hong Kong Taoist Association Wun Tsuen School Ms Vivian Ming-Wai CHUNG - Story Jungle Education and REACH Chair: Dr Chi-Ming LAM - The Education University of Hong Kong |
| 12:00 – 13:30 | Lunch and Poster Session | |
| 13:30 – 14:30 | Parallel Symposium and Paper Session 1 | <u>Well-Being Across the Lifespan</u> Group A [B4-LP-07] Group B [B4-LP-08] Group C [B4-LP-09] Group D [D1-LP-06] Group E [D1-LP-07] Group F [D2-LP-09] |
| 14:30 – 15:30 [D1-LP-04] | Distinguished Panel Session 2 | <u>Religious Education and Life Education 宗教教育與生命教育*</u> The Most Revd Andrew Au-Ming CHAN - Hong Kong Sheng Kung Hui Prof Lok-Sang HO - Lingnan University Dr Yiu-Fai LEE - Sik Sik Yuen Wong Tai Sin Temple Prof Hui LUI - Capital Normal University Dr Chi-Shing YIM - The Education University of Hong Kong Chair: Prof Susanna Siu-Sze YEUNG - The Education University of Hong Kong |
| 15:30 – 15:45 | Break | |
| 15:45 – 16:30 [D1-LP-04] | Keynote Address 3 | <u>Life as the Foundation of Social Education 社会教育的生命基础*</u> Prof Huaiyin HOU - Shanxi University Chair: Dr Xiuhong TONG - The Education University of Hong Kong |
| 16:30 – 17:15 [D1-LP-04] | Invited Symposium 1 | <u>Well-Being in Older Adulthood: Control, Connection, and Contribution</u> <i>Helping Alleviate Loneliness in Hong Kong Older Adults (HEAL-HOA): A Dual Randomized Controlled Trial</i> Prof Kee-Lee CHOU - The Education University of Hong Kong <i>The Impacts of Extreme Weather on the Well-Being of Older Adults</i> Prof Helene Hoi-Lam FUNG - The Chinese University of Hong Kong <i>The More Contributed, the Happier: Intergenerational Engagement and Well-Being in Older Adulthood</i> Prof Da JIANG - The Education University of Hong Kong Chair: Prof Da JIANG - The Education University of Hong Kong |
| 17:15 – 18:00 [D1-LP-04] | Keynote Address 4 | <u>Mindfulness for Life: Ancient Wisdom Meets Modern Psychology (Online)</u> Prof Willem KUYKEN - University of Oxford Chair: Prof Da JIANG - The Education University of Hong Kong |

*The presentation will be conducted in Chinese with English subtitles.

Parallel Symposium and Paper Session 1 (13:30 – 14:30)

Well-Being Across the Lifespan

| Group A [B4-LP-07] | | |
|---|---|--|
| <p>A1</p> <p>在校大学生感知社会支持与心理韧性的关系： 基于多元宇宙样分析方法* (Perceived Social Support and Psychological Resilience Among College Students: A Multiverse Analysis)</p> <p>Yiduo Lyu Shenzhen University</p> | <p>A2</p> <p>生命教育与癌症患者幸福感的提升路径* (Life Education and Pathways to Enhancing Well-Being in Cancer Patients)</p> <p>Wang Ya Guangxi Minzu University</p> | <p>A3</p> <p>“培养美好的人”：诗教传统与君子人格*</p> <p>Zhao Xiaoxia Northwest Normal University</p> |
| Group B [B4-LP-08] | | |
| <p>B1</p> <p>志願活動與自我實現和自我調節疲勞之關係研究 —以澳門中學生為例* (The Associations among Volunteering Service Duration, Self-Actualization, and Self-Regulatory Fatigue)</p> <p>Ip Kai Hong Alfred Macao Polytechnic University Chi Hou leong Beijing Normal University</p> | <p>B2</p> <p>從佛法輔導到心靈覺醒—中學實踐案例分享*</p> <p>Fung Shun Ning Brenda Buddhist Sum Heung Lam Memorial College</p> | <p>B3</p> <p>Intrinsic and Extrinsic Motivation Profiles at Work: A Perspective of Self-Determination Theory and Organizational Virtuousness</p> <p>Chan Chung Ho The Education University of Hong Kong</p> |
| Group C [B4-LP-09] | | |
| <p>C1</p> <p>The Role of Dispositional Mindfulness in Forgiveness and Well-Being: Self-Compassion and Compassion for Others as Mediators</p> <p>Di Liu Xi'an Jiaotong-Liverpool University</p> | <p>C2</p> <p>Intertemporal Meditation Regulates Time Perception and Emotions: An Exploratory fNIRS Study</p> <p>Feng Xiao The Chinese University of Hong Kong, Shenzhen</p> | <p>C3</p> <p>A Scoping Study on the Intersections of Gender, Disaster Response, and Lifelong Learning in Philippine Coastal Communities</p> <p>Rungduin Teresita Prim Lorrence Philippine Normal University</p> |
| Group D [D1-LP-06] | | |
| <p>D1</p> <p>Improving the Physical Functioning of Retirees Through a Mobile-Based Physical Activity Programme</p> <p>Ng Yau Yin Johan The Chinese University of Hong Kong</p> | <p>D2</p> <p>Locus of Hope and Well-Being: A Moderated Mediation Model Examining the Role of Anxiety and Cognitive Reappraisal among Rural State University Students</p> <p>Francis Andro PAREF Southridge</p> | <p>D3</p> <p>What Am I, Really? Why Understanding “The Self” Matters for Well-Being and Humanity</p> <p>Wang Jianing The Education University of Hong Kong</p> |
| Group E [D1-LP-07] | | |
| <p>E1</p> <p>Principal Well-Being Literacy: A Case in Hong Kong</p> <p>Chen Junjun The Education University of Hong Kong</p> | <p>E2</p> <p>Effectiveness of PA-REALITY Intervention Program on Promoting Preschool Children’s Health and Emotions</p> <p>Ha Sau Ching Amy The Education University of Hong Kong</p> | <p>E3</p> <p>Mindfulness and Psychological Distress Among Emerging Adults: Social Media Use and Difficulties in Emotion Regulation as Mediators</p> <p>Cheung Yuen Man Rebecca Xi'an Jiaotong-Liverpool University</p> |
| Group F [D2-LP-09] | | |
| <p>F1</p> <p>Belief in a Just World and Psychological Resilience: How Ecological and Cultural Contexts Shape Psychosocial Well-Being</p> <p>Yan Mu Institute of Psychology, Chinese Academy of Sciences (CAS)</p> | <p>F2</p> <p>Distinguishing the Impact of Study Abroad on Intercultural Competencies and Psychological Richness: Findings from Multi-Group Structural Equation Modeling with Japanese Established Adults</p> <p>Kabir Russell Sarwar Hiroshima University</p> | <p>F3</p> <p>Enhancing University Students’ Emotional Well-Being Leveraged by the AI-powered Application – EmoCare</p> <p>Song Yanjie The Education University of Hong Kong</p> |

Day 2 Timetable

| Time | Session | Description |
|-----------------------------|---|---|
| 09:30 – 10:00 [D1-LP-04] | In-person Registration | Check in, collect your badge and conference materials. (For first day of participation only) |
| 10:00 – 10:45 [D1-LP-04] | Keynote Address 5 | <u>Life in Three Dimensions: Happiness, Meaning, and Psychological Richness (Online)</u> Prof Shigehiro OISHI - The University of Chicago Chair: Dr Dan LIN - The Education University of Hong Kong |
| 10:45 – 11:45 | Parallel Symposium and Paper Session 2 | <u>Well-Being Across the Lifespan</u> Group G [B4-LP-07] Group H [B4-LP-08] Group I [B4-LP-10] Group J [D1-LP-03] Group K [D1-LP-04] Group L [D2-LP-09] |
| 11:45 – 13:00 | Lunch | |
| 13:00 – 14:00 | Parallel Symposium and Paper Session 3 | <u>Impact of Life and Values Education on Positive Life Values and Well-Being</u> Group M [B4-LP-07] Group N [B4-LP-08] Group O [B4-LP-09] Group P [B4-LP-10] <u>Role of Interventions and Therapies in Promoting Health and Well-Being</u> Group Q [D1-LP-03] <u>Values and Well-Being: Reciprocal Pathways, Emotional Drivers, and Social Contexts</u> Group R [D1-LP-04] |
| 14:00 – 15:00 | Parallel Symposium and Paper Session 4 | <u>Role of Interventions and Therapies in Promoting Health and Well-Being</u> Group S [B4-LP-07] Group T [B4-LP-08] Group U [B4-LP-09] Group V [B4-LP-10] Group W [D1-LP-03] <u>The Adverse Impact of Stigma, Ostracism, and Objectification on Social Well-Being</u> Group X [D1-LP-04] |
| 15:00 – 15:15 | Break | |
| 15:15 – 16:00 [D1-LP-04] | Keynote Address 6 | <u>Mindful Parenting and Its Impact on Parental, Child, and Family Well-Being</u> Prof Susan BÖGELS - University of Amsterdam Chair: Prof Kevin Ka-Shing CHAN - The Education University of Hong Kong |
| 16:00 – 16:45 [D1-LP-04] | Keynote Address 7 | <u>Achieving Well-Being: Perspectives from Relationship Science</u> Prof Thomas Bradbury - University of California, Los Angeles Chair: Dr Liman Man-Wai LI - The Education University of Hong Kong |
| 16:45 – 17:30 [D1-LP-04] | Invited Symposium 2 | <u>Behavioral Interventions for Well-Being: A Psychological Approach</u> <i>The Impact of Memory Control Training on Well-Being</i> Dr Xiaoqing HU - The University of Hong Kong <i>The Mirror Nudge: A Simple Way to Promote Healthier Eating</i> Dr Zhiqin CHEN - Zhejiang University <i>Addressing the Elderly Help Recipients' Paradox: Promoting Autonomy-Oriented Help to Combat Benevolent Ageism</i> Dr Minfan ZHU - Peking University <i>Opt-out Policy and Its Improvements Promote Flu Vaccinations</i> Dr Rui ZHENG - Institute of Psychology, Chinese Academy of Sciences Chair: Dr Rui ZHENG - Institute of Psychology, Chinese Academy of Sciences |
| 19:00 – 21:30 | Dinner Banquet (by registration only) | |

Parallel Symposium and Paper Session 2 (10:45 – 11:45)

Well-Being Across the Lifespan

| Group G [B4-LP-07] | | |
|---|---|--|
| G1 Understanding the Psychological Well-Being Values of Chinese Gen-Z: A Q Method Study Qiu Yishu Yangzhou University | G2 Staying Positive in Tough Times: A Path to Healthier, Happier Children Fu Xiwen University of Cambridge | G3 Buffering the Challenges of Childhood Trauma Exposure: A Public Health Approach to Well-Being and Resilience in Early Childhood Education Sun Yihan Monash University |
| Group H [B4-LP-08] | | |
| H1 Parents' Climate Change Anxiety: Implications for Parenting Practices Lin Li Lingnan University | H2 世界教育强国需要什么样的卓越中学? * (Outstanding Middle Schools for Leading Educational Nations?) Zhang Xiaoqiao Shanghai Jiao Tong University | H3 Global Quality of Life as a Dynamic Predictor of Overall Survival in Lung Cancer Patients Across Systemic Therapies Wu Yin Shanghai Jiao Tong University |
| Group I [B4-LP-10] | | |
| I1 Flourishing with Our Children: The Effects of Mindful Parenting on the Well-Being of Mothers and Children in Hong Kong Cheung Hang Yi Lingnan University | I2 Longitudinal Links Between Executive Function and School Well-Being During Transition to School: A Two-Wave Study in England and Hong Kong Wong Siu Ching University of Cambridge | I3 Balancing Bytes: A Systematic Review of Digital Well-Being Among Young Children Jana Patricia Valdez Liu Yixuan The Education University of Hong Kong |
| Group J [D1-LP-03] | | |
| J1 Silent Cognitive Decline: Insights from the Aging Mind Azeez Rizwana JSS Academy of Higher Education and Research | J2 Framework for Evaluating and Ranking National Happy Schools – An Exploratory Proposal from Vietnam Le Thi Quynh Nga VNU University of Education, Hanoi, Vietnam | J3 The Effectiveness of the PA-REALITY Intervention Program in Improving Preschool Children's Fundamental Movement Skills and Physical Activity Zeng Taoran The Chinese University of Hong Kong |
| Group K [D1-LP-04] | | |
| K1 Key Factors Affecting Southeast Asian Adolescents' Well-Being: A Machine Learning Study Dacumos Juan Alfonso De La Salle University Manila | K2 The Longitudinal Reciprocal Relationship Among Awe, Mindfulness, and Insomnia: A Cross-Lagged Panel Model Liang Jieshuang The Education University of Hong Kong | K3 Designing a Self-Compassion Mental Health Intervention for Indian College students: A Needs Assessment Study Saha Debanjali FLAME University |
| Group L [D2-LP-09] | | |
| L1 Role of Cultural Identity and Multicultural Ideology in Self-Esteem, Life Satisfaction and Social Competency of Tribes in India Jaiswal Divya Kumar Banaras Hindu University, India | L2 Inequalities in Belonging: Cultural Capital, School Climate, and Socioemotional Well-Being of East Asian Youth Kim Suehye Dankook University | L3 The Psychological Readiness of Being a Parent Among Early Adults Peña Johann Zhack University of Makati |

Parallel Symposium and Paper Session 3 (13:00 – 14:00)

Impact of Life and Values Education on Positive Life Values and Well-Being

| Group M [B4-LP-07] | | |
|---|--|---|
| M1 Life Satisfaction and Needs of Persons Deprived of Liberty (PDL): Towards Program Development Coroña Ryan University of Makati | M2 From Psychological Richness to Career Calling: A Three-Wave Cross-Lagged Panel Study Lo On Ting Lingnan University | M3 Psychological Well-Being and Resilience of Parents of Children With Neurodevelopmental Disorders: Basis for Well-Being Program Hocson Sheila Marie Far Eastern University |
| Group N [B4-LP-08] | | |
| N1 幸福日志：当代人的修身工具* (Self-Cultivation in Modern Life: The Role of the Well-Being Journal) Wang Jiaying Peking University | N2 学生幸福和学业成就是否可以兼得？基于PISA2018中国数据的潜在剖面分析* (Can Student Happiness and Academic Achievement be Achieved Simultaneously? A Latent Profile Analysis Based on PISA 2018 Chinese Data) Wang Xiaocheng Jiangnan University | N3 關注心理諮詢師的職業耗竭：基於大灣區心裡工作從業者的經驗與挑戰研究* (Attention to the Professional Burnout of Psychological Counselors: A Study on the Experiences and Challenges of Mental Health Practitioners in the Greater Bay Area) Huang Chu Ge Granger The Education University of Hong Kong Chen Bing Yue Zhao Brand Management and Investment Shenzhen Co Ltd |
| Group O [B4-LP-09] | | |
| O1 Association of Hemoglobin Levels with BMI in Chinese Adolescents: Analysis of Urban-Rural Differences Zhang Jiamu University of Macau | O2 Nurturing Positive Values and Well-Being in Mathematics Classrooms: A Dual-Perspective Inquiry with Teacher Candidates Lim Ren Fah Sultan Hassanali Bolkiah Institute of Education, Universiti Brunei Darussalam | O3 Historical Evolution, Value Orientation and Practical Pathways of Life Education – The Integrated Life Education Model for Schools from Primary to University Level in Tianjin Zheng Xiao Wei Tianjin Normal University Feng XueJing Tianjin Normal University |
| Group P [B4-LP-09] | | |
| P1 “Rest Is Guilt”: Internalized Meritocracy and the Paradox of Well-Being Among PhD Students Liu Yutong Southeast University | P2 Promoting Student Well-Being in Higher Education Through Cultural and Relational Factors: A Systematic Review Zhang Zhuoran UCSI University | P3 Effects of Social-Emotional Learning Interventions on Psychological Well-Being: A Systematic Review Wang Chanjuan UCSI University |

*The presentation will be conducted in Chinese with English subtitles.

Role of Interventions and Therapies in Promoting Health and Well-Being

| Group Q [D1-LP-03] | | |
|---|---|---|
| <p>Q1 音乐联合经皮穴位电刺激对大学生抑郁及幸福感的干预研究* (Intervention Study on Music Combined with Transcutaneous Electrical Acupoint Stimulation for College Students' Depression and Well-Being)</p> <p>Zhang Ming Qingdao University</p> | <p>Q2 基于表达性书写的多成分积极心理学干预 (MPPIs) 对青少年时间态度的影响* (The Impact of Multi-Component Positive Psychology Interventions (MPPIs) Based on Expressive Writing on Adolescents' Time Attitudes)</p> <p>Bo Wu Northwest Normal University</p> | <p>Q3 Development, Feasibility, and Accessibility of a Multi-Session Online Resilience Intervention for Trainee Teachers: A Randomised Pilot and Feasibility Study</p> <p>Wang Yun Han National Taiwan University & King's College London</p> |

**The presentation will be conducted in Chinese with English subtitles.*

Parallel Symposium

Values and Well-Being: Reciprocal Pathways, Emotional Drivers, and Social Contexts

| Group R [D1-LP-04] |
|--|
| <p><i>From Well-Being to Values or From Values to Well-Being?</i> <i>Three Longitudinal Studies in the East and West on University Transitions</i></p> <p>Sam Shengquan YE City University of Hong Kong</p> <p><i>From Affect to Values: A Lexical Approach</i></p> <p>Alice Xi CHEN City University of Hong Kong</p> <p><i>Differential Value-Wellness Associations in an Unequal World:</i> <i>Social-Focused Values for the Privileged, Personal-Focused Values for the Disadvantaged</i></p> <p>Echo Sijia CHEN City University of Hong Kong</p> <p>Chair: Sam Shengquan YE City University of Hong Kong</p> |

Parallel Symposium and Paper Session 4 (14:00 – 15:00)

Role of Interventions and Therapies in Promoting Health and Well-Being

| Group S [B4-LP-07] | | |
|--|--|---|
| <p>S1 Online Mindfulness Training and Well-Being of University Students Using Online Social Networking (Osn): A Randomized-Control Trial</p> <p>Lau Ngai Sze The Chinese University of Hong Kong</p> | <p>S2 The Pains of Losing Control and the Strategies for Self-Control</p> <p>Niu Duan Sun Yat-sen University</p> | <p>S3 The Role of Meditation in Shaping Resilience</p> <p>Mo Ran Nanjing Normal University</p> |
| Group T [B4-LP-08] | | |
| <p>T1 The Impact of a Spiritual Intervention on Negative Emotions and Well-Being of Female Pdl in the Northern Philippines</p> <p>Peejay Bengwasan De La Salle University</p> | <p>T2 Exploring the Anonymity in Online Help-Seeking Behavior for Mental Health Problems of Young Adults – Contextualized in Higher Education in Vietnam</p> <p>Nguyen Phuong Anh Hanoi National University of Education</p> | <p>T3 Stakeholders’ Perceptions of School Counselling in Hong Kong</p> <p>Mark Harrison Hong Kong Shue Yan University</p> |
| Group U [B4-LP-09] | | |
| <p>U1 Exploring Conceptual Referents in the Income-Happiness Relationship</p> <p>Hussain Dilwar Indian Institute of Technology Guwahati</p> | <p>U2 Self-Compassion Protects Against the Negative Impact of Social Media on Young Women’s Body Satisfaction: A 7-Day Ecological Momentary Assessment Study</p> <p>Ren Xiaoxuan Southwest University</p> | <p>U3 Parental Digital Citizenship and Preschoolers’ Well-Being in the Digital Age: A Study in Shenzhen, China</p> <p>Li Lingxi The Education University of Hong Kong</p> |
| Group V [B4-LP-10] | | |
| <p>V1 Developing a Program Theory for a University-Based Mental Health Intervention: A Realist Evaluation Protocol for the Course “Understanding the Self”</p> <p>Acosta Avegale Ateneo de Manila University</p> | <p>V2 Users’ Experience on the Utilization of AI Chatbots as Mental Health Support</p> <p>Tagala Andrea Vheyda University of Makati</p> | <p>V3 Development and Validation of a Client Satisfaction Scale for Counseling Services</p> <p>Bangalan Sherna Pampanga State University</p> |
| Group W [D1-LP-03] | | |
| <p>W1 An Integrated Digital Intervention for Mental Health: A Fusion of Traditional Chinese Medicine Emotional Theory and AI</p> <p>Shen Fangxu The Education University of Hong Kong</p> | <p>W2 Effectiveness of Mindfulness-Based Interventions for Individuals With Autism Spectrum Disorder and Their Parents: A Systematic Review and Meta-Analysis</p> <p>Li Han University of Macau</p> | <p>W3 Cultivating Wise Reasoning for International Students: Evaluations of a Cultural Adaptation Workshop for Wise Moral Tolerance</p> <p>Xu Jingya Cherry The Education University of Hong Kong</p> |

Parallel Symposium

The Adverse Impact of Stigma, Ostracism, and Objectification on Social Well-Being

Group X [D1-LP-04]

Stigma of Individuals with Mental Disorders / Developmental Disabilities and Their Families

Prof Kevin Ka-Shing CHAN

The Education University of Hong Kong

The Psychological and Behavioral Consequences of Ostracism

Dr Ivan Kai-Tak POON

The Education University of Hong Kong

*Sexual Objectification of Women Leads to Reciprocal Dehumanization of Men Through
Meta-dehumanization*

Prof Fei TENG

South China Normal University

Cyberbullying and Psychological Well-Being of Students

Dr Angel Nga-Man LEUNG

The Education University of Hong Kong

Chair: **Prof Kevin Ka-Shing CHAN**

The Education University of Hong Kong

Day 3 Timetable

| Time | Session | Description |
|-----------------------------|---|--|
| 09:30 – 10:00 [D1-LP-04] | In-person Registration | Check in, collect your badge and conference materials. (For first day of participation only) |
| 10:00 – 10:45 [D1-LP-04] | Keynote Address 9 | <u>Cultural Fit, Well-Being, and Sleep</u> Prof Steven HEINE The University of British Columbia Chair: Dr Emma BUCHTEL The Education University of Hong Kong |
| 10:45 – 11:45 | Parallel Symposium and Paper Session 5 | <u>Role of Interventions and Therapies in Promoting Health and Well-Being</u> Group Z [B4-LP-07] <u>Impact of Physical Activity on Positive Life Values and Well-Being</u> Group AA [B4-LP-08] Group AB [B4-LP-09] <u>Role of IT and AI in Promoting Positive Life Values and Well-Being</u> Group AC [B4-LP-10] <u>What Matters for Well-Being? Novel Findings from Diverse Cultural Contexts</u> Group AD [D1-LP-04] <u>Other Topics Related to Life Education and Well-Being</u> Group AE [D1-LP-06] Group AF [D2-LP-09] |
| 11:45 – 13:00 | Lunch | |
| 13:00 – 14:00 | Parallel Symposium and Paper Session 6 | <u>Other Topics Related to Life Education and Well-Being</u> Group AG [B4-LP-07] Group AH [B4-LP-08] Group AI [B4-LP-09] Group AJ [B4-LP-10] Group AK [B4-LP-13] Group AM [D1-LP-06] <u>Implicit Theory of Diversity: A New Paradigm for Adaptability and Well-Being</u> Group AL [D1-LP-04] |
| 14:00 – 15:00 | Parallel Symposium and Paper Session 7 | <u>Other Topics Related to Life Education and Well-Being</u> Group AN [B4-LP-07] Group AO [B4-LP-08] Group AP [B4-LP-09] Group AQ [B4-LP-10] Group AR [B4-LP-13] Group AS [D1-LP-03] Group AU [D2-LP-09] <u>What We Talk About When We Talk About Mental Health?</u> <u>From Social Ecology to Everyday Behavior</u> Group AT [D1-LP-04] |
| 15:00 – 15:15 | Break | |
| 15:15 – 16:00 [D1-LP-04] | Keynote Address 10 | <u>How Can Parent-Child Interaction Facilitate the Development of Executive Function and Social Cognition?</u> Prof Claire HUGHES (Online) University of Cambridge Chair: Dr Joyce Lok-Yin KWAN The Education University of Hong Kong |
| 16:00 – 16:45 [D1-LP-04] | Closing Ceremony | |

Parallel Symposium and Paper Session 5 (10:45 – 11:45)

Role of Interventions and Therapies in Promoting Health and Well-Being

| Group Z [B4-LP-07] | | | |
|--|--|---|---|
| Z1 Academic Burnout in Undergraduate Students in Vietnam: An Initial Explanatory Research and Recommendations of Instruments Vu Bao Tram Hanoi National University of Education | Z2 八週增強式訓練對大學女籃運動員爆發力與心理素質之影響* (Effects of Eight-Week Plyometric Training on Lower Limb Explosiveness and Psychological Factors of Female Basketball Players From Macau Universities) Xiong Jia Qi University of Macau | Z3 八周增強式訓練對澳門高校男籃運動員敏捷性及睡眠品質的影響* Zhang Junyong University of Macau | Z4 Starting up Life and Moral Education Among Undergraduate Teachers With the Social Work Perspective Lou Chi Kin University of Saint Joseph |

Impact of Physical Activity on Positive Life Values and Well-Being

| Group AA [B4-LP-08] | | | |
|--|---|--|---|
| AA1 Exercise Motivation Matters: How Psychological and Physical Relaxation Differentially Drive Physical Activity Engagement Wei Minghao Uhey Limited | AA2 Building Foundations for Well-Being in Early Childhood: A Network Meta-Analysis of Effective Physical Activity Interventions on Motor and Cognitive Development Jiang Shan The Chinese University of Hong Kong | AA3 Associations Between Adverse Childhood Experiences and Adult Physical Activity Domains: A National Analysis Huang Yongyu South China Normal University | AA4 Mindful Moments: Fostering Healthy Habits Among University Students Lei Man Cheng Viviana University of Macau |
| Group AB [B4-LP-09] | | | |
| AB1 Exploration Into the Relationship Between Physical Exercise and Teachers' Subjective Well-Being —the Mediating Effect of Social Support and Self-Efficacy Li Li Jie Tianjin Normal University | AB2 Personality Profiles and Responsiveness to Persuasive Strategies in Promoting Physical Activity Among Thai Older Adults Kruahiran Piyakrita Chulalongkorn University | AB3 Effects of Integrative Neuromuscular Training Combined With Yoga and Stretching Exercises on the Agility and Balance of Primary School Children Maniazhagu Dharuman Alagappa University | AB4 The Role of Square Dancing in Psychological Capital: Evidence From a Large Cross-Sequential Study Qu Yujia Diana The Education University of Hong Kong |

Role of It and Ai in Promoting Positive Life Values and Well-Being

| Group AC [B4-LP-10] | | | |
|---|--|--|--|
| AC1 Artificial Intelligence and Collective Reflection: An Educational Approach to Sensing the Other and the World Huang Enjing Pusan National University | AC2 AI Chatbots in Life Education: A Scoping Review of Their Role in Promoting Well-Being and Positive Life Values Fu Jingyuan Guangdong University of Technology | AC3 Perceived Personalization in AI Chatbots and Decision-Making Adoption: Mediating Role of AI Self-Efficacy and Moderating Role of AI Trust Cha Jaeun Pusan National University | AC4 Learning Through and About Mindfulness in University Language Education: From Classroom Practice to Virtual Learning with HTML games and AI agents Chen Xinyi Xi'an Jiaotong Liverpool University |

*The presentation will be conducted in Chinese with English subtitles.

Other Topics Related to Life Education and Well-Being

Group AE [D1-LP-06]

| | | | |
|--|---|--|--|
| AE1 Validation of the Interpersonal Mindfulness Questionnaire (IMQ) in a Chinese Context: Preliminary Evidence for Cross-Cultural Measurement Invariance Ji Ruixi Shenzhen University | AE2 Meritocratic Beliefs Shape Ideals of Society Through System-Justifying Perceptions: Evidence From 71 Societies Lou Xiaobin University of Georgia | AE3 A Meta-analysis of Temporal Shifts in Self-Objectification Between 1998 and 2022 Li Li City University of Macau | AE4 A Phenomenological Study on Self-Expression Through Social Media Dummy Accounts Rosal Mel Rose Philippine Normal University |
|--|---|--|--|

Group AF [D2-LP-09]

| | | | |
|---|---|---|---|
| AF1 A Dual-Emotion Model of Mortality Salience: Cultural and Temporal Perspectives for Death and Life Education Hu Chao Guangzhou University | AF2 The Hong Kong Polytechnic University Secondary School Teachers' Self-Efficacy in Providing Career-Related Support to Students: Preliminary Validation in Macao Ouyang Baixiao City University of Macau | AF3 The Enlightenment of the Starting History of Soka University in Japan on the Transformation of the Newly Established Undergraduate Colleges of China Wang Xiaoqing Huazhong University of Science and Technology | AF4 Beyond Expectations: How Self-Efficacy and Emotions Drive Academic Outcomes in Chinese Primary School Students Wang Ziyi Pearl The Education University of Hong Kong |
|---|---|---|---|

Parallel Symposium

What Matters for Well-Being? Novel Findings From Diverse Cultural Contexts

Group AD [D1-LP-04]

Interdependent Well-Being: A Culturally Grounded Perspective on Community Well-Being

Prof Yukiko UCHIDA (Online)
Kyoto University

The Relationship Between Achievement Motivation and Well-Being Among Adolescents: A Motivation × Context Perspective

Dr Liman Man-Wai LI
The Education University of Hong Kong

Do Relationships or Money Matter for Life Satisfaction? Depends on How Much Disease There Is

Ms Minyoung CHOI
University of California, Irvine

Culture, Morality and Making Sense: Physiological Measures of Moral Conviction Reflect the Meaning-Making Purpose of Morality

Dr Emma BUCHTEL
The Education University of Hong Kong

Chair: **Dr Emma BUCHTEL**
The Education University of Hong Kong

Parallel Symposium and Paper Session 6 (13:00 – 14:00)

Other Topics Related to Life Education and Well-Being

Group AG [B4-LP-07]

AG1

从“算法异化”到“关怀重建”：AI时代学生幸福感的困境与教育突围—基于Noddings关怀伦理学的视角* (Algorithmic Alienation"" to ""Reconstructing Care"": The Dilemma of Student Well-Being and Educational Breakthroughs in the AI Era — From the Perspective of Noddings' Ethics of Care)

Li Yufang

Henan Normal University

AG2

中学生健康生活素养水平及其影响因素的初步探析* (A Preliminary Analysis of the Level and Influencing Factors of Middle School Students' Healthy Living Literacy)

Zhang Lidan

Hunan Normal University

AG3

Social Adaptation in Individual Preferences: A Social Learning Perspective

Liu Shuang

Hong Kong Polytechnic University

Group AH [B4-LP-08]

AH1

The Effects of Mindfulness on Psychological Well-Being of Chinese Students in Korea: The Dual Mediating Effects of Self-Efficacy and Academic Stress

Meng Weiwei

Pusan National University

AH2

论教育的幸福之维：教育何以关照人的生命幸福* (On the Dimension of Happiness in Education: Why Education Should Care about Happiness in Human Life)

Ma Miao Miao

Henan University

AH3

中学生健康生活素养影响因素的结构方程模型研究 (A Study on the Structural Equation Model of Factors Influencing Health Literacy in Middle School Students)*

Tu Zhengdan

Hunan Normal University

Group AI [B4-LP-09]

AI1

青少年如何理解“生命的意义”？—基于多维结构的量表编制与验证* (How Adolescents Understand the Meaning in Life: Development and Validation of the Adolescent Multidimensional Meaning in Life Scale)

Wang Chuhan

South China Normal University

AI2

「怎一個愁字了得」：讀香港大學生的非虛構寫作* (When ""Sorrow"" Is Not Enough: A Study of Nonfiction Writing by Hong Kong University Students)

Choi Yuk Ling

The Hong Kong Polytechnic University

AI2

「怎一個愁字了得」：讀香港大學生的非虛構寫作* (When ""Sorrow"" Is Not Enough: A Study of Nonfiction Writing by Hong Kong University Students)

Choi Yuk Ling

The Hong Kong Polytechnic University

Group AJ [B4-LP-10]

AJ1

Training Students' Academic Skills Related to ChatGPT Usage: Evidence in University of Education in Vietnam

Nguyen Minh Viet

Hanoi National University of Education

AJ2

Understanding Student Well-Being Through Self-Compassion and Life Satisfaction: A Mediation Analysis

Rofiah Nurul Hidayati

Hiroshima University

AJ3

From Conflict to Growth: How Sacrifice Motives for Relocation Shape Self-Expansion in Romantic Relationships

Lei Qiao

University of Sussex

*The presentation will be conducted in Chinese with English subtitles.

Group AK [B4-LP-13]

| | | |
|--|---|--|
| <p>AK1</p> <p>How Growth Mindset and Self-Compassion Moderate the Impact of Academic Anxiety on Academic Performance and Psychological Well-Being: A Study of Students in Hong Kong's Self-financed Tertiary Sector</p> <p>Chak Hau Yee College of Professional and Continuing Education, The Hong Kong Polytechnic University</p> | <p>AK2</p> <p>Well-Being in the Philippines: A Scoping Review of Local Conceptualizations</p> <p>Lizada Gabriel Sebastian De La Salle University - Manila</p> | <p>AK3 (Online)</p> <p>Early Pathways to Cognitive Well-Being: A Three-Site Study of Parental Mind-mindedness and Executive Function in Preschoolers</p> <p>Xu Chengyi University of Cambridge</p> |
|--|---|--|

Group AM [D1-LP-06]

| | | |
|---|--|---|
| <p>AM1</p> <p>Unraveling the Digital Dilemma: Navigating the Nexus of Pathological Social Networking, with Sleep Quality, Depression, and Anxiety in Young Adults</p> <p>Prasad Abhishek Bangalore Gopal Venu CHRIST (Deemed to be University) Bangalore</p> | <p>AM2</p> <p>Validation of the Embodied Mindfulness Questionnaire (EMQ) in a Chinese Context: Preliminary Evidence for Cross-cultural Measurement Invariance</p> <p>Zhang Jieting Shenzhen University</p> | <p>AM3</p> <p>Teacher Well-Being in Confucian Educational Contexts: A Systematic Review of Research Trends, Theoretical Frameworks, and Cultural Factors (2014-2024)</p> <p>Mendoza Norman Biliwang The Education University of Hong Kong</p> |
|---|--|---|

Parallel Symposium

Implicit Theory of Diversity: A New Paradigm for Adaptability and Well-Being

Group AL [D1-LP-04]

Development and Validation of the Diversity Mindset Measure

Prof Frederick LEONG

The Chinese University of Hong Kong, Shenzhen

Development and Validation of the Homogeneity Mindset Measure (HMM)

Yu-Ying LIU

The Chinese University of Hong Kong, Shenzhen

Homogeneity Mindset, Social Network, and Loneliness Paper

Lanting CHENG

The Chinese University of Hong Kong, Shenzhen

Developing Behavioral Indicator Measures in Diversity Science Research

Ziyue WANG

The Chinese University of Hong Kong, Shenzhen

Chair: **Prof Frederick LEONG**

The Chinese University of Hong Kong, Shenzhen

Parallel Symposium and Paper Session 7 (14:00 – 15:00)

Other Topics Related to Life Education and Well-Being

| Group AN [B4-LP-07] | | |
|---|---|--|
| AN1 Role of Schooling and Religious Affiliation in the Social Well-Being of Students in India Yadav Akanksha Banaras Hindu University | AN2 基于存在—人本心理学的学生生命意义教育路径* Wang Fang Fang Sichuan Normal University | AN3 A Study on the Life History of Educational Relationships Through Empathy Conversation of a Teacher Jung Insook Pusan National University |
| Group AO [B4-LP-08] | | |
| AO1 Empowering to Person With Disabilities Through the Life-Skills and Well-Being Development for Successful Inclusion Pandey Yogendra Banaras Hindu University | AO2 Emotion Processing: Words in Isolation and Words in Sentence Pandey Aparna Indian Institute of Technology Bhubaneswar | AO3 Crisis of Meaning in Post-Modern Societies Krys Kuba Institute of Psychology, Polish Academy of Sciences |
| Group AQ [B4-LP-10] | | |
| AQ1 (Online) 小学生社会与情感能力调查问卷的本土化构建研究* (Cultural Adaptation of the Social and Emotional Competence Questionnaire for Chinese Primary School Students) Gao Huaiwei Hangzhou Normal University | AQ2 (Online) 题目：时空折叠与大众参与的弹幕双引擎—如何用轻量化方法重塑亚洲教育温度* (Spatiotemporal Folding and Mass Participation: How a Lightweight Danmaku Dual-Engine Reshapes the Temperature of Asian Education) Liang Qiufeng | AQ3 (Online) Does Having Children and/or Grandchildren Predict Successful Aging? Aging Attitude Matters in Western and Eastern Societies Hu Yue The Chinese University of Hong Kong |
| Group AR [B4-LP-13] | | |
| AR1 Exploring Leisure and Sport Participation for Psychosocial Well-Being in Later Life: Insights from Quantitative and Qualitative Approaches Kim May Korea University | AR2 The Lived Experience of Filipina Middle-Child Breadwinner Towards Kaghinhawaan NG Loob Domingo Bernadette Alexis University of Makati | AR3 Living the Classics: Awakening Life Awareness through Meditation and Classical Chinese Texts Deng Rong The Education University of Hong Kong |
| Group AS [D1-LP-03] | | |
| AS1 Positive and Negative Affect Across Cultures: The Case of Latin Americans Boehnke Klaus Constructor University | AS2 Digital Well-Being and Digital Health: Strategies to Address and Prevent Adolescents' Social Media Addiction Through Parent Educational Workshop for Senior Primary Students in Hong Kong Law Tsun Hin The Education University of Hong Kong | AS3 Executive Functioning Skills and Coping Strategies for Enhancing the Well-Being of Emerging Adults with ADHD Duisenova Alina The Education University of Hong Kong |

*The presentation will be conducted in Chinese with English subtitles.

Group AU [D2-LP-09]

| | | |
|--|---|---|
| <p>AU1 Family Conflicts, Parent-Child Relationships and Subjective Well-Being in Parent-Adolescents: An APIMeM analysis</p> <p>Chi Xinli Shenzhen University</p> | <p>AU2 Relational Courage at Sea: Exploring Lakas ng Loob as Protective Factor among Filipino Seafarers</p> <p>Egargo Faye Jessa University of Makati</p> | <p>AU3 Co-Creating Possible Worlds: Participation as a Pedagogy of Worldmaking</p> <p>Tsirogianni Stavroula The Chinese University of Hong Kong, Shenzhen</p> |
|--|---|---|

Impact of Life and Values Education on Positive Life Values and Well-Being

Group AP [B4-LP-09]

| | | |
|---|---|--|
| <p>AP1 (Online) Philosophical Thoughts on Lifestyle Expressed in Mullaikkali</p> <p>Arunagiri Rajalakshmi Kongunadu Arts and Science College Coimbatore</p> | <p>AP2 (Online) Graduation Travel as Life Education: Triple Pathways for Cultivating Positive Values</p> <p>Sun Yingxia Qingdao Huanghai University</p> | <p>AP3 (Online) Developing Measure for Student Well-Being and Human Flourishing in Student Affairs</p> <p>Resurreccion Cecilia Ma Concha de la Cruz University of Asia and the Pacific</p> |
|---|---|--|

Parallel Symposium

What We Talk About When We Talk About Mental Health? From Social Ecology To Everyday Behavior

Group AT [D1-LP-04]

Patterns of Social Determinants of Health and Mental Health in Adulthood

Evon Lam WONG

The Education University of Hong Kong

Built Environment in Early Life is Linked to the Heterogeneous Trajectories of Loneliness From Childhood to Adolescence in the Abcd Study

Huinan LIU

The Education University of Hong Kong

Dorsolateral Prefrontal Cortex Function and Emotion Regulation as Neural Correlates of Mental Well-Being in Adolescents

Linlin GUAN

The Education University of Hong Kong

Daily Routine Disruption Mediates the Association Between Socio-Environmental Factors and Post-Traumatic Distress Disorder Following the Turkey-Syria Earthquake

Crystal Jingru LI

The Education University of Hong Kong

Chair: **Prof Wai-Kai HOU**

The Education University of Hong Kong

Discussant: **Prof Thomas BRADBURY**

University of California, Los Angeles

Poster Presentation (*Outside D1-LP-08*)

Well-Being Across The Lifespan

| No | Title | Presenter |
|----|--|---|
| 1 | 基于自爱的同情：达致幸福生活的生命教育路径 | Yuhan Wu Beijing Normal University |
| 2 | When Silence Speaks Loudest: the Impact of Silent Treatment on Self-blame and Relational Trust Among University Students | Thu Trang Vu Hanoi National University of Education |
| 3 | Bidirectional Links Between Sleep Disturbance and Prosocial Behaviors: a Two-wave Cross-lagged Analysis | Wenying Wang The Hong Kong Polytechnic University |
| 4 | Self-perception of Aging Impacts Subjective Well-Being: the Mediation Role of Loneliness and the Moderating Role of Self-continuity | Feng Wang The Education University of Hong Kong |
| 5 | Comparing the Effects of Three Types of Prosocial Behavior on Well-Being: Helping, Comforting, and Sharing | Lu Kuang Kyushu University |
| 6 | Factors Influencing Parent-grandparent Coparenting Quality in Chinese Families With Kindergarten-aged Children | Xiaozi Gao The Education University of Hong Kong |
| 7 | From Adolescence to Adulthood: the Longitudinal Impact of Parental Values on WellBeing – Evidence From China Family Panel Studies (cfps) 2018–2022 | Shi Yu The Chinese University of Hong Kong, Shenzhen |

Impact of Life and Values Education on Positive Life Values and Well-Being

| No | Title | Presenter |
|----|--|--|
| 8 | Intentional Meaning-Making Facilitates the Recovery of Meaning and Well-Being Among Chinese College Students: A Latent Growth Curve Modeling Approach | Shangzhi Lu The Chinese University of Hong Kong, Shenzhen |
| 9 | Integrating Self-Compassion Into Rural Positive Education: a Value-based Approach to Enhancing Positive Life Values and Well-Being | Yixuan Zhang The Hong Kong University of Science and Technology |
| 10 | Evaluating Methotrexate Interaction With 258 Antibiotics by Using Epocrates Softwares. | Dil Prasad Subba Sharda University |
| 11 | A Study on College Students' Intervention in Life Education for Adolescents in County Middle Schools: From the Perspective of Anxiety Origin and Educational System Construction (大学生助力县中青少年生命教育的实践探索——基于焦虑溯源与成长需求的视角) | Ran Zhao Beijing Normal University |
| 12 | Psychological and Ecological Factors of Neurodevelopmental Disorders: Progressive Development of Network Structure and Stimulated Intervention Using a Bayesian Network Approach | Huinan Liu The Education University of Hong Kong |

Role of Interventions and Therapies in Promoting Health and Well-Being

| No | Title | Presenter |
|----|--|---|
| 13 | Mindful Parenting as a Buffer: Exploring the Associations Between Maternal Adverse Childhood Experiences, Mother-Child Attachment, and Maternal Perceived Social Support Among Mother-Early Adolescent Dyads | Yidi Mao University of Macau |
| 14 | How Does Perspective-Taking Intervention Reduce Mistreatment? the Mediation Effect of Instrumentality and Creativity | Di Song Hong Kong Baptist University |
| 15 | A Cyberbullying-Prevention Programme for Chinese Primary School-aged Students With Specific Learning Difficulties: Initial Evidence for Reclad | Yuhong Rona Huang The Education University of Hong Kong |
| 16 | Effects of Cranial Bone Strengthening Program on Facial Skin Condition | Nanako Shigeno Hiroshima University |
| 17 | Mindfulness-Based Stress Reduction for Primary School Students: Examining Measurement Invariance and Latent Mechanisms by Parenting Styles | Shan Zhang Huzhou Nanxun Lansheng Hongda Experimental School |
| 18 | Nature Connection as a Pathway to Mental Health: Hope and Meaning in Life Among Female Prisoners | Xinan Liu China University of Political Science and Law |
| 19 | Playful Paths to Wellness: Elevating Life Education for Older Adults | Peggy Or The Education University of Hong Kong |

Impact of Physical Activity on Health and Well-being

| No | Title | Presenter |
|----|--|--|
| 20 | Effects of Bone Strengthening Program on Blood Flow Parameters and Blood Cell Morphology in Elderly Adults | Momomi Yoshida Hiroshima University |

Role of Information Technology and Artificial Intelligence in Promoting Positive Life Values and Well-Being

| No | Title | Presenter |
|----|--|---|
| 21 | AI-Enabled Educational Management and Student Well-Being: Evidence for a School-Family Synergy Mechanism | Chengzhe Guo Beijing Normal University |
| 22 | Effects of Osteo on Bone Density and Foot Function in High School Female Distance Runners | Kosei Miyamoto Hiroshima University |

Other Topics Related to Life Education and Well-Being

| No | Title | Presenter |
|----|--|--|
| 23 | Longitudinal Relations Between Social Relationships and Adolescent Life Satisfaction: the Mediating Roles of Self-Compassion and Psychological Resilience | Nini Wu Guangdong University of Education |
| 24 | Attentional Impairments and Neural Compensation in Socially Anxious Adolescents: A Combined ERP and Functional Connectivity Study | Wenqing Lin Shenzhen University |
| 25 | Longitudinal Relationship Between Basic Psychological Needs and Mindfulness Among Chinese High School Students: the Moderating Role of Pocket Money Income | Jindi Gao The Chinese University of Hong Kong, Shenzhen |
| 26 | Sensitive but Uncontrolled: Neural Features of Impaired Emotional Inhibitory Control in High Social Anxiety Adolescents | Anqi Zhang Shenzhen University |
| 27 | The Relationship Between Digital Self and Internet Addiction in Youth: the Mediating Role of Self-Consistency | Wei Chieh Chiu Ming Chuan University |
| 28 | Intergoal Compatibility as a Key Factor in Effective Happiness Pursuit | Xianmin Gong The Chinese University of Hong Kong |
| 29 | Based on the Wechat to Explore the Effects of Three Good Things on Subjective Well-Being, Depression, and Loneliness in Early Adulthood | Mengying Wang The Education University of Hong Kong |
| 30 | Toward Healthier Academic Communities: Development of a Faculty Vitality and Well-Being Survey for Medical School Faculty | Hyoung Seok Shin Chungbuk National University |
| 31 | Understanding How Trait Mindfulness Protects Against Suicidal Ideation: the Role of Rumination Among Undergraduates Students | Laurentius Sandi Witarso Atma Jaya Catholic University of Indonesia |

Conference Organizing Committee

Prof John LEE Chi-Kin

President
UNESCO Chair in Regional Education Development and Lifelong Learning
Director of the Centre for Religious and Spirituality Education
The Education University of Hong Kong

Prof Kevin Ka-Shing CHAN

Professor and Head of Department
Department of Psychology
The Education University of Hong Kong

Dr Xiuhong TONG

Associate Professor
Department of Psychology
The Education University of Hong Kong

Dr Ivan Kai-Tak POON

Associate Professor
Department of Psychology
The Education University of Hong Kong

Prof Da JIANG

Professor
Department of Special Education and Counselling
The Education University of Hong Kong

Conference Scientific Committee

Dr Josephine AU

Assistant Clinical Professor
Associate Director of Clinical Training Counseling Psychology
Department of Applied Psychology
Bouvé College of Health Science, Northeastern University

Prof Chen CHEN

Professor
School of Psychology
Nanjing Normal University

Prof Hui CHEN

Vice Dean
Department of Psychology
Zhejiang University

Dr Rebecca CHEUNG

Senior Associate Professor
Department of Educational Studies
Xi'an Jiaotong-Liverpool University

Prof Yanjun GUAN

Chair Professor in Global Sustainable Strategies and
Human Capital Management
Department of International Business and Management
University of Nottingham Ningbo China

Dr Franki Y. H. KUNG

Associate Professor
Department of Psychological Sciences
Purdue University

Dr Kuba KRYS

Associate Professor
Polish Academy of Sciences
Institute of Psychology

Dr Chia-Ying LEE

Researcher
Laboratory of Brain and Language
Institute of Linguistics, Academia Sinica

Dr Manyu LI

Associate Professor
School of Psychology
University of Louisiana at Lafayette

Dr Tianyuan LI

Associate Professor
School of Humanities and Social Science
The Chinese University of Hong Kong, Shenzhen

Prof Jing PAN

Associate Head
Department of Psychology
Sun Yat-sen University

Dr Ut Na SIO

Lecturer
Management School
The University of Sheffield

Dr Zhenlin WANG

Associate Professor
Department of Psychology and Behavioral Sciences
Massey University

Dr Weiwei XIA

Assistant Professor
Faculty of Health and Wellness
City University of Macau

Dr Lydia YEE

Lecturer
School of Psychology and Language
Sciences
University of Reading

Dr Qiuhai YUE

Assistant Professor
School of Psychology
Shenzhen University

Prof Bao ZHANG

Professor
Department of Psychology
Guangzhou University

Dr Juan ZHANG

Associate Professor
Centre for Early Childhood Education and
Child Development, Faculty of Education
University of Macau

Conference Organization Support Team

Special thanks to our incredible support team:

Secretariat Support

Dicky Kwok Hei CHAN

Serene Sze Wing CHING

Yui Yue PAN

Ellen Yan Lam TSANG

Jack Jiajie XIE

Claire Tsz Yan YUEN

Ruby Chenyu ZHAN

Alice Yuanzhi ZHANG

General Office Staff from Department of Psychology.

Kenneth Chung Hin CHAN

Addney Chun Yin HU

Howard Sau Ching KONG

Zita Wing Yan LAM

Matthew TANG

Helena Hing Ni TSANG

Janna Tsoi Wing WONG

Hannah Qishan ZHU

Conference Student Helpers

Chancie CHEN

Gracie GUO

Elaine HAUNG

Rain HO

Coco HU

Celia LI

Echo LI

Grace LI

Jessie LI

Evelyn NG

Shirley QIN

Sophia QIU

Coco TAI

Abey SHEN

Ann WANG

Jek WANG

Winnie WANG

Elsie WEI

Hantian ZHANG





Supporting Organizations:



International Union
of Psychological Science



THE HONG KONG
Psychological Society
香港心理學會

Sponsor:

