



EdUHK PS Psychological Science Seminar Series

From Population Neuroscience to Population Mental Wellness



Mental health issues globally affect around 970 million people in 2019, notably emerging during adolescence. Understanding brain development in this crucial phase is key. Recent normative growth models reveal links between atypical brain development and mental disorders. Yet, direct evidence on environmental factors deviating brain development and its connection to psychopathology remains limited. Furthermore, despite concerted efforts to enhance mental health care, rates of mental illness have not witnessed a decrease in recent decades. To effect progress, a paradigm shift from a disease-focused to a health-oriented approach is imperative. In this talk, I will share evidence on how environmental factors influence brain development and potentially contribute to mental health problems. Moreover, I will explore how less deviated brain development may foster resilience. Lastly, I will present our latest findings on the associations of loneliness with health, environment, and the brain, illustrating the valuable insights in promoting mental wellness that can be gained from large neurodevelopmental cohorts.

Register Now

-  20 May 2024 (Mon)
-  11:00 am - 12:00 nn
-  B4-LP-08, Tai Po Campus
-  Enquiries: ps.notice@eduhk.hk; 2948 7490 (Mr. Tang)
-  Registration: <https://forms.gle/YtivFiLbEUfacmGX8>



SCAN ME!



Dr. Wong Ting Yat
Assistant Professor

Department of Psychology, Centre
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Dr. Wong completed his doctoral training in psychiatry and neuroscience through the IRTG 2150 program at RWTH Aachen University and the University of Pennsylvania, funded by the German Research Foundation. Currently, he is an Assistant Professor at The Education University of Hong Kong. His research focuses on understanding the influence of the environment on neurodevelopment and its connection to psychopathology and resilience from childhood to adolescence. He aims to unravel the intricate interplay between neurobiology and environment in shaping mental wellness. Additionally, he employs state-of-the-art methodologies, such as machine learning and network science, to identify predictive biomarkers and profiles, with the goal of developing personalized interventions that promote resilience and mental well-being.



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