

CHEUNG Forrest Tin Wai, *PhD, CPsychol, RPSGT*

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ACADEMIC APPOINTMENT

Postdoctoral Research Associate in Sleep Medicine Sir Jules Thorn Sleep & Circadian Neuroscience Institute, Nuffield Department of Clinical Neurosciences, University of Oxford	2024-Present
Postdoctoral Research Fellow State Key Laboratory of Brain and Cognitive Sciences, Department of Psychology, The University of Hong Kong	2022-2024

EDUCATION

Doctor of Philosophy (Ph.D.) , Department of Psychology The University of Hong Kong	2018-2022
Bachelor of Social Sciences (BSoc.Sc.) , Psychology & Counselling The University of Hong Kong	2012-2015

PROFESSIONAL QUALIFICATION

Chartered Psychologist The British Psychological Society	2024-
Registered Polysomnographic Technologist (RPSGT) Board of Registered Polysomnographic Technologists	2021-

HONOURS AND AWARDS

Young Investigator Award , World Sleep Congress 2023, World Sleep Society	2023
Young Investigator Award , The 3rd Congress of Asian Society of Sleep Medicine, Asian Society of Sleep Medicine	2021
Best Poster Award , CUHK SLEEP Conference 2018, CUHK	2018
Postgraduate Scholarship , HKU	2018

RESEARCH GRANT

Co-I, Health and Medical Research Fund. Efficacy of Cognitive Behavioural Therapy with Adjuvant Melatonin Treatment in Older Adults with Chronic Insomnia: A Randomised Controlled Trial (Ref. no.: 23244051). Fund awarded: HK\$ 1,228,824	2025
Co-I, Health and Medical Research Fund. Reward processing and eveningness in youth depression: A longitudinal EEG investigation (Ref. no.: 21222951). Fund awarded: HK\$ 1,126,272	2023

RESEARCH & SCHOLARSHIP

PEER-REVIEWED PUBLICATIONS

2025

1. Sit HF, **Cheung FTW**, CHAN NY, CHAN JW, WING YK, LI SX. Unravelling symptom interplay of depression, anxiety, insomnia and suicidality in adolescents: A network analysis. *International Journal of Clinical and Health Psychology*. 2025 Jul 1;25(3):100619; <https://doi.org/10.1016/j.ijchp.2025.100619>
2. Chen CX, Wang R, **Cheung FTW**, Ho AWY, Ho CS, Chan NY, et al. A modified at-home methodology for measuring dim light melatonin onset timing in healthy adults. *Chronobiology International*. 2025:1-11; <https://doi.org/10.1080/07420528.2025.2500404>
3. Wang R, Mu Z, Li X, **Cheung FTW**, Chan NY, Chan JWY, Wing YK, Li SX. The Relationship Between NEO-five Personality Traits and Sleep-related Characteristics: A Systematic Review and Meta-analysis. *Sleep Medicine Reviews*. 2025 Mar 20:102081; <https://doi.org/10.1016/j.smr.2025.102081>
4. Wang R, Mu Z, Li X, **Cheung FTW**, Chan NY, Chan JWY, Wing YK, Li SX. Reply to Takefuji "Methodological limitations of linear parametric analysis in biological research: A critical review of NEO-Five personality traits and sleep characteristics study". *Sleep Medicine Reviews*. 2025 Apr 23:102095; <https://doi.org/10.1016/j.smr.2025.102095>
5. Zheng N, Zhang X, Li C, **Cheung FTW**, Hu X, Zhang J, Feng H. Advances in artificial intelligence empowering early-stage human health: Current landscape and future directions. *The Innovation*. 2025 Dec 3; <https://doi.org/10.1016/j.xinn.2025.101222>

2024

6. **Cheung FTW**, Sit HF, Li X, Chan JWY, Chan NY, Wing YK, Li SX. A Longitudinal Examination between Chronotype and Insomnia in Youths: A Cross-Lagged Panel Analysis. *Clocks & Sleep*. 2024;6(4), 557-567; <https://doi.org/10.3390/clockssleep6040037>
7. **Cheung FTW**, Li SX. What Does the Future Hold for Psychological Treatments in Youth? Long-Term Perspectives on Sleep and Circadian Interventions. *Journal of the American Academy of Child and Adolescent Psychiatry*. 2024;S0890-8567(24), 1324-8; <https://doi.org/10.1016/j.jaac.2024.08.003>
8. Li SX, **Cheung FTW***, Chan NY, Chan, JWY, Zhang J, Li AM, Espie CA, Gradisar M, Wing YK. Effects of cognitive behavioural therapy and bright light therapy for insomnia in youths with eveningness: Study protocol for a randomised controlled trial. *Trials*. 2024;25(1):246. <https://doi.org/10.1186/s13063-024-08090-0>

2023

9. **Cheung FTW**, Li X, Hui TK, Chan NY, Chan JW, Wing YK, Li SX. Circadian preference and mental health outcomes in youth: A systematic review and meta-analysis. *Sleep Medicine Reviews*. 2023;72:101851. <https://doi.org/10.1016/j.smr.2023.101851>
10. Sun W, **Cheung FTW**, Chan NY, Zhang J, Chan JWY, Chan KCC, et al. The impacts of intra-individual daily sleep variability on daytime functioning and sleep architecture in healthy young adults: An experimental study. *Journal of Sleep Research*. 2024;33(3):e13967. <https://doi.org/10.1111/jsr.13967>

2022

11. **Cheung FTW**, Ho AWY, Chan JWY, Li X, Chan NY, Zhang J, Ho CS, Wing YK, Li SX.

Validation of the Chinese version of the Munich Chronotype Questionnaire (MCTQ^{HK}) in Hong Kong Chinese Youths. *Chronobiology International*. 2022;39(5):678-89.
<https://doi.org/10.1080/07420528.2022.2025821>

2017

12. Cheng Q, Kwok CL, **Cheung FTW**, Yip PS. Construction and validation of the Hong Kong Altruism Index. *Personality and Individual Differences*. 2017:201-08.
<https://doi.org/10.1016/j.paid.2017.03.042>
13. Cheng Q, **Cheung FTW**, The new media and the prevention of youth suicide in Hong Kong. *Journal of Youth Study*. 2017;20(1):124-32.

* Co-first authors

SELECTED PEER-REVIEWED CONFERENCE PROCEEDINGS

1. **Cheung FTW**, Chan NY, Chan JWY, Zhang J, Wing YK, Li AM, Espie CA, Gradisar M, Wing YK, Li SX. Group-based Cognitive Behavioural Therapy and Bright Light Therapy in Youths with Insomnia and Evening Chronotype: Interim Analysis of a Randomised Controlled Trial. *Sleep Medicine*. 2023;115:178-179. doi: 10.1016/j.sleep.2023.11.504
2. **Cheung FTW**, Chan NY, Chan JWY, Wong WTY, Lee MPY, Sit HF, Wang RR, Zhang J, Wing YK, Li AM, Espie CA, Gradisar M, Wing YK, Li SX. Factors influencing the adherence to Bright Light Therapy in youths with insomnia and eveningness: A mixed-methods study. *Sleep Medicine*. 2023;115:55-56. doi: 10.1016/j.sleep.2023.11.189
3. **Cheung FTW**, Chan JWY, Chan NY, Li X, Zhang J, Amy WYH, Ho CS, Wing YK, Li SX. Circadian Characteristics in Youths with Insomnia Disorder. *Journal of Sleep Research*. 2022;31(S1):147
4. **Cheung FTW**, Chan JWY, Chan NY, Li X, Zhang J, Wing YK, Li SX. Insomnia-related cognitive and behavioural factors in adolescents with delayed sleep-wake phase disorder. *Sleep*. 2021;44(S2):229-30.
5. **Cheung FTW**, Ho AW, Li X, Chan JWY, Zhang J, Chan NY, Ho CS, Wing YK, Li SX. Validation of the Chinese version of the Munich Chronotype Questionnaire in Hong Kong youths. *Journal of Sleep Research*. 2020;29(S1):327.
6. **Cheung FTW**, Feng H, Ho LY, Lei B, Chan NY, Chan JWY, Chau SWH, Zhang J, Wing YK, Li SX. Sleep disturbance and suicidality in patients with bipolar disorders - The mediating role of rumination and impulsivity. *Sleep Medicine*. 2019;64(S1):S70.

SELECTED CONFERENCE POSTERS AND PRESENTATIONS

1. **Cheung FTW**, Li SX. Circadian factors in youth insomnia: Evidence and implications. Invited symposium at the 4th Congress of Asian Society of Sleep Medicine, 2023 Dec 10-13; Bangkok.
2. **Cheung FTW**, Chan NY, Chan JWY, Xiao L, Zhang J, Wing YK, Li SX. Longitudinal examination of the directionality association between chronotype and insomnia. Poster presentation at the 3rd Congress of Asian Society of Sleep Medicine, 2021 May 14-17; Beijing.
3. **Cheung FTW**, Ling J, Chan NY, Shi Y, Yu MWM, Lam, SP, Zhang J, Li AM, Wing YK, Li SX. What predicts treatment outcome of cognitive behavioural therapy for insomnia (CBT-I) in youths? Poster presentation at CUHK SLEEP Conference 2018, 2018 Nov 21-25; Hong Kong.

TEACHING & LEARNING

TEACHING EXPERIENCE

Instructor

PSYCA326F Clinical Psychology Spring 2024
Metropolitan University of Hong Kong | *Lecturer evaluation: 4.4/5 (2023), 4.8/5 (2024)* Spring 2023

Teaching Assistant

PSYC2005 Introduction to Counselling & Therapeutic Psychology Spring 2020
University of Hong Kong | *Teacher effectiveness: 92.9/100 (Department mean: 78.2)*

PSYC1001 Introduction to Psychology Spring 2019
University of Hong Kong | *Teacher effectiveness: 83.3/100 (Department mean: 83.5)*

PSYC2062 Introduction to Psychopathology Fall 2018
University of Hong Kong | *Teacher effectiveness: 89.3/100 (Department mean: 81.4)* Fall 2019

Guest Lecture

SS4715 Introduction to Health Psychology Fall 2023
City University of Hong Kong

PSY303 Health Psychology Fall 2023
Hong Kong Shue Yan University

PSYC2062 Introduction to Psychopathology Spring 2023
University of Hong Kong

UNDERGRADUATE SUPERVISION

Co-supervisor

LI You (Undergraduate Thesis) 2023-2024
Thesis Title: The association between nightmares and suicidal risk among adolescents: the mediating role of anxiety and depression

HUI Tsz Kwan Isla (Undergraduate Thesis) 2021-2022
Thesis Title: Sleep, common mental disorder, and working memory.

SERVICES AND KNOWLEDGE EXCHANGE

KNOWLEDGE EXCHANGE GRANT

Co-I, HKU KE Impact Project Scheme. Awareness and Wellness Advancement through Knowledge Exchange on Circadian Health (*AWAKE*) - A Community-based Programme on Promoting Circadian and Sleep Health (Ref. no.: KE-IP-2024/25-71). Fund awarded: HK\$ 92,250 2024

SERVICE TO COMMUNITY

Invited Speaker, Professional talk on “Individual Approaches to Shift Work Sleep Disorder”. Jun 2025
- Oxford Health NHS Foundation Trust, UK

Invited Speaker, Webinar on “Unlocking Youth Mental Health: Building Emotional Resilience and Strengthening Communication Skills for Teachers”. Jan 2024
- Vocational Training Council, HK

Invited Speaker , Professional talk on “Healthy Sleep Promotion for Care Givers”. - Haven of Hope Hospital, HK	Sep 2023
Invited Speaker , Seminar on “Understanding sleep and sleep problems for healthcare professional”. - Society of Rehabilitation and Crime Prevention (SidebySide), HK	Aug 2023
Group facilitator , 6-week programme on “Improving sleep in people living in subdivided housing”. - Jockey Club Healthy Neighbourhood Kitchen Project, Caritas Hong Kong, HK	May-Jun 2023
Invited Speaker , Professional talk on “World Sleep Day: Sleep is essential for health”. - The Boys’ and Girls’ Clubs Association of Hong Kong, HK	Mar 2023
Consultant , Sleep intervention consultations to the <i>Sleepcation</i> online platform. - Department of Psychiatry, the Chinese University of Hong Kong	May-Oct 2022
Invited Speaker , Professional talk on “Healthy sleep for parents”. - The Boys’ and Girls’ Clubs Association of Hong Kong, HK	Jul 2022
Group facilitator , 4-week programme on “Healthy sleep for primary school students”. - New Life Psychiatric Rehabilitation Association, HK	Nov-Dec 2019

SERVICE TO ACADEMICA

Committee

Member , Core Management Group NIHR Oxford Health Biomedical Research Centre Better Sleep Theme	2025-Present
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Ad Hoc Journal Reviewer

- Behavioural Sleep Medicine
- Journal of Child Psychology and Psychiatry
- Journal of Clinical Psychology
- Journal of Psychiatric Research
- Journal of the American Academy of Child & Adolescent Psychiatry
- Nature and Science of Sleep
- Scientific Reports
- Sleep Medicine
- Stress and Health