

# 5<sup>th</sup> ASIAN PACIFIC PROBLEM GAMBLING AND ADDICTION CONFERENCE 2020

## CHALLENGES & INTERVENTIONS IN THE ERA OF INNOVATION & TECHNOLOGY

### KEYNOTE SPEAKERS



Prof. Mark D. GRIFFITHS



Prof. Nirbhay N. SINGH

### Date

27<sup>th</sup> & 28<sup>th</sup> November 2020

### Format

Online Conference

Free of charge (first-come first-served)

### Registration & Enquiry

Email : [info@appgac.org](mailto:info@appgac.org)

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# Welcome Message

It is our pleasure to extend to you an invitation to attend the "5<sup>th</sup> Asian Pacific Problem Gambling and Addiction Conference" (5<sup>th</sup> APPGAC), which will be held in Hong Kong SAR, China, from 27<sup>th</sup>-28<sup>th</sup> November 2020.

Following the success of APPGAC conferences held in 2005, 2008, 2011 and 2015 that attracted over 1300 local and overseas practitioners in the area of problem gambling and addiction prevention and treatment, the 5<sup>th</sup> APPGAC will provide an excellent opportunity for further understanding and generating insights into new development of innovative services incorporated with new technology with emphasis on preventive education, early identification, treatment and relapse prevention for addiction in view of the rapid societal changes and global development.

The theme of the 5<sup>th</sup> APPGAC is "Challenges and Interventions in the Era of Innovation and Technology" and the aims of this conference include exploring the service direction of addiction in Hong Kong with the involvement of different sectors; facilitating the sharing of clinical wisdom and advancement in both clinical approaches and prevention strategies incorporated with innovative ideas and new technology for problem gambling and addiction; and exchanging the results and findings of studies and researches in the area of problem gambling and addiction. The 5<sup>th</sup> APPGAC will promote new tools, methods, most original findings and hypotheses as well as original ideas presented by new generations of scientists, researchers and practitioners.

We look forward to welcoming you at the 5<sup>th</sup> APPGAC, Hong Kong SAR, China!

Conference Secretariat  
5<sup>th</sup> APPGAC  
Tung Wah Group of Hospitals



# Keynote, Plenary & Workshop Speakers

## Prof. Mark D. GRIFFITHS, PhD, BSc

Dr. Mark Griffiths is Distinguished Professor of Behavioural Addiction at Nottingham Trent University. He is a Chartered Psychologist and Director of the International Gaming Research Unit. His main research area is in the area of behavioural addictions (gambling, gaming, internet use, work, sex, and exercise). He has published over 950 refereed papers, five books, and over 160 book chapters. He has won 22 national and/or international awards for his research, teaching, and dissemination. He has acted as a consultant for many government bodies in the UK as well as other countries. He is also a freelance journalist and has appeared on over 3500 radio and television programmes.

## Prof. Nirbhay N. SINGH, PhD, BCBA-B

Prof. Singh is a Clinical Professor of Psychiatry at Augusta University. His current research interests are in the areas of mindfulness, assistive technology, and positive behavior support. He has developed several mindfulness-based programs, including Mindfulness-Based Positive Behavior Support (MBPBS), Mindfulness-Based Health Wellness (MBHW), and Soles of the Feet (SoF). He is the editor of two international journals, Mindfulness and Advances in Neurodevelopmental Disorders, and has over 725 peer-reviewed publications, including 25 books.

## Dr. Chih-hung KO, MD

Dr. Ko is a Psychiatrist of Kaohsiung Medical University Hospital and Associate Professor in the Faculty of Medicine at Kaohsiung Medical University. He specializes in internet addiction, sleep disorder, premenstrual dysphoric disorder and functional magnetic imaging.

## Dr. Kelvin Man-ping WANG, PhD, MPH

Dr. Wang is a Registered Nurse and Associate Professor at the School of Nursing of the University of Hong Kong. His research interests are in tobacco and smoking, alcohol research, addiction trials and health interventions. He acts as council member of Hong Kong Council on Smoking and Health and member of the Society for Nicotine & Tobacco Research.

## Ms. Rosana Wai-man WONG, MPhil, EMBA, MDes, BA(Hons)

Ms. Wong is the Vice President of Smart City Consortium and has over a decade of entrepreneurial experience. She is driven by her passion for combining technology, innovation and science with sustainable ecosystem in energy and environmental systems. She also takes advisory roles in various government and corporate bodies, including Environment and Conservation Fund Committee and Transport Advisory Committee.

## Prof. Samuel Yeung-shan WONG, MD, MPH

Prof. Wong is the Director of the JC School of Public Health and Primary Care at The Chinese University of Hong Kong. He is a clinician with training in both Family Medicine and Public Health. His research interests include evaluating and developing mindfulness-based and mental health interventions in primary care. He has also acted as an advisor to various government bodies.

## Mr. Ka-tsun TING, MSSc

Mr. Ting is a registered Clinical Psychologist in Hong Kong, and he works in the adult psychiatry department of Kowloon Hospital. He received Mindfulness-based Cognitive Therapy (MBCT) teacher 6-day retreat training organized by Oxford Mindfulness Center as well as Dr. Neha Chawla's Mindfulness-based Relapse Prevention (MBRP) 2-day workshop training. He has been teaching mindfulness class for public and has been involving in various mindfulness researches, e.g. mindfulness group for people with psychosis, MBCT for complicated grief, MBRP for smoking cessation.

## Objectives

- To explore the service direction of addiction in Hong Kong with the involvement of different sectors.
- To facilitate the sharing of clinical wisdom and advancement in both clinical approaches and prevention strategies incorporated with innovative ideas and new technology for problem gambling and addiction.
- To exchange the results and findings of studies and researches in the area of problem gambling and addiction.

## Conference Committees

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*Prof. Samuel WONG Yeung-shan, Professor & Director, JC School of Public Health and Primary Care, The Chinese University of Hong Kong*

*Ms. Daphne YEUNG Nam-ying, Supervisor, Tung Wah Group of Hospitals CROSS Centre*



## **Members of Programme Committee**

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*Mr. Alfred CHAN Chi-wah, Senior Social Work Supervisor, Caritas Addicted Gamblers Counselling Centre*

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*REV. SIU Yu-fat, Chief Executive, Kei Yam Family Services Centre*

*Mr. Jeffery YIM Ho-yu, Centre-in-charge, Zion Social Service - Yuk Lai Hin Counselling Centre*

## **Members of Scientific Committee**

### **Members**

*Dr. Elda CHAN Mei-lo, Director, St. John's Cathedral Counselling Service*

*Prof. Nicole CHEUNG Wai-ting, Associate Professor, The Chinese University of Hong Kong*

*Dr. Jenny HUI LO Man-chun, Research Fellow, Department of Applied Social Sciences, The Hong Kong Polytechnic University*

*Prof. Robert LADOUCEUR, Professor Emeritus, School of Psychology, Laval University*

**5<sup>th</sup> Asian Pacific Problem Gambling and Addiction Conference 2020**  
**"Challenges and Interventions in the Era of Innovation and Technology"**  
**Online Conference Program (Tentative)**

Main Conference – 27 <sup>th</sup> to 28 <sup>th</sup> November 2020			
<b>27<sup>th</sup> November</b>	<b>Main Conference Day 1</b>		
09:00-09:30	Registration		
09:30-09:45	Welcoming Speech, Opening Remarks and Vote of Thanks		
09:45-10:45	Keynote Speech I 🎧 <b>"The Emerging Science of Mindfulness Programs for Addictions"</b> <b>Prof. Nirbhay SINGH</b> <i>Clinical Professor of Psychiatry and Health Behavior, Medical College of Georgia, Augusta University, USA</i>		
10:45-11:00	Break		
11:00-11:45	Plenary Presentation I 🎧 <b>"The Diagnosis and Assessment of Gaming Disorder"</b> <b>Dr. Chih-hung KO</b> <i>Professor &amp; Director, Psychiatric Department, Kaohsiung Medical University Hospital, Taiwan</i>		
11:45-12:30	Plenary Presentation II 🎧 <b>"Mobile Health Interventions for Smoking and Alcohol Behaviors"</b> <b>Dr. Kelvin Man-ping WANG</b> <i>Programme Director, School of Nursing, LKS Faculty of Medicine, The University of Hong Kong, HK</i>		
12:30-13:45	Lunch Break		
13:45-15:45	Parallel Paper Presentation <b>Track 1</b> <i>Emerging trends and insights of addiction in behavioral, psychological, medical, epidemiological and sociological perspectives</i>	Parallel Paper Presentation <b>Track 2</b> <i>Inspirations from research on the etiology, prevention, identification and treatment of problem gambling and addiction</i>	Sharing Session <b>Track 3</b> <i>Moving the boundaries: co-creating innovated addiction service with medical and business collaboration</i>
15:45-16:00	Break		
16:00-17:00	Keynote Speech II 🎧 <b>"How can Technology be used to Protect Problem Gamblers Online? An Overview of Online Responsible Gambling Tools"</b> <b>Prof. Mark D. GRIFFITHS</b> <i>Distinguished Professor, School of Social Sciences, Nottingham Trent University, UK</i>		
<b>28<sup>th</sup> November</b>	<b>Main Conference Day 2 &amp; Post-Conference Workshop</b>		
09:00-09:15	Registration		
09:15-11:15	Parallel Paper Presentation <b>Track 4</b> <i>Emerging trends and insights of addiction in behavioral, psychological, medical, epidemiological and sociological perspectives</i>	Parallel Paper Presentation <b>Track 5</b> <i>Inspirations from research on the etiology, prevention, identification and treatment of problem gambling and addiction</i>	Sharing Session <b>Track 6</b> <i>Integrating knowledge of new technology into service development or implementation</i>
11:15-11:30	Break		
11:30-12:15	Plenary Presentation III 🎧 <b>"Integrating Knowledge of New Technology into Service Development"</b> <b>Ms. Rosana Wai-man WONG</b> <i>Vice President, Smart City Consortium, HK</i>		
12:15-12:20	Closing Remarks		
12:20-13:30	Lunch Break		
13:30-17:00	Post-Conference Workshop & Paper Presentation		
	Paper Presentation <u>(Time: 13:30-15:15)</u> <b>Track 7</b> <i>Emerging trends and insights of addiction in behavioral, psychological, medical, epidemiological and sociological perspectives</i>  <u>(Time: 15:30-17:00)</u> <b>Track 8</b> <i>Inspirations from research on the etiology, prevention, identification and treatment of problem gambling and addiction</i>	Workshop <u>(Time: 14:00-17:00)</u> <b>"Mindfulness Approach to Addiction"</b> <b>Prof. Samuel Yeung-shan WONG</b> <i>Professor &amp; Director, JC School of Public Health and Primary Care, The Chinese University of Hong Kong, HK</i>  <b>Mr. Ka-tsun TING</b> <i>Clinical Psychologist, Kowloon Hospital, Hospital Authority, HK</i>	

🎧 Conducted in English with simultaneous interpretation into Cantonese and Mandarin

# 5<sup>th</sup> Asian Pacific Problem Gambling and Addiction Conference 2020

## Registration Form

### General Information

- 1) The conference and workshop are free of charge now and limited quotas on a first-come first-served basis
- 2) All participants are required to register for the main conference and/or a post conference workshop. Confirmation of successful registration will be sent to registrants by email on or before 30th Oct 2020.
- 3) Each email address could only register once and only one device can be used at a time to access the online conference and workshop.
- 4) Each participant will receive a user guide and information to access the online conference and workshop.
- 5) Attendance will be verified through the online platform and E-certificate will be received after the completion of a feedback survey. Please follow the instructions in the user guide to make sure your attendance has been recorded.
- 6) For enquiries, please contact the conference secretariat at [info@appgac.org](mailto:info@appgac.org).

#### Delegate's information (Please type or print clearly in block letters)

☐ Mr ☐ Mrs ☐ Ms ☐ Dr ☐ Prof ☐ Others : \_\_\_\_\_

Family Name(Eng): \_\_\_\_\_ Given Name(Eng) : \_\_\_\_\_

Chinese Name (If any) : \_\_\_\_\_

(Please note: Only your family name and given name, as provided above, will appear on your name)

Name of Organization / Affiliation : \_\_\_\_\_

Position / Title : \_\_\_\_\_

Email Address : \_\_\_\_\_

Mailing Address : \_\_\_\_\_

Phone Number : \_\_\_\_\_ — \_\_\_\_\_ — \_\_\_\_\_ (Country Code - Area Code - Number)  
(mobile)

Fax Number : \_\_\_\_\_ — \_\_\_\_\_ — \_\_\_\_\_ (Country Code - Area Code - Number)



(Please tick ✓ as appropriate)

## Main Conference (27<sup>th</sup> to 28<sup>th</sup> November 2020)

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### Overseas

Full Conference, 27<sup>th</sup> -28<sup>th</sup> November 2020

Free of charge

☐

### Local

Full Conference, 27<sup>th</sup> -28<sup>th</sup> November 2020

Free of charge

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### Full-Time Students

Full Conference, 27<sup>th</sup> -28<sup>th</sup> November 2020

Free of charge

## Post-conference Workshop (28<sup>th</sup> November 2020, 14:00-17:00)

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### Workshop

Mindfulness approach to addiction

Free of charge