

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

**EMAIL:** forrest.cheung@ndcn.ox.ac.uk/contact@drforrestcheung.com

**WEBSITE:** <https://drforrestcheung.com>

**ADDRESS:** Dorothy Crowfoot Hodgkin Building, University of Oxford, South Parks Road, Oxford, OX1 3QU

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### ACADEMIC APPOINTMENT

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

### EDUCATION

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

### PROFESSIONAL QUALIFICATION

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

### HONOURS AND AWARDS

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

### RESEARCH GRANT

<b>Co-I, Health and Medical Research Fund.</b> Reward processing and eveningness in youth depression: A longitudinal EEG investigation (Ref. no.: 21222951). Fund awarded: HK\$ 1,126,272	2023
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## RESEARCH & SCHOLARSHIP

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### PEER-REVIEWED PUBLICATIONS

#### 2025

1. 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>
2. 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.smrv.2025.102081>
3. 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.smrv.2025.102095>

#### 2024

4. **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/clocksleep6040037>
5. **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>
6. 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

7. **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.smrv.2023.101851>
8. 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

9. **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<sup>HK</sup>) in Hong Kong Chinese Youths. *Chronobiology International*. 2022;39(5):678-89. <https://doi.org/10.1080/07420528.2022.2025821>

#### 2017

10. 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>

11. 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 4<sup>th</sup> 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

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### 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

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### KNOWLEDGE EXCHANGE GRANT

**Co-I, HKU KE Impact Project Scheme.** Awareness and Wellness Advancement 2024  
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

### 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

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

## SERVICE TO ACADEMICA

### 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