

# Chan Ka Long (陳家朗)

Room 1410, 14/F, Shui Yip House, Tin Shui Estate, Tin Shui Wai, N.T.

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## Summary

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- Familiar with qualitative and quantitative research with good face-to-face interview skill and advanced statistical analysis, e.g. EFA, CFA with SEM.
- Offer narrative counseling to teens under the influence of recent social activities and COVID-19.
- Facilitate personal development using different professional personality tests.
- Provide psychological pain management intervention training to public.
- Proficient in computer operation in using ZOOM to provide online counselling service.

## Education

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<b>Master of Arts in Guidance &amp; Counselling</b> <i>The Hong Kong Polytechnic University</i>	Sep 2017 – Jun 2020
<b>Master of Applied Psychology</b> <i>The Hong Kong Polytechnic University</i>	Sep 2014 – Jun 2015
<b>Postgraduate Diploma in Psychology (Schools and Community Settings)</b> <i>The Hong Kong Institute of Education</i>	Sep 2013 – Jun 2014
<b>Bachelor of Social Sciences</b> <i>Lingnan University</i>	Sep 2009 – Jun 2012

## Working Experience

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<b>Senior Research Assistant</b> <i>Baptist Oi Kwan Social Service – Integrated Services for Mental Wellness</i> Developing a holistic platform in providing psychological assessment, counselling, research, and training in helping individuals to manage emotions, and evaluating the impact of the platform, data analysis, and writing report. ( <u>Project</u> : Re:Fresh Counselling & Research Project)	Jan 2022 – Current
<b>Project Associate</b> <i>The Hong Kong Polytechnic University – Department of Land Surveying and Geo-Informatics</i> Developing a holistic course management system to enhance the teaching and learning experience in university, evaluating the impact of the system, data analysis, and writing reports. ( <u>Project</u> : Augmenting Physical Learning Spaces with Location-based Services Using iBeacon Technology for Engaging Learning Experiences)	Jul 2019 – Dec 2021

**Research Associate**

Sep 2017 – Jul 2019

*The Hong Kong Polytechnic University – School of Nursing*

Monitoring the research project about the impact of green space on human well-being, data entry and data analysis using SPSS, and writing report.

(Project: Association of green space with quality of life and health status of neighborhood residents: a mix-method research project)

**Senior Research Assistant & Research Assistant**

Aug 2015 – Aug 2017

*The Education University of Hong Kong– Department of Health and Physical Education*

Monitoring the pain management project, data entry, and data analysis using SPSS, writing reports, as well as implementing treatment group (CBT) and control group.

(Project: Relieving pain in older adults: A community-based geriatric pain management project)

**Research Assistant**

Jul 2013 – Aug 2013

*The Hong Kong Polytechnic University – School of Nursing*

Leading a street intercept interview project, data entry, and data analysis.

(Project: The spending habits of silver market population)

**Research Assistant**

Nov 2012 – Mar 2013

*The Hong Kong Institute of Education – Department of Psychological Studies*

Interviewing patient and caregiver, administering and handling data entry, and data analysis.

(Project: The role of social cognition in support provision and adjustment in cancer caregiving: A longitudinal analysis)

## Publication

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Cheung, C., Ng, B., Wong, M., **Chan, K. L.**, Shum, C. F., Lau C. C. (Under review). The Moderating Role of Spirituality and Religion in the Association between Perceived Stress and Mental Health in Hong Kong during COVID-19. *Journal of Religion and Health*.

**Chan, K. L.**, Kam, R, Chan, Wong, M. S. (2022). The impact of academic discipline on student's engagement in online learning: an extension of the technology acceptance model. In E. Babulak (Ed.), *New Updates in E-Learning*. IntechOpen. doi: 10.5772/intechopen.102071

**Chan, K. L.**, Song, X., Kwok, C. Y. T., Kam, R, Chan, B. S. B., Liu, C. H., Wong, F. K. K., Wong, M. S. (2022). COVID-19 and contactless learning and teaching: The impact of active participation and user acceptance. In C. Hong & W. W. K. Ma (Eds.), *Applied Degree Education and the Future of Learning*. Springer. doi: 10.1007/978-981-16-9812-5\_24

Yang, L, **Chan, K. L.**, Yuen, J. W. M., Wong, F. K. Y., Han, L., Ho, H. C., Chang, K. K. P., Ho, J. Y. S., Siu, J. Y. M., Tian, L., Wong, M. S. (2021). Effects of urban green space on cardiovascular and respiratory biomarkers: A panel study in Chinese adults. *JMIR Cardio*, 5(2), e31316. doi: 10.2196/31316

Tse, M. M. Y., Ng, S. S. M., Lee, P. H., Bai, X., Lo, R., Tang, S. K., **Chan, K. L.**, Li, Y. (2021). Effectiveness of a peer-led pain management program in relieving chronic pain and enhancing pain self-efficacy among older adults: A clustered randomized controlled trial. *Frontiers in Medicine*, 8,709141. doi: 10.3389/fmed.2021.709141

**Chan, K. L.**, Chin, D. C. W., Wong, M. S., Kam, R., Chan, B. S. B., Liu, C. H., Wong, F. K. K., Suen, L., Yang, L., Lam, S. C., Lai, W. W. L., Zou, X. (2021). Academic discipline as a moderating variable between seating location and academic performance: Implications for teaching. *Higher Education Research & Development*, doi: 10.1080/07294360.2021.1928000

Kwok, C. Y. T., Wong M. S., **Chan K. L.**, Kwan M. P., Nichol, J. E., Liu, C. H., Wong, J. Y. H., Wai, A. K. C., Chan, L. W. C., Xu, Y., Li, H., Huang, J., Kan, Z. (2021). Spatial analysis of the impact of urban geometry and socio-demographic characteristics on COVID-19, a study in Hong Kong. *Science of the Total Environment*, 764(10), 144455. doi: 10.1016/j.scitotenv.2020.144455

Chang, K. K. P., Wong, F. K. Y., **Chan K. L.**, Wong, F. Y., Ho, H. C., Wong, M. S., Ho, J. Y. S., Yuen, J. W. M., Siu, J. Y. M., Yang, L. (2020). The Impact of the Environment on the Quality of Life and the Mediating Effects of Sleep and Stress. *International Journal of Environmental Research and Public Health*, 17(22), 8529. doi: 10.3390/ijerph17228529

Yang, L., Ho, J. Y. S., Wong, F. K. Y., Chang, K. K. P., **Chan, K. L.**, Wong, M. S., Ho, H. C., Yuen, J. W. M., Huang, J., Siu, J. Y. M. (2020). Neighbourhood green space, perceived stress and sleep quality in an urban population. *Urban Forestry & Urban Greening*, 54(2020), 126763. doi: 10.1016/j.ufug.2020.126763

Yuen, J. W. M., Chang, K. K. P., Wong, F. K. Y., Wong, F. Y., Siu, J. Y. M., Ho, H. C., Wong, M. S., Ho, J. Y. S., **Chan, K. L.**, Yang, L. (2019). Influence of urban green space and facility accessibility on exercise and healthy diet in Hong Kong. *International Journal of Environmental Research and Public Health*, 16(9), 1514. doi: 10.3390/ijerph16091514

Cheng, S. T., Leung, C. M., **Chan, K. L.**, Chen, P. P., Chow, Y. F., Chung, J. W., ... & Tam, C. W. (2018). The relationship of self-efficacy to catastrophizing and depressive symptoms in community-dwelling older adults with chronic pain: A moderated mediation model. *PloS one*, 13(9), e0203964. doi: 10.1371/journal.pone.0203964

Cheng, S. T., **Chan, K. L.**, Lam, R. W., Mok, M. H., Chen, P. P., Chow, Y. F., ... & Tam, C. W. (2017). A multicomponent intervention for the management of chronic pain in older adults: study protocol for a randomized controlled trial. *Trials*, 18(1), 528. doi: 10.1186/s13063-017-2270-3

Tse, M. Y. M., **Chan, K. L.**, Wong, S. W. A., Tam, W. C. E., Fan, Y. L. E., & Yip, P. C. G. (2013). Health supplement consumption behavior in older adults population: An exploratory study. *Frontiers in Public Health*, 2(11). doi: 10.3389/fpubh.2014.00011

Tse, M. Y. M., **Chan, K. L.**, Wong, S. W. A., Tam, W. C. E., Fan, Y. L. E., & Yip, P. C. G. (2014). The use of smart phones and their mobile applications among older adults in Hong Kong: An exploratory study. *GSTF Journal of Nursing and Health Care*, 1(2). doi: 10.5176/2345-718X\_1.2.45

## Professional Affiliations and Memberships

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<b>Candidate of Certified Counsellor</b> <i>The Hong Kong Professional Counselling Association</i>	Since 2020
<b>Full Member</b> <i>The Hong Kong Professional Counselling Association</i>	Since 2020
<b>Data Analyst Professional</b> <i>DataCamp, Inc.</i>	Since 2022
<b>Data Scientist Professional</b> <i>DataCamp, Inc.</i>	Since 2022
<b>Microsoft Certified: Power BI Data Analyst Associate</b> <i>Microsoft</i>	Since 2022
<b>Google Analytics Certification</b> <i>Google Digital Academy (Skillshop)</i>	Since 2022

## Skills

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Computer	Microsoft Word 、 Microsoft Excel 、 Microsoft PowerPoint Adobe Lightroom 、 Adobe Photoshop 、 Adobe Premiere Pro SPSS 、 AMOS 、 R 、 PowerBI Google Analytics 4 、 Google Tag Manager	Other	Level 3 Mountain Craft (Leader) Low Event Challenge Course Associate Instructor St John's First Aid Certificate MBTI® Step I & II Certified Practitioner T-JTA® Authorized Practitioner Personality Dimensions® Facilitator (Level 1)
Language	Cantonese : Native speaker ; English : Fair		

## Current Salary

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\$ 33,080