



TO Yee-Lap, Peter

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Education

- 2022 – Present  **Ph.D., The University of Warwick** in Psychology.
Thesis title: Exploring the relationships between accelerometer-measured physical activity, sleep quality, and pain-related outcomes in chronic pain patients in the UK
- 2013 – 2017  **B.Soc.Sc (1st Hons), Hong Kong Shue Yan University** in Counselling & Psychology
GPA (Final): 3.67/4.0, **Ranked 1st** in the 2017 graduation cohort

Employment History

- Oct 2022 – Present  **Graduate Teaching Assistant**, Department of Psychology, The University of Warwick.
Course Taught: PS215 Further Methods in Psychology (Term 1 2022/23 & 2023/24)
Course Assisted: PS362 Sleep & Health (Term 2 2022/23)
- Dec 2021 – Aug 2022  **Research Assistant**, Wofoo Joseph Lee Consulting and Counselling Psychology Research Centre, Lingnan University
- Apr 2021 – Sep 2022  **Research Assistant**, Wan Chow Yuk Fan Centre for Interdisciplinary Evidence-Based Practice and Research, Hong Kong Shue Yan University
- Jun 2020 – Oct 2020  **Research Assistant**, Department of Applied Social Sciences, Hong Kong Polytechnic University
- Jan 2020 – Apr 2020  **Management Trainee**, Lee & Man Paper Manufacturing Limited (Guangdong, China)
- Sep 2019 – Jan 2020  **Course Instructor & Research Assistant**, Faculty of Education, The University of Hong Kong
- Oct 2017 – May 2019  **Research Assistant**, School Partnership and Field Experience Office, The Education University of Hong Kong

Academic Publications

Journal Articles

- 1 A. W.-M. Choi, B. C.-Y. Lo, R. T.-F. Lo, P. Y.-L. To, and J. Y.-H. Wong, “Intimate partner violence victimization, social support, and resilience: Effects on the anxiety levels of young mothers,” *Journal of interpersonal violence*, vol. 36, no. 21-22, NP12299–NP12323, 2021.

- 2 M. M.-P. Shek, K.-C. Leung, and P. Y.-L. To, "Using a video annotation tool to enhance student-teachers' reflective practices and communication competence in consultation practices through a collaborative learning community," *Education and Information Technologies*, vol. 26, pp. 4329–4352, 2021.
- 3 P.-Y.-L. To, B.-C.-Y. Lo, T.-K. Ng, B.-P.-H. Wong, and A.-W.-M. Choi, "Striving to avoid inferiority and procrastination among university students: The mediating roles of stress and self-control," *International Journal of Environmental Research and Public Health*, vol. 18, no. 11, p. 5570, 2021.

Conference Presentations

- 1 P. Y.-L. To, M. T. Elliott, and N. K. Tang, *Sleep quality as a mediator between daytime physical activity and next day pain: Findings from an experience sampling study*, Poster presented at the International Association for the Study of Pain 2024 World Congress on Pain, Amsterdam, Netherlands, Jun. 2024.
- 2 P. Y.-L. To, M. T. Elliott, and N. K. Tang, *Using actigraphy to classify clinical insomnia in chronic pain patients*, Poster presented at the 57th Annual Scientific Meeting of the British Pain Society, Nottingham, the United Kingdom, Jun. 2024.
- 3 P. Y.-L. To, *Utilizing video annotation tool to enhance preservice-teachers' reflection skills and communication competence through a video-based learning platform: A blended learning pedagogy during covid-19*, Presented at the Symposium on Internationalisation and Quality Management in Higher Education 2021, Hong Kong, China., Jul. 2021.
- 4 P. Y.-L. To and B.-P.-H. Wong, *Striving to avoid inferiority and procrastination among university students: The mediating roles of stress and self-control*, Poster presented at the 5th Asia Pacific Rim International Counsellors Psychotherapists Conference 2017, Singapore., Dec. 2017.

Books and Chapters

- 1 A. W.-M. Choi, A. Abdullah, P. Y. Chan, P. Y.-L. To, and B.-C.-Y. Lo, "Social movements and politics of violence in cohabiting non-marital families," in *The Sage Handbook of Domestic Violence*, Sage Publications, Inc., 2021, pp. 913–929.

Honors & Awards

2022 - Present	■	Chancellor's International Scholarship , The University of Warwick
2017	■	Academic Programme Achievement Award , Hong Kong Shue Yan University
2015/16 & 2016/17	■	The Self-financing Post-Secondary Scholarship Scheme (SPSS) Outstanding Performance Scholarships , Hong Kong SAR
2014/15	■	Dr. David K. M. Fung Scholarship , Hong Kong Shue Yan University
2013/14	■	Hung Hing Ying & Leung Hau Ling Scholarship , Hong Kong Shue Yan University
2013/17	■	President's Lists for <u>ALL</u> academic years , Hong Kong Shue Yan University

Honors & Awards (continued)

- **Honour Rolls for ALL semesters**, Hong Kong Shue Yan University

Skills

Languages	■ Native in Chinese (Cantonese); Proficient in English reading, writing, and speaking; Good in English listening
Coding	■ Java, Python, R, MATLAB, \LaTeX
Web Development	■ HTML, CSS, JavaScript
Statistical Packages	■ IBM SPSS, JASP, Jamovi

Affiliations

- **Chair**, Postgraduate Student-Staff Liaison Committee, Department of Psychology, the University of Warwick

Affiliations

- **Affiliated Member**, Midlands Sleep Group
- **Student Member**, American Academy of Sleep Medicine
- **Member**, Warwick Research Group on Data Science and AI for Health

Clinical Experiences

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| Sep 2016 – Apr 2017 | ■ Intern Behavioral Therapist , Po Leung Kuk Anita. L. L. Chan (Centenary) School |
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