

**THE UNIVERSITY OF HONG KONG**  
**FACULTY OF SOCIAL SCIENCES**

Methods Hub Workshop

A Cross-disciplinary Workshop to Address Loneliness as a Global Public Health Concern

Programme

Date: Thursday April 10, 2025

Time: 8:30am – 5:00pm

Venue: Academic Conference Room, 11/F, Cheng Yu Tung Tower, Centennial Campus, HKU

<b>TIME</b>	<b>PROGRAMME</b>
8:30 – 9:00am	Registration
9:00 – 9:15am	Opening Remarks by Dr. Zohar Lederman Clinical Practitioner, Department of Emergency Medicine Research Fellow, Centre for Medical Ethics and Law The University of Hong Kong  Professor Tarani Chandola Director, Methods Hub and Social Sciences Research Centre The University of Hong Kong
9:15 – 10:00am	Loneliness- State-of-the-art Professor Julianne Holt-Lunstad Professor of Psychology and Neuroscience Brigham Young University
10:00 – 10:30am	Loneliness and Aging in Hong Kong Professor Vivian Lou Director, Sau Po Centre on Ageing The University of Hong Kong

10:30 – 11:00am	Coffee Break
11:00 – 11:30am	Loneliness Across Borders: A Comparative Study of Hong Kongers in Hong Kong and the UK Diaspora Professor Edmond Choi Associate Professor, School of Nursing The University of Hong Kong
11:30am – 12:00nn	Loneliness, Social Isolation and Stress Biomarkers Professor Tarani Chandola Director, Methods Hub and Social Sciences Research Centre The University of Hong Kong
12:00nn – 12:30pm	The Ethics of Loneliness Dr. Zohar Lederman Clinical Practitioner, Department of Emergency Medicine Research Fellow, Centre for Medical Ethics and Law The University of Hong Kong
12:30 – 1:30pm	Lunch
1:30 – 2:00pm	Loneliness in Japan Dr. Aaron Hames Assistant Professor, Department of Anthropology The Chinese University of Hong Kong
2:00 – 2:30pm	Loneliness is a Universal Human Experience Dr Chan Kai Tai Associate Professor in Practice of Psychiatry (by Courtesy) Faculty of Medicine The Chinese University of Hong Kong
2:30 – 3:30pm	Revisiting Loneliness in Youth Mental Health: Innovative Approaches from the JC LevelMind Initiative Ms. Melissa Chiu Clinical Supervisor JC LevelMind

3:00 – 3:30pm	Coffee Break
3:30 – 4:00pm	<p>Loneliness During COVID-19 and Beyond: Preliminary Insights from the INCLUDE Study in Switzerland (<i>via Zoom</i>)</p> <p>Ms. Gemma María García Calderó PhD Candidate, Institute for Biomedical Ethics University of Basel</p>
4:00 – 5:00pm	<p>Roundtable Discussion</p> <p>Professor Julianne Holt-Lunstad Brigham Young University</p> <p>Professor Tarani Chandola The University of Hong Kong</p> <p>Ms. Melissa Chiu Ms. Jessie Lin JC Level Mind – Caritas</p> <p>Professor Bernice Elger (<i>via Zoom</i>) University of Basel</p>