Lingnan University 2025/2026 SDG Report
SDG 3 – GOOD HEALTH AND WELL-BEING



1,252
Research Outputs

347
Projects/ Grants

118
Undergraduate Courses

Lingnan University is a research-intensive liberal arts university in Hong Kong in the digital era. In support of **SDG 3: Good Health and Well-being**, LU is committed to promoting population health and well-being, particularly in response to population ageing, the needs of persons with disabilities, and the impacts of environmental and technological changes. Various university units have organised public events, conducted research and developed innovative initiatives to advance health and well-being. Selected examples are highlighted below.

Innovative approaches to disease prevention and health promotion

Researchers at LU have pursued different avenues to promote the health and well-being of populations. For instance, one public health concern in tropical areas is mosquitoes. People in places such as Hong Kong often suffer constant mosquito disturbances, causing bodily harm and inconvenience to those who spend time outdoors. Global public health measures have included mosquito repellent ointments and other mass-spraying chemicals to kill or repel the bugs. In support of such efforts to protect the public against mosquito bites and their associated diseases, such as dengue fever, Prof Paulina Wong of Lingnan University has developed a real-time GeoAI Platform for mosquito-borne disease control, which provides the public with a Mosquito Risk Index and Mosquito Risk Map so they can avoid going to areas with serious mosquito problems. The platform is accessible to all members of (geoaimq.ln.edu.hk) to obtain real-time and predicted mosquito conditions across districts in Hong Kong.

To protect the mental health of people required to quarantine as part of COVID-19 preventive measures, LU's Wofoo Joseph Lee Consulting and Counselling Psychology Research Centre (WJLCCPRC) designed a self-assessment questionnaire and intervention exercise to help people in quarantine cope better psychologically. The intervention aimed to help users "understand the implications of quarantine for individuals and society and improve their abilities to tackle loneliness". Research shows that isolation can trigger undesirable mental health outcomes. This was LU's contribution to promoting positive mental health outcomes. Even during implementation, the study benefited 125 people who used the intervention and demonstrated its practicality.

Creating platforms to consolidate and disseminate knowledge on health and well-being

Beyond developing resources to protect the public from disease, the LU community has also engaged in cross-national/regional collaborations to explore and expand knowledge on ways to sustain human health. A major international conference, organised by the Department of Psychology, explored the mental and cognitive dimensions of health and well-being. The conference brought together world-leading scholars and practitioners from three continents, along with nearly 200 participants, on 9 November 2025 to explore the theme. As the second time organising this event, Lingnan has created a platform to cultivate new knowledge on promoting population health and well-being from a psychological science perspective.

In a related event, another team from Lingnan University explored human health and well-being by emphasising sustainable health. The organisation of the 11th South-South Forum was held at Lingnan University from 30 June to 5 July 2024, with the theme "Health and the Road to Sustainability". The conference brought together scholars from all over the world, including Mainland China, Hong Kong SAR, Malaysia, India, Zimbabwe, Bhutan, Mexico, Venezuela, and Brazil, to discuss whether community building and human health can be achieved and sustained based on good community governance, ensuring the quality of people's livelihoods, valuing inclusiveness in community life, and building an ecological civilisation.

Promoting Healthy Ageing through Technology

With intensifying ageing in East Asia and many parts of the world, health systems face significant challenges in addressing service deficits for older populations and people approaching older age, as ageing brings complex health challenges such as comorbidities.

In their contribution to active and healthy ageing, researchers at Lingnan University have undertaken activities, projects, and collaborations to connect social, medical, and technological approaches that support and promote good health for older adults. Lingnan University co-organised the China Rehabilitation Medicine Association Guangdong-Hong Kong-Macao Greater Bay Area Rehabilitation

Conference held from 14 to 16 June 2024 at the Guangzhou Yuexiu International Congress Centre. The event featured 35 specialised academic sessions that attracted experts and guests from health services, medical insurance policy research, cutting-edge technology innovation, and the life sciences and healthcare industry to discuss comprehensive rehabilitation. The event served as a medium for Lingnan University to share and sensitise professionals and students about Home Rehabilitation and Gerontechnology as part of solutions to addressing the burden of ill health among older persons. Based on prior experience and research, researchers at Lingnan suggested that medical-social collaboration in home-based rehabilitation, supported by assistive technologies as are usually promoted and showcased at LU, is essential for providing better professional medical advice and successful case sharing for people needing rehabilitative care.

Some Lingnan scholars have also developed gerontechnology to aid caregivers of people living with dementia in location detection and accident prevention. With dementia prevalence on the rise in many societies, the salience of technology-assisted caregiving cannot be overstated. Advancing technology in these areas is crucial to supporting independent ageing and promoting caregivers' well-being. The new technology being developed at Lingnan University will make a significant contribution to this important social issue.

Moreover, promoting medical-social collaboration has become a key part of LU's approach to supporting health and well-being in the context of ageing populations. This approach is meant to collaborate with medical practices and social services providers to support effective healthcare and disease prevention. Starting March 2024, LU, as part of the Jockey Club Gerontechnology and Smart Ageing in Place (GTSA), has been collaborating with the largest hospital in its district, Tuen Mun Hospital, specifically the Tuen Mun Hospital Patient Resource Centre (TMH PRC), for a health promotion activity. These activities include strategies to train ambassadors (usually postgraduate students) who serve at the TMH PRC to provide health literacy and gerontechnology information to hospital staff, caregivers, and the community. This collaboration has benefited many health professionals and trained ambassadors, who are now equipped with the skills to support technology integration in ageing care and broader medical-social collaboration. The collaboration gives students valuable experience working closely with medical and health professionals and related services, and offers both theoretical and practical opportunities. To enhance the skills and awareness of young people and older adults about gerontechnology, the LU Jockey Club Gerontechnology and Smart Ageing Project has also introduced a Gerontechnology Practitioner Training Course to promote gerontechnology to the public. The course is designed for older adults, carers and young people. The content covers medicine, food, living and transportation, comprehensively explaining older adults' needs and the challenges they face every day. Graduates of the course can become specialists and ambassadors for the programme. To build on the momentum of promoting technology in ageing, a team from Lingnan University organised a symposium in April 2025, where over 100 public and private experts gathered to showcase and discuss the current state and future of promoting gerontechnology in ageing societies globally.

Recent research activities have also provided industries with significant feedback on ways to enhance digital inclusion for older adults. One study from Lingnan University found that although special features and modes were developed in general applications for older adults, they often made older adults feel excluded and added pressure to learn new skills.

Consistent with promoting gerontechnology and supporting healthy ageing, LU launched the Lingnan Entrepreneurship Initiative (LEI) in 2018 to drive innovation and entrepreneurship (I&E) initiatives within the Lingnan community, in line with the university's strategy to optimise liberal arts education to cultivate impactful entrepreneurial leadership. It aims to empower students, alumni, and faculty to think innovatively and act strategically to create solutions that address glocal challenges today and tomorrow, particularly in the digital age. At the core of all projects and programmes run through LEI are the Sustainable Development Goals (SDGs). LEI has partnered and worked with many community-based organisations to develop and disseminate many multi-award-winning humanitarian technologies, such as the affordable air purifier to improve air quality in subdivided units; 12° Mask: an innovative transparent mask for barrier-free communication; CREW Wheelchair: a carer-driven electric wheelchair; and Project Ultra Violite: rapid disinfection service for subdivided units. All these products are meant to relieve carers and people at risk of infectious diseases. The products have received multiple awards globally.

Lingnan University has maintained a successful project on age-friendly cities in Hong Kong, which has run for over 7 years across all 18 districts. The Asia Pacific Institute of Ageing Studies, which is one of the partners of the broader project sponsored by the Hong Kong Jockey Club Charities Trust, has organised a public event under the theme: "Show Capacity, Build an Age-friendly Community" to demonstrate the critical role that older adults themselves play in promoting healthy ageing. The event, which attracted over 540 participants and 120 older active ageing ambassadors, created a platform to educate the public and seek their views on ways to promote active ageing under thematic discussions such as "How to build an age-friendly community through promoting social participation." The older adults' ambassadors received training on ensuring the age-friendliness of their societies, and their role is to disseminate the knowledge they gain. The broader project has trained over 2500 ambassadors. Recently, colleagues at the School of Graduate Studies, led by Prof Padmore Adusei Amoah and Prof Maggie Lau, have been following up on this project through an age-friendly cities impact case through international collaboration to share Hong Kong's experiences on age-friendly cities in other countries in the region, such as Indonesia and places in the Hong Kong-Guandong-Macao Greater Bay Area. This project has benefited several institutions, including NGOs, universities, and local government agencies, as well as many young (e.g., university students) and older people, by helping them understand and apply age-friendly principles in their practice and everyday lives. Some older adults have been trained as age-friendly ambassadors as part of the project. This ambassadorial role helps promote active and productive ageing. The project has researched over 2000 individuals/institutions.

Thus, Lingnan University is aggressively promoting population health and well-being. Although the university does not have a medical school, it is strategically leveraging its research strengths to support the attainment of SG3 and will continue to do so in the coming years!

Extending Mental Health Promotion through the Wellness Ambassador Programme

During the 2025–2026 academic year, Lingnan University's Wellness Ambassador Programme (WAP) continued to promote mental health and well-being across university and school communities. Led by the Wofoo Joseph Lee Consulting and Counselling Psychology Research Centre, WAP translates psychological research into practical training in counselling skills, resilience, growth mindset and stress management, supporting participants' well-being and their capacity to help others through peer support.

WAP expanded its reach within and beyond the Greater Bay Area, engaging 83 participants at Beijing Institute of Technology, Zhuhai, and 150 students and 135 teachers at the Beihai campus of Guilin University of Electronic Technology. The teacher training addressed work-related stress, supporting workplace mental well-being. Both institutions have advanced WAP's integration into peer-counselling programmes. In Hong Kong, a WAP extension workshop at Shung Tak Catholic English College reached approximately 380 students and staff, addressing HKDSE examination stress and emotional management to support student mental well-being. WAP also trained 71 participants at NYU Shanghai. The Centre hosted a presentation and exchange session on WAP for 25 members of a Zhejiang teacher delegation. Following the session, the Centre received an invitation to deliver WAP in Zhejiang, with training planned for late 2026.

WAP also gained recognition through professional and institutional exchanges. On 29 November 2025, Professor Siu Oi-ling, Chair Professor in Lingnan University's Department of Psychology, presented WAP's evidence and outcomes to Vice Minister of Education Ren Youqun at South China Normal University, receiving positive feedback. In June 2026, she shared WAP's progress and future development at the Guangdong–Hong Kong–Macao University Psychological Counselling Alliance conference, hosted by the University of Macau, receiving support from participating colleagues.

More WAP courses are planned for the 2026/27 academic year, extending delivery to additional institutions beyond the Greater Bay Area. These plans include further collaboration with Suzhou University of Science and Technology. Through training and institutional collaboration, WAP continues to promote mental well-being, psychological resilience, stress management and peer support, contributing to SDG 3: Good Health and Well-Being, particularly Target 3.4's focus on promoting mental health and well-being.

Depression and Accuracy of Judgment: A Meta-analysis

Led by Professor Hodar Lam, Research Assistant Professor in Lingnan University's Department of Psychology, this study advances understanding of depression, mental health and cognitive processes. Depressive realism suggests that depressed individuals may make more accurate or realistic judgments than nondepressed counterparts. This meta-analytic study (130 articles, 151 samples, N = 33,043) synthesized findings on the relation between depressive mood and the accuracy of judgment, and investigated the conditions under which depressive realism or its opposite—depressive distortion—emerges.

Overall, results indicated a weak but significant depressive distortion effect (Hedges's g = 0.09). Moderator analyses showed that depressive realism was more likely when tasks involved control or contingency judgments, were analytically complex, and self-referent. By contrast, depressive distortion was more likely in severe clinical depression, with tasks that were non-self-referent, low in complexity, or involved ambiguous social information. Notably, distortion effects were more often observed in studies that did not acknowledge depressive realism.

This review clarifies mixed findings on the depression-accuracy relation by identifying task-specific moderators, offering implications for theory and evidence-informed clinical practice. The findings contribute to SDG 3: Good Health and Well-Being by advancing knowledge relevant to depression and mental health. They also have relevance to SDG 4: Quality Education by providing an evidence base that can inform mental health literacy, psychology education and critical evaluation of research evidence.

International Conference – Arts for Wellbeing: Creativity, Adaptability, Sustainability

The Wong Bing Lai Music and Performing Arts Unit successfully hosted its inaugural international conference, *Arts for Wellbeing: Creativity, Adaptability, Sustainability*, on 6 February 2026 at Lingnan@WestKowloon, M+, Hong Kong. Supported by the Tin Ka Ping Foundation, the conference brought together leading scholars, experts, and practitioners for in-depth interdisciplinary discussions on the theoretical, pedagogical, and practical dimensions of holistic wellbeing. The conference explored how creative practices, alongside medical and psychological support, can address urban stress and foster mental health and well-being, community engagement and social cohesion through community music and performing arts.

The conference attracted approximately 120 scholars, artists, educators, and cultural practitioners from Hong Kong, the Greater Bay Area, and overseas, fostering arts education, interdisciplinary learning, international collaboration and knowledge exchange. Participating institutions included Free University of Berlin, Rhode Island School of Design, West Chester University of Pennsylvania, The Chinese University of

Hong Kong, Hong Kong Metropolitan University, and Beijing Normal University-Hong Kong Baptist University (BNBU).

The conference contributed to SDG 3 through its focus on holistic well-being and mental health; SDG 4 through arts education and professional knowledge exchange; SDG 11 through discussions on the role of creative practices in fostering socially connected, inclusive urban communities; and SDG 17 through cross-institutional and international partnerships connecting academia, the arts and community practice.



