

RGC Ref. No.: UGC/IIDS15(17)/H01/20 <p>(please insert ref. above)</p>

**RESEARCH GRANTS COUNCIL
COMPETITIVE RESEARCH FUNDING SCHEMES FOR
THE LOCAL SELF-FINANCING DEGREE SECTOR**

INTER-INSTITUTIONAL DEVELOPMENT SCHEME (IIDS)

Completion Report
(for completed projects only)

<p><u>Submission Deadlines:</u></p> <ol style="list-style-type: none"> 1. The unspent balance, if applicable, and auditor's report: within <u>six</u> months of the approved project completion date. 2. Completion report: within <u>12</u> months of the approved project completion date.

Part A: The Project and Investigator(s)

1. Project Title

Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and the Life
Span

2. Investigator(s) and Academic Department(s) / Unit(s) Involved

Research Team	Name / Post	Unit / Department / Institution
Principal Investigator	Prof CHAN Chi-keung / Dean and Professor	School of Arts and Humanities / Tung Wah College
Co-Principal Investigator(s)	Dr WONG Ip Chung-ping / Associate Professor	School of Psychology / Gratia Christian College
Co-Investigator(s)	Professor STEGER Michael F. / Professor	Department of Psychology / Colorado State University
	Dr CHUI Chi-fai / Associate Professor	Department of Social Work / Hong Kong Shue Yan University
	Dr LAM Yin-hung / Assistant Professor	Department of Counselling and Psychology / Hong Kong Shue Yan University
	Dr SIU Yat-fan / Lecturer	Division of Social Science / School of Humanities and Social Science / The Hong Kong University of Science and Technology

Others	N/A	N/A
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3. Project Duration

	Original	Revised	Date of RGC / Institution Approval (must be quoted)
Project Start Date	01/01/2021	01/09/2021	11/09/2020
Project Completion Date	31/12/2021	31/08/2022	11/09/2020
Duration (in month)	12 months	12 months	N/A
Deadline for Submission of Completion Report	31/12/2022	31/08/2023	11/09/2020

4.4 Please attach photo(s) of acknowledgement of RGC-funded activities.

Acknowledgement to RGC was included in 1) the promotional materials (call for proposals/papers (CFPs), website, poster/flyer) for the RGC-funded event (Meaning in Life International Conference 2022, MIL 2022). The CFP is attached in Appendix A and the poster/flyer is attached in Appendix B. 2) A Conference Booklet (electronic, attached in Appendix C) was edited to contain all the presentation info and abstracts of all keynote and breakout sessions and an acknowledgement was printed on the front of the Conference Booklet. 3) A post-conference leaflet (attached in Appendix D) was produced to contain all YouTube videos and highlights of the keynote lectures and workshops for this IIDS project to enhance further dialogues among participants. An acknowledgement was included on the leaflet. 4) Furthermore, acknowledgment to RGC-funded activities was included in the description of each YouTube video for the six keynote lectures and two keynote workshops of this IIDS project. Photos (or snapshots) of the promotional materials (CFPs, website, poster/flyer), Conference booklet, the leaflet, and Youtube videos with acknowledgement for all RGC-funded activities in this IIDS project are attached below:

Call for Proposals/Papers (CFPs) for the Meaning in Life International Conference 2022

Meaning in Life (MIL) International Conference 2022

“Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span”

On 22-25 June 2022, Onsite & Live Online
at The Hong Kong Shue Yan University, Hong Kong, China

Website – meaninginlife2022.hksyu.edu | Email – meaninginlife2022@gmail.com

Co-organizers



Hong Kong Shue Yan University



Gratia Christian College



Colorado State University



Positive Psychology Laboratory



Center for Meaning and Purpose

The Meaning in Life International Conference 2022 is supported by the Inter-Institutional Development Scheme (UGC/IIDS15/H01/20) funded by the Research Grants Council of Hong Kong Special Administration Region

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Yin-hung (Bess) LAM, *The University of Hong Kong, Review Chair*
Chi-fai (Raymond) CHUI, *Hong Kong Shue Yan University, Finance Chair*

Call for Papers

The concept of meaning in life (MIL) has recently earned a renaissance of interest. Although MIL has always been framed as significant for human survival, it has simultaneously been portrayed as chronically lacking in people's lives. Furthermore, though MIL has been seen as a universal need, it is also highly idiosyncratic. These paradoxes of MIL being a basic necessity but also a rare commodity, and as being universal yet idiosyncratic, have driven the quest for meaning throughout history and across disciplines. The COVID-19 pandemic has not only been changing and impacting the ways we live, but also initiates us to quest more about what still makes life meaningful in this chaotic, challenging, and uncertain world? The increasing quest for MIL provides the driver for meaning-enhancing interventions and meaning-centered practices, but the efficacy of these interventions is influenced by cultural and developmental moderators. Thus, the MIL International Conference 2022 will focus on the theme of cultivating, promoting, and enhancing meaning in life across cultures and life span, and welcomes paper presentations that share and discuss empirical-based and evidence-based MIL research, practice, and applications.

The Organizing Committee of MIL International Conference 2022 cordially invites you to submit abstract proposals (no more than 500 words) or full papers (12-20 pages) to address topics relevant to the conference theme, including the followings:

- MIL and Well-being
- Measurement, Content, and Types of MIL
- MIL and Cultures
- MIL across Life Span
- Meaning-enhancing Interventions
- Meaning-centered Therapy and Practice
- MIL and Education
- MIL with Psychology of Religion and Spirituality
- MIL and Traumatic Growth
- MIL with Grief and Suffering

Other relevant topics are also welcomed.

Call for Proposals/Papers (CFPs) for the Meaning in Life International Conference 2022

Yat-fan (Nicolson) SIU, Hong Kong Shue Yan University, Publicity Chair

International Program Committee

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 Christian CHAN, University of Hong Kong
 Kai-tai CHAN, Individual Consultant
 Wallace Chi Ho CHAN, Chinese University of Hong Kong
 Wendy Wing-lam CHAN, Hong Kong Baptist University
 Chris CHEUNG, Yew Chung College of Early Childhood Education
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 Wilbert LAW, Education University of Hong Kong
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 Hildie LEUNG, Princess Nourah Bint Abdulrahman University
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 Li LIN, Lingnan University
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 Ying TONG, Educational Psychologist
 Anna TSO, Hong Kong Baptist University
 Carrie WU, Hong Kong Baptist University
 Jiawen (Carmen) YE, Lingnan University
 Ben C. L. YU, Chinese University of Hong Kong
 Livia YULIAWATI, Universitas Ciputra Surabaya
 Michela ZAMBELLI, Università Cattolica del Sacro Cuore (Milan)

Conference Keynotes



Professor Michael F. Steger
 Professor, Department of Psychology;
 Director, Centre for Meaning and Purpose,
 Colorado State University



Dr Pninit Russo-Netzer
 Senior Lecturer, Head of the Education Department, Achva Academic College;
 Head of the Compass Institute for the Study of Meaning in Life;
 Head of the Logotherapy training program, Tel-Aviv University



Professor Satoshi SHIMAI
 Professor of Psychological Sciences,
 Kansai University of Welfare Sciences



Professor Samantha J. Heintzelman
 Assistant Professor,
 Department of Psychology, Rutgers University – Newark



Dr Joel Vos
 Researcher and Psychologist,
 Metanoia Institute.
 Chairperson, International Meaning Conferences (IMEC)



Dr Travis Proulx
 Senior Lecturer,
 School of Psychology,
 Cardiff University

Presentation Abstract Submissions (Deadline: 31 January 2022)

The Conference welcomes extended abstracts (no more than 500 words) to be submitted to EasyChair (<https://easychair.org/conferences/?conf=mil2022>). In the abstracts, you should clearly state research objectives, research questions, hypotheses (if any), research methods, findings, and implications/contributions. To ensure academic quality, all abstracts will go through a blind peer-review process. Subject to authors' successful registrations to the Conference, accepted abstracts will be included in a conference program booklet and you will be invited to make presentations at the Conference.

Conference Book Full Paper Submissions (Deadline: 31 January 2022)

Submissions of full paper (12-20 pages, single-line spacing, APA style 7th edition) should be uploaded to EasyChair (<https://easychair.org/conferences/?conf=mil2022>). All full papers submitted will be subject to a blind peer-review process. Upon acceptance, and subject to authors' successful revision enhancement based on the reviewers' comments, your accepted manuscripts will be included in a new volume entitled as "Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span" to be published by Atlantis Press (open access) and indexed by Web of Science/Scopus.

English is the working language of the Conference. Authors who are not native English speakers are strongly encouraged to seek professional English editing services before their submissions to the Conference. Each author can contribute maximum TWO submissions as first author.

Thanks so much for your support to this meaningful conference!

Website (CFPs) for the Meaning in Life International Conference 2022 (the page with acknowledgement to RGC) <https://meaninginlife2022.hksyu.edu/>

About the Conference

The concept of meaning in life (MIL) has recently earned a renaissance of interest. Although MIL has always been framed as significant for human survival, it has simultaneously been portrayed as chronically lacking in people's lives. Furthermore, though MIL has been seen as a universal need, it is also highly idiosyncratic. These paradoxes of MIL being a basic necessity but also a rare commodity, and as being universal yet idiosyncratic, have driven the quest for meaning throughout history and across disciplines. The COVID-19 pandemic has not only been changing and impacting the ways we live, but also initiates us to quest more about what still makes life meaningful in this chaotic, challenging, and uncertain world? The increasing quest for MIL provides the driver for meaning-enhancing interventions and meaning-centered practices, but the efficacy of these interventions is influenced by cultural and developmental moderators. Thus, the MIL International Conference 2022 will focus on the theme of cultivating, promoting, and enhancing meaning in life across cultures and life span, and welcomes paper presentations that share and discuss empirical-based and evidence-based MIL research, practice, and applications.

The Meaning in Life International Conference 2022 is supported by the Inter-Institutional Development Scheme (UGC/IIDS15(17)/H01/20) funded by the Research Grants Council of Hong Kong Special Administration Region

Poster/Flyer for the Meaning in Life International Conference 2022

MEANING IN LIFE INTERNATIONAL CONFERENCE 2022

FUNDED BY RGC
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“CULTIVATING, PROMOTING, AND ENHANCING MEANING IN LIFE ACROSS CULTURES AND LIFE SPAN”

22-25 Jun Hong Kong Shue Yan University
(Onsite and Online)

KEYNOTE SPEAKERS:



Michael F. Steger
Professor, Department of Psychology
Director, Centre for Meaning and Purpose, Colorado State University

A search for common ground in meaning in life interventions



Pninit Russo-Netzer
Senior Lecturer, Head of the Education Department, Achva Academic College
Head of the Compass Institute for the Study of Meaning in Life
Head of the Logotherapy training program, Tel-Aviv University

Engaging with life: synchronicity experiences as an underexplored pathway to meaning in life and well-being



Satoshi SHIMAI
Professor of Psychological Sciences, Kansai University of Welfare Sciences

Search for meaning is a healthy part of life among Japanese adults



Samantha J. Heintzelman
Assistant Professor, Department of Psychology, Rutgers University – Newark

Meaning in life: from mundane to profound



Joel Vos
Researcher and Psychologist, Metanoia Institute.
Chairperson, International Meaning Conferences (IMEC)

Meaning in life across cultures and times: an evidence-based overview
Working with meaning in life in psychological therapies



Travis Proulx
Senior Lecturer, School of Psychology, Cardiff University

The meaning maintenance model – making sense of sense-making
The psychophysiology of the absurd

Email: meaninginlife2022@gmail.com Website: meaninginlife2022.hksyu.edu

CO-ORGANIZERS :






REGISTER NOW (FREE)



Conference Booklet for the Meaning in Life International Conference 2022 (the page with acknowledgement to RGC)



CONFERENCE PROGRAMME

Co-organized by



Hong Kong Shue Yan University



Gratia Christian College



Colorado State University



Positive Psychology Laboratory



Center for Meaning and Purpose

The Meaning in Life International Conference 2022 is supported by the Inter-Institutional Development Scheme (UGC/IIDS15/H01/20) funded by the Research Grants Council of Hong Kong Special Administration Region

Website: <https://meaninginlife2022.hksyu.edu/>

Leaflet for the Meaning in Life International Conference 2022

Keynote Lectures

A Search for Common Ground in Meaning in Life Interventions

Keynote Speaker



Professor Michael F. STEGER
Professor, Department of Psychology,
Director, Centre for Meaning and Purpose,
Colorado State University, United States

Watch the Video:

<https://youtu.be/ssf550WwF4>Meaning in Life Across Cultures and Times:
An Evidence-based Overview

Keynote Speaker



Dr. Joel VOS
Researcher and Psychologist, Metanoia Institute,
Chairperson, International Meaning Conference (IMEC), England

Watch the Video:

<https://youtu.be/D4t8Hcn3v4>

Meaning in Life: From Mundane to Profound

Keynote Speaker



Professor Samantha J. HEINTZELMAN
Assistant Professor, Department of Psychology,
Rutgers University - Newark, United States

Watch the Video:

https://youtu.be/27R4T_YqyG4

The concept of meaning in life (MIL) has recently earned a renaissance of interest. The COVID-19 pandemic has not only been changing and impacting the ways we live, but also initiates us to quest more about what still makes life meaningful in this chaotic, challenging, and uncertain world? The increasing quest for MIL provides the driver for meaning-enhancing interventions and meaning-centered practices, but the efficacy of these interventions is influenced by cultural and developmental moderators. Thus, the MIL International Conference 2022 focused on the theme of cultivating, promoting, and enhancing meaning in life across cultures and life span.

The three-day conference included six keynote lectures and two keynote workshops by speakers from different countries. There was also a local forum and panel session. Videos were taken to share with the public.

Local Forum and Panel Session

Life and Death Education in Hong Kong (in Cantonese)
Live Well, Die Well: Insights from Ars Moriendi and Bardo Thodol
Professor Lap-Yan HUNG

Life Education and School Development: The Case of Hong Kong
Dr. Raymond Ho-Man HONG

Embracing Failure is the Key for Next Generation
Ms. Jessica CHAN

Meaningful Life, Beautiful Life Journey
Ms. Mon Yick-Man LAM



Watch the Video:
<https://youtu.be/ko5oStu4rJE>

Meaning in Life
International Conference 2022

Cultivating, Promoting, and Enhancing Meaning in Life
Across Cultures and Life Span



funded by RGC (UGC/IIDS15(17)/H01/20)

Engaging with Life: Synchronicity Experiences as an
Underexplored Pathway to Meaning in Life and
Well-being

Keynote Speaker



Dr. Pinrit Russo-Netzer
Senior Lecturer, Head of the Education Department,
Achva Academic College, Head of the Compass Institute for
the Study of Meaning in Life, Head of the Logotherapy
training program, Tel Aviv University, Israel

Watch the Video:

<https://youtu.be/RqBUXbcmU8>Search for Meaning is a Healthy Part of Life
among Japanese Adults

Keynote Speaker



Professor Satoshi SHIMAI
Professor, Department of Psychological Sciences,
Kanazawa University of Welfare Sciences, Japan

Watch the Video:

<https://youtu.be/VzcdLKVPu9U>The Meaning Maintenance Model – Making Sense of
Sense-making

Keynote Speaker



Dr. Travis PROULX
Senior Lecturer, School of Psychology, Cardiff University,
England

Watch the Video:

<https://youtu.be/UKXL6yGtPA>

Keynote Workshops

Working with Meaning in Life in Psychological
Therapies

Keynote Speaker

Dr. Joel VOS

Researcher and Psychologist, Metanoia Institute
Chairperson, International Meaning Conference (IMEC)

Meaning in life is an evidence-based construct across cultures and times. Research has consistently shown that a sense of meaningfulness can improve psychological resilience and mental health. This may be particularly relevant in times of sociocultural crises, existential and physical problems, such as during the COVID-19 pandemic.



Watch the Video:
https://youtu.be/s80wV_SqrE

The Psychophysiology of the Absurd

Keynote Speaker

Dr. Travis PROULX

Senior Lecturer, School of Psychology, Cardiff University

Existentialist theorists have discussed 'the feeling of the absurd' – the unique and acute sensation that is aroused when our experiences aren't adding up with our understandings. Over the past 20 years, existential psychologists have specified the circumstances that arouse a sense of the absurd, explored the psychophysiological systems that respond to absurdity and identified brain structures that react to mismatches of awareness and expectation. In this workshop, I will survey the research techniques that constitute this growing literature. I will emphasize work with pupillometry, which assesses inconsistency-arousal in the face of absurdities both trivial and profound.



Watch the Video:
<https://youtu.be/hzwbq3oeA>

Organizing Committee

Conference Chair

Prof. Chi-Keung (Alex) CHAN, *Tung Wah College
and Hong Kong Shue Yan University, HKSAR*

Program Co-Chairs

Dr. Chung Ping (Susanna) WONG-IP, *Gratia
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Professor Michael F. STEGER, *Colorado State
University, United States, International
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Yan University, HKSAR, Finance Chair*

Dr. Yet-fan (Nicolson) SIU, *The Hong Kong
University of Science and Technology, HKSAR,
Publicity Chair*



Website:
meaninginlife2022.hksyu.edu




YouTube:
Meaning in Life International Conference 2022



E-mail:
meaninginlife2022@gmail.com

Snapshot of Youtube Video for Keynote Lecture 1 (K1) the Meaning in Life International Conference 2022 (<https://youtu.be/ssf550WisF4>)



A Search for Common Ground in Meaning in Life Interventions

Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span

MICHAEL F. STEGER, PH.D.

CENTER for MEANING + PURPOSE

MIL 2022: A Search for Common Ground in Meaning in Life Interventions by Professor Michael F. STEGER


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【A Search for Common Ground in Meaning in Life Interventions by Professor Michael F. STEGER】

Meaning in Life International Conference 2022 (MIL 2022) "Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span" - Keynote Lecture #1 (2022.06.22). This project was supported by the Hong Kong Research Grant Council (UGC/IIDS15(17)/H01/20) and was organised by Hong Kong Shue Yan University, Gratia Christian College, Colorado State University, and Tung Wah College.

Snapshot of Youtube Video for Keynote Lecture 2 (K2) the Meaning in Life International Conference 2022 (<https://youtu.be/D4K6Hcn3Jv4>)



Meaning in Life Across Cultures and Times:
An Evidence-based Overview

© 2022 Dr Joel Vos PhD MSc MA CPsych FHEA
Chair IMEC International Meaning Events & Community
Senior researcher at the Metanoia Institute, London (UK)

MIL 2022: Meaning in Life Across Cultures and Times: An Evidence-based Overview by Dr Joel VOS

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Snapshot of Youtube Video for Keynote Lecture 3 (K3) the Meaning in Life International Conference 2022 (https://youtu.be/27R4T_YqyG4)



Routines and Meaning in COVID-19

"Try as much as possible to keep your personal daily routines or create new routines if circumstances change."

-World Health Organization (2020)

MIL 2022: Meaning in Life: From Mundane to Profound by Professor Samantha J. HEINTZELMAN (Partial)

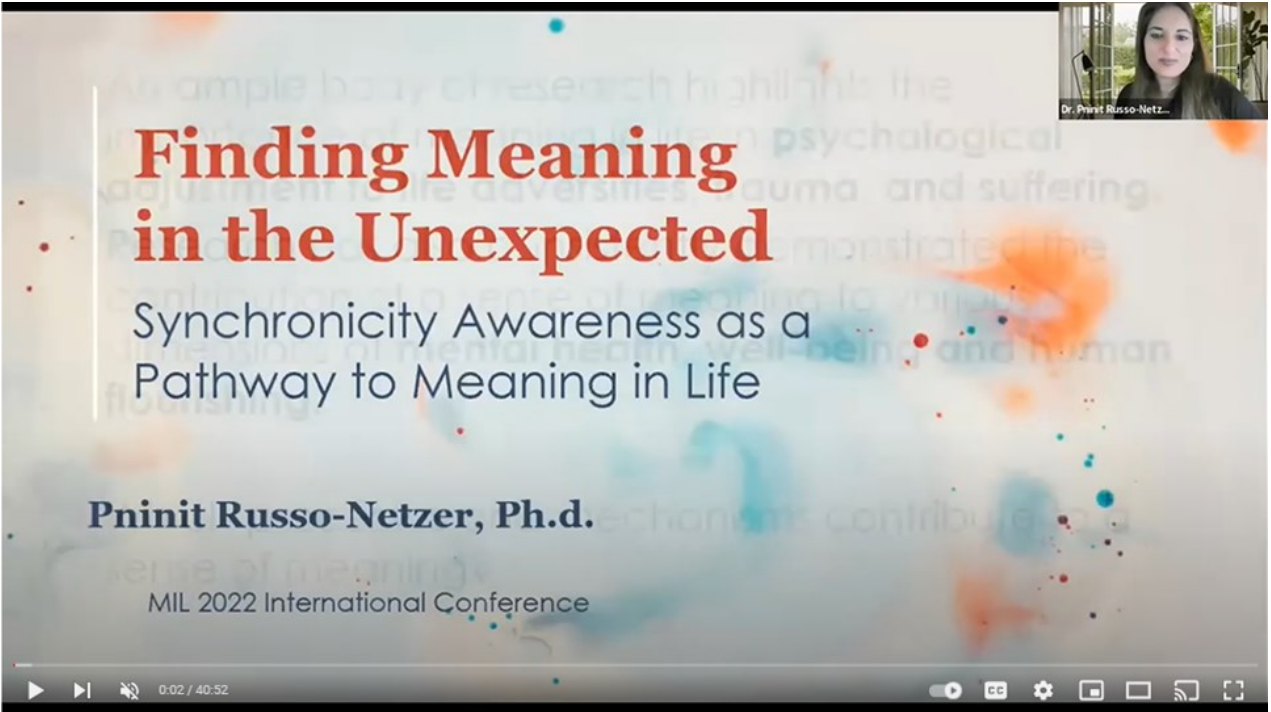
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【Meaning in Life: From Mundane to Profound by Professor Samantha J. HEINTZELMAN】

Meaning in Life International Conference 2022 (MIL 2022) "Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span" - Keynote Lecture #3 (2022.06.23). This project was supported by the Hong Kong Research Grant Council (UGC/IIDS15(17)/H01/20) and was organised by Hong Kong Shue Yan University, Gratia Christian College, Colorado State University, and Tung Wah College.

Snapshot of Youtube Video for Keynote Lecture 4 (K4) the Meaning in Life International Conference 2022 (<https://youtu.be/8qBUXJbcmU8>)



The video player shows a presentation slide with the title "Finding Meaning in the Unexpected" in large red font. Below it, the subtitle "Synchronicity Awareness as a Pathway to Meaning in Life" is in blue. The speaker's name, "Pninit Russo-Netzer, Ph.d.", and the event, "MIL 2022 International Conference", are at the bottom. A small video inset in the top right shows Dr. Russo-Netzer speaking. The video progress bar indicates 0:02 / 40:52.

MIL 2022: Synchronicity Experiences as an Underexplored Pathway to MIL by Dr Pninit RUSSO-NETZER

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【Engaging with Life: Synchronicity Experiences as an Underexplored Pathway to Meaning in Life & Well-being by Dr Pninit RUSSO-NETZER】

Meaning in Life International Conference 2022 (MIL 2022) "Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span" - Keynote Lecture #4 (2022.06.23). This project was supported by the Hong Kong Research Grant Council (UGC/IIDS15(17)/H01/20) and was organised by Hong Kong Shue Yan University, Gratia Christian College, Colorado State University, and Tung Wah College.

Snapshot of Youtube Video for Keynote Lecture 5 (K5) the Meaning in Life International Conference 2022 (<https://youtu.be/VzcdLkVPu9U>)

MIL 2022 INTERNATIONAL CONFERENCE
KEYNOTE LECTURE V (K5)

SEARCH FOR MEANING IS A HEALTHY PART OF LIFE AMONG JAPANESE ADULTS

Satoshi SHIMAI
Professor, Psychological Sciences,
Kansai University of Welfare Sciences

Funding: Part of this presentation was supported by Kakenhi (16H03743 and 20H04106).
COI: There is no conflict of interest associated with this presentation.

MIL 2022: Search for Meaning is a Healthy Part of Life among Japanese Adults by Prof. Satoshi SHIMAI

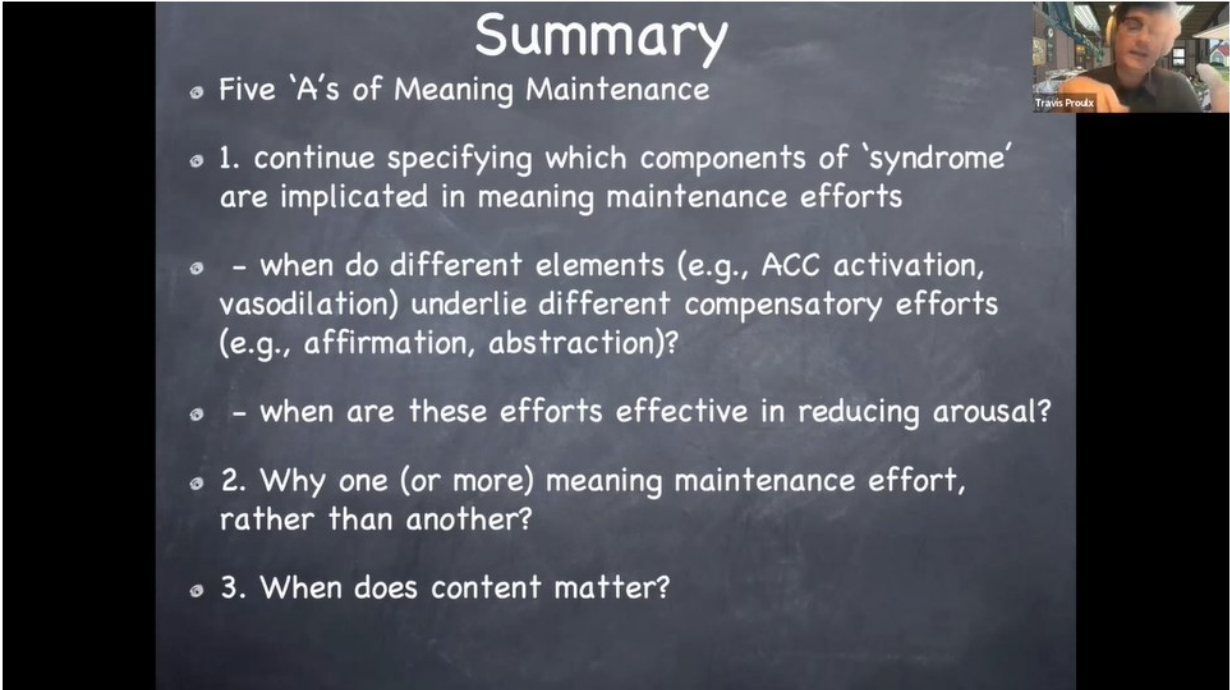
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【Search for Meaning is a Healthy Part of Life among Japanese Adults by Professor Satoshi SHIMAI】

Meaning in Life International Conference 2022 (MIL 2022) "Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span" - Keynote Lecture #5 (2022.06.24). This project was supported by the Hong Kong Research Grant Council (UGC/IIDS15(17)/H01/20) and was organised by Hong Kong Shue Yan University, Gratia Christian College, Colorado State University, and Tung Wah College.

Snapshot of Youtube Video for Keynote Lecture 6 (K6) the Meaning in Life International Conference 2022 (<https://youtu.be/UkXL6yiGrPA>)



Summary

- Five 'A's of Meaning Maintenance
- 1. continue specifying which components of 'syndrome' are implicated in meaning maintenance efforts
 - - when do different elements (e.g., ACC activation, vasodilation) underlie different compensatory efforts (e.g., affirmation, abstraction)?
 - - when are these efforts effective in reducing arousal?
- 2. Why one (or more) meaning maintenance effort, rather than another?
- 3. When does content matter?

MIL 2022: The Meaning Maintenance Model – Making Sense of Sense-making by Dr Travis PROULX

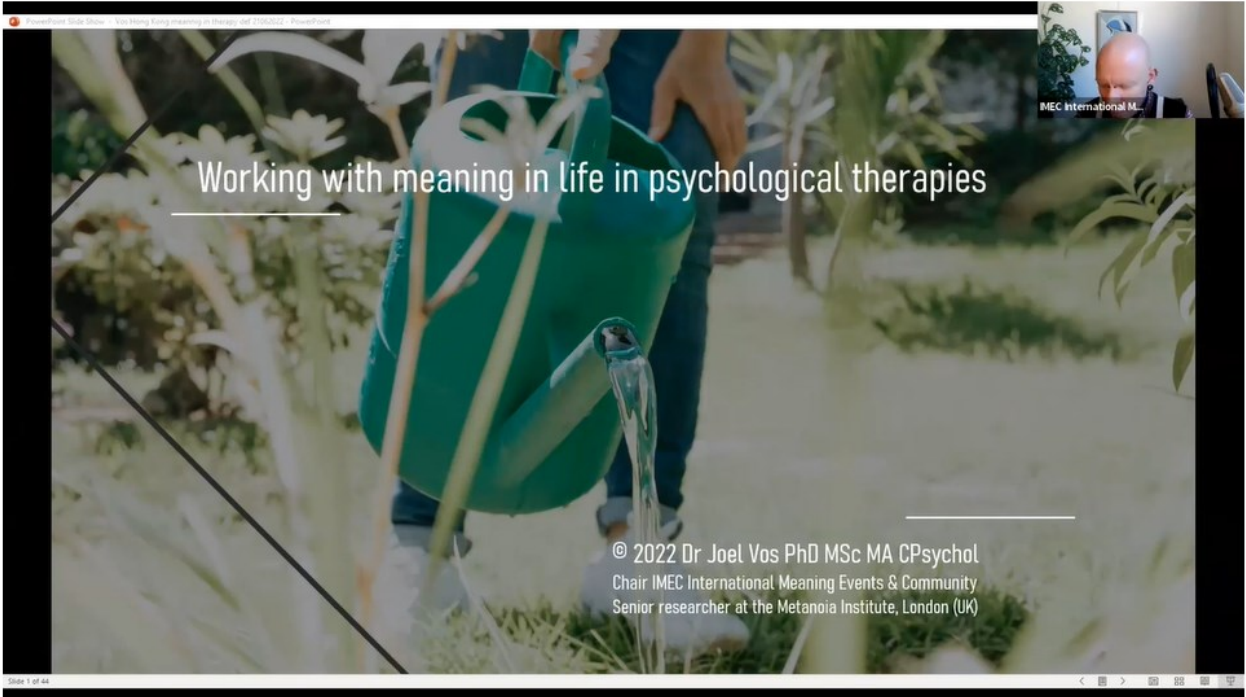
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【The Meaning Maintenance Model – Making Sense of Sense-making by Dr Travis PROULX】

Meaning in Life International Conference 2022 (MIL 2022) "Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span" - Keynote Lecture #6 (2022.06.24). This project was supported by the Hong Kong Research Grant Council (UGC/IIDS15(17)/H01/20) and was organised by Hong Kong Shue Yan University, Gratia Christian College, Colorado State University, and Tung Wah College.

Snapshot of Youtube Video for Keynote Workshop 1 (KW1) the Meaning in Life International Conference 2022 (https://youtu.be/s8OviV_SqrE)



Working with meaning in life in psychological therapies

© 2022 Dr Joel Vos PhD MSc MA CPsychol
Chair IMEC International Meaning Events & Community
Senior researcher at the Metanoia Institute, London (UK)

MIL 2022: Working with Meaning in Life in Psychological Therapies by Dr Joel VOS

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【Working with Meaning in Life in Psychological Therapies by Dr Joel VOS】

Meaning in Life International Conference 2022 (MIL 2022) "Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span" - Workshop #1 (2022.06.22). This project was supported by the Hong Kong Research Grant Council (UGC/IIDS15(17)/H01/20) and was organised by Hong Kong Shue Yan University, Gratia Christian College, Colorado State University, and Tung Wah College.

Snapshot of Youtube Video for Keynote Workshop 2 (KW2) the Meaning in Life International Conference 2022 (<https://youtu.be/lhzvabq3aaA>)



MIL 2022: The Psychophysiology of the Absurd by Dr Travis PROULX

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#MIL2022
【The Psychophysiology of the Absurd by Dr Travis PROULX】

Meaning in Life International Conference 2022 (MIL 2022) "Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span" - Workshop #2 (2022.06.24). This project was supported by the Hong Kong Research Grant Council (UGC/IIDS15(17)/H01/20) and was organised by Hong Kong Shue Yan University, Gratia Christian College, Colorado State University, and Tung Wah College.

Part B: The Final Report

5. Collaboration with Other Self-Financing Degree-Awarding Institutions

	Name of Institution(s)	% of Participation	Distinctive <u>Element(s)</u> of the Institution in Responsible Project
Applying Institution	Hong Kong Shue Yan University (HKSJU)	60%	Hong Kong Shue Yan University (HKSJU) provided the venue for hosting (onsite and online) the international conference and the workshops. HKSJU was also responsible for making visit arrangements and communicating with keynote speakers, budget and finance management (including part of the auditing) and providing technical and logistical support to the conference and workshops.
	Tung Wah College	10%	Since the PI of the IIDS project moved to Tung Wah College (TWC) on 4 July 2023 (after the MIL 2022 conference), TWC was also responsible for handling post-conference deliverables (keynote videos and newsletter as well as financing and part the auditing.
Collaborating Institution(s) (If any) [#]	Gratia Christian College (GCC)	30%	Gratia Christian College (GCC) was responsible for coordinating the call for proposals and the review process, managing the programme arrangements, and coordinating the conference promotion and registration.
Total:		100%	

[#] If no other eligible local self-financing degree-awarding institutions are involved, please input "N/A" in this table.

6. Project Objectives

6.1 Objectives as per original application

1. Enhancing participants' understanding of the empirical investigations, practical applications, and social implications of meaning-enhancing interventions and meaning-centered psychoeducational programmes that span cultural and developmental

perspectives.

2. Facilitating dialogue between scientists and practitioners toward developing culturally sensitive and developmentally appropriate meaning-enhancing interventions and tailored practices from an interdisciplinary perspective.

3. Building participants' competence in designing rigorous scientific research and developing evidence-based meaning-focused interventions to support the well-being of people with diverse cultural backgrounds (between and within-culture) and at different life stages.

6.2 Revised objectives

Date of approval from the RGC: _____

Reasons for the change: _____

1.

2.

3.

6.3 Realisation of the objectives

(Maximum 1 page; please state how and to what extent the project objectives have been achieved; give reasons for under-achievements and outline attempts to overcome problems, if any)

1. *Enhancing participants' understanding of the empirical investigations, practical applications, and social implications of meaning-enhancing interventions and meaning-centered psychoeducational programmes that span cultural and developmental perspectives.*

Objective 1 of this project was fully achieved: First, the expertise and background (including cultural background) of keynote speakers were diverse, including scholars, researchers, practitioners, and mixed with training in counselling psychology, clinical psychology, cultural psychology, and experimental psychology. Second, the average ratings of participants on "the content of the seminar/workshop was useful" (4.36 to 4.69 out of 5, refer to section 6.7 evaluation results). Third, the average ratings of participants on "the presenter use examples to make the materials easy to understand" (4.08 to 4.82 out of 5, refer to section 6.7 evaluation results). The diversity of speakers and high ratings from participants showed that the events of this IIDS project (Meaning in Life International Conference 2022) helped to enhance participants' understanding of the empirical investigations, practical applications, and social implications of meaning-enhancing interventions and meaning-centered psychoeducational programmes that span cultural and developmental perspectives in cultivating, promoting, and enhancing meaning in life.

2. *Facilitating dialogue between scientists and practitioners toward developing culturally sensitive and developmentally appropriate meaning-enhancing interventions and tailored practices from an interdisciplinary perspective.*

Objective 2 of this project was fully achieved: The expertise and background of the participants of this IIDS series were diverse. The mixture of academic scholars and researchers (72%) with practitioners (28%) from various fields helped to facilitate dialogue between scientists and practitioners by toward developing culturally sensitive and developmentally appropriate meaning-enhancing interventions and tailored practices from an interdisciplinary perspective. Furthermore, the videos of keynote lectures and workshops as well as the conference proceedings have been helping to facilitate on-going dialogue between scientists and practitioners on meaning in life research and meaning-centered practices from interdisciplinary, cross-cultural, and developmental perspective.

3. *Building participants' competence in designing rigorous scientific research and developing evidence-based meaning-focused interventions to support the well-being of people with diverse cultural backgrounds (between and within-culture) and at different life stages.*

Objective 3 of this project was fully achieved: From the evaluation of the six keynote lectures and workshops. The average ratings of participants on “the presenter is knowledgeable about the subject” (4.52, 4.31, 4.43, 4.69, 4.80, 4.73, 4.80, and 4.60 out of 5, refer to section 6.7 evaluation results) and “the presenter stimulated interest in the course” (4.43, 4.23, 4.36, 4.63, 4.30, 4.64, 4.70, and 4.80 out of 5 refer to section 6.7 evaluation results) were high. These evaluation results supported that the keynote lectures and workshops could arouse participants' interests and build their competence in designing rigorous scientific meaning-focused research and developing evidence-based meaning-centered interventions. Furthermore, the videos of keynote lectures and workshops as well as the conference proceedings could be used as teaching and training materials to build the competence of local and overseas researchers, practitioners, and graduate students in designing rigorous scientific research and developing evidence-based meaning-focused interventions to support the well-being of people with diverse cultural backgrounds and at different life stages.

6.4 Summary of objectives addressed to date

Objectives	Addressed <i>(please tick)</i>	Percentage Achieved <i>(please estimate)</i>
1. Enhancing participants' understanding of the empirical investigations, practical applications, and social implications of meaning-enhancing interventions and meaning-centered psychoeducational programmes that span cultural and developmental perspectives.	√	100%
2. Facilitating dialogue between scientists and practitioners toward developing culturally sensitive and developmentally appropriate meaning-enhancing interventions and tailored practices from an	√	100%

interdisciplinary perspective.		
3. Building participants' competence in designing rigorous scientific research and developing evidence-based meaning-focused interventions to support the well-being of people with diverse cultural backgrounds (between and within-culture) and at different life stages.	√	100%
4.		

6.5 Project progress

Original Implementation Schedule	Revised Implementation Schedule (Date of RGC's Approval)	Updated Progress

6.6 Speaker(s)

Title / Name (Surname in Capital Letters)	Post / Institution	Title / Topic of Presentation / Course	Previous Research Links with Hong Kong Institutions (Nature and Date (Month / Year))
Professor STEGGER, Michael F.	Professor / Department of Psychology / Colorado State University	Keynote (Plenary) Lecture: <i>A Search for Common Ground in Meaning in Life Interventions</i>	Keynote speaker for one of the seminars for our previous IIDS project held at the Hong Kong Shue Yan University (UGC/IIDS15/H01/17) 26/4/2018
Dr VOS, Joel	Researcher and Psychologist / Metanoia Institute	Keynote (Plenary) Lecture: <i>Meaning in Life Across Cultures and Times: An Evidence-based Overview</i> Keynote Workshop: <i>Working with Meaning in Life in Psychological Therapies</i>	N/A
Professor HEINTZELMAN, Samantha J.	Assistant Professor / Department of Psychology / Rutgers University – Newark	Keynote (Plenary) Lecture: <i>Meaning in Life: From Mundane to Profound</i>	N/A
Dr RUSSO-NETZER, Pninit	Senior Lecturer and Head / Education Department / Achva Academic College	Keynote (Plenary) Lecture: <i>Engaging with Life: Synchronicity Experiences as an underexplored pathway to Meaning in Life and Well-being</i>	N/A
Professor SHIMAI, Satoshi	Professor / Psychological	Keynote (Plenary)	N/A

	Sciences / Kansai University of Welfare Sciences	Lecture: <i>Search for Meaning is a Healthy Part of Life among Japanese Adults</i>	
Dr PROULX, Travis	Senior Lecturer / School of Psychology / Cardiff University	Keynote (Plenary) Lecture: <i>The Meaning Maintenance Model – Making Sense of Sense-making</i> Workshop (pending on budget virement results): <i>The Psychophysiology of the Absurd</i>	N/A

6.7 Please provide details of the activities organized, including the theme / objectives of the activities, targeted participants, attendance, analysis of participants, e.g. country of origin, research background, etc., evaluation forms of the activities and a summary of the participants' evaluation. Photos of the activities are preferred.)

1) Theme and Key Objective:

The theme of the three-and-a-half-day MIL International Conference 2022 was cultivating, promoting, and enhancing meaning in life across cultures and life span, and this conference aims to enrich international and intellectual exchange and discussion on empirical-based and evidence-based MIL research, practice, and applications. The three and a half day international conference comprised six keynote lectures (K1-K6), two keynote workshops (KW1-KW2), twelve breakout sessions (with 40 paper presentations and 5 e-poster presentations) categorized into twelve subthemes: (i) MIL and Post-traumatic Growth, (ii) Perspectives on MIL, (iii) MIL and Education, (iv) MIL, Prosociality, & Well-being, (v) MIL Across Lifespan, (vi) MIL and Lifestyle, (vii) MIL Across Cultures, (viii) MIL, Religion, and Spirituality, (ix) MIL with Suffering, (x) MIL & Resilience, (xi) MIL and Identity, and (xii) MIL & Existentialism. In addition, a local forum and panel session about Life and Death Education in Hong Kong (in Cantonese) was held on the last day of the MIL 2022.

2) Keynote Speakers, Presenters and Participants:

This IIDS project targeted local and overseas scholars, researchers and practitioners (particularly in the fields of education, gerontology, mental health, nursing, philosophy, psychology, public health, and social work) who have expertise or interested in meaning in life research or meaning-centered interventions.

I) Keynote Speakers and Presenters:

There were two keynote speakers from United States, two keynote speakers from United Kingdom, one keynote speaker from Israel, and one keynote speaker from Japan).

There were 112 presenters (authors and co-authors) from 16 countries and the following table shows the distribution of presenters by country of origin. Among the presenters, 106 were academics, five of them were from social service organization, and one of them from Hospital Authority.

Country of Origin	Affiliation (number of presenters from an affiliation)	Non-duplicated Counts
Australia	Griffith University (2) Queensland University of Technology (1)	3
Belarus	Goettingen University (1)	1
Canada	University of Manitoba (1)	1
China	Sun Yat Sen University (1) Tsinghua University (1)	2
HKSAR, China	Chinese University of Hong Kong (8) City University of Hong Kong (2) Education University of Hong Kong (2) Gratia Christian College (1) Hong Kong Baptist University (1) Hong Kong Polytechnic University (9) Hong Kong Shue Yan University (31) Hong Kong University of Science and Technology (1) The Hang Seng University of Hong Kong (1) Lingnan University (1) The University of Hong Kong (7) Yew Chung College of Early Childhood Education (2) Others: Christian Association for the Psychology of Religion Limited (1) Hospital Authority (1) The Society for the Aid and Rehabilitation of Drug Abuse (1) Tung Wah Group of Hospitals Community Services Division (2)	71
India	Dehradun Institute of Technology, Dehradun (1) The LNM Institute of Information Technology Jaipur (1)	2
Indonesia	Universitas YARSI (2) STT Presbyterian Batam (1) Universitas Ciputra (6)	9
Italy	Università Cattolica del Sacro Cuore (Brescia) (1) Università Cattolica del Sacro Cuore (Milan) (1) University of Naples Federico II (3)	5
Japan	Osaka University (1) Miyazaki Sangyo-keiei University (1) The University of Tokyo (1) Hiroshima University (2)	5
Portugal	Escola Superior de Educação do Instituto Politecnico de Coimbra and CERNAS, Coimbra (2)	2
Saudi Arabia	Princess Nourah Bint Abudulrahman University (2)	2

Singapore	National Institute of Education, Nanyang Technological University (2)	2
Spain	Universidad Autonoma De Madrid (1)	1
Taiwan	UC Berkeley (1)	1
United Kingdom	University of Sussex (1)	1
United States	Indiana University Bloomington (1) University of California Riverside (3)	4
Total		112

(II) Participants

There were 362 non-duplicated registrants (participants) for the Meaning in Life International Conference 2022 (MIL 2022) from 37 countries from Africa, Asia, Australia, Europe, Northern America, and Southern America. About three-fifths (59.4%) were local participants and about two-fifths (40.6%) were international participants. The project team further categorized the registrants into three categories: i) Academics (e.g. faculty, researchers, post-doc fellows etc.), ii) Practitioners (e.g. clinical psychologists, counsellors, educators, social workers, coaches etc.), and iii) Students (e.g. graduate and undergraduate students). Among the registrants, 139 (38.4%) were academics, 126 (34.8%) were practitioners, and 97 (26.8%) were students. These statistics reflected the diverse cultural and professional background of the participants. The following table summarizes the country of origin and professional background (categories) of the participants.

Country	Total number of Registrants	Academics	Practitioners	Students
Australia	6		3	3
Bangladesh	1		1	
Belgium	2		2	
Brazil	2		2	
Bulgaria	2		1	1
Canada	7	2	3	2
China	3	1		2
Columbia	1			1
Denmark	1		1	
Finland	3	1	1	1
Germany	5		3	2
HKSAR, China	215	89	76	50
India	7	3	1	3
Indonesia	20	13	4	3
Ireland	1	1		
Israel	4	1	2	1
Italy	4	3	1	
Japan	2	1		1
Kraków	1	1		
Malaysia	3		2	1
Netherlands	2	1	1	
Nigeria	7	5	1	1
Norway	1		1	
Pakistan	1			1
Philippines	1	1		
Poland	2	1		1
Portugal	1			1
Russia	2			2

Scotland	1		1	
Singapore	2	2		
Slovenia	1	1		
South Africa	2	1	1	
Spain	2			2
Switzerland	1	1		
Turkey	1			1
United Kingdom	11	3	3	5
United States	34	7	15	12
Total	362	139	126	97

3) Attendance (including online and onsite)

The following table shows the number of online and onsite attendants for each keynote and breakout sessions across the four days of Meaning in Life International Conference 2022 (MIL 2022). Overall, the total number of headcounts who attended at least one session was 1,066.

Day and Session	# of Online Attendants	# of Onsite Attendants	# of Headcounts
Day 1 (22 June 2023)			
Keynote Lecture 1 (KL1)	95	12	107
Breakout Session 1 (B1)	51	8	59
Breakout Session 2 (B2)	19	4	23
Poster Session (PS)	14	2	16
Breakout Session 3 (B3)	56	7	63
Breakout Session 4 (B4)	16	5	21
Keynote Lecture 2 (KL2)	78	9	87
Keynote Workshop 1 (KW1)	78	9	87
Subtotal of Day 1			463
Day 2 (23 June 2023)			
Keynote Lecture 3 (KL3)	70	8	78
Breakout Session 5 (B5)	51	4	55
Breakout Session 6 (B6)	17	3	20
Breakout Session 7 (B7)	32	5	37
Breakout Session 8 (B8)	25	3	28
Keynote Lecture 4 (KL4)	61	8	69
Subtotal of Day 2			287
Day 3 (24 June 2023)			
Keynote Lecture 5 (KL5)	52	5	57
Breakout Session 9 (B9)	30	2	32
Breakout Session 10 (B10)	15	11	26
Breakout Session 11 (B11)	24	3	27
Breakout Session 12 (B12)	15	1	16
Keynote Lecture 6 (KL6)	48	4	52
Keynote Workshop 2 (KW2)	48	4	52
Subtotal of Day 3			262
Day 4 (25 June 2023, half day)			

Local Forum and Discussion	47	7	54
Total Headcounts Day 1-4			1,066

4) Evaluation

i) evaluation Form

Below is the Sample of Google Evaluation Form for Each Keynote Lecture/Workshop

Meaning in Life (MIL) International Conference 2022 Keynote Lecture (K1) Evaluation Form

Date: 22nd June 2022
Time: 9:45- 11:15
Venue: Research Complex RLB 303 / Zoom Link 1, HKSYU
Speaker: Professor Michael F. STEGER (Centre for Meaning and Purpose
Colorado State University)
Topic: A Search for Common Ground in Meaning in Life Interventions

* Indicates required question

Contents and Overall Satisfaction *

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Not Applicable
The content of the keynote lecture was useful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The content of the keynote lecture was related to research.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Given the time allowed, the amount of material covered was appropriate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall, I was satisfied with this keynote lecture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would recommend such keynote lecture to my colleagues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Presenter *

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Not Applicable
The keynote speaker was well prepared for the lecture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The keynote speaker was knowledgeable about the topic.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The keynote speaker presented the materials in an organized way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The keynote speaker used examples to make the materials easy to understand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Appropriate audiovisuals were used during the keynote lecture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The keynote speaker stimulated interest in the lecture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The keynote speaker answered questions carefully and completely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would recommend the keynote speaker to be invited to conduct the lecture again.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>


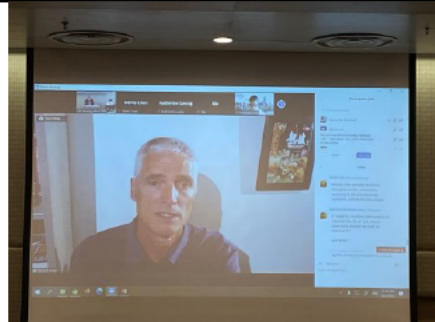
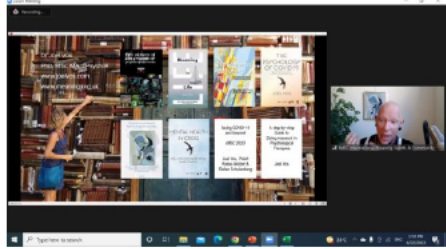
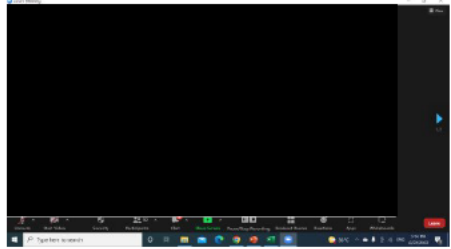
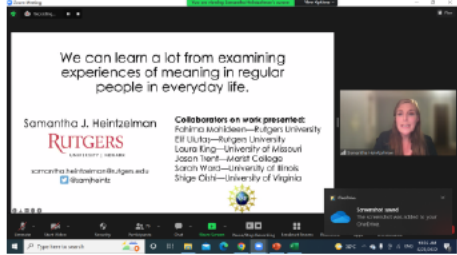
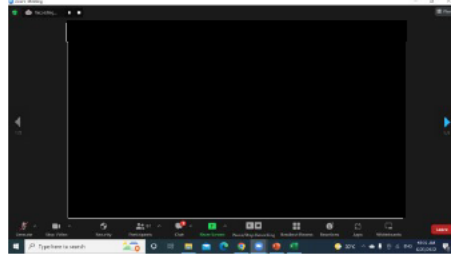
ii) Evaluation Results

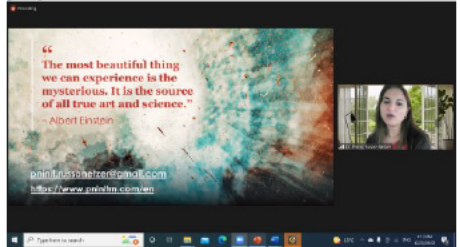
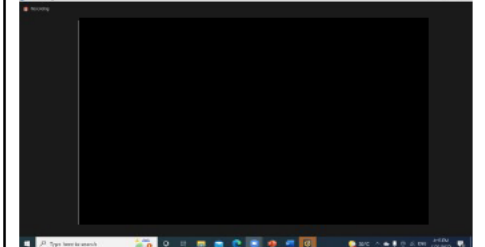
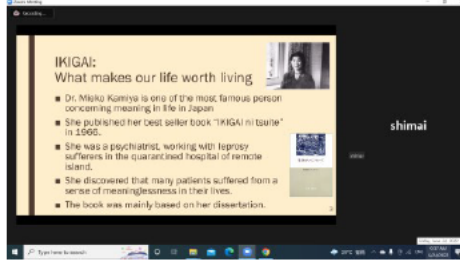
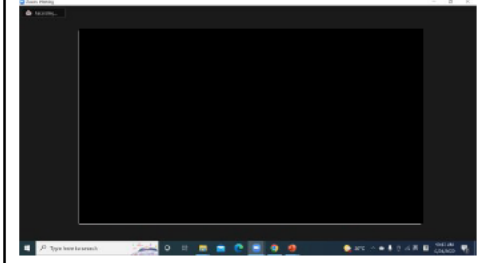
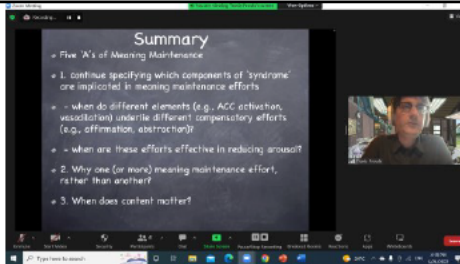
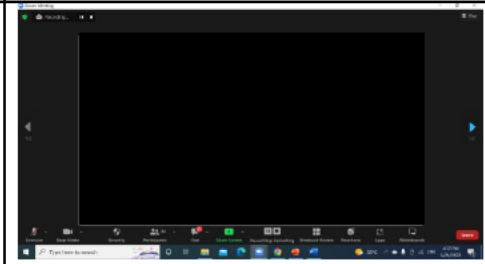


The evaluation results indicated that the attendants of the keynote lectures and workshops rated above the average (5-point Likert) for the content and overall satisfaction as well as the keynote speakers for each session.

	K1	K2	K3	K4	K5	K6	KW1	KW2
Content and Overall Satisfaction								
The content of the keynote lecture/workshop was useful.	4.50	4.62	4.36	4.56	4.60	4.55	4.89	4.80
The content of the keynote lecture/workshop was related to research.	4.55	4.69	4.79	4.44	4.60	4.82	4.78	4.60
Given the time allowed, the amount of material covered was appropriate.	4.50	4.54	4.71	4.69	4.70	4.64	4.78	4.60
Overall, I was satisfied with this keynote lecture/workshop.	4.60	4.54	4.43	4.63	4.50	4.55	4.78	4.80
I would recommend such keynote lecture/workshop to my colleagues.	4.50	4.46	4.43	4.63	4.60	4.45	4.60	4.60
Presenter								
The keynote speaker was well prepared for the lecture.	4.48	4.23	4.50	4.69	4.80	4.82	4.70	4.80
The keynote speaker was knowledgeable about the topic.	4.52	4.31	4.43	4.69	4.80	4.73	4.80	4.60
The keynote speaker presented the materials in an organized way.	4.48	4.23	4.50	4.63	4.70	4.73	4.60	4.60
The keynote speaker used examples to make the materials easy to understand.	4.43	4.08	4.29	4.63	4.40	4.82	4.60	4.80

Appropriate audiovisuals were used during the keynote lecture.	4.48	4.23	4.50	4.56	4.20	4.91	4.50	4.60
The keynote speaker stimulated interest in the lecture.	4.43	4.23	4.36	4.63	4.30	4.64	4.70	4.80
The keynote speaker answered questions carefully and completely.	4.48	4.08	4.36	4.63	4.20	4.73	4.60	4.60
I would recommend the keynote speaker to be invited to conduct the lecture again.	4.48	4.08	4.21	4.44	4.20	4.55	4.80	

5) Photos of the Meaning in Life International Conference 2022 (MIL 2022)

Sessions		
22 June 2023 09:45-10:45 Keynote Lecture 1 (K1) Professor Michael F. STEGER		
22 June 2023 15:30-17:30 Keynote Lecture (2) and Keynote Workshop 1 (KW1) Dr Joel VOS		
23 June 2023 09:30-10:30 Keynote Lecture 3 (K3) Professor Samantha J. HEINTZELMAN		

<p>23 June 2023 15:30-16:30 Keynote Lecture 4 (K4) Dr Pninit RUSSO-NETZER</p>		
<p>24 June 2023 09:30-10:30 Keynote Lecture 5 (K5) Professor Satoshi SHIMAI</p>		
<p>24 June 2023 15:30-17:30 Keynote Lecture 6 and Keynote Workshop 2 (KW2) Dr Travis PROULX</p>		
<p>25 June 2023 10:00-12:00 Local Forum and Panel Discussion</p>		

7. Research-Related Outcome

7.1 Potential for development into research proposal and the proposed course of action (Maximum half a page)

This completed IIDS project led the PI and Co-Is to develop the following two research proposals with two keynote speakers as well as four presenters and/or international programme committee members of MIL 2022 of this IIDS project:

- 1) Prof CHAN Chi-keung (PI) has submitted a FDS proposal application for the round of 2023-24 application (co-I, UGC/FDS17/H03/23) titled “*The Interplay between Meaning in Life and Social Axioms on Psychological Well-being Across the Life Span*” and aims to i) to identify the patterns of adverse life events across different age groups, ii) to build the pathways from adverse life events to psychological well-being, and iii) to examine the interplay between meaning in life and social axioms on these pathways. Dr. RONG Wei-sun is the PI of this application. Dr Joel VOS, Joel and Dr RUSSO-NETZER, Pninit (two keynote speakers of this IIDS project) are the co-PIs for this new FDS application.
- 2) Prof CHAN Chi-Keung (PI), Dr CHUI Chi-fai (Co-I), Dr. SIU Yat-fan (Co-I), and Dr. Lam Yin-hung (Co-I) submitted an IIDS proposal (for the round of 2022-23 application) as Co-Is with Dr. LAI Ching-han (PI of the FDS application, HKSYU; International Programme Committee member of MIL 2022) titled “Pursuing Eudaimonic Wellbeing: Exploring the Roles of Psychology of Spirituality and Transcendence in Facing Life Adversities” which aims to organise an international conference on spirituality and transcendence. Dr. LAI Ching-han was one of the participants. Besides, three other International Programme Committee members (Dr Kong Hong-man, EduHK, Dr LAU, Esther Yuet-ying, EduHK and Dr. Cheung Hin-wah, TWC) of MIL 2022 International Conference are also the Co-Is of this IIDS proposal (UGC/IIDS15/H01/22). The new IIDS proposal received a rating of 3.0, and the team has re-submitted the revised proposal (UGC/IIDS15/H01/23) for the round of 2023-24 application.

7.2 Research collaboration achieved (Please give details on the achievement and its relevant impact)

1) The IIDS project team members co-edited the post-conference proceedings (after 31 August 2022) titled “Proceedings of the Meaning in Life International Conference 2022 - Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span (MIL 2022)” (ISBN: 978-94-6463-096-1) with a total of 16 chapters, including four chapters contributed by the keynote speakers and three chapters contributed by the PI and/or Co-Is. The online proceedings was published on 27 December 2022. The online proceedings can be accessed via: <https://www.atlantis-press.com/proceedings/mil-22/articles>. The printed ready copy was published on 24 March 2023 (an e-copy is attached in [Appendix E](#)). Since the post-conference proceedings was published after the end of funding period (31 August 2022), the project team members was responsible for all publication costs.

The following chapters were contributed by the keynote speakers:

- i) Making Meaning in Life: A Thematic Review of Successful Experimental Psychological and Psychotherapeutic Interventions by **Prof Michael F. STEGER**.
- ii) Meaning in Life Across Cultures and Times: An Evidence-Based Overview by **Dr Joe VOS**.
- iii) Leveraging the Experience Sampling Method to Study Meaning in Everyday Life by **Prof Samantha J. HEINTZELMAN** and **Dr Fahima MOHIDEEN**.
- iv) Finding Meaning in the Unexpected: Underexplored Pathways to Discovering and Cultivating Meaning in Life by **Dr Pninit RUSSO-NETZER**.

The following chapters were contributed by the PI and Co-I of this IIDS project:

- i) Awareness of Meaning: The Mechanism Between Future Orientation and Prosocial Tendency by Mr. Wai-Kin LUI, **Prof Chi-Keung CHAN**, **Dr Raymond Chi-Fai CHUI**, **Dr Yat-Fan SIU**, Ms. Ka-Wing LAU, Ms. Chui-Shan YUNG.
- ii) Does Music Matter? The Role of Music Listening and Meaning in Life in Reducing Stress of Hong Kong People by Ms. Tsz-Wun LAM and **Dr Raymond Chi-Fai Chui**.
- iii) The Mediating Role of Prosocial Behavior and Meaning in Life in the Relationship Between Religiosity and Attitude Towards People with Intellectual Disability (ID) of Hong Kong Young Adults by Mr. Jacky Ka-Kuen Wong, **Dr Raymond C. F. Chui**.

2) Prof. CHAN Chi-keung (PI), Dr. CHUI Raymond Chi-fai (Co-I), and Dr. SIU Yat-fan (Co-I) also published a manuscript (as corresponding author) titled “Awareness of meaning and quest for meaning: The mechanisms between future orientation and prosociality among youth during pandemic” in the *Frontiers in Psychology* (IF: 4.232) Research Topics titled “Meaning in Everyday Life: Working, Playing, Consuming, and More” edited by Dr Pninit RUSSO-NETZER (Achva Academic College Arugot, Israel), Dr Roy Frederick BAUMEISTER (The University of Queensland Brisbane, Australia), and Prof Joshua HICKS (Texas A and M University, United States). Link to this Research Topic: <https://www.frontiersin.org/research-topics/23524/meaning-in-everyday-life-working-playing-consuming-and-more>

The citation of the manuscript is listed below:

Lui, W.-K., **Chan, C.-K.**, Ng, K.-H., **Chui, C.-F.R.C.**, **Siu, N.Y.-F.**, Yung, C.-S., and Lau, K.-W. (2022). Awareness of meaning and quest for meaning: The mechanisms between future orientation and prosociality among youth during pandemic. *Frontiers in Psychology*, 13:1046803. doi: 10.3389/fpsyg.2022.1046803 (please refer to [Appendix F](#))

3) Prof. CHAN Chi-keung (PI) also published a manuscript (as co-corresponding author) titled “Meaning in Life, Social Axioms, and Emotional Outcomes during the First Outbreak of COVID-19 in Hong Kong” with two MIL 2022 International Programme Committee members (Dr Esther Yuet-ying LAU, EduHK and Dr Sing-hang CHEUNG, HKU) and Dr Rong-wei Sun in the Special Issue of *International Journal of Environmental Research and Public Health* (IF: 4.614) titled “New Thinking on Psychological Health: Find Purpose and Meaning in Life” edited by Prof. Carol D. RYFF (University of Wisconsin, Madison United States) and Dr Andrew SOREN (University of Pennsylvania, United States). Link to this Special Issue: https://www.mdpi.com/journal/ijerph/special_issues/3108O0HG32

The citation of the manuscript is listed below:

Sun, R.-W., Lau, E.Y.Y., Cheung, S.-H., **Chan, C.-K.** (2023). Meaning in life, social axioms, and emotional outcomes during the first outbreak of COVID-19 in Hong Kong. *International Journal of Environmental Research and Public Health*, 20:6224. <https://doi.org/10.3390/ijerph20136224> (please refer to [Appendix G](#))

We expect these research collaborations to have relevant impacts for research and practice locally and internationally. For the conference proceedings (#1), the conference chapters contributed by the keynote speakers have provided theoretical and methodological framework for designing and developing research and interventions related to cultivating, promoting, and enhancing meaning in life. The other chapters have provided empirical evidence on meaning in life research across cultures and religion, and life span. The two manuscripts (#2 and #3) are published in the special issues targeting international scholars, researchers, and practitioners who are interested in meaning in life. These two manuscripts have linked meaning in life to values and social axioms among young people in Chinese. Potential cross-cultural and life span studies can be further developed to understand the universal and differences across different countries and/or developmental stages.

- 7.3 Any new development and/or challenging research topic(s) has / have been identified and any new initiative(s) for future research has / have been inspired.

This completed IIDS project (MIL International Conference 2022) has also inspired the project team for establishing potential collaborations with some keynote speakers, presenters, and participants to identify and develop the following new research initiatives and topics in the near future:

- 1) Prof CHAN Chi-keung (PI) just attended the International Positive Psychology Association 8th World Congress (20-23 July 2023) and met two keynote speakers of MIL 2022 (Prof. Michael F. STEGER and Dr Pninit RUSSO-NETZER) and two presenters (Dr Michela ZAMBELLI, Università Cattolica del Sacro Cuore (Milan) and Wai-Ting Nicole CHEUNG, Chinese University of Hong Kong) to discuss how to build an international research network based on the MIL 2022 contact list and to plan for an international study on cultivating, promoting, and enhancing meaning in life across cultures and lifespan.
- 2) Prof CHAN Chi-keung (PI) had a zoom meeting with Dr. YUEN Mak-tak (International Advisory Committee of MIL 2022) at the Faculty of Education, HKU on 28 December 2022 to discuss potential research collaboration on cultivating, promoting, and enhancing meaning in life for parents of children with special educational needs and their children at various developmental stages.
- 3) Prof CHAN Chi-keung (PI) had a meeting with Prof KWOK LAI Yuk-ching Sylvia (International Advisory Committee of MIL 2022) from the City University of Hong Kong, Dr FILEP Sebastian from Hong Kong Polytechnic University, and Dr WAN Chi-kwong Bruce on 29 May 2023 to discuss potential research collaboration on cultivating and enhancing meaning in life and appreciation of life through positive tourism or nature-based activities.
- 4) Prof CHAN Chi-keung (PI) had a meeting with Ms. Mega Leung from Research Institute on Flourishing & Suffering of International Network on Personal Meaning (INPM) on 22 July 2023 to discuss how to establish potential collaboration with INPM on research topics related to meaning-centered intervention and transcendence.

8. The Layman's Summary

(Describe in layman's language the nature, significance and value of the research activities, in no more than 200 words)

This IIDS project organized a hybrid Meaning in Life International Conference 2022 (MIL 2022), including six keynote lectures and two workshops delivered by six renowned keynote speakers, twelve breakout and one poster session of 45 presentations with 122 presenters from 16 countries. The concept of meaning in life (MIL) has recently earned a renaissance of interest during the COVID-19 pandemic. The increasing quest for MIL provides the driver for meaning-enhancing interventions and meaning-centered practices, but the efficacy of these interventions is influenced by cultural and developmental moderators. Thus, the MIL 2022 International Conference 2022 focused on the theme of cultivating, promoting, and enhancing meaning in life across cultures and life span that is significant and valuable to existing meaning-centered research, interventions, and practices. This IIDS project successfully facilitated dialogue between overseas and local scientists and practitioners from various disciplines, to gain a better understanding of the meaning-enhancing mechanisms and applications across cultures and life span, develop culturally sensitive and developmentally appropriate meaning-enhancing interventions and tailored practices from interdisciplinary perspectives, and build participants' competence in designing rigorous research for developing evidence-based meaning-focused interventions. The research outputs achieved and potential projects inspired by this IIDS project also confirmed its significance and values.

Part C: Research Output**9. Recognized Conference(s) Paper(s) Related To This Project Was / Were Delivered (As Applicable)***(Please attach a copy of each conference abstract)*

Month / Year / Place	Title	Conference Name	Submitted to RGC <i>(indicate the year ending of the relevant progress report)</i>	Attached to this Report <i>(Yes or No)</i>	Acknowledged the Support of RGC <i>(Yes or No)</i>
N.A.	N.A.	N.A.	N.A.	N.A.	N.A.

10. Research Personnel Trained (As Applicable)

Name	Capacity
	<p>_____ were trained as venue student helpers for this IIDS project (UGC/IIDS15(17)/H01/20). They were also hired as the Research Support Assistants for another IIDS project (UGC/IIDS15(17)/H01/21) supervised by Prof CHAN, Chi-Keung.</p> <p>_____ was also trained to design and develop the conference website and provide support in analyzing evaluation data. She was also hired as the Research Support Assistants for another IIDS project (UGC/IIDS15(17)/H01/21) to manage the conference website and provide support in analyzing evaluation data supervised by Prof CHAN, Chi-Keung.</p>

11. Other Impact (As Applicable)*(e.g. prizes, collaboration with other research institutions, technology transfer, etc.)*

As mentioned in section 7.1, this IIDS project has successfully helped the PI to establish

collaboration with Dr VOS, Joel and Dr RUSSO-NETZER, Pninit to submit a Faculty

Development Scheme application for the round of 2023-24 (UGC/FDS17/H03/23)

Besides, the IIDS project has helped the PI and 3 co-Is to establish collaboration with

Dr. LAI, Ching-han to submit an Inter-Institutional Development Scheme application for the

round of 2022-23 (UGC/IIDS15/H01/22) and resubmitted application for the round of

2023-24 (UGC/IIDS15/H01/23)

Besides, a leaflet containing the Youtube links was produced to disseminate the videos (also posted on Youtube and conference website) of the 6 keynote lectures and 2 keynote workshops of this IIDS series to continue knowledge exchange with scientists and researchers to develop collaboration and conduct research on cultivating, promoting, and enhancing meaning in life across cultures and lifespan. This IIDS project has also helped the project team to support practitioners to incorporate the meaning in life across cultures and lifespan in their practice and professional training. As of 31 July 2023, there were about 800 (796) views for the YouTube videos of the keynote lectures and workshops of this project.

12. Statistics on Research Outputs

	Peer-reviewed Journal Publications	Conference Papers	Scholarly Books, Monographs and Chapters	Patents Awarded	Other Research Outputs (please specify)	
No. of outputs arising directly from this project	2	0	1 conference proceedings (including 3 book chapters from PI and co-Is)	0	Type	No.
					Research/ Grant Proposals (1 FDS and 1 IIDS)	2

13. Public Access Of Completion Report

(Please specify the information, if any, that cannot be provided for public access and give the reasons.)

Information that Cannot Be Provided for Public Access	Reasons
N.A.	N.A.