

RGC Ref. No.: UGC/IIDS15(17)/H01/21 <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

Positive Technology: Possible Synergies between Emerging Technologies and Positive Psychology

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)	N.A.	N.A.
Co-Investigator(s)	Prof LEUNG Louis Wing-chi / Adjunct Professor	Department of Applied Data Science / Hong Kong Shue Yan University
	Dr LAW Victor / Associate Professor & Program Director	Organization, Information and Learning Sciences / University of New Mexico
	Dr YUEN Man-ching / Head & Assistant Professor	Department of Applied Data Science / Hong Kong Shue Yan University
	Dr THOMPSON Nigel Sidney / Assistant Professor	Department of Counselling and Psychology / Hong Kong Shue Yan University

	Dr CHUI Chi-fai / Associate Professor	Department of Social Work / Hong Kong Shue Yan University
	Dr SIU Yat-fan / Lecturer	Division of Social Sciences / The Hong Kong University of Science and Technology
	Dr CHAN Wing-lam / Assistant Professor	School of Communication / The Hang Seng University of Hong Kong
Others	N.A.	N.A.

3. Project Duration

	Original	Revised	Date of RGC / Institution Approval (must be quoted)
Project Start Date	1 January 2022	1 September 2022	28 October 2021
Project Completion Date	31 December 2022	31 August 2023	28 October 2021
Duration (<i>in month</i>)	12 months	12 months	28 October 2021
Deadline for Submission of Completion Report	31 December 2023	31 August 2024	28 October 2021

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) and conference programme for the RGC-funded event (Positive Technology International Conference 2023, PT 2023). The CFP is attached in **Appendix A** and the poster/flyer is attached in **Appendix B**. 2) A Conference Programme 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 dialogue among keynote speakers and participants. An acknowledgement was included in the leaflet. 4) Furthermore, acknowledgment to RGC-funded activities was included in the description of each YouTube video for the six keynote lectures and six keynote workshops of this IIDS project. Photos (or snapshots) of the promotional materials (CFPs, website, poster/flyer), conference programme, post-conference leaflet, and Youtube videos with acknowledgement of RGC-funded activities are attached below:

Call for Proposals/Papers (CFPs) for the Positive Technology International Conference 2023

Positive Technology (PT) International Conference 2023

“Positive Technology: Possible Synergies between Emerging Technologies and Positive Psychology”

On 27-30 June 2023, Onsite & Live Online
at Tung Wah College, Hong Kong SAR, China

Website – <https://positivetechnology2023.education/> | Email – positivetechnology2023@gmail.com

Co-organizers



The Positive Technology (PT) International Conference 2023 is supported by the Inter-Institutional Development Scheme (UGC/IIDS15(17)/H01/21) funded by the Research Grants Council of Hong Kong Special Administration Region

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Call for Papers

The rapid enhancement of digital and communication technologies over the last decade has been transforming well-being research and positive psychology practice. This trend initiates an emerging research area known as positive technology (Calvo & Peters, 2014; Gaggioli et al., 2019). Positive technology (PT) is defined as “a scientific approach to the use of technology to transform and optimize individuals’ quality of personal experience with a focus on promoting wellness and cultivating strengths and resilience in individuals, families, and organizations, and in the community at large” (Botella et al., 2012: p. 78). By integrating positive psychology theories with human-technology interaction, the framework of PT (Riva et al., 2012) emphasizes on enhancing emotional quality (hedonic), engagement/actualization (eudaimonic), and connectedness (interpersonal). During the COVID-19 pandemic, the potential of PT has been explored to enhance the hedonic, eudaimonic, and interpersonal experiences to support psychological well-being of human beings through reducing the mental burden challenged by the pandemic and its huge economic, psychological, and social impacts (Riva et al., 2020). Thus, the Positive Technology (PT) International Conference 2023 will focus on the theme of “Positive Technology: Possible Synergies between Emerging Technologies and Positive Psychology”, and welcomes paper presentations that share and discuss empirical-based and evidence-based research, practice, implementation, and applications of PT.

The Organizing Committee of PT International Conference 2023 cordially invites you to submit abstract proposals (no more than 300 words) or full papers (12-20 pages) to address topics relevant to the conference theme, including the followings:

- PT and Hedonic Well-being
- PT and Eudaimonic Well-being
- PT and Psychosocial Development
- PT and Healthcare
- PT for Therapy, Rehabilitation, and Intervention
- PT across Cultures and Life Span

Other relevant topics are also welcomed.

Call for Proposals/Papers (CFPs) for the Positive Technology International Conference 2022

International Program Committee

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 Axle BARDOLASA, *Manila Central University*
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 Calvin YIP, *Tung Wah College*
 Winnie YUEN, *Hong Kong Shue Yan University*
 Maggie ZHAO, *University of Hong Kong*

Scan QR Code for PT 2023 Conference Registration

**Keynote Speakers**

Professor Giuseppe RIVA
 Full Professor, General Psychology and Communication Psychology, Università Cattolica del Sacro Cuore (Catholic University of Milan), Italy; Head Researcher, Applied Technology for Neuro-Psychology Laboratory (ATN-P Lab)



Professor Cristina BOTELLA
 Emeritus Professor, Clinical Psychology, Universitat Jaume I (Jaume I University), Spain; Founder and Former Director, Psychology and Technology Laboratory, Universitat Jaume I



Professor Rafael A. CALVO
 Professor, Dyson School of Design Engineering, Imperial College London, Britain; Co-lead, Leverhulme Centre for the Future of Intelligence, Imperial College London; Chief Investigator, Australian Research Hub on Digital Enhanced Living, Australia



Professor Andrea GAGGIOLI
 Full Professor, General Psychology, Università Cattolica del Sacro Cuore (Catholic University of Milan), Italy; Co-Director, EXPERIENCELAB (XPL)



Professor Sarah DIEFENBACH
 Professor, Department of Psychology, Ludwig Maximilian University of Munich



Professor Albert "Skip" RIZZO
 Research Professor, School of Gerontology, USC Davis; Department of Psychiatry & Behavioral Sciences, USC Keck School of Medicine; Director, Medical Virtual Reality, USC Institute for Creative Technologies

Presentation Abstract Submissions (Deadline: ~~28 February 2023~~ 30 April 2023)

The Conference welcomes extended abstracts (no more than 300 words) to be submitted to EasyChair (<https://easychair.org/conferences/?conf=pt2023>). 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 March 2023~~ 30 April 2023)

Submissions of full paper (12-20 pages, single-line spacing, APA style 7th edition) should be uploaded to EasyChair (<https://easychair.org/conferences/?conf=pt2023>). 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 "Positive Technology: Possible Synergies between Emerging Technologies and Positive Psychology" to be published by Atlantis Press (open access), part of Springer Nature.

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 to maximum two submissions as first author.

Thanks so much for your support to the PT 2023 International Conference!

Website for the Positive Technology International Conference 2023 (the page with acknowledgement to RGC) <https://positivetechnology2023.education/>

About the Conference

The rapid enhancement of digital and communication technologies over the last decade has been transforming well-being research and positive psychology practice. This trend initiates an emerging research area known as positive technology (Gaggioli et al., 2019). Positive technology (PT) is defined as “a scientific approach to the use of technology to transform and optimize individuals’ quality of personal experience with a focus on promoting wellness and cultivating strengths and resilience in individuals, families, and organizations, and in the community at large” (Botella et al., 2012: p. 78). By integrating positive psychology theories with human-technology interaction, the framework of PT (Riva et al., 2012) emphasizes on enhancing emotional quality (hedonic), engagement/actualization (eudaimonic), and connectedness (interpersonal). During the COVID-19 pandemic, the potential of PT has been explored to enhance the hedonic, eudaimonic, and interpersonal experiences to support psychological well-being of human beings through reducing the mental burden challenged by the pandemic and its huge economic, psychological, and social impacts (Riva et al., 2020). Thus, the Positive Technology (PT) International Conference 2023 will focus on the theme of “Positive Technology: Possible Synergies between Emerging Technologies and Positive Psychology”, and welcomes paper presentations that share and discuss empirical-based and evidence-based research, practice, implementation, and applications on PT.

Registration

Submission

The Positive Technology (PT) International Conference 2023 is supported by the Inter-Institutional Development Scheme (UGC/IIDS15(17)/H01/21) funded by the Research Grants Council of Hong Kong Special Administration Region

27-30 JUNE 2023

POSITIVE TECHNOLOGY INTERNATIONAL CONFERENCE 2023

POSSIBLE SYNERGIES BETWEEN EMERGING TECHNOLOGIES AND POSITIVE PSYCHOLOGY

Onsite & Live Online at Tung Wah College, Hong Kong SAR, China

KEYNOTE SPEAKERS



PROF. GIUSEPPE RIVA

*Università Cattolica del Sacro Cuore
(Catholic University of Milan)*



PROF. CRISTINA BOTELLA

*Universitat Jaume I
(Jaume I University)*



PROF. RAFAEL A. CALVO

Imperial College London



PROF. ANDREA GAGGIOLI

*Università Cattolica del Sacro Cuore
(Catholic University of Milan)*



PROF. SARAH DIEFENBACH

*Ludwig Maximilian
University of Munich*



PROF. ALBERT "SKIP" RIZZO

USC Davis

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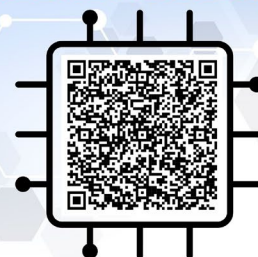
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**THE UNIVERSITY OF
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**Funded by RGC
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FREE REGISTRATION



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



CONFERENCE PROGRAMME

Co-organized by



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Website:

<https://positivetechnology2023.education/>

Email:

positivetechnology2023@gmail.com



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Leaflet for the Positive Technology International Conference 2023

Keynote Speakers

Professor Andrea GAGGIOLI

Full Professor, General Psychology,
Università Cattolica del Sacro Cuore
(Catholic University of Milan), Italy;
Co-Director, EXPERIENCELAB (XPL)



Keynote Workshop

Principles of Wellbeing Design: A Methodological Framework
https://youtu.be/lq_3Beo8vqg



Keynote Lecture

Positive Technology Designing E-experiences for
Positive Change
https://youtu.be/lq_3Beo8vqg

Prof. Giuseppe RIVA

Full Professor, General Psychology and
Communication Psychology, Università
Cattolica del Sacro Cuore (Catholic
University of Milan), Italy; Head
Researcher, Applied Technology for
Neuro-Psychology Laboratory (ATN-P Lab)



Keynote Workshop

Conceptualizing Positive Technology
https://youtu.be/lq_3Beo8vqg



Keynote Lecture

Positive Human Technology Interaction: Past, Present
and Future
<https://youtu.be/pK4GY4L25Sk>

ABOUT THE CONFERENCE

The rapid enhancement of digital and communication technologies over the last decade has been transforming well-being research and positive psychology practice. This trend initiates an emerging research area known as positive technology (Gaggioli et al., 2019). Positive technology (PT) is defined as "a scientific approach to the use of technology to transform and optimize individuals' quality of personal experience with a focus on promoting wellness and cultivating strengths and resilience in individuals, families, and organizations, and in the community at large" (Botella et al., 2012: p. 78). By integrating positive psychology theories with human-technology interaction, the framework of PT (Riva et al., 2012) emphasizes on enhancing emotional quality (hedonic), engagement/actualization (eudaimonic), and connectedness (interpersonal). During the COVID-19 pandemic, the potential of PT has been explored to enhance the hedonic, eudaimonic, and interpersonal experiences to support psychological well-being of human beings through reducing the mental burden challenged by the pandemic and its huge economic, psychological, and social impacts (Riva et al., 2020). Thus, the Positive Technology (PT) International Conference 2023 will focus on the theme of "Positive Technology: Possible Synergies between Emerging Technologies and Positive Psychology", and welcomes paper presentations that share and discuss empirical-based and evidence-based research, practice, implementation, and applications on PT.



Co-organizers



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Keynote Speakers

Prof. Cristina BOTELLA

Emeritus Professor, Clinical Psychology,
Universitat Jaume I (Jaume I University),
Spain; Founder and Former Director,
Psychology and Technology Laboratory,
Universitat Jaume I



Keynote Workshop

Applications of Positive Technology in Clinical Treatment
<https://youtu.be/3qrM4OVy78Y>



Keynote Lecture

Using Interactive Technologies in Positive Psychotherapy
<https://youtu.be/KJbU69wMLTI>

Prof. Sarah DIEFENBACH

Professor, Department of Psychology,
Ludwig Maximilian University of Munich



Keynote Workshop

Design, Implement, & Evaluate
Positive Technological Interventions
<https://youtu.be/qYM7a-Mp-n0>



Keynote Lecture

The Potential and Challenges of Digital Well-Being
Interventions
<https://youtu.be/0igt3lihaq>

Keynote Speakers

Prof. Albert RIZZO

Research Professor, School of
Gerontology, USC Davis; Department
of Psychiatry & Behavioral Sciences,
USC Keck School of Medicine;
Director, Medical Virtual Reality, USC
Institute for Creative Technologies



Keynote Workshop

Clinical Virtual Reality: A Brief Review of the Future
https://youtu.be/IEI_Cbnue2E



Keynote Lecture

Virtual Reality/ Metaverse Applications for Addressing PTSD
<https://youtu.be/Xjmg0v18p4>

Prof. Rafael A. CALVO

Professor, Dyson School of Design
Engineering, Imperial College London,
Britain; Co-lead, Leverhulme Centre
for the Future of Intelligence, Imperial
College London



Keynote Workshop

Positive Computing in Mental Health Support Services
https://youtu.be/HetC4D_s84



Keynote Lecture

Augmenting Online Mental Health Support Services
https://youtu.be/bH_VfCD_ny4

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Program Co-Chairs

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University, Program Chair

Victor LAW, The University of New Mexico,
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Website:

www.positivetechnology2023.education



YouTube:


Positive Technology International Conference 2023



E-mail:

positivetechnology2023@gmail.com

Snapshot of Youtube Video for Keynote Lecture 1 (KL1) for the Positive Technology International Conference 2022 (https://www.youtube.com/watch?v=JqDkv_uLaEI)



The video player shows a slide with the title "POSITIVE TECHNOLOGY" and subtitle "Designing transformative digital experiences for positive change". The speaker is identified as Andrea Gaggioli, Ph.D., from ExperienceLab, Research Center in Communication Psychology PSICOM, Università Cattolica del Sacro Cuore, Milan, Italy. The video has a duration of 46:49 and is currently at 0:01.

PT2023: Positive Technology Designing E-experiences for Positive Change by Prof. Andrea GAGGIOLI

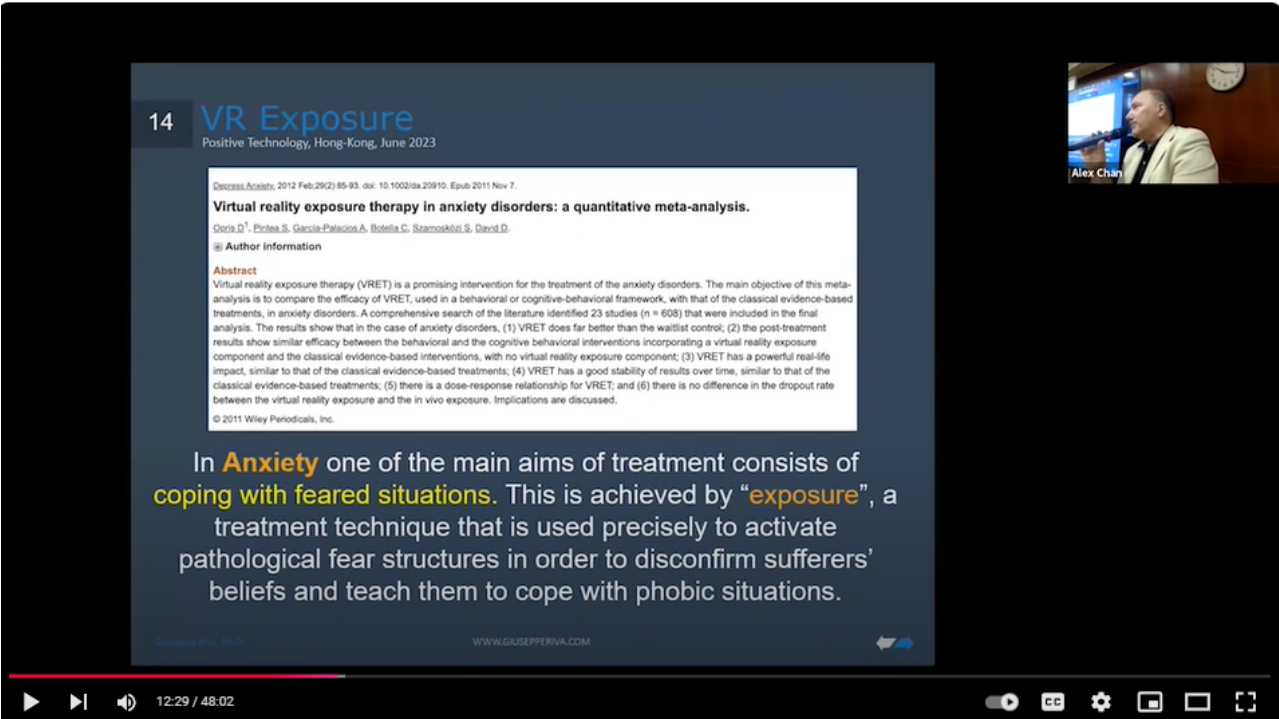
P Positive Technology International Conference 2023
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104 views · Jul 9, 2023
【Positive Technology Designing E-experiences for Positive Change by Prof. Andrea GAGGIOLI】

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Snapshot of Youtube Video for Keynote Lecture 2 (KL2) for the Positive Technology International Conference 2023 (<https://youtu.be/pK4GY4L2S5k>)



14 VR Exposure
Positive Technology, Hong-Kong, June 2023

Access Anxiety, 2012 Feb;29(2):85-93. doi: 10.1002/da.20910. Epub 2011 Nov 7.

Virtual reality exposure therapy in anxiety disorders: a quantitative meta-analysis.

Ortiz D¹, Pintea S, Garcia-Palacios A, Botella C, Szamoskózi S, David D.

Author information

Abstract
Virtual reality exposure therapy (VRET) is a promising intervention for the treatment of the anxiety disorders. The main objective of this meta-analysis is to compare the efficacy of VRET, used in a behavioral or cognitive-behavioral framework, with that of the classical evidence-based treatments, in anxiety disorders. A comprehensive search of the literature identified 23 studies (n = 608) that were included in the final analysis. The results show that in the case of anxiety disorders, (1) VRET does far better than the waitlist control; (2) the post-treatment results show similar efficacy between the behavioral and the cognitive behavioral interventions incorporating a virtual reality exposure component and the classical evidence-based interventions, with no virtual reality exposure component; (3) VRET has a powerful real-life impact, similar to that of the classical evidence-based treatments; (4) VRET has a good stability of results over time, similar to that of the classical evidence-based treatments; (5) there is a dose-response relationship for VRET; and (6) there is no difference in the dropout rate between the virtual reality exposure and the in vivo exposure. Implications are discussed.

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In **Anxiety** one of the main aims of treatment consists of **coping with feared situations**. This is achieved by “**exposure**”, a treatment technique that is used precisely to activate pathological fear structures in order to disconfirm sufferers’ beliefs and teach them to cope with phobic situations.

Giuseppe Riva, Ph.D. WWW.GIUSEPPERIVA.COM

PT2023: Positive Human Technology Interaction: Past, Present and Future by Prof. Giuseppe RIVA

P Positive Technology International Conference 2023
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[Positive Human Technology Interaction: Past, Present and Future by Prof. Giuseppe RIVA]

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Snapshot of Youtube Video for Keynote Lecture 3 (KL3) for the Positive Technology International Conference 2023 (<https://youtu.be/KJbU69wMLTI>)



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Hong Kong, June 28 2023



Applications of Positive Technology in Psychological Treatments

Dr Cristina Botella
Universitat Jaume I (Spain)

▶ ⏮ 🔊 0:03 / 50:43 ⏭ ⚙ ⌵ ⌶ ⌲

PT2023: Using Interactive Technologies in Positive Psychotherapy by Prof. Cristina BOTELLA

P

Positive Technology International Conference 2023

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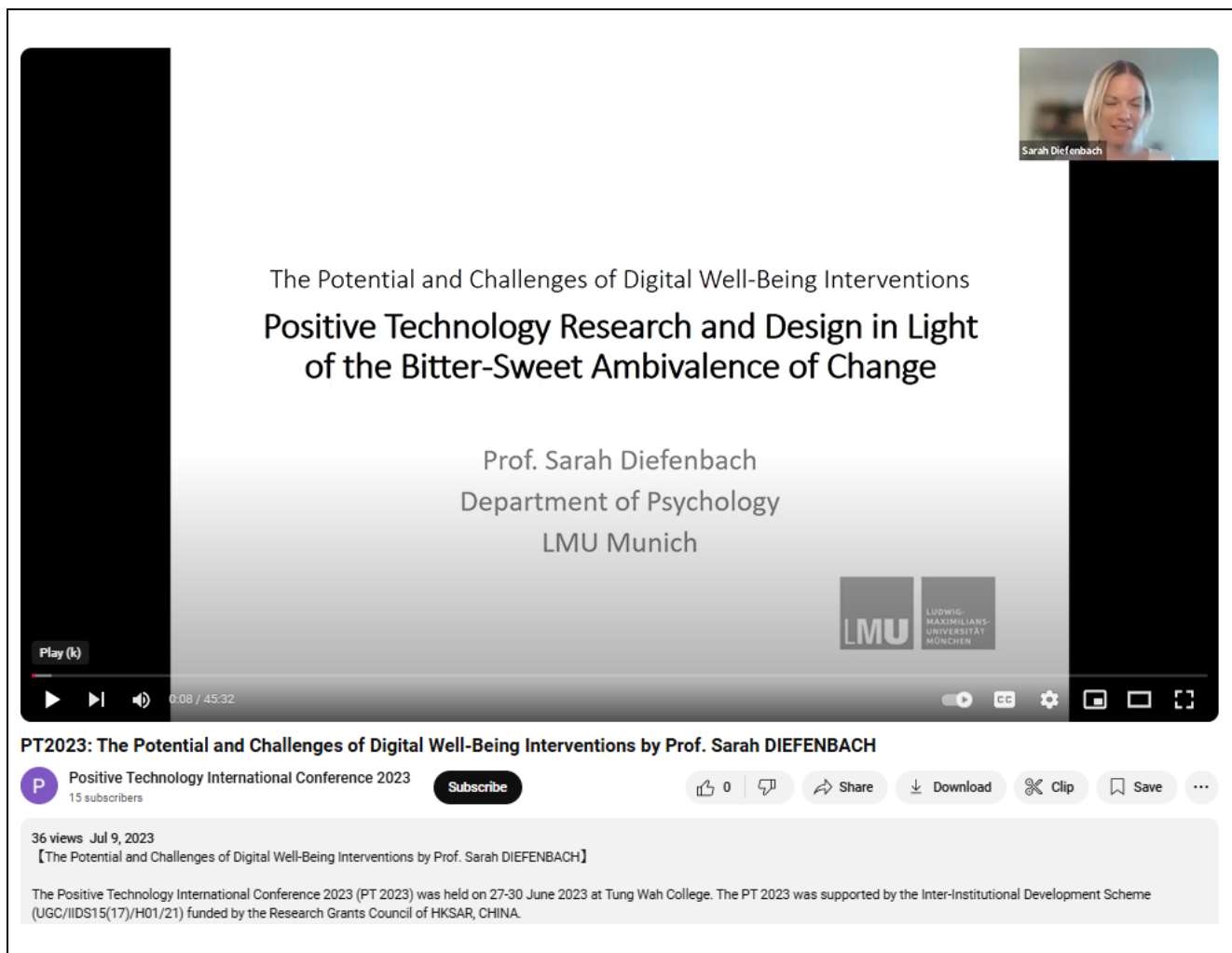
⋮

42 views Jul 9, 2023

【Using Interactive Technologies in Positive Psychotherapy by Prof. Cristina BOTELLA】

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Snapshot of Youtube Video for Keynote Lecture 4 (KL4) for the Positive Technology International Conference 2023 (<https://youtu.be/61g113lihag>)



The Potential and Challenges of Digital Well-Being Interventions
Positive Technology Research and Design in Light of the Bitter-Sweet Ambivalence of Change

Prof. Sarah Diefenbach
 Department of Psychology
 LMU Munich

LMU LUDWIG-MAXIMILIANS-UNIVERSITÄT MÜNCHEN

Play (k) 0:08 / 45:32

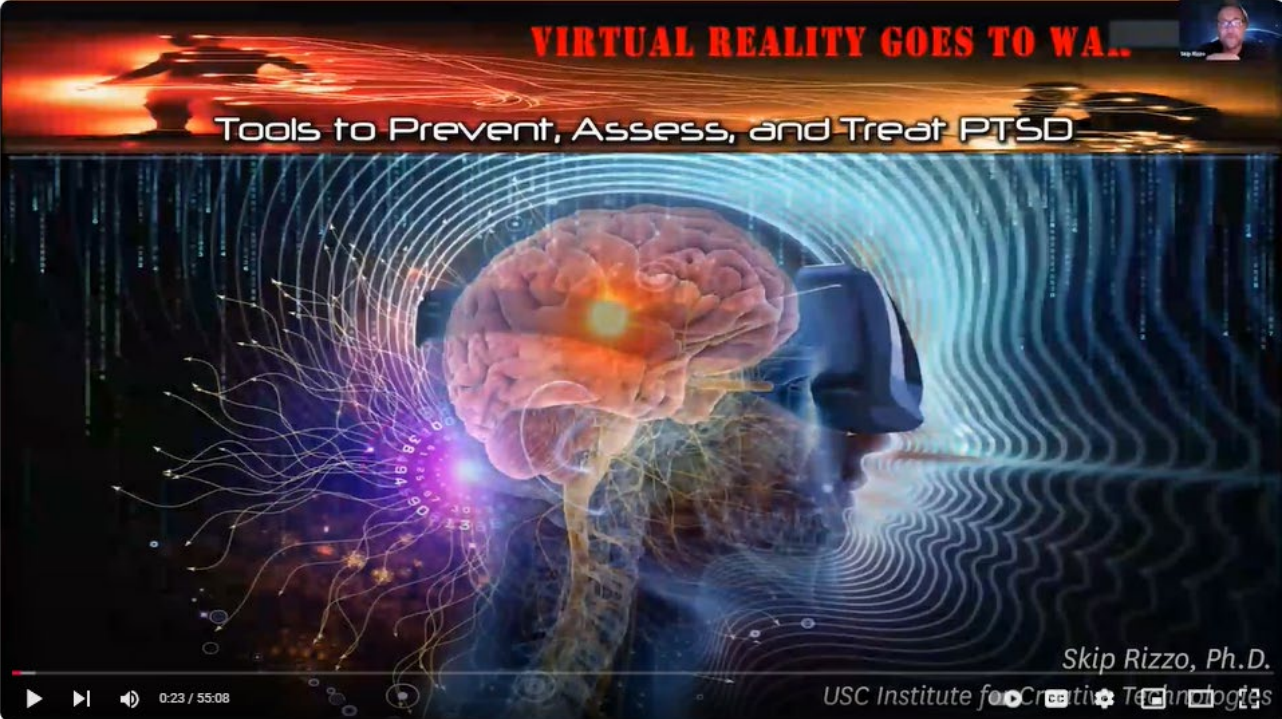
PT2023: The Potential and Challenges of Digital Well-Being Interventions by Prof. Sarah DIEFENBACH

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 【The Potential and Challenges of Digital Well-Being Interventions by Prof. Sarah DIEFENBACH】

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Snapshot of Youtube Video for Keynote Lecture 5 (KL5) for the Positive Technology International Conference 2023 (<https://youtu.be/Xjmgc0v18p4>)



PT2023: Virtual Reality/ Metaverse Applications for Addressing PTSD by Prof. Albert RIZZO

Positive Technology International Conference 2023
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[Virtual Reality/ Metaverse Applications for Addressing PTSD by Prof. Albert RIZZO]

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Snapshot of Youtube Video for Keynote Lecture 6 (KL6) for the Positive Technology International Conference 2022 (<https://youtu.be/UkXL6yiGrPA>)

Imperial College London

Augmenting Online Mental Health Support Services - Lecture

Prof. Rafael A. Calvo

Positive Technology: Possible Synergies between Emerging Technologies and Positive Psychology (Hong Kong, 30 June 2023)

Dyson School of Design Engineering

0:04 / 36:16

PT2023: Augmenting Online Mental Health Support Services by Prof Rafael A. CALVO

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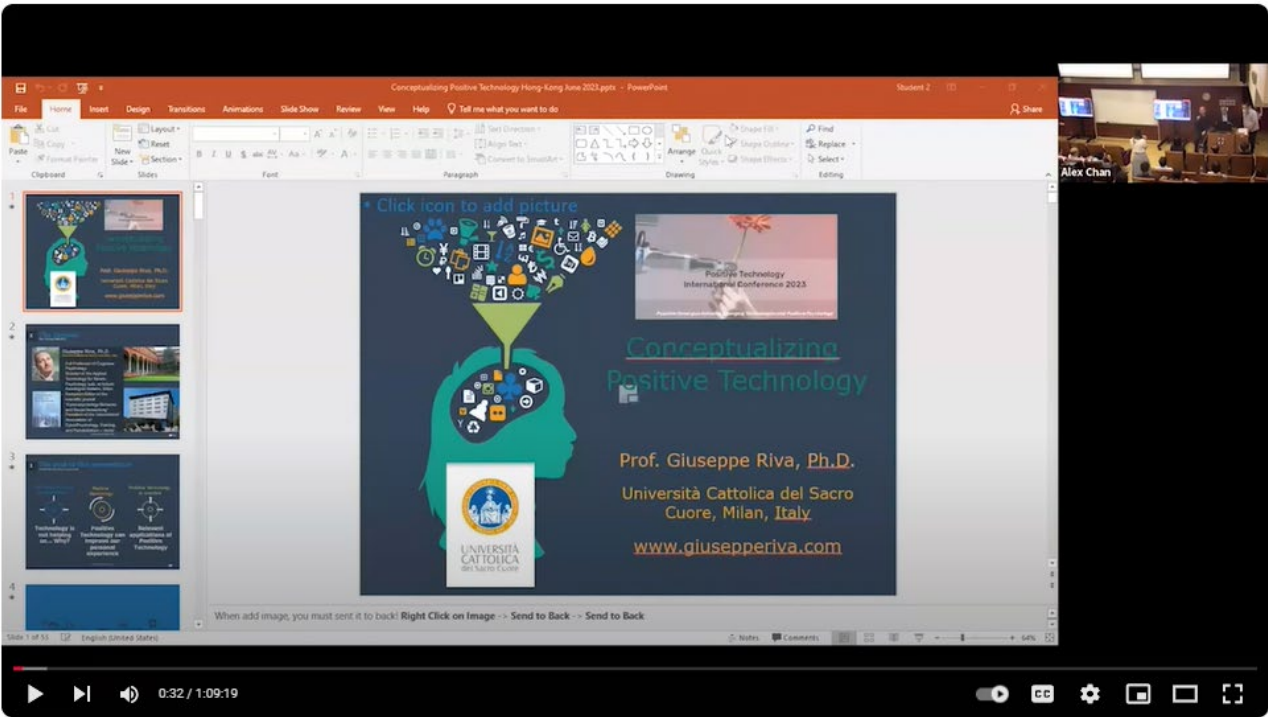
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【Augmenting Online Mental Health Support Services by Prof Rafael A. CALVO】

The Positive Technology International Conference 2023 (PT 2023) was held on 27-30 June 2023 at Tung Wah College. The PT 2023 was supported by the Inter-Institutional Development Scheme (UGC/IIDS15(17)/H01/21) funded by the Research Grants Council of HKSAR, CHINA.

Snapshot of Youtube Video for Keynote Workshop 1 (KW1) for the Positive Technology International Conference 2023 (<https://youtu.be/IQIisZvmeBw>)




PT2023: Conceptualizing Positive Technology by Prof. Giuseppe RIVA

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【Conceptualizing Positive Technology by Prof. Giuseppe RIVA】

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Snapshot of Youtube Video for Keynote Workshop 2 (KW2) for the Positive Technology International Conference 2023 (https://youtu.be/1q_3Bea8vqg)



The video player shows a presentation slide with a background image of the Milky Way galaxy over a rocky cliff. The slide text reads: **POSITIVE TECHNOLOGY**, **Keynote Workshop II (KW2)**, **Principles of Design for Wellbeing: A Methodological Framework**, and **Andrea Gaggioli, Ph.D.**, ExperienceLab, Research Center in Communication Psychology PSICOM, Università Cattolica del Sacro Cuore, Milan, Italy. A small video inset in the top right corner shows Prof. Gaggioli speaking.


PT2023: Principles of Wellbeing Design: A Methodological Framework by Prof. Andrea GAGGIOLI

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【Principles of Wellbeing Design: A Methodological Framework by Prof. Andrea GAGGIOLI】

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Snapshot of Youtube Video for Keynote Workshop 3 (KW3) for the Positive Technology International Conference 2023 (<https://youtu.be/3qrM4OVyT8Y>)




Mental Health: Focus on the negative?


Mental disorders:

- Major depression
- Bipolar disorder
- Schizophrenia
- Obsessive-compulsive disorder
- Panic disorder
- Agoraphobia
- Post-traumatic stress disorder
- Social anxiety disorder
- Somatoform disorders
- Adaptive disorders
- Personality disorders

and a long etc.



“The fool”
Picasso (1904-1973)




“The scream”
Munch (1863-1944)

Play (k)

0:08 / 56:40

PT2023: Applications of Positive Technology in Clinical Treatment by Prof. Cristina BOTELLA



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【Applications of Positive Technology in Clinical Treatment by Prof. Cristina BOTELLA】

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Snapshot of Youtube Video for Keynote Workshop 4 (KW4) for the Positive Technology International Conference 2023 (<https://youtu.be/qYM7a-Mp-n0>)



The video player shows a presentation slide with the following text:


Keynote Workshop
**Designing, Implementing and Evaluating
 Positive Technological Interventions**

Prof. Sarah Diefenbach
 Department of Psychology
 LMU Munich

The slide also features the LMU logo and the text "LUDWIG-MAXIMILIANS-UNIVERSITÄT MÜNCHEN".

Below the video player, the video title is "PT2023: Design, Implement, & Evaluate Positive Technological Interventions by Prof. Sarah DIEFENBACH". The channel is "Positive Technology International Conference 2023" with 15 subscribers. The video has 49 views and was uploaded on Jul 9, 2023. The description states: "The Positive Technology International Conference 2023 (PT 2023) was held on 27-30 June 2023 at Tung Wah College. The PT 2023 was supported by the Inter-Institutional Development Scheme (UGC/IIDS15(17)/H01/Z1) funded by the Research Grants Council of HKSAR, CHINA."

Snapshot of Youtube Video for Keynote Workshop 5 (KW5) for the Positive Technology International Conference 2023 (https://youtu.be/iE1_Cbrue2E)



CLINICAL VIRTUAL REALITY

Skip Rizzo, Ph.D.
USC Institute for Creative Technologies

PT2023: Clinical Virtual Reality: A Brief Review of the Future by Prof. Albert RIZZO

Positive Technology International Conference 2023
15 subscribers

32 views Jul 9, 2023
【Clinical Virtual Reality: A Brief Review of the Future by Prof. Albert RIZZO】

The Positive Technology International Conference 2023 (PT 2023) was held on 27-30 June 2023 at Tung Wah College. The PT 2023 was supported by the Inter-Institutional Development Scheme (UGC/IIDS15(17)/H01/Z1) funded by the Research Grants Council of HKSAR, CHINA.

Snapshot of Youtube Video for Keynote Workshop 6 (KW6) for the Positive Technology International Conference 2023 (https://youtu.be/rHctC4D_sB4)



Imperial College London

Positive Computing in Mental Health Support Services. - Workshop

Prof. Rafael A. Calvo

Positive Technology: Possible Synergies between Emerging Technologies and Positive Psychology (Hong Kong, 30 June 2023)

Dyson School of Design Engineering

0:02 / 43:14

PT2023: Positive Computing in Mental Health Support Services by Prof. Rafael A. CALVO

P Positive Technology International Conference 2023
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41 views Jul 9, 2023
【Positive Computing in Mental Health Support Services by Prof. Rafael A. CALVO】

The Positive Technology International Conference 2023 (PT 2023) was held on 27-30 June 2023 at Tung Wah College. The PT 2023 was supported by the Inter-Institutional Development Scheme (UGC/IIDS15(17)/H01/21) funded by the Research Grants Council of HKSAR, CHINA.

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	Tung Wah College	75%	Tung Wah College (TWC, led by Professor Chan Chi-keung) will provide the venue for hosting the international conference and the workshops. TWC will also be responsible for making visit arrangements and communicating with keynote speakers, budget and finance management, and providing technical and logistical support to the conference and workshops.
Collaborating Institution(s) (If any) [#]	Hong Kong Shue Yan University	20%	Hong Kong Shue Yan University (Dr YUEN Man-ching, Dr THOMPSON Nigel Sidley, and Dr CHUI Chi-fai) will be responsible for providing to support the call for proposals and review process, program arrangement, internal and external reporting, and deliverables of this project,
	The Hang Seng University of Hong Kong	5%	The Hang Seng University of Hong Kong (Dr Chan Wing-lam) will be responsible for developing the publicity strategy and coordinating any promotional and press release activities for the conference before, during, and after the events
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 development, basic considerations, empirical investigations, practical applications, teaching curriculum, and social implications of PT.

2. Facilitating on-going dialogue among participants (scientists, researchers,

practitioners, developers and designers of emerging technology) on strengthening the existing PT's conceptual framework for investigating possible synergies between emerging technologies and positive psychology with consideration of both positive and negative impacts.

3. Building participants' competence in designing rigorous scientific research and developing evidence-based positive technological interventions to support and sustain positive human functioning, personal changes, adaptive growth and resilience.

6.2 Revised objectives

Date of approval from the RGC: N.A.

Reasons for the change: N.A.

1. N.A.

2. N.A.

3. N.A.

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 development, basic considerations, empirical investigations, practical applications, teaching curriculum, and social implications of PT.*

Objective 1 of this project was fully achieved: First, all of the keynote speakers are renowned scholars and experts in the field of positive technology. Furthermore, the average ratings of participants on "the content of the seminar/workshop was useful" (4.89, 4.50, 4.62, 4.36, 4.56, 4.60, 4.55, 4.89, 4.80, 4.60, 4.78, and 4.60 out of 5, refer to section 6.7 evaluation results) were high. Finally, the average ratings of participants on "the presenter use examples to make the materials easy to understand" (4.60, 4.43, 4.30, 4.29, 4.63, 4.40, 4.82, 4.60, 4.80, 4.80, 4.50, and 4.70 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 (Positive Technology International Conference 2023) helped to enhance participants' understanding of the development, basic considerations, empirical investigations, practical applications, teaching curriculum, and social implications of PT.

2. *Facilitating on-going dialogue among participants (scientists, researchers, practitioners, developers and designers of emerging technology) on strengthening the existing PT's conceptual framework for investigating possible synergies between emerging technologies and positive psychology with consideration of both positive and negative impacts.*

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 (49.1%), practitioners (24.7%), and students (24.4%) from various fields helped to facilitate dialogue between scientists and practitioners on strengthening the existing PT's conceptual framework for investigating possible synergies between emerging technologies and positive psychology with consideration of both positive and negative impacts. These possible synergies can support co-designing rigorous scientific research positive technological interventions to support and sustain positive human functioning and well-being. 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 establishing collaborative research and practices on positive technology from interdisciplinary perspective.

3. *Building participants' competence in designing rigorous scientific research and developing evidence-based positive technological interventions to support and sustain positive human functioning, personal changes, adaptive growth and resilience.*

Objective 3 of this project was fully achieved: From the evaluation of the six keynote lectures and six keynote workshops. The average ratings of participants on “the presenter is knowledgeable about the subject” (4.78, 4.52, 4.31, 4.43, 4.69, 4.80, 4.73, 4.80, 4.60, 4.80, 4.60, and 4.60 out of 5, refer to section 6.7 evaluation results) and “the presenter stimulated interest in the course” (4.78, 4.43, 4.23, 4.36, 4.63, 4.30, 4.64, 4.70, 4.80, 4.80, 4.60, and 4.60 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 in designing rigorous scientific research and developing evidence-based positive technological interventions to support and sustain positive human functioning, personal changes, adaptive growth and resilience. 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 positive technological interventions to support and sustain positive human functioning, personal changes, adaptive growth and resilience 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 development, basic considerations, empirical investigations, practical applications, teaching curriculum, and social implications of PT	✓	100%
2. Facilitating on-going dialogue among participants (scientists, researchers, practitioners, developers and designers of emerging technology) on strengthening the existing PT's conceptual framework for investigating possible synergies between emerging technologies and positive psychology with consideration of both positive and negative impacts.	✓	100%
3. Building participants' competence in designing rigorous scientific research and developing evidence-based positive technological interventions to support and sustain positive human functioning, personal changes, adaptive growth and resilience.	✓	100%
4.		

6.5 Project progress

Original Implementation Schedule	Revised Implementation Schedule (Date of RGC's Approval)	Updated Progress
27-30 June 2023	N/A	Completed

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 RIVA Giuseppe	Professor, Humane Technology Lab, Università Cattolica (Milan, Italy)	<u>Keynote Workshop:</u> <i>Conceptualizing Positive Technology</i> <u>Keynote Plenary Lecture:</u> <i>Positive Human-Technology Interaction: Past, Present, and Future</i> <u>Post-lecture Discussion Meeting:</u> <i>Meeting with Professor Giuseppe RIVA</i>	N.A.
Professor GAGGIOLI Andrea	Professor, Applied Technology for Neuro-Psychology, Experience Lab, Università Cattolica del Sacro Cuore (Milan, Italy)	<u>Keynote Workshop:</u> <i>Principles of Wellbeing Design: A Methodological Framework</i> <u>Keynote Plenary Lecture:</u> <i>Positive Technology: Designing E-experiences for Positive Change</i> <u>Post-lecture Discussion Meeting:</u> <i>Meeting with Professor Andrea GAGGIOLI</i>	N.A.
Professor BOTELLA Cristina	Professor, Clinical Psychology, Universitat Jaume (Valencia, Spain)	<u>Keynote Workshop:</u> <i>Applications of Positive Technology in Clinical Treatment</i> <u>Keynote Plenary</u>	N.A.

		<u>Lecture:</u> <i>Using Interactive Technologies in Positive Psychotherapy: Possibilities, Challenges, and Concerns</i> <u>Post-lecture Discussion Meeting:</u> <i>Meeting with Professor Cristina BOTELLA</i>	
Professor DIEFENBACH Sarah	Professor, Department of Psychology, Ludwig-Maximilians-Universität München	<u>Keynote Workshop:</u> <i>Designing, Implementing, and Evaluating Positive Technological Interventions</i> <u>Keynote Plenary Lecture:</u> <i>The Potential and Challenges of Digital Well-Being Interventions: Positive Technology Research and Design in Light of the Bitter-Sweet Ambivalence of Change</i> <u>Post-lecture Discussion Meeting:</u> <i>Meeting with Professor Sarah DIEFENBACH</i>	N.A.
Professor RIZZO Albert	Research Professor, University of Southern California Davis School of Gerontology and USC Keck School of Medicine Department of Psychiatry & Behavioral Sciences	<u>Keynote Workshop:</u> <i>Virtual Reality/Metaverse Applications for Addressing PTSD: From Combat to Cops to COVID and Beyond!</i>	N.A.

		<u>Keynote Plenary</u> <u>Lecture:</u> <i>Clinical Virtual</i> <i>Reality: A Brief</i> <i>Review of the</i> <i>Future</i> <u>Post-lecture</u> <u>Discussion</u> <u>Meeting:</u> <i>Meeting</i> <i>with Professor</i> <i>Albert RIZZO</i>	
Professor CALVO Rafael A.	Professor, Dyson School of Design Engineering, Imperial College London	<u>Keynote</u> <u>Workshop:</u> <i>Positive Computing</i> <i>in Mental Health</i> <i>Support Services</i> <u>Plenary Keynote</u> <u>Lecture:</u> <i>Augmenting Online</i> <i>Mental Health</i> <i>Support Services</i> <u>Post-lecture</u> <u>Discussion</u> <u>Meeting:</u> <i>Meeting with</i> <i>Professor Rafael</i> <i>CALVO</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.)

I) Activities Organized

The activities included 6 keynote workshops, 6 plenary keynote lectures, 6 post-lecture discussion sessions with the keynote speakers, and 16 breakout sessions, two poster sessions, and pre- and post-conference workshops. The six plenary keynote lectures and sixteen parallel sessions involved a blend of state-of-the-art investigations and applications of positive technology (PT) to gain better understanding of the possibilities and challenges, benefits and costs, effectiveness and fidelity, and ethical considerations regarding PT. Furthermore, the six keynote workshops provided to enhance participants' research competence and practical skills in designing, applying, implementing, evaluating, and teaching PT. Finally, the post-lecture discussion and breakout sessions aim to strengthen the connections of local researchers and practitioners with the keynote speakers to establish research collaborations for designing and validating evidence-based PT intervention and practice.

II) Keynote Speakers and Presenters:

There were two keynote speakers from Italy, one from Germany, one from Spain, one from United Kingdom, and one from United States. There were **89** presenters (authors and

co-authors) from 14 countries and two special administrative regions (Hong Kong and Macau). The following table shows the distribution of presenters by country of origin. Over half of the presenters (51.6%) were from Hong Kong SAR, and 48.4% of presenters were from other countries or special administrative regions. Among the 89 presenters, 83 were academics, six of them were from social service organization, and one from Hong Kong Elite Cultural Exchange Limited.

Country of Origin	Affiliation (number of presenters from an affiliation)	Non-duplicated Counts
Australia	Australian National University (1) Griffith University (1) The University of Newcastle (2)	4
Canada	Trent University (1) University of Windsor (1)	2
China	Lanzhou University (1) Shandong University (1) Tsinghua University (1)	3
HKSAR, China	Chinese University of Hong Kong (3) Gratia Christian College (2) Hong Kong Polytechnic University (4) Hong Kong Shue Yan University (18) The Hang Seng University of Hong Kong (1) Lingnan University (1) Saint Francis University (formally known as Caritas Institute of Higher Education) (1) Technological and Higher Education Institute of Hong Kong (1) The University of Hong Kong (2) Tung Wah College (6) Others: Evangelical Lutheran Church Social Service Hong Kong (6) Hong Kong Elite Cultural Exchange Limited (1)	46
India	Veer Bahadur Singh Purvanchal University (2)	2
Israel	University of Haifa (1)	1
Italy	Università Cattolica del Sacro Cuore di Milano (2)	2
Macau, China	Macau Polytechnic University (1)	5
Pakistan	Bahria University Islamabad (1) University of Management and Technology (3)	4
Peru	Universidad Femenina del Sagrado Corazón (1)	1
Philippines	De La Salle University Dasmariñas (2) RGO Review Center (2)	4
South Korea	Chonnam National University (3)	3
Spain	Instituto Polibienestar (1) University of Valencia (2) University of Zaragoza (1)	4
Thailand	Chiang Rai Rajabhat University (1)	1
United Kingdom	Brunel University London (1) Southampton General Hospital (1) University of Hertfordshire (1)	3
United States	Claremont Graduate University (1)	4

	Harvard Graduate School of Design (1) Texas A & M University (1) University of North Texas (1)	
Total		89

(II) Participants

There were **336** non-duplicated registrants for the Positive Technology International Conference 2023 (PT 2023) from **33** countries (including **2** special administrative regions) in Africa, Asia, Australia, Europe, Northern America, and Southern America. About two-thirds (65.5%) were local participants and over one-third (34.5%) 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, IT business, nurses, occupational therapists, social workers, coaches etc.), and iii) Students (e.g. graduate and undergraduate students). Among the registrants, 165 (49.1%) were 89 (24.7%) were practitioners, and 82 (24.4%) were students. These statistics reflected the diverse cultural and professional background of the participants. The following table summarizes the country of original and professional background (categories) of the registrants.

Country	Total number of Registrants	Academics	Practitioners	Students (including graduate students)
Australia	4	2	1	1
Brazil	1	1		
Canada	1	1		
Chile	1			1
China	7	1		6
Columbia	1			1
Denmark	2		2	
Germany	7	4	2	1
HKSAR, China	220	112	65	43
India	9	4		5
Indonesia	1	1		
Israel	1	1		
Italy	24	9	8	7
Japan	2	1		1
Mexico	1			1
Nigeria	1	1		
Norway	1		1	
Pakistan	1	1		
Philippines	4	3	1	
Poland	1	1		
Portugal	1			1
Romania	1	1		
Russia	1			1
Saudi Arabia	1	1		
Singapore	2		1	1
Slovenia	1			1
South Africa	1		1	
South Korea	5	1		4
Spain	6	4	1	1

The Netherlands	1	1		
Turkey	3	3		
United Kingdom	8	5	1	2
United States	15	6	5	4
Total	336	165	89	82

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 the Positive Technology International Conference 2023 (PT 2023). Overall, the **total number of headcounts** who attended at least one session was **1,794**.

Day and Session	# of Online Attendants	# of Onsite Attendants	# of Headcounts
Day 1 (27 June 2023)			
Opening Ceremony	42	58	100
Keynote Workshop 1 (KW1)	44	49	93
Breakout Session 1 (B1)	42	20	62
Breakout Session 2 (B2)	11	11	22
Breakout Session 3 (B3)	40	10	50
Breakout Session 4 (B4)	8	8	16
Keynote Workshop 2 (KW2)	56	14	70
Keynote Lecture 2 (KL1)	58	9	67
Keynote Discussion 1 (KD1)	41	10	51
Subtotal of Day 1			531
Day 2 (28 June 2023)			
Keynote Lecture 2 (KL2)	51	14	65
Breakout Session 5 (B5)	41	11	52
Breakout Session 6 (B6)	15	3	18
Breakout Session 7 (B7)	39	12	51
Breakout Session 8 (B8)	5	2	7
Keynote Workshop 3 (KW3)	44	11	55
Keynote Lecture 3 (KL3)	47	10	57
Keynote Discussion 3 (KD3)	41	10	51
Subtotal of Day 2			356
Day 3 (29 June 2023)			
Keynote Discussion 3 (KD3)	45	36	81
Breakout Session 9 (B9)	34	26	60
Breakout Session 10 (B10)	18	19	37
Breakout Session 11 (B11)	29	22	51
Breakout Session 12 (B12)	8	7	15
Breakout Session 13 (B13)	32	16	48
Breakout Session 14 (B14)	6	5	11
Keynote Workshop 4 (KW4)	39	20	59
Keynote Lecture 4 (KL4)	33	18	51
Keynote Discussion 4 (KD4)	22	17	39
Subtotal of Day 3			452

Day 4 (30 June 2023)			
Keynote Workshop 5 (KW5)	47	19	66
Keynote Lecture 5 (KL5)	52	21	73
Keynote Discussion 5 (KD5)	47	19	66
Breakout Session 15 (B15)	36	14	50
Breakout Session 16 (B16)	9	6	15
Keynote Workshop 4 (KW6)	45	17	62
Keynote Lecture 4 (KL6)	48	17	65
Keynote Discussion (KD6)	42	16	58
Subtotal of Day 4			455
Total Headcounts Day 1-4			1,794

4) Evaluation

i) Evaluation Form

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

Positive Technology International Conference 2023 (PT 2023) Keynote Lecture (KL1) Evaluation Form

B *I* U  

Date: 27 June 2023

Time: 16:05- 16:50 (HKT)

Venue: MKB-201 / Zoom Link 1, Tung Wah College

Speaker: Professor Andrea GAGGIOLI

Topic: Positive Technology: Designing E-experiences for Positive Change

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




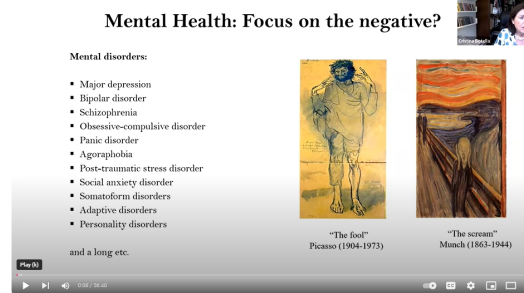
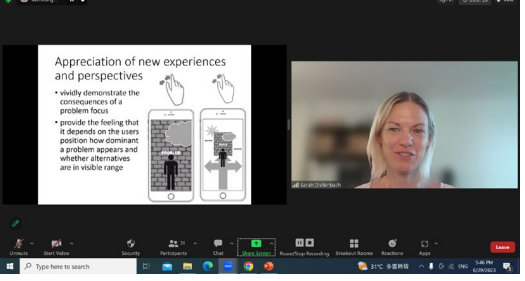

The evaluation results indicated that the attendants of the keynote lectures and workshops rated above the average (5-point Likert) for the content and overall satisfaction as well as the keynote speakers for each session.



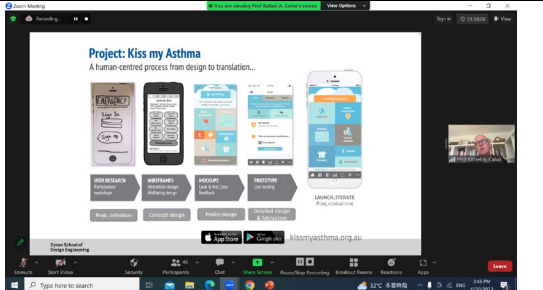

	K1	K2	K3	K4	K5	K6	KW1	KW2	KW3	KW4	KW5	KW6
Content and Overall Satisfaction	4.82	4.60	4.32	4.63	4.75	4.50	4.82	4.78	4.60	4.80	4.89	4.80
The content of the keynote lecture/workshop was useful.	4.89	4.50	4.62	4.36	4.56	4.60	4.55	4.89	4.80	4.60	4.78	4.60
The content of the keynote lecture/workshop was related to research.	4.89	4.55	4.69	4.79	4.80	4.60	4.82	4.78	4.60	4.80	4.78	4.60
Given the time allowed, the amount of material covered was appropriate.	4.78	4.50	4.54	4.71	4.69	4.70	4.64	4.78	4.60	4.60	4.78	4.80
Overall, I was satisfied with this keynote lecture/workshop.	4.78	4.60	4.54	4.43	4.63	4.50	4.55	4.78	4.80	4.60	4.60	4.60
I would recommend such keynote lecture/workshop to my colleagues.	4.60	4.50	4.46	4.43	4.63	4.60	4.45	4.60	4.60	4.80	4.70	4.80
Presenter												
The keynote speaker was well prepared for the lecture.	4.78	4.48	4.50	4.50	4.69	4.80	4.82	4.70	4.80	4.60	4.80	4.50
The keynote speaker was knowledgeable about the topic.	4.78	4.52	4.31	4.43	4.69	4.80	4.73	4.80	4.60	4.80	4.60	4.60
The keynote speaker presented the materials in an organized way.	4.60	4.48	4.23	4.50	4.63	4.70	4.73	4.60	4.60	4.60	4.60	4.60
The keynote speaker used examples to make the materials easy to understand.	4.60	4.43	4.30	4.29	4.63	4.40	4.82	4.60	4.80	4.80	4.50	4.70

Appropriate audiovisuals were used during the keynote lecture.	4.60	4.48	4.23	4.50	4.56	4.20	4.91	4.50	4.60	4.60	4.70	4.50
The keynote speaker stimulated interest in the lecture.	4.78	4.43	4.23	4.36	4.63	4.30	4.64	4.70	4.80	4.80	4.60	4.60
The keynote speaker answered questions carefully and completely.	4.60	4.48	4.08	4.36	4.63	4.20	4.73	4.60	4.60	4.60	4.80	4.70
I would recommend the keynote speaker to be invited to conduct the lecture again.	4.80	4.48	4.08	4.21	4.44	4.20	4.55	4.80	4.60	4.60	4.89	4.80

5) Photos of the Positive Technology International Conference 2023 (PT 2023)

Sessions		
27 June 2023 09:30-10:00 Opening Ceremony		
27 June 2023 10:00-11:00 Keynote Workshop I (KW1) Professor Giuseppe RIVA		
28 June 2023 09:30-10:30 Keynote Lecture II (KL2) Professor Giuseppe RIVA		

<p>27 June 2023 15:00-16:00 Keynote Workshop II (KW2) Professor Andrea GAGGIOLI</p>	 <p>PT2023: Positive Technology Designing E-experiences for Positive Change by Prof. Andrea GAGGIOLI</p> <p>Positive Technology International Conference 2023</p> <p>104 views Jul 9, 2023</p> <p>[Positive Technology Designing E-experiences for Positive Change by Prof. Andrea GAGGIOLI]</p> <p>The Positive Technology International Conference 2023 (PT 2023) was held on 27-30 June 2023 at Tung Wah College. The PT 2023 was supported by the Inter-Institutional Development Scheme (IGS/G1001/17/1401/21) funded by the Research Grants Council of HKSAR, CHINA.</p>	 <p>PT2023: Principles of Wellbeing Design: A Methodological Framework by Prof. Andrea GAGGIOLI</p> <p>Positive Technology International Conference 2023</p> <p>89 views Jul 9, 2023</p> <p>[Principles of Wellbeing Design: A Methodological Framework by Prof. Andrea GAGGIOLI]</p> <p>The Positive Technology International Conference 2023 (PT 2023) was held on 27-30 June 2023 at Tung Wah College. The PT 2023 was supported by the Inter-Institutional Development Scheme (IGS/G1001/17/1401/21) funded by the Research Grants Council of HKSAR, CHINA.</p>
<p>28 June 2023 15:00-16:00 Keynote Workshop III (KW3) Professor Cristina BOTELLA</p>	 <p>Hong Kong, June 28 2023</p> <p>Applications of Positive Technology in Psychological Treatments</p> <p>Dr Cristina Botella Universitat Jaume I (Spain)</p> <p>PT2023: Using Interactive Technologies in Positive Psychotherapy by Prof. Cristina BOTELLA</p> <p>Positive Technology International Conference 2023</p> <p>42 views Jul 9, 2023</p> <p>[Using Interactive Technologies in Positive Psychotherapy by Prof. Cristina BOTELLA]</p> <p>The Positive Technology International Conference 2023 (PT 2023) was held on 27-30 June 2023 at Tung Wah College. The PT 2023 was supported by the Inter-Institutional Development Scheme (IGS/G1001/17/1401/21) funded by the Research Grants Council of HKSAR, CHINA.</p>	 <p>Mental Health: Focus on the negative?</p> <p>Mental disorders:</p> <ul style="list-style-type: none"> Major depression Bipolar disorder Schizophrenia Obsessive-compulsive disorder Panic disorder Agoraphobia Post-traumatic stress disorder Social anxiety disorder Somatoform disorders Adaptive disorders Personality disorders <p>and a long etc.</p> <p>"The Fool" Picasso (1904-1973)</p> <p>"The Scream" Munch (1863-1944)</p> <p>PT2023: Applications of Positive Technology in Clinical Treatment by Prof. Cristina BOTELLA</p> <p>Positive Technology International Conference 2023</p> <p>27 views Jul 9, 2023</p> <p>[Applications of Positive Technology in Clinical Treatment by Prof. Cristina BOTELLA]</p> <p>The Positive Technology International Conference 2023 (PT 2023) was held on 27-30 June 2023 at Tung Wah College. The PT 2023 was supported by the Inter-Institutional Development Scheme (IGS/G1001/17/1401/21) funded by the Research Grants Council of HKSAR, CHINA.</p>
<p>29 June 2023 16:00-17:00 Keynote Workshop IV (KW4) Professor Sarah DIEFENBACH</p>	 <p>Appreciation of new experiences and perspectives</p> <ul style="list-style-type: none"> vividly demonstrate the consequences of a problem focus provide the feeling that it depends on the users position how dominant a problem appears and whether alternatives are in visible range <p>PT2023: The Potential and Challenges of Digital Well-Being Interventions by Prof. Sarah DIEFENBACH</p> <p>Positive Technology International Conference 2023</p> <p>36 views Jul 9, 2023</p> <p>[The Potential and Challenges of Digital Well-Being Interventions by Prof. Sarah DIEFENBACH]</p> <p>The Positive Technology International Conference 2023 (PT 2023) was held on 27-30 June 2023 at Tung Wah College. The PT 2023 was supported by the Inter-Institutional Development Scheme (IGS/G1001/17/1401/21) funded by the Research Grants Council of HKSAR, CHINA.</p>	 <p>The Potential and Challenges of Digital Well-Being Interventions</p> <p>Positive Technology Research and Design in Light of the Bitter-Sweet Ambivalence of Change</p> <p>Prof. Sarah Diefenbach Department of Psychology LMU Munich</p> <p>PT2023: The Potential and Challenges of Digital Well-Being Interventions by Prof. Sarah DIEFENBACH</p> <p>Positive Technology International Conference 2023</p> <p>36 views Jul 9, 2023</p> <p>[The Potential and Challenges of Digital Well-Being Interventions by Prof. Sarah DIEFENBACH]</p> <p>The Positive Technology International Conference 2023 (PT 2023) was held on 27-30 June 2023 at Tung Wah College. The PT 2023 was supported by the Inter-Institutional Development Scheme (IGS/G1001/17/1401/21) funded by the Research Grants Council of HKSAR, CHINA.</p>

<p>30 June 2023 09:30-10:30 Keynote Workshop V (KW5) Professor Albert RIZZO</p>		 <p>PT2023: Virtual Reality/ Metaverse Applications for Addressing PTSD by Prof. Albert RIZZO</p> <p>Positive Technology International Conference 2023</p> <p>10 views · Jul 9, 2023</p> <p>[Virtual Reality/ Metaverse Applications for Addressing PTSD by Prof. Albert RIZZO]</p> <p>The Positive Technology International Conference 2023 (PT 2023) was held on 27-30 June 2023 at Tung Wah College. The PT 2023 was supported by the Inter-Institutional Development Scheme (IIDS/2023/17/4651/21) funded by the Research Grants Council of HKSAR, CHINA.</p>
<p>30 June 2023 10:35-11:25 Keynote Lecture V (KL5) Professor Albert RIZZO</p>		 <p>Imperial College London</p> <p>Positive Computing in Mental Health Support Services. - Workshop</p> <p>Prof. Rafael A. Calvo</p> <p><i>Positive Technology: Possible Synergies between Emerging Technologies and Positive Psychology (Hong Kong, 30 June 2023)</i></p> <p>Dyson School of Design Engineering</p>
<p>30 June 2023 15:00-16:00 Keynote Workshop VI (KW6) Professor Rafael A. CALVO</p>	<p>30 June 2023 16:05-16:50 Keynote Lecture VI (KL6) Professor Rafael A. CALVO</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 (Positive Technology International Conference 2023) has inspired and built the foundation for the research development of the Translational Research Centre for Digital Mental Health (TRC-DMH) at Tung Wah College, which was established in January 2024 and is funded by the RGC's Institutional Development Scheme (IDS) Research Infrastructure Grant (Reference No: UGC/IDS(R)17/23). The PI is also the project leader of this IDSR project and serves as the Co-Director for the TRC-DMH. In addition, five out of the six Keynote speakers of this IIDS project (Professor Giuseppe RIVA, Professor Andrea GAGGIOLI, Professor Cristina BOTELLA, Professor Sarah DIEFENBACH, Professor Albert RIZZO serve as the International Advisory Committee members for the TRC-DMH (<https://www.twctrdmh.com/international-advisory-committee>) to provide advice on potential local and international research grant proposals.

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 2023) titled “Proceedings of the Positive Technology International Conference 2023 Positive Technology: Possible Synergies between Emerging Technologies and Positive Psychology (PT2023)” (ISBN 978-94-6463-377-1; ISBN978-94-6463-378-8(eBook)) with a total of 15 chapters, including four chapters contributed by the keynote speakers and six chapters contributed by the Co-Is. The online proceedings was published on 4 March 2024. The online proceedings can be accessed via: <https://www.atlantis-press.com/proceedings/pt-23/articles>. The printed ready copy was published on 24 May 2024 (an e-copy is attached in **Appendix E**). Since the post-conference proceedings was published after the end of funding period (31 August 2023), the principal investigator (PI) of this project was responsible for all publication costs. The project team members have shared the online version and e-copy (printed-copy version) of the conference proceedings to all keynote speakers, International Advisory Committee members, International Program Committee members, presenters and participants to request them to share with their professional networks and their institutions.

The citation of this post-conference proceedings is listed below:

Chan, A. C.-K., Chui, R. C.-F., Law, V., Yuen, C. M.-C., Thompson, N. S., Chan, W. W.-L., Siu, N. Y.-F., & Yung, E. C.-S. (2024). Proceedings of the Positive Technology International Conference 2023 - Positive technology: possible synergies between emerging technologies and positive psychology. Atlantis Press. <https://www.atlantis-press.com/proceedings/pt-23>

The following chapters were contributed by the keynote speakers:

- i) Positive Technology in the Metaverse: Experiential Technologies Meet Mental Wellbeing by **Prof. Giuseppe RIVA**.
- ii) Positive Technology in Light of the Bitter-Sweet Ambivalence of Change by **Prof. Sarah DIEFENBACH**.
- iii) Mind Captain: A Positive Technology App for Youth Well-being by Flavia CRISTOFOLINI, Luca BERNARDELLI, Thomas ALBERS, & **Prof. Andrea GAGGIOLI**.
- iv) The Potential of Digital Nature on Mental Health and Environmental Learning: Opportunities and Challenges by Eleonora Diletta SARCINELLA, Alice CHIRICO, Katusha GERARDINI, **Prof. Andrea GAGGIOLI**.

The following chapters were contributed by the Co-Is of this IIDS project:

- i) Human Voice Analysis and Virtual Teacher for Speech Therapy by **Dr. Man-Ching YUEN**, Chi-Wai YUNG, Linjing ZHANG, Jiaer SONG, Xingzi LI, Yinlin LI.
- ii) “Fun2Write”: Portable Immersive Environment Application by **Dr. Man-Ching YUEN**, Chi-Wai YUNG, Ze-Kin CHUNG, Ruitao HUANG, Zetao LOU.
- iii) The Roles of Self-Compassion and Self-Esteem in the Relationship between the Usage of Dating Apps and Body Satisfaction by Grace Yan Lam LO & **Dr. Raymond Chi Fai CHUI**.
- iv) The Influence of Social Media Engagement on Social Desirability and Empathy of Chinese Youth in Hong Kong by **Dr. Raymond Chi Fai CHUI** & Isaac IP.
- v) The Mitigating Effects of Instant Messaging Applications for Older Adults During COVID-19 Pandemic by **Dr. Raymond Chi Fai CHUI** & Daniel Ting Hei MAK.
- vi) Market Analytics for Providing Better Consumer Services by **Dr. Man-Ching YUEN**, Chi-Wai YUNG, Xueqing LYU, Yaxuan HAO, Ze Kin CHUNG.

2) **Prof. CHAN Chi-keung** (PI) served as one of the co-Guest Editor for a special Research Topic titled “The good side of technology: how we can harness the positive potential of digital technology to maximize well-being” in the *Frontiers in Psychology* (Health Psychology/Positive Psychology) co-edited by Dr. John F. HUNTER (Chapman University, United States), Dr Lisa WALSH (University of California, Los Angeles), and Dr. Stephen M.

Schueller (University of California, Irvine). Both Dr. Hunter and Dr. Walsh were the International Program Committee members for the PT 2023 International Conference.

The special Research Topic was published on 11 October 2024 at:

<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2023.1304592/full>

and all 14 articles in this Research Topic can be accessed and downloaded at

<https://www.frontiersin.org/research-topics/35611/the-good-side-of-technology-how-we-can-harness-the-positive-potential-of-digital-technology-to-maximize-well-being/magazine>

(with more than 4.6K total views and downloads). This Research topic was also edited as an ebook (please refer to [Appendix F](#)).

The citation of the Editorial is listed below:

Hunter, J. F., Walsh, L. C., **Chan, C.-K.** and Schueller, S. M. (2023) Editorial: The good side of technology: how we can harness the positive potential of digital technology to maximize well-being. *Frontiers in Psychology*, 14:1304592. doi: 10.3389/fpsyg.2023.1304592 (please refer to [Appendix G](#))

3) **Prof. CHAN Chi-keung** (PI), Prof. LAM Ching Simon, Dr. TANG Chui-yan Anson, and Ms. YU Hoi-yan Marianna (as international team members) participated in the “COVID Feel Good – A Virtual Reality self-help protocol to overcome the psychological difficulties of coronavirus (LONG-COVID)” International Trial study led by one of the keynote speakers, **Prof. Giuseppe RIVA**. <https://www.covidfeelgood.com/our-international-team>

Prof. CHAN Chi-keung and the TWC team developed the VR intervention in Cantonese and self-help protocol in traditional Chinese, and can be accessed at:

<https://www.covidfeelgood.com/vr%E8%87%AA%E5%8A%A9%E9%AB%94%E9%A9%97%E6%8C%87%E5%8D%97%E5%B9%BF%E4%B8%9C%E8%AF%9D>

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, interventions, and evidence-based practice related to positive technologies. The other chapters have provided empirical evidence on applications of positive technologies in daily life. The international collaboration on special research topic (#2) is published in the special Research Topic targeting international scholars, researchers, and practitioners who are interested in positive technologies. The international trial study of the COVID Feel Good project (#3) has helped to enrich the international research network and enhance the research capability for the PI's institution (Tung Wah College). This international trial targets international scholars, researchers, and practitioners who are interested in applications of positive technologies (VR in this project) to develop evidence-based interventions to support the mental health and well-being of the community. This international trial study also has significant impact in understanding the cross-cultural differences in the applications of positive technologies.

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 (Positive Technology International Conference 2023) has inspired the new research development of the Translational Research Centre for Digital Mental Health (TRC-DMH) at Tung Wah College, which was established in January 2024 and is funded the RGC's Institutional Development Scheme (IDS) Research Infrastructure Grant (Reference No: UGC/IDS(R)17/23). The mission of TRC-DMH includes 1) To promote best practices of digital mental health that focus on the prevention and promotion of mental health; 2) To empower translational research by building capacity in the applications and utilization of evidence-based digital mental health that support practices, services, and education; and 3) To serve as a hub for

synergizing interprofessional, interdisciplinary, and interinstitutional collaboration to enhance digital mental health preventive services across the lifespan and applicable to real-world settings. Some new applied research topics have been identified to achieve the above missions:

1. Using immersive virtual/augmented reality to improve mental health and well-being of older adults living in long-term care services.
2. Using social robotics to help children and youth with special educational needs and their parents/caregivers for self-disclosure and stress-reduction to improve their mental health and well-being.
3. Applying AI Chabot to alleviate stress and improve the well-being of students doing clinical practicum.
4. Applying digital wearables to aid in early screening and diagnosis of potential mental health symptoms for older adults.

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 Positive Technology International Conference 2023 (PT 2023), including six keynote plenary lectures and workshops delivered by six renowned keynote speakers from Europe and United States. In addition, there were sixteen breakout sessions of 35 presentations with 89 presenters from 14 countries and 2 special administrative regions (Hong Kong and Macau). Furthermore, there were 336 non-duplicated registrants for the PT 2023 from 33 countries across the world. About two-thirds (65.5%) were local participants and over one-third (34.5%) were international participants, with almost 1,800 total attendance headcounts. This IIDS project has not only enhanced participants' understanding of the development, basic considerations, empirical investigations, practical applications, teaching curriculum, and social implications of PT, but also facilitate on-going dialogue among participants on strengthening the existing PT's conceptual framework for investigating possible synergies between emerging technologies and positive psychology. Most importantly, this IIDS project has built participants' competence in designing rigorous scientific research and developing evidence-based positive technological interventions to prevent worsening mental health issues and to support adaptative human functioning. The research outputs achieved, and potential projects inspired (including Translational Research Centre for Digital Mental Health at TWC) 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 (indicate the year ending of the relevant progress report)	Attached to this Report (Yes or No)	Acknowledged the Support of RGC (Yes or No)
N.A.	N.A.	N.A.	N.A.	N.A.	N.A.

10. Research Personnel Trained (As Applicable)

Name	Capacity
	<p>All students were trained as the Research Support Assistants for this IIDS project (UGC/IIDS15(17)/H01/21) supervised by Prof CHAN, Chi-keung.</p> <p>also trained in designing and developing the conference website and as the Research Support Assistant for this IIDS project (UGC/IIDS15(17)/H01/21) to manage the conference website, editing and managing videos, developing leaflet, and 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 7.2, this IIDS project has successfully helped the project team to

establish research collaborations with the keynote speakers (Prof. Giuseppe RIVA, Prof.

Sarah DIEFENBACH, & Prof. Andrea GAGGIOLI) in contributing four chapters to the

conference proceedings to continue the dialogues and knowledge transfer of the event.

Furthermore, the PI also collaborated with two International Program Committee members

() to co-edit the Research Focus in *Frontiers in*

Psychology to further promote the good side of technology in harnessing the positive

potential of digital technology to maximize well-being. This international collaboration can

also extend the knowledge transfer on the theme of the IIDS project. In addition, this IIDS

project also helped TWC (PI, two faculty, and one student) to participate an international trial study collaboration with one of the keynote speakers (Prof. Giuseppe RIVA) and his research team. This international-level collaboration can significantly make impact to the field in positive technology to support mental health and well-being across cultures. Most importantly, five of the keynote speakers in this IIDS project serve as the International Advisory Committee members to provide valuable advice for the research development of the Translational Research Center for Digital Mental Health (TRC-DMH) at TWC to enhance the international, interinstitutional, and interdisciplinary research competence of TWC faculty and students in developing and conducting applied research about the good uses of digital technologies in mental health prevention and promotion which can further make significant contributions and impacts in transferring the knowledge to benefit the well-being of the larger society and community. Lastly, as of today, the videos of the keynote plenary lecturers and workshops have a total number of 635 views.

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	1	0	1	0	Type	No.
					International Trial Study Collaboration	1

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.