

CV: STELLA W. Y. CHAN

Chancellor's Fellow - Lecturer in Clinical Psychology, School of Health in Social Science, University of Edinburgh; Email: stella.chan@ed.ac.uk Tel: +44 (0) 131 651 3935

University Education

- 2009-2012 Doctorate in Clinical Psychology (professional training for Clinical Psychologists), University of East Anglia, UK
Thesis: *Vulnerability to Depression and Cognitive Bias Modification* Supervisor: Prof Shirley Reynolds
- 2004-2008 DPhil (PhD) in Experimental Psychology, University of Oxford, UK
Thesis: *Vulnerability to Depression and Emotional Processing* Supervisor: Prof Catherine Harmer
- 2003-2004 MSc in Research Methods in Psychology (Distinction), University of Oxford, UK
Dissertation: *Effects of Memory Specificity on Image Generation and Problem Solving* Supervisor: Prof J Mark G Williams
- 1999-2003 BSSc in Psychology, Chinese University of Hong Kong, Hong Kong
- 2001-2002 HSBC Scholar, University of Chicago, USA

Professional Registration

- 2013- Registered Clinical Psychologist with the Health & Care Professions Council

Career

- 2014 - Chancellor's Fellow – Lecturer in Clinical Psychology, University of Edinburgh
- 2012 - 2014 Chancellor's Fellow in Clinical Psychology, University of Edinburgh
- 2013 - 2015 Honorary Clinical Psychologist, NHS Lothian Child and Adolescent Mental Health Service
- 2009 - 2012 Trainee Clinical Psychologist, Cambridgeshire and Peterborough NHS Foundation Trust (as part of the Doctoral degree for clinical psychologists)
- 2009 Postdoctoral Research Associate, Department of Psychiatry, University of Cambridge
- 2008 Postdoctoral Research Associate, Institute of Psychiatry, King's College London
- 2008 College Lecturer in Psychology, Corpus Christi College, University of Oxford
- 2007 - 2008 College Lecturer in Psychology, Lady Margaret Hall, University of Oxford

Research & Knowledge Exchange Grants

My total grant income to-date is £1.58m (£266k as PI) – 96% external funding

Note. Wherever no co-Investigator is indicated, I am the sole grant holder. **BOLD** denotes external funding

As Principal Investigator

- 2017 **Mental Health Research UK Children and Young People PhD Scholarship (supervisor-led), £75,000**
In Search of bio-psycho-social markers for the recurrence of adolescent depression.
- 2017 University of Edinburgh CCACE Development Award, £9600 (as Co-PI)
Divergence of biological ageing trajectories in adolescent depression: A pilot study of saliva-based measures
- 2016 **Wellcome Trust Seeds Award in Science, £91,062**
In Search of Vulnerability Mechanisms for Adolescent Depression
- 2016 **British Academy / Leverhulme Trust Small Research Grant, £9,985**
Project Soothe: A Proof-of-Concept Study Developing Soothing Images for Use in Psychotherapy
Co-I: Matthias Schwannauer, University of Edinburgh
- 2016 University of Edinburgh CAHSS Knowledge Exchange Fund, £4867
Project Soothe
Co-I: Matthias Schwannauer, University of Edinburgh
- 2015 **Wellcome Trust Institutional Strategic Support Fund, £39,089**
In Search of Vulnerability Markers for Clinical Depression: Development of Efficient Screening Tools
Co-I: Heather Whalley, University of Edinburgh
- 2015 **Royal Society of Edinburgh Research Visitors to Scotland Grant, £500**
Host collaboration visit of M J Portella, Institut d'Investigació Biomèdica - Sant Pau, Spain
- 2015 **British Psychological Society Research Seminars Competition Award, £3000**
Adolescent depression: building a holistic theoretical model to improve clinical intervention
Co-I: Shirley Reynolds, University of Reading; Andrew Gumley, University of Glasgow
- 2015 **Royal Society of Edinburgh Research Visitor to Scotland Grant, £950**
Host collaboration visit of Amna Khalid, Fatima Jinnah Women University, Pakistan

- 2014 University of Edinburgh Moray Endowment Fund, £1998
Cognitive Characteristics of Adolescent Depression
- 2014 University of Edinburgh CAHSS Challenge Investment Fund R5, £6800
A Bank of Visual Images Created for and Created by the Public: An Innovative Research Project
- 2014 University of Edinburgh CAHSS Knowledge Exchange Grant, £3782
Engaging Local Schools in Research: Building a Novel and Essential Knowledge Exchange Network
- 2013 University of Edinburgh CAHSS Challenge Investment Fund R4, £14,960
Cross-Cultural Differences in Emotional Processing between the UK and Chinese Depressed Patients – A Pilot Study
- 2013 Collaboration with State Laboratory of Neuropsychology, University of Hong Kong, China
Royal Society of Edinburgh International Programme Award, £2580
Visited State Laboratory of Neuropsychology, University of Hong Kong, China
- 2012 University of Edinburgh Moray Endowment Fund, £2000
Developing Cognitive Bias Modification as a Preventive Measure for Adolescents at Risk for Depression: A Pilot Study

As Co-Investigator

- 2018 **MRC Mental Health Data Pathfinder Grant, £1,272,880**
Leveraging routinely collected and linked research data to study the causes and consequences of common mental disorders
PI: Andrew McIntosh, Co-I's: Catherine Sudlow, David Robertson, Chris Dibben, Stephen Lawrie, Ian Deary, James Boardman, David Porteous, Heather Whalley, Stella Chan (University of Edinburgh)
- 2016 University of Edinburgh Innovation Initiative Grant, £4468
Too close to home? Student support in mental health teaching
PI: Katie Cebula, Co-I: Gale MacLeod, Kelly Stone, Stella Chan (University of Edinburgh)
- 2016 **The Scottish Crucible Collaborative Project Grant, £4308**
Crowd sourcing the aural identifies of places by evolutionary optimisation
PI: Alexander Brownlee, University of Stirling; Co-I's: S J Kim (University of Aberdeen); S H Wang (University of Edinburgh), Stella Chan (University of Edinburgh)
- 2016 University of Edinburgh CAHSS Challenge Investment Fund, £10,400
Dynamic flow of research-based information: The case of mental health treatments for young people
PI: Ken Fordyce; Co-I's: Angus MacBeth & Stella Chan, A Galina (University of Edinburgh).
- 2015 University of Edinburgh CAHSS Stramash, £3773
Upstream / Downstream: Young people, mental wellbeing and the dynamic flow of evidence-based information PI: Angus MacBeth; Co-I's: Stella Chan, K Fordyce, A Galina, A Martin-Nieuwland (University of Edinburgh).
- 2015 **Scottish Universities Insights Institute Knowledge Exchange Grant, £15,000**
The Pinkie Resilience Project: Enhancing Equality, Boosting Well-Being and Realising Potential in Scottish Schools
PI: Matt Smith (University of Strathclyde); Co-I's: J Spratt (University of Aberdeen), L Moscardini (University of Strathclyde); S Chan (University of Edinburgh); I McClure (NHS Lothian), D. McLeod (Education Scotland), S Ogden (Pinkie St Peter's Primary School), S. Lunde (University of Oslo), J Jepsen (Raphael Centeret Copenhagen)
- 2015 University of Edinburgh Academic Networking Fund, £3460
Building Bridges Between University of Edinburgh Schools
PI: A Kagansky; Co-I's: B Auyeung, K Chan, S Chan, I Cheltsov, J Howie, P Iosad, P Maguire, N Pantic, M Pickersgill, T Spires-Jones (University of Edinburgh)

Key External Markers of Esteem / Leadership Roles

- 2018 Appointed to the Advisory Board of the University of Edinburgh's TRAIN@Ed Scheme
- 2017 British Psychological Society Public Engagement and Media Award
- 2017 Elected Fellow of British Psychological Society
- 2017 Invited keynote speaker at the International Conference on Child and Adolescent Psychopathology
- 2016 Appointed to the Management Committee for the Scottish Crucible 2017
- 2016 Appointed to International Committee of The Royal Society of Edinburgh
- 2016 Appointed Trustee to The Royal Society of Edinburgh SCIO
- 2015 Appointed Co-Chair to The Royal Society of Edinburgh's Young Academy of Scotland
- 2015 Invited keynote speaker at the Scottish Mental Health Research Network Annual Scientific Meeting

- 2014 Appointed member to The Royal Society of Edinburgh's Young Academy of Scotland
 2009 New Researcher Excellence Award, British Association for Behavioural and Cognitive Psychotherapies (BABCP)

Other External Markers of Esteem

- Selected through a highly competitive process to participate in the MQ Innovation Workshop 2017
- Received 20 invitations to give research seminars including 3 overseas universities
- External examiner for a European PhD viva at Institut d'Investigació Biomèdica - Sant Pau, Spain
- Invited (by nomination) to the MQ Annual Science Meeting 2016
- Selected for the prestigious Scottish Crucible programme in 2016
- Featured in RSE Young Academy of Scotland's [Academic Women Now: Experiences of Mid-Career Academic Women in Scotland](#).

Research Interests

My research seeks to build a holistic bio-psycho-social model to understand vulnerability and resilience to depression, with the ultimate goal to improve prevention and early intervention strategies. Much of my work involves scientific investigations into the basic neural-cognitive and psychosocial mechanisms underpinning emotional processing, spanning across disciplines in medical and social sciences. I am currently leading two Wellcome Trust funded projects developing new digital tools for assessing cognitive biases in adolescents with low mood, as well as establishing feasibility of conducting a future longitudinal study on adolescent depression. I am also part of multidisciplinary teams collaborating on a number of Scottish cohort longitudinal studies, including the Scottish Bipolar Family Study, the Generation Scotland Study, and the Stratifying Resilience and Depression Longitudinally ([STRADL](#)) Study. I am also interested in the role of culture in the development of depression and mental health difficulties. Funded by the Royal Society of Edinburgh, I have built an international collaboration partnership with one of China's State Neuroscience Laboratories, and hosted collaboration visits by scholars from Spain and Pakistan. My recent research interests also expand into the role of self-compassion in psychopathology. Amongst my many research projects, I am particularly excited about our British Academy funded [Project Soothe](#) which is a unique initiative combining research and public engagement. Using the innovative Citizen Scientist approach, we have collected a bank of soothing images; we are currently working towards developing these resources for potential use in psychotherapy and self-help tools in boosting wellbeing and resilience.

Knowledge Exchange, Public Engagement & Impact

- 2018 BBC Scotland (evening news) TV interview on suicide.
- 2018 New York Times [article](#) entitled 'The Promise of Self-compassion for Stressed out Teens' includes my work on self-compassion
- 2017 Awarded British Psychological Society Public Engagement and Media Award. See interview in *The Psychologist* "[Soothing Public Minds](#)"
- Current Lead of [Project Soothe](#), a hybrid research and public engagement project aiming to collect images from the public for use in research and psychotherapy. It has received >700 images from 24 countries and attracted major [media](#) coverage including *The Scotsman*, *Edinburgh Evening News* and *STV News*, interview with BBC Radio Scotland, with a strong social media presence (>1000 Twitter followers). We held a public exhibition in partnership with the [Royal Botanic Garden Edinburgh](#).
- Current I am leading the KE initiatives of the £5m Wellcome Trust funded STRADL project (PI: Prof Andrew McIntosh); successfully led public engagement events 'Untangling Resilience to Depression' at Midlothian Science Festival 2016 and 'Depression – Let's Talk' on World Health Day 2017. My [public engagement video](#) on YouTube has >700 views.
- Current I am part of the team in The Royal Society of Edinburgh's Young Academy of Scotland maintaining a blog *Researching The Headlines* <http://researchtheheadlines.org>, which helps the public understand how research are being portrayed by the media. My blog posts have had >1000 views. I am one of the judges for the British Academy funded *Rewrite the Headlines* competition aiming to boost children's critical understanding of how research findings could be misrepresented by media.
- 2017 [BBC Radio Scotland](#) interview on spending cuts on youth mental health in Scotland
- 2017 Instigator of *Writing for Resilience* workshop and Chair of *Visions of the Future: Youth Mental Health* at [Edinburgh International Book Festival](#), which is considered to be 'the largest and most dynamic festival of its kind in the world'.
- 2016 Represented The Royal Society of Edinburgh at [Voice of The Future](#) at the UK Parliament

- challenging politicians on how research could be used more effectively to inform policy making.
- 2016 I am part of an intercollegiate team that produced a film called *Beyond Discipline* that was featured on UNESCO World Science Day 2016 discussing interdisciplinary team working.
- 2016 I gave an expert interview to *South China Morning Post Young Post*, which is a major newspaper for young people in China, entitled "[Feeling boxed in? It is okay to be sad](#)".
- 2015/16 I was selected through a highly competitive process for the University of Edinburgh's MediaTalent@Ed programme to receive in-depth training in how to communicate research expertise with a wide audience through broadcast media, social media, and opinion pieces.
- 2015 I was part of the core team in the Pinkie Resilience Project working in partnership with a primary school to develop strategies to boost psychological resilience at early age.
- 2014/15 I was part of the core team delivering a Massive Open Online Course (MOOC) on The Clinical Psychology of Children and Young People with >88,000 learners from >190 countries.
- 2014/15 I led a Knowledge Exchange Project with three events in partnership with The City of Edinburgh Council and NHS Lothian CAMHS to engage educational professionals and other professionals working in support and mental health services for young people (200 attendees).

Doctoral Research Supervision

As *Principal Supervisor*: 3 PhD students and 7 Doctoral Clinical Psychology Trainees (3 completed)

As *Co-Supervisor*: 4 PhD students (2 completed) and 1 Doctoral Clinical Psychology Trainee (completed)

As *Second Supervisor*: 6 PhD students (4 completed)

Full list of thesis titles can be viewed [here](#).

Teaching

I have an extensive teaching portfolio across undergraduate and postgraduate programmes (MA, MSc, DClinPsy, PhD). I have demonstrated teaching innovation in the design, coordination and delivery of teaching units, including making a significant contribution to a highly successful MOOC with an international outreach to >190 countries. The excellent quality of my teaching is evidenced by 10 Teaching Award nominations in 2017 and Best Personal Tutor nomination in 2018; my courses overall received median scores 5 out of 5 (mean scores > 4.5) on all components. I am part of a team to launch an initiative called *Too Close to Home: Student Support in Mental Health Teaching* to inform strategies to support staff to deliver emotionally sensitive teaching materials and enhance students' learning experience. My commitment to supporting students' welfare has earned me a strong reputation leading to invitations to be keynote speaker at student-led conferences.

My teaching experience has been recognised externally. I am a Fellow of the Higher Education Academy. I have been appointed MSc Programme External Examiner for four MSc programmes at the University of Reading, and acted as external examiner for PhD, DClinPsy and MSc (the University of Oxford, Institut d'Investigació Biomèdica - Sant Pau, University of Aberdeen, University of Essex, and University of East London).

Peer-Reviewed Publications

I have 30 publications (20 published, 10 currently under review)

1. Scarlett, L., Baikie, E., & Chan, S.W.Y. (under review). Fear of Falling and Emotional Regulation in Older Adults. *Aging and Mental Health*.
2. Mok, M.C.L., Schwannauer, M., Chan, S.W.Y. (under review). Soothe ourselves in times of need: A qualitative exploration of how the feeling of "soothe" is understood and experienced in everyday life.
3. Smith, E.M., Reynolds, S.A., Orchard, F., Whalley, H.C., Chan, S.W.Y. (under review). Cognitive biases predict depression, anxiety and wellbeing above and beyond neuroticism in adolescence.
4. Imran, S., Quayle, E., & Chan, S.W.Y. (under review). The Experiences in Close Relationship Scale-12, the Coping Inventory for Stressful Situations-21 and 3-Subscales of Ryff's Psychological Well-being Scale: Translation and Validation with Pakistani Adolescents.
5. Cheung, H.N., Williams, J.M., Yu, D.S., & Chan, S.W.Y. (under review). Translation and Validation of the Chinese version of Multidimensional Depression Assessment Scale (MDAS) in Clinically Depressed Patients in Inner Mongolia.
6. Cheung, H.N., Chan, S.W.Y., Williams, J.M. (under review). Validation of Chinese Multidimensional Depression Assessment Scale (MDAS) in Inner Mongolia pregnant women and risk factors of antenatal depression in Inner Mongolia.

7. Guerrero, A.B., Schwannauer, M., McLaughlin, A., Ashworth, F., & Chan, S.W.Y. (under review). Project Soothe: The effect of imagery on young people's mood.
8. Davis, K., MacBeth, A., Warwick, R., & Chan, S.W.Y. (under review). Post-traumatic stress symptoms in ambulance clinicians: severity and associations with self-compassion, psychological inflexibility and wellbeing.
9. Gill, C., Watson, L., Williams, C., & Chan, S.W.Y. (under review). Social anxiety and self-compassion in adolescents.
10. Macintosh, K., Powers, K., & Chan, S.W.Y. (under review). The effectiveness of compassion-focused and mindfulness-based psychological interventions in improving self-compassion in clinical populations: a systematic review.
11. Khalid, A., Qadir, F., Chan, S.W.Y., & Schwannauer, M. (in press). Adolescents' mental health and well-being in Pakistan. *Journal of Mental Health*.
12. Jatchavala, C. & Chan, S.W.Y. (in press). Psychological Interventions for Recurrence Prevention in Adolescent Depression: A Systematic Review
13. Jatchavala, C. & Chan, S.W.Y. (in press). Thai Adolescent Depression: Recurrence Prevention in Practice. *Songklanagarind Medical Journal*.
14. Navrady, L.B., Ritchie, S.J., Adams, M.J., Chan, S.W.Y., Major Depressive Disorder Working Group of the Psychiatry Genomics Consortium, McIntosh, A.M. (in press) Genetic risk of major depressive disorder: the moderating and mediating effects of neuroticism and psychological resilience on lifetime diagnosis. *Psychological Medicine*
15. Macintosh, K., Schwannauer, M., Powers, K., & Chan, S.W.Y. (in press). The relationships between self-compassion, attachment, and interpersonal problems in patients with anxiety and depression. *Mindfulness*
16. Khalid, A., Qadir, F., Chan, S.W.Y., & Schwannauer, M. (in press). Parental bonding and adolescents' depressive and anxious symptoms in Pakistan. *Journal of Affective Disorders*
17. Marsh, I., Chan, S.W.Y., MacBeth, A. (in press). Self-compassion and psychological distress in adolescents: a meta-analysis. *Mindfulness*
18. Wilson, A., Schwannauer, M., McLaughlin, A., & Chan, S.W.Y. (in press). Vividness of positive mental imagery predicts positive emotional response to visually-presented Project Soothe images. *British Journal of Psychology*
19. Navrady, L., Ritchie, S.J., Chan, S.W.Y., Kerr, D., Adams, M.J., Hawkins, E.I., Porteous, D., Deary, I.J., Gale, C., McIntosh, A.M. (2017). Intelligence and neuroticism in relation to depression and psychological distress: Evidence of interaction using data from Generation Scotland: Scottish Family Health Study and UK Biobank. *European Psychiatry*, 43, 58-65.
20. Chan, S.W.Y., Sussmann, J.E., Romaniuk, L., Stewart, T., Lawrie, S.M., Hall, J., McIntosh, A.M., & Whalley, H.C. (2016). Deactivation in Anterior Cingulate Cortex during facial processing in young individuals with high familial risk and early development of depression: fMRI findings from the Scottish Bipolar Family Study. *Journal of Child Psychology and Psychiatry*, 57, 1277-1286.
21. Nickson, T., Chan, S.W.Y., Pappmeyer, M., Romaniuk, L., Macdonald, A., Stewart, T., Kielty, S., Lawrie, S.M., Hall, J., Sussmann, J.E., McIntosh, A.M., Whalley, H.C. (2016). Prospective longitudinal voxel-based morphometry study of Major Depressive Disorder in young individuals at high familial risk. *Psychological Medicine*, 46, 2351-61.
22. Chan, S.W.Y., Harmer, C.J., Norbury, R., O'Sullivan, U., Goodwin, G.M., & Portella, M.J. (2016). Hippocampal volume in vulnerability and resilience to depression. *Journal of Affective Disorders*, 189, 199-202
23. Chan, S.W.Y., Lau, J.Y.F., & Reynolds, S.A. (2015). Is cognitive bias modification training truly beneficial for adolescents? *Journal of Child Psychology & Psychiatry*, 56, 1239-48
24. Chan, S.W.Y., & Adams, M. (2014). A comparison between high and low intensity treatments in an IAPT service. *Behavioural and Cognitive Psychotherapy*, 42, 747 – 759.
25. Presland, A.D., Clare, I.C.H., Broughton, S., Luke, L.R., Wheeler, E., Fairchild, G., Watson, P.C., Chan, S.W.Y., Kearns, A., & Ring, H.A. (2013). Hypothalamic-pituitary-adrenal (HPA) axis activity in adults with intellectual disabilities: A preliminary investigation. *Journal of Intellectual Disability Research*, 57, 539 - 551.
26. Lothmann, C., Holmes, E.A., Chan, S.W.Y., & Lau, J.Y.F. (2011). Cognitive bias modification training in adolescents: Effects on interpretation biases and mood. *Journal of Child Psychology and Psychiatry*, 52, 24 - 32.
27. Chan, S.W.Y., Norbury, R., Goodwin, G.M., & Harmer, C.J. (2009). Risk for depression and neural responses to fearful facial expressions of emotion. *British Journal of Psychiatry*, 194, 139-145.

28. Chan, S.W.Y., Harmer, C.J., Goodwin, G.M., & Norbury, R. (2008). Risk for depression is associated with neural biases in emotional categorisation. *Neuropsychologia*, *46*, 2896 - 2903.
29. Chan, S.W.Y., Goodwin, G.M., & Harmer, C.J. (2007). Highly neurotic never-depressed students have negative biases in information processing. *Psychological Medicine*, *37*, 1281-1292.
30. Eade, J., Healy, H., Williams, J.M.G., Chan, S., Crane, C., & Barnhofer, T. (2006). Retrieval of autobiographical memories: the mechanisms and consequences of truncated search. *Cognition and Emotion*, *20*, 351-382.