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Citations: 207

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Research interests: Primary care, pediatrics, mental health, Traditional Chinese medicine interventions (especially on acupressure, pediatric *tuina*, and moxibustion); physical rehabilitation, clinical trials, RCT, qualitative study, systematic reviews, artificial intelligence-based interventions.

Education Background

2017-2021, Doctor of Philosophy, School of Nursing, The Hong Kong Polytechnic University

2015-2016, Master of Chinese Medicine, School of Chinese Medicine, Hong Kong Baptist University

2009-2014, Bachelor's degree of Acupuncture, Moxibustion, and *Tuina*, School of Acupuncture, Moxibustion, and *Tuina*, Shandong University of Traditional Chinese Medicine

Working Experience

2021.11-2022.2, Research Assistant, School of Nursing, The Hong Kong Polytechnic University

2022.3-present, Postdoctoral Fellow, School of Nursing, The Hong Kong Polytechnic University

Funded Projects

As Principal Investigator

Chinese Medicine Development Fund - Industry Support Programme. Parent-administered pediatric *tuina* for improving sleep quality and appetite in school-aged children with ADHD: a pilot randomized

controlled trial 【家長操作的小兒推拿改善學齡兒童注意力缺陷多動障礙的睡眠質量及食欲：

先導性隨機對照試驗】 (Project No. 22B2/023A_R1) 1/6/2023 – 30/11/2024; \$797,608.

As Co-Investigator

Research Centre for Chinese Medicine Innovation, HKPolyU. Around the turn: A feasibility cluster randomized controlled trial of using auricular acupressure to abstain from drug abuse through training nursing students. PI. Dr. Katherine Lam (Project No. P0045273) 1/3/ 2023 – 30/4/2024; \$120,000.

Publications

First authorship

Chen SC, Wu TMS, Li H, Shou JW, Qin J, Wu GT*, Cheng WY, Yeung WF*. Parental Perspectives on Eating Disorders of Their School-Age Children with ADHD in Hong Kong: A Qualitative Study. *Nutrients*. 2025; 17(3):513. <https://doi.org/10.3390/nu17030513> [IF: 4.8, JRC: Q1]

Chen SC, Ruan JY, Lin FX, Cheng ZY, Liang JG, Mao XR, Luo Y, Yeung WF*. Pediatric Tuina in infants and children: an overview of systematic reviews. *Journal of Acupuncture and Tuina Science* (Accept). [IF: 0.4, JRC: Q4]

Chen SC, Leung NN, Cheng HL, Wu MR, Cheung DS, Ruan JY, Qin J, Ren G, Yeung WF*. Acceptability of self-administered acupressure for knee osteoarthritis in middle-aged and older adults: A mixed-method secondary analysis. *Complement Ther Med*. 2025 Jan 17;89:103130. doi: 10.1016/j.ctim.2025.103130 [IF: 3.3, JRC: Q1]

Chen SC, Lo KC, Li H, Wong PM, Pang LY, Qin J, Yeung WF*. Parental Experiences of Administering Pediatric Tuina for Sleep and Appetite in Early School-Aged Children With Attention-Deficit/Hyperactivity Disorder: Qualitative Study in Hong Kong. *JMIR Pediatr Parent*. 2025 Jan 30;8:e65471. doi: 10.2196/65471 [IF: 2.1, RJC: Q2]

Chen SC, Ruan JY, Zhang B, Pang LY, Zhong L, Lin SL, Wong KP, Ouyang HX, Yeung WF, Fu QW*, Chen BQ*. Traditional Chinese medicine interventions based on meridian theory for pain relief in patients with primary dysmenorrhea: a systematic review and network meta-analysis. *Frontier in Medicine (Lausanne)*, 2024;11, 1453609. DOI: [org/10.3389/fmed.2024.1453609](https://doi.org/10.3389/fmed.2024.1453609) [IF: 3.1, RJC: Q1]

Chen SC, Yeung WF, Cheng HL, Li MH, Ho YS*. Views of Hong Kong Chinese medicine practitioners on the application of the "Chinese Medicine Anti-Epidemic Plans" prepared by the Chinese medicine expert group of central authorities: a focus group study. *BMC Complementary Medicine and Therapies*. 2024;24(1):184. DOI: 10.1186/s12906-024-04469-3 [IF: 3.3, RJC: Q1]

Chen SC, Lin SL, Wang M, Cheung DST, Liang JG, Cheng ZY, Yuen CS, Yeung WF*. Pediatric massage therapy in infants and children under 5 years: An umbrella review of systematic reviews. *Heliyon*. 2024;10(16):e35993. DOI: <https://doi.org/10.1016/j.heliyon.2024.e35993> [IF: 3.4, RJC: Q1]

Chen SC, Fu QW, Zhang QX, Yeung WF*. Getting to Know the Effect Theory of Traditional Pediatric Tuina in the View of Modern Medicine in Three Minor Perspectives. *Medical Acupuncture*. 2024. DOI:10.1089/acu.2023.0105 [IF: 0.8, RJC: Q4]

Fu QW[#], Liu Y[#], **Chen SC**[#], Zhang LZ[#], Liu WT, Liu ZQ, Zhang QX*, Yeung WF*, Li XR*, et al. Extending the Grading of Recommendations Assessment, Development and Evaluation (GRADE) in Traditional Chinese Medicine (TCM): The GRADE-TCM. *Phytomedicine*. 2024: 124, 155478. DOI: 10.1016/j.phymed.2024.155487 [IF: 6.7, RJC: Q1]

Chen SC, Cheng HL, Wang DD, Wang SS, Yin YH, Suen LKP and Yeung WF*. Experience of parents in delivering pediatric *tuina* to children with symptoms of attention deficit hyperactivity disorder during the COVID-19 pandemic: qualitative findings from focus group interviews. *BMC Complementary Medicine and Therapies*. 2023; 23(1):53. DOI: 10.1186/s12906-023-03891-3 [IF: 3.3, JRC: Q1]

Chen SC[#], Cheung TW[#], Yu BYM, Chan MY, Yeung WF*, and Li L*. Improving Sleep with Far-Infrared-Emitting Pajamas: A Pilot Randomized Controlled Trial. *International Journal of Environmental Research and Public Health*. 2023; 20, 3870. <https://doi.org/10.3390/ijerph20053870>. [IF: NA, JRC: NA]

Chen SC, Yu J, Wang HS, Wang DD, Sun Y, Cheng HL, Suen LKP, Yeung WF*. Parent-administered pediatric *Tuina* for attention deficit/hyperactivity disorder symptoms in preschool children: A pilot randomized controlled trial embedded with a process evaluation. *Phytomedicine*. 2022;102: 154191. DOI: 10.1016/j.phymed.2022.154191 [IF: 6.7, JCR: Q1]

Chen SC, Cheng HL, Han LF, Wu GT, Zhang RY, Suen LKP, Chen X, Yeung WF*. Parent-administered pediatric *tuina* for the treatment of attention deficit hyperactivity disorder symptoms: Process evaluation of a pilot randomized controlled trial. *Complementary Therapies in Medicine*. 2022; 70:102854-102854. DOI: 10.1016/j.ctim.2022.102854 [IF: 3.3, JRC: Q1]

Chen SC, Yu J, Yuen SCS, Lam JCS, Suen LKP, Yeung WF*. Massage therapy in infants and children under 5 years of age: protocol for an overview of systematic reviews. *Systematic Reviews*. 2021;10(1):127. [IF: 6.3, JRC: Q1]

Chen SC, Ho YS, Suen LKP, Yu J, Tang W, Jiang JF, Qu XY, Yeung WF*. Traditional Chinese medicine (TCM) massage for the treatment of congenital muscular torticollis (CMT) in infants and children: A systematic review and meta-analysis. *Complementary Therapies in Clinical Practice*. 2020; 39:101112. DOI: 10.1016/j.ctcp.2020.101112 [IF: 2.2, JCR: Q2]

Chen SC, Yu J, Suen LKP, Sun Y, Pang YZ, Yeung WF*, et al. Pediatric *tuina* for the treatment of attention deficit hyperactivity disorder (ADHD) symptoms in preschool children: study protocol for a pilot randomized controlled trial. *Pilot and Feasibility Studies*. 2020;6(1):1-169. DOI: 10.1186/s40814-020-00704-z [IF:1.5, JCR: Q3]

Chen SC, Yu BYM, Suen LKP, Yu J, Ho FYY, Yeung WF*, et al. Massage therapy for the treatment of attention deficit/hyperactivity disorder (ADHD) in children and adolescents: A systematic review and meta-analysis. *Complementary Therapies in Medicine*. 2019; 42:389-99. DOI: 10.1016/j.ctim.2018.12.011 [IF: 3.3, JRC: Q1]

Corresponding authorship

Ho SC, Chen YL*, Xie YJ, Yeung WF, **Chen SC***, Qin J*. Visceral Condition Assessment through Digital Tongue Image Analysis. *Frontiers in Artificial Intelligence*. (Accept) [IF: 3.0, RJC: Q2]

Lin SL, **Chen SC***, Tu Q*, Xu XY, Xie SQ*, Yang B*, Zhang QZ, and Chen LP*. Barriers and facilitators to the formation of professional identity among nursing students: A four-year longitudinal qualitative study. *Nurse Education Today*. 2024: 134, 106087. DOI: 10.1016/j.nedt.2023.106087 [IF: 3.6, RJC: Q1]

Co-authorship

Wang LJ*, Sun JG, **Chen SC**, Sun YL, Zheng Y, Feng JC. The role of intestinal flora in metabolic dysfunction-associated steatotic liver disease and treatment strategies. *Front Med (Lausanne)*. 2025 Jan 7;11:1490929. doi: 10.3389/fmed.2024.1490929 [IF: 3.1, RJC: Q1]

Shou JW, Ma J, Wang X, Li XX, **Chen SC**, Kang BH, Shaw PC*. Free Cholesterol-Induced Liver Injury in Non-Alcoholic Fatty Liver Disease: Mechanisms and a Therapeutic Intervention Using Dihydrotanshinone I. *Adv Sci (Weinh)*. 2024 Nov 19:e2406191. doi: 10.1002/advs.202406191. [IF: 14.3, JRC: Q1]

Zhang B, Wong KP*, Guo C, **Chen SC**, Fu S, Kang R, Xiao Q, Qin J. Effects of Non-Pharmacological Interventions on the Swallowing Function of Patients With Post-Stroke Dysphagia: A Systematic Review and Network Meta-Analysis. *J Oral Rehabil*. 2024 Nov 12. doi: 10.1111/joor.13901. [IF: 3.1, JRC: Q1]

Yeung WF*, **Chen SC**, Cheung DST, Wong CKH, Chong TC, Ho YS, et al. Self-Administered Acupressure for Probable Knee Osteoarthritis in Middle-Aged and Older Adults: A Randomized Clinical Trial. *JAMA Network Open*. 2024;7(4): e245830-e. [IF: 10.5, JRC: Q1]

Yang SS, Fu QW, Wu J*, Zhang QX, Deng H, **Chen SC**, Yang HH, Yan ML, and Zhang LJ. Efficacy and Safety of Warm Needle Acupuncture for Allergic Rhinitis: A Systematic Review and Meta-Analysis with Trial Sequential Analysis. *Heliyon*, e39058. DOI: <https://doi.org/https://doi.org/10.1016/j.heliyon.2024.e39058> [IF: 3.4, RJC: Q1]

Wong KP, Zhang B, Xie YJ, Wong FKY, Lai CKY, **Chen SC**, Qin J. Impacts of Job Demands on Turnover Intention Among Registered Nurses in Hong Kong Public Hospitals: Exploring the Mediating Role of Burnout and Moderating Effect of Pay Level Satisfaction. *Journal of Nursing Management*, 2024(1), 3534750. <https://doi.org/https://doi.org/10.1155/2024/3534750> [IF: 3.7, JRC: Q1]

Zhao MY, Song LM, Zhu JR, Zhou T, Zhang YP, **Chen SC**, Li HJ, Cao D, Jiang YQ, Ho WY, Cai J, and Ren G*. Non-contrasted Computed Tomography (NCCT) based Chronic Thromboembolic Pulmonary Hypertension (CTEPH) Automatic Diagnosis Using Cascaded Network with Multiple Instance Learning. *Physics in Medicine and Biology*. 2024. DOI 10.1088/1361-6560/ad7455 (Accepted) [IF: 3.3, JRC: Q2]

Ruan JY, **Chen SC**, Ho YS, Wong VT, Lam MY, Tsang HWH, Cheng IHY, and Yeung WF*. Chinese medicine practitioners' consensus on traditional Chinese medicine diagnostic patterns, symptoms, and herbal formulas for COVID-19 survivors: A Delphi study. *European Journal of Integrative Medicine*. 2024: 66, 102339. [IF: 1.9, RJC: Q3]

Yu BY, Lam CS, Tam KYY, Cheung DST, **Chen SC**, Yeung WF. The Role of Insomnia and Exercise in COVID-19 Worries for Psychological Distress in Hong Kong Chinese: A Moderated Mediation Model. *Behavioral Sleep Medicine*. 2024;22(3):378-92. [IF: 2.2, JRC: Q3]

Cheung DST, Yu BY, Lam SC, Leung DYP, Chung KF, Ho FY, **Chen SC**, Yeung WF. A longitudinal study on the change in sleep across three waves of the COVID-19 outbreaks in Hong Kong. *Sleep Biol Rhythms*. 2023 Sep 8;22(1):93-102. doi: 10.1007/s41105-023-00486-w. [IF: 1.0, JRC: Q4]

Zhang B, Guo C, Hui V, Wong KP, Liu Y, Liu Z, Xu Y, Xiao Q, **Chen SC**, Qin J. Evaluating the effectiveness of video-game based swallowing function training in patients with dysphagia: study protocol for a randomized controlled trial. *Trials*. 2023 Nov 16;24(1):735. doi: 10.1186/s13063-023-07738-7 [IF: 2.0, JRC: Q3]

Ruan JY, **Chen SC**, Liang JG, Yeung WF*, et al. Traditional Chinese medicine based integrated health interventions for depression: A systematic review and meta-analysis. *Journal of Clinical Nursing*. 2023;00: 1-20. [IF: 3.2, JRC: Q1]

Wang SS, Wang M, Leung ISH, Song G, Xu XY, **Chen SC**, Yin YH. The association of cognitive frailty and the risk of falls among older adults: A systematic review and meta-analysis. *International Journal of Nursing Practice*. 2023 Jul: e13181. DOI: 10.1111/ijn.13181. PMID: 37435848. [IF: 1.9, JRC: Q2]

Yu BY, Lam JC, Lam SC, Li Y, **Chen SC**, Lam MY, Yeung WF. COVID-19 vaccine hesitancy and resistance in an urban Chinese population of Hong Kong: a cross-sectional study. *Human Vaccines & Immunotherapeutics*. 2022 Nov 30;18(5):2072144. doi: 10.1080/21645515.2022.2072144. [IF: 4.1, JRC: Q2]

Yang YW, Zhao S, Zhang MH, Zhao J, **Chen SC**, Wang H, Han LF, Ran JJ. Prevalence of Neurodevelopmental Disorders Among US Children and Adolescents in 2019-2020. 2022. *Frontiers in Psychology*, 7295. [IF: 2.6, JCR: Q2]

Ruan JY, **Chen SC**, Liang JG, Yeung WF*, et al. Acceptance and commitment therapy for insomnia and sleep quality: A systematic review and meta-analysis. *Journal of Contextual Behavioral Science*. 2022; 26:139-155. [IF: 3.4, JRC: Q1]

Pang YZ, Wang K, **Chen SC**, Huang T, Zhang MS, Zhang B, and Yu J. Massage for simple obesity: A protocol for systematic review. *Medicine (Baltimore)*. 2021;100(6): e24336-e. [IF: 1.3, JRC: Q2]

Cheung T, Ho YS, Yuen CS, Lam CS, So BCL, **Chen SC**, et al. Electromoxibustion for knee osteoarthritis in older adults: A pilot randomized controlled trial. *Complementary Therapies in Clinical Practice*. 2020; 41:101254. [IF: 2.2, JCR: Q2]

Yu BYM, Yeung WF, Ho YS, Ho FYY, Chung KF, Lee RLT, Lam MY, and **Chen SC**. Associations between the chronotypes and eating habits of Hong Kong school aged children. *International Journal of Environmental Research and Public Health*. 2020;17(7):2583. [IF: NA, JRC: NA]

Conference Abstract

Chen SC, Pang LY, Du HX, Chak KY, and Yeung WF. Chinese herbal medicine decoctions for primary dysmenorrhea pain relief: A pairwise and network meta-analysis of randomized controlled trials. SAR 2024 International Research Conference. Hong Kong, China. 23-25 May 2024. – Poster presentation.

Chen SC, Wu TM, Yu J, Chung OK, Pang LY, Zhang X, and Yeung WF. Parent-administered Pediatric Tuina for Improving Sleep Quality and Appetite in School-aged Children with ADHD: Study Protocol of a Pilot Randomized Controlled Trial. SAR 2024 International Research Conference. Hong Kong, China. 23-25 May 2024. – Poster presentation.

Chen SC, Yeung WF. Parents' experience of delivering pediatric *tuina* to children with attention deficit hyperactivity disorder symptoms: qualitative findings from focus group interviews. SAR 2023 International Research Conference. New York, USA. 17-21 May 2023. – Poster presentation. [*Won 1000USD scholarship and travel allowance*]

Chen SC, Yeung WF. Pediatric *tuina* in infants and children: An umbrella review of systematic reviews with meta-analysis. SAR 2023 International Research Conference. New York, USA. 17-21 May 2023. – Poster presentation [*Won 1000USD scholarship and travel allowance*]

Chen SC, Yu J, Suen KPL, Sun Y, Wang DD, Pang YZ, Yeung WF. Traditional Chinese medicine (TCM) pediatric massage for the treatment of attention deficit hyperactivity disorder (ADHD) symptoms in preschool children: a pilot randomized controlled trial. KIOM SAR 2020 International Research Conference. Virtual platform, Seoul, South Korea. 11-13th September 2020. – Poster presentation.

Chen SC, Yeung WF, Ho YS, Suen KPL. Traditional Chinese Medicine Massage for the Treatment of Congenital Muscular Torticollis in Infants and Children: A Systematic Review and Meta analysis. In: 18th Meeting of Consortium for Globalization of Chinese Medicine (CGCM). Shanghai, China. 8th 10th August 2019. – Oral presentation

Chen SC, Suen LKP, Yeung WF. Massage Therapy for the Treatment of Attention Deficit Hyperactivity Disorder (ADHD) in Children and Adolescents: A Systematic Review and Meta analysis. In: 17th Meeting of Consortium for Globalization of Chinese Medicine (CGCM). Kuching, Sarawak, Malaysia. 8th-10th August 2018.– Poster presentation [*Won 400USD travel allowance*]

Yeung WF, **Chen SC**, Cheung ST, Chong TC, Wong CKH, Suen LKP, Lao LX. Self-administered Acupressure for Knee Osteoarthritis in Middle- and Older-Aged Adults: A Randomized Controlled Trial. SAR 2023 International Research Conference. New York, USA. 17-21 May 2023. – Poster presentation

Yeung WF, **Chen SC**, Tang TK, Chen S Self-administered Acupressure for Knee Osteoarthritis in Middle and Older Aged Adults: A Preliminary Analysis of Randomized Controlled Trial. In: 27th Annual Congress of Gerontology, Hong Kong Association of Gerontology. 28 November 2020. – Oral presentation

Book chapter

楊穎輝., 陳姝成. (2018) 自我推拿治療失眠. 鐘家輝 主編., 好眠自己來 (第六章, 73-82 頁). 香港: 香港大學出版社

Invited Lecturer

2023-2024, School of Acupuncture, Moxibustion, and *Tuina*, Shandong University of Traditional Chinese Medicine

Teaching Experience

2023-2024, SN3380 Clinical Studies VI (Pediatric *Tuina*), School of Nursing, The Hong Kong Polytechnic University.

Languages

English (Proficient), Cantonese (Proficient), Mandarin (Native language).

Other Achievements***Competition***

Chen SC, Yeung WF, Li GC, Du YH. Finalist at the 5th Hong Kong Innovation Day (HKIA), HKPolyU 2023.

Scholarship

Society of Acupuncture Research. Student and Junior Practitioner / **Researcher Scholarships**. 2023.

Postdoc Scheme

The Hong Kong Polytechnic University “**Postdoc Matching Fund Scheme**”. 2022.3.1-2024.2.29

Part-time post

Tutor, 2018.7-2020.11, Hung Hom Student Halls of Residence (Kaiyuan Hall), The Hong Kong Polytechnic University.

Senior tutor, 2020.11-2024.2, Hung Hom Student Halls of Residence (Kaiyuan Hall), The Hong Kong Polytechnic University.