

## **PUBLICATIONS**

- Yu, B. C. L., **Chio, F. H. N.**, Chan, K. K. Y., Mak, W. W. S., Zhang, R., Vogel, D. & Lai, M. H. C. (in press). Associations between public and self-stigma of help-seeking with help-seeking attitudes and intention: A meta-analytic structural equation modeling approach. *Journal of Counseling Psychology*.
- Li, A. C. M., Wong, K. K. L., **Chio, F. H. N.**, Mak, W. W. S., & Poon, L. W. H. (in press). Delivering Mindfulness-based Interventions for Insomnia, Pain, and Dysfunctional Eating through Text-messaging App: Three Randomized Controlled Trials Investigating on Effectiveness and Mediating Mechanisms. *Journal of Medical Internet Research*.
- Chio, F. H. N.**, Mak, W. W. S., Cheng, R. H. L., Hsu, A. Y. K., & Kwan, H. H. M. (in press). Can compassion to the self be extended to others: The association of self-compassion and other-focused concern. *The Journal of Positive Psychology*.
- Chio, F. H. N.**, Mak, W. W. S., & Yu, B. C. L. (2021). Meta-analytic review on the differential effects of self-compassion components on well-being and psychological distress: The moderating role of dialecticism on self-compassion. *Clinical Psychology Review*, 85, 101986.
- Yu, B. C. L., Mak, W. W. S., Leung, I. W. Y., & **Chio, F. H. N.** (2021). Reducing stigma through interconnectedness and compassion: A Buddhism-based approach for stigma reduction on people with mental illness. *Mindfulness*, 12, 1779-1790.
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- Yu, B. C. L., Mak, W. W. S., & **Chio, F. H. N.** (2020). Promotion of Well-Being by Raising the Awareness on the Interdependent Nature of All Matters: Development and Validation of the Interconnectedness Scale. *Mindfulness*, 11, 1238-1252.
- Siu, Q. K. Y., Yi, H., Chan, R. C. H., **Chio, F. H. N.**, Chan, D. F. Y., & Mak, W. W. S. (2019). The Role of Child Problem Behaviors in Autism Spectrum Symptoms and Parenting Stress: A Primary School-Based Study. *Journal of Autism and Developmental Disorders*, 49, 857-870.

- Mak, W. W. S., Tong, A. C. Y., Yip, S. Y. C., Lui, W. W. S., **Chio, F. H. N.**, Chan, A. T. Y., & Wong, C. C. Y. (2018). Efficacy and moderation of mobile application-based mindfulness-based training, self-compassion training, and cognitive-behavioral psychoeducation on mental health: A randomized controlled trial. *JMIR Mental Health*, 5, e60.
- Chio, F. H. N.**, Mak, W. W. S., Chan, R. C. H., & Tong, A. C. Y. (2018). Unraveling the insight paradox: A one-year longitudinal study on the relationship between insight, self-stigma, and life satisfaction. *Schizophrenia Research*, 197, 124-130.
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- Yip, S. Y., Mak, W. W., **Chio, F. H. N.**, & Law, R. W. (2016). The mediating role of self-compassion between mindfulness and compassion fatigue among therapists in Hong Kong. *Mindfulness*, 8, 460-470.