

CURRICULUM VITAE (updated May 2026)

Siu Ming To, PhD (Social Welfare)
 Honorary Research Associate
 Former Chairperson & Associate Professor (2022 – 2025)
 Former Head of the Graduate Division (2019-2022)
 Department of Social Work
 The Chinese University of Hong Kong (CUHK)
 E-mail: siumingto@cuhk.edu.hk; Mobile: 07955863172

AWARD & RECOGNITION

2025 World's Top 2% Scientists in Social Work, Stanford University & Elsevier
 2024 The Exemplary Teaching Award in Service-Learning, Chung Chi College, CUHK
 2022 National Teaching Achievement Award for Higher Education (Undergraduate) (Unit), China
 2021 University Grants Committee Teaching Award (Teams), Hong Kong
 2018 Best Article Award, *China Journal of Social Work*, Taylor & Francis
 2013 The Vice-Chancellor's Exemplary Teaching Award, CUHK
 2013 The Exemplary Teaching Award of the Faculty of Social Science, CUHK

ACADEMIC POSITIONS

2022 – 2025	Chairperson & Associate Professor Department of Social Work, CUHK
2019 – 2022	Associate Professor & Head of the Graduate Division Department of Social Work, CUHK
2016 – 2019	Associate Professor (Tenured) Department of Social Work, CUHK
2010 – 2016	Assistant Professor Department of Social Work, CUHK
2008 – 2010	Professional Consultant Hong Kong Institute of Educational Research, CUHK
2007 – 2008	Instructor I Hong Kong Institute of Educational Research, CUHK

ACADEMIC & PROFESSIONAL QUALIFICATIONS

<u>INSTITUTIONS</u>	<u>QUALIFICATIONS OBTAINED</u>
The Chinese University of Hong Kong	2006 Doctor of Philosophy (Social Welfare)
The Chinese University of Hong Kong	1998 Bachelor of Social Science (Major in Social Work) (Graduated with 1st Class Honours)
Social Workers Registration Board	Registered Social Worker (from 1998 till 12/12/2025)

RESEARCH INTERESTS & RESEARCH PROJECTS

My research interests are in the areas of youth policies and youth empowerment, family policies and parent empowerment, practice research, and programme evaluation. Since joining the Department of Social Work, CUHK in August 2010, either as Principal Investigator (PI) or Co-Principal Investigator (Co-PI), I have successfully obtained 20 research grants, totalling around HK\$85 million (USD10,897,435). Details of the research projects and sponsored grants are as follows:

- 2025-2028 **Principal Investigator** – “Qualitative Evaluation of the Embrace Your Heart (EYH) - Chinese Medicine Community-Based Youth Mental Health Support Program,” granted by the Evangelical Lutheran Church Social Service - Hong Kong (HK\$350,000)

- 2022-2025 **Principal Investigator** – “Programme Evaluation & Capacity Building of the 21st Century Integrated Children and Youth Services Centres (ICYSCs),” granted by the Hong Kong Jockey Club Charities Trust (HK\$6,970,000)

- 2022-2025 **Principal Investigator** – “A Qualitative Longitudinal Study on the Life, Parental, and Career Development Experiences of Young People in Early Motherhood during Participation in Young Women’s Christian Association (YWCA)’s Services,” granted by the Young Women’s Christian Association (HK\$391,230)

- 2020-2023 **Principal Investigator** – “Research & Evaluation of Parent Empowerment Project,” granted by the Hong Kong Jockey Club Charities Trust (HK\$2,520,000)

- 2020-2021 **Principal Investigator** – “The Influence of Intrapersonal, Interpersonal and Community Protective Factors on Hong Kong Adolescents’ Stress during Political Life Events and their Mental Health,” granted by the Public Policy Research Funding Scheme (HK\$344,655)

- 2017-2021 **Principal Investigator** – “Project Evaluation and Impact Assessment of the Youth Service Innovation Programme,” granted by the Hong Kong Jockey Club

Charities Trust (HK\$4,590,000)

- 2018-2020 **Principal Investigator** – “An Exploratory Study on Young Mothers’ Needs for Life and Career Development in Hong Kong,” granted by the Young Women’s Christian Association (HK\$225,600)
- 2015-2020 **Co-Principal Investigator** – “Community-based Interventions of the Career and Life Adventure Planning for Youth Project (CLAP for Youth @ JC),” granted by the Hong Kong Jockey Club Charities Trust (HK\$62.21 million)
- 2015-2018 **Principal Investigator** – “A Holistic Parent Counselling, Education and Support Program for Drug-Abusing Parents,” granted by the Beat Drugs Fund Association, Hong Kong (HK\$3,730,103)
- 2016-2017 **Principal Investigator** – “Childrearing at a Distance: Development of an Evidence-Based Parent Support Group and Education Program for Migrant Mothers of Left-behind Children in China,” granted by the General Research Fund of the Research Grant Council (HK\$536,140)
- 2015-2017 **Principal-Investigator** – “An Evaluation Study on the Sexual Health Project for Youth Having Compulsive Sexual Behaviors,” commissioned by the Caritas – Youth and Community Service Division and granted by the Lee Hysan Foundation (HK\$217,350)
- 2012-2015 **Principal Investigator** – “Evaluation Study on the Women’s Foundation Life Skills Program 2012-14,” granted by the Women’s Foundation, Hong Kong (\$439,875)
- 2012-2014 **Principal Investigator** – “A Comparative Study on the Work Experience and Life Adjustment of Migrant Workers in the Eastern and Southern Coastal Areas of Mainland China,” granted by the South China Program, Hong Kong Institute of Asia-Pacific Studies, The Chinese University of Hong Kong (HK\$122,440).
- 2011-2014 **Principal Investigator** – “Evaluation Study on The Women’s Foundation’s Financial Literacy Program for Marginalized Women,” granted by the Women’s Foundation, Hong Kong (HK\$201,430).
- 2011-2013 **Principal Investigator** – “A Shared Journey of Parent Growth and Development: School-Based Parent Education and Parent Support Network,” granted by the Quality Education Fund, Hong Kong (HK\$1,695,000).
- 2011-2013 **Principal Investigator** – “Development and Validation of the Parental Meaning Questionnaire,” granted by the Hong Kong Institute of Educational Research, The Chinese University of Hong Kong (HK\$54,500).
- 2011-2013 **Principal Investigator** – “Research on Chinese Workers’ Life Concerns, Work

Values, and Job Decision-making,” granted by the Jetta Company Limited (HK\$595,288).

- 2010-2012 **Principal Investigator** – “A Study of the Impacts of Accessing Sexually Explicit Online Materials on Adolescents’ Attitudes, Knowledge and Behavior Relating to Sex,” granted by the Direct Grant for Research, Social Science Panel, CUHK (HK\$63,920).
- 2010-2012 **Principal Investigator** – “Exposure to Sexually Explicit Online Materials among Adolescents in Hong Kong: An Exploratory Study of its Prevalence and Underlying Factors,” granted by the Madam Tan Jen Chiu Fund, Department of Social Work, CUHK (HK\$50,200).
- 2009-2011 **Principal Investigator** – “An Action Research on the Family Education Supportive Project organized by the Federation of Parent-Teacher Association, Kowloon City,” commissioned by the Federation of Parent-teacher Association, Kowloon (HK\$30,000).
- 2025-2028 Co-investigator – “Social Impact Assessment of Family-centric Financial Literacy Education Programme,” granted by the Hong Kong Council of Social Service (HK\$1,160,350).
- 2023-2025 Co-investigator – “Factors, outcomes, and psychosocial paths of multiple forms of school violence and bullying: Implication to policy and intervention in Chinese and international societies,” granted by the Department of Social Work - International Research Collaboration Fund (\$1,470,000)
- 2023-2025 Co-investigator – “Well-being, Cyber Addiction and Deviance, and School Outcomes among Majority and Socially Oppressed Adolescents and Youth: Factors, Outcomes, Measurements, and Mechanism,” granted by the Department of Social Work - International Research Collaboration Fund (\$1,270,000)
- 2020-2023 Co-investigator – “Building Capacity among Practitioners and Students of Social Work and Health Care Professions for Anti-Drug Work with Young Adults, Pregnant Women/Mothers, and Sexual Minorities: An Integrated Humanistic and Cognitive-Behavioral Training Program Augmented by an Online Learning Platform,” granted by the Beat Drug Fund (\$1,721,112)
- 2018-2020 Co-investigator – “Enhancing Competence in Anti-drug Work among Practitioners and Students of Social Work and Healthcare Professions: An Integrated Humanistic and Cognitive-Behavioral Training Program with Focus on High-risk Youth and Drug Rehabilitation Service Settings,” granted by the Beat Drug Fund (\$946,910)
- 2017-2020 Co-investigator – “Enhancing University Students’ Well-being and Positive Learning Experience – Application of Positive Education,” granted by the

Research Grant Council (\$5,703,000)

- 2017-2020 Co-investigator – “Mutual Aid among Young People with Chronic Illness,” granted by the Research Grant Council (\$854,424)
- 2016-2018 Co-investigator – “An Integrated Humanistic and Cognitive-Behavioral Training Program to Promote Effective and Sustained Anti-drug Works among Practitioners and Students of Social Work and Healthcare Professionals,” granted by the Beat Drugs Fund (817,650)
- 2015-2017 Co-investigator – “An Evaluation Study of the Student Counseling Services in Macau,” granted by the Education and Youth Affairs Bureau of the Macau SAR Government (\$804,120)
- 2015-2017 Co-investigator – “Raising Children in Hong Kong: A Mixed Method Study of Generational Shifts in Parental Beliefs and Practices,” granted by the Research Grant Council (\$1,252,656)
- 2016-2017 Co-investigator – “Micro-Modules for Flipped Classroom Teaching,” granted by University’s Micro-Module Courseware Development Grant (\$99,983)
- 2014-2016 Co-investigator – “Toward a Drug-Free Campus: An Integrated Humanistic and Cognitive-Behavioral Training on Anti-Drug Work for Practitioners and Students of the Teaching Profession,” granted by the Beat Drugs Fund, Hong Kong (HK\$583,500).
- 2014-2018 Co-investigator – “Evaluation Study on Incentive Scheme to further encourage Comprehensive Social Security Assistance Recipients of the Integrated Employment Assistance Programme for Self-reliance to Secure Employment,” granted by the Social Welfare Department, HKSAR Government (HK\$1,430,000).
- 2013-2015 Co-investigator – “Building Competence for Sustained Anti-Drug Work: An Integrated Humanistic and Cognitive-Behavioral Training for Practitioners and Students of Social Work and Healthcare Professions,” granted by the Beat Drugs Fund, Hong Kong (HK\$717,200).
- 2012-2015 Co-investigator – “Reflective-action Learning in the Social Work Undergraduate Program,” granted by the Teaching Development Grants, CUHK (\$250,000)
- 2013-2015 Co-investigator – “A Study on the Society Security Model for Rural Migrant Workers from a Developmental Social Policy Perspective,” granted by the National Social Science Fund of China, National Planning Office of Philosophy & Social Science (CNY180,000)
- 2013-2014 Co-investigator – “Motivating Experiences for Securing a Job: A Study of Unemployed Youth in Hong Kong and Mainland China,” granted by the South

China Program, Hong Kong Institute of Asia-Pacific Studies, The Chinese University of Hong Kong (\$142,800)

- 2013-2014 Co-investigator – “A Process-Outcome Study of a ‘Learner-Responsive Approach’ to Parent Education: How Parents Learn and What They Learn in a Four-Session ‘Self-Learning in Parenthood’ Programme, granted by the Strategic Research Grant, City University of Hong Kong (\$100,000)
- 2011-2013 Co-investigator – “The Evaluation Study on the Family Support Program Organized by the Residential Care Home for the Elderly of the Pok Oi Hospital,” granted by the Pok Oi Hospital, Hong Kong (\$156,860).

PUBLICATIONS

Until May 2026, I have had a total of 175 publications, including 85 refereed journal articles, 5 edited books/manuals, 8 book chapters, 12 research/evaluation reports, and 65 articles in conference proceedings. Details of my publications are as follows:

REFEREED JOURNAL ARTICLES

- Gao, X., **To, S.M.**, & Zhao, Y. (2026). Resistance among youths with mental illness in China in the context of parent-child relationships: The integration of modern and postmodern perspectives. *Qualitative Health Research*, Advance Online Publication, DOI: 10.497323261424741.
- Zhao, R.L., **To, S.M.**, & Chan, M.Y. (2025): A temporal, relational, and contextual qualitative analysis on the perceptions of youth and practitioners in understanding and practicing youth empowerment. *Child & Youth Services*, Advance Online Publication, DOI: 10.1080/0145935X.2025.2575975
- To, S.M.** (2025). Understanding youth mental well-being in the aftermath of the 2019 sociopolitical unrest of Hong Kong from an existential perspective. *Asia Pacific Journal of Social Work and Development*, Advance Online Publication, DOI: 10.1080/29949769.2025.2498727
- Yang, L., Dong, L., **To, S.M.**, Chung, M.Y., Yan, M.W., & So, Y.Y. (2025). Unknotting the ‘paradox of empowerment’ in parent education: A multiple-case study. *British Journal of Social Work*, Advance Online Publication, DOI: <https://doi.org/10.1093/bjsw/bcaf053>
- Dong, L., Yang, L., **To, S.M.**, Yan, M.W., & Li, S. (2025). The presence of meaning in parenthood and parental self-efficacy: A serial mediation model from social support to parent-child relationships. *BMC Psychology*, 13, 108. DOI: <https://doi.org/10.1186/s40359-025-02429-1>
- Yang, L., Dong, L., **To, S.M.**, & Yan, M.W. (2024). Adaption and validation of a quantitative measure for associational social capital among Chinese parents in Hong Kong. *Asia Pacific Journal of Social Work and Development*, Advance Online Publication, DOI:

10.1080/29949769.2024.2392670

- To, S.M.**, Chen, J.K., Cheung, J. C. S., Chan, S.M., Yan, M.W., Chan, M. Y., & Fong, A. (2024). Psychometric evaluation of the Chinese version of the service user psychological empowerment scale in a sample of youth service users. *Asia Pacific Journal of Social Work and Development*, Advance Online Publication, DOI: 10.1080/29949769.2024.2345176
- To, S.M.**, Dong, L., Yang, L., Yan, M.W., So, Y.Y., & Chung, M.Y. (2024). Practitioners' capacity-building for parent empowerment: A pilot non-randomized controlled trial. *Family Process*, Advance Online Publication, DOI: 10.1111/famp.12970
- To, S.M.**, Lau, C.D., Fong, C.P., & Chan, A.M.Y. (2023). The role of individual, familial, and extrafamilial protective factors on non-engaged youth's well-being in the sociopolitical context of Hong Kong. *Child and Adolescent Social Work Journal*, Advance Online Publication, DOI: 10.1007/s10560-023-00957-6
- To, S.M.**, Cheung, J. C. S., Chan, A. M. Y., Lau, C.D., & Zhao, R.L. (2023). Outcomes of a Design Thinking Program on Social Workers: An Evaluation Study. *Research on Social Work Practice*. Advance Online Publication, DOI: 10.1177/10497315231203923
- Su, X., Wong, V., & **To, S.M.** (2023). Evaluation of Experience-Driven Career Support Services for NEET Youth in Community Contexts. *Child & Youth Services*. Advance Online Publication, DOI: 10.1080/0145935X.2023.2230863
- Leung, J. T., Shek, D. T., **To, S. M.**, & Ngai, S. W. (2023). Maternal Distress and Adolescent Mental Health in Poor Chinese Single-Mother Families: Filial Responsibilities—Risks or Buffers?. *International Journal of Environmental Research and Public Health*, 20(7), 5363.
- Cheung, J. C. S., **To, S. M.**, Liu, X., & Chan, A. M. Y. (2022). Inter-Professional Education and Collaborative Practice in Social Work: Associations between Youth Work Practitioners' Experience in Inter-Professional Learning, Creative Self-Efficacy and Innovative Behaviour. *The British Journal of Social Work*, Advance Online Publications, DOI: <https://doi.org/10.1093/bjsw/bcac236>
- Zhao, R.L. & **To, S.M.** (2022): The bounded agency of Chinese rural-to-urban migrants in pursuing future possibilities: Implications for social policy and social work practice, *Asia Pacific Journal of Social Work and Development*, 33(3), 202-215.
- Liu, X.Y., & **To, S.M.** (2022). Narrative analysis of parents' experiences with participating in the intervention of children on the autism spectrum in mainland China. *Disability and Rehabilitation*, Advance Online Publication, DOI: <https://doi.org/10.1080/09638288.2022.2120098>
- To, S.M.**, Yang, L., Dong, L., Yan, M.W., So, Y.Y., & Chung, M.Y. (2022). Development and validation of a quantitative measure for parent empowerment via transformative learning. *Frontiers in Psychology*, 13, 934142.

- To, S.M.,** Yang, L., & Yan, M.W. (2022). The presence of meaning in parenthood, perceived social support, and happiness of mothers living in Hong Kong: A comparative study on younger and older mothers. *International Journal of Environmental Research and Public Health*, 19, 2730, DOI: <https://doi.org/10.3390/ijerph19052730>
- To, S.M.,** Lau, C.D., So, Y.Y., Chung, M.Y., & Liu, X.Y. (2022). Identity transformation of mothers with substance abuse histories during a support group. *Child & Family Social Work*, 27,132-142.
- To, S.M.,** Yang, L., Lau, C.D., Wong, C.W.V., & Su, X. (2022). Associations of parental variables and youth's career decision-making self-efficacy: A meta-analysis. *Journal of Child & Family Studies*, 31(2), 530-544.
- Zhang, Y., & **To, S.M.** (2022). Perceived mutual parent–child trust, mobile phone conversations, and development outcomes of boarding school students in China. *Child and Adolescent Social Work Journal*, Advance Online Publication, DOI: <https://doi.org/10.1007/s10560-022-00868-y>
- Yang, L., & **To, S.M.** (2022). Validation of a quantitative measure for meaning in parenthood among Chinese mothers in Hong Kong. *Asia Pacific Journal of Social Work and Development*, 33(1), 4-18.
- Su, X., Wong, V., & **To, S.M.** (2022). Characteristics of longer term versus transitional NEETs in Hong Kong: Implications for career support services. *British Journal of Guidance & Counseling*, Advance Online Publication, DOI: <https://doi.org/10.1080/03069885.2021.2023730>
- Fong, C.P., & **To, S.M.** (2022). Civic engagement, social support, and sense of meaningfulness in life of adolescents living in Hong Kong: Implications for social work practice. *Child and Adolescent Social Work Journal*, Advance Online Publication, DOI: <https://doi.org/10.1007/s10560-022-00819-7>
- Dong, L., & **To, S.M.** (2022). Promoting self-care in a community-based mother growth workshop: A Foucauldian discourse analysis. *British Journal of Social Work*, 52(4), 1969-1987.
- To, S. M.,** Yan, M. W., & Lau, C. D. (2021). Meaning-making of motherhood among mothers with substance abuse problems. *Frontiers in Psychology*, 3817, DOI: 10.3389/fpsyg.2021.679586
- Chang, C. W., **To, S. M.,** Chan, W. C. H., & Fong, A. C. P. (2021). The influence of intrapersonal, interpersonal, and community protective factors on Hong Kong adolescents' stress arising from political life events and their mental health. *International Journal of Environmental Research and Public Health*, 18, 9426, DOI: 10.3390/ijerph18189426

- Tam, H. L., **To, S. M.**, Kwok, D. K., & Chan, D. K. Y. (2021). Life routinization and clandestine photo-taking behavior among young people in Hong Kong: Implications for social work practice. *Qualitative Social Work*, Advance Online Publication, DOI: 14733250211020348.
- To, S.M.**, & Liu, X.Y. (2021). Outcomes of Community-Based Youth Empowerment Programs Adopting Design Thinking: A Quasi-Experimental Study. *Research on Social Work Practice*, 31(7), 728-741.
- Wong, R.S., Tung, K.T.S, Fu, K.W., Bacon-Shone, J., Molasiotis A, Li, W.O., Lee L.Y.K., Lum, T.Y.S, Lau, J.T.F, Chan C.T., **To, S.M.**, & Ip, P. (2021). Examining social context and the pathways to mental wellness in young adults during social movement: A parallel mediation analysis. *Journal of Affective Disorder*, 294, 876-882.
- To, S.M.**, Wong, C.W.V., Leung, D.M.D., Lau, C.D., & Su, X. (2020). Navigating risk discourses: A narrative analysis of parental experiences in the career and life development of youth not in education, employment, or training. *Applied Research in Quality of Life*, 16, 2039-2058.
- To, S. M.**, Chun-Sing Cheung, J., Liu, X., Lau, C. D., Zeng, H. J., & Chan, A. M. Y. (2020). Youth empowerment in the community and young people's creative self-efficacy: The moderating role of youth-adult partnerships in youth service. *Youth & Society*, 53(6), 1021-1043.
- To, S.M.**, Wong, C.W.V., Yan, M.W., & Su, X. (2020). Psychometric evaluation of the Chinese version of the Parent Career Behavior Checklist in a sample of non-engaged youth and their parents. *Child & Youth Care Forum*, 49, 469-487.
- To, S. M.**, Lam, C. M., & So, Y. Y. (2020). A qualitative study of rural-to-urban migrant Chinese mothers' experiences in mother-child interactions and self-evaluation. *Applied Research in Quality of Life*, 15, 813-833.
- Liu, X.Y., & **To, S.M.** (2021). Personal growth experience among parents of children with autism participating in intervention. *Journal of Autism and Developmental Disorders*, 51(6), 1883-1893.
- Cui, K., & **To, S.M.** (2020). School climate, bystanders' responses, and bullying perpetration in the context of rural-to-urban migration in China. *Deviant Behavior*, Advance Online Publication, DOI: 10.1080/01639625.2020.1752601
- Cui, K., & **To, S. M.** (2020). Rural-to-urban migration, strain, and bullying perpetration: the mediating role of negative emotions, attitude toward bullying, and attachment to school. *International Journal of Offender Therapy and Comparative Criminology*, Advance Online Publication, 0306624X20909207.
- Su, X., Wong, V., & **To, S.M.** (2020). Factor structure of the Chinese Career Adapt-Abilities Scale in youth with a longer spell of status of not in education, employment, or training. *Child & Youth Services*, Advance Online Publication, DOI:

10.1080/0145935X.2020.1768843.

- Su, X., Wong, V., & **To, S.M.** (2020). Amotivation, career engagement, and the moderating role of career adaptability of youth not in education, employment, or training. *Asia Pacific Career Development Journal*, 3(2), 1-18.
- To, S.M.** (2019). Youth mental health in precarious socio-political contexts: Implications for mental health interventions and clinical research. *Child Health Education and Advocacy Bulletin*, 11, 20-23.
- To, S.M.**, Lam, C.M., & So, Y.Y. (2019). Reflections of parents and parent work practitioners on the changing experiences and circumstances of parenting in Hong Kong. *International Journal of Social Science & Humanity*, 9(3), 57-62.
- To, S.M.** (2019). Are there any differences in the work experiences of local and rural-to-urban migrant female factory workers? An exploratory study in Guangzhou, China. *International Journal of Social Science & Humanity*, 9(3), 75-80.
- To, S.M.**, Wong, K.S.P., Tam, H.L.C., Kwok, K.D., & Lau, C.D. (2019). Sexual compulsivity, sexual self-concept, and cognitive outcomes of sexual behavior of young Chinese Hong Kong males with compulsive sexual behavior: Implications for intervention and prevention. *Children and Youth Services Review*. <https://doi.org/10.1016/j.childyouth.2019.104400>
- Cui, K., & **To, S. M.** (2019). Migrant status, social support, and bullying perpetration of children in mainland China. *Children and Youth Services Review*. <https://doi.org/10.1016/j.childyouth.2019.104534>
- Shek, D.T.L., **To, S.M.**, & Dou, D. (2019). Parental beliefs about parental roles and responsibilities in Chinese parents: Pioneer findings. *International Journal of Child & Adolescent Health*, 12(4), 379-389.
- Yu, M., Qi, C. Y., & **To, S. M.** (2019). The evolution and involution of service provision: Interactional understanding of the welfare of urban youth with disabilities in China. *Children and Youth Services Review*. <https://doi.org/10.1016/j.childyouth.2019.104707>
- Lam, C.M., Kwong, W.M., & **To, S.M.** (2019). Has parenting changed over past decade? A qualitative study of generational shifts in parenting. *International Journal of Social Science & Humanity*, 9(2), 42-47.
- To, S.M.**, Kwok, C.M., So, Y.Y., & Yan, M.W. (2018). Parent education for migrant mothers of left-behind children in China: A pilot randomized controlled trial. *Family Process*, 58(2), 318-333.

- Lam, C.M., **To, S.M.**, & Kwong, W.M. (2020). Development and validation of a questionnaire on Chinese parents' beliefs in parental roles and responsibilities. *Applied Research in Quality of Life*, *15*, 693–712.
- To, S.M.**, So, Y.Y., & Kwok, C.M. (2018). Meaning-making of motherhood among rural-to-urban migrant Chinese mothers of left-behind children. *Journal of Child and Family Studies*, *27*, 3358-3370.
- To, S.M.**, So, Y.Y., Iu Kan, S.M., Tsoi, K.W., & Chan, T.S. (2018). Supporting parents in late modernity through parent education: A mixed methods study in Hong Kong. *Journal of Social Work*, *18*(2), 164-184.
- Yu, M., & **To, S.M.** (2018). Exploring the identity constitution and identity capital of youth with physical disabilities: A qualitative study in mainland China. *Children and Youth Services Review*, *96*, 163-171.
- To, S. M.** (2018). Parental self-esteem, parent–child relationships, and authoritative parenting of Chinese migrant parents of left-behind children: Implications for social policy and services. *Asian Social Work and Policy Review*, *12*(3), 183-190.
- To, S.M.**, Tam, H.L., & Kwok, C.M. (2018). Qualitative analysis of rural-to-urban migrant Chinese mothers' perceived outcomes and experiences in a parent support and education programme with an existential-narrative approach. *China Journal of Social Work*, *11*(2), 167-185.
- To, S.M.**, & Sung, W.L. (2017). Presence of meaning, sources of meaning, and subjective well-being in emerging adulthood: A sample of Hong Kong community college students. *Emerging Adulthood*, *5*(1), 69-74.
- Lam, C.M., **To, S.M.**, & Chan, W.C.H. (2017). Learning pattern of social work students: A longitudinal study. *Social Work Education*, *37*(1), 49-65.
- Yu, M., & **To, S.M.** (2017). The identity status of being socially excluded and self-exclusion: A study on the experience of disabled youth in Shenzhen. *Youth Studies*, *415*, 11-22. (in Chinese)
- To, S.M.** (2016). Loneliness, the search for meaning, and the psychological well-being of economically disadvantaged Chinese adolescents living in Hong Kong: Implications for life skills development programs. *Children and Youth Services Review*, *71*, 52-60.
- To, S.M.**, & Chan, W.C.H. (2016). Psychometric evaluation of the Chinese Version of the Existential Anxiety Questionnaire in a sample of Chinese adolescents living in Hong Kong. *Child & Youth Care Forum*, *45*, 487-503.
- To, S.M.**, & Tam, H.L. (2016). Work values, perceived job rewards and life outcomes of the new generation of Chinese migrant labourers' in Guangzhou, China: Implications for social work

practice. *British Journal of Social Work*, 46, 27-45.

- To, S.M.**, Iu Kan, S.M., & Ngai, S.S.Y. (2015). Interaction effects between exposure to sexually explicit online materials and individual, family, and extra-familial factors on Hong Kong high school students' beliefs about gender role equality and body-centered sexuality. *Youth & Society*, 47(6), 747-768.
- To, S.M.**, Iu Kan, S.M., Tsoi, K.W., & Chan, T.S. (2015). Reviving parents' life momentum: A qualitative evaluation of a parent education program adopting an existential approach. *Open Family Studies Journal*, 7, 103-111.
- Chan, W.C.H., & **To, S.M.** (2015). Intimacy as a distinct construct: Validating the Intimacy Scale among older adults of residential care homes in Hong Kong. *Open Family Studies Journal*, 7, 60-67.
- To, S.M.** (2015). Development and validation of a quantitative measure for the Chinese Sources of Parental Meaning. *Journal of Child and Family Studies*, 24, 3580-3594.
- To, S.M.**, Tam, H.L., Ngai, S.S.Y., & Sung, W.L. (2014). Sense of meaningfulness, sources of meaning, and self-evaluation of economically disadvantaged youth in Hong Kong: Implications for youth development programs. *Children & Youth Services Review*, 47, 352-361.
- To, S.M.**, & Tam, H.L. (2014). Generational differences in work values, perceived job rewards, and job satisfaction of Chinese female migrant workers: Implications for social policy and social services. *Social Indicators Research*, 118, 1315-1332.
- To, S.M.**, So, Y.Y., & Chan, T.S. (2014). An exploratory study on the effectiveness and experience of a parent enhancement group adopting a narrative approach. *Journal of Social Work*, 14(1), 41-61.
- Ngai, S.S.Y., Cheung, J.C.K., **To, S.M.**, Luan, H., & Zhao, R. (2014). Economic disadvantage and transitional outcomes: a study of young people from low-income families in Hong Kong. *International Journal of Adolescence and Youth*, 19(3), 318-335.
- To, S.M.**, Iu Kan, S.M., Tsoi, K.W., & Chan, T.S. (2013). A qualitative analysis of parents' perceived outcomes and experiences in a parent education program adopting a transformative approach. *Journal of Social Work Practice: Psychotherapeutic Approaches in Health, Welfare and the Community*, 27(1), 79-94.
- To, S.M.**, & Chan, T.S. (2013). Searching for the meaning of parenthood: An existential approach to parent education in the Hong Kong-Chinese context. *International Social Work*, 56(4), 467-481.
- To, S.M.**, Tam, H.L., & Chu, F. (2013). A qualitative study of the lived experiences of young Chinese females in condom use negotiations. *International Journal of Adolescence and*

Youth, 18(4), 248-262.

- To, S.M.**, Tam, H.L., & Chan, W.C. (2013). Life education for Hong Kong adolescents: Current status and future directions. *Journal of Youth Studies*, 16(1), 111-121. (in Chinese)
- Ngai, S.S.Y., Cheung, C.K., **To, S.M.**, Liu, Y., & Song, H.Y. (2013). Parent-child relationships, friendship networks, and developmental outcomes of economically disadvantaged youth in Hong Kong. *Children and Youth Services Review*, 35, 91-101.
- To, S.M.**, Ngai, S.S.Y., & Iu Kan, S.M. (2012). Direct and mediating effects of accessing sexually explicit online materials on Hong Kong adolescents' attitude, knowledge, and behavior relating to sex. *Children and Youth Services Review*, 34, 2156-2163.
- To, S.M.** (2012). A qualitative analysis of the field experiences of Hong Kong school social workers in encountering different forms of power. *International Journal of Adolescence and Youth*, 17(2-3), 149-154.
- Ngai, N.P., Ngai, S.S.Y., & **To, S.M.** (2012). Youth leadership training in Hong Kong: Current development and the way ahead. *International Journal of Adolescence and Youth*, 17(2-3), 165-179.
- To, S.M.** (2011). Empowerment-oriented youth work: Theory & practice. *Youth Inquiry*, 165, 5-11. (in Chinese)
- Ngai, N.P., & **To, S.M.** (2010). Development of youth service in Hong Kong: An analysis of intervention models. *Youth Inquiry*, 156, 16-21. (in Chinese)
- To, S.M.** (2009). Conceptualizing empowerment in youth work: A qualitative analysis of Hong Kong school social workers' experiences in generating empowering practices. *International Journal of Adolescence and Youth*, 15, 257-276.
- To, S.M.** (2009). Empowering school personnel for positive youth development: The case of Hong Kong school social workers. *Adolescence*, 44(174), 465-476.
- To, S.M.**, & Chu, F. (2009). An interpretive phenomenological analysis of the lived experiences of Chinese young females in the course of unintended pregnancy. *International Journal of Adolescence Medicine and Health*, 21(4), 531-543.
- Ngai, S.S.Y., Cheung, C.K., Ngai, N.P., & **To, S.M.** (2009). Public assistance reception, social service use, and developmental outcomes among economically disadvantaged young people. *International Journal of Adolescence and Youth*, 15, 103-120.
- Ngai, S.S.Y., Cheung, C.K., Ngai, N.P., & **To, S.M.** (2008). Service participation, hardiness and developmental outcomes among low-income young people in Hong Kong. *International Journal of Adolescence and Youth*, 14, 185-203.

- Ngai, S.Y., Ngai, N.P., Cheung, C.K., & **To, S.M.** (2008). The effects of service participation, friendship networks, and family support on developmental outcomes: A study of young people from low-income families in Hong Kong. *Adolescence*, 43(170), 399-416.
- To, S.M.**, Ngai, S.Y., Ngai, N.P., & Cheung, C.K. (2007). Young people's existential concerns and club drug abuse. *International Journal of Adolescence and Youth*, 13, 327-341.
- To, S.M.** (2007). Empowering school social work practices for positive youth development: Hong Kong experience. *Adolescence*, 42(167), 555-567.
- To, S.M.** (2006). Using Foucault's concept of power to analyze school discipline and draw implications for school social work service in Hong Kong. *International Social Work*, 49(6), 779-790.

BOOKS / CHAPTERS IN BOOKS

Edited Books/Manuals

- To, S.M.**, Yang, L., and colleagues (2023). *Jockey Club Project IDEAL Practice Experience Manual*. Hong Kong: Jockey Club Project IDEAL.
- To, S.M.**, and colleagues (2020). *Community-based intervention: Parent support and education practice manual*. Hong Kong: CLAP for Youth@JC.
- To, S.M.**, Wan, K.Y., Cheng, W.F., So, Y.Y., Liu, X.Y., & Chung, M.Y. (2018). *Providing holistic parent counseling and support for drug-abusing parents: A practice manual*. Hong Kong: The Chinese University of Hong Kong. (in Chinese)
- Chan, T.S., **To, S.M.**, Iu Kan, S.M., Tsoi, K.W., Yeung, K.S., Chui H.Y., Ho, L.Y., & Chan, P.Y. (2013). *A shared journey of parent growth and development: Handbook of parent education*. Hong Kong: Quality Education Funds & The Chinese University of Hong Kong. (in Chinese)
- To, S.M.**, Iu Kan, S.M.A., Tsoi K.W., & Chan T.S. (Eds.). (2011). *Shared path, synchronized steps, collection of wisdom on parent education*. Hong Kong: Hong Kong Institute of Educational Research. (ISBN: 9628908359)

Chapter in Books

- To, S.M.**, So, Y.Y., Wan, K.Y., & Liu, X.Y. (2024). Helping Parents with Substance Abuse Concerns: A Case Study on a Holistic Intervention and Support Programme for Parents Involved in Substance Misuse in Hong Kong. In E. Fernandez, P. Welbourne, B. Lee, J.L.C. Ma (Eds.), *The Routledge Handbook of Child and Family Social Work Research: Knowledge-Building, Application, and Impact* (pp. 171-186). Routledge.
- Shek, D.T.L., **To, S.M.**, & Dou, D. (2020). Parental beliefs about parental roles and

responsibilities in Chinese parents: Pioneer findings. In D.T.L. Shek, M.Y.M. Law, & J. Merrick (Eds.), *Parenting and family life in a Chinese society* (pp. 73-94). New York: Nova Science Publishers.

- To, S.M., & Iu Kan, S.M.** (2014). Gender differences in the patterns and psychosocial correlates of Hong Kong Chinese adolescents' exposure to sexually explicit online materials: Implications for sex education in the Chinese context. In M.C. Kenny (Ed.), *Sex Education: Attitudes of Adolescents, Cultural Differences and Schools' Challenge* (pp. 187-218). Hauppauge, NY: Nova Science Publishers.
- To, S.M.** (2013). The theoretical foundation of parent education. In T.S. Chan, S.M. To, S.M. Iu Kan, K.W. Tsoi, K.S. Yeung, H.Y. Chui, L.Y. Ho & P.Y. Chan (Eds.), *A shared journey of parent growth and development: Handbook of parent education*. Hong Kong: Quality Education Funds & The Chinese University of Hong Kong. (in Chinese)
- To, S.M., Iu Kan, S.M.A., Tsoi, K.W., & Chan, T.S.** (2012). Policy and practice in the field of family education: Using parent education in Hong Kong as an example. In N.P. Ngai, X.P. Guan, S.S.Y. Ngai, & X. Wang (Eds.), *Social policies and services in Chinese societies: Issues & opportunities* (pp. 206-224). Beijing: Social Sciences Academic Press (China). (in Chinese)
- To, S.M., Iu-Kan, S.M.A., Tsoi K.W.** (2011). Evaluation of the effectiveness of parent education programs in Hong Kong: Designs, measures and related issues. In S.M. To, S.M.A. Iu-Kan, K.W. Tsoi, & T.S. Chan (Eds.), *Shared path, synchronized steps, collection of wisdom on parent education* (pp. 1-23). Hong Kong: Hong Kong Institute of Educational Research. (in Chinese)
- To, S.M., & Chu, F.** (2010). Young females' premarital pregnancy and their existential concerns. In N.P. Ngai, G.Q. An, C.Z. Yang, & S.S.Y. Ngai (Eds.), *New issues on the youth in information age: Theory, policy and practice* (pp. 119-136). Beijing: Social Sciences Academic Press (China). (in Chinese)
- To, S.M., & Chan, B.K.K.** (2009). Counselling centre for young psychotropic substance abusers. In Lee, F.W.L. (Ed.), *Initiatives with youth-at-risk* (pp. 79-97). Hong Kong: City University of Hong Kong Press.

RESEARCH/EVALUATION REPORTS

- To, S.M., & Chan, M.Y.** (2026). *Qualitative Evaluation of the Embrace Your Heart (EYH) - Chinese Medicine Community-Based Youth Mental Health Support Program: A Research Report*. The Evangelical Lutheran Church Social Service – Hong Kong.
- To, S.M., So, Y.Y., Yang, L., & Dong, L.** (2025). *A Qualitative Longitudinal Study on the Life, Parental, and Career Development Experiences of Young People in Early Motherhood during Participation in the Young Women's Christian Association (YWCA)'s Services: A Final Report*. Hong Kong Young Women's Christian Association.

- To, S.M.,** Chan, W.C.H., & Chang, C.W. (2021). *The Influence of Intrapersonal, Interpersonal and Community Protective Factors on Hong Kong Adolescents' Stress during Political Life Events and Their Mental Health: Final Report*. Hong Kong: The Chinese University of Hong Kong. [chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.pico.gov.hk/doc/en/research_report\(PDF\)/2020.A4.067.20B_Final%20Report_Dr%20To.pdf](https://www.pico.gov.hk/doc/en/research_report(PDF)/2020.A4.067.20B_Final%20Report_Dr%20To.pdf)
- To, S.M.,** So Y.Y., & colleagues (2020). *A Study on Young Mothers' Needs for Career and life Development in Hong Kong*. Hong Kong Young Women's Christian Association.
- To, S.M.,** Ngai, S.S.Y., Kwok, K., & Tam, H.L. (2018). *Evaluation Study on the Sexual Health Project for Youth Having Compulsive Sexual Behaviors: Evaluation Report*. Hong Kong: Caritas – Youth and Community Service Division.
- To, S.M.,** Tam, H.L., Thong, Y.Y. (2015). *Evaluation Study on The Women's Foundation's Life Skills Programme 2013-14: Evaluation Report*. Hong Kong: The Women's Foundation.
- To, S.M.,** Lau, Y.K., & Yau Ng, L.T.M. (2014). *Evaluation Study on The Women's Foundation's Financial Literacy Program for Marginalized Women: Evaluation Report*. Hong Kong: The Women's Foundation.
- To, S.M.,** Iu Kan, S.M.A., Tsoi K.W., Chan, T.S. (2014). *Development and validation of the Chinese Sources of Parental Meaning Questionnaire*. Hong Kong: Faculty of Education & Hong Kong Institute of Educational Research, The Chinese University of Hong Kong.
- To, S.M.,** Tam, H.L., Ho, S.M.Y., & Yeung, D.Y. (2013). *Evaluation Study on The Women's Foundation's Life Skills Programme 2012-13: Evaluation Report*. Hong Kong: The Women's Foundation.
- To, S.M.,** Tam, H.L., & Tsoi, K.W. (2013). *Research on Chinese Workers' Life Concerns, Work Values, and Job Decision-making: Research Report*. Hong Kong: The Jetta Company Limited.
- Chan, C.H.W., **To, S.M.,** & Wong, L.Y.K. (2013). *Enhancing the relationship between the elderly and the family caregiver: Report for the evaluation study on the family support programme organized by the residential care home for the elderly of the Pok Oi Hospital*. Hong Kong: Pok Oi Hospital.
- To, S.M.,** Iu-Kan, S.M.A., Tsoi K.W. (2011). *A report of an action research on the family education supportive project organized by the Federation of Parent-Teacher Association, Kowloon City*. Hong Kong: The Federation of Parent-teacher Association, Kowloon City.

KEYNOTED AND INVITED CONFERENCE & SYMPOSIUM PRESENTATIONS

- To, S.M.** (2023 August). Development, Implementation, and Evaluation of Parent Empowerment:

- Implications for Social Work Research and Practice **[Keynote Speaker]**. *Symposium of New Dimensions of Parenting Services 2023*, organized by the Hong Kong Council of Social Service (August 4, 2023).
- To, S.M.** (2023 July). Development, Implementation, and Evaluation of Parent Empowerment: Implications for Social Work Research and Practice **[Keynote Speaker]**. *Social Work Postgraduate Symposium 2023*, organized by the CUHK-Nankai Joint Research Centre of Social Policy (July 22-23, 2023).
- To, S.M.** (2022 August). Capacity Building for Parent Empowerment among Family Education Practitioners in Hong Kong **[Invited Plenary Session Speaker]**. *International Conference on The Changing Landscape of Family and Family Interventions in the Midst of Adversity* organized by the University of Hong Kong (August 18-20, 2022).
- To, S.M.** (2022 July). Engaging Parents to Support the Career and Life Development of Non-engaged Youth **[Invited Plenary Session Speaker]**. *Online Symposium on “Strengthening Career and Life Development among Non-engaged Youth: Co-creating a Youth-enabling Environment* organized by the Chinese University of Hong Kong (July 8-9, 2022).
- To, S.M.** (2022 February). Effectiveness of YouthCreate Series on Enhancing Youth-Adult Co-Creations in the Community: Hong Kong Experience **[Invited Speaker]**. *International Webinar on Co-creating with Youth: A New Way Forward to Youth Programmes* organized by the Institute for Social Science Studies of the Universiti Putra Malaysia (February 10, 2022).
- To, S.M.** (2021 December). Effects of Stress Arising from Political Life Events on Hong Kong Adolescents’ Mental Health and Wellbeing: How about the Roles of Individual, Interpersonal, and Community Protective Factors? **[Keynote Speaker]**. *Hong Kong Dialogue*, organized by Hong Kong Council of Social Service and co-led by United Nations Development Programme and Citi Foundation (3-4 December, 2021).
- To, S.M.** (2021 November). Civic Engagement, Social Support, and Sense of Meaningfulness in Life of Adolescents Living in Hong Kong **[Invited Speaker]**. *National Youth Research Seminar (YOURS’ 21)* organized by the Ministry of Youth and Sports of the Malaysian government (November 29-30, 2021).
- To, S.M.** (2021 October). Effectiveness and Experience of Capacity Building for Practitioners of a Community-based Youth Empowerment Programme Adopting Design Thinking **[Invited Plenary Session Speaker]**. *International Conference on Programme Evaluation and Social Impact Assessment* organized by the Chinese University of Hong Kong and Naikai University (October 21-22, 2021)
- To, S.M.** (2021 October). Enhancing Emotional Resilience through Story-telling & Meaning-making: An Existential–Narrative-Informed Parent Counseling and Support Program for Mothers with Substance Abuse Problems **[Invited Plenary Session Speaker]**. *Jockey Club*

Family Emotional Resilience Project Conference 2021: Building Emotional Resilience in Times of Family Crisis organized by the University of Hong Kong (October 15-16, 2021)

- To, S.M.** (2021 April). Effectiveness and Experience of YouthCreate Series on Enhancing Youth-Adult Co-Creations in the Community. **[Keynote Speaker]**. *Jockey Club YouthCreate Series Symposium — Actualizing Youth-Adult Co-creations in the Community: Challenges, Opportunities, and Innovations*. Hong Kong, China
- To, S.M.** (2020 August). Nurturing Global Citizenship through Service-Learning: A DIY Journey of Positive Education. **[Invited Speaker]**. *International Conference on Diverse Practices of Positive Education*. Hong Kong, China.
- To, S.M.** (2020 June). How can an Existential Narrative Approach of Intervention Enhance the Emotional Resilience of Family Members? **[Invited Speaker]**. *Webinar on Enhancing Emotional Resilience in Chinese families in Hong Kong: Evidence-Based Intervention Approaches*. Hong Kong, China.
- To, S.M.** (2020 May). Childrearing at a Distance: Development of an Evidence-based Parent and Support Education Program for Migrant Mothers of Left-behind Children in China **[Invited Speaker]**. *Webinar on Implementation Science: Evidence-based Clinical Social Work Practice Research in Hong Kong*. Hong Kong, China.
- To, S.M.** (2019 September). Youth Mental Health in the Recent Social Movement in Hong Kong **[Invited Speaker]**. *Professional Forum of The Hong Kong Paediatric Foundation (HKPF) and the Hong Kong Paediatric Society (HKPS)*. Hong Kong, China.
- To, S.M.** (2019 March). Dialogues with Risks: Implications for the Creation of Student Care and Support System **[Invited Speaker]**. *Finding Life through Death: A Symposium on the Self-Reflections of Youth Work Practitioners in Encountering Life and Death Issues*. Hong Kong, China.
- To, S.M.** (2018 October). Empowerment and Innovation in Youth Service **[Invited Speaker]**. *CUHK Social Work 55th Anniversary International Conference on Social Welfare Policy, Practice, Research and Education: Public Engagement and Social Impact*. Hong Kong, China.
- To, S.M., & Chan, H.F.** (2018 October). An Existential Approach to Substance Abuse Counseling and Treatment: Making the Familiar Unfamiliar **[Invited Speaker]**. *CUHK Social Work 55th Anniversary International Conference on Social Welfare Policy, Practice, Research and Education: Public Engagement and Social Impact*. Hong Kong, China.
- To, S.M., & So, Y.Y.** (2018 June). When parents also have dreams...A sharing session on “let me fly, let you fly – Award Scheme for Parents in Fulfilling their Dreams.” **[Invited Speaker]**. *CLAP for Youth @ JC 2018 Annual Conference*. Hong Kong, China.
- To, S.M.** (2017 June). Parental Needs and Experiences of Drug-Abusing Parents: Implications

- for Practice **[Keynote Speaker]**. *Supporting Drug-Abusing Parents: Symposium on Holistic Parent Counselling and Education*. Hong Kong, China.
- To, S.M., & Wan, K.Y. (2017 June). An Existential Approach to Parent Counselling: Case Intervention for Drug-Abusing Parents **[Invited Speaker]**. *Supporting Drug-Abusing Parents: Symposium on Holistic Parent Counselling and Education*. Hong Kong, China.
- To, S.M. (2016 October). An existential-narrative approach to parent education **[Invited Speaker]**. *International Conference on Parenting in the 21st Century*, Hong Kong.
- To, S.M., & So, Y.Y. (2016 June). Parental experience in non-engaged youth's career and life development: Implications for practice **[Invited Speaker]**. *CLAP for Youth @ JC 2016 Conference – Towards Meaningful Engagement: Connecting Youth to Stakeholders & Careers*. Hong Kong, China.
- To, S.M. (2016 May). Evaluation of the counseling service for youth with compulsive sexual behaviors and sexual offences: Implications for practice and research **[Keynote Speaker]**. *Conference on Youth and Sexual Offences: Policy, Issues, and Practice*. Hong Kong, China.
- To, S.M. (2016 May). Response of sexuality education in schools to adolescents' exposure to sexually explicit online materials: Focus groups with students, parents, and teachers **[Invited Speaker]**. *Conference on Youth and Sexual Offences: Policy, Issues, and Practice*. Hong Kong, China.
- To, S.M. (2016 May). Parent education in the risk society **[Keynote speaker]**. *Symposium on Parent Education 2016: Changing Families and Parent Education*. Hong Kong, China
- To, S.M. (2016 May). Drug-abusing Mothers' Experience in and Reflections on Parenthood: Implications for Practice **[Invited Speaker]**. *Symposium on Parent Education 2016: Changing Families and Parent Education*. Hong Kong, China.
- To, S.M. (2015 July). Understanding and dealing with the emergence of parental anxiety in children's career and life planning **[Invited Speaker]**. *Conference on Evidence-Based Practices in Life Planning Education and Career Guidance*. Hong Kong, China.
- To, S.M. (2014 September). When young people have no dreams: Social policies and community practices for promoting youth purpose **[Keynote Speaker]**. *Symposium on Youth Work and Youth Support in a Changing Society: Challenges, Opportunities, and Innovations*. Hong Kong, China.
- To, S.M. (2012, December). Evaluation of the effectiveness of social service programs in Hong Kong: Designs, measures and related issues **[Invited Speaker]**. *Symposium on Social Service Evaluation & Management*. Tianjin, China.
- To, S.M. (2012 October). The promise of qualitative evaluation: What is it and how does it work? **[Keynote Speaker]**. *Hong Kong Speech and Hearing Symposium 2012*. Hong Kong, China.

OTHER SCHOLARLY CONFERENCE PRESENTATIONS

- So, Y.Y., & To, S.M.** (June 2024). Walking the Demanding Line of Young Motherhood: A Study on Young Mothers' Needs for Life and Career Development in Hong Kong. *4th Global Conference on Children and Youth*. Cambridge, UK.
- To, S.M.** (June 2023). Applying Design Thinking in Innovative and Collaborative Approaches to Social Work Training: A Quasi-Experimental Design. *2023 European Conference on Social Work Education*. Porto, Portugal.
- To, S.M.** (June 2023). Co-constructing Alternative Discourses in Parent Education among Practitioners, Researchers, and Service Users in Hong Kong: Findings of a Practice Research. *6th International Conference on Practice Research in Social Work – Participation, co-creation and service users' positions*. Aalborg, Denmark.
- To, S.M., Tam, H.L.C., & Kwok, K.D.** (July 2019). Sexual Compulsivity, Sexual Self-Concept, and Cognitive Outcomes of Sexual Behaviour of Young Males with Compulsive Sexual Behaviour: Implications for Intervention and Prevention. *9th International Conference on Social Work in Health and Mental Health*. York, UK.
- To, S.M., So, Y.Y., & Chung, M.Y.** (July 2019). Experiences and Outcomes of an Existential-Narrative-Informed Parent Support Group with Mothers who have a Substance Use Problem. *9th International Conference on Social Work in Health and Mental Health*. York, UK.
- To, S.M., Leung, D.M.D., & Wong, V.C.W.** (2019 May). Understanding parental influences on the career and life development of non-engaged youth: A comparison of parent and child perceptions. *2019 Asia-Pacific Career Development Association Conference*. Ho Chi Minh City, Vietnam.
- To, S.M.** (2019 April). Are There any Differences in the Work Experiences of Local and Rural-to-Urban Migrant Female Factory Workers? An Exploratory Study in Guangzhou, China. *2019 8th International Conference on Social Science and Humanity*. Osaka, Japan.
- To, S.M., Lam, C.M., & So, Y.Y.** (2019 April). Reflections of Parents and Parent Work Practitioners on the Changing Experiences and Circumstances of Parenting in Hong Kong. *2019 8th International Conference on Social Science and Humanity*. Osaka, Japan.
- To, S.M., So, Y.Y., & Wong, V.C.W.** (2018 July). Parenting As a Risky Venture: A Narrative Analysis of the Parental Experience in Non-Engaged Youth's Life and Career Development. *XIX ISA World Congress of Sociology*. Toronto, Canada.
- To, S.M., & So, Y.Y.** (2018 July). Narratives of Chinese Rural-to-Urban Migrant Mothers' Experiences in Mother-Child Interactions and Self-Evaluation: A Symbolic Interactionist Perspective. *XIX ISA World Congress of Sociology*. Toronto, Canada.

- To, S.M.,** Lam, C.M., Kwong, W.M., & Shek, D.T.L. (2018 May). Assessment of beliefs in parental roles and responsibilities of Hong Kong Chinese parents. *16th ISQQLS Annual Conference: Promotion of Quality of Life in the Changing World*. Hong Kong, China.
- To, S.M.** (2017 July). Meaning in life and existential anxiety among Chinese adolescents living in Hong Kong: Implications for meaning-oriented youth counselling and youth development programmes. *International Meaning Conference: Joining Forces in Practice and Research*. London, United Kingdom.
- To, S.M.,** Lam, C.M., Wu, Q.B., Chen, J., & Tam, H.L. (2017 May). Searching for the meaning of parenthood through parent education: A practice research on Chinese rural-to-urban migrant mothers of left-behind children in Shenzhen, China. *4th International Conference on Practice Research*. Hong Kong, China.
- To, S.M.** (2016 July). Is Mobile Parenting Possible? a Qualitative Study on the Parenting Experiences of Chinese Rural-to-Urban Migrant Mothers of Left-behind Children. *Third International Sociological Association Forum*. Vienna, Austria.
- To, S.M.,** Lam, C.M., Tam, H.L., Wu, Q., & Chen, J. (2016 June). Childrearing at a distance: A qualitative study on the parenting needs and experiences of Chinese rural-to-urban migrant mothers of left-behind children. *Joint World Conference on Social Work, Education and Social Development 2016*. Seoul, Korea.
- To, S.M.** (2015 June). Dealing with parental anxiety: A qualitative study of parents' perceived outcomes of a parent education program. *Joint US-Hong Kong International Social Work Conference - East Meets West: Using Cutting Edge Strategies to Implement Social Work Research, Practice and Policy*. San Francisco, US.
- To, S.M.** (2015 June). A comparison of the work and life outcomes among local and migrant factory workers of different generations in Guangzhou, China. *International Conference: Labour, Mobility and Development in PRD and Beyond*. Hong Kong, China.
- To, S.M.,** & Tam, H.L. (2014, July). The new generation of Chinese rural-to-urban migrant labourers' work values, perceived job rewards and life outcomes: Implications for social work practice. *Joint World Conference on Social Work, Education & Social Development: Promoting Social & Economic Equality*. Melbourne, Australia.
- Tam, H.L., & **To, S.M.** (2014, July). Generational differences of the post 80s' rural migrant workers in Mainland China: Their life expectations and social consciousness. *Joint World Conference on Social Work, Education & Social Development: Promoting Social & Economic Equality*. Melbourne, Australia.
- To, S.M.,** & Tam, H.L. (2013, December). Gender variations in the influences of work values and perceived job rewards on job satisfaction and life satisfaction of Chinese rural-to-urban migrant workers. *"Gender and Migration: Changes and challenges": International*

Conference 2013. Hong Kong, China.

- To, S.M.** (2013, October). Generational differences in work values, perceived job rewards, and job satisfaction of Chinese female migrant workers: Implications for social policy and social services. *International Conference on Social Welfare Policies in Chinese Societies*. Taipei, Taiwan.
- To, S.M., Tam, H.L., & Sung, W.L.** (2013, May). Chinese young migrant workers' intrinsic work values orientation and job satisfaction: Implications for education. *A Knowledge Exchange Forum on Rural and Migrant Education*. Hong Kong, China.
- To, S.M., Chung, M.Y., & So, Y.Y.** (2013, March). An exploratory study on the mediating effect of Hong Kong parents' self-evaluation of childrearing practices on parental stress. *International Conference on Demographic and Institutional Change in Global Families*. Taipei, Taiwan.
- To, S.M., Ngai, S.S.Y., & Iu Kan, S.M.** (2012, September). Exposure to sexually explicit online materials among adolescents in Hong Kong: An exploratory study of its pattern and psychosocial correlates. *International Conference on Social Welfare Policies in Chinese Societies*. Hong Kong, China.
- To, S.M., Tam, H.L., Tsoi, K.W., & Sung, W.L.** (2012, June). An exploratory study on the life concerns, work values, and job satisfaction of Chinese young female migrant workers. *Social Work Social Development 2012: Action and Impact Conference*. Stockholm, Sweden.
- To, S.M., Chu, F., & Sung, W.L.** (2011, November). A qualitative study of the lived experiences of young Chinese females in condom use negotiations. *2011 Annual Conference of the Taiwan Youth Project*. Taipei, Taiwan.
- To, S.M., Iu Kan, S.M.A., Tsoi, K.W., & Chan, T.S.** (2011, June). Effectiveness of a humanistic-existential approach to parent education – A clinical experience in the Chinese cultural context. *42th Annual Meeting of the Society for Psychotherapy Research*. Bern, Switzerland.
- To, S.M., Iu Kan, S.M.A., Tsoi, K.W., & Chan, T.S.** (2010, December). Policy and practice in the field of family education: Using parent education in Hong Kong as an example. *International Conference on Comparative Social Welfare Policies in Chinese Societies*. Hong Kong, China.
- To, S.M., Iu Kan, S.M.A., & Tsoi, K.W.** (2009, December). Evaluation of the effectiveness of parent education programs in Hong Kong: Designs, measures and related issues. *International Conference on Globalization and Family Changes: Policy Implications, Service Initiatives and Evidence-based Practice*. Hong Kong, China.
- Ngai, N.P., Ngai, S.S.Y., & **To, S.M.** (2007, October). Youth leadership training in Hong Kong: Current development and the way ahead. *International Symposium on Youth Leadership in a Transformational Society*. Beijing, China.

- To, S.M.** (2007, May). Strengthening the home-school partnership: Empowering school social work practices with families. *International Conference on: Family and Family Interventions across Different Cultures*. Hong Kong, China.
- To, S.M.**, & Chu, F. (2007, May). Young females' existential concerns in the course of unintended pregnancy. *Roundtable Conference on Youth Studies in the Mainland China, Hong Kong and Macao*. Hong Kong, China.
- Ngai, S.Y., Ngai, N.P., Cheung, C.K., & **To, S.M.** (2007, May). Young people thriving out of low-income families. *National Youth Affairs Conference*. Melbourne, Australia.
- To, S.M.** (2005, December). Beyond the realms of possibility? Exploring empowering practices among school social workers in Hong Kong. *The 7th International Conference on Asian Youth Issues: Opportunities and Challenges of Youth in New Era*. Macao, China.
- To, S.M.** (2003, November). Using Foucault's concept of power to analyze school discipline and draw implications for school social work service in Hong Kong. *International Conference on Working with Youth in a Rapidly Changing World*. Hong Kong, China.

RESEARCH-RELATED & SCHOLARSHIP-OTHER CONTRIBUTIONS

DOCTORAL THESIS SUPERVISION (COMPLETED WITH STUDENT GRADUATION)

Co-Supervisor, YU, Miao during the period 2012-08 to 2016-07 (Doctor of Philosophy in Social Welfare/Full-time from 2012-08 to 2016-07)

Supervisor, LIU, Xiaoyu during the period 2014-08 to 2018-07 (Doctor of Philosophy in Social Welfare/Full-time from 2014-03 to 2018-07)

Supervisor, ZHANG, Yiyin during the period 2015-08 to 2020-09 (Doctor of Philosophy in Social Welfare/Full-time from 2015-08 to 2020-09)

Supervisor, WU, Xuan during the period 2017-10 to 2020-07 (Doctor of Philosophy in Social Welfare/Full-time from 2017-10 to 2020-07)

Supervisor, CUI, Kunjie during the period 2019-08 to 2020-08 (Doctor of Philosophy in Social Welfare/Full-time from 2015-08 to 2020-08)

Supervisor, DONG, Lei during the period 2018-08 to 2022-06 (Doctor of Philosophy in Social Welfare/Full-time from 2018-08 to 2022-06)

Supervisor, HUANG, Wanyi during the period 2019-08 to 2022-07 (Doctor of Philosophy in Social Welfare/Full-time from 2017-08 to 2022-07)

Supervisor, MA, Yuk Ling during the period 2017-08 to 2025-07 (Doctor of Philosophy in Social

Welfare/Part-time from 2017-08 to 2025-07)

Supervisor, HOE, Kwun Hung during the period 2019-08 to 2025-07 (Doctor of Philosophy in Social Welfare/Part-time from 2019-08 to 2025-07)

Supervisor, GAO, Xuan during the period 2022-08 to 2025-07 (Doctor of Philosophy in Social Welfare/Full-time from 2022-08 to 2025-07)

EXTERNAL EXAMINER OF DOCTORAL THESIS

External Examiner of PhD Thesis, Chow Yei Ching School of Graduate Studies, City University of Hong Kong, Hong Kong (2018-10)

External Examiner of PhD Thesis, Department of Social Work, Hong Kong Baptist University, Hong Kong (2019-08)

External Examiner of PhD Thesis, School of Graduate Studies of Universiti Putra Malaysia, Malaysia (2021-04)

External Examiner of PhD Thesis, Chow Yei Ching School of Graduate Studies, City University of Hong Kong, Hong Kong (2022-04)

External Examiner of Doctoral Thesis, Department of Applied Social Sciences, The Hong Kong Polytechnic University, Hong Kong (2022-10)

External Examiner of PhD Thesis, Chow Yei Ching School of Graduate Studies, City University of Hong Kong, Hong Kong (2022-10)

External Examiner of PhD Thesis, School of Business and Society, The University of York, UK (2024-10)

SERVICE TO JOURNALS

Co-Editor, Asia Pacific Journal of Social Work & Development (from January 2023 to December 2024)

Co-Editor, Special Issue of Practice Research in Asia and the Pacific, Asia Pacific Journal of Social Work & Development (from March 2022 to November 2023)

Editorial Board Member, Research on Social Work Practice (till December 2025)

Editorial Review Board Member, Applied Research in Quality of Life (till July 2025)

Editorial Board Member, Journal of Evidence-based Social Work (till December 2022)

International Advisory Board Member for the Asia Pacific Journal of Youth Studies

Editorial Board Member, Madridge Journal of Behavioral and Social Sciences

Editorial Board Member, The Encyclopedia of Child and Adolescent Development (Vol. VII): History, Theory, and Culture

SERVICE TO CONFERENCE

Member of the Academic Committee, *World Philanthropy Forum 2024* organized by the Chinese University of Hong Kong and Tsinghua University (September 4-6, 2024)

Member of the Academic Committee, *World Philanthropy Forum 2023* organized by the Chinese University of Hong Kong and Tsinghua University (September 4-5, 2023)

Member of the Organizing Committee, International Conference on Programme Evaluation and Social Impact Assessment organized by the Chinese University of Hong Kong and Naikai University (October 21-22, 2021)

Member of International Advisory Committee, *Meaning in Life (MIL) International Conference 2022: "Cultivating, Promoting, and Enhancing Meaning in Life Across Cultures and Life Span"* organized by Hong Kong Shue Yan University, Gratia Christian College, and Colorado State University (June 22-25, 2022)

Member of the Organizing Committee, International Conference on *Diverse Practices of Positive Education* organized by the Joint University Mental-wellness Project (August 21-22, 2020)

Member of the International Technical Committee, 8th International Conference on Social Science and Humanity, organized by the International Economics Development and Research Center (April 10-12, 2019)

Member of the Organizing Committee, Symposium on Service-Learning, organized by the Service-Learning Centre, Chung Chi College, The Chinese University of Hong Kong (30 March 2019).

Member of the Organizing Committee, *Finding Life through Death: A Symposium on the Self-Reflections of Youth Work Practitioners in Encountering Life and Death Issues*, organized by Department of Social Work, The Chinese University of Hong Kong (8 March, 2019)

Member of the Organizing Committee, CUHK SWK 55th Anniversary International Conference on Social Welfare Policy, Practice, Research and Education: Public Engagement and Social Impact, organized by Department of Social Work, The Chinese University of Hong Kong (18-19 October, 2018)

Member of the Program Committee, International Conference on "Parenting in the 21st Century, co-organized by the Tung Wah Group of Hospitals and the Faculty of Social Sciences, The University of Hong Kong (20-22 October, 2016)

Member of the Organizing Committee, Conference on "Young People and Sexual Offences: Policy, Issues, and Practice, co-organized by the Caritas Youth and Community Service, Caritas Hong Kong and the Youth and Childhood Research Programme, Social Welfare Practice Research Centre, Department of Social Work, The Chinese University of Hong Kong (27-28

May, 2016)

Member of the Scientific Program Committee, the International Conference “Discovery and Innovation in Social Work Practicum Education,” organized by the Department of Applied Social Sciences at the City University of Hong Kong, and co-organized by the Department of Social Work and Social Administration of The University, of Hong Kong, and the Department of Social Work of the Chinese University of Hong Kong (20-21 May, 2015).

Member of the Organizing Committee, Symposium on “Youth Work and Youth Support in a Changing Society: Challenges, Opportunities, and Innovations,” organized by the Women’s Foundation and the Youth and Childhood Research Programme, Social Welfare Practice Research Centre, Department of Social Work, The Chinese University of Hong Kong (27 September, 2014).

Member of the Organizing Committee, Symposium on Service-Learning, organized by the Service-Learning Centre, Chung Chi College, The Chinese University of Hong Kong (22 March 2014).

SERVICES TO FUNDING ORGANIZATIONS

Non-Panel Review Member of the Public Policy Research Funding Scheme, HKSAR Government (2017-2025)

External Reviewer of the Czech Science Foundation (the main public funding agency in the Czech Republic supporting all areas of basic research) (2018-2019)

Vetting Committee Member of the Keswick Foundation Champion for Change Award (Sep 2018)

MEMBERS OF RESEARCH CENTERS

Director of the CUHK-Naikai Joint Research Center in Social Policy (till July 2025)

Member of CUHK-UCL Collaborating Centre on Health Equity (CUCHE), CUHK (till July 2025)

Member of the Youth and Childhood Research Program, Social Work Practice and Research Center, CUHK (till July 2025)

Member of the Family and Group Practice Research Centre, Social Work Practice and Research Center, CUHK (till July 2025)

INTERNAL SERVICE

DEPARTMENT OF SOCIAL WORK, CUHK

Chairperson (2022 – 2025)

Convener, Executive Committee (2022 – 2025)

Convener, Department Academic Personnel Committee (2022 – 2025)

CHUNG CHI COLLEGE

College Fellow, Chung Chi College, The Chinese University of Hong Kong (till July 2025)

Cabinet Member, Chung Chi College, The Chinese University of Hong Kong (till July 2023)

Director of the Service-Learning Center, Chung Chi College, The Chinese University of Hong Kong (till July 2023)

Management Board Member of the Service-Learning Center, Chung Chi College, The Chinese University of Hong Kong (till July 2024)

UNIVERSITY

Steering Committee for Promoting Personal Development through Social and Civic Engagement, I-CARE Programme, The Chinese University of Hong Kong (till July 2024)

Program Committee Member Professional Diploma Program in Guidance & Counseling, Professional Diploma Program in School Discipline & Classroom Management, Professional Diploma Program in Parent Education, Hong Kong Institute of Educational Research, The Chinese University of Hong Kong (till July 2025)

Committee on Postgraduate Student Housing, The Chinese University of Hong Kong (till July 2025)

EXTERNAL SERVICE

COMMUNITY SERVICE

Member (till Aug 2025)	Executive Committee and Service Development & Management Committee, The Boys' and Girls' Clubs Association of Hong Kong
Member (till Aug 2025)	School Management Committee of the Pre-school Education and Services, The Boys' and Girls' Clubs Association of Hong Kong
Member (till Aug 2025)	Caritas Social Work Committee
Member (till Aug 2025)	Social Service Committee, The Chinese YMCA of Hong Kong
Advisor	Youth & Community Service, Hong Kong Young Women's Christian Association

External Academic Adviser	Associate of Social Science in Social Work Programme, Faculty of Social Sciences, UOW College Hong Kong (till July 2023)
Chair of the Panel	Learning Programme Self-reaccreditation for Bachelor of Social Work (Honours) of Saint Francis University (January to April 2024)
Member of the Panel	Internal Programme Accreditation for Master of Social Work at Saint Francis University (March 2025)
Honorary Consultant	Hong Kong Parent Education Association
Member	Social Work Programme Advisory Group, HKCT Institute of Higher Education (till July 2018)
Member	Commission on Youth, HKSAR Government (till March 2018)
Member	Specialized Committee on Children and Youth Service, The Hong Kong Council of Social Service (till Oct 2017)
Member	Professional Development Committee, Hong Kong Academy of Social Work, Hong Kong Social Workers Association (till Dec 2017)