

Behavioural and Psychological Symptoms of Dementia

PROGRAMME BOOK



2025.10.18 (Saturday)



09:00 - 14:00



Kerry Hotel, Hong Kong
Hung Hom Room 1&2
(38 Hung Luen Road, Hung Hom)



椿齡智研學會

The Chinese Dementia Research Association Ltd

Contents

Welcome Message	P. 3
Organizing Committee and Current Council Members	P. 4
Floor Plan	P. 5
Programme Rundown	P. 6
Speakers' Biography and Abstract	P. 7-9
Sponsorship Acknowledgments	P. 10





Welcome Message



Dr. Allen Ting-Chun LEE

President,
Chinese Dementia Research Association
Clinical Associate Professor,
Department of Psychiatry,
The Chinese University of Hong Kong,
Hong Kong

It is my great pleasure to welcome you to the 16th Annual Scientific Meeting and Annual General Meeting of our association. This year marks a meaningful shift in our focus as we explore new frontiers in dementia care. Following two years of insightful discussions on novel treatments for cognitive symptoms in Alzheimer's disease, we now turn our attention to a critical yet often under-addressed aspect of dementia—Behavioural and Psychological Symptoms of Dementia (BPSD).

As a psychiatrist, I am deeply aware of the profound impact BPSD has on individuals living with dementia, their families, and care teams. With up to 90% of people with dementia experiencing BPSD over the course of their illness, these symptoms contribute significantly to accelerated cognitive decline, diminished quality of life, and increased caregiver stress. Addressing BPSD is not only of great clinical importance but also a compassionate response to the lived realities of those affected.

This year's theme, ***"Transforming Dementia Care: Tackling Behavioural and Psychological Symptoms"***, reflects our commitment to advancing evidence-based approaches that improve care and support for older adults with dementia. We are honoured to welcome Professor Mary Sano, Professor of Psychiatry and Director of the Alzheimer's Disease Research Center at the Icahn School of Medicine at Mount Sinai, whose pioneering work has significantly shaped our understanding and management of BPSD. We are equally privileged to have Professor Sheung-Tak Cheng, Chair Professor in Psychology and Gerontology at The Education University of Hong Kong, share his expertise on supporting caregivers.

We are also delighted to welcome Professor Yuichi Inoue from Tokyo Medical University, who will share his insights on the management of insomnia in older adults—a common and often overlooked condition that is associated with an increased risk of dementia. His presentation adds an important dimension to our discussions on improving overall well-being in ageing populations.

We hope this meeting will inspire meaningful dialogue, foster collaboration, and spark innovative ideas that will transform dementia care for the better. Thank you for joining us on this important journey.

Warm regards,

Dr. Allen Lee

President, The Chinese Dementia Research Association



Organizing Committee and Current Council Members

President

Dr. Allen Ting-Chun LEE

Vice President

Dr. Ada Wai-Tung FUNG

Dr. Jess Lam-Ming LEUNG

Hon. Secretary

Dr. Ian Ming-Yeung PAN

Hon. Treasurer

Dr. Bob Zhaohua HUO

Council Members

Dr. Tung-Wai AU YEUNG

Prof. Sheung-Tak CHENG

Dr. King-Son LAI

Prof. Linda Chiu-Wa LAM

Dr. Kin-Ying MOK

Dr. Wai-Chi CHAN

Dr. Frank Ho-Yin LAI

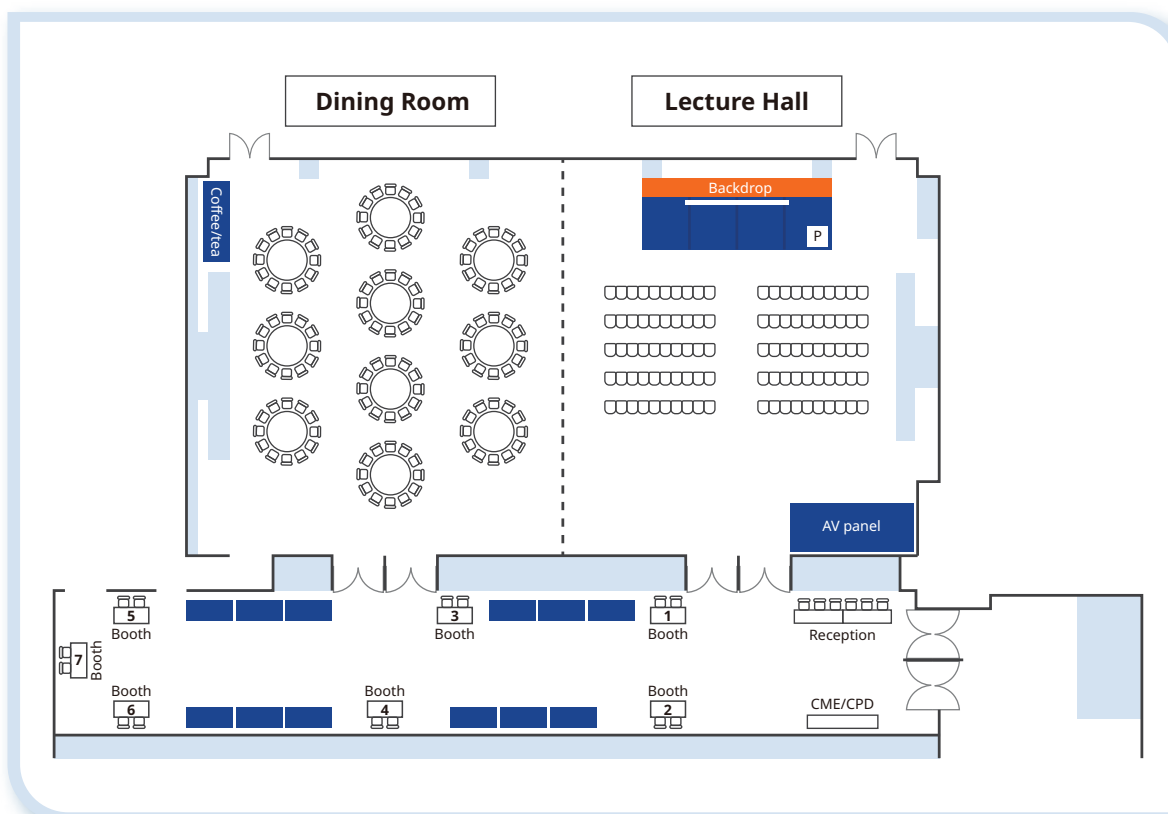
Ms. Natalie Yung-Yung LAI

Dr. Jenny Shun-Wah LEE

Dr. Owen Ho KO (Co-op)



Floor Plan



- | | |
|---|--|
| 1. EISAI (HONG KONG) CO., LTD | 5. NUTRICIA CLINICAL (HONG KONG) LIMITED |
| 2. OTSUKA PHARMACEUTICAL (H.K.) LIMITED | 6. ELI LILLY ASIA, INC. |
| 3. TAURX PHARMACEUTICALS LTD | 7. NESTLÉ HEALTH SCIENCE |
| 4. LUNDBECK HK LIMITED | |



Programme Rundown

09:00 - 09:15

Registration

09:15 - 09:20

Opening Ceremony

Dr. Allen Ting-Chun LEE
President of CDRA

Keynote Lectures:

Transforming Dementia Care: Tackling Behavioural and Psychological Symptoms of Dementia (BPSD)

09:20 - 11:00

• **Neuropsychiatric Symptoms in Neurocognitive Disorders: Perspective from the International Psychogeriatric Association Task Force**

Professor Mary SANO

Professor of Psychiatry,
Director of the Alzheimer's Disease Research Center,
Icahn School of Medicine at Mount Sinai,
USA

• **Intervention Without Borders: A Randomized Waitlist-Controlled Trial of a Self-Guided Automated Online Psychoeducation Program Supporting Dementia Family Caregivers Worldwide**

Professor Sheung-Tak CHENG

Chair Professor, Psychology and Gerontology,
The Education University of Hong Kong,
Hong Kong

11:00 - 11:30

AGM and Tea Break

Sponsored Lecture:

11:30 - 12:10

• **Management of Insomnia in Older Adults**

Professor Yuichi INOUE

Professor, Department of Somnology,
Tokyo Medical University,
Japan

12:10 - 12:30

Tse Cheuk Ng Tai Prize in Dementia Research Session

• Presentation by 2025 awardee
• Reflection by past awardee

TBA

Ms. Wai-Kun CHAN

12:30 - 12:40

Closing Remarks

Dr. Allen Ting-Chun LEE
President of CDRA

12:40 - 14:00

Lunch



Speakers' Biography and Abstract



Professor Mary SANO

Professor of Psychiatry,
Director of the Alzheimer's Disease Research Center,
Icahn School of Medicine at Mount Sinai,
USA

Biography

Mary Sano, PhD, is a Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai, Director of the Alzheimer's Disease Research Center, and this year's recipient of the Lifetime Achievement Award from the Alzheimer's Association and the International Psychogeriatric Association (IPA) Service Achievement Award. As a neuropsychologist she has designed and conducted many clinical trials for the treatment and prevention of Alzheimer's disease and related dementias (ADRD) and cognitive decline in the elderly. She is the co-chair of the collaboration between IPA and Industry to define, detect, treat and manage Neuropsychiatric Symptoms (NPS) in neurodegenerative cognitive disorders including dementia and Mild Cognitive Impairment. She is the lead author on the IPA criteria for agitation which has been used to achieve regulatory approval for treatments for agitation. Her work includes scholarly examination of the detection of apathy across different dementias and its impact on functional capacity and on the economic consequences of cognitive impairment in aging. She is the lead author of several hundred publications, has trained many young investigators and consulted for multiple pharmaceutical companies on design and interpretation of clinical trials.

Neuropsychiatric Symptoms in Neurocognitive Disorders: Perspective from the International Psychogeriatric Association Task Force

There is growing awareness that neuropsychiatric symptoms (NPS) are common in neurocognitive disorders (NCD), including mild cognitive impairment and dementia, and that they occur across a range of etiologies such as Alzheimer's disease, Lewy Body Disease, and frontotemporal dementia. Understanding these symptoms remains a critically under-addressed need in the care of aging populations. Members of the International Psychogeriatric Association (IPA) Task Force have studied apathy, depression, agitation, and psychosis extensively in an effort to 1) create useful definitions of these conditions in NCD, 2) raise awareness, and 3) develop management and treatment strategies.

This presentation will examine apathy across different types of dementia to understand its impact on function. The independent impact of specific symptoms will also be examined to determine if they have distinct profiles of progression in NCD. The concept of Minimal Behavioral Impairment (MBI), a predictor of NCD, including dementia, will be introduced, and prevention of NPS will be considered as an approach to brain health and dementia prevention or delay. There are significant challenges to raising awareness of these conditions and their potential impact on patients and families. However, this is a necessary first step to developing treatment and management plans for NPS.



Speakers' Biography and Abstract



Professor Sheung-Tak CHENG

Chair Professor, Psychology and Gerontology,
The Education University of Hong Kong,
Hong Kong

Biography

Sheung-Tak Cheng is Chair Professor of Psychology and Gerontology at The Education University of Hong Kong. He has published over 180 articles in psychology and gerontology, with a major focus on dementia care. He pioneered the benefit-finding intervention for dementia caregivers and is an Expertscape-ranked Top 0.01% World Expert in Caregivers. He serves as Associate Editor of *Applied Psychology: Health and Well-being* and consulting editors for several major journals in gerontology. He is Fellows of American Psychological Association (APA), Association for Psychological Science, and Gerontological Society of America. He was awarded the Outstanding International Psychologist Award and the Henry David Mentoring Award by APA's Division 52, and Certificate of Appreciation for Contributions as a Humanitarian Worker by APA's Division 48 and Psychologists for Social Responsibility. He was a former expert consultant to the UN Programme on Ageing. Intellectually and academically, he is making a transition to cosmology and is currently involved in astrophysical projects.

Intervention Without Borders: A Randomized Waitlist-Controlled Trial of a Self-Guided Automated Online Psychoeducation Program Supporting Dementia Family Caregivers Worldwide

Various nonpharmacological caregiver interventions have been developed and found to be helpful. Yet, existing interventions tend to be regimented, without accommodating individual needs and preferences. As the global population ages and demand for accessible, personalized support grows, especially where in-person services are limited, the potential of web-based, self-guided programs remains unclear. To address this, Positive Dementia Caregiving in 30 Days (PDC30), the first fully automated, self-guided online intervention for dementia caregivers, was developed to be globally accessible and adaptable to diverse user needs. This study evaluated PDC30's effectiveness in an international sample.

Dementia family caregivers providing ≥ 10 weekly care hours, scoring ≥ 5 on Patient Health Questionnaire-9, and passing a simple English comprehension test, were recruited via the internet. 274 eligible participants from over 40 countries in six continents were allocated to treatment and 1-month waitlist-control using computer-generated simple randomization. The intervention provided information on dementia care, interactive psychotherapeutic skill-building applications, and a generative artificial intelligence chatbot for personalized advice. Primary (depression) and secondary outcomes (anxiety, burden, and positive gains) were assessed via online questionnaires at baseline and monthly intervals over three months. Intent-to-treat analyses were conducted using mixed-effects regression to evaluate trajectory changes in the outcomes due to treatment.

At 1-month follow-up, coinciding with exclusive access to PDC30, intervention caregivers showed significant improvements in depression, burden, and positive gains, but not anxiety. Further bolstering the evidence, the differences between treatment and control disappeared after the latter gained access to the intervention, while improvements in both groups were sustained thereafter. Participants reported using the website several times a week, were generally satisfied with it, and found the chatbot most helpful.

Taken together, the body of evidence signals a paradigm shift from resource-intensive, limited-reach, professionally led/moderated interventions, to highly scalable, cost-effective, technology-enabled programs that can reach millions simultaneously anytime and anywhere. Such programs would be especially useful for low- and middle-income countries and rural/remote areas where formal support is scarce or unaffordable.



Speakers' Biography and Abstract



Professor Yuichi INOUE

Professor, Department of Somnology,
Tokyo Medical University,
Japan

Biography

Yuichi Inoue is currently a Professor in the Department of Somnology at Tokyo Medical University. He is also President of Yoyogi Sleep Disorder Center and Director of Japan Somnology Center, Institute of Neuropsychiatry. He graduated from Tottori University with a Doctor of Medicine degree in 1986.

He has been a board member of the Japanese Society of Sleep Research since 2004 and served as Vice President from 2019 to 2023. During this time, he played a pivotal role in obtaining health insurance coverage for various sleep tests and treatments and contributed to the inclusion of sleep disorders in Japan's Road Traffic Act. As Chair of the Education Committee, he worked to advance sleep medicine education in Japan.

After serving as Secretary General of the Asian Sleep Research Society, he became President of the Asian Society of Sleep Medicine in 2023 and is currently organizing the ASSM 2025 Singapore Meeting. Within the World Sleep Society, he served as Secretary from 2016 to 2019 and has contributed as a member of the Program Committee at the past three congresses.

His research interests span various topics, including insomnia, movement disorders, parasomnias, hypersomnia, circadian rhythm sleep-wake disorders, and sleep health. He has published over 360 peer-reviewed original articles, reviews, case reports, and book chapters in these fields. At the Department of Somnology, Tokyo Medical University, he has supervised more than 25 early-career researchers' academic theses and trained numerous faculty members. The research produced through collaborative studies with them has received awards at both national and international scientific meetings.

He is also an active member of the Asian Narcolepsy Hypersomnia Society, the International Restless Legs Syndrome Study Group, and the International REM Sleep Study Group, and is engaged in numerous international collaborative research projects.

Management of Insomnia in Older Adults

This lecture brings together leading experts to address the evolving landscape of insomnia management in elderly populations. The sessions will explore the clinical challenges and therapeutic innovations surrounding Dual Orexin Receptor Antagonists (DORAs), with a focus on lemborexant.

Prof. Yuichi Inoue will discuss the management of insomnia in elderly patients, highlighting the unmet needs from elderly care, and reviewing the limitations of conventional hypnotics. Then, he will share the clinical evidence supporting DORA use which emphasizing safety, tolerability, and the potential for improved outcomes in this vulnerable population. Clinical application and the role of DORA in real world setting will be discussed.



Sponsorship Acknowledgments

We extend our sincerest gratitude to our distinguished sponsors. Your partnership has been instrumental in the execution and success of this year's event.

Your commitment has enabled us to deliver a high-quality experience for our delegates, facilitate meaningful connections, and drive important conversations within the industry. We value your trust and are grateful for your role in our shared success.

Platinum Sponsors



Gold Sponsors



Bronze Sponsors



將今晚の自然入睡 今晚の好眠 交給我

#你需要
自然入睡嗎

#可以不依賴？

#如何無反彈

DAYVIGO® 達衛眠®



Lemborexant
28 film-coated tablets

Prescription Drug
處方藥物

Each tablet contains 5 mg of lemborexant.

5 mg

28 Tablets

Eisai

衛材(香港)有限公司 Eisai (Hong Kong) Co., Ltd
地址: 北角電氣道169號理文商業中心29樓A室
電話: (852) 2516-6128 傳真: (852) 2561-5042

請於使用前詳閱產品標籤說明 | 內容僅供參考, 有關個別病人治療方案, 詳情請向醫生查詢

HK-DG-13-002 (Sep 2025)

Start REXULTI® Early Go Beyond the Ordinary



*For MDD patients with inadequate response
to the first and second ADT trials^{1,2}*



 **CANMAT Guideline 2023**

1st line treatment for patients with
difficult-to-treat depression¹



**REXULTI® is indicated as an adjunctive therapy to
ADT for adults with MDD^{2*}**

* with inadequate response to prior ADT during the current episode

ADT: antidepressant treatment; MDD: major depressive disorder.
Reference: 1. Lam RW, et al. Can J Psychiatry. 2024;69(9):641-687. 2. REXULTI® Hong Kong Prescribing
Information. (Revised in September 2021).

 **Otsuka Pharmaceutical (H.K.) Ltd.**

Rm 1801, 18/F, Lee Garden Three, 1 Sunning Road, Causeway Bay, Hong Kong.
Tel: 2881 6299 Fax: 2577 5206

Scan here for
abbreviated
prescribing
information of
REXULTI®



HKOP-REX-202509-001

The Chinese Dementia Research Association
Annual Scientific Meeting **2025**

Behavioural and Psychological Symptoms of Dementia