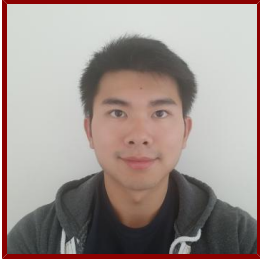



Stanford



Parky Hansen Lau

Postdoctoral Scholar, Psychiatry

 Curriculum Vitae available Online

Bio

PROFESSIONAL EDUCATION

- B.A, University of British Columbia , Psychology (2017)
- M.A, Toronto Metropolitan University , Psychology (2020)
- Ph.D, Toronto Metropolitan University , Psychology (2024)

STANFORD ADVISORS

- Rachel Manber, Postdoctoral Research Mentor
- Norah Simpson, Postdoctoral Faculty Sponsor

Research & Scholarship

RESEARCH INTERESTS

- Psychology

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Stakeholder perspectives on managing the adolescent sleep crisis using a transdiagnostic self-management app for sleep disturbances: A qualitative follow-up study** *CLINICAL CHILD PSYCHOLOGY AND PSYCHIATRY*
Lau, P. H., Carney, C. E.
2024: 13591045241285586
- **Comparing patients treated with CBT for insomnia with healthy sleepers and sleepers with past insomnia on dimensions of sleep health** *SLEEP HEALTH*
Lau, P., Starick, E., Kumar, K., Carney, C. E.
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- **Mapping Out Canadian Adolescent Sleep Patterns: A Mixed-Methods Approach** *CANADIAN JOURNAL OF BEHAVIOURAL SCIENCE-REVUE CANADIENNE DES SCIENCES DU COMPORTEMENT*
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- **Anxiolytic impact of cognitive behavioural therapy for insomnia in patients with co-morbid insomnia and generalized anxiety disorder.** *Behavioural and cognitive psychotherapy*
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- **Patient-related factors associated with patient retention and non-completion in psychosocial treatment of borderline personality disorder: A systematic review.** *Personality and mental health*
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- **Implementation of a teen sleep app in Canadian high schools: Preliminary evidence of acceptability, engagement, and capacity for supporting healthy sleep habits.** *Journal of sleep research*
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- **An Investigation of Further Strategies to Optimize Early Treatment Gains in Brief Therapies for Insomnia.** *Behavioral sleep medicine*
Lau, P. H., Marway, O. S., Carmona, N. E., Starick, E., Iskenderova, I., Carney, C. E.
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- **Associations between rumination, depression, and distress tolerance during CBT treatment for depression in a tertiary care setting.** *Journal of affective disorders*
Patel, A., Daros, A. R., Irwin, S. H., Lau, P., Hope, I. M., Perkovic, S. J., Laposa, J. M., Husain, M. I., Levitan, R. D., Kloiber, S., Quilty, L. C.
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- **The Impact of the 2019 Coronavirus Disease (COVID-19) Pandemic on Sleep Health** *CANADIAN PSYCHOLOGY-PSYCHOLOGIE CANADIENNE*
Kutana, S., Lau, P. H.
2021; 62 (1): 12-19