

# Understanding how cognition affects and is affected by physical health: a bidirectional perspective

**SPEAKER: MR. CHAN HUI FEI, FREDERICK**  
**PHD CANDIDATE, NANYANG TECHNOLOGICAL UNIVERSITY**

**Date** : 27 February 2025 (Thursday)  
**Time** : 4:00pm-5:00pm  
**Zoom Link** : <https://cityu.zoom.us/j/83859641618?pwd=Qd63q1pfrpsic3dzdwxut7oB5nqA0E.1>  
Meeting ID: 838 5964 1618 Password: 832693  
**Moderator** : Prof. Ben Li (Associate Professor)  
**Language** : English

## **Abstract**

Cognitive factors play a critical role in shaping health outcomes, serving both as predictors and as consequences of health and illnesses. In this seminar, I will present my work that explores the dynamic interplay between health and cognition. The seminar begins by the exploration of cognition as a predictor of health, focusing on how information processing biases contribute to the development and exacerbation of chronic pain. This section highlights how interpretative and attentional biases might maintain pain symptoms, and outlines potential directions for cognitive bias modification interventions aimed at improving pain management. The seminar then shifts to cognition as an outcome of medical conditions, presenting my more recent research on cognitive impairments in chronic kidney disease. Specifically, I will discuss how cognitive functioning is impacted due to the disease and its treatments, emphasising practical implications and potential approaches for detecting and managing these impairments in clinical settings. Together, these two research subthemes contribute to the understanding of cognitive factors in health psychology, and offer insights into interventions that support the cognitive resilience of individuals facing health challenges.

## **Biography**

Frederick Chan is completing his PhD in Health Psychology at the Nanyang Technological University in Singapore. He received his BSocSc and MPhil degrees from the Department of Psychology of the University of Hong Kong. His research focuses on cognitive factors including cognitive functioning and cognitive biases in the context of chronic diseases. His other research interests include digital health, climate health communication, and evidence synthesis.

***ALL ARE WELCOME***