

A Biopsychosocial Approach to Understand Human Well-being

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Moderator : Prof. Ben Li (Associate Professor)
Language : English

Abstract

Well-being is not a unitary but rather a multidimensional concept that reflects an individual's overall quality of life, encompassing physical, mental, cognitive, and social health. Dr. Weixi Kang will discuss his comprehensive biopsychosocial approach, integrating biological, psychological, and social factors to explore the multifaceted aspects of well-being through the analysis of large-scale data. This approach aims to uncover insights into how these factors interact to shape well-being, with implications for developing targeted interventions and policies that promote holistic health.

Biography

Dr. Weixi Kang holds a Bachelor's degree in Psychological Science from the University of Arizona. He pursued his postgraduate studies at Imperial College London, where he completed his PhD in 2023. He is now an assistant professor at Tung Wah College. His scholarly contributions include over 50 publications as the first or corresponding author in reputable international peer-reviewed journals. Dr. Kang's work has garnered significant attention from leading media outlets, including the *Daily Mail* (the UK's highest-circulating newspaper), *La Vanguardia* (Catalonia's foremost newspaper), and *Inc.* (a respected American business magazine renowned for its annual Inc. 5000 list). In addition to his research, Dr. Kang serves on the editorial boards of *Humanities and Social Sciences*, *BMC Psychology*, and *PLOS ONE*. He has also contributed as a peer reviewer over 100 times for more than 30 international journals.

ALL ARE WELCOME