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Dr Zhong obtained her Bachelor of Medicine and Master of Clinical Medicine at Shanghai University of Traditional Chinese Medicine in 2002 and 2007 respectively. She obtained her PhD in Chinese Medicine Research at LKS Faculty of Medicine, The University of Hong Kong in 2012. She then joined the Clinical Division, School of Chinese Medicine, Hong Kong Baptist University as a Post-doctoral Research Fellow and Research Assistant Professor. Her research mainly focuses on clinical research of gastroenterology, gynecology, rheumatology and standardisation of Chinese medicine. She worked in Long Hua Hospital, Shanghai University of Traditional Chinese Medicine since 2002 and was instructed by renowned Chinese medicine expert Prof. Chen Xiangjun. The research project entitled “The Mechanism of Nourishing Qi to Treat Mild and Moderate Active Systemic Lupus Erythematosus” was awarded the First Prize of Shanghai Science and Technology Advancement Award of Traditional Chinese Medicine in 2011. Her research project entitled “Study on Key Problems of Chinese Herbal Formula MaZiRenWan for Functional Constipation” was awarded the Second Prize of International Award for Contribution to Chinese Medicine Achievement Award in Medical Science in 2018. Dr Zhong was appointed as Visiting Scholar of UCLA Centre for East-West Medicine, Visiting Scholar of Massachusetts General Hospital, Harvard Medical School and Visiting Professor of Centre for Integrative Medicine, University of Toronto. She has published more than 60 articles in international journals as well as edited ten academic books and acted as investigators of more than twenty clinical research projects.

鍾麗丹博士 2002 年和 2007 年畢業於上海中醫藥大學獲醫學學士學位及中醫臨床碩士學位，研究方向為中醫及中西醫結合治療自身免疫性疾病臨床研究，2012 年畢業於香港大學李嘉誠醫學院，獲研究博士學位，研究方向為婦科中醫及結合醫學的臨床研究。其後加入香港浸會大學中醫藥學院臨床部，主要從事中醫藥治療消化、免疫及婦科疾病的臨床研究以及中醫藥臨床規範化研究。2002 年起任職上海中醫藥大學附屬龍華醫院，從事教學、臨床與科研工作，師從全國名老中醫陳湘君教授，2011 年加入國家中醫藥管理局全國名老中醫專家陳湘君傳承工作室，研究課題“扶正法為主治療輕中活動度系統性紅斑狼瘡臨床與機制研究”榮獲上海市中醫藥科技進步一等獎。2018 年研究課題“麻子仁丸治療功能性便秘關鍵問題研究”獲中醫藥國際貢獻獎—科技進步獎二等獎。曾任加州大學洛杉磯分校東西方醫學中心訪問學者，哈佛大學醫學院麻省總

院訪問學者，多倫多大學結合醫學中心訪問教授等。先後發表國際期刊學術論文六十餘篇，編寫專著十部，主持或參與臨床科研課題二十餘項。

Selected Publications 精選出版物

1. Hu ZC, Lam WC, Li HJ, Yao L, Wang ZY, Huang WY, Bian ZX, **Zhong LLD***. A Network MetaAnalysis on the Effectiveness and Safety of Acupuncture in Treating Patients with Major Depressive Disorder. *Scientific Reports*. Accepted, in press.
2. **Zhong LLD**, Lam WC, Lu F, Tang XD, Lu AP, Bian ZX, Heather Boon. A Comparative Study for License Application Regulations on Proprietary Chinese Medicines in Hong Kong and Canada. *Frontiers in Medicine*. <https://doi.org/10.3389/fmed.2021.617625>
3. Hu ZC, Li MX, Yao L, Wang YS, Wang EK, Yuan JY, Wang FY, Yang KH, Bian ZX, **Zhong LLD***. The level and prevalence of depression and anxiety among patients with different subtypes of irritable bowel syndrome: a network meta-analysis. *BMC Gastroenterology*. 2021 Jan 7;21(1):23. doi:10.1186/s12876-020-01593-5.
4. **Zhong LLD**, Kun W, Shi N, Ziea TC, Ng BFL, Gao Y, Bian Z, Lu A. Evidence-based Chinese Medicine Clinical Practice Guideline for Stroke in Hong Kong. *Chin Med*. 2020 Nov 3;15(1):116. doi: 10.1186/s13020-020-00397-9. PMID: 33292342; PMCID: PMC7607854.
5. Pan CF, Zhang X, Wang JW, Yang T, **Zhong LLD*** and Shen KP (2020) Weichang'an Formula Inhibits Tumor Growth in Combination with Bevacizumab in a Murine Model of Colon Cancer—Making up for the Deficiency of Bevacizumab by inhibiting VEGFR-1. *Front. Pharmacol*. 11:512598. doi: 10.3389/fphar.2020.512598
6. Dai L, Chan KK, Mao JC, Tian Y, Gu JH, Zhou J, **Zhong LLD***. Modified Zhibai Dihuang pill, a traditional Chinese medicine formula, on steroid withdrawal in systemic lupus erythematosus: A systematic review and meta-analysis. *J Integr Med*. 2020 Nov; 18(6):478-491. doi:10.1016/j.joim.2020.08.007. PMID: 32907784.
7. Wang X, Wang N, **Zhong LLD**, Wang S, Zheng Y, Yang B, Zhang J, Lin Y, Wang Z. Prognostic value of depression and anxiety on breast cancer recurrence and mortality: a systematic review and metaanalysis of 282,203 patients. *Mol Psychiatry*. 2020 Dec;25(12):3186-3197. doi: 10.1038/s41380-020-00865-6. PMID: 32820237; PMCID: PMC7714689.
8. **Zhong LLD**, Shi NN, Sun YG, Ng FLB, Bian ZX, Lu AP*. Hong Kong Chinese medicine clinical practice guideline for insomnia. *European Journal of Integrative Medicine*. <https://doi.org/10.1016/j.eujim.2020.101193>
9. **Zhong LLD***, Lam WC, Yang W, Chan KW, Sze SCW, Miao JX, Yun KKL, Bian ZX, VW Wong. Potential Targets for Treatment of Coronavirus Disease 2019 (COVID-19): A Review of Qing-FeiPai-Du-Tang and its Major Herbs. *Am J Chin Med*. 2020;48(5):1051-1071. 6 / 22
10. Zhang X, Lan L, Chan JCP, **Zhong LLD**, Cheng CW, Lam WC, Tian R, Zhao C, Wu TX, Shang HC, Lyu AP., Bian ZX*. WHO Trial Registration Data Set (TRDS)

extension for traditional Chinese medicine 2020: recommendations, explanation, and elaboration. *BMC Med Res Methodol* 2020;192(20).
<https://doi.org/10.1186/s12874-020-01077-w>

11. Wang ZC, Zhang SP, Yuen PC, Chan KW, Chan YY, Cheung CH, Chow CH, Chua KK, Hu J, Hu ZC, Lao B, Leung CC, Li H, **Zhong LLD**, Liu XS, Liu YL, Liu Z, Lun X, Mo W, Siu SY, Xiong ZJ, Yueng WF, ZhangRY, ZhangXB. Intra-Rater and Inter-Rater Reliability of Tongue Coating Diagnosis in Traditional Chinese Medicine Using Smartphones: Quasi-Delphi Study. *JMIR Mhealth Uhealth*. 2020 Jul 9;8(7):e16018. doi: 10.2196/16018.
12. Yin XL, **Zhong LLD**, Lin CY, Shi XS, Zhang J, Chen ZY, et al. Tojapride Reverses Esophageal Epithelial Inflammatory Responses on Reflux Esophagitis Model Rats. *Chin J Integr Med*. (2020). <https://doi.org/10.1007/s11655-019-3027-5>
13. Huang T, Zhao L, Lin CY, Lu L, Ning ZW, Hu DD, **Zhong LLD**, Yang ZJ, Bian ZX. Chinese Herbal Medicine (MaZiRenWan) Improves Bowel Movement in Functional Constipation Through DownRegulating Oleamide. *Front Pharmacol*. 2020 Jan 23;10:1570. doi: 10.3389/fphar.2019.01570.
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15. Zhao L, Yang W, Chen Y, Huang F, Lu L, Lin C, Huang T, Ning Z, Zhai L, **Zhong LLD**, Lam W, Yang Z, Zhang X, Cheng C, Han L, Qiu Q, Shang X, Huang R, Xiao H, Ren Z, Chen D, Sun S, ElNezami H, Cai Z, Lu A, Fang X, Jia W, Bian Z. A Clostridia-rich microbiota enhances bile acid excretion in diarrhea-predominant irritable bowel syndrome. *J Clin Invest*. 2020 Jan 2;130(1):438-450. doi: 10.1172/JCI130976.
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17. Pun J, Chor W, **Zhong LLD***. Delivery of patient-centered care in complementary medicine: Insights and evidence from the Chinese medical practitioners and patients in primary care consultations in Hong Kong. *Complementary Therapies in Medicine*. 2019 Aug;45:198-204. doi:10.1016/j.ctim.2019.06.013.
18. **Zhong LLD**, Yan PJ, Lam WC, Yao L, Bian ZX. Coriolus versicolor and Ganoderma lucidum Related Natural Products as An Adjunct Therapy for Cancers: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Front Pharmacol*. 2019 Jul 3;10:703. doi: 10.3389/fphar.2019.00703. eCollection 2019.
19. Pun J, Chor W, **Zhong LLD***. Delivery of patient-centered care in complementary medicine: Insights and evidence from the Chinese medical practitioners and patients in primary care consultations in Hong Kong. *Complementary Therapies in Medicine*. June, 2019.
20. Dai L, **Zhong LLD (Co-first authors)**, Kun W, Yang Z, Lam WC, Cheng CW, Bian ZX. An External CAM Therapy (Tian Jiu) versus Placebo in Treatment of Allergic Rhinitis: A Pilot Single-Blinded, Three-Arm, Randomized Controlled Study. Evidence-Based Complementary and Alternative Medicine, Volume 2019, Article ID 6369754

21. Lam WC, **Zhong LLD**, Liu YQ, Shi NN, Ng Bacon, Ziea Eric, Bian ZX, Lu AP. Hong Kong Chinese Medicine Clinical Practice Guideline for Cancer Palliative Care - Pain, Constipation and Insomnia. eCAM. 2019: 1038206. doi: [10.1155/2019/1038206](https://doi.org/10.1155/2019/1038206)
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24. **Zhong LLD**, Cheng CW, Kun W, Dai L, Hu DD, Ning ZW, Xiao HT, Lin CY, Zhao L, Huang T, Tian K, Chan KH, Lam TY, Chen XR, Wong CT, Li M, Lu AP, Wu JC, Bian ZX. Chinese herbal medicine (MaZiRenWan) for Functional Constipation: A Three-arm, Randomized, Controlled Trial. *Clinical Gastroenterology and Hepatology* 2018 Apr 12. pii: S1542-3565(18)30341-0. doi: 10.1016/j.cgh.2018.04.005.
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- medicine: a national cross-sectional survey of practitioners in China. *Lancet*. 2016, 288, Suppl 1:S59.
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 35. **Zhong LLD**, Kun W, Shi NN, Ziea TC, Ng B, Gao Y, Bian ZX, Lu AP*. Evidence-based Chinese Medicine Clinical Practice Guideline for Stroke in Hong Kong. *J Tradit Chin Med*. (Accepted)
 36. Dai L, **Zhong LLD (Co-first author)**, Cao Y, Chen W, Cheng Y, Lin XF, Bian ZX, Lu AP*. Efficacy and safety of Yirui capsule in patients with hyperlipidemia: study protocol for a multicenter, randomized, double-blind, placebo-controlled trial. *Trials*. 2016,17(1):291.
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- compounds in rat plasma by UPLC-MS/MS: Application in the pharmacokinetic study of Ma-Zi-Ren-Wan. *Journal of Chromatography B*. 2015;1000:136-46
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