



## **Dr Sonata Yau**

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### **Biography**

Dr Sonata Yau is Associate Professor in the Department of Rehabilitation Sciences at The Hong Kong Polytechnic University (PolyU). Before joining PolyU as an Assistant Professor in 2016, she obtained her postdoctoral training with research fellowships funded by The University of Hong Kong (HKU) and Canadian Institute of Health Research in Canada, respectively. She obtained her Bachelor degree in biochemistry at The Hong Kong University of Science and Technology in 2005, followed by a PhD degree in neuroscience in the Li Ka Shing Faculty of Medicine at HKU in 2009.

Dr Yau investigates molecular mechanisms and blood biomarkers of physical exercise-promoted brain plasticity using different disease animal models including depression, diabetes and autism. Her research is also centered in identifying environmental risk factors for neurodevelopmental disorders, and functional roles of hippocampal structural plasticity and synaptic plasticity in learning and memory, as well as mood regulation. She is actively collaborating with local and international researchers from mainland China, US, Canada, and Australia. Since 2016, she has obtained four external grants from Hong Kong Research Council and two grants from the National Natural Science Foundation of China, and other open grants from mainland China and Hong Kong. She has published over 50 research articles and reviews, and 4 book chapters. Her work has published in high impact journals including *PNAS*, *Neurobiology of Disease*, *Molecular Neurobiology* and etc.