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Linda Lam is a Clinical Professor at the Department of Psychiatry, The Chinese University of Hong Kong (CUHK). Her main research interests have been the epidemiology and impact of lifestyle and activity interventions on cognitive aging and dementia. She has also conducted the first territory wide epidemiological survey of mental disorders in Hong Kong, and pioneered lifestyle cognitive and physical exercise, and non-invasive brain stimulation interventions for Chinese older adults with neurocognitive disorders. Lam serves on local and international grant review boards. In recognition of her contribution to mental health, she was awarded Honorary Fellowship of the Royal College of Psychiatrists in the United Kingdom, and Honorary Membership of the World Psychiatric Association in 2017. In 2022, she was elected Honorary Fellow of the Hong Kong College of Psychiatrists.