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現職

國家衛生研究院 群體健康科學研究所 副研究員級主治醫師 (2021.4-)

臺大醫院精神醫學部 主治醫師 (2017.8-)

國立臺灣大學醫學院醫學系精神科 兼任副教授 (2023.8-)

國立中央大學醫學院醫學系工程學系 兼任副教授 (2024.8-)

國家衛生研究院 神經及精神醫學研究中心 合聘副研究員級主治醫師 (2024.12-)

經歷

國家衛生研究院 群體健康科學研究所 助研究員級主治醫師 (2017.8-2021.3)

臺大醫院精神醫學部 心身醫學科 主治醫師 (2016.7-2017.8)

輝瑞大藥廠 產品醫師 (2013.7-2016.7)

臺大醫院精神醫學部 住院醫師、總醫師 (2009.7-2013.7)

學歷

陽明大學腦科學研究所 博士 (2013.9-2015.7)

長庚大學醫學系 醫學士 (2001.9-2008.6)

簡介

林煜軒博士為國內少數兼具臨床、企業界資歷之精神科醫師。林博士任職國家衛生研究院與台大醫院，結合臨床與研究專長開發三款手機程式 (app) 並取得多項國內外專利；已發表 60 餘篇學術論文於國際期刊 (H-index=28)，現擔任《亞洲精神醫學期刊》(*Asian Journal of Psychiatry*) 編輯委員、《醫學網路研究期刊》(*Journal of Medical Internet Research*, IF=5.8) 副主編 (associate editor)。

林博士的研究特色是利用數位足跡量化人類行為與分析精神狀態。在 COVID-19 疫情初期，林醫師利用世界各國在網路搜尋「洗手」越少，疫情傳播越快的即時重要成果，不僅發表在頂尖期刊 *Brain Behavior and Immunity* (IF=8.8)，更受國際媒體《路透社》以及國內各大媒體廣泛報導。

林醫師在醫學生時期，以自己與同學為研究對象，利用心率變異分析值班實習醫師身心健康之研究成果，曾獲最具權威教科書《睡眠醫學原理與實務》網站專題報導、及國內媒體特別採訪；立法院、監察院探討醫師壓力之公聽會、座談會均援引林醫師團隊之研究成果。在台大任職住院醫師的臨床病例報告刊登於《美國精神醫學期刊》(*American Journal of Psychiatry*, IF=15.1)。博士班開發紀錄手機使用型態的背景程式，其核心技術論文也獲國際期刊論文引用超過 300 次。編製「智慧型手機成癮量表」，至今已被國際學術論文引用超過 500 次，目前有德、法、西班牙、義大利、等超過二十種語言版本。林醫師研發雲端服務的手機程式 (app)：全球首款精算手機使用時間的「Know Addiction」、自動記錄睡眠的「作息足跡」(Rhythm)、全自動工時記錄系統「行醫記錄器」，不僅取得多項國內外專利，且論文多篇刊載 *Journal of Medical Internet Research* (IF=5.8) 與 *Journal of Behavioral Addictions* (IF=6.6) 等數位醫療與網路行為研究的重要期刊。林醫師廣受肯定的網路行為研究成果，受邀編寫國際知名網路成癮教科書中「智慧型手機成癮」章節，為衛生福利部「2030 兒童醫療及健康政策建言書—3C 產品使用」召集人。更進一步對台灣精神科醫師在 2005-2030 年供給與需求的估計發表學術論文，也是精神醫療政策的重要依據，其中一篇發表在 *Psychiatry Research* 的精神醫療趨勢論文亦獲得國衛院「112 年度年輕學者研究獎」。並於 2023 年受台灣精神科診所協會邀請分享「精神科醫師職涯與精神醫療轉型的趨勢研究」。

林醫師編著融合腦科學與會談溝通技巧的《探索大腦的會談地圖》，為現今精神科受訓醫師、護

理、心理、社工、職能治療領域等多所院校、研究所的指定教科書。本書同名的粉絲專頁，是華文世界介紹專業精神醫學知識最受歡迎的社群平台，約有 19,000 人追蹤 podcast 節目平均每集有 3000 次以上收聽。林醫師也是國內以 podcast 推廣科普知識的先驅，建立國家衛生研究院 podcast 頻道，榮獲「行政創新暨服務貢獻獎」。

林醫師經常於校園、社區、職場演講，積極建立產學合作平台，深耕社區健康促進，並協助研擬相關政策；推廣近年風行各大跨國企業的「員工協助計畫」(Employee Assistant Program)。平日熱愛古典音樂與棋藝，曾任長庚大學弦樂團小提琴首席，且為中華民國圍棋協會六段棋士，棋評散見《關鍵評論網》專欄，研究職業棋士棋力一代勝過一代的研究，曾刊登於《精神醫學與臨床神經科學期刊》(*Psychiatry and Clinical Neuroscience*, IF=5.0)。

研究領域

網路心理學(cyber-psychology)、睡眠醫學(sleep medicine)、臨床試驗(Clinical trial)、穿戴式裝置與手機程式(App)研發

榮譽

1. 國衛院「112 年度年輕學者研究獎」(2023 年)
2. 國衛院 110 年度行政創新提案團體獎優勝 (2021 年)
3. 國立臺灣大學醫學院附設醫院「2020 率先發表有關 Covid-19 SCI 論文獎勵」(2020 年)
4. 台灣生物精神醫學會「保羅楊森博士研究論文獎」(2018 年、2016 年、2013 年)
5. 譯著「網路成癮：評估及治療指引手冊」獲衛生福利部國民健康署「103 年優良健康讀物推介獎」(2014 年)
6. 第 11 屆世界生物精神醫學會 (World Congress of Biological Psychiatry)：「最佳學術海報」、「青年學者旅行獎 (Travel Award)」(日本京都，2013 年)
7. 第五屆「長庚青年楷模」(2008 年)
8. 玉泉教育基金會「生命科學研究成果特優獎」(2007 年)
9. 財團法人台灣醫學發展基金會論文獎「優等獎」(2007 年)
10. 台灣睡眠醫學會大會論文獎「口頭論文優選獎」(2007 年)

專利

1. **林煜軒**「計算活動期間及效率的方法」中華民國發明專利號 I756992 (202203)
2. **林煜軒**「利用攜帶裝置自動記錄使用者晝夜節律的方法及其攜帶裝置及其方法」中華民國發明專利案號 I708588 (202011)
3. **林煜軒**「改善可攜式行動裝置之使用程度的方法」中華民國發明專利案號 I588744 (201706)
4. **林煜軒**「評估一使用者對一可攜式行動裝置之使用程度的方法」中華民國發明專利案號 I576763 (201704)
5. **林煜軒**、郭博昭、李揚漢等「觸控式電子裝置使用狀態監測系統」中華民國新型專利案號 M455306 (2013)

學術著作精選 (*corresponding author; †co-first author)

1. Chen IM, She GJ, Chang HC, Chung HH, Chen TY, **Lin YH***. Rest-Activity Rhythm Patterns and Their Associations With Depression and Obesity: A Study Using Actigraphy and Human-Smartphone Interactions. *Depression and Anxiety*. 2025 Mar, 2617282, 12 pages, 2025. <https://doi.org/10.1155/da/2617282>.
2. Chen CC, Chen JA, Liang CS, **Lin YH***. Large language models may struggle to detect culturally embedded filicide-suicide risks. *Asian J Psychiatr*. 2025 Feb 10;105:104395. doi: 10.1016/j.ajp.2025.104395.
3. **Lin YH**, Chen TY. Cultural resonance and medical practice: Heart rate variability test in Taiwanese psychiatry clinics. *J Psychosom Res*. 2024 Jul 17;184:111860.
4. Liang HW, Wu CH, Lin C, Chang HC, **Lin YH***, Chen SY, Hsu WC. Rest-Activity Rhythm Differences in Acute Rehabilitation: A Comparative Study Between Stroke Patients and Non-Brain Disease Controls. *J Med Internet Res*. 2024 Jul 4;26:e49530. doi: 10.2196/49530.
5. Chen HH, Lin C, Chang HC, Chang JH, Chuang HH, **Lin YH***. Developing Methods for Assessing

Mental Activity Using Human-Smartphone Interactions: A Comparative Analysis of Activity Levels and Phase Patterns in General Mental Activities, Working Mental Activities, and Physical Activities. *J Med Internet Res*. 2024 Jun 17;26:e56144. doi: 10.2196/56144.

6. Chuang HH, Lin C, Lee LA, Chang HC, She GJ, **Lin YH***. Comparing Human-Smartphone Interactions and Actigraphy Measurements for Circadian Rhythm Stability and Adiposity: Algorithm Development and Validation Study. *J Med Internet Res*. 2024 Jun 5;26:e50149. doi: 10.2196/50149.
 7. Yen CH†, **Lin YH†**, Hsiao RC, Chen YY, Chen YL. Associations of China's military activities in the peripheries of Taiwan with suicide death and internet searches for depression, suicide, and emigration among individuals in Taiwan. *Asian J Psychiatr*. 2024 Feb; 92:103889.
 8. Lin C, Chen IM, Chuang HH, Wang ZW, Lin HH, **Lin YH***. Examining Human-Smartphone Interaction as a Proxy for Circadian Rhythm in Patients With Insomnia: Cross-Sectional Study. *J Med Internet Res*. 2023 Dec; 25:e48044.
 9. Chen HH, Lu HH, Weng WH, **Lin YH***. Developing a Machine Learning Algorithm to Predict the Probability of Medical Staff Work Mode using Human-Smartphone Interaction Patterns. *J Med Internet Res*. 2023 Dec; 25:e48834. doi: 10.2196/48834.
 10. Lin CH†, Chen MH†, Lin WS, Wu SI, Liao YC, **Lin YH***. A nationwide study of prenatal exposure to illicit drugs and risk of neurodevelopmental disorders and disruptive behavioral disorders. *Asian J Psychiatr*. 2023 July; 85:103597.
 11. Lin SH, Lan YT, Hsia PH, Kao CL, Tsou HH, **Lin YH***. Internet searches for “insomnia” and “suicide” mediated by stay-at-home behaviors in 45 countries during the first 12 months of the COVID-19 pandemic. *J Affect Disord*. 2023 Mar; 325: 119–126.
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 14. Lan YT, Pan YC, **Lin YH***. Association between adolescents' problematic online behaviors and self-harm risk. *J Affect Disord*. 2022 Nov; 317:46-51.
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 28. **Lin YH**, Chuang HH, Lo LM, Chiou HY. Perinatal mental health. *Taiwan J. Public Health.* 2021 Oct; 40(5):459-461.
 29. **Lin YH**, Chen CY, Wu SI. Efficiency and quality of data collection among public mental health surveys conducted during the COVID-19 pandemic: systematic review. *J Med Internet Res.* 2021 Feb; 23(2):e25118.
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 32. **Lin YH**, Chen SY, Lin PH, Tai AS, Pan YC, Hsieh CE, Lin SH. Assessing User Retention of a Mobile App: Survival Analysis. *JMIR mHealth and uHealth.* 2020; 8(11):e16309.
 33. **Lin YH**, Lin KI, Pan YC, Lin SH. Investigation of the Role of Anxiety and Depression on the Formation of Phantom Vibration and Ringing Syndrome Caused by Working Stress during Medical Internship. *Int J Environ Res Public Health.* 2020; 17(20):7480. doi: 10.3390/ijerph17207480.
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 53. Chiang TW, Chen SY, **Lin YH***. Interpretation of Daily Human Behavior via Smartphone Digital Footprints: Examples from Smartphone Use, Sleeping Patterns, and Working Hours. *Survey Research-Method and Application*. 2020; 45:43-71. (TSSCI)
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專書章節

1. 林煜軒、張立人《探索大腦的會談地圖：提升精神醫學核心能力》(第二版)，合記出版，2022.01。ISBN：9789863684305。
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