

Social and Health Sciences at James Cook University in Singapore



Introduction

Psychology at James Cook University in Singapore

With predictions that half of our global population will live in the tropics by 2050, our forward-looking mission is to promote psychological health and wellbeing in tropical regions. A necessity for social, environmental and economic sustainability and for improvements of life in the tropics demands the attention of psychological science and clinical services to address such needs.

With our Singapore base in the Asian tropics, James Cook University in Singapore offers research expertise in health and well-being with emphasis on pertinent social issues, such as stress and coping, extreme social withdrawal, prosocial behaviours, community relations, and healthy ageing.

We also offer expertise in other areas, including emotions in daily life, workplace well-being, and nature connectedness. Our highly trained team of psychological scientists and clinicians have combined expertise in conceptualising psychological research and interventions drawing on a combination of biological, psychological, and social factors.

Education and Counselling at James Cook University in Singapore

The period of early childhood development is crucial for the formation of intelligence, personality and social behaviour including self-awareness and self-care. Research in early childhood education provides teachers with an evidence base on which to form curricula that supports the development, behaviour and wellbeing of early learners from birth to 8 years.

As a therapeutic practice, counselling is an evidence-based profession. Counsellors draw on research to enhance their knowledge and to remain current in best practices, as well as using established outcome measures to perform their own evaluations of client progress.

For further information on how to work with James Cook University in Singapore please send an email to researchsupport-singapore@jcu.edu.au



Profile



Dr Ai Ni Teoh

Academic Head, Social and Health Sciences
Associate Professor, Psychology
James Cook University in Singapore

PhD (Health and Social Psychology), North Dakota State University, USA
MSocSci (by Research), National University of Singapore, Singapore
BSc (Psychology), National Taiwan University, Taiwan, ROC

Background

Dr Teoh completed her Ph.D. (Health and Social Psychology) at North Dakota State University, USA. Following her Ph.D. study, she joined Heriot-Watt University (Malaysia Campus; HWUM) as an Assistant Professor. In 2018, she joined James Cook University (Singapore Campus). Dr Teoh is a researcher in health and social psychology. Her research focuses mainly on bedtime procrastination and stress responses. Dr Teoh develops two specific lines of research.

In one line of research, she examines physiological and psychological response to stress. In addition to the main research focus, Dr Teoh has developed research interest in bedtime procrastination.

Areas of expertise

- Cardiovascular and psychological responses to stress
- Social encouragement and social comforting effects of social support
- Online social support
- Bedtime procrastination

Impact of research

- Broadened the way we define social support and its psychophysiological links, improved social support laboratory research, and provided an alternative way to explain the ways social support affects cardiac health.
- Provided a model which explains how social support could have varied effects on cardiovascular reactivity. This model can be broadly applied in real world situations. Depending on task engagement level, social support may comfort its recipients to reduce (or disengage from) an unhealthy behaviour, such as smoking, and encourage its recipients to increase (or engage in) a healthy behaviour and follow treatment regimens.
- Provided understanding of the conditionality of the benefits of online social support. This helps customizing online social support provision or programs to meet support recipients' social needs.
- Provided understanding of the predictors of bedtime procrastination. This helps understanding the ways to reduce bedtime procrastination and sleep quality.

Top five publications

- Flores, J. G. S., Ho, V. A. L.-M., Kok, S. A.-L., & Teoh, A. N. (2024). FOMO predicts bedtime procrastination and poor sleep quality via rumination. *American Journal of Health Behavior*. <https://doi.org/10.5993/AJHB.47.6.15>
- Teoh, A. N., Kriwangko, L. (2022). Humility and Competence: Which Attribute Affects Social Relationship at Work? *International Journal of Environmental Research and Public Health*. <https://doi.org/10.3390/ijerph19105969>
- Teoh, A. N., & Wong, J. W. K. (2023). Mindfulness is Associated with Better Sleep Quality in Young Adults by Reducing Boredom and Bedtime Procrastination. *Behavioral Sleep Medicine*. <https://doi.org/10.1080/15402002.2022.2035729>
- Teoh, A. N., Ooi, E. Y. E., & Chan, A. Y. (2021). Boredom affects sleep quality: The serial mediation effect of inattention and bedtime procrastination. *Personality and Individual Differences*. <https://doi.org/10.1016/j.paid.2020.110460>
- Teoh, A. N., & Hilmert, C. J. (2018). Social support as a comfort and an encouragement: A systematic review on the contrasting effects of social support on cardiovascular reactivity. *British Journal of Health Psychology*. doi: 10.1111/bjhp.12337

Further
Information

JCU Research Profile





Professor Nigel V. Marsh

Professor of Clinical Psychology
James Cook University in Singapore

PhD University of Otago, New Zealand
DipPsych(Clin) University of Waikato, New Zealand
MSocSc University of Waikato, New Zealand
BA Massey University, New Zealand

Background

Professor Marsh is a New Zealand-trained clinical psychologist. He has held academic appointments in Clinical Psychology in Australia, Lebanon, Malaysia, New Zealand and the United Kingdom. Most of his most recent clinical work has involved the neuropsychological assessment of individuals with traumatic brain injury, stroke, occupational exposure to neurotoxins, or suspected dementia.

His expertise within clinical psychology is in the areas of psychological assessment and research design. The majority of his research publications deal with the assessment of the psychosocial consequences of traumatic injuries or chronic illness for both the individual and their familial caregivers. He has conducted research across the life span with published studies on age groups ranging from infants to older adults. He has also published studies on non-clinical groups, primarily in the area of organisational psychology.

Professor Marsh has previously been awarded grants to conduct research on traumatic brain injury, quality of life in dialysis patients, dementia in older adults, resilience in very low-income families and internet use amongst young adults. He has served as a consultant in the areas of healthy ageing, occupational health, genetics and rehabilitation.

He is a Visiting Professor in Clinical Psychology at the Norwich Medical School of the University of East Anglia in the United Kingdom. In 2016, 2017 and 2018 he was a Visiting Professor at the University of Oviedo in Spain where he worked with the Health Sciences Research Group on School Learning, Difficulties and Academic Performance.

Areas of expertise

- Assessment of the psychosocial consequences of traumatic injuries or chronic illness, for both the individual and their familial caregivers
- Healthy ageing, particularly as related to environmental or design factors
- Attitudes to ageing
- Evaluation of training of caregivers for vulnerable groups (e.g., children in out-of-home care, people with dementia)
- Literacy (reading & writing)

Impact of research

- Quantified the behavioural changes associated with reports of 'personality change' following traumatic brain injury. This allows for rehabilitation programmes to focus specifically on those behaviours which impact on social reintegration following severe injuries.
- Determined which factors cause the greatest amount of stress for family members caring for relatives with brain injuries. This provides useful information for support services to help prevent burnout in family caregivers.
- Provided an understanding of the factors associated with depression following cerebrovascular accident (stroke) in older adults. These findings supported a psychosocial, rather than medication-based, approach to treating the depression.
- Provided a framework for examining the transition from community living to residential care in older adults. This allows care providers to reduce the stress associated with this major lifestyle change.
- Documented cognitive decline over the long term, following an initial period of improvement, for some people after traumatic brain injury. This challenged the standard rehabilitation models which are based on a pattern of initial improvement followed by stability in level of cognitive functioning.

Top five publications

- Loew, S. J., Marsh, N. V., Rodriguez-Perez, C., Watson, K., & Jones, G. L. (2021). Symptoms and severity of visual stress in nursing students: Implications for education and healthcare delivery. *Revista de Psicología y Educación [Journal of Psychology and Education]*, 16(1), 75-87. <https://doi.org/10.23923/rpye2021.01.203>
- Berry, C., Michelson, D., Othman, E., Tan, J. C., Gee, B., Hodgekins, J., Byrne, R. E., Ng, A. L. O., Marsh, N. V., Coker, S., & Fowler, D. (2020). Views of young people in Malaysia on mental health, help-seeking and unusual psychological experiences. *Early Intervention in Psychiatry*, 14(1), 115-123. <https://doi.org/10.1111/eip.12832>
- Bujnowska, A. M., Rodriguez, C., Garcia, T., Areces, D., & Marsh, N. V. (2019). Parenting and future anxiety: The impact of having a child with developmental disabilities. *International Journal of Environmental Research and Public Health*, 16, 668. <https://doi.org/10.3390/ijerph16040668>
- Marsh, N. V. (2018). Cognitive functioning following traumatic brain injury: The first five years. *NeuroRehabilitation*, 43, 377-386. <https://doi.org/10.3233/NRE-182457>
- Hosking, S. G. & Marsh, N. V. (2013). Predictors of depression at one year post-stroke in older adults. *Brain Impairment*, 14, 381-391. <https://doi.org/10.1017/brimp.2013.30>

**Further
Information**

JCU Research Profile





Dr Denise Dillon

Associate Dean Research Education
Associate Professor Psychology
Chair, JCU Singapore IACUC
James Cook University in Singapore

PhD, James Cook University, Australia
GradCertEd (Tertiary Teaching), James Cook University, Australia
BPsych (Hons)/BSocSc-English Literature, James Cook University, Australia

Background

Dr Denise Dillon is an experienced academic leader with a demonstrated history as head of academic group for psychology, arts and education and membership of several senior-level university and campus committees. She is a strong higher education professional skilled in research design and data analysis, lecturing, editing and public speaking. Denise helps facilitate and promote the strategic direction of research within James Cook University in Singapore, improvements in the quality and impact of that research, and the growth of local and international research collaborations.

Denise is Editor in Chief for the Singapore Psychologist, SPS's flagship magazine on topical issues important to residents of Singapore and beyond. She has supervised over 100 fourth-year research students and 20 graduate research students, and has examined upwards of 90 undergraduate theses.

Dr Dillon has strong skillsets in conceptualisation of research projects in the area of environmental psychology, particularly in nature connectedness and place attachment, and in editorial advising at both the macro and micro levels. These skillsets have resulted in successful outcomes for numerous research students. Denise also has a keen interest in the field of literature studies and ecocriticism and has published in those fields as well.

Areas of expertise

- Conceptualisation and implementation of psychology research projects
- Editorial guidance for professional academic writing
- Professional development of researcher capabilities
- Certified Nature and Forest Therapy Guide (ANFT certification # 1818009)

Impact of research

- Graduate outcomes for students under Denise's supervision include graduates employed in research-related roles at highly reputed institutions in Singapore. Employers include the Ageing Research Institute for Society and Education (ARISE at NTU), Department of Pharmacology at the Yong Loo Lin School of Medicine (NUS, MACC), the Home Team Behavioural Sciences Centre, the National Neuroscience Institute, the NTU Centre of Social Media Innovations for Communities (COSMIC), the Neurocognitive Research Centre (KKH), the Research Division of the Institute of Mental Health, the Singapore Institute for Clinical Sciences (BMSI, A*STAR), and the Singapore University of Technology and Design.

- Our paper on the benefits of nature immersion provides one of the first comparisons of guided versus unguided forest therapy and revealed that nature connectedness and mood improved through both modalities.
- Our paper on resilience potentials from community gardening provides insights into the potential for mental health benefits in urban environments, specifically in terms of subjective well-being and resilience. These findings have implications for future research in clinical psychology, mental health promotion, and policy.
- Denise's literary criticism draws attention to the powerful impact of fictional works in highlighting potential outcomes for humanity. 'Footprint' explores Atwood's speculative visions of loss & extinction in cultural, linguistic, economic & ecological forms – and of altered forms of survival.

Top five publications

- Dillon, D., & Lee, S. T. H. (2023). Green spaces as healthy places: Correlates of urban green space use in Singapore. *International Journal of Environmental Research and Public Health*, 20(17), 6711. <https://doi.org/10.3390/ijerph20176711>
- Koay, W. I. & Dillon, D. (2020). Community gardening: Stress, well-being and resilience potentials. *Int. J. Environ. Res. Public Health*, 17(18), 6740; <https://doi.org/10.3390/ijerph17186740>
- Lim, P. Y., Dillon, D., & Chew, P. K. H. (2020). A guide to nature immersion: Psychological and physiological benefits. *Int. J. Environ. Res. Public Health*, 17(16), 5989; <https://doi.org/10.3390/ijerph17165989>
- Patinadan, P. V., & Dillon, D. B. (2022). Friends, food or worth fighting for? A proposed stereotype content model for nonhuman animals. *Human-Animal Interactions*, <https://doi.org/10.1079/hai.2022.00>
- Dillon, D. (2018). "Footprint": The apocalyptic imprint of end as immanent in Atwood's *Oryx* and *Crake*. *eTropic*, 17(2). <https://doi.org/10.25120/etropic.17.2.2018.3657>

Further
Information

JCU Research Profile





Dr Christopher Lo

Associate Professor, Psychology
James Cook University in Singapore

PhD (Psychology), University of Toronto, Canada
MA (Psychology), University of Toronto, Canada
BA (Psychology), University of British Columbia, Canada

Background

Originally from Canada, Dr Lo came to Asia in 2021 and is now a Associate Professor of Psychology at James Cook University, Singapore. Prior to joining JCU he was Assistant Professor in the Dept. of Psychiatry and the Dalla Lana School of Public Health, University of Toronto. Over the past 10 years he has collaborated with colleagues in Germany, Japan, Hong Kong, the UK and the US, and with interdisciplinary researchers in Medicine, Nursing and Midwifery, Bioethics and Public Health.

His research interests encompass areas of medical/health psychology, social/cross-cultural psychology, and developmental psychology. His research projects examine the way in which individuals cope with chronic and progressive illnesses and the protective effects of social connection throughout the life course.

Christopher has published in many international peer-reviewed journals, such as Psycho-oncology, Psychology, Health & Medicine, Lancet, British Medical Journal, Journal of Clinical Oncology, Journal of Pain and Symptom Management, European Journal of Cancer Care, Palliative Medicine, Social Science & Medicine, Self & Identity, and Journal of Cross-cultural Psychology. He is also the recipient of several internal and external research grants.

Areas of expertise

- Psychology/Psychiatry, Health and Disease
- Psychoeducation/Supportive Care in Medical Illness
- Psychosocial Development across the Lifespan
- Culture, Self and Society

Impact of research

- Proposed a novel developmental perspective to help clinicians treat patients coping with advanced disease.
- Constructed patient self-reported outcome measures of death anxiety and existential distress at the end-of-life for use in clinical trials.
- Contributed to the development of evidence-based palliative care interventions.
- Proposed a novel perspective on personality and identity formation in response to cultural context.

Top five publications

- Slusarek, E., Martin, V., Sarker, T., McCarthy, M.A., Granton, J., Tan, A., Lo, C. (2020). The mapping of emotions in a respiratory illness: transferability of illness experience from Pulmonary Arterial Hypertension to COVID-19. *Journal of Concurrent Disorders*. <https://concurrentdisorders.ca/2020/12/23/the-mapping-of-emotions-in-a-respiratory-illness-transferability-of-illness-experience-from-pulmonary-arterial-hypertension-to-covid-19/>
- Lo, C. (2018). A developmental perspective on existential distress and adaptation to advanced disease. *Psycho-oncology*, 27(11), 2657-2660. doi:10.1002/pon.4767.
- Krause, S., Rydall, A., Hales, S., Rodin, G., Lo, C. (2015). Initial validation of the Death and Dying Distress Scale for the assessment of death anxiety in advanced cancer. *Journal of Pain and Symptom Management*, 49(1), 126-134. doi:10.1016/j.jpainsymman.2014.04.012
- Zimmermann, C., Swami, N., Krzyzanowska, M., Hannon, B., Leighl, N., Oza, A., Moore, M., Rydall, A., Rodin, G., Tannock, I., Donner, A., Lo, C. (2014). Cluster randomized trial of early palliative care for patients with advanced cancer. *Lancet* 383(9930), 1721-1730. doi:10.1016/S0140-6736(13)62416-2
- Lo, C., Helwig, C.C., Chen, S.X., Ohashi, M.M., Cheng, C.M. (2011). A needs-based perspective on cultural differences in identity formation. *Identity*, 11(3), 211-230. doi:10.1080/15283488.2011.594782

Further
Information

JCU Research Profile





Dr Frederick P. K. Low

Associate Professor, Counselling
James Cook University in Singapore

DProfSt (Counselling), University of Southern Queensland, Australia
MSc, National University of Ireland, Ireland
MAppPsych, University of Southern Queensland, Australia
BSocSc (Psych), Western Sydney University, Australia

Background

Dr Frederick Low, a practising counselling psychologist with over 20 years of experience, has a firm belief in the scientist-practitioner model. He embraces each opportunity to conduct research at work. Over the years, he has engaged in much practice-based research. These include projects on art and play therapies, care and protection of children and young persons, vocational training and assessment and counselling for persons with intellectual disabilities, and refugees' health and education, among others. Many resulted in presentations at national or international conferences.

Frederick's core research interests revolve around interdisciplinary collaborations in schools, school counselling, and counselling for vulnerable groups (i.e., persons with special needs, individuals affected by child abuse and family violence, and refugees' education and mental well-being). Frederick is primarily involved in qualitative research but is keen on mixed-methods projects as well.

Dr Low contributes to international publications in counselling and psychology such as the Oxford Encyclopaedia of Educational Psychology, International Journal for the Advancement of Counselling, Journal of Psychologists and Counsellors in Schools, Asia Pacific Journal of Counselling and Psychotherapy, and Pastoral Care in Education.

He is an editorial board member for the Psychotherapy and Counselling Journal of Australia and served on the editorial board of the United States based Annals of Psychotherapy and Integrative Health. Frederick had also served on the scientific committees of the 19th Asian Conference on Intellectual Disabilities (2009) and the Singapore Counselling Symposium (2015).

Frederick continues to maintain a small but active private practice.

Professional engagement

- School counselling
- Interdisciplinary professional / clinical collaborations
- Counselling for vulnerable groups
- Refugee mental health & education
- Qualitative research

Impact of research

- Authored one of the top three most-read articles in the Asia Pacific Journal of Counselling and Psychotherapy in 2015.
- Authored one of the articles in the top 25% (by citations received), published in the International Journal for the Advancement of Counselling in 2009.
- Developed a framework for analysing challenges in counselling in schools across key domains (i.e., internal, external, system and personal).
- Examined stakeholders' perceptions on school counselling in Singapore and revealed gaps in stakeholders' understanding that were barriers for successful collaborations between teachers, school counsellors and community-based counsellors.
- Uncovered community-based counsellors' perceptions of school counselling, an area that was otherwise largely under-explored.
- Conceptualised and led an in-service refugee teacher's training programme in Malaysia with refugee mental health and educational research designed as an integral part of the project. Influenced and mobilised more than 20 researchers, resulting in 8 publications from these studies since 2014.

Top five publications

- Low, P.K. (2019). Interdisciplinary professional partnerships. In Oxford Encyclopaedia of Educational Psychology. New York: Oxford University Press. DOI: 10.1093/acrefore/9780190264093.013.949
- Tan, C.S., Tay, K.W., Ong, W.H., Low, S.K., Pheh, K.S. & Low, P.K. (2019). Assessing the effectiveness of a mental health literacy programme for refugee teachers in Malaysia. Malaysian Journal of Medical Sciences. 2019;26(6):120–126
- Low, P.K. (2015). Stakeholders' perceptions of school counselling in Singapore. Journal of Psychologists and Counsellors in Schools, 25(2), 200–216. doi:10.1017/jgc.2014.21
- Low, P.K. (2014). Looking in from the outside: Community counsellors' opinions and attitudes to school counselling in Singapore. Pastoral Care in Education, 32(4), 295–305. doi:10.1080/02643944.2014.974663
- Low, P.K. (2009). Considering the challenges of counselling practice in schools. International Journal for the Advancement of Counselling, 31(2), 71–79. doi:10.1007/s10447-009-9069-1

Further
Information

JCU Research Profile





Associate Professor Heather Winskel

Associate Professor, Psychology
James Cook University in Singapore

PhD (Psychology), University of Durham, U.K.
Graduate Diploma Language Studies and TESOL, Edith Cowan University, Australia.
Graduate Diploma Education (Primary/Special Education), University of Western Australia.
B. Sc. (hons) (Neurobiology), University of Sussex, U.K.

Background

A/Professor Winskel is an internationally recognised expert in the areas of psycholinguistics and cross-cultural psychology. Her interests include a strong focus on conducting research on diverse languages and their writing systems. Academic appointments have been held at various universities in Australia, United Kingdom and Thailand. She has also been a visiting research professor at various institutions in the Asian region.

A major contribution is that she has both publicised and promoted the study of S/SE Asian languages and their writing systems. Traditionally, research has focused on European languages and yet Asian languages and their writing systems have distinctive and very interesting and useful characteristics for psycholinguistic research. By including these lesser studied languages, we can build more comprehensive and representative universal models of psycholinguistic mechanisms and processes.

A/Professor Winskel has had extensive experience of collaborating and conducting research in the South and South-east Asian region. She has built up a number of collaborations with international colleagues in Asia, Europe and USA. These collaborations have resulted in research grant funding and high-quality academic publications including Journal of Memory and Language, Psychological Science, Psychonomic Bulletin & Review, Reading and Writing, British Journal of Educational Psychology, Journal of Child Language, Quarterly Journal of Experimental Psychology, and Applied Psycholinguistics.

Areas of expertise

- Psycholinguistics
- Cognitive psychology
- Languages and applied linguistics
- Reading and writing in different scripts
- Bilingualism
- Cross-cultural psychology
- Educational psychology
- Experimental psychology

Impact of research

- Publicised and promoted the study of S/SE Asian languages and their writing systems.

- Several journal articles are the first internationally published papers in that particular research area.
- Chief editor of South and Southeast Asian Psycholinguistics published by Cambridge University Press in 2014, 2019.
- Reviewer of research grant applications and reviewer for various international journals
- Has given colloquium, guest lectures and workshops at various universities and conferences.

Top five publications

- Winskel, H. (2022). Script relativity hypothesis: Evidence from reading with different spatial layouts and varied lexical tone. *Reading and Writing: An Interdisciplinary Journal*, 35, 1323–1341 <https://doi.org/10.1007/s11145-021-10225-7>.
- Winskel, H. & Padakannaya, P. (2014, 2019). *South and Southeast Asian Psycholinguistics*. Cambridge: Cambridge University Press. <http://www.cambridge.org/ve/academic/subjects/languages-linguistics/psycholinguistics-and-neurolinguistics/south-and-southeast-asian-psycholinguistics>.
- Winskel, H., Ratitamkul, T., & Perea, M. (2018). Can the first letter advantage be shaped by script-specific characteristics? *Journal of Experimental Psychology: Learning Memory and Cognition*, 44, 493–500. <https://doi.org/10.1037/xlm0000434>.
- Winskel, H., & Perea, M. (2014). Does tonal information affect the early stages of visual-word processing in Thai? *Quarterly Journal of Experimental Psychology*, 67(2), 209–219. <https://doi.org/10.1080/17470218.2013.813054>.
- Winskel, H., Radach, R., & Luksaneeyanawin, S. (2009). Eye movements when reading spaced and unspaced Thai and English: A comparison of Thai-English bilinguals and English monolinguals. *Journal of Memory and Language*, 61, 339–351. <https://doi.org/10.1016/j.jml.2009.07.002>.

Further
Information

JCU Research Profile





Associate Professor Maria Hennessy

Associate Professor in Clinical Psychology
James Cook University in Singapore

PhD (Psychology), University of Queensland, Australia
MPsych (Clinical) (Psychology), University of Tasmania, Australia
B.A. (Hons) (Psychology), University of Tasmania, Australia

Background

Associate Professor Maria Hennessy has a passion for exploring innovation in clinical psychology training and improving our understanding of mental health. Her research has focused on improving psychological assessment in clinical psychology and clinical neuropsychology for over 25 years. She is an experienced clinical researcher over 30 publications in peer-reviewed journals since 1991, including four book chapters, fifteen journal articles, and competitive grant funding of over \$750 000. She has supervised over 70 research students through their Honours, Masters or PhD journeys.

Associate Professor Maria Hennessy possesses strong skillsets in neuropsychological assessment, supporting survivor outcomes after traumatic brain injury, and the application of wellbeing science to mental health practice. These skillsets have produced collaborative innovations in neurosurgical care after brain injury, the development of new assessment approaches to post-traumatic amnesia, and multidisciplinary approaches to cognitive assessment in clinical practice. Her recent research focus includes the use of systems-informed wellbeing science to innovate clinical practice through new approaches to wellbeing assessment, positive psychological interventions, and recovery pathways after illness and injury.

Professional engagement

- Clinical psychology
- Clinical neuropsychology
- Wellbeing science
- Design and evaluation of new measures of wellbeing
- Development of novel assessment paradigms to improve mental health outcomes
- Assessment of post-traumatic amnesia
- Health outcomes after chronic subdural haematoma
- Positive psychological interventions
- Mindfulness-based strengths practice

Impact of research

- Improving wellbeing and recovery outcomes after chronic subdural haematoma in adults.
- Development of wellbeing assessment paradigms to support improved mental health outcomes.
- Improving the understanding of the post-traumatic amnesia, and support for the development of new assessment protocols that include retrograde amnesia, social communication and behaviour.
- Informing the development of pathophysiological models of post-traumatic amnesia and predictive relationships with biological outcome variables e.g. white matter microstructure changes.
- Development of models for the effects of midazolam on memory and cognition including anterograde amnesia, working memory, declarative memory, procedural memory, information processing, meta-memory and priming.

Top five publications

- Hennessy, M. & Sullivan, K. (2022). Quality of life, community integration, service needs, and clinical outcomes of people with traumatic brain injury in urban, regional, and remote areas of Queensland, Australia. *Australian Journal of Rural Health*, 30(2), 164-174. doi.org/10.1111/ajr.12823
- Hennessy, M., Marshman, L.A.G., Delle Baite, L., McLellan, J. (2020). Optimizing and simplifying post-traumatic amnesia testing after traumatic brain injury despite common confounders in routine practice. *Journal of Clinical Neuroscience*, 81, 37-42. doi.org/10.1016/j.jocn.2020.09.030
- Moffatt, C., Hennessy, M., Marshman, L. & Manickman, A. (2019). Long-term Health Outcomes in Survivors after Chronic Subdural Haematoma. *Journal of Clinical Neuroscience*, 66, 133-137. doi.org/10.1016/j.jocn.2019.04.039
- Hennessy, M., Patrick, J.C. & Swinbourne, A.L. (2018). Improving the assessment of mental health using the MHI-21. *Australian Psychologist*, 53(4), 313-324. https://doi.org/10.1111/ap.12330
- Marshman, L.A.G., Jakabek, D., Hennessy, M., Guazzo, E. & Quirk, F. (2013). Post-traumatic amnesia. *Journal of Clinical Neuroscience* 20(11), 1475-81. doi.org/10.1016/j.jocn.2012.11.02

Further
Information

JCU Research Profile





Dr Divjyot Kaur

Senior Lecturer, Psychology
James Cook University in Singapore

PhD, National University of Singapore, Singapore
MPsych (Clinical), James Cook University, Australia
MSocSc (Applied Psychology), National University of Singapore, Singapore
MEd, Punjab University, India
MSc (Child Development), Maharaja Sayajirao University of Baroda, India

Background

Dr Divjyot Kaur served as an Ethics Advisor for more than 3 years, and is currently a Member of James Cook University's Human Ethics and Research Committee. Dr Kaur has been in the field of education for the past 20 years, teaching at various educational levels. She specialised in Child Development in India, and has previously worked closely with children with developmental disorders in Special Education school settings and through her clinical work at a local hospital.

Dr Kaur's doctorate research focused on ethnic differences in cardiovascular reactivity (CVR) to stress. She examined differences in CVR across Chinese, Malay, and Indian participants in Singapore and found that Indians showed highest CVR.

Her current research interests involve various stress-related topics such as differentiated responses to stress and emotion across cultures, acculturation and its relation to physical health conditions, job stress and its implications in globally diverse organisations, and psychosocial interventions for stress and anger management. Caregiver stress is an often overlooked area as the focus of research tends to be on individuals with mental illness.

Dr Kaur is examining caregiver stress among parents of children with developmental disorders as well as aspects that lead to the breakdown of the caregiving process as individuals with developmental disorders transition to adulthood. Dr Kaur draws on the definition of mental well-being itself as an additional driver of her research. This construct has been elaborated upon extensively in literature, but there are often overlaps in these definitions and the measures used for examining mental well-being.

Areas of expertise

- Stress and cardiovascular reactivity across ethnicity
- Stress and executive function
- Acculturative stress among international students
- Developmental disorders and parental stress
- Workplace stress and burnout
- Stress and mental well-being

Impact of research

- Demonstrated the importance of vocational identity development in undergraduate students' learning, and suggested a need for more identity interventions or career counselling services in college and pre-university contexts.
- Revealed differences in CVR among ethnic groups in Singapore as well as between Indians living in India and those living in Singapore. These differences may reflect cultural differences and need to be explored further with respect to their relationship to different rates of coronary heart disease among these groups.
- The successful intervention for CABG patients has direct implications for focused interventions that lead to reduced incidence of cardiac events during post-operative recovery and overall positive outcomes for heart disease patients.

Top publications

- Teoh, A., Kaur, D., Dillon, R. & Hristova, D. (2020). Developing Gaming Instinctual Motivation Scale (GIMS): item development and pre-testing. In: Game User Experience And Player-Centered Design. International Series on Computer Entertainment and Media Technology. Springer, Cham, Switzerland, pp. 163-182. doi:10.1007/978-3-030-37643-7_7
- Wong, Z. & Kaur, D. (2018). The role of vocational identity development and motivational beliefs in undergraduates' student engagement. *Counselling Psychology Quarterly*, 31(3), 294-316. doi.org/10.1080/09515070.2017.1314249
- Kaur, D. & Bishop, G. (2013). Cardiovascular responses to stress in Singapore and India. *International Journal of Psychophysiology*, 87(2), 130-140. doi.org/10.1016/j.ijpsycho.2012.11.011
- Bishop, G. D., Kaur, D., Tan, V. L. M., Chua, Y. L. Liew, S. M. & Mak K. H. (2005). Effects of a psychosocial skills training workshop on psychophysiological and psychosocial risk in patients undergoing coronary artery bypass grafting. *American Heart Journal*, 150(3), 602-609. doi:10.1016/j.ahj.2004.10.015

**Further
Information**

JCU Research Profile





Dr Jagdeep Kaur Sabharwal

Senior Lecturer, Psychology
James Cook University in Singapore

PhD, Punjabi University, India
GradCertEd (Academic Practice), James Cook University, Australia
MPhil (Psych), Punjabi University, India
MA (Psych), Punjabi University, India
BA (Psych Hons), Punjabi University, India

Background

Dr Jagdeep Sabharwal's interest in fruitful social interactions and how people influence each other prompted her to pursue a PhD in Social Psychology. A significant part of her work experience has been in teaching and training. She worked for many years as a trainer before a career shift to teaching and research at the James Cook University. As a researcher, Dr Sabharwal views herself primarily as a positive psychologist, with a focus on wellbeing, mindfulness and stress management as well as broad comparative interests that reach out into other disciplines; in particular gerontechnology and transformative tourism experiences.

Dr Sabharwal is an educational professional with expertise in curriculum development and blended learning. She has special interest in examining the factors supporting learner engagement and academic well-being. Dr Sabharwal has supervised multiple honours and postgraduate research projects. Her cross-disciplinary collaborations are focused on active aging and burnout in healthcare and education sectors.

Areas of expertise

- Well-being
- Burnout
- Mindfulness and stress management
- Learning design
- Acculturative stress among migrant workforce in Singapore
- Gerontechnology

Impact of research

- Highlighted the role of gerontechnology/AgeTech in providing alternative means of assistance in the field of elderly care and its significance in maintenance of elderly well-being.
- Developed a learning design model to support quick transition of teaching across different modes of delivery while keeping the student learning experience intact. This model works on the principle of finding a local optimum solution which may or may not always deliver a best solution but can help mitigate the effect of situational factors that are beyond our control, like unprecedented circumstances which need urgent actions in minimum possible time.

Top five publications

- Chawla, S., Sabharwal, J., McCarthy, B. & Erhardt, R. (2021). Technology acceptance, social marketing and the design of a mobile health app to support active aging amongst senior citizens in the Asia Pacific region. In: Broadening Cultural Horizons in Social Marketing. Springer Nature Singapore, Singapore, pp. 239-261. doi: 10.1007/978-981-15-8517-3
- Thirumaran K, Chawla S, Dillon R and Sabharwal J (2021) Virtual pets want to travel: engaging visitors, creating excitement. Tourism Management Perspectives, 39.
- Sabharwal, J., & Chawla, S. (2021). A G-READY model to support subject design for software engineering. CEUR Workshop Proceedings. In: SEED 2020: 3rd Software Engineering Education Workshop 2020, 1 December 2020, Online Event.
- Binte Mohammad Adib, N.A., Sabharwal, J.K. (2024)) Experience of loneliness on well-being among young individuals: A systematic scoping review. Curr Psychol 43, 1965–1985. <https://doi.org/10.1007/s12144-023-04445-z>
- McCarthy B, Sabharwal J and Chawla S (2024) Old age or cognitive decline? Examining the usability of a mobile health app for older Australians. Informatics for Health and Social Care, 49 (1). pp. 83-97

Further
Information

JCU Research Profile





Dr Joanna Barlas

Associate Professor, Clinical Psychology
Chartered Clinical Psychologist
James Cook University in Singapore

DClinPsy, University College London, UK
MSc, Glasgow Caledonian University, UK
BA (Hons), University of Oxford, UK

Background

Dr Barlas is a chartered clinical psychologist with the Health and Care Professionals Council UK. In her position at James Cook University in Singapore, she is responsible for clinical and research supervision of trainee clinical psychologists.

Dr Barlas draws on five years of experience in the UK National Health Service, specialising in working with adults with severe and enduring mental health problems and offending behaviour in both inpatient secure hospitals and community settings. Her clinical knowledge covers a wide-range of presenting problems, and Dr Barlas has particular interest in trauma, psychosis and personality disorder and their links to offending behaviour. Her clinical approach and research interests lie in cognitive-behavioural approaches with a special focus on schema therapy. Dr Barlas primarily uses qualitative methodology, particularly interpretative phenomenological analysis and thematic analysis in her research, investigating topics such as the relationships between traumatic experiences, psychopathology and offending behaviour and perceptions of risk and resilience.

Areas of expertise

- Qualitative Methodology
- Schema Therapy
- Well-being in marginalized populations
- Process-based therapy

Impact of research

- Regis Residential Care Homes in Australia expanded the use of robotic seals in their lifestyle programs following the positive findings of the research.
- The Ministry of Social and Family Development in Singapore used the research findings about maltreatment and resilience for service planning and resource allocation.

- Highlighting the well-being of migrant domestic workers in Singapore
- Highlighting the role of early parenting experiences for postnatal mental health and the potential value of schema therapy for postnatal mothers

Top five publications

- Leong, R.W.E., Gill, D., Barlas, J., & Lin, P.K.F. (2024) Early Parenting Interactions and First-Time Mothers' Postnatal Depression and Parental Competence'. *European Journal of Investigation in Health, Psychology and Education*, 14 (4):963-975.
- Zainal, K. & Barlas, J. (2022) Mental health, stressors, and resources in migrant domestic workers in Singapore: A thematic analysis of in-depth interviews. *International Journal of Intercultural Relations*, 90, 116-128.
- Ke, T. & Barlas, J. (2020). Thinking about feeling: using trait emotional intelligence in understanding the associations between early maladaptive schemas and coping styles. *Psychology and Psychotherapy: theory, research and practice*, 93, pp. 1-20, DOI:10.1111/papt.12202.
- Go, M., Chi, M., Barlas, J. & Chng, G. (2017). The role of strengths in anger and conduct problems in maltreated adolescents. *Child Abuse and Neglect*, 67, 22-31.
- Birks, M., Bodak, M., Barlas, J., Harwood, J. & Pether, M. (2016). Robotic seals as therapeutic tools in an aged care facility: A qualitative study. *Journal of Aging*, 2016 1-7.

Further
Information

JCU Research Profile





Dr Kai Qin Chan

Senior Lecturer, Psychology
James Cook University in Singapore

PhD, Radboud University, Nijmegen, The Netherlands
MSocSci, National University of Singapore, Singapore
BSocSci (Hons), National University of Singapore, Singapore

Background

Dr Chan is an experimental social psychologist who is interested in the nature of emotions. He heads the Emotions in Daily Life lab group at JCU. His research is shaping how emotion scientists think about the functionality of emotions, particularly on our perceptual systems. Of all the emotions humans experience, Dr Chan is most fascinated by disgust. His current agenda investigates how disgust shapes different aspects of human food culture and its implications on our understanding of public health, especially in countries where hygiene standards are poor. He has supervised over 30 research students and some of them have been well-placed in competitive graduate programmes such as the University of Texas at Austin, the University of Washington at Seattle, the Free University of Amsterdam, Leiden University, and Tilburg University.

He believes that psychology has a lot to offer to society, beyond “traditional” applications such as in clinical or business settings. As a lecturer specializing in teaching research methods and statistics, he often pushes the boundaries of applying sophisticated methods and analysis in his and his students’ projects.

Areas of expertise

- Functionality of emotions
- Olfactory and auditory assessments
- Programming (R, Python, Inquisit)
- Eyetracking
- Multi-level modeling, structural equation modeling, web-scraping, advanced power analysis, meta-analysis

Impact of research

- Provided a crucial reconceptualization about the embodiment of metaphors.
- Demonstrated that emotions can influence perceptual capabilities other than in vision.

Top five publications

- Gao, C., Wang, D., Chan, K. Q., Miao, X. Y., & Wang, Z.-J. (2020). Close-knit ties through thick and thin: Sharing emotional events enhances social bonds. *European Journal of Social Psychology*.
- Chan, K. Q., van Dooren, R., Holland, R. W., & van Knippenberg, A. (2019). Disgust lowers olfactory threshold: A test of the underlying mechanism. *Cognition & Emotion*, 34, 621-627. doi:10.1080/02699931.2019.1660145
- Sparks, A., Fessler, D. M., Chan, K. Q., Holbrooks, C. C., & Ashokkumar, A. (2018). Disgust as a mechanism for decision making under risk: Illuminating sex differences and individual risk-taking correlates of disgust propensity. *Emotion*, 18, 942-958. doi:10.1037/emo0000389
- Chan, K. Q., Holland, R. W., van Loon, R., Arts, R., & van Knippenberg, A. (2016). Disgust and fear lower olfactory threshold. *Emotion*, 16, 740-749. doi:10.1037/emo0000113
- Chan, K. Q., Tong, M. W. E., Tan, D. H., & Koh, A. H. Q. (2013). What do love and jealousy taste like? *Emotion*, 13, 1142-1149. doi:10.1037/a0033758

**Further
Information**

JCU Research Profile





Dr M Akshir Ab Kadir

Senior Lecturer, Education
James Cook University in Singapore

PhD (Education), University of Melbourne, Australia
PGDE, National Institute of Education, Singapore
MA (English Studies) National University of Singapore, Singapore
BA (Arts & Social Sciences), National University of Singapore, Singapore

Background

Dr M. Akshir Ab Kadir is currently Senior Lecturer and education programme coordinator at James Cook University. He has more than 20 years' experience in the field of education and has taken on various roles and appointments.

This includes being an editor at an international publishing firm, classroom teacher in Singapore and Australian schools, deputy director at an educational consultancy organization and teacher educator at institutes of higher learning. He has multifaceted expertise and interests in education and teaches in areas such as curriculum, pedagogy, educational psychology and assessment. His works have been published in high impact international journals and have attracted numerous citations.

Areas of expertise

- Curriculum
- Pedagogy
- Assessment
- Teacher learning & knowledge
- Educational policy
- Critical & creative thinking

Impact of research

- Conducted the first major qualitative research on the implementation of critical thinking under Singapore's educational policy, *Thinking Schools, Learning Nation*.
- Developed a heuristic framework that conceptualises the essential teacher knowledge domains in the teaching of critical thinking. This framework guides the design of teacher education programmes that aim to teacher competence in critical thinking instruction.

- Conducted the first critical review of *Thinking Schools, Learning Nation* which employs a student voice theoretical perspective.
- Put forth recommendations to address the implications on teacher education in the teaching of the critical and creative thinking as a general capability in the Australian curriculum.
- Postulated the concept of Wittgenstein's 'family resemblance' to unify the multifaceted notions of critical thinking in the international literature

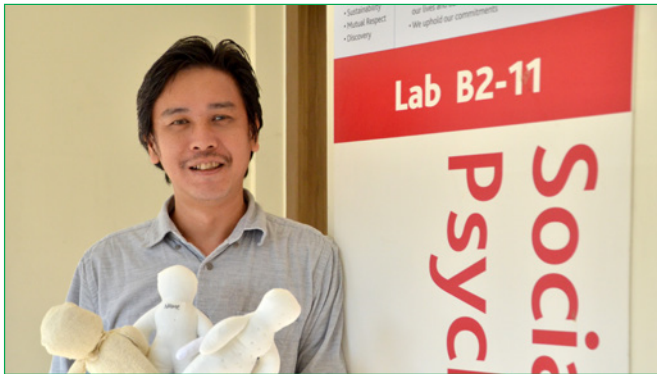
Top five publications

- Ab Kadir M A (2017) What teacher knowledge matters in effectively developing critical thinkers in the 21st century curriculum? *Thinking Skills and Creativity*, 23. pp. 79-90
- Ab Kadir M A (2019) Singapore's educational policy through the prism of student voice: recasting students as co-agents of educational change and 'disrupting' the status quo? *Journal of Education Policy*, 34 (4). pp. 547-576
- Ab Kadir M A (2018) An inquiry into critical thinking in the Australian curriculum: examining its conceptual understandings and their implications on developing critical thinking as a "general capability" on teachers' practice and knowledge. *Asia Pacific Journal of Education*, 38 (4). pp. 533-549
- Ab Kadir A (2016) Engendering a culture of thinking in a culture of performativity: the challenge of mediating tensions in the Singaporean educational system. *Cambridge Journal of Education*, 47 (2). pp. 227-246
- Ab Kadir M A (2017) Critical thinking and learner diversity in the Australian Curriculum: implications and epistemological tensions. *International Journal of Pedagogies and Learning*, 11 (3). pp. 225-237

**Further
Information**

JCU Research Profile





Dr Patrick Lin

Senior Lecturer, Psychology
James Cook University in Singapore

PhD, National University of Singapore, Singapore
BA (Specialized Hons) (Psychology), York University, Canada

Background

Dr Lin joined James Cook University in Singapore in 2007 where he has served as the fourth-year psychology program coordinator and a human ethics advisor.

Dr Lin has supervised almost 100 final-year undergraduate thesis projects. Several of these projects stemmed from his research expertise in the specialised areas of God Priming and interpersonal attraction. Dr Lin has strong skillsets in quantitative research methods/designs and mediation/moderation analyses. Particularly, he likes to employ interesting research techniques and measurements in addressing his research questions. These include using subliminal priming to manipulate the God concept, using the cold pressor task to measure prosociality, and using the voodoo doll task to examine revenge behaviors.

Areas of expertise

- Priming - in particular the impact of God concept priming on a) prosocial behaviour & b) the self
- Interpersonal attraction – a) mediators in the similarity attraction link & b) work-partner selection

Impact of research

- From research on priming (God concept): We found that people in general are prosocial in nature. Specifically, we found a range of prosociality from the simplest forms (i.e., donating money and volunteering time) to extreme acts (i.e., enduring self-pain for a good cause to non-related individuals). However, the most interesting fact is that, when God believers were primed with a God concept, their level of prosociality doubled in comparison to God believers who were not primed with a God concept and to non-believers.
- From research on interpersonal attraction: Together with Prof. Ramadhar Singh (the leading expert in the field of similarity attraction), we have discovered the reasons behind similarity attraction. While common belief is that affect (i.e., emotion/feeling) “controls” us to like another person who is similar to us, we found that the most important factor that facilitates the attraction link is the “trust” in you held by the other individual.
- Co-authored a seminal early paper on personality assessment using social media content (over 150 citations to date).
- Participated in several international, multi-lab investigations into the psychology of religion, thus enhancing the cross-cultural validity of key findings in the field.

Top five publications

- Lin, P. K. F., & Ramsay, E. J., Chan, K. Q., Lim, B. Y. R., Lowe, Y. J., & Tong, E. M.W. (in press) Self-transcendence through self-inhibition?: God primes reduce self-accessibility. *Psychology of Religion and Spirituality*.
- Lin, P. K., F. & Suarez, L (2020) The Effect of Supernatural Priming on Cheating Behaviour. *Religions*, 11 (6), 315
- Lin, P. K. F., Tong, M. W., Lee, L., Low, A. H. M., & Gomes, D. (2016). The prosocial impact of God concept priming on God believers. *Psychology of Consciousness: Theory, Research, and Practice*, 3, 93-103.
- Singh, R., Wegener, D. T., Sankaran, K., Singh, S., Lin, P. K. F., Seow, M. X., Teng, J. S. Q., & Shuli, S. (2015). On the importance of trust in interpersonal attraction from attitude similarity. *Journal of Social and Personal Relationships*, 32, 1-22.
- Singh, R., Ramasamy, M., Self, W. T., Simons, J. J. P., & Lin, P. K. F. (2013). Age-moderated effects of consequence and intent information on punishment: An intuitive prosecutorial interpretation. *Journal of Genetic Psychology*, 174, 1-24.

**Further
Information**

JCU Research Profile





Dr Peter Chew

Associate Professor, Psychology
James Cook University in Singapore

PhD, James Cook University, Australia
BPsych (Hons Class I), James Cook University, Australia

Background

Dr Chew completed his PhD at James Cook University in 2016. His primary area of research focus is on behavioral addictions, terror management theory, and psychometrics. Specifically, he is interested in (a) examining the prevalence, correlates, effects, and interventions of various behavioral addictions (e.g., Internet gaming disorder), (b) examining the effects of reminders of death on a broad range of human behavior, and (c) evaluating the psychometric properties of psychological instruments among the Singaporean population.

Dr Chew is a Primary Advisor on the Register of Advisors. Since 2014, he has a total of 25 publications in peer-reviewed journals. He has also successfully supervised more than 35 projects at the graduate and undergraduate level. Currently, he is the primary advisor for 4 PhD/DPsych projects. Finally, he is an advisory board member at Annabelle Psychology Pte Ltd and an editorial board member for PLOS ONE and Journal of Articles in Support of the Null Hypothesis.

Areas of expertise

- Behavioral addictions
- Terror management theory
- Psychometrics

Impact of research

- Clarified the relationships between personality and Internet gaming disorder using meta-analysis.
- Examined terror management theory's predictions in the COVID-19 pandemic using big data analysis.
- Validated two instruments of statistics anxiety and two instruments of connection to nature for use amongst the Singaporean population.

Top five publications

- Leung, H.-T., Chew, P. K. H., & Caltabiano, N. J. (2022). Mortality salience effects of critical incidents – A systematic literature review and research agenda. *OMEGA - Journal of Death and Dying*. Advance online publication. <https://doi.org/10.1177/00302228221098890>
- Chew, P. K. H. (2022). Big data analysis of terror management theory's predictions in the COVID-19 pandemic. *OMEGA - Journal of Death and Dying*. Advance online publication. <https://doi.org/10.1177/00302228221092583>
- Chew, P. K. H. (2022). A meta-analytic review of Internet gaming disorder and the Big Five personality factors. *Addictive Behaviors*, 126, 107193. <https://doi.org/10.1016/j.addbeh.2021.107193>
- Chew, P. K. H., & Yap, B. L. M.* (2021). Mortality salience in an offline and online setting. *Death Studies*. Advance online publication. <https://doi.org/10.1080/07481187.2021.1888826>
- Chew, P. K. H. (2019). Psychometric evaluation of two instruments to assess connection to nature / Evaluación psicométrica de dos instrumentos que miden la conexión con la naturaleza. *Psychology*, 10(3), 1–31. <https://doi.org/10.1080/21711976.2019.1607470>

Further
Information

JCU Research Profile





Dr Sean Lee

Senior Lecturer, Psychology
James Cook University in Singapore

PhD (Psych), Singapore Management University, Singapore
MSc (Psych), Singapore Management University, Singapore
SDip (Statistics & Data Mining), Singapore Polytechnic, Singapore
BA (Psych), Murdoch University, Australia

Background

Sean's primary specialization is industrial and organizational psychology. His secondary specializations include emotions, well-being and psychometrics. His studies focus on how we may enhance employees' creativity, as well as promote better health and overall well-being.

In terms of teaching, he has experience in teaching up to the postgraduate level and has been awarded the JCUS Teaching Excellence Award (2020). He currently serves as an Editorial Board Member at the Asian Journal of Social Psychology and as a Review Editor Board Member at Frontiers in Psychology (Emotion Science Section). He also conducts ad hoc peer-reviews for journals such as Organizational Psychology Review, Journal of Cross-Cultural Psychology, and Archives of Environmental and Occupational Health.

Areas of expertise

- Creativity and Innovation
- Teams and Group Processes
- Emotions, Health, and Subject Well-Being
- Psychometrics

Impact of research

- Shed light on the effects of diversity in agreeableness among team members on team creativity
- Contributed to current efforts in ascertaining the role of inflammation in the pathogenesis of depression and anxiety disorder
- Encourage greater adoption of measurement invariance testing to ensure that scales used are psychometrically equivalent and, therefore, directly comparable when administered to various groups of participants

Top five publications

- Lee, S. T. H. & Park, G. (2020). Does diversity in team members' agreeableness benefit creative teams? Journal of Research in Personality, 85.
- Lee, S. T. H. (2020). Inflammation, depression, and anxiety disorder: A population-based study examining the association between interleukin-6 and the experiencing of depressive and anxiety symptoms. Psychiatry Research, 285.
- Lee, S. T. H., Hartanto, A., Yong, J. C., Koh, B., & Leung, A. K.-y. (2019). Examining the cross-cultural validity of the Positive Affect and Negative Affect Schedule (PANAS) between an Asian (Singaporean) sample and a Western (American) sample. Asian Journal of Social Psychology, 23(1), 109-116.
- Lee, S. T. H., Choy, K. C., & Yong, J. C. (in press). A bubble of protection: Examining dispositional optimism as a psychological buffer of the deleterious association between negative work-family spillover and psychological health. European Journal of Work and Organizational Psychology.
- Hartanto, A., Lee, S. T. H., & Yong, J. C. (2019). Dispositional gratitude moderates the association between socioeconomic status and interleukin-6. Scientific Reports, 9(1), 802-812.

Further
Information

JCU Research Profile





Dr Smita Singh

Associate Professor, Psychology
James Cook University in Singapore

PhD (Psychology), National University of Singapore, Singapore
MPhil, Indian Institute of Technology Bombay, India

Background

Dr Singh's current research focuses on decision making in relation to prosocial behaviour. When are people likely to help? What prosocial decisions do people make while they are in different social environments? What are the cognitive processes underlying prosocial decision-making? These are some of the core questions that drive her current research, and therefore through her research, Dr Singh aims to address numerous conundrums in her field. Most of her projects explore the determinants of helping behaviour (like personality, task difficulty or resources) and focuses on finding how prosocial behaviour could be encouraged (priming).

Dr Singh is also passionately involved in research linked to attitude similarity, interpersonal relationships, and social judgment. In collaboration with colleagues at the National University of Singapore and the Indian Institute of Management, and through data collected at James Cook University in Singapore, Dr Singh explored mediational links between similar attitudes and interpersonal attraction.

Dr Singh received her PhD in Psychology from the National University of Singapore in 2010. In her doctoral research, she studied the effects of psychological distance on the construal and judgment of organizational leaders. She joined James Cook University in Singapore in August 2009 and, since then, has been actively involved in teaching, supervision and doing collaborative and independent research. She received the best research paper award at the Asian Congress of Applied Psychology 2015 in Singapore.

Areas of expertise

- Judgment and decision-making model of prosocial behaviour, trust, social support and in interpersonal relations
- Applying social cognitive principles to understand leadership and understanding the Indian model of leadership
- Studying attitudes towards palliative care knowledge.
- Studying issues related to parenting and filial piety.

Impact of research

- Establishing a measure of prosocial behavior and finding ways to enhance prosocial behavior. Research in this field has numerous positive societal implications in fostering what drives prosocial behavior in various settings.

- Developed a follower-centric approach to understanding leaders' perceptions and their determinants. Her doctoral and post-doctoral research successfully applied the socio-cognitive principle (Construal Level Theory) in understanding leader behavior in an organizational setting.
- Palliative care education is an important research which impacts the public and policy-makers.

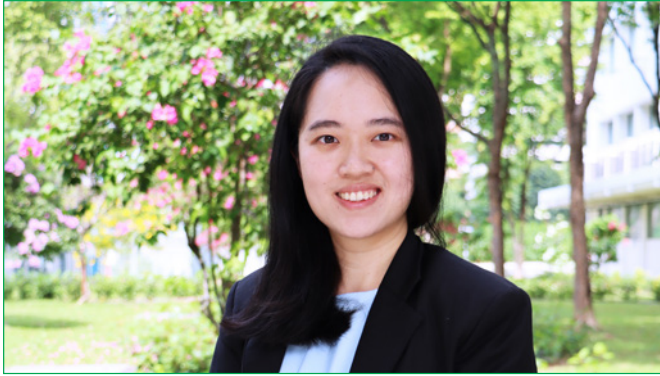
Top five publications

- Hui, E., Singh, S., Lin, P. K., & Dillon, D. (2024). Social Media Influence on Emerging Adults' Prosocial Behavior: A Systematic Review. *Basic and Applied Social Psychology*, 1-27.
- Singh, S., & Zhou, X. (2023) Asian leadership: Foundation, diversity, and challenges. In: E. Ng, J. Ramsay, K. Thirumaran, & J. Wood (Eds.) *Managing People Across the Asia-Pacific: An Organizational Psychology Approach*, Cheltenham: Edward Elgar.
- Keerthigha, C., Singh, S., Chan, K. Q., & Caltabiano, N. (2023). Helicopter parenting through the lens of reddit: A text mining study. *Heliyon*, 9(10).
- Tan, M. *, & Singh, S. (2022) Drivers of prosocial behavior: Exploring the role of mindset and perceived cost. *Current Research in Social Psychology*, 31 (3). pp. 28-38.
- Li, W. W., Chhabra, J. & Singh, S. (2021) Palliative care education and its effectiveness: a systematic review. *Public Health*, 194. pp. 96-108.

**Further
Information**

JCU Research Profile





Dr Sherry Aw

Lecturer, Psychology
James Cook University in Singapore

PhD (Organizational Behavior), National University of Singapore, Singapore
MSc(Social and Organizational Psychology), London School of Economics
and Political Science, United Kingdom
BSocSci(Hons), National University of Singapore, Singapore

Background

Dr Aw is a social psychologist specializing in organizational behavior and employee well-being. Her research interests are three-pronged: First, how moral emotions in the workplace – empathy, compassion, gratitude, guilt, influences employees' psychological and workplace outcomes (e.g., burnout, work engagement); second, factors that help employees thrive and be resilient in the face of stressors; and last but not least, on the interplay between work and life domains. She specializes in quantitative research methodology, including longitudinal and experience sampling studies.

Dr Aw's research has been published in top organizational and psychology journals including Journal of Applied Psychology, Journal of Vocational Behavior, Journal of Occupational and Organizational Psychology, and Applied Psychology: An International Review. She is an ad-hoc reviewer for journals like Journal of Managerial Psychology and Applied Psychology: An International Review.

Areas of expertise

- Empathy and Emotions
- Employee stress and well-being
- Work-Family Interface

Impact of research

- Demonstrated the importance of positive affective processes such as empathy and gratitude for employee and organizational outcomes
- Contributed to the literature on work-family conflict and work-family enrichment, demonstrating the linkages between workplace affective events and behaviors on family outcomes

Top five publications

- Tang, P.M., Ilies, R., Aw, S.S.Y., Lin, K., Lee, R., & Trombini, C. (2022). How and when service beneficiaries' gratitude enriches employees' daily lives. *Journal of Applied Psychology*.
- Aw, S.S.Y., Ilies, R., Li, X., Bakker, A.B., & Liu, X.Y. (2021). Work-related helping and family functioning: A work-home resources perspective. *Journal of Occupational and Organizational Psychology*, 94, 55-79.
- Aw, S.S.Y., Ilies, R., De Pater, I.E. (2020). Dispositional empathy, emotional display authenticity, and employee outcomes. *Journal of Applied Psychology*, 105, 1036-1046.
- Ilies, R., Aw, S.S.Y. & Lim, V.K.G. (2016). A naturalistic multi-level framework for studying transient and chronic effects of psychosocial work stressors on employee health and well-being. *Applied Psychology: An International Review*, 65(2), 223-258.
- Lim, V.K.G., Chen, D.J.Q., Aw, S.S.Y., & Tan, M. (2016). Unemployed and exhausted? Job-search fatigue and reemployment quality. *Journal of Vocational Behavior*, 92, 68-78.

Further
Information

JCU Research Profile





Dr Ng Da Xuan

Lecturer, Counselling

James Cook University in Singapore

PhD (Health), James Cook University, Singapore

Master of Counselling, Singapore University of Social Sciences, Singapore

Master of Science, Salus University, USA

Bachelor of Arts (Psychology), University of Queensland, Australia

Background

Dr Ng Da Xuan, a practicing counsellor, integrates evidence-based clinical practices with practice-based evidence. As a researcher, he has participated in industry-led research projects, where he contributed towards the validation and adaptation of evidence-based practices to fit the unique context of Singapore.

Da Xuan's primary research interests are in the areas of personality and social attitudes as well as several areas within the field of counselling and psychology, including works in prejudice, tolerance, mindfulness, compassion, deliberate practice, process-oriented clinical research, and psychotherapy outcome research. With respect to higher degrees by research, Dr Ng can supervise multidisciplinary projects in the fields of Personality and Social Psychology and Counselling; in particular, personality and attitudinal linkages, pedagogical methods to train mental health professionals in the Tropics, cultural adaptation of counselling modalities, and phenomenological research of prejudice and social tolerance in counselling.

Areas of expertise

- Personality (Reinforcement Sensitivity Theory/Big Five/Five Factor Model)
- Social Attitudes (Prejudice/Social Tolerance/Universal-Diverse Orientation)
- Mindfulness and Compassion-based therapeutic approaches

Impact of research

- Dr Ng's research has been cited in internationally recognized publication outlets, including Journal of Personality (H index 167), Journal of Youth and Adolescence (H Index 144), International Journal of Intercultural Relations (H Index 102), Frontiers in Public Health (H index 101), and Cultural Diversity and Ethnic Minority Psychology (H index 98). His work has contributed to advancing theoretical insights into prejudice, authoritarianism, and social tolerance, and has supported the development of intergroup compassion.

Top publications

- Ng, D. X., Chew, P. K. H., & Ramsay, J. (2023). Evidence of method effects in the authoritarianism-conservatism-traditionalism scales. *Journal of Pacific Rim Psychology*, 17.
- Ng, D. X., Lin, P. K. F., Marsh, N. V., Chan, K. Q., & Ramsay, J. E. (2021). Associations between openness facets, prejudice, and tolerance: A scoping review with meta-analysis. *Frontiers in Psychology*, 12.

**Further
Information**

JCU Research Profile





Dr Jose Yong

FHEA

Senior Lecturer, Psychology

James Cook University in Singapore

PhD (Psychology), Singapore Management University, Singapore
MSc (Psychology), Singapore Management University, Singapore
BSocSc, Singapore Management University, Singapore

Background

Jose's eclectic experiences as a wandering, accidental academic are reflected in his research where anything pertaining to the human condition, including mating, individual differences, culture, game theory, motivation, wellbeing, and organizational behavior, is fair game. Jose utilizes evolutionary or functionalist perspectives to guide his investigations, and he has published in outlets such as *American Psychologist*, *Personality and Social Psychology Bulletin*, *Journal of Personality and Social Psychology*, *Culture and Evolution*, and *Archives of Sexual Behavior*. Jose is also interested in the therapeutic and meaning-making utility of art and music, and he has been invited to share his insights on radio shows, podcasts, and conferences on issues pertaining to romantic relationships, mental health, life coaching, and more.

Jose's current focus primarily revolves around understanding modern problems, including competitive stress, physical and mental health issues, ultralow fertility, risky behavior, cynicism, and extremism, through an evolutionary mismatch lens. Jose is also broadly interested in psychosocial "desiderata", or the desired things that underlie a happy, healthy, and good life. Within this area, Jose is interested in so-called "deviant" but healthy subpopulations (e.g., sexual kinks, alternative mating systems, rave/psychedelic culture) and their insights for human functioning and wellbeing. Jose also enjoys questions that border on the philosophical, such as the fundamental nature of humans, what the "purpose" of life (or anything) might be (if there is even such a thing), what reality is and how it is perceived (e.g., simulacra effects), the affordances and limits of external reality as extensions of the mind and phenotypes, and questions at the intersection of consciousness and physics (i.e., the hard problem/explanatory gap).

Areas of expertise

- Evolution and human nature
- Social psychology
- Individual differences
- Culture
- Mating, attraction, and romantic relationships
- Wellbeing
- Organizational behavior and group processes
- Spirituality and meaningful living
- Healthy deviance

Impact of research

- Jose's work has contributed to understanding human psychology and behavior at a fundamental level, thus allowing us to address psychosocial problems at the root and design interventions that work with rather than against our evolved human nature. His research has been featured on popular platforms such as *The Conversation* and *Psychology Today*, some of which were the most-read articles in 2024, and he has been invited to share his insights in public forums including 938 Live (Singapore) and 980 CKNW (Vancouver, BC). Jose has received funding from the American Psychological Foundation to pursue his research on topics such as fertility variation across the globe and he intends to shed further light on the psychosocial aspects of the ongoing "polycrisis".

Top five publications

- Yong, J. C., Lim, C. H., Jonason, P. K., & Thomas, A. G. (2024). Income and sex moderate the association between population density and reproduction: A multilevel analysis of life history strategies across 23 nations. *Archives of Sexual Behavior*. Advance online publication.
- Yong, J. C., Lim, A. J. Y., & Li, N. P. (2024). When social status gets in the way of reproduction in modern settings: An evolutionary mismatch perspective. *Culture and Evolution*, 20(1), 59-76.
- Yong, J. C., Li, N. P., & Kanazawa, S. (2021). Not so much rational but rationalizing: Humans evolved as coherence-seeking, fiction-making animals. *American Psychologist*, 76(5), 781-793.
- Yong, J. C., Park, G., & Spitzmuller, M. (2021). From the savannah to the corporate office: The evolution of teams. *Small Group Research*, 52(1), 33-67.
- Yong, J. C., & Choy, B. K. C. (2021). Noncompliance with safety guidelines as a free-riding strategy: An evolutionary game-theoretic approach to cooperation during the COVID-19 pandemic. *Frontiers in Psychology*, 12, 646892.

Further
Information

JCU Research Profile





Dr Lucy Tan

FANZCCP

Associate Professor, Clinical Psychology
James Cook University in Singapore

PhD (Psychological Medicine), The University of Queensland, Australia
Master of Psychology (Clinical), Massey University, New Zealand
Master of Arts (Psychology), University of Aberdeen, Scotland, UK

Background

Dr Lucy Tan is an Australian registered clinical psychologist and currently an Associate Professor in Clinical Psychology at JCU Singapore. She holds overseas adjunct appointments in the School of Psychology, University of Aberdeen, Scotland, and the School of Medicine (Psychiatry) at the University of Queensland, Australia.

Prior to joining JCU Singapore in 2023, she held appointments as the statewide Psychology Clinical Education Program Manager in Queensland Health, Australia and Psychology Clinic Director in Australian Catholic University, Brisbane. She has served as assessor for the Psychology Board of Australia and Clinical Advisor for the Office of Health Ombudsman and The University of Queensland, School of Medicine – Psychiatry division. Dr. Tan served as an assessor for the Psychology Board of Australia and a Clinical Advisor for the Office of the Health Ombudsman, Australia. In her private practice, she worked as an expert witness in both New Zealand and Australia Family Courts, Youth Justice, and medico-legal contexts. She works across the life span; her strengths lie in child, adolescent, and family mental health and well-being.

Areas of expertise

- Child & Adolescent Development
- Clinical experiments
- Health Psychology
- Implementation Science
- Mental Health
- Mindfulness
- Programme evaluations

Impact of research

- Dr. Tan's research interests involved examining determinants on improving our understanding of the ways in which mental health conditions develop and the mechanisms of change processes in the treatment of these conditions. This may include exploring experimental designs and/or applied psychological processes; development of psychological interventions to address psychological fitness and mental health well-being; implementation and programme evaluations.
- Bridging the evidence-practice divide that exists is also an area of research passion, such as exploring factors influencing work

readiness of clinical psychology graduates and the transfer of knowledge to real-world clinical practice applications; thus, making her a true clinician-researcher. Dr. Tan's research has won her several prestigious awards (e.g., The Australian Prime Minister's Award and The Centre for Mindfulness Research and Practice, Wales, U.K.). Her commercialised research, Taming the Adolescent Mind® (a treatment protocol) is widely utilised in Youth Mental Health services in Australia and international schools in Hong Kong, with partnerships with the School of Nursing, University of Texas, U.S.A.

Top five publications

- Tan, L.B.G & Jones, M. (2024). Hyped-up or Meditate: A scoping review of mindfulness-based group interventions for adolescents with Attention Deficit Hyperactivity Disorder. *Clinical Child Psychology and Psychiatry*, <https://doi.org/10.1177/13591045241272835>.
- Tan, L.B.G. (2024). "Embedding a skill-based novel intervention in busy public community child and youth mental health services from a quality improvement lens." Oral presentation at European Association of Behavioural and Cognitive Therapies (EABCT) Congress, September 2024.
- Golubickis, M., Tan, L.B.G., Jalalian, P., Falbén, J.K. & Macrae, N.C. (2024). Brief mindfulness-based meditation enhances the speed of learning following positive prediction errors. *Quarterly Journal of Experimental Psychology*, 14:17470218241228859. doi: 10.1177/17470218241228859. Epub ahead of print. PMID: 38229479.
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- Young, Cara C., Monge, Maria; Minami, Haruka; Rew, Lynn; Conroy, Haley; Peretz, Clara & Tan, Lucy. (2022). Outcomes of a Mindfulness-Based Healthy Lifestyle Intervention for Adolescents and Young Adults with Polycystic Ovary Syndrome. *Journal of Paediatric and Adolescent Gynaecology*, 35 (3):305-313. [DOI]

Further
Information

JCU Research Profile





Dr Simon Collinson

Professor, Psychology
James Cook University in Singapore

DPhil (Clinical Medicine) University of Oxford, United Kingdom.
MSc Master of Science (Clinical Neuropsychology) Macquarie University, Australia.
BAppSc (Hons) (Psychology) Curtin University WA, Australia.

Background

Professor Simon Collinson has many years of academic research service and clinical practice in neuropsychology. Throughout his career, he has held academic and industry positions in Australia the UK and Singapore including the Departments of Psychiatry at Oxford, Imperial College London and Florey Institute for Neuroscience and Mental Health in Melbourne, and National University of Singapore. He has received a UK Medical Research Council Studentship and international recognition including a Distinguished International Alumni Award (Curtin University) and a McDonnell-Pew Fellowship from the University of Oxford. He is a Fellow of the APS College of Clinical Neuropsychologists (CCN) Australia, and a member of the National Academy of Neuropsychology (NAN) USA. He has sat on numerous private and public sector advisory boards in Singapore and other countries including the medical advisory board for MetLife Asia, and the Mind Science Centre at National University of Singapore.

In addition to research in medicine and neuropsychology, Professor Collinson has a specific interests in digital diagnostics and interventions for mental and brain health. He was involved in the early development of digital tools in medicine at a time when computers were first considered as a means of testing cognitive function. He was an early adopter and investigator involved in the validation of the Cantab suite at Cambridge University UK, now Cambridge Cognition. He was the Chief Neuropsychologist and developer of the Cogtest suite in the early 2000's – the first purpose built digitized cognitive test suite for pharmaceutical clinical trials. He was subsequently CSO with Savonix Inc USA.

Areas of expertise

- Neuropsychological Test Development and Validation
- Digital Health Technology Design and testing
- Research Leadership
- Clinical Practice
- Health Industry Advisory

Impact of research

- His research work has attracted research funding of more than \$20M SGD and has led to over 80 peer reviewed publications and 5 book chapters in the fields of cognitive testing, neuropsychology and the relationship between lifestyle and risk

for dementia, with a specific emphasis on the Asian context. His work has been reported in the Atlantic Monthly, numerous popular scientific journals and he has been interview on national television in Australia.

Top five publications

- Sakamoto, K., Zhao, Q., & Collinson, S. L. (2021). Mobile digital neurocognitive assessment for mild cognitive impairment and Alzheimer's disease: Validation in an elderly Chinese population. *International Journal of Digital Health Care*, 1, 105.
- Teo, N. S. Y., & Collinson, S. L. (2019). Instagram and risk of rumination and eating disorders: An Asian perspective. *Psychology of Popular Media Culture*, 8(4), 491–508.
- Sun, Y., Collinson, S. L., Suckling, J., & Sim, K.. (2019). Dynamic Reorganization of Functional Connectivity Reveals Abnormal Temporal Efficiency in Schizophrenia. *Schizophrenia Bulletin*, 45(3, May), 659–669.
- Collinson SL, Tong SJF, Loh SSK, Chionh SB, Merchant RA (2014) Midlife metabolic syndrome and neurocognitive function in a mixed Asian sample. *International Psychogeriatrics*. 26, 1305-1316.
- Collinson SL, Lam M, Hayes CJ. (2010) Utility and benefits of clinical neuropsychology in Asia. *Asian Journal of Psychiatry*, 3, 50-54.

**Further
Information**

JCU Research Profile





Dr Chad Yip

Senior Lecturer, Clinical Psychology
James Cook University in Singapore

Doctor of Philosophy (Psychology), University of Southern Queensland, Australia
Master of Psychology (Clinical), James Cook University, Singapore
Postgraduate Diploma in Psychology, James Cook University, Singapore
Bachelor of Arts (Psychology, Philosophy), University of Otago, New Zealand

Background

Dr Chad Yip is a clinical psychologist and has a PhD in psychology with over 15 years of experience in the psychology-related field. He provides psychotherapy and psychological assessments including psychological evaluation, neuropsychological assessment, and psychoeducational assessment for children, adolescents, and adults. Dr Yip practices with an integrative and person-centered approach. He firmly believes in the importance of developing and maintaining a strong therapeutic alliance with every individual as well as valuing warmth and empathy in his journey with clients. Dr Yip believes that every individual has the potential to live a meaningful and productive life through the appreciation of their unique strengths and actualizing potentials.

Dr Yip's PhD research was on workplace wellbeing, and he has developed Singapore's first workplace wellbeing assessment tool. Dr Yip was previously the head of psychology in Neurowyze Pte Ltd., a neuroscience company specializing in brain health. He was significantly involved in the development of the company's core product, namely, the digital cognitive screening tool and in the process leading to FDA registration. He is constantly expanding and updating his knowledge not just in the discipline of psychology, but in other disciplines such as neuroscience to better serve the ever-changing needs of the individual and society.

Dr Yip has studied and worked in Australia and New Zealand for 14 years. Prior to being trained as a clinical psychologist, he has spent a number of years in the social service sector working in various roles such as a child protection caseworker and a community service worker. Dr Yip is serving as a volunteer in the membership committee for the Singapore Psychological Society.

Areas of expertise

- Brain health - cognitive, emotional, physical
- Cognitive evaluation and intervention
- Wellbeing
- Meaning in life
- Ageing and longevity

Impact of research

- Dr Yip's work has contributed to the awareness and prevention of issues relating to brain health and early brain decline in the community. The FDA registered digital cognitive screening tool, specifically, the Digital Brain Function Screen, that Dr Yip has helped developed when he was the head of psychology at Neurowyze Pte Ltd is now being used at various healthcare settings such as clinics, hospitals, and aged care centres not just in Singapore but in other countries. Dr Yip has also contributed to the knowledge of workplace wellbeing in the Singapore context by having developed Singapore's first workplace wellbeing assessment tool through his PhD research.

Top publications

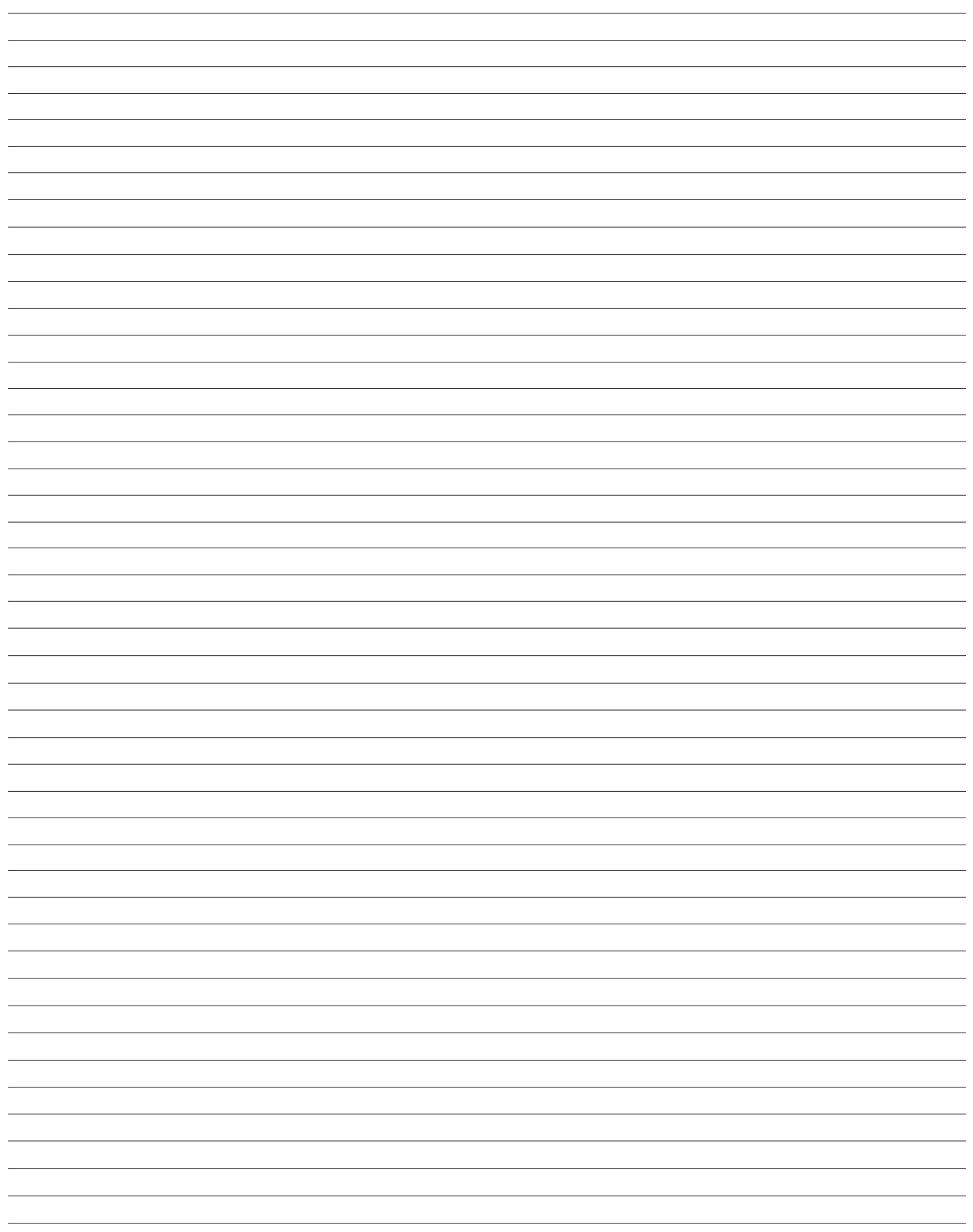
- Yip, C. C. E., Machin, M. A., & Wah Goh, Y. (2024). A qualitative study on workplace mental wellbeing in the Singapore context. *The Qualitative Report*, 29(7), 1981-2015. <https://doi.org/10.46743/2160-3715/2024.6795>
- Yip, C. C. E., Pillay, P., Kuah, J., Vij, N., & Balasundaram, A. (2023). Comparison of DBFS with MoCA and MMSE tools for MCI screening. *Bioinformation*, 19(5), 522-524. <https://doi.org/10.6026/97320630019522>
- Teoh, A. N., Chong, L. X., Yip, C. C. E., Lee, P. S. H., Wong, J. W. K. (2015). Gender as moderator of the effects of online social support from friends and strangers: A study of Singaporean college students. *International Perspectives in Psychology: Research, Practice, Consultation*, Vol 4(4), Oct 2015, 254-266

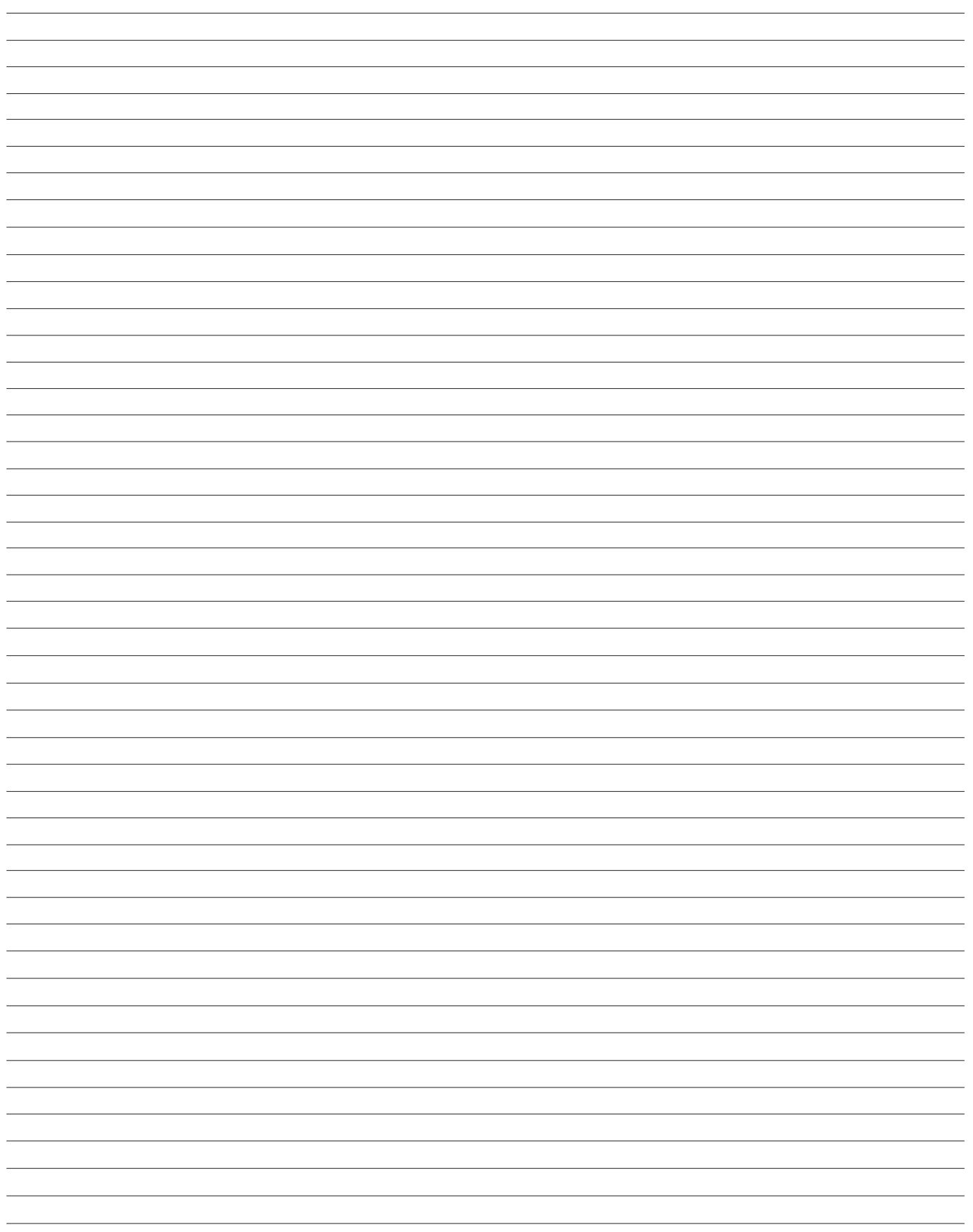
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