

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.

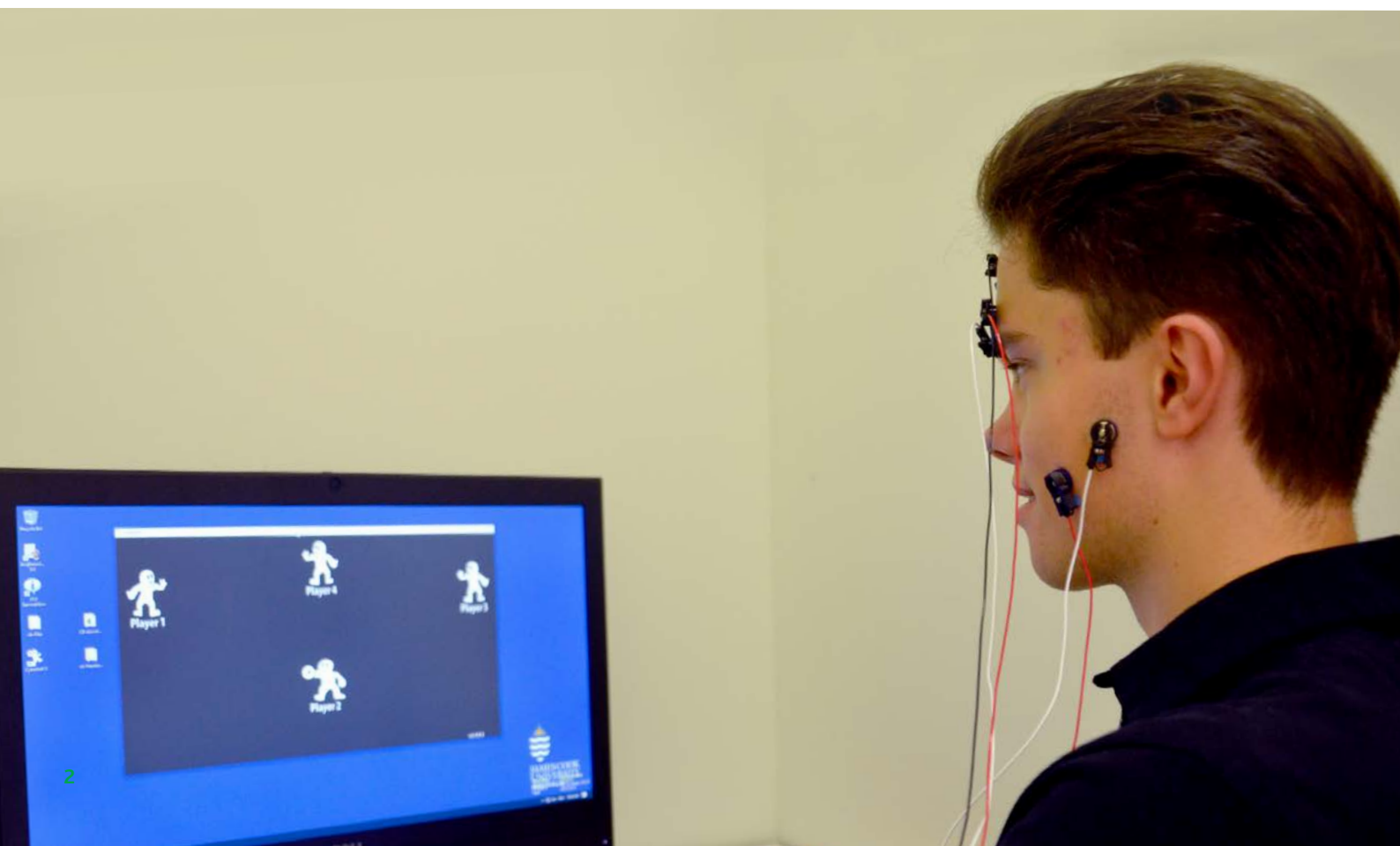
We also offer expertise in other areas, including emotions in daily life, workplace well-being, and nature connectedness. Our highly trained team of psychological scientists and clinicians have combined expertise in conceptualising psychological research and interventions drawing on a combination of 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, School of Social and Health Sciences
Associate Professor, Psychology
James Cook University (Singapore Campus)

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 interests in bedtime procrastination and fandom.

Areas of expertise

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

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, including social comfort and social encouragement effects.
- Provided understanding of the predictors and mechanisms of bedtime procrastination. Provided evidence-based directions for sleep health promotion and interventions.
- Contributed to knowledge about how fandom engagement affects psychological processes, such as stress responses, emotional regulation, and personal values. This also sheds light on identity formation, worldview, and social behaviours within fan communities.

Top five publications

- Wang, N. Z. M., & Teoh, A. N. (2026). Do the Traits of Fictional Crushes and Real-Life Ideals Align? An Investigation into Ideal Standards Based on Fictional Fandoms. *Psychology of Popular Media*. <https://doi.org/10.1037/ppm0000646>
- Admas, W. T., Teoh, A. N., & Chonu, K. (2025). The effects of prenatal psychosocial work stress on adverse pregnancy outcomes: A comprehensive systematic review and meta-analysis. *Scandinavian Journal of Work, Environment and Health*. <https://doi.org/10.5271/sjweh.4236>
- Teoh, A. N., Chonu, G. K., Lugiman, V., & Chailis, M. (2024). Does social monitoring reduce procrastination? Findings from a five-day study. *International Journal of Human-Computer Interaction*, 1–14. <https://doi.org/10.1080/10447318.2024.2439012>
- 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., & 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*. <https://doi.org/10.1111/bjhp.12337>

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JCU Research Profile





Dr Denise Dillon

Dean Research (acting)
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 more than 20 graduate research students, and has examined upwards of 100 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 employment 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., & Tai E. W. L. (2024). Flourishing or Frightening? Feelings about natural and built green spaces in Singapore. *International Journal of Environmental Research and Public Health*, 21(3), 347.
- Dillon, D. B., Lumagbas, P., & Lee, K-L. (2025). The influence of cognitive vulnerabilities and attributions of animal sentience on willingness to own pets. *Anthrozoös*. <https://doi.org/10.1080/08927936.2025.2557659>
- 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>

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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>

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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 an Associate Professor in Clinical Psychology at James Cook University in Singapore and a registered clinical psychologist with over 20 years of clinical, teaching and research experience. She teaches on the professional clinical psychology programme and provides clinical and research supervision to trainee clinical psychologists and PhD candidates.

Alongside her academic role, Joanna maintains an active clinical practice in Singapore. Prior to joining JCUS in 2013, she worked in the UK National Health Service, specialising in severe and enduring mental health difficulties, trauma, personality pathology, psychosis and offending behaviour.

Her research focuses on psychological well-being, psychological change, and the experiences of underserved and marginalised populations. Using qualitative and mixed methods approaches, she explores lived experience, trauma, caregiving, identity and mental health service provision. A second strand of her work examines psychological processes underlying adaptive and maladaptive functioning, drawing on schema therapy and process-based approaches to better understand resilience, distress and mechanisms of therapeutic change.

Areas of expertise

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

- Lai Lin R. Y., & Barlas, J. (2026). Self-compassion in context: a reflexive thematic analysis of migrant domestic workers' experiences in Singapore. *International Journal of Qualitative Studies on Health and Well-being*, 21(1).
- 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.
- 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

Associate Professor, 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

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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 is an Associate Professor of Psychology at James Cook University (Singapore Campus). His primary area of research focus is on behavioral addictions. Specifically, he focuses on addictions facilitated by technology: (a) internet gaming disorder, (b) social media addiction, and (c) problematic pornography use. His work has been published in academic journals like *Addictive Behaviors* and *Behaviour & Information Technology* and featured in media outlets such as *The Straits Times* and *The National Tribune*.

Dr Chew is an Advisor Mentor on the Register of Advisors. Since 2014, he has a total of 56 publications in peer-reviewed journals. He has also successfully supervised 10 graduate projects and more than 40 undergraduate research projects to completion. Finally, he is an advisory board member at Annabelle Psychology Pte Ltd.

Areas of expertise

- Behavioral addictions

Impact of research

- Identified the direction of causality between internet gaming disorder and academic achievement.
- Estimated the worldwide prevalence of problematic pornography use using meta-analysis.
- Identified the prevalence of internet gaming disorder in a large representative sample of Singaporeans.
- Clarified the relationships between personality and internet gaming disorder using meta-analysis.

Top five publications

- Chew, P. K. H., Yow, Y. J., & Dimech, R. (2026). Problematic gaming and academic achievement: A systematic review and meta-analysis. *Current Addiction Reports*, 13(1), 1–9. <https://doi.org/10.1007/s40429-026-00718-2>
- Chew, P. K. H. (2025). The indirect associations of gaming motivations between psychological distress and problematic gaming. *International Journal of Mental Health and Addiction*. Advance online publication. <https://doi.org/10.1007/s11469-025-01620-0>

- Chew, P. K. H., Yow, Y. J., & Tan, C. S. Y. (2025). Prevalence of problematic pornography use: A meta-analysis. *Sexual Health*, 22(4), 1–8. <https://doi.org/10.1071/SH25054>
- Chew, P. K. H., Naidu, K. N. C., Shi, J., & Zhang, M. W. B. (2025). Prevalence and correlates of (internet) gaming disorder among young adults in Singapore. *Psychiatric Quarterly*. Advance online publication. <https://doi.org/10.1007/s11126-025-10119-9>
- 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>

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JCU Research Profile





Associate Professor Maria Hennessy

Associate Professor in Clinical Psychology
James Cook University in Singapore

PhD (Psychology), University of Queensland, Australia
MAPP, University of Melbourne, 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, nineteen journal articles, and competitive grant funding of over \$850 000. 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
- Improving the assessment of wellbeing in mental health practice
- Meaning in life
- Cross-cultural lay perspectives of wellbeing
- 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.

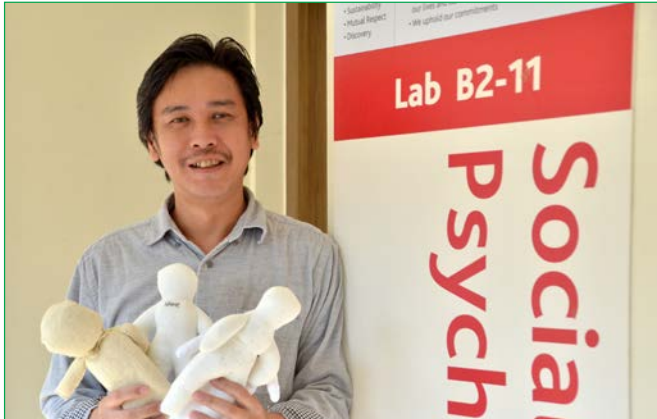
Top five publications

- Hennessy, M.J., Mathias, J.E. & Guazzo, E. (2026). Improving the integration of health outcomes following chronic subdural haematoma in adults: a rapid systematic review. *Journal of Clinical Neuroscience*, 143, 111713. doi.org/10.1016/j.jcon.2025.111713
- 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
- 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

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JCU Research Profile





Dr Patrick Lin

Associate Professor, 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 more than 100 final-year undergraduate, Mpsy (Clinical), and PhD students. Several of these projects stemmed from his research expertise in the specialised areas of religion, interpersonal attraction, childhood trauma, and hikikomori. 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.

More can be found - <https://orcid.org/0000-0003-1751-7287>

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
- Hikikomori in Singapore
- How childhood trauma impacts hikikomori and well-being

Impact of research

- Our research on hikikomori in Singapore, a phenomenon characterised by prolonged social withdrawal, has drawn attention from media. The Straits Times has interviewed me and hope to bring more public awareness and fostering wider dialogue on mental health and social integration among the Singapore communities.
- 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., Lim, P. K. H., Yow, Y. J., Lee, J., & Akiyama, Y. A. (2025). From pixels to isolation: Exploring the relationship between technological addiction, depression, hikikomori risk factors, and hikikomori tendencies among young adults. *International Journal of Social Psychiatry*, 71, 1598 – 1609.
- Lin, P.K. F., Andrew, Koh, A. H. Q., Liew K. (2022). The relationship between hikikomori risk factors and social withdrawal tendencies among emerging adults – An exploratory study of hikikomori in Singapore. *Frontiers Psychiatry*, 13.
- Lin, P. K. F., & Ramsay, E. J., Chan, K. Q., Lim, B. Y. R., Lowe, Y. J., & Tong, E. M.W. (2022) Self-transcendence through self-inhibition? God primes reduce self-accessibility. *Psychology of Religion and Spirituality*, 14, 31-42.
- 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.

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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 in Singapore. Prior to joining JCU he was Assistant Professor in the Department 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.

Christopher is an interdisciplinary psychologist whose work examines how people adapt to uncertainty and change. His current research interests explore chronic pain stigma, controlled substances policy and ethics, psychological adaptation in close relationships, and the influence of digital systems on human decision-making. He studies how individuals and institutions respond to complex challenges and how evidence can be translated into meaningful social impact.

Christopher has published in many international peer-reviewed journals, such as Social Science & Medicine, Politics & Policy, Lancet, British Medical Journal, Journal of Clinical Oncology, AJOB Neuroscience, Gerontologist, Self & Identity, and Journal of Cross-Cultural Psychology. He is also the recipient of several internal and external research grants.

Areas of expertise

- Psychology and Health
- Organisational Systems and Change
- Technology, Self and Society

Impact of research

- Proposed a developmental perspective on adaptation to advanced disease.
- Developed measures of death anxiety and existential distress for use in clinical research.
- Contributed to the development and evaluation of evidence-based psychosocial and palliative care interventions.
- Advanced understanding of how social, cultural, and institutional contexts affect identity and well-being across the lifespan.

Top five publications

- Rodin, G., Lo, C., Rydall, A., Shnall, J., Malfitano, C., Chiu, A., Panday, T., Watt, S., An, E., Nissim, R., Li, M., Zimmermann, C., Hales, S. (2018). Managing Cancer and Living Meaningfully (CALM): a randomized controlled trial of a psychological intervention for patients with advanced cancer. *Journal of Clinical Oncology*; 36(23): 2422-2432. doi: 10.1200/JCO.2017.77.1097
- 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. (2018). A developmental perspective on existential distress and adaptation to advanced disease. *Psycho-oncology*; 27(11): 2657-2660. doi: 10.1002/pon.4767
- Magel, B., Coates McCall, I., Donner, K., Bosma, R., Burke, E., Chandler, J. A., Lo, C., Patmore, D., Sukhera, J., Davis, K. D., Buchman, D. Z. (2026). Exploring the effect of disease explanations of chronic pain on stigma. *Journal of Pain*; 44: 106299. doi: 10.1016/j.jpain.2026.106299
- Kratina, S., Strike, C., Schwartz, R., Jopling, S., Nayfeh, A., Lo, C., Rush, B. (2026). A scoping review of variations in psychedelic interventions for psychological suffering associated with the end of life. *Social Science and Medicine*; 390: 118536. doi: 10.1016/j.socscimed.2025.118536

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
MAppPsych (Counselling), University of Southern Queensland, Australia
BSocSc (Psych), Western Sydney University, Australia

Background

Dr Frederick Low, a practising counselling psychologist with over 25 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 as an expert for multiple government agencies and non-governmental organisations in the areas of social care, education and human services. He is an editorial board member for the *Psychotherapy and Counselling Journal of Australia* and Co-Editor for *Counselling and Psychotherapy Review Singapore*. He was also adjunct professor at the University of Malaya.

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 10 most-cited papers in the *Counselling and Psychotherapy Research* in 2025.
- 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

- Harrison, M.G., & Low, P.K. (2024). Developing the professional identity of school counsellors in the Asia Pacific: Challenges and ways forward. *Counselling and Psychotherapy Research*, 24, 1681–1688. <https://doi.org/10.1002/capr.12816>
- Low, P.K., & van der Laan, L. (2023). Community-school collaborations: community counsellors' perceptions of school counselling in Singapore. *Asia Pacific Journal of Counselling and Psychotherapy*, 14(1), 70–82. <https://doi.org/10.1080/21507686.2023.2193755>
- 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. (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





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 organisational setting.
- Palliative care education is an important research which impacts the public and policy-makers.

Top five publications

- Keerthigha, C., Singh, S., Chan, K., Caltabiano, N., & Chonu, G. K. (2026). Evaluating the impact of Outward Bound Singapore on youth resilience: the roles of helicopter parenting and basic psychological needs. *Journal of Adventure Education and Outdoor Learning*, 1–25.
- 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).
- Keerthigha, C., & Singh, S. (2023). The effect of teaching style and academic motivation on student evaluation of teaching: Insights from social cognition. *Frontiers in psychology*, 13, 1107375.

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., Golubickis, M. & Macrae, C.N. (2026). Brief mindfulness meditation increases risk-taking behavior. *Nature Sci Rep* 16, 6760.
- Tan, L.B.G. (2025). [Adolescent Sleep Procrastination Programme: A Skills Manual](#)
- 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*.
- 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." Congress proceeding European Association of Behavioural and Cognitive Therapies (EABCT).
- 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*, 14:174702.
- Golubickis, Marius; Tan, Lucy B.G.; Saini, Sara; Catterall, Kallum; Morozovaite, Aleksandra; Khasa, Srishti; Macrae, C. Neil (2023). Knock yourself out: Brief mindfulness-based meditation eliminates self-prioritization. *Psychonomic Bulletin & Review*, 30 :341-349.

Further
Information

JCU Research Profile





Dr Sherry Aw

Senior 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. She is Associate Editor of Personnel Review, and an ad-hoc reviewer for journals like Journal of Managerial Psychology and International Journal of Stress Management.

Areas of expertise

- Empathy and Emotions
- Employee stress and well-being
- Work-Family Interface
- Work-Design & Motivation

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 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

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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

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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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JCU Research Profile





Dr Jose Yong

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, competition, game theory, motivation, wellbeing, and organizational behavior, is fair game. Jose utilizes evolutionary 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*, *Evolutionary Behavioral Sciences*, 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
- Competition
- 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*, 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".

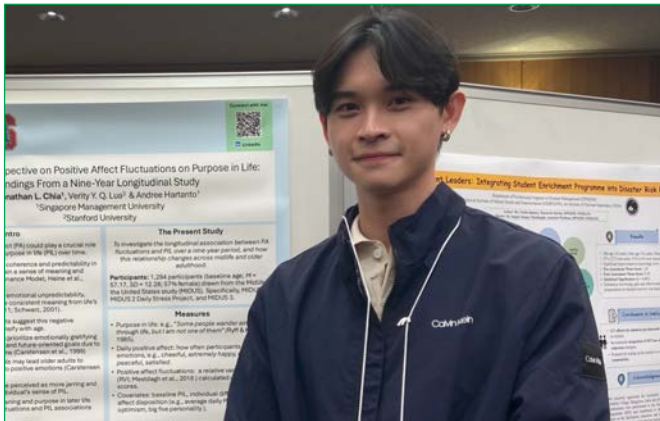
Top publications

- Yong, J. C., Lim, A. J. Y., Tan, E., & Chan, S. H. M. (2026). Evolutionary mismatch, stress, and competition: Making sense of psychosocial problems in the polycrisis era. *Behavioral Sciences*, 16(5), 650.
- Yong, J. C. (2025). Revisiting the importance of consilience for evolutionary science and further intersections with physics and information. *Evolutionary Behavioral Sciences*. Advance online publication.
- Yong, J. C., Lim, C. H., Jonason, P. K., & Thomas, A. G. (2025). 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*, 54, 289-305.
- 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.

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JCU Research Profile





Dr Jonathan L. Chia

Lecturer, Psychology
James Cook University in Singapore

PhD (Psych), Singapore Management University, Singapore
MPhil (Psych), Singapore Management University, Singapore
BPsych (Hons), James Cook University, Australia

Background

Dr Jonathan L. Chia is a Lecturer in Psychology at James Cook University (Singapore Campus). His research lies at the intersection of the psychology of aging, well-being, and advanced longitudinal statistical methods. He completed his PhD in Psychology at Singapore Management University as a Presidential Doctoral Fellow and Research on Successful Ageing (ROSA) Scholar. Prior to joining James Cook University, he was a Postdoctoral Research Fellow at Humboldt University of Berlin, where he collaborated with an international team of leading researchers from Germany and the United States to investigate cross-national and historical differences in midlife development.

A major focus of Dr Chia's work is advancing our understanding of the psychology of aging through the application of sophisticated longitudinal methods. His research examines how trajectories of well-being and purpose in life unfold over time, as well as how these processes are shaped by social, economic and historical contexts, leading to inequitable developmental and aging experiences. Through this work, he seeks to better understand the factors that promote successful aging and resilience across the lifespan.

Dr Chia's has been highly prolific, publishing in leading international journals, such as *Psychology and Aging*, *Social Psychological and Personality Science*, and *The Journal of Positive Psychology*. His research has received both domestic and international recognition through several competitive awards, including the Association for Psychological Science Research Award, the Interdisciplinary Doctoral Fellowship and Presidential Doctoral Fellowship.

Beyond his research, Dr Chia is committed to mentoring students and promoting the use of advanced quantitative methods in psychological science. He regularly conducts workshops and lectures on longitudinal data analysis and person-centred approaches to studying human development.

Areas of expertise

- Subjective Well-being
- Purpose in Life
- Advanced Longitudinal Statistics

Impact of research

- Advanced understanding of how purpose in life and psychological well-being develop across adulthood and old age, through the novel application of emerging statistical methodologies.
- Contributed to international efforts to understand cross-national differences in aging and psychological functioning through collaborations spanning Asia, Europe, and North America.
- Invited speaker at various international conferences, symposiums, colloquiums, lectures and workshops.

Top publications

- Chia, J. L., Hartanto, A., & Tov, W. (2024). Supporting satisfaction, satisfying support: Bidirectional associations of social support and life satisfaction. *Social Psychological and Personality Science*, 16(7), 758-768. <https://doi.org/10.1177/19485506241283584>
- Chia, J. L., Hartanto, A., & Tov, W. (2024). Retirement and life satisfaction among middle-aged and older adults: A piecewise growth mixture analysis. *Psychology and Aging*, 39(8), 915-932. <https://doi.org/10.1037/pag0000853>
- Chia, J. L., Lua, V. Y. Q., & Hartanto, A. (2025). A lifespan perspective on positive affect fluctuations on purpose in life: Findings from a nine-year longitudinal study. *The Journal of Positive Psychology*, 1-11. <https://doi.org/10.1080/17439760.2025.2542234>
- Chia, J. L., Hartanto, A., & Tov, W. (2024). Profiles of activity engagement and depression trajectories as COVID-19 restrictions were relaxed. *Psychology and Aging*, 39(1), 31-45. <https://doi.org/10.1037/pag0000785>
- Chia, J. L., & Hartanto, A. (2021). Cognitive barriers to COVID-19 vaccine uptake among older adults. *Frontiers in Medicine*, 2025. <https://doi.org/10.3389/fmed.2021.756275>

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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 Clinical Science, Salus University, USA
Bachelor of Arts (Psychology), University of Queensland, Australia

Background

Dr Ng Da Xuan, a practising 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, psychological flexibility, 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 (particularly, Acceptance and Commitment Therapy and compassion-based approaches), 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 recognised 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., Lin, P. K. F., Marsh, N. V., & Ramsay, J. E. (2025). Associations between openness and intergroup attitudes: A facet level analysis. *Personality and Individual Differences*, 112985.
- 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.

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JCU Research Profile





Dr Yuto Yasuda

Lecturer, Psychology
James Cook University in Singapore

PhD (Psych), University of Alberta, Canada
MSc, University of Calgary, Canada
BA, Hokkaido University, Japan

Background

Dr Yuto Yasuda is a cultural and sport psychologist whose research focuses on cultural variations in implicit theories, self-processes, motivation, and well-being across diverse social and performance contexts.

His research integrates perspectives from cultural psychology, social psychology, and sport psychology to examine how individuals understand personal attributes such as ability, intelligence, and personality, and how these beliefs influence motivation, self-evaluation, mental health, and performance. A particular emphasis of his work is the investigation of culturally grounded forms of self-improvement and self-enhancement, with a focus on comparing East Asian and Western cultural contexts.

Dr Yasuda has contributed to expanding cultural psychological research into sport and performance settings, an area that has historically relied heavily on Western theories and populations.

His work highlights how motivational processes, implicit theories, and self-evaluative tendencies are shaped by cultural contexts and how these cultural influences can inform more inclusive approaches to athlete development, mental health, and performance enhancement.

His research has involved international collaborations and cross-cultural data collection across countries including Japan, Canada, Singapore, and the United States. He has published his work in international peer-reviewed journals spanning cultural psychology, motivation, and sport psychology.

Areas of expertise

- Cultural psychology
- Sport psychology
- Motivation

Impact of research

- Contributed to the integration of cultural psychology and sport psychology, demonstrating how cultural values and self-beliefs shape motivation, self-evaluation, and mental health in performance settings.
- Promoted culturally grounded approaches to sport and performance psychology, moving beyond one-size-fits-all Western models and emphasizing the importance of cultural context in athlete development and psychological interventions.

- Developed cross-cultural collaborations involving researchers and participants from multiple countries, contributing to a broader understanding of psychological diversity across societies.

Top publications

- Yasuda, Y., & Masuda, T. (2025). Cultural variation in self-assessment in athletes: Towards the development of culturally-grounded approach in sports psychology. *International Journal of Sport and Exercise Psychology*, 23(6), 992-1016.
- Yasuda, Y., & Goegan, L. D. (2025). The relation between mindset, social comparison, and academic engagement. *Social Psychology of Education*, 28(1), 58.
- Yasuda, Y., & Goegan, L. D. (2023). Effective strategy types depending on regulatory focus in academic settings. *Learning and Motivation*, 83, 101906.
- Yasuda, Y., & Goegan, L. D. (2023). The relationship between regulatory focus, perfectionism, and school burnout. *Social Psychology of Education*, 26(4), 903–923.
- Lee, H., Masuda, T., Ishii, K., Yasuda, Y., & Ohtsubo, Y. (2023). Cultural Differences in the Perception of Daily Stress Between European Canadian and Japanese Undergraduate Students. *Personality and Social Psychology Bulletin*, 49(4), 571-584.

Further
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JCU Research Profile





Dr Yong Jie Yow

Lecturer, Psychology

James Cook University in Singapore

PhD (Health), James Cook University.

BPsychSc. (Hons), James Cook University.

Background

Yong Jie's primary specialisation is in personality psychology, digital addictions (e.g., video gaming, social media), and psychometrics. His studies focus on the positive and negative aspects of curiosity as a psychological construct, and how they relate to various digital addictions.

Yong Jie has experience teaching undergraduate psychology modules, including personality psychology and the various research methodology and statistics subjects. He was nominated for the JCU Teaching Award in 2024, in recognition of his outstanding contribution to student learning. Yong Jie also conducts ad hoc peer-reviews for journals such as *Acta Psychologica*, *BMC Psychology*, *Journal of Pacific Rim Psychology*, and *Plos One*.

Areas of expertise

- Psychological construct of curiosity
- Video gaming engagement and addiction
- Psychometrics

Impact of research

- Advanced understanding of curiosity by clarifying its multidimensional nature and providing a comprehensive synthesis of curiosity frameworks and measurement approaches.
- Identified psychological predictors of gaming behaviour, demonstrating that different curiosity dimensions are associated with distinct gaming preferences and engagement patterns.
- Demonstrated the importance of cultural context by showing that pathways to Internet Gaming Disorder differ across cultures, informing culturally appropriate prevention and intervention strategies.
- Improve understanding of technology-related mental health, identifying links between technological addiction, depression, and social withdraw in young adults.
- Provided evidence to support educational and clinical practice by clarifying the impact of problematic gaming on academic achievement.

Top publications

- Yow, Y. J., Ramsay, J. E., Lin, P. K. F., & Marsh, N. V. (2025). From thrill seekers to social creatures: Dimensions of curiosity differentially predict video game preferences and behaviours. *Behaviour & Information Technology*, 44(9), 1815–1827. <https://doi.org/10.1080/0144929X.2024.2376869>
- Yow, Y. J., Ramsay, J. E., Lin, P. K. F., & Marsh, N. V. (2022). Dimensions, measures, and contexts in psychological investigations of curiosity: A scoping review. *Behavioral Sciences*, 12(12), 493. <https://doi.org/10.3390/bs12120493>
- Chew, P. K. H., Yow, Y. J., & Dimech, R. (2026). Problematic gaming and academic achievement: A systematic review and meta-analysis. *Current Addiction Reports*, 13(1), Article 20. <https://doi.org/10.1007/s40429-026-00718-2>
- Lin, P. K. F., Lim, P. K. H., Yow, Y. J., Lee, J., & Akiyama, Y. A. (2025). From pixels to isolation: Exploring the relationship between technological addiction, depression, hikikomori risk factors, and hikikomori tendencies among young adults. *International Journal of Social Psychiatry*, 207640251347470. <https://doi.org/10.1177/00207640251347470>
- Chew, P. K. H., Lin, P. K. F., & Yow, Y. J. (2024). Cross-Cultural Differences in the Pathways to Internet Gaming Disorder. *Asia-Pacific Psychiatry*, 16(4), e12565-. <https://doi.org/10.1111/appy.12565>

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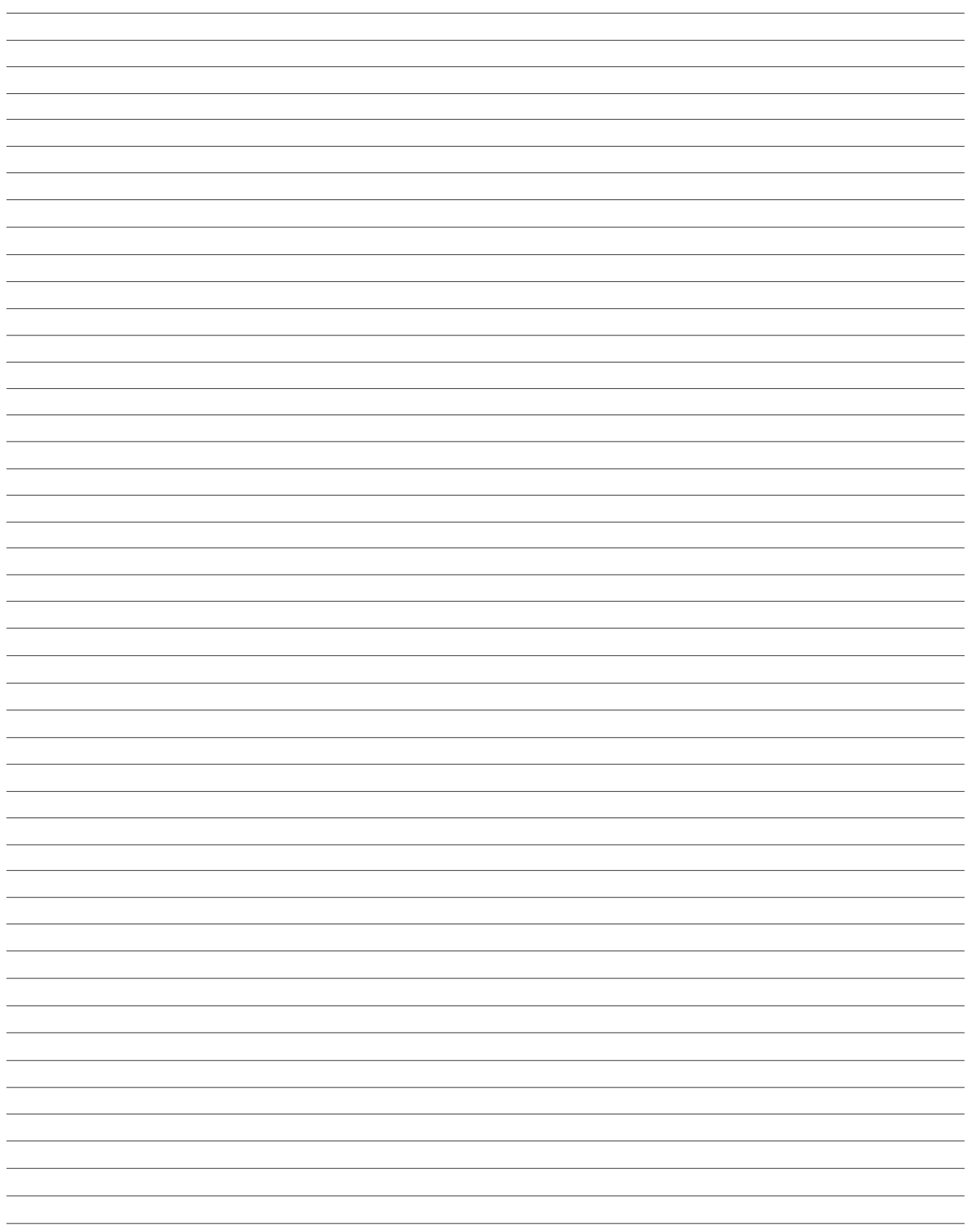
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