

LEONG UTEK

Broadly, I am interested in advancing healthcare research in Singapore through the study of individual differences. I am currently researching the cognitive-affective vulnerabilities to internalising psychopathology from a network perspective. My specific research interests include:

- Hierarchical and network approaches to psychopathology
- History of psychology/psychiatry
- Individual differences in treatment adherence and its associated processes

To supplement my training as a psychological researcher, I have also been pursuing collaboration with researchers from the NUS Saw Swee Hock School of Public Health and Duke-NUS Medical School to broaden my exposure to research in the health domain.

EDUCATION

Current
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2021

- **PhD Student, Psychology**
Department of Psychology, National University of Singapore
 - Advisor: Associate Professor Ryan Y. Hong¹.

2021
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2017

- **B.Soc.Sc, Psychology with Honours (Highest Distinction)**
Department of Psychology, Nanyang Technological University
 - CGPA 4.53/5.00; relevant coursework: Applied Statistical Methods for Psychological Research, Psychological Testing, Introduction to Functional Neuroimaging, Cognitive Neuroplasticity.
 - Thesis titled "Psychological predictors of short-term lower-limb orthotic device adherence: an exploratory study" supervised by Dr Kinjal Doshi, former Principal Clinical Psychologist, Singapore General Hospital.

2019
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2019

- **Semester Exchange**
University of Melbourne
 - WAM 83.25 (equivalent to First Class Honours); relevant coursework: Minds and Madness, Development of the Thinking Child, Trends in Personality and Social Psychology, The Integrated Brain.

RESEARCH EXPERIENCE

Current
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2021

- **Graduate Research Assistant**
Personality and Psychopathology Lab, National University of Singapore
 - Coordinating a research project investigating proximal cognitive vulnerabilities and their association with internalising symptoms of psychopathology.

CONTACT

-  utek.me
-  utek@outlook.com
-  [utekleong](https://twitter.com/utekleong)
-  <https://github.com/cirxi/>

SOFTWARE SKILLS



RESEARCH STRENGTHS



Made with [pagedown](https://pagedown.com/).

Updated on 2022-11-09.

View this CV online with links at
<https://utek.me/files/cv.html>

Current
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2021

● **Graduate Research Assistant**

Duke-NUS Medical School

- Coordinating a longitudinal mHealth intervention study (Stay Well @ NUS), a collaboration between researchers from Duke-NUS Medical School, NUS Health & Wellbeing, Office of the President, and UC Berkeley.

2021
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2021

● **Associate Clinical Research Coordinator**

Department of Psychology, Singapore General Hospital

- Coordinated a collaborative project between the Department of Psychology and Department of Podiatry that I proposed to investigate the psychological determinants of lower-limb orthotic device adherence. This research study was executed to fulfil the thesis requirement of my undergraduate degree.
- Collaborated with a team of researchers on the development and validation of a novel mindfulness questionnaire designed for the Singaporean context.
- Assisted in the screening (via the Mini-Mental State Examination) and recruitment of stroke survivors and their caregivers for stroke rehabilitation research projects.

2020
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2019

● **Clinical Research Intern**

Department of Psychology, Singapore General Hospital

- Generated a mindfulness item pool designed for the Singaporean context; conducted several cognitive interviews to ensure the suitability and intelligibility of these items.
- Conducted literature reviews on topics such as second victim syndrome, stroke intervention adherence, and questionnaire construction.
- Assisted in other research projects assessing the efficacy of mindfulness-based group interventions in clinical populations (e.g. stroke, sleep difficulties).

2019
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2018

● **Student Researcher**

NTU Touch Lab, Nanyang Technological University

- Supervised by Associate Professor Ryo Kitada² and Dr Achille Pasqualotto
- Conducted independent research to examine the multisensory relationships between pleasantness and softness.



TEACHING EXPERIENCE

2022

● **Abnormal Psychology (PL3106)**

Department of Psychology, National University of Singapore

2021

● **Biological Psychology (PL3102)**

Department of Psychology, National University of Singapore

2022

● **Introduction to Clinical Psychology (PL3257)**

Department of Psychology, National University of Singapore



PRESENTATIONS

2020



Evaluating mindfulness self-report questionnaires for scale development in a Singapore context: A focus group discussion

Henderson, S. L., Sugumar, L., Leong, U., & Doshi, K.

- Conference presentation at the *The Mind & Life 2020 Contemplative Research Conference*

Presenting authors are underlined.



ONGOING PROJECTS

2022



Participant Engagement in Micro-Randomised Trials of mHealth Interventions: A Scoping Review

Leong, U., Chakraborty, B.

- The protocol for this planned scoping review has been registered on OSF³. We have completed the systematic search, source selection, and data extraction; writing is currently in progress



MANUSCRIPTS IN PREPARATION

2022



The Relationship Between Patient Psychology and Short-Term Foot Orthosis Adherence in Singapore: An Exploratory Study

Leong, U., Kwok, S. K., Henderson, S. L., & Doshi, K.

- To be preprinted on *PsyArXiv*.



PROFESSIONAL AFFILIATIONS

2021



Member

Association for Research in Personality (ARP)