

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
|
2021

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

2021
|
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
|
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
|
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.

CONTACT

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

SOFTWARE SKILLS



RESEARCH STRENGTHS



Made with [pagedown](#).

Updated on 2023-01-03.

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

2022
|
2022



Graduate Research Assistant

Personality and Psychopathology Lab, National University of Singapore

- Coordinated a research project investigating proximal cognitive vulnerabilities and their association with internalising symptoms of psychopathology.

2021
|
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
|
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
|
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.



PREPRINTS

2022



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

Leong, U., Chakraborty, B.

- The preprint for this scoping review is available on PsyArXiv³