

Curriculum Vitae

VY TRUC LE

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BIOGRAPHY

I hold a Bachelor's degree in Psychology from Ho Chi Minh University of Education, Vietnam. During my undergraduate studies, I worked as a Research Assistant in the university's laboratory under the supervision of Ph.D. Vinh-Long Tran-Chi, where I gained hands-on experience in psychological research. My research interests focus on cognitive mechanisms in mental health and their implications for psychological interventions.

EDUCATION

Bachelor of Psychology

2020-2024

Ho Chi Minh University of Education, Ho Chi Minh City, Vietnam

- Thesis: "Attitudes Toward Seeking Professional Psychological Help Among Students with Adverse Childhood Experiences in Ho Chi Minh City" (9.0/10.0).
- Advisor: MSc. Hoai-Duc Huynh-Tran.

High school

Phan Ngoc Hien High School for the Gifted

EXPERIENCE

Counseling and Psychotherapy Trainee

Jun 2024–Now

Hoa Sung Psychology Consultation Company Limited, Ho Chi Minh City, Vietnam

- Received intensive training in psychological counseling skills and practiced Cognitive Behavioral Therapy (CBT).

Clinical Psychology Intern

Jan 2023–Feb 2024

Ho Chi Minh City Regional Center of Forensic Psychiatry, Ho Chi Minh City, Vietnam

- Gained experience through observation and training in the use of psychological assessment tools, including the MMPI, MMSE, HAM-A/D, and Wechsler scales.

Psychology Academic Content Leader

Mar 2022–Mar 2024

InPsychOut Company Limited, Hanoi Capital, Vietnam

- Directed content teams and implemented academic psychology content to enhance community awareness of mental health.

PUBLICATIONS

* Corresponding author.

- [6] The Hidden Scars of Childhood: Understanding the Relationship Between Childhood Adversities, Social Phobia and Symptoms of Depression ([Under review, Multidisciplinary Science Journal](#)).
- [5] The Mediating Role of Psychological Flexibility in The Relationship Between Adverse Childhood Experiences and Symptoms of Depression, Anxiety, and Stress among Vietnamese College Students ([Under review, Discover Mental Health](#)).
- [4] The Role of Perfectionism in The Relationship between Adverse childhood Experiences, Symptoms of Depression, and Life Satisfaction among Vietnamese Adults ([Under review, Journal of Health and Social Sciences](#)).
- [3] Nguyen, P., Nguyen, V. H. A., Truong, T., Nguyen, T., Luu, K., **Le, V. T.**, Nguyen-Thi, N., Chu-Nguyen, Y., Nguyen, L. T., & Tran-Chi, V. (2025). Vietnamese religiosity, premarital sexual permissiveness, and abortion attitudes: the mediating role of filial piety. *Discover Mental Health*, 5(1). <https://doi.org/10.1007/s44192-025-00134-4>
- [2] Le, C. M., Huynh, S., Nguyen, V. H. A., **Le, V. T.**, Luu-Thi, H., & Tran-Chi, V. (2024). Psychological difficulties and the needs for psychological services for high school students. *Discover Mental Health*, 4(1). <https://doi.org/10.1007/s44192-024-00101-5>
- [1] Nguyen-Thi, H., Truong, A. N., **Le, V. T.***, Nguyen, X. T. K., & Tran-Chi, V. (2024). The Relationship between Academic Performance, Peer Pressure, and Educational Stress as It Relates to High School Students' Openness to Seeking Professional Psychological Help. *Journal of Curriculum and Teaching*, 13(1), 83. <https://doi.org/10.5430/jct.v13n1p83>

Curriculum Vitae

MEMBERSHIPS

Member of *VnPA (Vietnam Psychotherapy Association)*, Vietnam.

2025

- Adhered to ethical and professional principles in therapeutic counseling practice.

Member of Mr. Vinh-Long Tran-Chi's Psychological Research, Vietnam

Apr 2022 - Now

- Conducted research in educational and clinical psychology, published in SCOPUS-indexed journals.
- Acquired hands-on experience in the full research process, including idea development, data collection, statistical analysis using SPSS and PLS-SEM, and academic writing.

PROFESSIONAL SERVICE

Journal reviewer

- Invited reviewer by **BMC Psychology** – Feb 2025
- Invited reviewer by **International Journal of Mental Health Promotion** – Aug 2024

AWARDS

High school

2018 - 2020

- **Competition: Science and Engineering Competition - 2020** (*Hosted by Ca Mau Province*) – Second Prize with topic “Cyberbullying Among Middle and High School Students” in Social Sciences and Humanities field.
- **Competition: Provincial Excellent Student Competition - 2019** (*Hosted by Ca Mau Province*) – Third prize in History field.
- **Competition: Provincial Excellent Student Competition - 2018** (*Hosted by Ca Mau Province*) – First prize in History field.
- **Competition: April 30th Olympic - 2018** (*Hosted by Le Hong Phong high school for the Gifted, HCMC*) – Bronze Medal prize in History field.
- **Competition: Summer Olympic in the Mekong Delta - 2018** (*Hosted by Huynh Man Dat High School for the Gifted, Kien Giang Province*) – Gold Medal prize in History field.

SELECTED CERTIFICATES

- **[Jun 2024 – Dec 2024, Practiced therapeutic counseling under supervision]**

*Completed 178.5 Hours of Supervised Therapeutic Counseling Practice
Hoa Sung Psychology Consultation Company Limited, Vietnam.*

- **[Jun 2023, Online training course]**

*Cognitive Behavioral Therapy (CBT) in Counseling and Psychotherapy Practice
HUTECH (Ho Chi Minh University of Technology), Vietnam.*

- **[Mar 2023, Online training course]**

*Basic Statistics in Social Science and Educational Science Research
The University of Danang, Vietnam.*

- **[Jan 2023, Online training course]**

*Psychology and Psychotherapy of Alfred Adler
VnPA (Vietnam Psychotherapy Association), Vietnam.*

- **[Nov 2022, Online training course]**

*Acceptance and Commitment Therapy (ACT) for Children and Adolescents
APPEA (Association francophone de Psychologie et de Psychopathologie de l'Enfant et de l'Adolescent), France.*

- **[Jul 2022, Online training course]**

*Applied Positive Psychology
VnPA (Vietnam Psychotherapy Association), Vietnam.*

- **[Nov 2021, Online training course]**

*Identifying and Evaluating Common Psychological Disorders in Children
HUTECH (Ho Chi Minh University of Technology), Vietnam.*

Curriculum Vitae

REFERENCES

- Dr. Vinh-Long
Tran-Chi Ph.D. Clinical Sciences, Faculty of Medicine, Chulalongkorn University, Thailand.
Lecturer of Faculty of Psychology, Ho Chi Minh City University of Education, Vietnam.
Research Associate at the Department of Psychological Medicine, Yong Loo Lin School of Medicine,
National University of Singapore (NUS).
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Tel: (+84) 935 176 278 (Vietnam).
- M.A. Tran Thi
Yen Nhi Clinical Psychologist
Department of Paraclinical, Ho Chi Minh City Regional Center of Forensic Psychiatry, Vietnam.
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- MSc. Hoai-Duc
Huynh-Tran Ph.D Candidate, Tianjin Normal University.
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