

Xiaoyu Dai
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Research Interests

Intimate Relationships
Emotion
Procrastination
Cultural Difference

Education

2015-2019 Honours Bachelor of Science conferred – June 2019 with High Distinction, Psychology and Math Major
University of Toronto

2020-Present PhD in psychology
Singapore Management University

Honours and Achievements

Named Dean's List Scholar in the Faculty of Arts and Science in 2016, 2017, and 2018.

Research Experience

I designed and conducted an experiment which examines the relationship between attentional control and procrastination. I hypothesized that inveterate procrastinators have compromised performance in attentional tasks because their attention is excessively directed to threat when they harbor thoughts about threat in mind, on the theoretical basis that procrastination is shown to be related to vigilance for threat. Participant self-reported their procrastination tendencies; their attentional control was measured by the flanker task. Threat priming involved asking participants to think about the main difficulties of applying for their dream job or ideal graduate school. Data analysis suggests that stronger procrastination tendency does not relate to baseline attentional control; it is associated with lower attentional control only when a person perceives threat.

Major Reports, Literature Reviews, and Senior Thesis

- Wrote a content analysis that compared media presentation of criminals from different social classes. High SES criminal groups were depicted in a more favorable way than low SES criminal groups but were not more sympathized.
- Designed and conducted an observational study which examined gender differences in risky pedestrian behaviours. Gender was shown to be not significantly correlated with walking during red lights.
- Wrote a literature review which reviewed theoretical changes in the conceptualization of emotion suppression. Although this emotion strategy was commonly considered maladaptive, the review suggests the effects expressive suppression vary as a function of its users' cultural background.
- Wrote a literature review of the neural substrates involved in decision-making.
- Wrote a research proposal about cultural difference in the correlation between commitment and attachment avoidance. I hypothesized that the negative correlation

between commitment and attachment avoidance is weaker in collectivistic culture than in individualistic culture.

- Wrote a research proposal aiming to examine the cultural differences in people's cognitive, emotional, and behavioral responses to success and failure.
- Designed and conducted an experiment which examined the relationship between attention and procrastination. Stronger procrastination tendency is not related to baseline attentional control. Yet when people are primed with threat, it is linked to lower attentional control.