

# CHRISTEL LYNNE CHANG

cl.chang.2024@phdps.smu.edu.sg | christelchanglynn@gmail.com

AUGUST 2024

## EDUCATION

---

- Singapore Management University, SG** 2024 – Present  
PhD, Psychology  
Advisor: Assoc Prof William Tov, PhD
- University of Edinburgh, UK** 2017 – 2021  
MA, Psychology (undergraduate) – First Class Honors  
Dissertation advisor: René Möttus, PhD
- University of California, San Diego, USA** 2019 – 2020  
Full Year Study Abroad International Exchange – GPA 4.00/4.00
- Anglo-Chinese Junior College (ACJC), SG** 2015 – 2016  
Singapore-Cambridge GCE A-Level – AAB/A

## PEER-REVIEWED PUBLICATIONS

---

† Authors contributed equally and share first authorship

**Chang, C. L.**, Sinha, C., Roy, M., & Wong, J. C. M. (2024). AI-Led Mental Health Support (Wysa) for Health Care Workers During COVID-19: Service Evaluation. *JMIR formative research*, 8, e51858. <https://doi.org/10.2196/51858>

Wong, J. C. M.†, **Chang, C. L.**†, Shen, L., Nyein, N., Loh, A. S. W., Yap, N. H., Kroneman, L. M., Feng, L., & Tan, C. H. (2022). Temperament, parenting, mental disorders, life stressors and help-seeking behavior of Asian adolescent suicide attempters: A case control study. *Frontiers in psychiatry*, 13, 999089. <https://doi.org/10.3389/fpsy.2022.999089>

## CONFERENCE PRESENTATIONS

---

Ho, Z. S. T., Wong, J. C. M., Derbyshire, N. M., **Chang, C. L.**, Ng, K. Y., Yap, Q. V., Lei, N., Neo, T., Kesavan, N., Mora, M. P. L. (2024, May). *Underwater Nature and Health: A Preliminary Examination of Aquarium Exhibit Exposure on Child Physiological Wellness* [Poster session]. International Association for Child and Adolescent Psychiatry and Allied Professions' 26th World Congress, Rio de Janeiro, Brazil.

Ho, Z. S. T., Wong, J. C. M., Derbyshire, N. M., **Chang, C. L.**, Ng, K. Y., Yap, Q. V., Lei, N., Neo, T., Kesavan, N., Mora, M. P. L. (2024, May). *A Preliminary Examination of*

*Contemplative Design of Aquarium Exhibits on Adult Biopsychological Wellness* [Poster session]. American Psychiatric Association's 2024 Annual Meeting, New York, NY, USA.

Chew, L. C., Chue, K. L., Yeo, A., Nie, Y. Y., & **Chang, C. L.** (2023, Nov). *Exploring Student Wellbeing Trajectory and Academic Connections Using PERMA-EPOCH Measures* [Paper session]. Educational Research Association of Singapore International Conference and the World Education Research Association Focal Meeting 2023, Singapore, Singapore.

**Chang, C. L.**, Koh, J. M. Y., & Wong, J. C. M. (2023, Oct). *Intranasal Oxytocin for ASD: Assessing Long-Term Safety and Efficacy in a Randomized Controlled Trial* [Poster session]. American Academy of Child and Adolescent Psychiatry's 70th Annual Meeting, New York, NY, USA.

**Chang, C. L.**, & Wong, J. C. M. (2023, May) *Discrepancy in perceptions of parenting style between adolescent suicide attempters and their parents* [Poster session]. American Psychiatric Association's 2023 Annual Meeting, San Francisco, CA, USA.

**Chang, C. L.**, Shen, L., & Wong, J. C. M. (2022, Dec) *Mental disorders that elevate risk of youth suicide attempt* [Poster session]. International Association for Child and Adolescent Psychiatry and Allied Professions' 25th World Congress, Dubai, UAE.

## **RESEARCH EXPERIENCE**

---

**Senior Research Assistant** Aug 2023 – Jul 2024

National Institute of Education, Nanyang Technological University, Psychology and Child & Human Development Academic Group, SG

Supervisor: Chue Kah Loong, PhD

Projects:

Harnessing positive psychology principles in fostering academic motivation/engagement and wellbeing of low-progress learners in Singapore

**Research Assistant (Team Lead)** Aug 2021 – Jul 2023

National University of Singapore, Yong Loo Lin School of Medicine, Department of Psychological Medicine, Yeo Boon Khim Mind Science Centre, SG

Supervisor: Assoc Prof John Wong, MBBS, MMed, MSc

Projects:

Intranasal oxytocin for Autism Spectrum Disorder: Assessing long-term efficacy and underlying neural mechanisms in a randomized controlled trial

Therapeutic effects of Nature PlayGardens on children with Attention Deficit/Hyperactivity Disorder (ADHD) & Autism Spectrum Disorder (ASD)

Tongkat Ali clinical trial for sleep enhancement and mood profile  
Underwater nature and health

**Research Assistant**

Feb – Jun 2021

University of Edinburgh, Department of Psychology, UK  
Supervisor: Prof Steve Loughnan, PhD; Lyndsey Wallace, PhD

Projects:

Power and objectification: The sexual objectification of women in positions of power

**Research Assistant**

Oct 2019 – Jun 2020

UC San Diego, Department of Psychology, HEALab, USA  
Supervisor: Prof Karen Dobkins, PhD; Evie Guo; Stephen Raynes

Projects:

The influence of private speech on the cognitive performance in preschool children and adults

Comparing the psychological benefits of writing, talking out loud to oneself, and thinking about something distressing

**AWARDS**

---

SMU Research Scholarship	2024 – Present
<i>for PhD in Psychology full tuition fees and monthly stipend</i>	
Trevarthen Award for Community Engagement	2021
<i>for psychology work in the community</i>	
Edinburgh Award for Leadership in Student Opportunities	2021
<i>for work in the University of Edinburgh Psychology Peer Assisted Learning Scheme</i>	
Edinburgh Award for Summer Work Experience (International)	2019
<i>for summer work as a mental health volunteer in Sri Lanka</i>	
Edusave Certificate of Academic Achievement	2015 – 2016
<i>for being in the top 25% in terms of academic performance in the level and good conduct</i>	
ACJC Outstanding Service Award	2016
<i>for leadership and work in ACJC Students' Council</i>	
ACJC Service Award	2016
<i>for leadership and achievements in ACJC Dance Society</i>	

**COMPUTER SOFTWARE AND TECHNOLOGICAL SKILLS**

---

R (RStudio)	Qualtrics
SPSS	Microsoft Office

**CLINICAL EXPERIENCE AND COMMUNITY WORK**

---

Psychological Therapy Assistant, Canossian Child Development Unit, SG	Jun – Dec 2020
---	----------------

Psychology Intern, Canossian Child Development Unit, SG	Jun – Sep 2019
Volunteer Befriender, Home Link Family Support, UK	Feb – Apr 2019
Psychology Intern, Cerebral Palsy Alliance, SG	Aug – Sep 2018
Volunteer Mental Health Support Worker, Slv Global, Sri Lanka	Jul – Aug 2018
Class Assistant, St. Andrew’s Autism Centre, Day Activity Centre, SG	Feb – Jun 2017

### **TEACHING EXPERIENCE**

---

Edinburgh Psychology Peer Assisted Learning Scheme, UK	Aug 2020 – Mar 2021
GCE O-Level Physics Tutor, SG	Jul – Aug 2017

### **LEADERSHIP**

---

Buddy Group Leader, University of Edinburgh Global Buddies, UK	Sep 2020 – Mar 2021
Vice President, Edinburgh University Singapore Society, UK	Jul 2018 – May 2019
Vice Head of College Welfare, ACJC Students’ Council, SG	Jul 2015 – Jul 2016
Vice Head of JC1 Orientation, ACJC Students’ Council, SG	Oct 2015 – Feb 2016
Executive Committee, ACJC Dance Society, SG	Jul 2015 – Jun 2016