

*Curriculum Vitae***K. T. A. Sandeeshwara Kasturiratna**[skasturirat.2023@phdps.smu.edu.sg](mailto:skasturirat.2023@phdps.smu.edu.sg)

School of Social Sciences, Singapore Management University

ORCID [0000-0002-7339-3875](https://orcid.org/0000-0002-7339-3875)*Education*

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2023 – 2027 (expected)	<b>Ph.D. (Psychology)</b> Singapore Management University
2019 – 2023	<b>Bachelor of Social Science (Magna Cum Laude) (Psychology)</b> Singapore Management University

*Scholarships*

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2023 – 2027	<b>MOE-SMU Research Scholarship</b> Singapore Ministry of Education through Singapore Management University <i>Covers full tuition fees and monthly stipend for 8 semesters</i>
2019 – 2023	<b>Prima Ceylon Scholarship</b> The Prima Group through Singapore Management University <i>Covers 90% of tuition fees for 4 years and living allowance per semester</i>

*National and International Awards*

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2024	<b>Student Research Awards: Best Postgraduate Submission – 2<sup>nd</sup> Runner Up</b> Singapore Psychological Society
2024 – 2025	<b>SMU Presidential Doctoral Fellowship for Academic Year 2024/2025</b> Singapore Ministry of Education through Singapore Management University <i>Awarded up to 10,800 SGD</i>
2023	<b>Helen Chua Chin Xiang Best Senior Thesis in Psychology</b> Singapore Management University
2022	<b>Dean's List for Academic Year 2021/2022</b> Singapore Management University
2022	<b>Diversity Undergraduate Award</b> Society for Social and Personality Psychology

- 2022                    **SPS Psychathon 2022 – Gold Award**  
Singapore Psychological Society
- 2017                    **LitQ 2017 – 2nd Place**  
Ministry of Education, Sri Lanka
- 2017                    **Shakespeare Challenge Quiz – 1<sup>st</sup> Place**  
Shakespeare Centre Sri Lanka
- 2017                    **Next Gen Challenge – 2017 1<sup>st</sup> Runner-up**  
Association of Chartered Certified Accountants, Sri Lanka
- 2016                    **National Inter-School Essay Competition – 1<sup>st</sup> Place**  
Sri Lanka-China Society
- 2014                    **International Assessment for Schools: English – High Distinctions / Country  
Topper (Sri Lanka)**  
University of New South Wales, Australia
- 2010                    **National English Language Competitions: Creative Writing – 1<sup>st</sup> Place**  
Ministry of Education, Sri Lanka

### *Peer-Reviewed Publications*

<sup>+</sup>Indicates that authors contributed equally to the work.

- [16] Chia, A. Y. Y., Hartanto, A., Wan, T. S., Teo, S. S. M., Sim, L., **Kasturiratna, K. T. A. S.** (2025). The impact of childhood sexual, physical and emotional abuse and neglect on suicidal behavior and non-suicidal self-injury: A systematic review of meta-analyses. *Psychiatry Research Communications*, 100202. <https://doi.org/10.1016/j.psycom.2025.100202>
- [15] Hartanto, A., & **Kasturiratna, K. T. A. S.** (2024). Longitudinal bidirectional relation between fear of missing out and risky loot box consumption: Evidence for FoMO-driven loot boxes spiral hypothesis. *Computers in Human Behavior Reports*, 16, 100535. <https://doi.org/10.1016/j.chbr.2024.100535> [Impact Factor = 4.9]
- [14] **Kasturiratna, K. T. A. S.**, & Hartanto, A. (2024). The moderating role of trait online disinhibition in exacerbating the online victim-bully cycle. *Journal of Technology in Behavioral Sciences*, 1–13. <https://doi.org/10.1007/s41347-024-00450-6>
- [13] Hu, M., Chua, X. C. W., Diong, S. F., **Kasturiratna, K. T. A. S.**, Majeed, N. M., & Hartanto A. (2024). AI as your ally: The effects of AI-assisted venting on negative affect and perceived social support. *Applied Psychology: Health and Well-Being*, 1–19. <https://doi.org/10.1111/aphw.12621> [Impact Factor = 3.8]
- [12] Majeed, N. M., **Kasturiratna, K. T. A. S.**, Chen, N. R. Y., & Hartanto, A. (2024). Factor structure of the CES-D-20 scale in young adults in Singapore: An examination of six

alternative structures and measurement invariance by sex. *Psychiatry Research Communications*, 4(4), 100196. <https://doi.org/10.1016/j.psycom.2024.100196>

- [11] Hu, M., Diong, S. F., **Kasturiratna, K. T. A. S.**, & Hartanto, A. (2024). Computer use and cardiovascular risk biomarkers in midlife and older adults. *Computers in Human Behavior Reports*, 16, 100502. <https://doi.org/10.1016/j.chbr.2024.100502> [Impact Factor = 4.9]
- [10] **Kasturiratna, K. T. A. S.**, Hartanto, A., Chen, C. H. Y., Tong, E. M. W., & Majeed, N. M. (2024). Umbrella review of meta-analyses on the risk factors, protective factors, consequences and interventions of cyberbullying victimization. *Nature Human Behaviour*, 1–35. <https://doi.org/10.1038/s41562-024-02011-6> [Impact Factor = 29.9]
- [9] Hartanto, A., Lua, V. Y. Q., **Kasturiratna, K. T. A. S.**, Koh, P. S., Tng, G. Y. Q., Kaur, M., Quek, F. Y. X., Chia, J. L., & Majeed, N. M. (2024). The effect of mere presence of smartphone on cognitive functions: A four-level meta-analysis. *Technology, Mind & Behavior*. 5(1). <https://doi.org/10.1037/tmb0000123>
- [8] Hartanto, A., **Kasturiratna, K. T. A. S.**, Hu, M., Diong, S. F., & Lua, V. Y. Q. (2024). Negative work-to-family spillover stress and heightened cardiovascular risk biomarkers in midlife and older adults. *Journal of Psychosomatic Research*, 178, 11594. <https://doi.org/10.1016/j.jpsychores.2024.111594> [Impact Factor = 4.7]
- [7] Chen, N. R. Y.<sup>+</sup>, Majeed, N. M.<sup>+</sup>, Lai, G. J., Koh, P. S., **Kasturiratna, K. T. A. S.**, Ho, A. Z. Y., Kaur, M., Yong, J. J., & Hartanto, A. (2023). Human animal interaction and prosociality: A three-level meta-analytic review of experimental and correlational studies. *Anthrozoös*, 37(2), 269–288. <https://doi.org/10.1080/08927936.2023.2288745> [Impact Factor = 1.6]
- [6] Hartanto, A., **Kasturiratna, K. T. A. S.**, Chua, Y. J., Ngo, J. A., Ong, J. S. Y., Quek, F. Y. X., Soh, X. C., & Majeed, N. M. (2023). Does a 15-minute brief mindfulness breathing exercise temporarily enhance inhibitory control and cognitive flexibility? A within-subject experimental approach. *Collabra: Psychology*, 9(1), 90219. <https://doi.org/10.1525/collabra.90219> [Impact Factor = 2.5]
- [5] Majeed, N. M.<sup>+</sup>, **Kasturiratna, K. T. A. S.**<sup>+</sup>, Li, M. Y., Chia, J. L., Lua, V. Y. Q., & Hartanto, A. (2023). Covid-19 stress and cognitive failures in daily life: A multilevel examination of within- and between-person patterns. *Journal of Pacific Rim Psychology*, 17, 1–10. <https://doi.org/10.1177/18344909231208119> [Impact Factor = 2.3]
- [4] Majeed, N. M.<sup>+</sup>, **Kasturiratna, K. T. A. S.**<sup>+</sup>, Lua, V. Y. Q., Li, M. Y., & Hartanto, A. (2023). Discrimination and cognitive failures in Singapore and the US: An investigation of between- and within-persons associations through multilevel modelling. *International Journal of Intercultural Relations*, 94, 101805. <https://doi.org/10.1016/j.ijintrel.2023.101805> [Impact Factor = 2.8]
- [3] Hartanto, A., Kaur, M., **Kasturiratna, K. T. A. S.**, Quek, F. Y. X., & Majeed, N. M. (2022). A critical examination of the effectiveness of gratitude intervention on well-being outcomes: A within-person experimental daily diary approach. *Journal of Positive*

*Psychology*, 18(6), 942–957. <https://doi.org/10.1080/17439760.2022.2154704> [Impact Factor = 4.3]

- [2] Hartanto, A., Wong, J., Lua, V. Y. Q., Tng, G. Y. Q., **Kasturiratna, K. T. A. S.**, & Majeed, N. M. (2022). A daily diary investigation of the fear of missing out and diminishing daily emotional well-being: The moderating role of cognitive reappraisal. *Psychological Reports*, 127(3), 1117–1155. <https://doi.org/10.1177/00332941221135476> [Impact Factor = 2.3]
- [1] Hartanto, A., **Kasturiratna, K. T. A. S.**, & Soh, X. C. (2022). Cultivating positivity to achieve a resilient society: A critical narrative review from psychological perspectives. *Knowledge*, 2(3), 443–451. <https://doi.org/10.3390/knowledge2030026>

### Conference Posters

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- [5] Wong, J., **Kasturiratna, K. T. A. S.**, Majeed, N. M., & Hartanto, A. (2023, March). *Childhood neglect, a lifetime of regret: A mediation analysis of emotional reactivity on childhood emotional neglect and depression*. Poster presented at the annual meeting of the Society for Personality and Social Psychology 2023.
- [4] **Kasturiratna, K. T. A. S.**, Lua, V. Y. Q., Majeed, N. M., & Hartanto, A. (2022, December). *Intellectual humility and daily affective reactions to uplifts and stressors*. Poster presented at the 80th Annual Conference of the International Council of Psychologists.
- [3] Majeed, N. M., **Kasturiratna, K. T. A. S.**, Lua, V. Y. Q., Li, M. Y., & Hartanto, A. (2022, December). *Discrimination and cognitive failures: Examining between- and within-person associations*. Poster presented at the 80th Annual Conference of the International Council of Psychologists.
- [2] **Kasturiratna, K. T. A. S.**, Majeed, N. M., Lua, V. Y. Q., & Hartanto, A. (2022, March). *A daily diary of uplifts, stressors and affect: The moderating effect of trait belief in a just world*. Poster presented at the annual meeting of the Society for Affective Sciences 2022.
- [1] **Kasturiratna, K. T. A. S.**, Chia, J. L., Quek, F. Y. X., Kaur, M., Lua, V. Y. Q., Majeed, N. M., & Hartanto, A. (2022, February). *The effect of mere presence of smartphone on cognitive functions: A meta-analysis*. Poster presented at the annual meeting of the Society for Personality and Social Psychology 2022.

### Invited Workshops

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July 2024                      **2-hour workshop on methodology of a systematic review**  
DAWNLab, School of Social Sciences, Singapore Management University

### Work Experience

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- Spring 2025      **Teaching Assistant**  
School of Social Sciences, Singapore Management University  
PSYC001 Introduction to Psychology G1
- Fall 2023      **Teaching Assistant**  
School of Social Sciences, Singapore Management University  
GA308 Special Topics in Asian History, Culture & Society G2
- Fall 2022      **Teaching Assistant**  
School of Social Sciences, Singapore Management University  
PSYC110 Psychology Research Methods I G2 & G3
- Fall 2022      **Teaching Assistant**  
School of Social Sciences, Singapore Management University  
IDIS010 Southeast Asia: Past and Present G2
- Summer 2022      **Psychology Research Intern**  
School of Social Sciences, Singapore Management University  
*Conducting data collections, screening data, cleaning and analysing data using RStudio, manuscript writing*  
Supervisor: Assistant Prof. Andree Hartanto
- Fall 2021      **Teaching Assistant**  
School of Social Sciences, Singapore Management University  
PSYC108 Social Psychology G2
- Spring 2016      **Research Assistant**  
Faculty of Medicine, University of Kelaniya, Sri Lanka  
*Transcribing and translating qualitative interviews, managing focus group discussions*

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### *Mentoring Experience*

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#### **Senior Thesis in Psychology (AY2023/2024)**

- Alicia Chia Yuan Yu
- Hu Meilan
- Ysabel Thereze Ang Guevarra

#### **Independent Study in Psychology (AY2023/2024)**

- Benedict Francis Leong Chun Mun
- Diong Shu Fen
- Hu Meilan

## *Co-Curricular Activities*

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Summer 2021 – Present	<b>Student Researcher</b> DAWN Lab School of Social Sciences, Singapore Management University
2016 – 2017	<b>Editor</b> English Literary Association Devi Balika Vidyalaya, Colombo, Sri Lanka
2014 – 2015	<b>Prefects Guild 2014/2015</b> Devi Balika Vidyalaya, Colombo, Sri Lanka
2013 – 2015	<b>Captain of the School Chess Team</b> Devi Balika Vidyalaya, Colombo, Sri Lanka

## *Volunteering*

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Fall 2023 – Spring 2024	<b>Youth Volunteer</b> Youth Empowerment Association, Singapore <i>Content-planning, designing, administrating and executing workshops for senior citizens, fund-raising, house-visiting</i>
Summer 2021 – Spring 2022	<b>Youth Volunteer</b> Fei Yue Community Services, Singapore <i>Content-planning, designing, administrating and executing workshops for senior citizens</i>
Summer 2021	<b>Student Tutor</b> Happy Children Happy Future <i>Planning and executing weekly English lessons to Primary 2 mentees</i>
Spring 2021	<b>Teaching Assistant for Primary 3 &amp; 4</b> Nurture Programme Central Development Council, Singapore <i>Assisting in weekly lessons on social skills for Primary 3-4 students</i>
Fall 2019	<b>Volunteer</b> Institute of Mental Health, Singapore <i>Interacting and befriending in-patients</i>

## *Technical Skills*

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### **Data Analysis**

- R
- IBM SPSS
- JASP
- MPlus

### **Data Collection Software**

- Qualtrics

## *Professional Affiliations & Service*

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### **Ad-hoc Reviewer for Peer-Reviewed Journals**

- *PeerJ*

### **Memberships**

- International Council of Psychologists
- Society for Affective Science
- Society for Personality and Social Psychology