

# SOH XUN CI

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## EDUCATION

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**M(Phil)** Singapore Management University, Psychology 2024 - Current

- Expected year of graduation: 2026
- Enrolled in the Fast Track Master of Philosophy programme

**BSocSC** Singapore Management University, Psychology 2021- Current

- Expected year of graduation: 2025

**Diploma** Ngee Ann Polytechnic, Health Sciences (Nursing) 2018 - 2021

## PUBLICATIONS

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Tng, G. Y. Q., Koh, J., **Soh, X. C.**, Majeed, N. M., Hartanto, A. (2024). Efficacy of digital mental health interventions for PTSD symptoms: A systematic review of meta-analyses. *Journal of Affective Disorders*, 357, 23–36. <https://doi.org/10.1016/j.jad.2024.04.074>

Tan, G. X. D., **Soh, X. C.**, Hartanto, A., Goh, A. Y. H., Majeed, N. M. (2023). Prevalence of anxiety in college and university students: An umbrella review, *Journal of Affective Disorders Reports*, 14, 100658-. <https://doi.org/10.1016/j.jadr.2023.100658>

Hartanto, A., Kasturiratna, K. T. A. S., Chua, Y. J., Ngo, J. A., Ong, K. 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. 10.1525/collabra.90219.

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>.

## MANUSCRIPT UNDER REVIEW

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**Soh, X. C.**, Tan, G. X. D., Hartanto, A., Diong, S. F., Hu, M., Majeed, N. M. (under review). Worldwide Prevalence of Depression in University Students: An Umbrella Review. *Current Psychology*.

## WORKING EXPERIENCE

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**Intern**, Brahm Centre Pte Ltd.

May - July 2024

- Performed general administrative tasks such as data entry, organization of files, documents, and other miscellaneous tasks

- Performed customer service-related tasks such as welcoming clients into Centre's premises and answering general enquiries via phone calls
- Support centre operations in areas such as planning activities, logistics preparation, helping with excursions with events
- Conducted community outreach and accompanied staff on home visits, befriending clients, and participated in case discussion meetings
- Posted to Ng Teng Fong General Hospital for 2-weeks attachment and was tasked to assist in medication packing and customer service at the outpatient pharmacy

**Research Assistant (Student), DawnLab**

May 2022 - Current

- Participated in various ongoing projects within the lab
- Assisted with data collection through physical lab sessions, and online sessions via Zoom
- Attended summer reading group that covers topics on meta-science, study designs, and constructs
- Attended workshops such as 2-day Basic Statistics with R, 2-day Multi-level Modeling and Structural Equation Modeling

**Caregiving and Community Mental Health Intern,**  
Agency for Integrated Care

May - July 2023

- Worked with the caregiving team to conduct a landscape review of the existing types of caregiver support groups in Singapore
- Developed recommendations for a caregiver support group model in Singapore
- Interviewed caregivers and drafted a caregiver journey map to understand their (caregivers') needs and support required

**Conference helper,** MP International Pte Ltd.

June - August 2022

- Worked in various medical events such as IUPESM World Congress 2022, 10<sup>th</sup> International Asia Pacific Society of Infection Control & Asia Pacific Intensive Care Symposium
- Help to register and onboard speakers through Zoom to ensure a smooth transition from virtual to live streaming platform

**Nursing Student,** Changi General Hospital

December 2020 - February 2021

Internship at Ward 56 (Geriatrics) 14 December to 19 February

- Engaged in direct patient care for 10 weeks such as nursing care management,

- medication administration, admission, discharge, and referrals to other allied health professionals
- Took on the role of nurse-in-charge under the preceptor's guidance and handled a maximum of 5 cases per shift
- Took part in a weekly multi-disciplinary meeting with doctors and allied health professionals

**Nursing Student**, Changi General Hospital September - October 2020  
 Internship at Ward 48 (Female Medical) from 7 September to 4 October

- Contributed to the nursing team by assisting in vital signs taking, updating various nursing charts, and medication administration
- Took on the role as a nurse-in-charge under the preceptor's guidance for at least 1 case per shift throughout the entire internship

**Nursing Student**, Institute of Mental Health September 2019  
 Internship at Acute Female Ward from 7 September to 18 September

- Performed basic mental health assessments for patients
- Constructed ward activities with the nursing team
- Participated in ward rounds and medication administration under supervision

**Nursing Student**, KK Women's & Children's Hospital. June to September 2019  
 Internship at Ward 43 (Gynaecology) and Ward 34 (Obstetrics) from 26 August to 6 September and Ward 66 (Paediatrics) from 24 June to 7 July:

- Performed basic obstetrics assessments
- Prepared patients for ante-natal and post-natal stages such as assisting with gynecological procedures under supervision and monitoring fetus condition with Computerized Tomography (CTG)
- Provided patient education and family planning for patients post-delivery
- Helped with the feeding of infants and provided basic hygiene care for neonates

Pediatrics Ward:

- Provided basic nursing care and performed pediatric assessments
- Assisted with providing basic hygiene measures as well as preparation of milk feeds

**Nursing Student**, Changi General Hospital August 2018 to April 2019  
 Internship across various disciplines between 2018 to 2019:

18 March 2019 to 7 April 2019 at Ward 45 (Medical)  
 3 December 2018 to 16 December 2018 at Ward 37 (Surgical)  
 27 August 2018 - 16 September 2018 at Ward 48 (Female Medical)

- Performed basic nursing skills assessment such as vital signs monitoring, fall risk assessment, and Braden scale

- assessment
- Involved in pre-and post-surgical care during surgical posting

## **HONORS AND AWARDS**

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### **Scholarship, Fast-Track MPhil in Psychology**

#### **Director's List Issued by Ngee Ann Polytechnic**

2019/2020

Awarded for excellent academic performance for diploma in Health Sciences (Nursing) Level 2.1, October Semester, Academic Year 2019/2020

## **COMMUNITY SERVICE**

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### **SMU Red Cross**

[Programme Director], May 2022 – January 2023

[Volunteering member], September 2021 – April 2022

### **Buddha Tooth Relic Temple**

[Volunteering member], June 2018 – June 2019

## **LANGUAGES**

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- Spoken: English, Chinese, Teochew, and Hokkien
- Written: English & Chinese