

# Tan Yan Fen

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## EDUCATION

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**Singapore Management University** **Aug 2023 – Present**  
PhD in Psychology  
Research Interests: Sleep, Psychophysiology & Well-being

**Nanyang Technological University** **Aug 2014 – July 2018**  
Bachelor of Sport Science & Management with Honours  
Specialised in Exercise Physiology and Sport Psychology

## AWARDS & ACHIEVEMENTS

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**SMU Research Scholarship for PhD in Psychology** **Aug 2023 – Present**  
Singapore Management University

**Sport Science and Management Internship Book Prize AY2017-18**  
Best Overall Performance in Cohort for Sport Science and Management Internship  
Nanyang Technological University

## PUBLICATION

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Cheon, B. K., **Tan, Y. F.**, & Forde, C. G. (2024). Food Essentialism: Implications for expectations and perceptions of the properties of processed foods. *Food Quality and Preference*. 117, Article 105173.  
<https://doi.org/10.1016/j.foodqual.2024.105173>

## RESEARCH EXPERIENCES

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**Nanyang Technological University** **Apr 2021 – Apr 2022**  
Centre for Research and Development in Learning  
Research Assistant

**A\*STAR - Agency for Science, Technology & Research** **Apr 2020 – Mar 2021**  
Singapore Institute of Food and Biotechnology Innovation  
Research Officer, Nutrition

## **Influence of Essentialist Beliefs on Judgements of Food and Food Processing**

Study was presented at:

- UNSW Symposium of Eating and Appetite 2021
- British Feeding and Drinking Group Conference 2021
- Asian Sensory and Consumer Research Symposium 2021 (SenseAsia Conference)

## **Final Year Project**

**Dec 2017 – Apr 2018**

- Investigating the Mental Well-being of Athletes in Singapore
- My paper was accepted for the 5<sup>th</sup> International Conference on Movement, Health and Exercise 2018 & 4<sup>th</sup> Conference of ASEAN Council of Physical Education and Sport 2018 MOHE

## **Sport Singapore, Singapore Sports Institute**

**Jul 2017 – Dec 2017**

Sport Science & Medicine Centre  
Intern (Sport Psychology)

## **NTU Visual Cognitive Neuroscience Laboratory**

**Jun 2016 – Jul 2016**

Division of Psychology, School of Humanities & Social Sciences  
Undergraduate Research Assistant (part-time)