

SHIAN-LING KENG, PH.D.

Division of Social Science
Yale-NUS College
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EMPLOYMENT

July 2020 - Present	Associate Professor of Psychology, Yale-NUS College, Singapore
2017 - 2020	Assistant Professor of Psychology, Yale-NUS College, Singapore
2013 - 2017	Assistant Professor, Department of Psychology, National University of Singapore
2007 - 2008	Assistant Lecturer, Psychology Unit, Tunku Abdul Rahman University, Malaysia

EDUCATION

<i>Doctorate of Philosophy</i> 2013	Clinical Psychology (APA-accredited program) Duke University , North Carolina, USA
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APA/CPA-Accredited Clinical Psychology Residency: Centre for Addiction and Mental Health, Toronto, Canada

<i>Master of Arts</i> 2010	Clinical Psychology Duke University , North Carolina, USA
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<i>Bachelor of Science</i> 2007	Psychology and Biology (Minor: Political Science) <i>Cum Laude</i> ; Graduation with Distinction in Psychology Duke University , North Carolina, USA
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FELLOWSHIPS AND AWARDS

2018 - 2019	Teaching Innovation Grant – <i>Exploring the Role of Contemplative Inquiry and Education at Yale-NUS College</i>
2016	National University of Singapore Faculty of Arts and Social Sciences Writing Fellowship – <i>Effects and Mechanisms of Mindfulness-based Interventions</i>
2012	Clark M. Rivinoja Award, Duke University Medical Center
2011 - 2012	Duke Interdisciplinary Initiative in Social Psychology Research Grant
2011	Aleane Webb Dissertation Research Award, Duke University Graduate School
2011	Summer Research Fellowship, Duke University Graduate School
2010 - 2012	Conference Travel Fellowship, Duke University Graduate School
2006 - 2007	Duke University Undergraduate Research Support Grant
2007	Griffith University Service Award, Duke University

2006	Duke Sanford Institute of Public Policy Enterprising Leadership Incubator Internship Award
2005	Duke Asian Pacific Studies Institute (APSI) Summer Research Grant
2005	Duke Center for International Studies Overseas Summer Research Award
2004 - 2007	Dean's List, Duke University

ADMINISTRATIVE LEADERSHIP AND SERVICE

July 2019 - 2020	Head of Studies, Psychology, Yale-NUS College
Jan 2020 – Present	Chair, Clinical Psychology Standard Setting Task Force, Malaysia Society of Clinical Psychology
2017 - 2018	Chair, Undergraduate Research Ethics Committee, Yale-NUS College
2013 - 2017	Professional Development Coordinator, Masters of Clinical Psychology Programs, Department of Psychology, National University of Singapore (NUS)

GRANTS

2018 - 2021	Singapore Social and Family Research Fund (SFRF) Principal Investigator <i>The Influence of Adolescent Temperament/ Personality and Parenting on Adolescent Psychosocial Outcomes</i>	Amount: SGD113,353.68 Ministry of Social and Family Development, Singapore
2020 – 2021	Yale-NUS Shared Instrumentation Grant Principal Investigator <i>Purchase of BIOPAC MP160 to Support Psychophysiological Research in the Behavioral Labs</i>	Amount: SGD56,158 Yale-NUS College
2017 - 2020	Yale-NUS Start-Up Grant Principal Investigator <i>Effects, Mechanisms, and Dissemination of Mindfulness-based and Cognitive Behavioral Interventions</i>	Amount: SGD60,000 Yale-NUS College
2014 - 2019	Templeton World Charity Foundation Grant Co-Investigator* <i>Honesty, Humility, and Humanity: How the Epigenome and Mindfulness Shape Moral Decision Making</i> Principal Investigator: Richard Ebstein, Ph.D. *Lead role in conceptualizing study design and interventions, and selection of psychological outcomes	Amount: USD999,825 Templeton World Charity Foundation
2017- 2019	Faculty Development Grant Principal Investigator <i>Effects of Mindfulness-based Stress Reduction on Emotion and Cognitive Functioning among Singaporean Elderly</i>	Amount: SGD10,000 Center for Family and Population Research, National University of Singapore

2014 - 2017	NUS Start-Up Grant Principal Investigator <i>Effects and Mechanisms of Mindfulness-based Interventions and Emotion Regulation Strategies</i>	Amount: SGD180,000 Faculty of Arts and Social Sciences, National University of Singapore
2016 - 2018	Singapore Cancer Society Research Grant Co-Investigator <i>Transition from Treatment to Survivorship: Effects of an E-Home based Symptom Management and Mindfulness Training Program on Quality of Life in Breast Cancer Survivors</i> Principal Investigator: Karis Cheng, Ph.D.	Amount: SGD186,051 Singapore Cancer Society

PUBLICATIONS

*denotes student author

PUBLISHED MANUSCRIPTS

1. Jin, S., Balliet, D., Romano, A., Spadaro, G., van Lisa, C. J., Agostini, M., Belanger, J. J., Gutzkow, B., Kreienkamp, J., **PsyCorona Collaboration**, & Leander, P. (in press, 2020). Intergenerational conflicts of interest and prosocial behavior during the COVID-19 pandemic. *Personality and Individual Differences*. (Member of the *PsyCorona Collaboration*)
2. Kreienkamp, J., Agostini, M., Krause, J., Leander, N. P., & **PsyCorona Collaboration**. (2020). Psycorona: A World of Reactions to COVID-19. *APS Observer*, 33(9). (Member of the *PsyCorona Collaboration*)
3. Loo, J. L., **Keng, S. -L.**, Ramírez-Espinosa, I. G., Ramírez-Gutiérrez, J. A., Nor Hadi, N. M., & Shoesmith, W. D. (2020). Dialectical behavior therapy in the Asia-Pacific Rim region. *Asia-Pacific Psychiatry*, e12437, 1-6.
4. **Keng, S. -L.**, *Looi, P. S., *Tan, E. L. Y., Yim, O.-S., Lai, P. S., Chew, S. H., & Ebstein, R. (2020). Effects of mindfulness-based stress reduction on psychological symptoms and telomere length: A randomized active-controlled trial. *Behavior Therapy*, 51, 984-996.
5. Schutte, N., Malouff, J. M., & **Keng, S.-L.** (2020). Meditation and telomere length: A meta-analysis. *Psychology and Health*, 35, 901-915.
6. *Wong, M. H. M., **Keng, S.-L.**, Buck, P. J., Suthendran, S., Wessels, A., & Østbye, T. (2020). Effects of mental health paraprofessional training for Filipina foreign domestic workers in Singapore. *Journal of Immigrant and Minority Health*, 22(3), 571-579.
7. **Keng, S. -L.**, *Lee, C. S. L., & Eisenlohr-Moul, T. A. (2019). Effects of brief daily mindfulness practices on affective outcomes and correlates in a high BPD trait sample. *Psychiatry Research*, 280(112485), 1-7.
8. **Keng, S. -L.**, *Yim, O.-S., Lai, P. S., Chew, S. H., & Ebstein, R. (2019). Association among dispositional mindfulness, self-compassion, and leukocyte telomere length in Chinese adults. *BMC Psychology*, 7(47), 1-10.
9. **Keng, S. -L.** & *Ang, Q. (2019). Effects of mindfulness on negative affect, body dissatisfaction, and disordered-eating urges in a college sample at risk of developing eating disorders. *Mindfulness*, 10, 1779-1791.

10. **Keng, S.-L.**, *Noorahman, N. B., *Drabu, S., & Chu, C. M. (2019). Association between betrayal trauma and nonsuicidal self-injury among adolescent offenders: Shame and emotion dysregulation as mediating factors. *International Journal of Forensic Mental Health, 18*(4), 293-304.
11. **Keng, S.-L.** & *Tan, H. H. (2018). Effects of brief mindfulness and loving-kindness meditation inductions on emotional and behavioral responses to social rejection among individuals with high borderline personality traits. *Behaviour Research and Therapy, 100*, 44-53.
12. **Keng, S.-L.**, *Choo, X., & Tong, E. M .W. (2018). Association between trait mindfulness and variability of coping strategies: A diary study. *Mindfulness, 9*, 1423-1432.
13. **Keng, S.-L.**, *Lee, Y., *Drabu, S., Hong, R. Y., Chee, C. Y. I., Ho, C. S. H., & Ho, R. C. M. (2018). Construct validity of the McLean Screening Instrument for borderline personality disorder in two Singaporean samples. *Journal of Personality Disorders, 32*, 1-20.
14. **Keng, S. -L.** & *Soh, C. Y. (2018) Association between childhood invalidation and borderline personality symptoms: Self-construal and conformity as moderating factors. *Borderline Personality Disorder and Emotion Dysregulation, 5*(19), 1-9.
15. Ronningstam, E. F., **Keng, S.-L.**, Ridolfi, M. E., Arbabi, M., & Grenyer, B. F. S. (2018). Cultural aspects in symptomatology, assessment and treatment of personality disorders. *Current Psychiatry Reports, 20*(22), 1-10.
16. **Keng, S.-L.** & *Tan, J. X. (2017) Effects of brief mindful breathing and loving-kindness meditation on shame and social problem solving abilities among individuals with high borderline personality traits. *Behaviour Research and Therapy, 97*, 43-51.
17. **Keng, S.-L.** & *Wong, Y. Y. (2017). Association among self-compassion, childhood invalidation, and borderline personality disorder symptomatology in a Singaporean sample. *Borderline Personality Disorder and Emotion Dysregulation, 4*(24), 1-8.
18. **Keng, S.-L.**, *Tan, E. L. Y., Eisenlohr-Moul, T., & Smoski, M. J. (2017). Effects of mindfulness, reappraisal, and suppression on sad mood and cognitive resources. *Behaviour Research and Therapy, 91*, 33-42.
19. Neacsiu, A., Jeremy, E., **Keng, S.-L.**, Fang, C., & Rosenthal, Z. (2017). Borderline personality disorder, emotion regulation, and culture: Issues, findings, and research agenda for assessment, prevalence, psychopathology, and treatment. *Current Psychiatry Reviews, 13*(3), 188-223.
20. Tong, E.M.W. & **Keng, S.-L.** (2017). The relationship between mindfulness and negative emotion differentiation: A test of multiple mediation pathways. *Mindfulness, 8*, 933-942.
21. **Keng, S.-L.** & *Liew, K. W. L. (2017). Trait mindfulness and self-compassion as moderators of the association between gender nonconformity and psychological health. *Mindfulness, 8*, 615-626.
22. **Keng, S.-L.** & Tong, E.M.W. (2016). Riding the tide of emotions with mindfulness: Mindfulness, affect dynamics, and the mediating role of coping. *Emotion, 16*, 706-718.
23. **Keng, S.-L.**, *Seah, T. H. S., Tong, E.M.W. & Smoski, M. J. (2016). Effects of brief mindful acceptance induction on implicit dysfunctional attitudes and concordance between implicit and explicit dysfunctional attitudes. *Behaviour Research and Therapy, 83*, 1-10.

24. **Keng, S.-L.**, Waddington, E., *Lin, B. X. T., *Tan, M. S. Q., Henn-Haase, C., & Kanter, J. W. (2016). Effects of Functional Analytic Psychotherapy on therapist trainees in Singapore: A randomized controlled trial. *Clinical Psychology & Psychotherapy*, 24(4), 1014-1027.
25. **Keng, S.-L.**, Smoski, M. J., & Robins, C. J. (2016). Effects of mindful acceptance and reappraisal training on maladaptive beliefs about rumination. *Mindfulness*, 7, 493-503.
26. Smoski, M.J., **Keng, S.-L.**, Ji, J.L., Moore, T., Minkel, J. & Dichter, G.S. (2015). Neural indicators of emotion regulation via acceptance versus reappraisal in remitted major depressive disorder. *Social Cognitive and Affective Neuroscience*, 10, 1187-1194.
27. **Keng, S.-L.**, Phang, C.K., & Oei, T.P.S. (2015). Effects of a brief mindfulness-based training program on psychological symptoms and well-being among medical students in Malaysia: A controlled study. *International Journal of Cognitive Therapy*, 8, 335-350.
28. Phang, C.K., Chiang, K. C., Ng, L. O., **Keng, S.-L.**, & Oei, T. P. (2015). Effects of brief group mindfulness-based cognitive therapy for stress reduction among medical students in a Malaysian university. *Mindfulness*, 7(1), 189-197.
29. Phang, C.K., Mukhtar, F., Ibrahim, N., **Keng, S.-L.**, & Sidik, S. M. (2015). Effect of DVD-delivered mindfulness-based program for stress reduction in medical students. *Education in Medicine Journal*, 7, 8-20.
30. Phang, C. K., Mukhtar, F., Ibrahim, N., **Keng, S.-L.**, & Mohd. Sidik, S. (2015). Effects of a brief mindfulness-based intervention program for stress management among medical students: the Mindful-Gym randomized controlled study. *Advances in Health Sciences Education*, 20, 1115-1134.
31. Phang, C.K., **Keng, S.-L.**, & Chiang, K.C. (2014). Mindful-S.T.O.P.: Mindfulness made easy for medical students. *Education in Medicine Journal*, 6, 48-56.
32. **Keng, S.-L.**, Robins, C. J., Smoski, M. J., Dagenbach, J., & Leary, M. R. (2013). Reappraisal and mindfulness: A comparison of subjective effects and cognitive costs. *Behaviour Research and Therapy*, 51, 899-904.
33. Smoski, M.J., **Keng, S.-L.**, Schiller, C. E., Minkel, J., & Dichter, G.S. (2013). Neural mechanisms of cognitive reappraisal in remitted major depressive disorder. *Journal of Affective Disorders*, 151, 171-177.
34. **Keng, S.-L.**, Smoski, M. J., Robins, C. J., Ekblad, A. G., & Brantley, J. G. (2012). Mechanisms of change in MBSR: Self-compassion and mindfulness as mediators of intervention outcome. *Journal of Cognitive Psychotherapy*, 26, 3, 270-280.
35. Robins, C. J., **Keng, S.-L.**, Ekblad, A. G., & Brantley, J. G. (2012). Effects of mindfulness-based stress reduction on emotional experience and expression: A randomized controlled trial. *Journal of Clinical Psychology*, 68, 1-15.
36. **Keng, S.-L.**, Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: A review of empirical studies. *Clinical Psychology Review*, 31, 1041-1056.

BOOK CHAPTERS

1. Tan, S. Y., & **Keng, S.-L.** (2019). Application of mindfulness-based approaches in the context of social work. In Rosalind Ow & Abner Poon (Ed.). *Social Work and Mental Health*. Singapore: Springer.
2. **Keng, S.-L.**, Smoski, M., & Robins, C. J. (2018). Effects of mindfulness on psychological health: A review of empirical studies. In Max Velmans (Ed.). *Consciousness (Critical Concepts in Psychology) Volume 4: New Directions*:

Psychogenesis, Transformations of Consciousness, and Non-Reductive Integrative Theories (pp. 249-289). London: Routledge.

3. **Keng, S.-L.** (2017). Use of mindfulness in promoting treatment engagement. In William O'Donohue, Larry James, & Cassandra Snipes (Ed.). *Practical Strategies and Tools to Promote Treatment Engagement* (pp. 75-90). Cham: Springer Publishing.

INVITED PRESENTATIONS

Nov 2020	4th Personality Disorder Workshop, Department of Psychiatry, Putra University of Malaysia, Serdang, Malaysia	Case Formulation of Borderline Personality Disorder: A Dialectical Behavior Therapy (DBT) Perspective
Sept 2020	National University of Malaysia Medical Centre, Department of Psychiatry, Kuala Lumpur, Malaysia	Implementation of a Dialectical Behavior Therapy Skills Group among Malaysian BPD Patients: Feasibility and Preliminary Findings
July 2020	Yale-NUS Cognition & Attention Laboratory	Effects of Mindfulness on Biological Aging
June 2020	Young Pharmacists Chapter, Malaysia Pharmacological Society	Mental Health Webiner: Riding the Storm with Mindfulness
May 2020	Safe Space COVID-19 Malaysia	Mindfulness and Self-Compassion in the Face of COVID-19: Some Tips for Frontliners
Sept 2019	National University of Singapore, Yong Loo Lin School of Medicine, Singapore	Mindfulness and Biological Aging: Findings from the Templeton Foundation Study
June 2019	National University of Malaysia, Bangi, Malaysia	Intermediate Dialectical Behavior Therapy Intensive Training Workshop
May 2019	Putra University of Malaysia, Department of Psychiatry, Faculty of Medicine and Health Sciences, Malaysia	How Does Mindfulness Impact Cellular Aging: Findings from a Randomized Controlled Trial
Mar 2019	Monash University, Department of Psychology, Sunway, Malaysia	Professional Seminar on Dialectical Behavior Therapy
Mar 2019	National University of Malaysia Medical Centre, Department of Psychiatry, Kuala Lumpur, Malaysia	Dialectical Behavior Therapy Skills Training Workshop
Dec 2018	Keynote Address , International Symposium on Affective Science and Applications, National Chung Cheng University, Taiwan	The Role of Mindfulness in Emotional Health: An Overview of Current Research

Dec 2018	Post Conference Workshop, International Symposium on Affective Science and Applications, National Chung Cheng University, Taiwan	Dialectical Behavior Therapy: An Introductory Overview
June 2018	Ministry of Health, Allied Health Sciences Division, Putrajaya, Malaysia	Dialectical Behavior Therapy Skills Training Workshop
May 2018	Malaysia Society of Clinical Psychology, SOLS Health, Kuala Lumpur, Malaysia	Dialectical Behavior Therapy Skills Training Workshop
Oct 2017	National University of Singapore, Centre for Family and Population Research, Singapore	Effects and Mechanisms of Mindfulness-based Interventions: A Research Overview
Nov 2016	Biomedical Research & Experimental Therapeutics Society of Singapore, National University Hospital, Singapore	Effects of Mindfulness Training on Psychological Health: A Review of Current Research
Oct 2016	National University of Singapore, Department of Social Work, Singapore	Application of Mindfulness in the Treatment of Trauma
Apr 2016	Mindfulness in Singapore Symposium, National Institute of Education, Singapore	How Does Mindfulness Training Impact Psychological Health? Emotion Regulation as a Mechanism of Change
Jan 2016	Malaysia Society of Clinical Psychology, Sunway University, Malaysia	Dialectical Behavior Therapy for the Treatment of Borderline Personality Disorder: An Introductory Overview
Jan 2016	University of Nottingham, Department of Psychology, Malaysia	The Power of Being Present: Current State of Research on the Benefits of Mindfulness Practice
Sept 2015	TMC Academy, Singapore	The Role of Mindfulness in Promoting Psychological Health
June 2015	Annual International Conference on Fostering Human Resilience, Las Vegas, USA	The Role of Mindfulness in Promoting Human Resilience
May 2015	National University Hospital, Department of Psychological Medicine, Singapore	Dialectical Behavior Therapy (DBT) for Borderline Personality Disorder: Parts I & II
Apr 2015	National University of Malaysia (UKM) Medical Centre, Department of Psychiatry, Kuala Lumpur, Malaysia	Dialectical Behavior Therapy (DBT) for Borderline Personality Disorder: An Introduction and Current Research Trends

Nov 2014	Kuala Lumpur Buddhist Mental Health Association, Kuala Lumpur, Malaysia	Treatment Approaches for Borderline Personality Disorder
July 2014	Putra University of Malaysia, Department of Psychiatry, Faculty of Medicine and Health Sciences, Malaysia	How Does Mindfulness Impact Psychological Functioning? Insights from Intervention Studies
July 2014	Kuala Lumpur Buddhist Mental Health Association, Shah Alam, Malaysia	Understanding Gender Identity and Sexual Orientation with Kindness
Sept 2009	Duke University, Department of Psychology and Neuroscience, North Carolina, USA	Genetics and Neuroscience of Psychopathology
Apr 2009	Duke University, Department of Psychology and Neuroscience, North Carolina, USA	Acceptance-based Approaches in Clinical Interventions
Mar 2008	Malaysia Buddhist Mental Health Association, Petaling Jaya, Malaysia	Mindfulness-based Stress Reduction: An Introduction

CONFERENCE PRESENTATIONS

*denotes student author

Stanton, M., **Keng, S.-L.**, Haskins, L., Almenara, C., Jones, A., Ickovics, J., Grigsby, D., Cuevas, A., Khosravi, S., & Abdullahi, F. (December 3, 2020). Association between COVID-19 stressors and health behaviors over time: Negative emotions and coping as serial mediators. Presentation presented at American Psychosomatic Society Virtual Meeting.

Lee, S. S. M., **Keng, S.-L.**, & Hong, R. Y. S. (December 2-4, 2020). Effects of parental validation on adolescent emotion regulation outcomes. Poster to be presented at the 24th World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions [virtual format], Singapore.

Tan, M. Y. L., Lim, D. S. H., *Saw, Y. E., & **Keng, S. -L.** (November 19, 2020). Effects of dialectical behavior therapy (DBT) training on therapists in Singapore: A mixed-methods study. Poster presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy (ISITDBT) Conference [virtual format], USA.

Keng, S. -L., *Tan, E. L. Y., Tong, E. M. W., & Ebstein, R. (November 23, 2019). Effects of mindfulness-based stress reduction on affect dynamics in daily life. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, USA.

Keng, S. -L., & *Tong, K. J. J. (February 12, 2019). Effects of mobile app-supported daily mindfulness practice on psychological symptoms and executive functioning. Presentation presented at the International Conference on Mindfulness, Auckland, New Zealand.

Keng, S. -L., *Teo, A. H. K., Liu, C., & Yu, R. (February 12, 2019). Effects of neurofeedback-assisted mindfulness practice on emotional reactivity and cognitive interference. Presentation presented at the International Conference on Mindfulness, Auckland, New Zealand.

Keng, S. -L., Yim, O.-S., Lai, P. S., Chong, A., Chew, S. H., & Ebstein, R. (July 13, 2018). Association among trait Mindfulness, leukocyte telomere length, and psychological symptoms in Han Chinese. Poster presented at the 3rd International Conference of Mindfulness, Amsterdam, the Netherlands.

Keng, S. -L., *Looi, P. S., *Tan, E. L. Y., *Yim, O.-S., Lai, P. S., Chong, A., Chew, S. H., & Ebstein, R. (July 11, 2018). Effects of mindfulness-based stress reduction on telomere length and psychological symptoms: A randomized active-controlled trial. In Greeson, J. (Chair), *Mindfulness-Based Interventions: What Works Best, For Whom, and Why?* Symposium conducted at the 3rd International Conference of Mindfulness, Amsterdam, the Netherlands.

*Soh, C. Y. & **Keng, S. -L.** (Nov 3, 2017). Association between childhood invalidation and borderline personality symptoms: Self-construal and conformity as moderating factors. Paper presented at the 11th Annual Conference on the Treatment of Personality Disorders, Wollongong, Australia.

*Tan, H. H., **Keng, S. -L.**, & Teo, A. H. K. (August 5, 2017). Effects of mindfulness versus loving-kindness meditation on emotional and behavioral responses to social rejection. Paper presented at the 2nd National Psychology Graduate Student Conference, Singapore.

*Ang, Q. L., **Keng, S. -L.**, & *Teo, W. L. (August 5, 2017). Effects of a brief mindfulness induction on negative affect, body dissatisfaction, and disordered-eating urges in a college sample at risk for developing eating disorders. Paper presented at the 2nd National Psychology Graduate Student Conference, Singapore.

*Lee, C. S. L., **Keng, S. -L.**, *Ho, B.H., & *Lee, C. Y. S. (August 5, 2017). Effects of brief daily mindfulness training on trait mindfulness, self-compassion, and affective outcomes in an analogue BPD sample. Paper presented at the 2nd National Psychology Graduate Student Conference, Singapore.

*Wong, M. H. M., **Keng, S.-L.**, Buck, J. P., Østbye, T., Wessels, A., & Suthendran, S. (April 4, 2017). Mental health paraprofessional training for Filipina foreign domestic workers in Singapore: Feasibility and effects on knowledge about depression and cognitive behavioral therapy skills. Paper presented at the European Congress of Psychiatry, Florence, Italy.

Suthendran, S., Wessels, A., Wong, M. H. M., & **Keng, S.-L.** (March 28, 2017) How to implement peer-based mental health services for foreign domestic workers in Singapore? Presentation presented at the Migrating Out of Poverty: From Evidence to Policy conference, London, UK.

Keng, S.-L. , & *Tan, S. C. (March 23, 2017). Effects of mindfulness versus loving-kindness inductions on behavioral consequences of social exclusion: Results from a laboratory study. Poster presented at the International Convention of Psychological Science, Vienna, Austria.

*Choo, X., **Keng, S.-L.** , & Tong, E. M. W. (March 23, 2017). Trait mindfulness as a predictor of use and variability of emotion regulation strategies in daily life: A diary study approach. Poster presented at the International Convention of Psychological Science, Vienna, Austria.

*Liew, K. W. L. & **Keng, S.-L.** (October 29, 2016). The role of trait mindfulness and self-compassion in the association between gender nonconformity and psychological health. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, USA.

Keng, S.-L., *Lee, Y., *Drabu, S., Hong, R. Y., *Soh, C. Y., *Wong, Y. Y., Chee, C. Y. I., Ho, C. S. H., & Ho, R. C. M. (October 28, 2016). Construct validity of borderline personality disorder in two Singaporean samples. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, USA.

Keng, S.-L. & *Tan, J. X. (June 23, 2016). Effects of brief mindfulness and loving-kindness inductions on shame and social problem solving abilities among individuals with borderline personality disorder traits. Poster presented at the 47th International Annual Meeting of Society for Psychotherapy Research, Jerusalem, Israel.

Keng, S.-L. (June 23, 2016). Mindfulness in psychotherapy: From theory to practice (invited panel discussant). Semi plenary held at the 47th International Annual Meeting of Society for Psychotherapy Research, Jerusalem, Israel.

Keng, S.-L. & *Liew, K. W. L. (May 23, 2016). Do trait mindfulness and self-compassion moderate the relationship between gender nonconformity and psychological functioning? Poster presented at the 2nd International Conference of Mindfulness, Rome, Italy.

*Tan, L. Y. E. & **Keng, S.-L.** (November 21, 2015). Effects of mindfulness, reappraisal and suppression on sad mood and cognitive resources. Presentation presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, USA.

***Winner of the Mindfulness and Acceptance Special Interest Group (SIG) Student Award*

*Noorahman, N. B., **Keng, S.-L.**, Chu, C. M., & *Soh, S. W. H. (November 19, 2015). Relationship between betrayal trauma, emotion dysregulation, and self harm behaviors among youth offenders. Poster presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy (ISITDBT) Conference, Chicago, USA.

Keng, S.-L., *Seah, S. T. H., Smoski, M., & Tong, E.M.W. (November 20, 2015). Trait mindfulness moderates the effects of brief mindfulness induction on self-evaluative bias. In **Keng, S.-L.** (Chair), *Is being Mindful Always Helpful? Trait Mindfulness and Related Processes as Moderators of Psychological, Health, and Interpersonal Outcomes*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, USA.

Keng, S.-L., Waddington, E., *Lin, B. X. T., *Tan, M. S. Q., Henn-Haase, C., & Kanter, J. W. (November 21, 2015). Effects of Functional Analytic Psychotherapy on therapist trainees in Singapore: Results from a preliminary study. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, USA.

Keng, S.-L. & Tong, E.M.W. (November 21, 2015). Association between mindfulness and emotion variability: Coping strategies as mediators. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, USA.

Waddington, E., **Keng, S.-L.**, *Tan, M. S. Q., *Lin, B. X. T., Henn-Haase, C., & Kanter, J. W. (July 17, 2015). Effects of Functional Analytic Psychotherapy on therapist trainees in Singapore: A pilot study. In G. Holman (Chair), *Training Therapists in Awareness, Courage, and Love: New Data for the Functional Analytic Psychotherapy Group Training Model*. Symposium conducted at the 13th Association for Contextual and Behavioral Sciences World Conference, Berlin, Germany.

*Ong, J., Magiati, I., **Keng, S.-L.**, & Ponniah, K. (July 22, 2015). Utilization of empirically supported treatments among psychologists in public and private practice in Singapore. Poster presented at 43rd British Association for Behavioural & Cognitive Psychotherapies Conference, Warwick, UK.

Keng, S.-L. & Tong, E.M.W. (March 15, 2015). Mindfulness, emotion variability, and coping. Poster presented at International Convention of Psychological Science, Amsterdam, the Netherlands.

McMain, S., **Keng, S.-L.** & Barnhart, R. (October 17, 2014). Predictors of outcome in two treatments for borderline personality disorder. Paper presented at the 3rd Annual Congress on BPD and Allied Disorders, Italy, Rome.

McMain, S., **Keng, S.-L.**, & Barnhart, R. (June 27, 2014). Predictors of treatment response in two treatments for patients with borderline personality disorder. Presentation presented at Society for Psychotherapy Research 45th Annual International Meeting. Copenhagen, Denmark.

Keng, S.-L., Phang, C.K., Oei, T.P.S., *Seah, S.T.L., & *Tan, J.X. (June 27, 2014). Effects of a brief mindfulness-based group cognitive behavior therapy program on psychological distress among medical students: A preliminary study. Poster presented at 8th International Congress of Cognitive Psychotherapy, Hong Kong.

Keng, S.-L., McMain, S., & Barnhart, R. (June 26, 2014). Predictors of therapeutic change in two treatments for suicidal individuals with borderline personality disorder. Presentation presented at 8th International Congress of Cognitive Psychotherapy, Hong Kong.

Keng, S.-L., Robins, C. J., Smoski, M. J., Dagenbach, J., & Leary, M. R. (November 23, 2013). Effects of mindfulness and reappraisal as emotion regulation strategies. In C. K. Phang (Chair), *Mindfulness*. Symposium conducted at the Malaysian Psychological Conference, Perak, Malaysia.

Phang, C.K., **Keng, S.-L.**, & Oei, T.P.S. (November 23, 2013). Effectiveness of brief mindfulness-based training for stress reduction and well-being among medical students in a Malaysian university: Results from a controlled trial. In C. K. Phang (Chair), *Mindfulness*. Symposium conducted at the Malaysian Psychological Conference, Perak, Malaysia.

Keng, S.-L., Robins, C. J., Smoski, M. J., & Dagenbach, J. (November 17, 2012). A laboratory investigation of mindfulness and reappraisal as emotion regulation strategies. In M. J. Smoski (Chair), *Emotion regulation in psychopathology: What works for whom?* Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD, USA.

Keng, S.-L., Smoski, M. J., Robins, C. J., Ekblad, A., & Brantley, J. (November 11, 2011). Who benefits what from MBSR? Fear of emotion and self-compassion as moderators of intervention effects. In M. J. Smoski (Chair), *Moderators of success of mindfulness-based interventions*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

Smoski, M. J., **Keng, S.-L.**, Rittenberg, A., & Dichter, G. S. (November 11, 2011). Depression history as a moderator of neural activation to reappraisal versus mindful acceptance. In M. J. Smoski (Chair), *Moderators of success of mindfulness-based interventions*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

Ekblad, A. G., Greeson, J., Robins, C. J., **Keng, S.-L.**, Smoski, M. J., Brantley, J., & Lynch, T. R. (November 20, 2010). Mediators of the effects of mindfulness-based stress reduction on emotion regulation and attention in a laboratory based paradigm. In P. R. Goldin (Chair), *Psychological and neural mechanisms of mindfulness-based stress reduction training*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA, USA.

Keng, S.-L., Smoski, M. J., Robins, C. J., Ekblad, A., & Brantley, J. (November 19, 2010). Mechanisms of change in MBSR: Self compassion and mindful attention as mediators of intervention outcome. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA, USA.

Jansari, A., Tan, L. F., **Keng, S.-L.**, Dienes, Z., & Goh, S. Y. (July 5, 2010). Can meditation help to improve control of Brain-Computer Interface (BCI) devices to operate neuroprostheses? Paper presented at 7th Satellite Symposium on Neuropsychological Rehabilitation, Krakow, Poland.

Robins, C. J., **Keng, S.-L.**, Ekblad, A. G., Brantley, J. G. & Cozza, C. M. (June 26, 2010). The effects of mindfulness-based stress reduction on mindfulness and psychological functioning. In M. G. Newman (Chair), *A bridge between SPR and ABCT*:

Process, outcome and mechanisms in psychotherapy for anxiety and stress disorders. Symposium conducted at the annual meeting of the Society for Psychotherapy Research, Asilomar, CA, USA.

Keng, S-L., Robins, C. J., Ekblad, A., Brantley, J., & Cozza, C. (November 22, 2009). Effects of mindfulness-based stress reduction on psychological functioning: A randomized controlled trial. In C. J. Robins (Chair), *Mindfulness, emotion regulation, and symptoms*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY, USA.

Ekblad, A. G., Robins, C. J., **Keng, S-L.**, Smoski, M. J., Brantley, J., & Lynch, T. R. (November 20, 2009). Effects of mindfulness-based stress reduction on emotion regulation and attention in a laboratory based paradigm. In D.W. Holowka (Chair), *Acceptance and mindfulness in the laboratory*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY, USA.

Jansari, A., Tan, L. F., Goh, S. Y., **Keng, S-L.**, & Dienes, Z. (November 19, 2009). Can meditation help to improve the quality of EEG signals to increase the efficiency of Brain-Computer Interface (BCI) devices to control neuroprostheses? Symposium presented at Mindfulness & Well-Being: From Spirituality to Neuroscience Conference, London, UK.

Tan, L. F., Jansari A., **Keng, S-L.**, & Goh, S. Y. (July 22, 2009). Effect of mental training on Brain-Computer Interface (BCI) performance. Paper presented at Human-Computer Interface (HCI) International 2009 Conference, San Diego, CA, USA.

Keng, S-L. (April 17, 2007). The power of present-moment awareness: Mindfulness and its relationship with psychological well-being. Poster presented at the Visible Thinking Undergraduate Research Conference, Durham, NC, USA.

Strauss, J. L., O'Loughlin, S. O., **Keng, S-L.**, Stechuchak, K. M., Olsen, M. K., Zervakis, J.B., Elbogen, E., Oddone, E. Z., Weinberger, M., Swartz, M.S., & Butterfield, M.I. (February 16, 2007). Content analysis of psychiatric advance directives: treatment preferences expressed by veterans with severe mental illness. Poster presented at the Annual HSR&D Career Development Conference, Arlington, VA, USA.

TEACHING EXPERIENCE

2017- present	Course Instructor <u>Division of Social Science, Yale-NUS College</u> Advanced Clinical Psychology Statistics and Research Methods for Psychology Psychology of Mindfulness Abnormal Psychology	2018, 2020 2018, 2019 2018, 2020 2018, 2019, 2020
2013- 2017	Course Instructor <u>Department of Psychology, National University of Singapore</u> Advanced Clinical Psychology Abnormal Psychology (Taught on a joint appointment with Yale-NUS College) Mindful Psychology Abnormal Psychology	2017 2016 2015 2014, 2015
2009-2011	Teaching Assistant <u>Department of Psychology and Neuroscience, Duke University, USA</u> Introduction to Psychology Psychology of Gender Abnormal Psychology	2011 2010 2009

	Stress and Coping	2009
2007-2008	Assistant Lecturer <u>Psychology Unit, Tunku Abdul Rahman University, Malaysia</u>	
	Physiological Psychology	2008
	Cognitive Psychology	2007
	Abnormal Psychology	2007

STUDENTS SUPERVISED

Doctoral Students (NUS)

Stephanie Lee Si Min	2017 - Present
Sukriti Drabu	2016 - 2019

Masters Students (NUS)

Looi Pei Shan	2016 - 2018
Elysia Tan Li Yan	2016 - 2018
Lim Jia Li (co-supervision)	2015 - 2017
Marian Heng	2015 - 2017
Lee Yirong	2014 - 2016
Michelle Tan Su Qing	2014 - 2016
Nurulhuda Binte Abdul Rahman	2013 - 2015
Kenny Liew Wei Lun	2013 - 2015

Undergraduate Honors Thesis (NUS) & Capstone (Yale-NUS) Students

Joseph Chin Wei Ern	2020 - 2021
Emily Hwang Zhen Ning	2020 - 2021
Hajin Hyun	2019 - 2020
Nina Clare D'Costa	2019 - 2020
Saw Young Ern	2019 - 2020
Khor Xun Quan	2018 - 2019
Andy Teo Hong Kiat	2017 - 2018
Crystal Lee Yun See	2017 - 2018
Keith Tong Jia Jun	2017 - 2018
Cassandra See Cheng Hui (co-supervision)	2016 - 2017
Ang Qiuluan	2016 - 2017
Charmaine Lee Siew Ling	2016 - 2017
Tan Hui Han	2016 - 2017
Choo Xinrong	2015 - 2016
Tan Sze Chuan	2015 - 2016
Soh Chang Yuan	2015 - 2016
Tan Jun Xian	2015 - 2016
Bernice Lin Xiang Ting	2014 - 2015
Elysia Tan Li Yan	2014 - 2015
Stanley Seah Tien Hong	2014 - 2015

Independent Study Students

Crystal Lee Yun See	2018
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Tan Hui Han	2016
Benjamin Wong Yixin	2016
Wong Yun Yi	2015

CLINICAL EXPERIENCE

Psychologist Nov 2016 - Dec 2017	Psynaptica Psychological Services Singapore
Psychologist Dec 2015 - Oct 2016	KALL Psychological and Counselling Services Singapore
Clinical Supervisor Dec 2013 - June 2017	Clinical and Health Psychology Centre Department of Psychology, National University of Singapore
Clinical Psychology Intern Sept 2012 - Aug 2013	Cognitive Behavior Therapy Clinic; Borderline Personality Disorder Clinic Centre for Addiction and Mental Health, Toronto, Canada Supervisors: Lance Hawley, Ph.D.; Shelley McMain, Ph.D.
Practicum Student Therapist July 2011 - May 2012	Behavioral Activation for Depression Clinic Duke University Medical Center, Durham, NC, USA Supervisor: Moria Smoski, Ph.D.
Practicum Student Therapist July 2010 - May 2012	Cognitive Behavior Therapy and Dialectical Behavior Therapy (DBT) Clinic Duke University Medical Center, Durham, NC, USA Supervisors: Clive Robins, Ph.D.; M. Zachary Rosenthal, Ph.D.
Clinical Assessor Aug 2009 - May 2012	Cognitive Behavioral Research and Treatment Program Duke University Medical Center, Durham, NC, USA Supervisors: Moria Smoski, Ph.D.; Marissa Morris-Jones, M.A., LCSW
Clinical Assessor Aug 2011 - May 2012	Center for AIDS Research Duke Global Health Institute, Durham, NC, USA Supervisor: Christina Meade, Ph.D.
Practicum Student Therapist Aug 2009 - May 2010	Psychology Training Clinic Duke University, Durham, NC, USA Supervisors: Ron Batson, M.D.; David Rabiner, Ph.D.

CLINICAL WORKSHOPS, TRAININGS & DIDACTIC SEMINARS

2014 - 2016	Mindfulness-based Stress Reduction (MBSR) Professional Teacher Training Program <u>Center for Mindfulness, University of California San Diego, USA</u> Mentor: Steve Hickman, Psy. D.
Fall 2013	Positive Psychology in Supervision Workshop <u>National University of Singapore, Singapore</u>

Facilitator: Grace Lee, Ph.D.

Summer 2013

Summer Training Institute: CBT Beyond the Basics
Centre for Addiction and Mental Health, Toronto, Canada
Facilitators: Lance Hawley, Ph.D., Judith Laposka, Ph.D.

Fall 2012

Dialectical Behavior Therapy Workshop
Centre for Addiction and Mental Health, Toronto, Canada
Facilitators: Shelley McMain, Ph.D., Andrew Ekblad, Ph.D., Carmen Wiebe, M.D., Shira Green, MSW

Spring 2012

Introduction to Motivational Interviewing
Duke Clinical Research Institute, Durham, NC, USA
Facilitators: Julie Seel, Ph.D., Courtney White

Fall 2011

Clinical Supervision Seminar
Duke University Medical Center, Durham, NC, USA
Facilitator: Christian Mauro, Ph.D.

Spring 2010

Acceptance and Commitment Therapy (ACT) Skill Building and Case Conceptualization Workshop
John Hope Franklin Center, Durham, NC, USA
Facilitator: Kelly Wilson, Ph.D.

Fall 2011

Rorschach, Apperception and Projective Card Techniques
University of North Carolina at Chapel Hill, Chapel Hill, NC, USA
Facilitators: Paul Mermin, Ph.D. and Elliot Silverstein, J.D., Ph.D.

REVIEW EXPERIENCE

Ad Hoc Reviews (2008-2020)
Select Journals

Journal of Consulting and Clinical Psychology
Journal of Affective Disorders
Emotion
Psychotherapy Research
Cognitive Therapy and Research
Annals of Behavioral Medicine
Annals of Depression and Anxiety

Behaviour Research and Therapy
Mindfulness
Personality and Individual Differences
PLOS One
BMC Psychiatry
Canadian Journal of Psychiatry
Frontiers in Psychology

PROFESSIONAL AFFILIATIONS

Registered Psychologist, Singapore Register of Psychologists
Member, Singapore Psychological Society
Member, Malaysian Society of Clinical Psychology
Member, Association of Behavioral and Cognitive Therapies (USA)
Life Member, *Psi Chi*, the National Honor Society in Psychology (USA)