

LEONG UTEK

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RESEARCH PROFILE

Postdoctoral researcher specializing in network models of psychopathology, with a focus on internalizing disorders. Expertise in psychometric network modelling, ecological momentary assessment, and digital intervention science. Experienced in analyzing intensive longitudinal data to model symptom dynamics. Strong background in statistics, psychometrics, and open science practices.

EDUCATION

National University of Singapore, Singapore

PhD, Psychology

2021 – 2025

Thesis: “Investigating the nature of associations between a core cognitive vulnerability and internalizing psychopathology”

Advisor: Associate Professor Ryan Hong.

Nanyang Technological University, Singapore

B.Soc.Sc. with Honours (Highest Distinction), Psychology

2017 – 2021

Thesis: “Psychological predictors of short-term lower-limb orthotic device adherence: an exploratory study”

Advisors: Associate Professor Ryo Kitada and Dr Kinjal Doshi.

RESEARCH EXPERIENCE

Sung Lab – Duke-NUS Medical School, Singapore

Jan 2026 – Present (Research Fellow)

Jan 2025 – Dec 2025 (Graduate Research Assistant)

- Leading statistical analyses for multiple randomized controlled trials (RCTs) of psychological interventions.
- Conducted qualitative interviews with dry eye disease patients.
- Supervising a team of research assistants and a PhD student.

A/Prof Bibhas Chakraborty's Research Lab – Duke-NUS Medical School, Singapore

Sep 2021 – Aug 2024 (Graduate Research Assistant)

- Conducted research on mHealth interventions, microrandomized trials, and engagement behaviors, contributing to high-impact publications in public health and digital health/intervention science.
- Managed IRB applications for the lab, for multiple digital health studies.

Personality & Psychopathology Lab – National University of Singapore, Singapore

Jun 2022 – Dec 2022 (Graduate Research Assistant)

- Managed recruitment and data collection for a project assessing the cognitive performance of students with elevated risk for internalizing psychopathology.

Department of Psychology – Singapore General Hospital, Singapore

Jan 2021 – Jun 2021 (Associate Clinical Research Coordinator)

Aug 2018 – Jun 2019 (Clinical Research Intern)

- Coordinated a cross-disciplinary research project between the Departments of Psychology and Podiatry to investigate the psychological determinants of orthotic device adherence.
- Collaborated on the development and psychometric validation of a mindfulness questionnaire tailored for use in Singapore.
- Contributed to research evaluating the efficacy of mindfulness-based group interventions in clinical populations (e.g., stroke, sleep disorders).

NTU Touch Lab – Nanyang Technological University, Singapore

Aug 2018 – Jun 2019 (Student Researcher)

- Conducted independent research under the supervision of Associate Professor Ryo Kitada and Dr Achille Pasqualotto on multisensory associations between perceived pleasantness and softness, resulting in a peer-reviewed publication.

METHODOLOGICAL EXPERTISE

- Psychometric network modelling
- Ecological momentary assessment
- Longitudinal and time-series modelling
- Bayesian statistics
- Missing data handling
- Analysis of randomized controlled trials and microrandomized trials

- Open science practices (open data, preregistration, registered reports, reproducible workflows)

TEACHING EXPERIENCE

National University of Singapore, Singapore

Department of Psychology

Networks in Psychology (PL4245)	Semester 1, AY24/25
Introduction to Clinical Psychology (PL3257)	Semester 1, AY22/23
Abnormal Psychology (PL3106)	Semester 2, AY21/22
Biological Psychology (PL3102)	Semester 1, AY21/22

PUBLICATIONS

1. Ebrahimi, O. V., Freichel, R., **Leong, U.**, Majeed, N. M., & Epskamp, S. (2025). A Tutorial on Confirmatory Network Analysis. *In preparation*.
2. Pasqualotto, A., **Leong, U.**, & Kitada, R. (2025). Touching soft materials slows affective visual processing. *Frontiers in Psychology*, *16*, 1644393. <https://doi.org/10.3389/fpsyg.2025.1644393>
3. Zainal, N. H., Liu, X., **Leong, U.**, Yan, X., & Chakraborty, B. (2025). Bridging Innovation and Equity: Advancing Public Health Through Just-in-Time Adaptive Interventions. *Annual Review of Public Health*, *46*(1), 43–68. <https://doi.org/10.1146/annurev-publhealth-071723-103909>
4. **Leong, U.**, Epskamp, S., Isvoranu, A.-M., Angulo-Brunet, A., & Hong, R. Y. (2025). Associations Between a Transdiagnostic Core Vulnerability and Internalizing Symptoms: A Network Analysis. *Cognitive Therapy and Research*, *49*(2), 291–301. <https://doi.org/10.1007/s10608-024-10524-7> [OSF]
5. **Leong, U.**, & Chakraborty, B. (2023). Participant Engagement in Microrandomized Trials of mHealth Interventions: Scoping Review. *JMIR MHealth and UHealth*, *11*, e44685. <https://doi.org/10.2196/44685> [OSF]

REGISTERED REPORTS

1. **Leong, U.**, Chan, E. H. L., Yau, W. T., Ng, W. Y., Chim, T. W., Yeung, W., Tam, K. Y. Y., & Feldman, G. (2024). On the moralization of vegetarianism and differences between health and moral vegetarians: Registered Report replicating and extending Rozin et al. (1997) [Stage 1]. *Open Science Framework*. <https://osf.io/rac6q> [Stage 1 in-principle acceptance] [OSF]

PREPRINTS

1. **Leong, U.**, Seah, F. E., Epskamp, S., Zainal, N., & Hong, R. Y. (2025). Investigating the Associations among Core Cognitive Vulnerability, Internalizing Symptoms, and Negative Situational Experiences: A Longitudinal Network Analysis. *PsyArXiv*. https://doi.org/10.31234/osf.io/2xey7_v1 [OSF]

PRESENTATIONS

Presenting authors are underlined.

1. Leong, U., Epskamp, S., Isvoranu, A., Angulo-Brunet, A., & Hong, R. Y. (2024, July 21-26). Associations Between a Transdiagnostic Core Vulnerability and Internalizing Symptoms: A Network Analysis [Poster presentation]. 33rd International Congress of Psychology, Prague, Czech Republic.
2. Henderson, S. L., Sugumar, L., Leong, U., & Doshi, K. (2020, November 5-8). Evaluating mindfulness self-report questionnaires for scale development in a Singapore context: A focus group discussion [Conference presentation]. The Mind & Life 2020 Contemplative Research Conference, Singapore.

AWARDS

Graduate Students' Teaching Award (Semester 1, AY24/25)

ACADEMIC SERVICE

Reviewed for: JMIR Mental Health, JMIR Research Protocols, Internet Interventions