

# Wayne Freeman CHONG

## Curriculum Vitae



Email: wayne@geropsych.sg

### CURRENT APPOINTMENTS

Research Fellow, [Lee Kong Chian School of Medicine](#).

Adjunct Faculty, [School of Social Sciences](#), Nanyang Technological University (NTU), Singapore.

Non-Executive Director, [GeroPsych Consultants Pte Ltd](#), Singapore.

Editorial Board Member, [Scientific Reports](#), [Heart and Mind](#), [Insights in Public Health Journal](#)

### EDUCATION

2020 Ph.D., Psychology, NTU Singapore.

2018 Advanced Certificate in Training and Assessment (ACTA), Adult Learning, Institute for Adult Learning, Singapore.

2010 Postgraduate Diploma of Clinical Psychology (PD.Clin.Psyc.), Psychology, James Cook University Australia (JCUA), Singapore.

2007 B.Soc.Sc. (Honours 2<sup>nd</sup> Upper Division), Psychology; National University of Singapore (NUS), Singapore.

### PROFESSIONAL EXPERIENCE

2023 – Curriculum Designer and Trainer, Ageing Research Institute for Society and Education, NTU Singapore.

2021 – Research Fellow, Lee Kong Chian School of Medicine.

2023 Programme Manager, Non-pharmacological Interventions and Trials, [Dementia Research Centre \(Singapore\)](#).

2021 Programme Manager, Behavioural Health Interventions and Trials, [Family Medicine and Primary Care](#).

2021 – Adjunct Faculty, [Division of Psychology](#), School of Social Sciences, NTU Singapore.

2017 – GeroPsych Consultants Pte Ltd, Singapore.

2021 Non-Executive Director.

2020 Executive Director and Consultant Geropsychologist.

2019 Consultant Geropsychologist.

2017 Geropsychologist.

2016 – 2020 Teaching Assistant, Division of Psychology, School of Social Sciences, NTU Singapore.

2011 – 2015 [Agency for Integrated Care Pte Ltd](#) (AIC), Singapore.

2014 Head, Research and Evaluation Unit, and Senior Research Analyst, Knowledge Management Division.

- 2013 Senior Research Analyst, Knowledge Management Division.  
2011 Research Analyst, Health Information and Innovation Division.  
2009 – 2010 Adjunct Lecturer, Kaplan Asia Pacific Management Institute, Singapore.  
2008 – 2009 Associate Lecturer, JCUA, Singapore.  
2007 – 2008 [Shan You Counselling Centre](#), Singapore.  
2008 Acting Assistant Manager and Lead Psychologist, Clinical Services Department.  
2007 Psychologist, Clinical Services Department.

## PUBLICATIONS (\* denotes corresponding author)

### Journal Articles

- 2024 Leow, Y. J., Soo, S. A., Kumar, D., Zailan, F. Z., Sandhu, G. K., Vipin, A., Lee, F. P. H. E., Ghildiyal, S., Liew, S. Y., Dang, C., Tanoto, P., Tan, I. Y. Z., **Chong, W. F. W.**, Mohammed, A. A., Ng, K. P., & Kandiah, N. Mild Behavioural Impairment and Cerebrovascular Profiles Are Associated with Early Cognitive Impairment in a Community-Based Southeast Asian Cohort. *Journal of Alzheimer's Disease*, 10.3233/JAD-230898. Advance online publication. <https://doi.org/10.3233/JAD-230898> [Impact Factor (IF): 4.0; Cited by: 0]
- 2023 **Chong, W. F.\***, Chua, J., Leong, L. Z., Smith, H. E., & Yu, T. Proactive career management for Singapore female health professionals: A scoping review protocol. *BMJ Open*, 13(2), e062716. <http://dx.doi.org/10.1136/bmjopen-2022-062716> [IF: 2.9; Cited by: 0]
- 2021 **Chong, W. F. W.\***, Ng, L. H., Ho, R. M-H., Koh, G. C. H., Hoenig, H., Matchar, D. B., Yap, P., Venketasubramanian, N., Tan, K. B., Chou, N., Menon, E., Chang, H. M., De Silva, D. A., Lee, K. E., Tan, B. Y., Young, S. H. Y., Ng, Y. S., Tu, T. M., Ang, Y. H., Yeo, T. T., Merchant, R. A., Kong, K. H., Singh, R., Ng, Y. L., & Cheong, A. Stroke rehabilitation use and caregiver psychosocial health profiles in Singapore: A latent profile transition analysis. *Journal of American Medical Directors Association*, 22(11), 2350-2357.e2. [https://www.jamda.com/article/S1525-8610\(21\)00257-7/fulltext](https://www.jamda.com/article/S1525-8610(21)00257-7/fulltext) [IF: 7.6; Cited by: 6]
- 2021 Louis, J. P., Ortiz, V., Barlas, J., Lee, J. S., Lockwood, G., **Chong, W. F.**, Louis, K. M., & Sim, P. The Good Enough Parenting early intervention Schema Therapy based program: Participant experience. *PLOS ONE*. <https://doi.org/10.1371/journal.pone.0243508> [IF: 3.752; Cited by: 16]
- 2020 **Chong, W. F. W.** Informal caregiving in Singapore: Macroeconomic realities and measures. *Insights in Public Health Journal*, 1(2), 1-5. <https://doi.org/10.20884/1.iphj.2020.1.2.3724> [IF: nil; Cited by: 2]
- 2020 **Chong, W. F. W.** Formal long-term care: informal caregivers' subjective well-being and service utilization. *International Journal of Integrated Care*, 20(3):11. <https://doi.org/10.5334/ijic.5565> [IF: 2.913; Cited by: 2]
- 2016 Liu, C., Eom, K., Matchar, D., **Chong, W. F.**, & Chan, A. Community-based long-term care services: if we build it, will they come?. *Journal of Aging and Health*, 28(2), 307–323. <https://doi.org/10.1177/0898264315590229> [IF: 2.8; Cited by: 15]

- 2015 Wee, S. L., Hu, A. J., Yong, S. Y., **Chong, W. F.**, Raman, P., & Chan, A. Singaporeans' perceptions of and attitudes toward long-term care services. *Qualitative Health Research*, 25(2). 1-10. <https://doi.org/10.1177/1049732314549812> [IF: 3.2; Cited by: 32]
- 2014 Wee, S. L., Liu, C., Goh, S. N., **Chong, W. F.**, Aravindhnan, A., & Chan, A. Determinants of use of community based long term care services. *Journal of American Geriatrics Society*, 62(9). 1801-1803. <https://doi.org/10.1111/jgs.13003> [IF: 6.3; Cited by: 26]
- 2014 **Chong, W. F.** \*, Lim, H., & Yong, J. S. Y. Managing mental illness in primary care: General practitioners' perspective. *The Singapore Family Physician*, 40(4). 85-90. <https://www.cfps.org.sg/publications/the-singapore-family-physician/article/216> [IF: nil; Cited by: 7]

### Manuscript Forthcoming

- 2024 Leow, Y. J., Wang, J. D. J, Vipin, A., Sandhu, G. K., Soo, S. A., Kumar, D., Azam M. A., Zailan, F. Z., Lee, H. E., Ghildiyal, S., Liew, S. Y., Dang, C., Tanoto, P., Tan, I. Y. Z., **Chong, W. F. W.**, & Kandiah, N. Biomarkers and Cognition Study, Singapore (BIOCIS): Study Design, Protocol and Preliminary Findings. *The Journal of Prevention of Alzheimer's Disease*.

### Manuscripts under Review

- 2023 **Chong, W. F. W.\***, & Kandiah, N. Approaches to Personalise Multidomain Lifestyle Interventions for Dementia Prevention: A Mini-Review.
- 2023 Wang, J. D. J, Leow, Y. J., Vipin, A., Kumar, D., Soo, S. A., Zailan, F. Z., Sandhu, G. K., Lee, H. E., Ghildiyal, S., Liew, S. Y., Dang, C., Tanoto, P., Tan, I. Y. Z., **Chong, W. F. W.**, Azam M. A., & Kandiah, N. The Impact of Different Locations of White Matter Hyperintensities on Domain-Specific Cognition: Varied Cognitive Functioning Across Cognitive Status in a Southeast Asian Cohort.
- 2023 **Chong, W. F. W.\***, Ng, S. Y. C., & Ho, M-H. R. Caregiver burden, depression and health status and long-term care service utilization: A systematic review and meta-analysis. <https://osf.io/2gznu/>

### Peer-Reviewed Conference Proceedings

- 2022 **Chong, W. F. W.**, Lokanathan, T., & Yow, W. Q. Covid-19 and the fear of falling among older adults in Singapore: An electronic survey. *Innovation in Aging*, 6(Suppl 1), 273. [IF: 6.06; Cited by: 0]
- 2022 **Chong, W. F. W.**, Lokanathan, T., & Yow, W. Q. Fear of falling, falls risk and ethnicity among older adults in Singapore: An electronic survey. *Innovation in Aging*, 6(Suppl 1), 107. [IF: 6.06; Cited by: 0]
- 2022 Yow, W. Q., Lokanathan, T., & **Chong, W. F. W.** How has COVID-19 shaped Singapore older adults' attitudes toward technology? *Innovation in Aging*, 6(Suppl 1), 273. [IF: 6.06; Cited by: 0]
- 2022 **Chong, W. F. W.\***, Ng, L. H., & Koh, G. C. H. Effects of caregiving burden, patient depression and domestic help on stroke rehabilitation use: a serial moderated-mediation analysis. In late breaking abstracts. *International Journal of Stroke*, 17(3\_Suppl), 321. <https://doi.org/10.1177/17474930221128746> [IF: 6.95; Cited by: 0]

- 2021 **Chong, W.**, Kwan, R., Roopsawang, I., Gautam, R., Lou, V.W.Q., & Thiamwong L. An International Aging Research Collaboration During the Covid-19 Crisis: Mitigating Global Health Consequences. *Innovation in Aging*, 5(Suppl 1), 142. <https://doi.org/10.1093/geroni/igab046.544> [IF: 6.06; Cited by: 0]
- 2021 Ng, C., Ho, R., & **Chong, W.** Long-Term Care Service Use and Caregiver Burden, Depression, and Health: A Systematic Review and Meta-Analysis. *Innovation in Aging*, 5(Suppl 1), 245. <https://doi.org/10.1093/geroni/igab046.940> [IF: 6.06; Cited by: 0]
- 2018 **Chong, W. F. W.**, Ho, M-H. R., Luo, N., & Koh, C. H. G. The Influence of Caregiver-Patient Relationship Quality and Caregiver Burden on Long-Term Care Use in Singapore. *Innovation in Aging*, 2(Suppl 1), 64. <https://doi.org/10.1093/geroni/igy023.2475> [IF: 6.06; Cited by: 0]
- 2018 **Chong, W. F. W.\***, & Ho, M-H. R. Caregiver needs and formal long-term care service utilization in the Andersen Model: An individual-participant systematic review and meta-analysis. *International Journal of Integrated Care*, 18(s1), 121. <https://doi.org/10.5334/ijic.s1121> [IF: 2.913; Cited by: 12]
- 2015 **Chong, W. F. W.**, Li, Y., & Chan, A. The influence of caregivers' characteristics and care recipients' earlier utilization on formal long term care (LTC) services utilization in Singapore. *The Gerontologist*, 55(Suppl 2), 756. [https://www.researchgate.net/publication/284317382\\_The\\_Influence\\_of\\_Caregivers'\\_Characteristics\\_and\\_Care\\_Recipients'\\_Earlier\\_Utilization\\_on\\_Long\\_Term\\_Care\\_Services\\_Utilization\\_in\\_Singapore](https://www.researchgate.net/publication/284317382_The_Influence_of_Caregivers'_Characteristics_and_Care_Recipients'_Earlier_Utilization_on_Long_Term_Care_Services_Utilization_in_Singapore) [IF: 5.271; Cited by: 1]
- 2014 **Chong, W. F. W.\***, & Li, Y. Is formal long-term care services utilization determined by caregivers?. *International Journal of Integrated Care*, 14(9), None. <https://doi.org/10.5334/ijic.1879> [IF: 2.913; Cited by: 1]
- 2014 **Chong, W. F. W.\***, Lai, Z. E., Teo P. S., Tang, Y. L., Ching, L. K., & Ng, F. L. An evaluation of a care transition process pilot in Singapore. *International Journal of Integrated Care*, 14(9), None. <https://doi.org/10.5334/ijic.1880> [IF: 2.913; Cited by: 1]
- Book, Dissertation, Encyclopedia Entry and Industry Reports**
- 2023 **Chong, W. F.**, Leong, L. Z., Smith, H. E., & Yu, T. Proactive career planning and development for Singapore healthcare professionals: Behavioural framework. Report submitted to Workforce Singapore Agency.
- 2023 **Chong, W. F.**, Leong, L. Z., Smith, H. E., & Yu, T. Proactive career planning and development for Singapore healthcare professionals: Career management programme. Report submitted to Workforce Singapore Agency.
- 2023 **Chong, W. F.**, Leong, L. Z., Smith, H. E., & Yu, T. Proactive career planning and development for Singapore healthcare professionals: Phase 3 assessment framework. Report submitted to Workforce Singapore Agency.
- 2021 **Chong, W. F. W.**, & Gu, D. Critical gerontology. In D. Gu & M. Dupre. (Eds.), *Encyclopedia of Gerontology and Population Aging*. Springer, Cham. [https://doi.org/10.1007/978-3-319-69892-2\\_951-2](https://doi.org/10.1007/978-3-319-69892-2_951-2) [Cited by: 8]
- 2020 **Chong, W. F. W.**, & Lim, S. *Work or Further Studies*. GeroPsych Consultants Pte Ltd. <https://www.geropsych.sg/product-page/work-or-further-studies-ebook>

- 2019 **Chong, W. F. W.** *Formal long-term care: informal caregivers' subjective well-being and service utilization*. [Doctoral dissertation, Nanyang Technological University, Singapore]. DR-NTU.  
<https://hdl.handle.net/10356/139476>

## GRANTS, HONOURS AND AWARDS

- 2023 [Dean's Award for Administration](#), Enabler Award. Lee Kong Chian School of Medicine. November 14. 1,000 SGD
- 2022 Carol Schutz Travel Award, Gerontological Society of America. November 3. 564 USD.
- 2022 Behaviour and Social Sciences Student Travel Award, Gerontological Society of America. November 5. 280 USD.
- 2022 Citation of *Informal caregiving in Singapore: Macroeconomic realities and measures* in the Singapore Parliament during the debate on Singapore Women's Development White Paper.
- 2017 Overseas Conference Award, Conference and Overseas Research Attachment Fund, NTU Singapore. November 6–8. 2,500 SGD.
- 2017 Overseas Workshop Participation Award at Academic Writing Workshop on Population Ageing Research in ASEAN, Institute for Population and Social Research (IPSR), Mahidol University, Thailand. September 13. 2,000 SGD.
- 2015 Best Presenter at the Inaugural HSS Graduate Students Research Colloquium, Nanyang Technological University, Singapore. February 21.
- 2014 - 2015 Intramural Research Grant. AIC, Singapore. An evaluation of a care transition pilot programme. Co-Investigator. 25,000 SGD.
- 2014 Overseas Conference Award, AIC, Singapore. November 23-25. 4,800 SGD.
- 2011 - 2015 Intramural Research Grant. AIC, Singapore. Determinants of formal long-term care services utilization in Singapore: a longitudinal study. Collaborator. 746,000 SGD.
- 2011 - 2013 Intramural Research Grant. AIC, Singapore. Singaporeans' perceptions and attitudes toward long term care services. Co-Investigator. 178,000 SGD.
- 2011 - 2012 Intramural Research Grant. AIC, Singapore. General practitioner landscape survey. Co-Principal Investigator. 35,000 SGD.
- 2011 Oral Presentation (Merit) Award at the 6th Singapore Public Health & Occupational Medicine Conference, College of Public Health & Occupational Medicine Conference, Singapore. August 24-26.
- 2007 University Scholar, NUS, Singapore.
- 2005 Research Paper Award at the Inaugural Singapore Youth and Media Conference, Ngee Ann Polytechnic, Singapore. January 26.

## TEACHING EXPERIENCE

### Undergraduate Programmes

- 2021 – Adjunct Faculty, Division of Psychology, School of Social Sciences, NTU Singapore.

- 2023 Final Year Project Supervisor (S1&S2 AY23/24). Students:
- Rebecca Lim Zhao Chu: *Photovoice study on the well-being of family caregivers with older care recipient users and non-users of long-term care services in Singapore.*
  - Chew Hong Ern: *Investigating the factors of gerontechnology acceptance among older adults in Singapore context.*
  - Nur Diyanah Binte Mohamed Firdaus: *Lifestyle Influences on Cognitive Outcomes.*
- Course Developer, Instructor and Coordinator: [Geropsychology](#) (S1&S2 AY23/24)
- 2021 Course Developer, Instructor and Coordinator.
- [Geropsychology](#) (S2 AY20/21, S1&S2 AY21/22, S1&S2 AY22/23)
  - [Laboratory in Geropsychology](#) (S2 AY22/23)
- 2016 – 2020 Teaching Assistant, Division of Psychology, School of Social Sciences, NTU Singapore. [Courses](#):
- Introduction to Psychology (S1&S2 AY18/19, S1&S2 AY16/17, S2 AY15/16)
  - Fundamentals of Social Science Research (S1&S2 AY19/20)
  - Research Design & Data Analysis in Psychology (S2 AY19/20, S2 AY16/17)
- 2008 – 2010 Instructor
- 2009 Instructor, Kaplan Asia Pacific Management Institute, Singapore.  
[Course](#): Introduction to Psychological Research Methods (S1 09/10)
- 2008 Instructor, JCUA, Singapore. [Courses](#):
- Exploring Psychology I (S1&S2 AY08/09)
  - Exploring Psychology II (S2 AY08/09)
  - Multicultural Child and Adolescent Counselling (S1 AY08/09)

### **Graduate Programme**

- 2021 Course Coordinator and Instructor, [Master of Science in Applied Gerontology Programme](#), School of Social Sciences, NTU Singapore. [Course](#):
- [Continuum of Care: A Systems Perspective](#) (T3 AY20/21)
- 2020 – 2021 Guest Lecturer, [Master of Science in Applied Gerontology Programme, School of Social Sciences](#), NTU Singapore. [Courses](#):
- [Demography and Ageing](#) (T3 AY19/20)
  - [Continuum of Care: A Systems Perspective](#) (T3 AY19/20, T3 AY20/21)

### **Student Welfare and Career Mentorship**

- 2022 – Postgraduate Tutor, Lee Kong Chian School of Medicine. Tutees:
- 2023 Lian Ying, Chua Damien, Le Chau Thuy Tien, Zhou Ruwen, Tian Siqu, Sai Yan Pyay Aung.
- 2022 James Chen Xiao Yuan, Chua Damien, Le Chau Thuy Tien, Zhou Ruwen, Tian Siqu, Sai Yan Pyay Aung.
- 2020 – Career Mentor, [Career and Attachment Office](#), NTU Singapore. Mentees:
- 2023 Benjamin Ng
- 2022 Charlize Su Xiu Yen



- 2021 Tan An Sheng  
2020 Melissa Foong Wai Teng
- 2009 Course Mentor, Psychology Programme, Kaplan Asia Pacific Management Institute, Singapore.
- 2008 Student Mentor, Undergraduate Psychology Programme, JCUA.

## TRAINING EXPERIENCE

- 2023 – Curriculum Designer, Ageing Research Institute for Society and Education, NTU Singapore.
- Workforce Singapore Course: *Health Coaching for Older Adults*.  
Modules:
    - o *Coaching Techniques for Enablement and Support of Caregivers of Elderly* (Intermediate Level)
    - o *Health Coaching on Chronic Diseases* (Advanced Level)
- 2017 – 2021 GeroPsych Consultants Pte Ltd, Singapore.
- 2020 Executive Director and Consultant Geropsychologist.
  - 2019 Consultant Geropsychologist.
  - 2017 Geropsychologist.
- Developed and delivered four caregiver psychosocial training programmes for two formal long-term care service providers (e.g., Rasa Care Pte Ltd), and two voluntary welfare organizations (e.g., HOPE Worldwide *Singapore*).
- Programmes:
- *Good-Enough Caregiving* (Home & Classroom-Based)
  - *He Ain't Heavy* (Home & Classroom-Based)
- 2017 – 2020 Facilitator and Trainer (Sessional), [HOPE Worldwide \(Singapore\)](#).
- Courses: *Good Enough Parenting*, *Movie Therapy*

## CONFERENCE PARTICIPATION

### Oral and Paper Presentations

- 2022 **Chong, W. F. W.**, Lokanathan, T., & Yow, W. Q. (November 2-6). Covid-19 and the fear of falling among older adults in Singapore: An electronic survey. Paper presented at Gerontological Society of America's 75<sup>th</sup> Annual Scientific Meeting, Indianapolis, USA.
- 2022 **Chong, W. F. W.**, Lokanathan, T., & Yow, W. Q. (November 2-6). Fear of falling, falls risk and ethnicity among older adults in Singapore: An electronic survey. Paper presented at Gerontological Society of America's 75<sup>th</sup> Annual Scientific Meeting, Indianapolis, USA.
- 2022 Yow, W. Q., Lokanathan, T., & **Chong, W. F. W.** (November 2-6). How has COVID-19 shaped Singapore older adults' attitudes toward technology? Paper presented at Gerontological Society of America's 75<sup>th</sup> Annual Scientific Meeting, Indianapolis, USA.
- 2021 **Chong, W. F. W.**, Ng, S. Y. C., & Ho, M-H. R. (November 10-13). Long-Term Care Service Use and Caregiver Burden, Depression, and Health: A Systematic Review and Meta-Analysis. Paper presented at Gerontological Society of America's 74<sup>th</sup> Annual Scientific Meeting, Online.

- 2019 Tan, J. S., **Chong, W. F. W.**, & Low, C. C. (November 1-2). Impact of mediator and mediation style on disputants' satisfaction with mediation process and outcome. Asia Pacific Mediation Forum. Jeju, South Korea.
- 2019 **Chong, W. F. W.**, Ho, M-H. R., Luo, N., & Koh, C. H. G. (July 17-18). Caregiver psychosocial profile and stroke rehabilitation use in Singapore. Paper presented at the 3<sup>rd</sup> International Conference on Health Sciences, Purwokerto, Indonesia.
- 2017 **Chong, W. F. W.**, & Ho, M-H. R. (November 6–8). Caregiver needs and formal long-term care service utilization in the Andersen Model: An individual-participant systematic review and meta-analysis. Oral poster presented at the First Asia Pacific Conference on Integrated Care, Brisbane, Australia.
- 2015 **Chong, W. F. W.**, Li, Y., & Chan, A. (November 17–22). The influence of caregivers' characteristics and care recipients' earlier utilization on formal long term care (LTC) services utilization in Singapore. Paper presented at Gerontological Society of America's 68<sup>th</sup> Annual Scientific Meeting, Baltimore, USA.
- 2014 **Chong, W. F. W.**, & Li, Y. (November 23-25). Is formal long-term care services utilization determined by caregivers? Paper presented at the Second World Congress on Integrated Care, Sydney, Australia.
- 2014 **Chong, W. F. W.**, Lai, Z. E., Teo P. S., Tang, Y. L., Ching, L. K., & Ng, F. L. (November 23-25). An evaluation of a care transition process pilot in Singapore. Paper presented at the Second World Congress on Integrated Care, Sydney, Australia.
- 2013 Snehasish, B., **Chong, W. F. W.**, Zhang, F., Ho, S. (November 8-10). Adopting a healthy lifestyle behavioral intention: A Singaporean perspective. Paper presented at ICA Shanghai Regional Conference, People's Republic of China.

### Poster Presentations

- 2023 Lee, F. P. H. E., Soo, S. A., Vipin, A., Sandhu, G. K., Leow, Y. J., Kumar, D., Zailan, Liew, S. Y., Ghildiyal, S., Dang, C., Tan, I. Y. Z., Tanoto, P., Azam, M. A., **Chong, W. F. W.**, Chen, J. X. Y., Lieu, M. Y., & Kandiah, N. (September 28-30). The Impact of SES on Practical Judgement among individuals with MCI in Singapore. E-poster presented at 17th International Congress of Asian Society Against Dementia.
- 2023 Liew, S. Y., Soo, S. A., Vipin, A., Sandhu, G. K., Leow, Y. J., Kumar, D., Zailan, F. Z., Lee, F. P. H. E., Ghildiyal, S., Dang, C., Tan, I. Y. Z., Tanoto, P., Azam, M. A., **Chong, W. F. W.**, Chen, J. X. Y., Lieu, M. Y., & Kandiah, N. (September 28-30). The behavioural and lifestyle profiles of subjective cognitive decline in a Southeast Asian cohort. E-poster presented at 17th International Congress of Asian Society Against Dementia.
- 2023 Tanoto, P., Sandhu, G. K., Vipin, A., Leow, Y. J., Soo, S. A., Kumar, D., Zailan, F. Z., Lee, F. P. H. E., Ghildiyal, S., Liew, S. Y., Chen, J. X. Y., Dang, C., Lieu, M. Y., Tan, I. Y. Z., **Chong, W. F. W.**, Azam, M. A., & Kandiah, N. (September 28-30). Interactions between ApoE4 Genotype and Blood Pressure on Cognitive Performance in Southeast Asian Population. E-poster presented at 17th International Congress of Asian Society Against Dementia.



- 2023 Tan, I. Y. Z., Soo, S. A., Vipin, A., Sandhu, G. K., Leow, Y. J., Kumar, D., Zailan, F. Z., Liew, S. Y., Ghildiyal, S., Dang, C., Lee, F. P. H. E., Tanoto, P., Azam, M. A., **Chong, W. F. W.**, Chen, J. X. Y., Lieu, M. Y., & Kandiah, N. (September 28-30). Impact of Physical Activity on Cognition and Frailty among Mild Cognitive Impairment Individuals in Singapore. E-poster presented at 17th International Congress of Asian Society Against Dementia.
- 2023 Ghildiyal, S., Vipin, A., Sandhu, G. K., Soo, S. A., Zailan, F. Z., Leow, Y. J., Kumar, D., Lee, F. P. H. E., Liew, S. Y., Dang, C., Tan, I. Y. Z., Tanoto, P., Azam, M. A., **Chong, W. F. W.**, Chen, J. X. Y., & Kandiah, N. (September 28-30). The Detrimental Effects of Cholesterol and APOE4 on Cognition in Midlife and Later Life Adults in a Southeast Asian Population. E-poster presented at 17th International Congress of Asian Society Against Dementia.
- 2023 Sandhu, G. K., Zailan, F. Z., Vipin, A., Soo, S. A., Kumar, D., Leow, Y. J., Koh, C. L., Lee, F. P. H. E., Ghildiyal, S., Liew, S. Y., Tan, I. Y. Z., Tanoto, P., **Chong, W. F. W.**, Azam, M. A., Chen, J. X. Y., Lieu, M. Y., & Kandiah, N. (September 28-30). Key Plasma Biomarkers Representative of Cerebrovascular Dysfunction are significantly Upregulated upon Confluent WMH Presentation in a Southeast Asian Population. E-poster presented at 17th International Congress of Asian Society Against Dementia.
- 2023 Kumar, D., Leow, Y. J., Soo, S. A., Zailan, F. Z., Sandhu, G. K., Vipin, A., Lee, H. E., Ghildiyali, S., Liew, S. Y., Dang, C., Tanoto, P., Tan, I. Y. Z., **Chong, W. F. W.**, Azam, M. A., & Kandiah, N. (September 28-30). Prevalence and risk factors of medial temporal atrophy in younger adults: Insights from a Southeast Asian cohort. E-poster presented at 17th International Congress of Asian Society Against Dementia.
- 2023 Azam, M. A., Leow, Y. J., Soo, S. A., Kumar, D., Zailan, F. Z., Sandhu, G. K., Vipin, A., Lee, H. E., Ghildiyali, S., Liew, S. Y., Dang, C., Tanoto, P., Tan, I. Y. Z., **Chong, W. F. W.**, & Kandiah, N. (September 28-30). An Explainable Artificial Intelligence (XAI) framework for clinical use of Mild Cognitive Impairment (MCI) models, independent of test batteries. E-poster presented at 17th International Congress of Asian Society Against Dementia.
- 2022 **Chong, W. F. W.\***, Ng, L. H., & Koh, G. C. H. (October 26-29). Effects of caregiving burden, patient depression and domestic help on stroke rehabilitation use: a serial moderated-mediation analysis. E-poster presented at 14th World Stroke Congress, Singapore, Singapore.
- 2018 **Chong, W. F. W.**, Ho, M-H. R., Luo, N., & Koh, C. H. G. The influence of caregiver-patient relationship quality and caregiver burden on long-term care use in Singapore. Poster presented at Gerontological Society of America's 71st Annual Scientific Meeting 2018, Boston, USA.
- 2017 **Chong, W. F. W.**, Ho, M-H. R., & Koh, C. H. G. caregiving impact and transitions in formal and informal long term care services utilization in Singapore: Preliminary results. Poster presented at the First ARISE Research Symposium, Singapore.
- 2011 Lim, H, **Chong, W. F. W.**, Wee, S. L., & Wong, K. C. A general practitioner landscape survey. Poster presentation at the 15th East Asian Forum of Nursing Scholars, Singapore.

- 2011 Chan, A., Wee, S. L., Hu, J. A. J., Yong, S. Y. J. & **Chong, W. F. W.** A qualitative study of Singaporean's perceptions of & attitudes towards long term care services. Poster presentation at the 3rd Annual Duke-NUS Early Career Scientists Association Symposium, Singapore. [cited by 2]
- 2006 **Chong, W.** Multiple addictions among Singapore college students. Poster presentation at 2nd Asia Pacific Institute of Addictions, Singapore.

### **Poster Presentations Forthcoming**

- 2024 **Chong, W. F.,** & Kandiah, N. (July 28-August 1). The effectiveness of a personalised multidomain lifestyle intervention programme to slow cognitive decline: study protocol for a series of randomised open-label N-of-1 trials. E-poster to be presented at Alzheimer's Association International Conference 2024.
- 2024 Tanoto, P., Leow, Y. J., Ghildiyal, S., Lee, F. P. H. E., Liew, S. Y., Tan, I. Y. Z., **Chong, W. F.,** Seah, E. L., Azam, M. A., Vipin, A., Sandhu, G. K., Zailan, F. Z., Tan, F. T. B. H., & Kandiah, N. (July 28-August 1). Usefulness of The Test of Practical Judgement for the detection of MCI in a Southeast Asian Population. E-poster to be presented at Alzheimer's Association International Conference 2024.
- 2024 Tanoto, P., Ye, H. E., Vipin, A., Leow, Y. J., Lee, F. P. H. E., Ghildiyal, S., Liew, S. Y., Tan, I. Y. Z., **Chong, W. F.,** Seah, E. L., Azam, M. A., Sandhu, G. K., Zailan, F. Z., Tan, F. T. B. H., & Kandiah, N. (July 28-August 1). Usefulness of the Visual Cognitive Assessment Test in Detecting Vascular MCI in a Southeast Asian Cohort. E-poster to be presented at Alzheimer's Association International Conference 2024.
- 2024 Sandhu, G. K., Vipin, A., Zailan, F. Z., Tanoto, P., Lee, F. P. H. E., Soo, S. A., Ghildiyal, S., Liew, S. Y., Tan, I. Y. Z., Leow, Y. J., Kumar, D., Azam, M. A., **Chong, W. F. W.,** & Kandiah, N. (July 28-August 1). Plasma GFAP and pTau-181 Moderate the Relationship between Cognition and White Matter Hyperintensities in a Southeast Asian Non-Demented-at-Risk Cohort. E-poster to be presented at Alzheimer's Association International Conference 2024.

### **Workshop Training**

- 2019 **Chong, W. F. W.** (July 16). Systematic Reviews in Health Sciences. Pre-conference workshop presented at the 3<sup>rd</sup> International Conference on Health Sciences, Purwokerto, Indonesia.
- 2006 **Chong, W.** (June 26). Pay it forward – Creation of ex-offender network. Breakout workshop leader at Yellow Ribbon Conference, Singapore.

### **Session Moderation and Chairpersonship**

- 2023 (August 26). Biopsychosocial-spiritual frontiers in well-being among older adults. Symposium at the Gerontological Society of Singapore's Annual Scientific Conference on Ageing.
- 2023 (July 8). Caregivers: you are not alone. Gerontological Society of Singapore's Quarterly Webinar.
- 2023 (May 10). Gaps and challenges in gerontological education and employment. Roundtable at the Gerontological Society of Singapore.

### **INVITED TALKS**

- 2022 (October 1). *Empowering longevity through family interactions*. Gerontological Society of Singapore.
- 2022 *Designing technology for older adults*. Singapore University of Technology and Design.
- 2022 (June 18 and 25). *Psychathon 2022*. Singapore Psychological Society.
- 2021 (May 25). *Work or further studies?* Career & Attachment Office. NTU Singapore.
- 2021 (April 24). *Improving retirement outcomes*. Gerontological Society of Singapore.
- 2020 (July 20). *Formal long-term care: caregivers' well-being and service utilization*. Gerontology Programme, Singapore University of Social Sciences.
- 2020 (July 16). *Work or further studies?* Career & Attachment Office. NTU Singapore.
- 2019 (October 24). *Caregiver well-being and stroke rehabilitation use in Singapore: a challenge for health promotion and family medicine*. Department of Family Medicine & Primary Care, Lee Kong Chian School of Medicine, NTU Singapore.
- 2019 (March 12). *Career as a geropsychologist*. Admiralty Secondary School.
- 2018 (December 19). *Learning styles for recovery & growth*. Anglican Care Centre. Singapore.
- 2018 (November 3). *Decluttering your mind*. Ministry of Education. Singapore.
- 2018 (September 26). *Accelerate awareness*. Anglican Care Centre. Singapore.
- 2018 (April 27). *Ageing: living in the moment*, Central Christian Church. Singapore.
- 2018 (March 11). *Family caregiving*. Resort World Sentosa. Singapore.
- 2018 (January 18). [Quantitative versus qualitative research](#). School of Humanities and Social Sciences, Ngee Ann Polytechnic. Singapore.
- 2017 (December 17). *Ageing: living in the moment (Chinese)*. Central Christian Church. Singapore.
- 2014 (October 30). *Determinants of formal long-term care service utilization in Singapore*. AIC. Singapore.
- 2009 (June 24). *Psychoneuroimmunology*. MindWorks III, Student Psychology Society (EVO). James Cook University. Singapore.
- 2008 (June 18). *Depression & anxiety*. MindWorks II, EVO. James Cook University. Singapore.

#### MAINSTREAM MEDIA COVERAGE

- 2022 **Chong, W.F.** (August 26). [Trade-off between quality and cost in eldercare](#). Letter to the Forum Editor. *The Straits Times*.
- 2022 Chew, M. (April 13). [Support for caregivers has increased and is ongoing](#). Response to the Letter to the Forum Editor on April 6. *The Straits Times*.
- 2022 **Chong, W.F.** (April 6). [White Paper proposals could cover more ground on informal caregiving](#). Letter to the Forum Editor. *The Straits Times*.

- 2020 **Chong, W.F.** (November 7). [Conduct national study on informal caregiving](#). Letter to the Forum Editor. *The Straits Times*.
- 2020 Lim, V. (November 2.) [Professionally certify home-based caregivers](#). Response to the Letter to the Forum Editor on October 24. *The Straits Times*.
- 2020 Saggi, K.S. (October 28.) [Caregivers are the unsung heroes of society](#). Response to the Letter to the Forum Editor on October 24. *The Straits Times*.
- 2020 **Chong, W.F.** (October 24). [Compensate and give recognition to caregivers](#). Letter to the Forum Editor. *The Straits Times*.
- 2008 **Chong, W.F.** (July 7.) *Insomnia and mindfulness*. Feature Interview, FM 97.2 (Chi) Radio Live.

## CAMPUS TALKS

- 2022 (April 21). *Controversies in Family Medicine*. Lee Kong Chian School of Medicine.
- 2019 (October 9). [Systematic reviews in social sciences](#). School of Social Sciences, NTU Singapore.
- 2019 (September 17). [Caregivers' well-being and long-term care utilization: a prospective investigation of stroke survivors in Singapore](#). School of Social Sciences, NTU Singapore.

## SERVICE AND PROFESSIONAL ORGANIZATIONS

### International

- 2023 – Editorial Board Member, [Scientific Reports](#) (IF: 4.6)
- 2023 – Editorial Board Member, [Heart and Mind](#)
- 2023 – Full Member, [Sigma Xi](#).
- 2023 Section Editor, Editorial Board, [Insights in Public Health Journal](#)
- 2018 – Member, Emerging Scholar and Professional Organization, Aging Among Asians Interest Group, [Gerontological Society of America](#).
- 2017 – [Peer Reviewer](#) [No. of Reviews]
- 2023 [PLOS One](#) [3], [BMJ Open](#) [1], [Frontiers in Public Health](#), Gerontological Society of America Annual Scientific Meeting (abstracts) [7] [Children and Youth Services Review](#) [1]
- 2022 [BMJ Open](#) [2], [PLOS One](#) [1], [Journal of the American Medical Directors' Association](#) [3], [Clinical Psychologist](#) [2], Gerontological Society of America Annual Scientific Meeting (abstracts) [2]
- 2021 [PLOS One](#) [1], [Clinical Psychologist](#) [1], [BMC Geriatrics](#) [1], [International Journal of Integrated Care](#) [2], [Journal of the American Medical Directors' Association](#) [1], [Children and Youth Services Review](#) [2], [Medical Science Monitor](#) [2], Gerontological Society of America Annual Scientific Meeting (abstracts) [9]
- 2020 [Children and Youth Services Review](#) [1]
- 2019 [BMJ Open](#) [2], Gerontological Society of America Annual Scientific Meeting (abstracts) [18]

Chong, CV

2018 [BMJ Open](#) [2]

2017 [Clinical Gerontologist](#) [2]

### **National**

2020 – [Gerontological Society of Singapore](#).

2021 Council Member, Research and Advocacy Subcommittee

2020 Member

### **COMMUNITY INVOLVEMENT**

2019 – Arc@Tampines Condominium (Management Corporation Strata Title Plan Number 4216), Singapore.

2023 Treasurer, 8<sup>th</sup> Management Council

2022 Member, 7<sup>th</sup> Management Council

2021 Chairperson, 6<sup>th</sup> Management Council

2020 Treasurer, 5<sup>th</sup> Management Council

2019 Member, 4<sup>th</sup> Management Council

1997 – HOPE Worldwide (Singapore).

1997 – Community Volunteer