

## Wayne Freeman CHONG

([LinkedIn Profile](#)) Curriculum Vitae ([Researchgate Profile](#))

Email: [wayne@geropsych.sg](mailto:wayne@geropsych.sg)

### CURRENT APPOINTMENTS

Research Fellow and Postgraduate Tutor, Lee Kong Chian School of Medicine.

Part-Time Lecturer, School of Social Sciences, Nanyang Technological University (NTU), Singapore.

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

### 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.

### PUBLICATIONS (\* denotes corresponding author)

#### Journal Articles

Published:

- 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://doi.org/10.1016/j.jamda.2021.02.036> [Impact Factor (IF): 4.669; Cited by: 2]
- 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: 3.240; Cited by: 5]
- 2020 **Chong, W. F. W.** Informal caregiving in Singapore: macroeconomic realities and measures. *Insights in Public Health Journal*, 1(2), 1-5. <https://doi:10.20884/1.iphj.2020.1.2.3724> [IF: nil; Cited by: 1]
- 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. <http://doi.org/10.5334/ijic.5565> [IF: 5.120; 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: 3.213; Cited by: 13]

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- 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: 3.277; Cited by: 27]
- 2014 Wee, S. L., Liu, C., Goh, S. N., **Chong, W. F.**, Aravindhana, 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: 5.562; Cited by: 24]
- 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]

Under review:

- 2022 **Chong, W. F. W.**, Chua, J., Leong, L.Z., Yu, T., & Smith, H.E. Proactive career management for Singapore female health professionals: A scoping review protocol.

In preparation:

- 2022 **Chong, W. F. W.**, Ng, J. W., Chua, J., Leong, L.Z., Yu, T., & Smith, H.E. Proactive career management for Singapore female health professionals: A scoping review.
- 2022 **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.
- 2022 **Chong, W. F. W.**, Tan, J. S., Lam, K.W., & Low, V. C. C. Socio-demographic fault lines among disputant dyads who underwent mediation in Singapore.

### Conference Abstracts

Published:

- 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> [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> [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: 5.120; Cited by: 9]

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- 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://doi.org/10.1093/geront/gnv393.01> [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: 5.120; 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: 5.120; Cited by: 1]

Accepted:

- 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. Abstract accepted by 14th World Stroke Congress, Singapore, Singapore.
- 2022 Yow, W. Q., Lokanathan, T., & **Chong, W. F. W.** (November 2-6). How has COVID-19 shaped Singapore older adults' attitudes toward technology? Abstract accepted by 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). Covid-19 and the fear of falling among older adults in Singapore: An electronic survey. Abstract accepted by 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. Abstract accepted by Gerontological Society of America's 75<sup>th</sup> Annual Scientific Meeting, Indianapolis, USA.

### Book Chapter and Dissertation

Published:

- 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)
- 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>

### PEER REVIEW EXPERIENCE ([Publons Profile](#)) [Number of reviews]

- 2021 – [BMC Geriatrics](#) [2]
- 2021 – [Journal of the American Medical Directors' Association](#) [4]
- 2021 – [Clinical Psychologist](#) [3]
- 2021 [PLOS One](#) [1]
- 2021 [Medical Science Monitor](#) [2]

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- 2021 [International Journal of Integrated Care](#) [2]  
 2020 – [Children and Youth Services Review](#) [3]  
 2019 – [Gerontological Society of America Annual Scientific Meeting](#)  
 2022 [2]  
 2021 [9]  
 2019 [18]  
 2018 – [BMJ Open](#) [4]  
 2017 [Clinical Gerontologist](#) [2]

### GRANTS

- 2014 - 2015 Co-I. An evaluation of a care transition pilot programme (Agency for Integrated Care [AIC]: 25,000 SGD)  
 2012 - 2014 Co-I. System dynamics modelling of intermediate-long term care utilization and services (AIC: 6,000 SGD)  
 2011 - 2015 Collaborator. Determinants of formal long-term care services utilization in Singapore: a longitudinal study (AIC: 746,000 SGD)  
 2011 - 2013 Co-I. Singaporeans perceptions and attitudes toward long term care services (AIC: 178,000 SGD)  
 2011 - 2012 Co-PI. General practitioner landscape survey (AIC: 35,000 SGD)

### RESEARCH EXPERIENCE

- 2021 – Research Fellow, [Family Medicine and Primary Care](#), Lee Kong Chian School of Medicine.  
 2017 – 2021 [GeroPsych Consultants Pte Ltd](#), Singapore.  
 2019 Consultant Geropsychologist (Research and Training).  
 2017 Geropsychologist (Research and Training).  
 2011 – 2015 [Agency for Integrated Care Pte Ltd](#), Singapore.  
 2014 Head, Research and Evaluation Function, and Senior Research Analyst, Knowledge Management Division.  
 2013 Senior Research Analyst, Knowledge Management Division.  
 2011 Research Analyst, Health Information and Innovation Division.

### TEACHING EXPERIENCE

#### Undergraduate Courses

- Jan 2021 – Part-Time Lecturer, [Division of Psychology](#), School of Social Sciences, NTU Singapore. Course:  
 - [Geropsychology](#) (S2 AY20/21, S1&S2 AY21/22, S1 AY22/23)  
 2016 – 2020 Teaching Assistant (Part-Time), [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)

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- 2008 – 2010 Lecturer (Part-Time)
- 2009 Adjunct Lecturer and Course Mentor, Kaplan Asia Pacific Management Institute, Singapore. [Course:](#)
- Introduction to Psychological Research Methods (S1 09/10)
- 2008 Associate Lecturer and Student Mentor, 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 Courses

- 2021 Course Coordinator (part-time), [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 Lecturer (guest), [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)

### SERVICE AND PROFESSIONAL ORGANIZATIONS

- Mar 2022 – Postgraduate Tutor, Lee Kong Chian School of Medicine.  
Tutees: James Chen Xiao Yuan, Chua Damien, Le Chau Thuy Tien, Zhou Ruwen, Tian Siqu, Sai Yan Pyay Aung.
- 2020 – [Gerontological Society of Singapore](#).
- 2021 Council Member, Research and Advocacy Subcommittee  
2020 Member
- 2020 – Career Mentor, [Career and Attachment Office](#), NTU Singapore.  
2022 Mentee: Charlize Su Xiu Yen  
2021 Mentee: Tan An Sheng  
2020 Mentee: Melissa Foong Wai Teng
- 2018 – Member, Emerging Scholar and Professional Organization, [Gerontological Society of America](#).
- 2019 – Arc@Tampines Condominium (Management Corporation Strata Title Plan Number 4216), Singapore.  
2022 Member, 7<sup>th</sup> Management Council  
2021 Chairperson, 6<sup>th</sup> Management Council  
2021 Treasurer, 5<sup>th</sup> Management Council  
2019 Member, 4<sup>th</sup> Management Council
- 2017 – [GeroPsych Consultants Pte Ltd](#), Singapore.  
2020 Co-Founder and Non-Executive Director  
2017 Co-Founder
- 2017 – 2020 Facilitator and Trainer (Sessional), [HOPE Worldwide \(Singapore\)](#).
- 2007 – 2008 [Shan You Counselling Centre](#), Singapore.

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2008 Interim Portfolio Leader, Clinical Services Department.

2007 Psychologist, Clinical Services Department.

### HONOURS AND AWARDS

- 2017 **Overseas Conference Award**, Conference and Overseas Research Attachment Fund, NTU Singapore. November 6–8.
- 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.
- 2015 **Best Presenter** at the Inaugural HSS Graduate Students Research Colloquium, Nanyang Technological University, Singapore. February 21.
- 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**, National University of Singapore (NUS), Singapore.
- 2005 **Research Paper Award** at the Inaugural Singapore Youth and Media Conference, Ngee Ann Polytechnic, Singapore. January 26.

### INVITED TALKS

- 2022 *Psychathon 2022*. Singapore Psychological Society. June 18 and 25.
- 2021 *Work or further studies?* Career & Attachment Office. NTU Singapore. May 25.
- 2021 *Improving retirement outcomes*. Gerontological Society of Singapore. April 24.
- 2020 *Formal long-term care: caregivers' well-being and service utilization*. Gerontology Programme, Singapore University of Social Sciences. July 20.
- 2020 *Work or further studies?* Career & Attachment Office. NTU Singapore. July 16.
- 2019 *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. October 24.
- 2019 *Career as a geropsychologist*. Admiralty Secondary School. March 12.
- 2018 *Learning styles for recovery & growth*. Anglican Care Centre. Singapore. December 19.
- 2018 *Decluttering your mind*. Ministry of Education. Singapore. November 3.
- 2018 *Accelerate awareness*. Anglican Care Centre. Singapore. September 26.
- 2018 *Ageing: living in the moment*, Central Christian Church. Singapore. April 27.
- 2018 *Family caregiving*. Resort World Sentosa. Singapore. March 11.
- 2018 [\*Quantitative versus qualitative research\*](#). School of Humanities and Social Sciences, Ngee Ann Polytechnic. Singapore. January 18.
- 2017 *Ageing: living in the moment (Chinese)*. Central Christian Church. Singapore. December 17.
- 2014 *Determinants of formal long-term care service utilization in Singapore*. AIC. Singapore. October 30.

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2009 *Psychoneuroimmunology*. MindWorks III, Student Psychology Society (EVO). James Cook University. Singapore. June 24.

2008 *Depression & anxiety*. MindWorks II, EVO. James Cook University. Singapore. June 18.

## CONFERENCE PARTICIPATION

### Workshops

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.

### Oral and Paper Presentations

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.

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### Poster Presentations

- 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.

### MAINSTREAM MEDIA COVERAGE

- 2022 [Trade-off between quality and cost in eldercare](#). Letter to the Forum Editor. The Straits Times. August 26.
- 2022 [Support for caregivers has increased and is ongoing](#). Response to the Letter to the Forum Editor on April 6. The Straits Times. April 13.
- 2022 [White Paper proposals could cover more ground on informal caregiving](#). Letter to the Forum Editor. The Straits Times. April 6.
- 2020 [Conduct national study on informal caregiving](#). Letter to the Forum Editor. The Straits Times. November 7.
- 2020 [Professionally certify home-based caregivers](#). Response to the Letter to the Forum Editor on October 24. The Straits Times. November 2.
- 2020 [Caregivers are the unsung heroes of society](#). Response to the Letter to the Forum Editor on October 24. The Straits Times. October 28.
- 2020 [Compensate and give recognition to caregivers](#). Letter to the Forum Editor. The Straits Times. October 24.
- 2008 *Insomnia and mindfulness*. Feature Interview, FM 97.2 (Chi) Radio Live. July 7.

### CAMPUS TALKS

- 2022 Controversies in Family Medicine. Lee Kong Chian School of Medicine. April 21.
- 2019 [Systematic reviews in social sciences](#). School of Social Sciences, NTU Singapore. October 9.



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2019 [Caregivers' well-being and long-term care utilization: a prospective investigation of stroke survivors in Singapore](#). School of Social Sciences, NTU Singapore. September 17.

**LANGUAGES** (reading, speaking, writing proficiencies)

English (native, native, native)

Mandarin (fluent, fluent, fluent)

Cantonese (good, good, good)

**TECHNICAL CERTIFICATIONS**

2012 – 2019 Collaborative Institutional Training Initiative (CITI Program) Certification.

2019 Refresher

2012 Basic

2011 Microsoft® Office Specialist *Master*, Microsoft Corporation.