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EDUCATION

PhD NANYANG TECHNOLOGICAL UNIVERSITY
 Developmental Psychopathology

BSc UNIVERSITI PUTRA MALAYSIA
(Firsts) Human Development (minor: Developmental Psychology)
 Cumulative Grade Point Average (3.9 out of 4.0)

RESEARCH INTERESTS

My recent research interests are defined by three lines of work. The first line focuses on scale development, translation, and validation of psychological measures for use in Malaysian populations. The second line addresses the etiology and treatment of developmental psychopathology with a focus on cross-cultural adaptation. The third line examines the efficacy/effectiveness of online psychoeducational programs on improving emotional and behavioral functioning in the dyad of psychiatric patients and caregivers in local healthcare settings.

HONORS AND AWARDS

Dean's List (2004–2005)
Vice-Chancellor's List (2006–2007)
Vice-Chancellor Award (2007)
Hadiah Daun Merah (formerly known as Dean's Award; 2007)
Top Academic Achievement Award, *Malam Harapan Putra Negara*, Tun Perak College (2007)
Valedictorian, Faculty of Human Ecology, Class of 2007
Gold Medal, Exhibition of Invention, Research, and Innovation, Universiti Putra Malaysia, Selangor (2008)
Bronze Medal, Exhibition of Invention, Research, and Innovation, Universiti Putra Malaysia, Selangor (2010, 2012)
Excellent Service Award, Universiti Putra Malaysia (2015–present)
Outstanding Reviewer Award, *Personality and Individual Differences* (2018)

REFEREED JOURNAL PUBLICATIONS

* Student/former student

2008–2013

Tan, K. A., & Mansor, A. T. (2008). The relationships between ecological contexts, job stress, and job satisfaction among engineers in Pulau Pinang. *International Undergraduate Journal*, 1(1), 1–23.

Mansor, A. T., & **Tan, K. A.** (2009). Influence of gender on career readiness among Malaysian undergraduates. *Australian Journal of Career Development, 18*(2), 33–44.

Mansor, A. T., & **Tan, K. A.** (2009). Predictors of career indecision among Malaysian undergraduate students. *European Journal of Social Sciences, 8*(2), 215–224.

Ang, R. P., **Tan, K. A.**, & Mansor, A. T. (2011). Normative beliefs about aggression as a mediator of narcissistic exploitativeness and cyberbullying. *Journal of Interpersonal Violence, 26*(13), 2619–2634.

2014

Mansor, A. T., Ang, C. S.*, & **Tan, K. A.** (2014). Pangs of loneliness breed material lifestyle but don't power up life satisfaction of young people: The moderating effect of gender. *Social Indicators Research, 117*(2), 353–365.

Yang, F., **Tan, K. A.**, & Cheng, W. J. Y. (2014). Effects of connectedness on health-promoting and health-compromising behaviors in adolescents: Evidence from a statewide survey. *Journal of Primary Prevention, 35*(1), 33–44.

2015

Ang, C. S.*, Mansor, A. T., **Tan, K. A.**, Tan, J. P., & Yaacob, S. N. (2015). Understanding computer-mediated communication attributes and life satisfaction from the perspectives of uses and gratifications and self-determination. *Computers in Human Behavior, 49*, 20–29.

Yee, A., Yassim, A. R. M., Loh, H. S., Ng, C. G., & **Tan, K. A.** (2015). Psychometric evaluation of the Malay version of the Montgomery-Asberg Depression Rating Scale (MADRS-BM). *BMC Psychiatry, 15*, 200.

2016

Abdul Razak, N.*, Mohd Shariff, Z., Mohd Nasir, M. T., Gan, W. Y., & **Tan, K. A.** (2016). Early nutrition, growth, and cognitive development of infants from birth to 2 years in Malaysia: A study protocol. *BMC Pediatrics, 16*, 160.

Fernandez, A., **Tan, K. A.**, Knaak, S., Chew, B. H., & Ghazali, S. S. (2016). Effects of brief psychoeducational program on stigma in Malaysian pre-clinical medical students: A randomized controlled trial. *Academic Psychiatry, 40*(6), 905–911.

Kader Maideen, S. F.*, Mohd Sidik, S., Rampal, L., Mukhtar, F., Ibrahim, N., Phang, C. K., **Tan, K. A.**, & Ahmad, R. (2016). A web-based psychoeducational intervention program for depression and anxiety in an adult community in Selangor, Malaysia: Protocol of a randomized controlled trial. *JMIR Research Protocols, 5*(2).

2017

Fernandez, A., **Tan, K. A.**, & Masiran, R. (2017). Recovery orientation among individuals with serious mental illness. *American Journal of Applied Psychology, 6*(4), 71–74.

Tan, S. T.*, Mohd Sidik, S., Rampal, L., Mukhtar, F., Ibrahim, N., **Tan, K. A.**, & Ibrahim Z. (2017). What has been done to tackle overweight and obesity in Malaysia?: A literature review (2005–2015). *Pertanika Journal of Scholarly Research Reviews*, 3(2), 73–90.

2018

Fernandez, A., **Tan, K. A.**, Ruziana, M., & Riana, A. R. (2018). Extrinsic and intrinsic factors related to recovery process in people with schizophrenia. *International Journal of Psychosocial Rehabilitation*, 22(1), 114–124.

Tee, J. Y. H.*, Gan, W. Y., **Tan, K. A.**, & Chin, Y. S. (2018). Obesity and unhealthy lifestyle associated with poor executive function among Malaysian adolescents. *PLoS ONE*, 13(4), e0195934.

Tan, K. A., & Fernandez, A. (2018). Examining the reliability and factor structure of the Malay version of the Recovery Self-Assessment in a sample of individuals with schizophrenia. *Psychiatric Rehabilitation Journal*, 41(4), 336–340.

2019

Al-Oran, H. M.*, Lee, K., **Tan, K. A.**, & Lim, P. Y. (2019). The effectiveness of educational programs on parenting stress and coping mechanism among parents of children with autism spectrum disorder: A systematic review. *Malaysian Journal of Medicine and Health Sciences*, 15(3), 135–141.

Chong, S. C., Ibrahim, N., Ang, J. K., Masiran, R., **Tan, K. A.**, Andrew, B. N., Soh, K. Y., & Kumar, S. (2019). The role of depression, anxiety, and illness characteristics on risky sexual behaviour among people living with HIV in a Malaysian tertiary reference hospital. *Current Psychiatry Research and Reviews*, 15(4), 267–276.

Irfan, S.*, Zulkefly, N. S., **Tan, K. A.**, & Ismail, S. I. F. (2019). The role of negative automatic thoughts as a mediator in the relationship between maternal attachment and depressive symptoms among late adolescents of Pakistan. *Malaysian Journal of Medicine and Health Sciences*, 15(Supp. 1), 21–29.

Tan, K. A. (2019). The effects of personal susceptibility and social support on Internet addiction: An application of Adler's theory of individual psychology. *International Journal of Mental Health and Addiction*, 17(4), 806–816.

Tan, S. T.*, Mohd Sidik, S., Rampal, L., Ibrahim, N., & **Tan, K. A.** (2019). Are Malaysians getting fatter and rounder?: An updated systematic review (2009–2015). *Malaysian Journal of Medicine and Health Sciences*, 15(1), 63–77.

2020

Abdul Razak, N.*, Mohd Shariff, Z., Mohd Nasir, M. T., Gan, W. Y., & **Tan, K. A.** (2020). Early growth and home environment are associated with cognitive development in the first year of life of Malaysian infants. *Early Human Development*, 140, 104890.

- Ching, S. M., Lee, K. W., Yee, A., Sivaratnam, D., Hoo, F. K., Wan Sulaiman, W. A., Mohamed, M. H., **Tan, K. A.**, Danaee, M., Ali, N., & Suppiah, S. (2020). The Malay version of Smartphone Addiction Scale: Development, factor structure and validation of a short form for Malaysian adolescents. *Medical Journal of Malaysia*, 75(5), 561–567.
- Ching, S. M., Yee, A., Lee, P. Y., Ramachandran, C., Shum, K. M., Ismael, N. F., Wan Sulaiman, W. A., Hoo, F. K., Lee, K. W., Danaee, M., & **Tan, K. A.** (2020). Psychometric properties of the Malay version of the Diabetes Empowerment Scale among Hospital Serdang Type 2 diabetes mellitus patients using exploratory factor analysis. *Health and Quality of Life Outcomes*, 18, 23.
- Pang, N. T. *, Masiran, R., **Tan, K. A.**, & Kassim, A. (2020). Psychological mindedness as a mediator in the relationship between dysfunctional coping styles and depressive symptoms in caregivers of children with autism spectrum disorder. *Perspectives in Psychiatric Care*, 56(3), 649–656.
- Ragupathi, D. *, Ibrahim, N., **Tan, K. A.**, & Andrew, B. N. (2020). Relations of bedtime mobile phone use to cognitive functioning, academic performance, and sleep quality in undergraduate students. *International Journal of Environmental Research and Public Health*, 17(19), 7131.
- Suhaimi, A. F. *, Ibrahim, N., **Tan, K. A.**, Silim, U. A., Moore, G., Ryan, B., & Castle, D. J. (2020). Effectiveness of a culturally adapted biopsychosocial intervention (POHON SIHAT) in improving self-efficacy in patients with diabetes attending primary healthcare clinics in Putrajaya, Malaysia: Study protocol of a randomised controlled trial. *BMJ Open*, 10, e033920.
- Suliman, Q. *, Said, S. M., Zulkefli, N. A. M., Lim, P. Y., & **Tan, K. A.** (2020). A protocol on information-motivation-behavioral skills risk of intensive phase treatment interruption among pulmonary tuberculosis patients in urban districts, Selangor. *Malaysian Journal of Medicine and Health Sciences*, 16(1), 85–93.
- Wan Ismail, W. S, Sim, S. T., **Tan, K. A.**, Bahar, N., Ibrahim, N., Mahadevan, R., Nik Jaafar, N. R., Baharudin, A., & Melisa, A. A. (2020). The relations of internet and smartphone addictions to depression, anxiety, stress, and suicidality among public university students in Klang Valley, Malaysia. *Perspectives in Psychiatric Care*, 56(4), 949–955. [Top Cited Article 2020–2021]
- Yee, A., Ong, T. A., Yeoh, W. S., Ahmad Hatim, S., Ng, C. G., & **Tan, K. A.** (2020). Factor structure, reliability, and validity of the Malay version of the Sexual Desire Inventory-2 (SDI-2-BM) in a sample of lower urinary tract symptoms (LUTS) and healthy individuals. *Malaysian Journal of Psychiatry*, 29(2), 14–23.

2021

- Ding, W. E. *, **Tan, K. A.**, Fam, J. Y., Mukhtar, F., Lye, M. S., Awang, H., & Munawar, K. (2021). Psychometric evaluation of the Malay version of the Multidimensional Beck Youth Inventories-2 (BYI-2 Malay): Measuring self-concept, anxiety, depression, anger, and disruptive behaviour among adolescents in sheltered homes. *Pertanika Journal of Social Sciences and Humanities*, 9(1), 249–265.

- Faridah, J.*, Shahar, H. K., Mani, K. K., & **Tan, K. A.** (2021). A quasi-experimental trial on effectiveness of health education module (IPVP) on intimate partner violence prevention among girls at shelter homes: A study protocol. *International Journal of Educational Research Open*, 2, 100050.
- Lees, S., Sariola, S., Schmidt-Sane, M., Enria, L., **Tan, K. A.**, Aedo, A., Grietens, P. K., & Kaawa-Mafigiri, D. (2021). Social science priorities for long-term COVID-19 response. *BMJ Global Health*, 6(7), e006741.
- Ling, L. S.*, Nik Jaafar, N. Z., **Tan, K. A.**, Bahar, N., Baharudin, A., & Ahmad Tajjudin, A. I. (2021). Psychometric Properties of the Malay version of the Internet Gaming Disorder Scale-Short Form (IGDS9-SF-M): Evidence from a sample of Malaysian undergraduates. *International Journal of Environmental Research and Public Health*, 18(5), 2592.
- Masiran, R., Ismail, S. I. F., Ibrahim, N., **Tan, K. A.**, Andrew, B. N., Chong, S. C., & Soh, K. Y. (2021). Associations between coping styles and psychological stress among medical students at Universiti Putra Malaysia. *Current Psychology*, 40 (3), 1257–1261.
- Nik Jaafar, N. Z., Bahar, N., Ibrahim, N., Baharudin, A., Wan Ismail, W. S, Sim, S. T.*, Melisa, A. A., & **Tan, K. A.** (2021). Are Malaysian youths overdependent on the internet?: A narrative review. *Frontiers in Psychiatry*, 12, 710790.
- Nik Jaafar, N. Z., Baharudin, A., Ling, L. S.*, Amirul, M., Safarudin, D. S. S., ... & **Tan, K. A.** (2021). Factors correlated with Internet Gaming Disorder among Malaysian university students. *Malaysian Journal of Medicine and Health Sciences*, 2021, 17(2), 54–62.
- Omar, M.*, Zulkefli, N. A. M., Ahmad, N., **Tan, K. A.**, & Munisamy, M. (2021). Effectiveness of an independent physical activity programme in improving physical activity amongst breast and colorectal cancer survivors: Study protocol for a randomized controlled trial. *Medical Journal of Malaysia*, 76(4), 4801–487.
- Pheh, K. S.*, **Tan, K. A.**, Ibrahim, N., & Mohd Sidik, S., (2021). Effectiveness of online mindfulness-based intervention (iMBI) on inattention, hyperactivity-impulsivity, and executive functioning in college emerging adults with attention-deficit/hyperactivity disorder: A study protocol. *International Journal of Environmental Research and Public Health*, 18(3), 1257.
- Subhas, N.*, Pang, N. T. P., Chua, W. C., Kamu, A., Ho, C. M., David, I. S., Goh, W. W. L., Gunasegaran, Y. I., & **Tan, K. A.** (2021). The cross-sectional relations of COVID-19 fear and stress to psychological distress among frontline healthcare workers in Selangor, Malaysia. *International Journal of Environmental Research and Public Health*, 18(19), 10182.
- Wong, Y. S.*, Zulkefly, N. S., & **Tan, K. A.** (2021). Stressful life events and depressive symptoms among adolescents in Malaysia: The mediating role of maladaptive cognitive schema. *International Journal of Adolescent Medicine and Health*, 33(6), 493–500.

2022

Muhammad Arif, M. R. *, Awang, H., **Tan, K. A.**, Siti Hazrah, S. D., Nathratul Ayesah, Z. (2022). The associations between sociodemographic, clinical characteristics, and psychiatric admission among psychiatric patients after acute community treatment. *Malaysian Journal of Public Health Medicine*, 22(Suppl. 2), 83.

Sam, J. M. *, Ismail, S. I. F., **Tan, K. A.**, Mohd Sidik, S., & Osman, Z. J. (2022). Evaluating the change process of a brief cognitive behavior therapy workshop for psychological distress among primary care self-referrals in Selangor, Malaysia. *Frontiers in Psychiatry*, 13, 84809.

Suhaimi, A. F. *, Makki, S. M., **Tan, K. A.**, Silim, U. A., & Ibrahim, N. (2022). Translation and validation of the Malay Version of the WHO-5 Well-Being Index: Reliability and validity evidence from a sample of Type 2 diabetes mellitus patients. *International Journal of Environmental Research and Public Health*, 19(7), 4415.

Suliman, Q. *, Lim, P. Y., & **Tan, K. A.** (2022). Risk factors for early TB treatment interruption among newly diagnosed patients in Malaysia. *Scientific Reports*, 12(1), 1–9.

Tan, C. E. *, Lau, S. C. D., **Tan, K. A.**, Latiff, Z. A., Teh, K. H., Lee, C. C., & Sidik, S. M. (2022). Development and validation of a Caregiving Knowledge Questionnaire for parents of pediatric leukemia and lymphoma patients in Malaysia. *Cureus*, 14(10), e30903.

Tan, S. T. *, Mohd Sidik, S., Rampal, L., **Tan, K. A.**, & Ibrahim, Z. (2022). Development of an integrated-Weight Management Programme (i-WMP) among non-communicable disease patients. *International Journal of Public Health and Clinical Sciences*, 9(2), 21–35.

Tan, S. T. *, Mohd Sidik, S., Rampal, L., **Tan, K. A.**, Ibrahim, Z., Ummu Kalsum, M., Fuziah, P., Nor Hazlin, T., Naemah, S., & Ibrahim, N. (2022). Development of an integrated-weight management programme in Malaysian government primary care clinics based on focus group discussions. *Malaysian Journal of Public Health Medicine*, 22(Suppl. 2), 18.

Yew, S. Q. *, Mohd Nazan, A. I. N., & **Tan, K. A.** (2022). Study protocol of a mixed-methods study to develop and validate the Malaysian Anti-Hypertensive Agents Non-Adherence Scale in hypertensive patients. *Malaysian Journal of Medicine and Health Sciences*, 18(6), 332–339.

2023

Abdul Razak, N. *, Mohd Shariff, Z., Gan, W. Y., & **Tan, K. A.** Growth patterns and factors associated with overweight/obesity among infants at the age of 2 years: Findings from a cohort study in Malaysia. *Annals of Nutrition and Metabolism*, 79(Suppl. 1), 316–316.

Lee, J. K. *, Osman, Z. J., Ismail, S. I. F., & **Tan, K. A.** (2023). Psychometric examination of the Malay version of the Pain Catastrophising Scale in a Malaysian chronic pain sample. *Malaysian Journal of Anaesthesiology*, 2(1), 69–81.

- Norain, M.* , Norliza, A., Salmiah, M. S., **Tan, K. A.**, & Rosnah, S. (2023). Effectiveness of a theory-based online animated video intervention to reduce intention and willingness to sext among diploma students: A cluster randomized controlled trial. *Journal of Medical Internet Research*, 25, e48968.
- Norliza, A., Norain, M.* , Salmiah, M. S., **Tan, K. A.**, & Rosnah, S. (2023). Development of an online animated sexting prevention module based on prototype willingness model to reduce intention and willingness to sext among undergraduate students. *Medical Journal of Malaysia*, 78(5), 646–652.
- Norliza, A., Norain, M.* , Salmiah, M. S., **Tan, K. A.**, & Rosnah, S. (2023). Online animated video intervention effect on intention and willingness to sext among undergraduate students. *Malaysian Journal of Public Health Medicine*, 23(Suppl. 1), 107–109.
- Sam, J. M.* , Ismail, S. I. F., **Tan, K. A.**, Mohd Sidik, S., & Osman, Z. J. (2023). Development of brief cognitive behavioral therapy workshop study protocol for primary care attendees with common mental disorders in Selangor, Malaysia. *Jurnal Psikologi Malaysia*, 37(1), 1–11.
- Subhas, N.* , Ang, J. K., **Tan, K. A.**, & Aizah Ahmad, S. N. (2023). Relations between clinical characteristics and cognitive deficits among adult patients diagnosed with major depressive disorder. *International Journal of Psychiatry in Clinical Practice*, 27(3), 219–231.
- Suhaimi, A. F.* , Makki, S. M., Ibrahim, N., & **Tan, K. A.** (2023). Translation and validation of the WHO-5 Malay Well-Being Index in diabetes patients. *International Journal of Psychology*, 58(Suppl. 1), 1066–1066.
- Suhaimi, A. F.* , Makki, S. M., **Tan, K. A.**, & Ibrahim, N. (2023). Motivational interviewing – the missing piece in the training of mental health care in diabetes. *International Journal of Psychology*, 58(Suppl. 1), 1058–1059.
- Yew, S. Q.* , **Tan, K. A.**, Mohd Nazan, A. I. N., & Manaf, R. A. (2023). Development and validation of a Medication Non-Adherence Scale for Malaysian Hypertensive Patients: A mixed-methods study. *Environmental Health and Preventive Medicine*, 28, 75.
- Yew, S. Q.* , **Tan, K. A.**, Mohd Nazan, A. I. N., & Manaf, R. A. (2023). Domains of adherence and non-adherence to anti-hypertensive medications in hypertensive patients from Kuala Lumpur: A qualitative study. *Malaysian Journal of Medicine and Health Sciences*, 19(5), 70–81.
- 2024
- Tan, C. E.* , Admodisastro, N., Lau, S. C. D., **Tan, K. A.**, Teh, K. H., Lee, C. C., & Sidik, S. M. (2024). Development and user evaluation of an online caregiver education resource for Malaysian parents of children with leukaemia or lymphoma. *Asia-Pacific Journal of Oncology Nursing*, 11(2), 100363.

Tan, C. E.*, **Tan, K. A.**, Lau, S. C. D., Teh, K. H., & Sidik, S. M. (2024). The linguistic and construct validity of the Malay version of the Coping Self-Efficacy Scale (CSES-My): Evidence from a sample of Malaysian parents of children with leukemia or lymphoma. *Belitung Nursing Journal*, 10(4).

Tan, K. A. (2024). A simple guide to citation practices for authors at the *Malaysian Journal of Medicine and Health Sciences* submissions. *Malaysian Journal of Medicine and Health Sciences*, 20(1), 1–2.

Tan, K. A., Nik Jaafar, N. Z., Bahar, N., Ibrahim, N., Baharudin, A., Wan Ismail, W. S., Melisa, A. A., & Sim, S. T. (2024). The dual systems model—impulsivity and narcissism as the reflexive system and self-regulation as the reflective system—of smartphone addiction. *Cyberpsychology, Behavior, and Social Networking*, 27(2), 156–162.

Tan, K. A. (2024). Rohingya refugee health and well-being in Malaysia: A call for research and action. *The Lancet Regional Health – Western Pacific*, 52, 101229.

2025

Dina Nurfarahin, M.*, Norliza, A., Zulkefli, N. A. M., & **Tan, K. A.** (2025). Design of SCoPE health education module on internet addiction prevention among undergraduate students: Study protocol for a cluster randomized controlled trial. *Malaysian Journal of Medicine and Health Sciences*, 21(2), 267–273.

Dong, X.*, Ahmad, N., **Tan, K. A.**, Lee, K., Mohd Zulkefli, N. A., Guo, K., & He, L. (2025). Effectiveness of theory-based health education interventions in reducing stress among nursing students: A systematic review and meta-analysis. *Archives of Psychiatric Nursing*, 57, 151915.

Keng, S.L., Mohd Salleh Sahimi, H., Chan, L. F., **Tan, K. A.**, Vafa, S., Zainal, N. H., Woon, L. S.C., Sim, S.H., Wong, M. K., & Eu, C. L. (2025). Screening for borderline personality disorder (BPD) in Malaysia: A validation study of the McLean Screening Instrument for BPD. *Borderline Personality Disorder and Emotion Dysregulation*, 12, 34.

Masiran, R., **Tan, K. A.**, Ismanizan, M. A.*, Roslee, N. A.*, & Prabaharan, P.* (2025). Prevalence of children's emotional and behavioural problems and parents' psychological distress in child and adolescent psychiatric clinic Hospital Sultan Abdul Aziz Shah. *International Journal of Psychiatry in Clinical Practice*, 1–5.

Tan, K. A. (2025). A strategic milestone: Welcome to the new MJMHS online portal. *Malaysian Journal of Medicine and Health Sciences*, 21(3), 1.

Tan, K. A. (2025, December 22). *The weight of being unseen: Mental health in Jin Ong's Abang Adik*. Cambridge Core Blog. Cambridge University Press. <https://www.cambridge.org/core/blog/2025/12/22/the-weight-of-being-unseen-mental-health-in-jin-ongs-abang-adik/>

BOOKS AND CHAPTERS

* Student/former student

Sim, S. T.*, Melisa, A. A., Bahar, N., Nik Jaafar, N. Z., Ibrahim, N., Wan Ismail, W. S., Baharudin, A., **Tan, K. A.**, & Ling, L. S. (2023). Problematic internet usage among women in Malaysia. In F. Prever, G. Blycker, & L. Brandt (Eds.), *Behavioural addiction in women: An international female perspective on treatment and research* (pp. 116–120). Routledge.

Tan, K. A., Keng, S. L., & Mansor, A. T. (Eds.). (2023). *Mental health issues in Southeast Asia regions: Looking back and moving forward*. Frontiers Media.

CONFERENCE PRESENTATIONS

Paper/Poster Presentations

Mansor, A. T., & **Tan, K. A.** (2010, August). *The role of career exploration in predicting career identity of Malaysian undergraduates*. Paper session presented at the 18th Asia Pacific Psychological and Educational Counselors Association Biennial Conference, Pulau Pinang, Malaysia.

Mansor, A. T., & **Tan, K. A.** (2011, June). *Influence of gender on career readiness among Malaysian undergraduates*. Poster session presented at the 22nd Pacific Science Congress, Kuala Lumpur, Malaysia.

Tan, K. A., Ang, R. P., & Tobin, R. M. (2011, July). *Agreeableness as a moderator of the relation between surgency and adaptive skills*. Paper presented at the 6th International Conference on Child and Adolescent Psychopathology, London, United Kingdom.

Tan, K. A., Zulkefly, N. S., Ibrahim, N., Mukhtar, F., & Mohd Sidik, S. (2015, October). *The addictive effects of loneliness, academic stress, and social support on medical students' Internet addiction*. Paper presented at the 4th International Society of Internet Addiction Annual Conference, Osaka, Japan.

Abdul Razak, N., Mohd Shariff, Z., Mohd Nasir, M. T., Gan, W. Y., & **Tan, K. A.** (2016, June). *Early nutrition, growth, and cognitive development of infants from birth to 2 years: Methodology and preliminary findings at 6 months*. Paper presented at the 31st National Society of Malaysia Annual Scientific Conference, Kuala Lumpur, Malaysia.

Kamarudin, S. A., Abdul Rahman, S., **Tan, K. A.**, Mohd Sidik, S., Ibrahim, N., & Mukhtar, F. (2016, October). *Psychopathic correlates of smartphone addiction among UPM undergraduates*. Paper presented at the 5th International Society of Internet Addiction Annual Conference, Putrajaya, Malaysia.

Zainal Abidin, W. F., Moaganasundram, D., **Tan, K. A.**, Mohd Sidik, S., Fernandez, A., & Ibrahim, N. (2016, October). *Prevalence and psychological correlates of online gambling behavior among UPM medical undergraduates*. Paper presented at the 5th International Society of Internet Addiction Annual Conference, Putrajaya, Malaysia.

Abdul Razak, N., Mohd Shariff, Z., Mohd Nasir, M. T., Gan, W. Y., & **Tan, K. A.** (2017, May). *Factors associated with cognitive development of infants at 6 and 12 months: Preliminary findings from an infant cohort in Seremban*. Paper presented at the 1st Southeast Asia Public Health Nutrition Conference, Kuala Lumpur, Malaysia.

- Abdul Razak, N., Mohd Shariff, Z., Mohd Nasir, M. T., Gan, W. Y., & **Tan, K. A.** (2017, March). *Predictors of catch-up growth and risk of overweight and obesity in the first 6 months of life: Preliminary findings from a Malaysian cohort study*. Poster presented at the 4th International Conference on Nutrition and Growth, Amsterdam, the Netherlands.
- Sam, J. M., Fadhilah Ismail, S. I., Mohd Sidik, S., Osman, Z. J., & **Tan, K. A.** (2017, August). *Common mental disorder, mental health literacy, and stigma attitudes among primary care attendees in a Malaysia sub-urban community*. Paper presented at the International Conference on Social and Behavioral Sciences, Singapore.
- Tan, K. A.**, Ibrahim, N., Bahar, N., Baharudin, A., Wan Ismail, W. S., Nik Jaafar, N. R., Melisa, A. A., & Sim, S. T. (2017, July). *The dual systems model of smartphone addiction: Self-regulation as a mediator*. Paper presented at the 6th International Society of Internet Addiction Annual Conference, Bonifacio Global City, the Philippines.
- Tee, J. Y. H., Gan W. Y., Chin, Y. S., & **Tan, K. A.** (2017, May). *Associations between BMI, meal intake, and physical activity with executive function among adolescents aged 13 to 16 years in Petaling Perdana, Selangor*. Paper presented at the 1st Southeast Asia Public Health Nutrition Conference, Kuala Lumpur, Malaysia.
- Pang, N. T., Masiran, R., **Tan, K. A.**, & Kassim Aminah. (2018, October). *Psychological mindedness as a mediator in the relationship between dysfunctional coping styles and depressive symptoms in the caregivers of children with autism spectrum disorder*. Paper presented at the 18th International Congress of Pacific Rim College of Psychiatrists, Yangon, Myanmar.
- Pheh, K. S., **Tan, K. A.**, Mohd Sidik, S., & Ibrahim, N. (2018, August). *Efficacy of online mindfulness-based intervention in reducing inattention and hyperactivity-impulsivity, and in improving executive functioning in emerging Chinese Malaysian adults with Attention Deficit/Hyperactivity Disorder*. Paper presented at the 13th International Conference on Child and Adolescent Psychopathology, Kuching, Malaysia.
- Tan, K. A.** (2018, July). *#smartmediaoverdependence: The Prelude*. Paper presented at the 22nd Malaysian Conference of Psychological Medicine, Kuala Lumpur, Malaysia.
- Tan, K. A.**, Ibrahim, N., Bahar, N., Baharudin, A., Wan Ismail, W. S., Nik Jaafar, N. R., Melisa, A. A., & Sim, S. T. (2018, June). *Social support as a moderator of the relation between loneliness and Internet addiction in Malaysian undergraduate medical students*. Poster presented at the 7th International Society of Internet Addiction Annual Conference, Taichung, Taiwan.
- Ibrahim, N., Alaga, A., **Tan, K. A.**, Siti Salwa, R., Baharudin, A., Melisa, A. A., Nik Jaafar, N. R., Wan Ismail, W. S., Bahar, N., & Sim, S. T. (2020, July). *Prevalence of smartphone addiction and its psychological correlates in medical students from a Malaysian private university*. Poster presented at the 9th International Society of Internet Addiction Annual Conference, Pok Fu Lam, Hong Kong.

- Ling, S. L., Nik Jaafar, N. R., Baharudin, A., **Tan, K. A.**, Bahar, N., & Ahmad Izzat, A. T. (2020, July). *Psychometric examination of the Malay version of the Internet Gaming Disorder Scale-Short Form (IGDS9-SF-M) in a sample of Malaysian undergraduates*. Poster presented at the 9th International Society of Internet Addiction Annual Conference, Pok Fu Lam, Hong Kong.
- Nik Jaafar, N. R., Baharudin, A., Ahmad Izzat, A. T., Muhammad Amirul, S. S, Don, S. S., Tan, Y. H., Nur Hasya, A. Z., Ling, S. L., & **Tan, K. A.** (2020, July). *Factors associated with Internet Gaming Disorder among Malaysian university students*. Poster presented at the 9th International Society of Internet Addiction Annual Conference, Pok Fu Lam, Hong Kong.
- Sim, S. T., Wan Ismail, W. S., Mahadevan, R., Bahar, N., **Tan, K. A.**, Ibrahim, N. (2020, July). *Cyber-psychological correlates of depression, anxiety, stress, and suicidality among public university students in Klang Valley, Malaysia*. Paper presented at the 2nd Research and Education Center of Bridging Asian Mental Health and Psychiatry International Conference, Tainan, Taiwan.
- Wan Ismail, W. S., Sim, S. T., **Tan, K. A.**, Bahar, N., Nik Jaafar, N. R., Ibrahim, N., Baharudin, A., & Melisa, A. A. (2020, July). *The relations of psychological distress and suicidality to internet and smartphone addictions in Malaysian undergraduates*. Paper presented at the 9th International Society of Internet Addiction Annual Conference, Pok Fu Lam, Hong Kong.
- Baharuddin, A. N. A. P., Nik Jaafar, N. R, **Tan, K. A.**, Dahlan, R. Baharudin, A, Ibrahim, N., Mohamad Kamal, N. A., & Woon, L. S. C. (2021, November). *The top challenges among adolescents in Malaysia: A systematic review*. Paper presented at the Annual Malaysian Psychiatric Association Meeting, Petaling Jaya, Malaysia.
- Muhammad Arif, M. R., Awang, H., **Tan, K. A.**, Siti Hazrah, S. D., Nathratul Ayesah, Z. (2022, September). *The associations between sociodemographic, clinical characteristics, and psychiatric admission among psychiatric patients after acute community treatment*. Poster presented at the 5th USIM International Health Conference.
- Tan, S. T., Mohd Sidik, S., Rampal, L., **Tan, K. A.**, Ibrahim, Z., Ummu Kalsum, M., Fuziah, P., Nor Hazlin, T., Naemah, S., & Ibrahim, N. (2022, September). *Development of an integrated-weight management programme in Malaysian government primary care clinics based on focus group discussions*. Paper presented at the 5th USIM International Health Conference.
- Norliza, A., Norain, M. Salmiah, M. S., **Tan, K. A.**, & Rosnah, S. (2023, July). *Online animated video intervention effect on intention and willingness to sext among undergraduate students*. Paper presented at the 11th National Public Health Conference and the 1st Global Public Health Conference. [Best Oral Presentation]
- Abdul Manaf, N. A., Ismail, S. I. F., & **Tan, K. A.** (2024, November). *Diagnostic delays in ADHD among adult female outpatients: Study protocol for a mixed-methods*. Poster presented at the 2nd Asia Pacific Regional Development Community Summit. [Bronze Medal]

- Izzati, M. B., Mukhtar, F., & **Tan, K. A.** (2024, March). *The effectiveness of dialectical behavior therapy skills training (DBT-ST) in managing patients with borderline personality disorders in Malaysia: a randomised controlled trial*. Paper presented at the 8th Asian CBT Congress. [Best Oral Presentation]
- Tey, S. H., Tan, G. L., & **Tan, K. A.** (2024, October). *The effectiveness of a transdisciplinary early intervention program on improving developmental functional skills among children with neurodevelopmental disorders: A study protocol for a within-subjects design*. Poster presented at the Malaysian Conference on Paediatrics and Child Health.
- Pheh, K. S., & **Tan, K. A.** (2025, June). Effectiveness of online gatekeeper training programme for youth on suicide prevention: A systematic review of randomised controlled trials. Paper presented at the International Association for Suicide Prevention World Congress 2025.
- Keng, S.-L., Mohd Salleh Sahimi, H., Vafa, S., Ng, E. Q., Zainal, N. H., & **Tan, K. A.** (2025, November). Screening for borderline personality disorder (BPD) in Malaysia: A validation study of the McLean Screening Instrument for BPD. Presentation to be presented at 56th annual meeting of the Association for Behavioral and Cognitive Therapies.
- Colloquia/Invited Talks*
- Tan, K. A.** (2014, September). *A multitrait-multimethod analysis of the Behavior Assessment System for Children-2's Scales—Externalizing Problems and Adaptive Skills*. Public Opinion Research Laboratory, Shanghai Jiatong University.
- Tan, K. A.** (2015, August). *American Psychological Association (APA) Citation and Format Style*. Faculty Excellence Month 2015, Universiti Putra Malaysia.
- Tan, K. A.** (2015, September). *Psychopathic correlates of smartphone addiction: A demonstration of structural equation modeling with AMOS*. Public Opinion Research Laboratory, Shanghai Jiatong University.
- Tan, K. A.** (2019, October). *Scientific writing workshop*. Clinical Research Centre, Hospital Putrajaya.
- Tan, K. A.** (2022, September). *Manuscript writing workshop*. Clinical Research Centre, Hospital Putrajaya.
- Tan, K. A.** (2023, July). *Manuscript writing workshop*. Clinical Research Centre, Hospital Putrajaya.
- Tan, K. A.** (2024, February). “PAPER” Workshop (Prepare. And. Practice. For. Exam. Revision Course). Conjoint Board of Psychiatry.
- Tan, K. A.** (2024, August). *Manuscript writing workshop*. Clinical Research Centre, Hospital Putrajaya.
- Tan, K. A.** (2024, September). *MPA*STARS-Mock Critical Appraisal Part 2*. Malaysian Psychiatric Association.

Tan, K. A. (2024, September). *Questionnaire validation workshop*. Clinical Research Unit, Hospital Sultan Abdul Aziz Shah.

Exhibitions

Mansor, A. T., & **Tan, K. A.** (2008, July). *The relationships between ecological Contexts, job stress, and job satisfaction among engineers in Pulau Pinang*. Poster session presented at the Exhibition of Invention, Research, and Innovation, Universiti Putra Malaysia, Selangor. [*Gold Medal*]

Mansor, A. T., & **Tan, K. A.** (2010, July). *Influence of gender on career readiness among Malaysian undergraduates*. Poster session presented at the Exhibition of Invention, Research, and Innovation, Universiti Putra Malaysia, Selangor. [*Bronze Medal*]

Ang, R. P., **Tan, K. A.**, & Mansor, A. T. (2012, July). *Narcissistic exploitativeness and cyberbullying: Approval-of-aggression beliefs as a mediator*. Poster session presented at the Exhibition of Invention, Research, and Innovation, Universiti Putra Malaysia, Selangor. [*Bronze Medal*]

GRANTS/FUNDING

Current Research Grants

Project Title: *Evaluation of an AI-Powered Zoala Mobile Application to Support Psychological Well-Being and Mental Health Literacy Among UPM Students*

Funder: Collaborative Grant

Role: Co-Investigator

Total Amount Awarded: MYR24000

Project Title: *Research for Youths: Developing a Measure of Youth Well-Being in Malaysian Adolescents*

Funder: Collaborative Grant

Role: Principal Investigator

Total Amount Awarded: MYR50000

Project Title: *Evaluating a Violent Extremism Prevention Training Workshop for Teachers*

Funder: Collaborative Grant

Role: Principal Investigator

Total Amount Awarded: MYR50000

Project Title: *Effect of Health Education Intervention in Preventing Internet Addiction Among Undergraduate Students, UPM*

Funder: UPM

Role: Co-Investigator

Total Amount Awarded: MYR24900

Previous Research Grants (Last 5+ Years)

Project Title: *Effect of Sexting Intervention Module (SIM) Using Prototype Willingness Model on Intention and Willingness to Sext Among Undergraduate Students*

Funder: Other Public Sector Grant

Role: Co-Investigator

Total Amount Awarded: MYR30000

Project Title: *Identifying Factors Towards a New Integrated Obesity Reduction Programme in Malaysian Government Primary Care Clinics*

Funder: Fundamental Research Grant Scheme

Role: Co-Investigator

Total Amount Awarded: MYR64200

Project Title: *Validating a Psychopathic Measure for Violent Extremists in Sabah and Selangor*

Funder: International/Private Grant

Role: Principal Investigator

Total Amount Awarded: MYR45000

Project Title: *Development of a Cognitive Vulnerabilities Model for Psychological Problems in Adolescents*

Funder: Fundamental Research Grant Scheme

Role: Co-Investigator

Total Amount Awarded: MYR59200

TEACHING

† Co-teaching

UAPG 2023 Statistical Techniques for Behavioral Science II

Fall 2007–2008

Universiti Tunku Abdul Rahman

Instructor: Tam, C. L.

HP 101/1000 Introduction to Psychology

Fall 2011–2012

Nanyang Technological University

Instructor: Qiu, L.

Summary student ratings for overall teaching effectiveness (4.2 out of 5.0)

PSY 5000 Basic Psychiatry†

Summer 2013–present

Universiti Putra Malaysia

Summary student ratings for overall teaching effectiveness (4.6 out of 5.0)

PSY 5001 Basic Medical Sciences†

Summer 2013–present

Universiti Putra Malaysia

Summary student ratings for overall teaching effectiveness (4.6 out of 5.0)

SPP 3131 Behavioral Sciences†

Summer 2014–2015

Universiti Putra Malaysia

Summary student ratings for overall teaching effectiveness (4.7 out of 5.0)

SKJ 3307 Behavioral Sciences†

Fall 2015–2021

Universiti Putra Malaysia

Summary student ratings for overall teaching effectiveness (4.8 out of 5.0)

SPH 6101 Applied Medical Statistics for Public Health Research†

Fall 2015–2016

Universiti Putra Malaysia

Summary student ratings for overall teaching effectiveness (4.7 out of 5.0)

SPH 6102 Advanced Quantitative Research†

Fall 2017–2018

Universiti Putra Malaysia

Summary student ratings for overall teaching effectiveness (4.7 out of 5.0)

SBP3014 Behavioral Sciences†

Summer 2022–present

Universiti Putra Malaysia

Summary student ratings for overall teaching effectiveness (4.7 out of 5.0)

MCP5100 Research Methodology in Behavioral Sciences and Statistics

Summer 2024–present

Universiti Putra Malaysia

Summary student ratings for overall teaching effectiveness (4.7 out of 5.0)

SUPERVISION

Undergraduate Research Project Supervision

2014: Mohd Arif Kor, M. S.

Tukiman, N. M.

Che Ahmad Kamily, N. A.

2015: Kamarudin, S. A.

Abdul Rahman, S.

2016: Zainal Abidin, W. F.

Moaganasundram, D.

Master's Students (as co-supervisor)

2017: Soh, K. Y. (*MMed in psychiatry*)

Subhas, N. (*MMed in psychiatry*)

2018: Tee, J. (*MSc in community nutrition*)
Alaga, A. (*MMed in psychiatry*)
Pang, N. T. (*MMed in psychiatry*)
Koh, B. Y. (*MMed in psychiatry*)
Muhamad Rasat, M. A. (*MMed in psychiatry*)

Current Master's Students (as co-supervisor)

2014: Ng, S. (*MSc in psychological medicine*)
2015: Ng, C. K. (*MMed in psychiatry*)
David, I. (*MMed in psychiatry*)
2017: Wong, Y. (*MSc in psychological medicine*)
Ragupathi, D. (*MSc in psychological medicine*)
Su, M. C. (*MSc in psychological medicine*)
Zarifah, A. (*MSc in psychological medicine*)

Current PhD Students (as co-supervisor)

2015: Tan, S. T. (*PhD in public health*)
Abdul Razak, N. (*PhD in community nutrition*)
Sam, J. M. (*PhD in psychological medicine*)
2016: Irfan, S. (*PhD in psychological medicine*)
2017: Chandran, R. K. (*PhD in psychological medicine*)
2018: Suhaimi, A. F. (*PhD in psychological medicine*)
Al-Oran, H. M. (*PhD in nursing*)
Suliman, Q. (*DrPH*)
2019: Omar, M. (*DrPH*)
Jafri, F. (*DrPH*)
Yew, S. Q. (*PhD in public health*)

Current PhD Students (as main supervisor)

2017: Peh, K. S. (*PhD in psychological medicine*)

EDITORIAL AND CONSULTING ACTIVITIES

Lead Guest editor for

Malaysian Journal of Medicine and Health Sciences
Frontiers in Public Health/Psychiatry/Sociology

Reviewer editor for

Frontiers in Child and Adolescent Psychiatry

Principal reviewer for

Psychology of Addictive Behaviors

Periodic reviewer for

Applied Psychology: An International Review
Asian Journal of Psychiatry
Asian Women
Behaviour & Information Technology
BMC Supplements
BMJ Open

Child Psychiatry and Human Development
Cognitive Behaviour Therapy
Comprehensive Psychiatry
Corporate Social Responsibility and Environmental Management
Critical Public Health
Ethnicity & Health
European Journal of Education
Frontiers in Child and Adolescent Psychiatry
Frontiers in Education
Frontiers in Psychiatry
Frontiers in Public Health
International Journal of Mental Health and Addiction
Interntinal Quarterly of Community Health Education
International Social Science Journal
Journal of Pacific Rim Psychology
Malaysian Journal of Medicine and Health Sciences
Malaysian Journal of Psychiatry
Medical Education Online
Medicina
PeerJ
Personality and Individual Differences
Perspectives in Psychiatry Care
Psychiatry Research
Psychology of Addictive Behaviors
Psychological Reports
School Psychology International
Social Psychiatry and Psychiatric Epidemiology
The Lancet Regional Health – Western Pacific

THESIS EXAMINING EXPERIENCE

2016: External PhD examiner for Yusof, N. M. of James Cook University
2019: External master's examiner for Lee, L. L. of and for Farid, A. A. of Cyberjaya
University College of Medical Sciences
2021: Internal master's examiner for Lua, Y. H of Universiti Putra Malaysia
2022: Internal master's examiner for Tan, K. P. of Universiti Putra Malaysia
2023: Internal master's examiner for Teo, P. Y. of Universiti Putra Malaysia
2024: Internal master's examiner for Balakrishnan, S. of Universiti Putra Malaysia
2025: Internal master's examiner for Mohd Amirul Hafifi, K. of Universiti Putra Malaysia

MEDIA COVERAGE

Interviews

Astro AWANI
Malay Mail online
Malaysian Digest
The Star
Yahoo News Singapore

LEADERSHIP IN ASSOCIATIONS

Member, *Golden Key International Honour Society*, 2005–present

Vice President (External), *Golden Key Universiti Putra Malaysia Chapter*, 2006–2007

Member, *American Psychological Association (membership #: 0139-2957)*, 2015–present

Founding Member and Secretary, *Malaysian Society of Internet Addiction Prevention*, 2017–present

Working Group Member, *Coalition for Equitable Research in Low-Resource Settings* (previously known as *COVID-19 Clinical Research Coalition*), 2020–present

Secretary, *Malaysian Educational and Psychological Wellbeing Society*, 2021–present

APA Editorial Fellow for *Psychological Assessment*, 2025–present

Editorial Board Member for *Personality and Individual Differences*, 2025–present

Editorial Board Member for *International Journal of Mental Health and Addiction*, 2025–present

Collaborator, Global Burden of Disease (GBD) Collaborator Network, Institute for Health Metrics and Evaluation, 2025–present

+++The End+++