

RESEARCH & PROFESSIONAL PROFILE

My work sits at the intersection of organisational behaviour and human resources, clinical psychology, and clinical neuroscience. With a strong foundation in research design, statistical analysis, psychometrics, and academic writing, I have conducted multi-method and clinical research, published in top-tier peer-reviewed journals, and developed study protocols, grant applications, ethics submissions, SOPs, and manuscripts for international conferences and journals.

As a psychologist, I am trained in neuropsychological assessment and evidence-based interventions, including cognitive behavioural therapy and mindfulness-based approaches. This clinical grounding, together with advanced interviewing, observation, and behavioural analysis skills, informs my research on cognition, emotion, and work behaviour. I also bring extensive experience in clinical research operations, spanning protocol development, study and participant management, data governance, and regulatory compliance in human research.

In addition, I bring leadership and management experience from serving as Centre Manager of a multidisciplinary research centre at a medical school, where I oversaw strategy, manpower planning, operations, staff development, and team culture. I have managed complex projects and stakeholders across universities, hospitals, industry, and donor partnerships, with hands-on expertise in ethics and compliance, governance audits, SOP development, and contract drafting and negotiation.

My current research interests include mindfulness, particularly Langerian mindfulness; self-regulation; attention in the workplace; generative AI and its implications for organisational outcomes; strategic human resource management and talent acquisition; ecological rationality, decision making, leadership, organisational climate; organisational responsiveness to employee needs; and the role of social and task cohesion in sustainable peak performance. I welcome opportunities to connect and collaborate with researchers and organisations working in these areas. I am a native speaker of English and Mandarin.

SELECTED PUBLICATIONS

- Mohammed, A. A., Vipin, A., **Leow, Y. J.**, Setiabudi, E., Tan, F., Agarwal, H., ... & Kandiah, N. (2026). ReCOGnAlze app to detect vascular cognitive impairment and mild cognitive impairment. *Alzheimer's & Dementia*, 22(2), e70992.
- Wang, J. D. J., **Leow, Y. J.**, Saffari, S. E., Vipin, A., Sandhu, G. K., & Kandiah, N. (2025). Topography of small vessel cerebrovascular disease differentially impacts cognitive domains across cognitive syndromes. *Aging (Albany NY)*, 17(11), 2744.
- Ong, J. J. H., **Leow, Y. J.**, Qiu, B., Tanoto, P., Zailan, F. Z., Sandhu, G. K., & Kandiah, N. (2025). Association of Enlarged Perivascular Spaces with Early Serum and Neuroimaging Biomarkers of Alzheimer Disease Pathology. *Neurology*. 2025;105(6).
- Leow, Y. J.**, Saffari, S. E., Vipin, A., Tanoto, P., Salim, R. B. S. M., Qiu, B., ... & Kandiah, N. (2025). Mild Behavioral Impairment and Cortical Thinning: Biomarkers of Early Neurodegeneration. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*.
- Aw, T. B. H., **Leow, Y. J.**, & Kandiah, N. (2025). Association of Plasma p-tau181 and Cognition in Nondemented Subjects Without A β 42/40 Positivity. *The American Journal of Geriatric Psychiatry*.

Wang, J. D. J., **Leow, Y. J.**, Vipin, A., Sandhu, G. K., & Kandiah, N. (2025). Associations between GFAP, A β 42/40 ratio, and perivascular spaces and cognitive domains in vascular cognitive impairment. *International Journal of Molecular Sciences*, 26(8), 3541. (IF 4.9)

Tanoto, P., Ye, H. E., Saffari, S. E., **Leow, Y. J.**, Vipin, A., Lee, F. P. H. E., ... & Kandiah, N. (2025). Detection of Vascular Mild Cognitive Impairment in Southeast Asia Using the Visual Cognitive Assessment Test: Machine Learning Analysis From the BIOCIS (Biomarkers and Cognition Study, Singapore). *JMIR aging*, 8(1), e76847.

Leow, Y. J., Wang, J. D. J., Vipin, A., Sandhu, G. K., Soo, S. A., Kumar, D., ... & Kandiah, N. (2024). Biomarkers and Cognition Study, Singapore (BIOCIS): Protocol, Study Design, and Preliminary Findings. *The Journal of Prevention of Alzheimer's Disease*, 1-13.

Leow, Y. J., Soo, S. A., Kumar, D., Zailan, F. Z. B., ... & Kandiah, N. (2024). Mild Behavioral Impairment and Cerebrovascular Profiles Are Associated with Early Cognitive Impairment in a Community-Based Southeast Asian Cohort. *Journal of Alzheimer's Disease*, 1-9.

Leow, Y. J., Dang, C., & Kandiah, N. (2024). Analysis of the Effectiveness of Structured Cognitive Rehabilitation Therapy in Post-Stroke Cognitive Impairment Patients in Singapore. *Chinese Journal of Nervous and Mental Diseases*, 50(4).

Fisher, P., Chew, K., & **Leow, Y. J.** (2015). Clinical psychologists' use of reflection and reflective practice within clinical work. *Reflective Practice*, 16(6), 731-743.

[Full publication list available here](#)

CONFERENCES HIGHLIGHTS

Oral Presentations (1st Author) *86th Annual Meeting of the Academy of Management, 2026, Philadelphia, USA*

“Attention Regulation in an Age of Distraction: From Paying Attention to Inhibiting Distraction”

Oral Presentations (2nd Author) *Alzheimer's Association International Conference® (AAIC®) 2025, Toronto, Canada*

“Perivascular Spaces as Early Indicators of Alzheimer's Pathology and Cognitive Impairment in a Southeast Asian Cohort: Insights from the BIOCIS Study”; “Impact of Cerebrovascular Disease on Gender-Specific Cognitive and Biomarker Profiles: Insights from the Southeast Asian BIOCIS Cohort”; “Interplay of Hypoperfusion and Neuroinflammation: Effects on Biomarkers and Cognition in Mild Cognitive Impairment”; “Double Burden of Mild Behavioural Impairment and Frailty – Implications for Quality of Life and Cognition in a Southeast Asian Cohort”

Oral Presentation (1st Author) *Alzheimer's Association International Conference® (AAIC®) 2024, Philadelphia, USA*

“Association between Cortical Thickness and Mild Behavioral Impairment in a Southeast Asian Population – Biomarkers and Cognition Study, Singapore (BIOCIS)”

HONOURS AND AWARDS

Singapore Management University (SMU) PhD Fellowship (2025–2029)
Awarded Ph.D. scholarship in Organisational Behaviour & Human Resources at SMU

Silver Award Winner, Singapore Young Investigator Award (Clinical Research)
Singapore Health and Biomedical Congress 2024

Co-Inventor, Patent filed under the Patent Cooperation Treaty (PCT/SG2025/050238, Singapore Priority No.10202401055U), *Module and Method for Generating a Cognitive Score based on Digital Biomarkers*

A*STAR Makeathon 2022 – First Prize and Innovation Award (Team Cerebrus), \$100,000
Decentralized Gap Funding for Digital Application - POWERD (Protecting Our Wisdom, Enhancing Resilience to Dementia)

PROFESSIONAL EXPERIENCE

Lee Kong Chian School of Medicine, Nanyang Technological University, Singapore
Centre Manager, Dementia Research Centre, Singapore (DRCS)
2022 – 2025

National Neuroscience Institute, Tan Tock Seng Hospital, Singapore
Associate Psychologist and Clinical Research Coordinator
2020 – 2022

Healthway Medical Group, Psychealth Practice, Singapore
Clinical Psychologist
2019 – 2020

St. Vincent's Hospital Gambling Treatment Unit, Sydney, Australia
Provisional Psychologist
2018

Macquarie University Psychology Clinic, Sydney, Australia
Provisional Psychologist
2017 – 2018

PROFESSIONAL CERTIFICATIONS

Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Certification Course – Raffles Medical Group

Leading and Motivating Difficult Employees – National University of Singapore Business School

Finance, Fintech, and Business Analytics – The Wharton School Online (University of Pennsylvania)

Mindfulness-Based Stress Reduction (MBSR) – LifeSteps Pte Ltd

200-Hour Ashtanga & Hatha Yoga Teacher Training and Pilates Matwork – Tirisula World Pte Ltd