

Alvin Ng Lai Oon

Position: Associate Professor / BSc (Hons) Psychology Programme Chair  
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**Education:**

Postgraduate Certificate in Academic Practice, Lancaster University, United Kingdom

Doctor of Psychology, Murdoch University, Australia

Bachelor of Psychology, Murdoch University, Australia

Bachelor of Arts (Psychology), University of Western Australia, Australia

**Teaching:**

Learning Disabilities

**Brief Employment History:**

Shine Guidance Centre: Director

Universiti Kebangsaan Malaysia: Associate Professor

Tunku Abdul Rahman College: Part-time Lecturer

**Research Interests:**

- Mindfulness-based Stress Reduction (MBSR)
- Behaviour Fluency-building
- Cross-cultural Psychopathology and Psychometrics
- Mental Health Literacy
- Autism Detection and Management

### **Selected Publications:**

1. Phang, C.K., Chiang, K.C., **Ng, L.O.**, Keng, S.L., & Oei, T.P.S. (2016). Effects of Brief Group Mindfulness-based Cognitive Therapy for Stress Reduction among Medical Students in a Malaysian University. *Mindfulness*, 7, 189-197
2. Ting, P.L., **Ng, L.O.**, & Phang, C.K. (2016). Brief mindfulness-based intervention: effects between quantitative and qualitative measures. *Proceedings of the 5th Annual International Conference on Cognitive and Behavioral Psychology (CBP2016)*, Hotel Fort Canning, Singapore, 22-23 February 2016. pp. 113-114.
3. Vanajan, A.C., & **Ng, L.O.** (2016). Effectiveness of a three-week brief Mindfulness-Based Stress Reduction among university students. *Proceedings of the 5th Annual International Conference on Cognitive and Behavioral Psychology (CBP2016)*, Hotel Fort Canning, Singapore, 22-23 February 2016. pp. 111-112.
4. Nadzirah, A.B., Gan, C.H., **Ng, L.O.**, & Kumagai, S. (2015). Islamic religiosity, depression and anxiety among Muslim cancer patients. *The IAFOR Journal of Psychology & the Behavioral Sciences*, 1(1), 53-64
5. **Ng, L. O.**, Wee, L. H., Lee, J. K., Johari, M. Z., Hassan Nudin, S. S. A., & Omar, B. (2014). Developing a Malaysian Psychotic Symptom Screening Inventory: an exploratory study. *International Journal of Culture and Mental Health*, 7(4), 386-397.
6. Poh, B.K., Rojroonwasinkul, N., Le Nyugen, B.K., Budiman, B., **Ng, L.O.**, Soonthornhdhada, K., ... & Parikh, P. (2013). Relationship between anthropometric indicators and cognitive performance in Southeast Asian school-aged children. *British Journal of Nutrition*, 110(S3), S57-S64.
7. Poh, B.K., Ng, B.K., Mohd Din, S.H., Safii, N.S., Wong, J.E., Budin, S.B., Abd Talib, R., **Ng, L.O.**, Khouw, I., & Abd Karim, N. (2013). Nutritional status and dietary intakes of children aged 6 months to 12 years: findings of the Nutrition Survey of Malaysian Children (SEANUTS Malaysia). *British Journal of Nutrition*, 110, S21-S35.
8. Ibrahim, S., Abdul Karim, N., **Ng, L.O.**, & Wan Ngah, W.Z. (2013). Perceived physical activity barriers related to body weight status and sociodemographic factors among Malaysian men in Klang Valley. *BMC Public Health*, 13, 275-284.