

27-28 October 2023
NUS Shaw Foundation Alumni House

Society of Behavioural Health Singapore Scientific Meeting 2023

Fostering a Healthier Singapore Through Behavioural and
Community Interventions

Scientific Programme



Society of Behavioural Health
Singapore

Organised by:



Society of Behavioural Health,
Singapore

Co-Organised by:



Behavioural and Implementation
Science Interventions
Yong Loo Lin School of Medicine



National University
Hospital

Sponsored by:



NUS
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Saw Swee Hock
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UK & INTERNATIONAL
HEALTH COACHING ASSOCIATION

Society of Behavioural Health Singapore
Executive Committee & Scientific Meeting Organising Committee



Ms Susan Tan
President, EXCO



Dr Rayner Tan
Vice-President, EXCO



A/Prof Konstadina Griva
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Mr Zi Yang Chua
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Dr Beatrix Wong
Organising Committee Member



Dr Tina Chen
Organising Committee Member



Ms Charmaine Chia
Secretariat

A Message from our EXCO and Scientific Committee

Dear Friends and Colleagues,

We are delighted to have you join us at our scientific meeting. We are heartened by the growing interest in behavioural health and are excited to see fields not commonly associated with medical conferences like art, music and architecture showcased in our event.

As distinguished speakers bring forth insights from their respective fields, we hope you will take away valuable pearls that can be incorporated in your work and even personal lives.

If you haven't already, we warmly invite you to join our society. For those already members and wish to be more involved, please don't hesitate to reach out to any one of us in the committee. We'd be thrilled to chat more.

Even beyond this conference, we eagerly look forward to cultivating new relationships and fostering collaborations as we collectively advance the field of behavioural health.

Once again, on behalf of the Scientific Organising Committee, we extend our gratitude for your attendance and support

With warm regards,

Drs Ellie Choi and Rayner Tan
Scientific Committee Co-Chairs
On behalf of the Scientific Committee



PRE-CONFERENCE WORKSHOP & FORUM

BUILDING HEALTH COACHING COMPETENCY IN SINGAPORE AND INTERNATIONALLY

27 October 2023

Friday, 3:00PM - 6:00PM

Sesame Room, NUS Shaw Foundation Alumni House



- 1500-1600** **Joint workshop by Society of Behavioural Health Singapore and United Kingdom International Health Coaching Association**
A Health Coaching Story- Past, Present & Future
Dr Izabella Natrins, CEO, UK International Health Coaching Association
Ms Susan Tan, President, Society of Behavioural Health, Singapore
- 1600-1615** **Registration and Arrival of Invited Guests**
- 1615-1625** **Welcome Address**
Ms Susan Tan, President, Society of Behavioural Health, Singapore
- 1625-1645** **Opening Address**
Health Coaching is the Beating Heart of Whole-Person and Integrative Medicine
Dr Izabella Natrins, CEO, UK International Health Coaching Association
- 1645-1655** **Keynote Presentation**
Building Health Coaching Competency in Singapore
Ms Susan Tan, President, Society of Behavioural Health, Singapore
- 1655-1725** **Fireside Chat**
Implementing Health Coaching in the Community
Panelists from Existing Health Coaching Service Providers
- 1725-1750** **Presentations**
Shaping Health Coaching Education in Singapore
Speakers from Institution of Higher Learning in Singapore
- 1750-1800** **Networking**

SCIENTIFIC MEETING AGENDA

FOSTERING A HEALTHIER SINGAPORE THROUGH BEHAVIOURAL AND COMMUNITY INTERVENTIONS

28 October 2023

Saturday, 8:30AM - 5:30PM

Auditorium, NUS Shaw Foundation Alumni House

0830-0900 | Registration and Setting Up of Posters

0900-0915 | Opening Address by Professor Teo Yik Ying



Professor Teo Yik Ying, Dean, Saw Swee Hock School of Public Health, NUS

Professor Yik-Ying Teo is the Dean of the Saw Swee Hock School of Public Health at the National University of Singapore. Prior to his Deanship, he was the Founding Director of the School's Centre for Health Services and Policy Research (CHSPR) and also served as the Director of the Centre for Infectious Disease Epidemiology and Research (CIDER) from 2015 to 2017. He is presently a member on the Council of Scientists for the International Human Frontier Science Program, as well as a governing board member of the Regional Centre for Tropical Medicine and Public Health Network for Southeast Asia.

0915-1030 | Plenary Session 1: Population Health



Designing Healthy Buildings: The Role of Architects, Engineers, and Behavioural Scientists

Professor Lam Khee Poh

Professor Lam is a licensed architect (UK), educator and researcher who specialises in computational design support systems for total building performance analysis and building diagnostics. He is a member of the Advisory Panel member of the Centre for Liveable Cities Ltd., Singapore, Advisory Board member of Delos, USA, Co-Chair of the International Well Building Institute (IWBI) WELL City Advisory, and a World Health Organization South East Asia Region Expert Panel Member on Urban Health and Healthy City Network. He is a building performance consultant for several major award-winning projects and certified green buildings in Singapore, China and USA. He was awarded the 2013 Alexander Schwarzkopf Prize from the US National Science Foundation "for exemplary research contribution to technology innovation and positive impact on technology, industry and the society as a whole". He also received the IBM Faculty Award in 2010. He was conferred the inaugural iBuildSG LEAD Distinguished Fellow by the Building and Construction Authority, Singapore in 2020.

SCIENTIFIC MEETING AGENDA



Healthy Longevity Medicine: Optimizing Health on Population Level *Professor Andrea Britta Maier*

Professor Andrea Maier is a renowned geriatrician and Fellow of the Royal Australasian College of Physicians (FRACP). She obtained her MD from the University of Lübeck (Germany) and became a Full Professor of Gerontology at Vrije Universiteit Amsterdam (The Netherlands) in 2013. Her research focuses on the mechanisms of aging and age-related diseases, and she has conducted numerous international observational cohort studies and intervention trials, publishing more than 350 peer-reviewed articles with an H index of 63. Professor Maier has held leadership positions at various institutions, including serving as Divisional Director of Medicine and Community Care at the Royal Melbourne Hospital and as a Professor of Medicine and Aged Care at the University of Melbourne. She is currently Co-Director of the Centre for Healthy Longevity at the National University of Singapore and a member of several international academic and health policy committees, including the WHO. Professor Maier is also a founding president of the Healthy Longevity Medicine Society and a selected Member of The Royal Holland Society of Sciences and Humanities.



Public Health Response and Individual Choices: Lessons from COVID-19 and Beyond *Associate Professor Tan Ngiap Chuan*

Dr Tan Ngiap Chuan is a Senior Consultant and Family Physician at SingHealth Polyclinics. He is also the Director of Research in SingHealth polyclinics. He graduated with both the Master in Family Medicine and Master in Clinical Investigations (NUS) and is a Fellow of the College of Family Physicians of Singapore. Dr Tan is a sub-editor of the journal "Proceedings of the Singapore Healthcare" and serves as a reviewer for various local and international medical journals and grant applications.

Oral Abstract Presentation: An Augmented Community Health Screening Follow-Up Service for Older Adults Delivered Through Lay Volunteers

Jed Jasman, TriGen, Singapore, Singapore

Moderator

*Dr Ellie Choi, Treasurer, Society of Behavioural Health Singapore
Associate Consultant, National University Hospital*

SCIENTIFIC MEETING AGENDA

1030-1100 | Tea Break and Poster Viewing

1100-1230 | Plenary Session 2: Community Health

Advancing Behavioural and Community Health with Evidence-Based Interventions through Implementation Science

Professor Nick Sevdalis



Professor Nick Sevdalis is currently a Visiting Professor at the Yong Loo Lin School of Medicine, National University of Singapore and Academic Director of the Centre for Behavioural & Implementation Science Interventions (BISI). He is also serving as Specialty Chief Editor of the Journal *Frontiers in Health Services, Implementation Science* Section. Professor Sevdalis has previously held the role of Professor of Implementation Science and Patient Safety at King's College London, where he directed the Centre for Implementation Science (2015-23), and several academic roles at the Patient Safety Translational Research Centre of Imperial College London (2004-15), both in the UK. His vision is to achieve population health and high quality healthcare delivery through application of psychological and behavioural sciences and partnership development between stakeholders in academia, health services, charitable organisations and industry. His research is situated within the interdisciplinary space of implementation and improvement sciences, and applied psychology and has been disseminated in over 450 publications to-date.

Music, Mind, and Health: Exploring the Therapeutic Benefits of Music for Community Wellness

Assistant Professor Kat Agres



Dr. Kat Agres is an Assistant Professor at the Yong Siew Toh Conservatory of Music at NUS, and Director of the Centre for Music and Health (CMH), which she founded in February 2023. Prior to joining NUS, Kat led the Music Cognition group at the Institute of High Performance Computing at A*STAR. Kat received her PhD in Psychology from Cornell University in 2013, and conducted her postdoctoral research in Music Cognition and Computational Creativity at Queen Mary University of London. She also holds a bachelor's degree in Cello Performance and Cognitive Psychology from Carnegie Mellon University. Kat has received numerous grants to support her research, including Fellowships from the National Institute of Health (NIH) and the National Institute of Mental Health (NIMH), postdoctoral support from the European Union, research funding from the Agency for Science, Technology and Research (A*STAR), and others. Her research explores music interventions and technologies for healthcare and well-being, music perception and cognition, and computational creativity. Kat publishes extensively in a diverse range of conferences and journals, from 'The Psychology of Music' to 'Cognitive Science' and 'Neural Computing and Applications.' She has presented her work in twenty countries across five continents, has played cello professionally, and loves playing music in her free time.

SCIENTIFIC MEETING AGENDA



The Role of Art in Health

Dr Jean Liu

Dr Jean Liu is a researcher at the National Gallery Singapore and Adjunct Assistant Professor at the Yong Loo Lin School of Medicine. She has taught courses on well-being and health psychology at Yale-NUS College, and conducted research on the intersection of health and technology. In view of her expertise, she has consulted for the World Health Organization, was an expert member of the Interagency Taskforce on Child and Maternal Health and Wellbeing, and is currently council member for the Ministry of Health's Agency for Care Effectiveness.

Oral Abstract Presentation: Opportunities? Inequities? Sustainability? Community-Based Telehealth in Geriatric Care: A Multi-Method Study

Zhang Yichi, Physical Education and Sports Science, National Institute of Education, Nanyang Technological University, Singapore

Ageing Research Institute for Society and Education, Interdisciplinary Graduate Programme, Nanyang Technological University, Singapore

Oral Abstract Presentation: Slow Art Plus: Developing and Piloting a Single Session Art Gallery-Based Intervention for Mental Health Promotion via a Mixed Method Waitlist Randomised Control Trial

Alicia Teng, National Gallery Singapore, Singapore

Moderator

Ms Iman Fahim Hameed, MSc (Public Health)

EXCO member of SBHS

Senior Consultant at ACCESS Health International

1230-1330 | Lunch, Poster Viewing, and Lunch Session



Lunch Session: Elevating Health Coaching in Singapore: A Comprehensive Overview

*Ms Susan Tan, President, Society of Behavioural Health, Singapore
Founder, ECI Consulting Holdings*

Passionate about health promotion with over 2 decades of experience, Susan Tan founded ECI Consulting Holdings - a public health focused social enterprise that empowers individuals in uncovering meaning and purpose in life to pursue happier and healthier lives, as well as educating businesses on how to optimise the environment to elevate happiness in the workplace. Susan is a nurse, an educator, a coach, and an author who holds a MA in LifeLong Learning from University of London. She authored two books. Her first book is titled Add MEANINGS To Your Life Every Day – presenting eight strategies on dementia prevention. During the Covid-19 lockdown in Singapore, she wrote her second book DIY Happiness Toolkit – Your Practical Guide for a Happier Life in the New Normal.

SCIENTIFIC MEETING AGENDA

1330-1500 | Plenary Session 3: Organisational Health



Behavioural Nudges Using A.I.-Driven Chatbots

Associate Professor Ngiam Kee Yuan

A/Prof Ngiam is a Senior Consultant at the Division of General Surgery (Thyroid & Endocrine Surgery) at the National University Hospital, Singapore, where he specialises in thyroid and endocrine surgical disorders. With advanced specialist training in general surgery, he was accredited as a surgical specialist by the Specialist Accreditation Board, Singapore in 2012, and received a fellowship from the Royal College of Surgeons of Edinburgh. He also completed a Fellowship in Metabolic and Endocrine Surgery in Taiwan, and training in robotic thyroid surgery at the Seoul National University Hospital, South Korea. A/Prof Ngiam's research interests include parathyroid surgery, robotic thyroid surgery, obesity surgery for type 2 diabetes, and thyroid cancer surgery. He was awarded the ExxonMobil-NUS Research Fellowship for Clinicians in 2007. A/Prof Ngiam is also skilled in advanced endoscopy and laparoscopic surgery, and his special interests include bariatric and metabolic surgery.



From Medicine to Management: Leading Health and Wellbeing Strategies in The Corporate World

Dr Andrew Epaphroditus Tay

Dr Andrew Epaphroditus Tay is currently the Head and Director for Health & Wellbeing under the Office of the President in NUS. In his current role, he leads and drives the University's health and wellbeing strategies to enhance the resilience of the employees. As a graduate of the NUS Yong Loo Lin School of Medicine, Andrew's career in medicine took an interesting turn when he took up various roles in prominent global companies in the private sector such as Facebook as Asia Pacific Regional Benefits Consultant and GlaxoSmithKline (GSK) as Director for Health and wellbeing, before returning to his alma mater to serve in his current role. In his free time, Andrew enjoys playing bass guitar in a live band and mixing his cocktails at home.

SCIENTIFIC MEETING AGENDA



Movement and Cognition Across the Lifespan: A Mind and Body Connection

Assistant Professor Teo Wei Peng

Dr Teo Wei Peng is a prominent researcher and academic who graduated from the University of Western Australia with a Ph.D. in Neurophysiology in 2014. He has held several lecturing appointments at various Australian universities and was awarded the prestigious Alfred Deakin Postdoctoral Research Fellowship in 2017 during his time at Deakin University. His research focuses on understanding the mechanisms that underpin motor control and learning across the lifespan and in diseased populations. Dr Teo specialises in several neuroimaging and brain stimulation techniques, such as EEG, fNIRS, TMS, and tDCS, to understand neurophysiology and motor control. He is also involved in several international research projects aimed at understanding the role of exercise and dietary habits on cognitive function and brain health across the lifespan. To date, he has supervised numerous postgraduate and honors students to timely completion and is currently an associate editor for the journal *Frontiers in Neuroscience* and a serving board member of the Australasian Brain Stimulation Society.

Oral Abstract Presentation: Why Do Pressure Injuries Still Occur? A Multi-Centre Qualitative Study of Nurses and Caregivers

Wilson Sim, National University Hospital System, Singapore

Oral Abstract Presentation: Enhancing Well-Being amongst Older Adults with Health and Mobility Challenges: A Case Study for an Open Space Music Making Intervention Study

Carmee Lim, I'm Soul Inc

Moderator

Dr Rayner Tan, Vice-President, Society of Behavioural Health Singapore

Assistant Professor, Saw Swee Hock School of Public Health, National University of Singapore and National University Health System

1500-1530 | Tea Break and Poster Viewing

SCIENTIFIC MEETING AGENDA

1530-1700 | Plenary Session 4: Individual Health



Navigating the Challenges of Intimacy: A Multidisciplinary Approach to Relationship Health

Dr Angela Tan

Dr. Angela Tan is a Family Physician and Intimacy Coach who is passionate about helping people build meaningful and intimate relationships. She is the founder of the Academy of Relationship & Sex, where she offers coaching and content to help clients find love and connect with their loved ones on a deeper level. Dr. Tan combines evidence-based knowledge with emotional empathy to create a safe and supportive environment for her clients to explore and enhance their intimate relationships.



Advances in Addiction Medicine: Impulse Control Disorders and the Asia-Pacific Region

Dr Munidasa Winslow

Dr Munidasa Winslow has worked in general psychiatry and addiction medicine at the Institute of Mental Health (IMH), Singapore since 1988. He was one of the pioneers responsible for the setting up and development of addiction services both in the hospital and in the community. His last appointment was as Chief of the Addiction Medicine Department, IMH before he established his own practice, Promises Healthcare, in 2011 where he serves as CEO and a Senior Consultant Psychiatrist. He is recognised as an expert in addiction and impulse control disorders such as alcohol, substance dependence, gambling, gaming, sexual compulsivity in the Asia-Pacific region and frequently speaks at conferences around the world.



The Effectiveness of a Nurse-Led Home-Based Heart Failure Self-Management Programme (The HOM-HEMP) for Patients with Chronic Heart Failure: A Three-Arm Stratified Randomized Controlled Trial

Dr Jiang Ying

Dr Jiang Ying has been in the field of nursing for more than 15 years. She is a Registered Nurse and Registered Mental Health Nurse in Singapore. Dr Jiang Ying is currently a Research Fellow at the Alice Lee Centre for Nursing Studies (ALCNS), NUS. Her research interests lie in the area of chronic disease management, cardiovascular nursing, cardiac rehabilitation and mental health. Her PhD research focuses on improving care provision to better support chronic heart failure patients recovering at home, improve their long-term disease self-management after discharge and reduce the disruption to their lives caused by frequent hospital admissions. Dr Jiang Ying has been actively and consistently participating in research to stay abreast with current practice trends. She has published multiple peer-reviewed papers in the top international refereed nursing journals with good impact factors. Apart from research, Dr Jiang Ying has taken on roles as an educator at NUS, teaching undergraduate nursing students.

SCIENTIFIC MEETING AGENDA

Oral Abstract Presentation: Exploring Possible Selves in At-Risk Adolescents

Howard Smith, University of Brighton, United Kingdom

Oral Abstract Presentation: The Relationship Between Financial and Psychological Resilience and Mental Health: A Cross-Cultural Survey in Singapore and Switzerland

Dr Adam Charles Roberts, Postdoctoral Researcher, Future Resilient Systems Programme, Singapore-ETH Centre, Singapore

Moderator

Ms Nurliyana Daros, MPH (Public Health)

EXCO member of SBHS

Lecturer, Nanyang Technological University, Singapore

1700-1730 | Closing Session



Society of Behavioural Health
Singapore

POSTER ABSTRACTS

Patient Acceptability of Teleconsultation Services for Post-Resection CRC Surveillance

Presenter: Koh Wei Ling, NUS Yong Loo Lin School of Medicine

Advance Care Planning in the Singapore Community: Difference in Attitudes and Barriers amongst Ischemic Heart Disease Patients

Presenter: Alyssa Ng, National University of Singapore

Close to Your Heart: A Systematic Review on the Psychosocial Impact of Acute Myocardial Infarction (AMI) on Spouses of Patients

Presenter: Athena Khoo, National University of Singapore

Attitudes and Acceptability of Using Teleconsultations in Chronic Disease Management Patients

Presenter: Choe Yuxin, Lina, NUS Saw Swee Hock School of Public Health

How Disease Cyclicity Impacts on the Quality of Life

Presenter: Dr Cheung Ying Shan, National University Hospital

Navigating the Psychosomatic Maze: Assessing the Efficacy of a Novel Brief Intervention for Psychosomatic Symptoms

Presenter: Lau Xer Min, Nicole & Shivaram s/o Kumar, NUS Yong Loo Lin School of Medicine

Can the Health Belief Model Explain Low Colorectal Cancer Screening Uptake in Singaporean Malays? A Cross-Sectional Study

Presenter: Koh Wee Ling, NUS Saw Swee Hock School of Public Health

Exploring Gross Cost Disparities and Patient-Physician Interactions in Healthcare: Insights from Patients with Eczema and Psoriasis

Presenter: Nur Qasrina Binte Iskandar Lim, National University Hospital

Patient-Physician Concordance in Age, Gender and Race not associated with increased Trust, Satisfaction, Empathy nor Physician's Perception of a Difficult Patient

Presenter: Dr Patwardhan Kalyani Rajesh, National University Hospital

Knowledge, Attitudes and Perceptions of Hidradenitis Suppurativa among Young Adults in Singapore

Presenter: Koh Ming Yan John, NUS Yong Loo Lin School of Medicine

Effectiveness of Project Grit in Building Resilience among At-Risk Adolescents: A Case Study

Presenter: Calvin Leong, Impart

POSTER ABSTRACTS

mHealth Interventions for Adults with Psychosis: A Systematic Mapping Review

Presenter: Loh Pei Yi, Nanyang Technological University

Changes in Social Capital during the Covid-19 Pandemic in Singapore and Switzerland

Presenter: Dr Mijie Li, Singapore ETH-Centre

How do Knowledge and Perceptions of Trauma-Informed Care Influence the Application of Trauma-Informed Care?

Presenter: Wah Tzy Hyi, Yale-NUS College

Examining Practitioners' Preparedness and Perceived Competence in Suicide Intervention for Youths with Acute and Chronic Risks

Presenter: Nicole Liaw, SHINE Children & Youth Services

Understanding Factors Influencing Vaccination Decision-Making among Late Adopters of COVID-19 Vaccines in Singapore

Presenter: Associate Professor Konstadina Griva, Lee Kong Chian School of Medicine, NTU

The Course of Cognitive Outcomes following SARS-CoV-2 infection – Matched Case-Control Analyses with Health for Life in Singapore Study

Presenter: Pearl Sim, Nanyang Technological University

A Mixed-Method Study on Neuropsychological Impairments and Everyday Cognitive Difficulties in Haemodialysis Patients

Presenter: Frederick Hui Fei Chan, Lee Kong Chian School of Medicine, NTU

Art with You: An Evaluation of An Art Museum-Based Programme for Families Living with Dementia

Presenter: Koh Yishi, National Gallery Singapore

Cancer Support through Art: Energy Restoration for Cancer Survivors through Engagement with the Art Collection at National Gallery Singapore

Presenter: Alicia Teng, National Gallery Singapore

Caring for Neurodivergent Needs within the Community: A Case Study of an Art Gallery's Calm Room

Presenter: Jocelyn Ang, National Gallery Singapore

Strength through Art at National Gallery Singapore

Presenter: Kng Mian Tze, National Gallery Singapore

POSTER ABSTRACTS

Is it Overcrowded? A Landscape View of Creative Health Programs in Singapore

Presenter: Dr Jean Liu, National Gallery Singapore

Making a Difference: A Comprehensive Literature Review on the Health Impact of the Arts

Presenter: Dr Jean Liu, National Gallery Singapore

Art on Prescription? An Epidemiological Study of the Link between Art Behaviours and Well-Being in a Museum-Going Demographic

Presenter: Ong Zhen Min, National Gallery Singapore

Building Healthy Cities: Does Public Spending on the Arts Predict Well-being?

Presenter: Wan Jie Che, National Gallery Singapore

Wellness in the City: A Pre-Post Evaluation of the Impact of Gallery Wellness Festival Activities on Mood and Anxiety

Presenter: Chow Shan Shan, National Gallery Singapore

Contextualizing the Lay Perceptions of Type 2 Diabetes using Protection Motivation Theory to Understand and Address the Low Rates of Preventative Practices among Adults Undiagnosed with the Condition in Singapore

Presenter: Jumana Hashim, NUS Saw Swee Hock School of Public Health

Digital Intervention to Promote Sustainable Healthy Lifestyle Changes using Evidence-Based Behavioural Counselling Strategies: A Pilot Study

Presenter: Ivy Ting Jing Rou, National University of Singapore

Footwork for Community: The Impact of An Intergeneration Hip-Hop Dance Programme on the Well-Being of Elderly and Youth Participants

Presenter: Grace Low, The Esplanade Co Ltd

Thank You For Coming
Stay In Touch With Us and See You Soon!



Society of Behavioural Health,
Singapore



Join Us As a Member Today!

Members get discounted rates to attend webinars, workshops, and have access to past event recordings and materials.

Pricing:

Full Membership (\$50.00/year)

Student/Associate Membership (\$20.00/year).

Full Members include professionals, practitioners, researchers in the field of behavioural health and have full voting rights in the society.

Associate/Student Members include trainees, students, and early career professionals who wish to know more about the society and participate in activities. Associate/student members do not have voting rights in the society.

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