CIRRICULUM VITAE

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30th May 2024

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Academic Positions
Professor, Department of Psychology, National University of Singapore (2024–present)
Associate Professor, Department of Psychology, National University of Singapore (2011–2024)
Assistant Professor, Department of Psychology, National University of Singapore (2006–2011)

Education
Ph.D. in Psychology, University of Michigan (2006)
M.A. in Psychology, National University of Singapore (2001)
B.A. (Honours) in Psychology, National University of Singapore (1998)

Affiliation
Social Service Research Centre, National University of Singapore, Co-Director (2022-2023), Director (2024-present)
Centre for Trusted Internet and Community, National University of Singapore, Principal Investigator (2020-present)
Institute for Applied Learning Sciences and Educational Technology, National University of Singapore, Affiliated Faculty (2019-present)
University Scholar Programme, National University of Singapore, Faculty (2016-2018)

Key Leadership Positions
Social Service Research Centre, National University of Singapore, Co-Director (2022-2023), Director (2024-present)
Departmental Ethics Review Committee, Department of Psychology, National University of Singapore, Chair (2018-2020)

Editorial Position
Personality and Social Psychology Bulletin, Associate Editor (2021-present)

Key Fellowships and Awards
Fellow, Society for Personality and Social Psychology (2023)
Fellow, Association for Psychological Science (2023)
Annual Teaching Excellence Award Honour Roll, National University of Singapore (2012-2017)

Rising Star, Association for Psychological Science (2011)

RESEARCH

Publications

Publications (journal articles)

Tong, E. M. W., Wen, D., & Goh, E. C. L. (accepted). Do trait hope and trait gratitude support the mental health of mothers in low-income families in Singapore? *International Journal of Applied Positive Psychology*.

Tong, E. M. W., Lee, J., Goh, E. C. L. (in-press). Mixed evidence concerning the effects of the hopeful mindset among mother and child in low-income families in Singapore. *Applied Developmental Science*.

Kasturiratna, S. K. T. A., Hartanto, A, Chen, C. H. Y., Tong, E. M. W., & Majeed, N. M. (in-press). Umbrella review of meta-analyses on the risk factors, protective factors, consequences, and interventions of cyberbullying victimisation. *Nature Human Behavior*.

Yeo, G. H. & Tong, E. M. W. (in-press). Trajectories of emotional disclosure with parents during college transition among Asian first-year students. *Developmental Psychology.*

Yeo, G. H., Lansford, J. E., Hirshberg, M. J., & Tong, E. M. W. (2024). Associations of childhood adversity with emotional well-being and educational achievement: A review and meta-analysis. *Journal of Affective Disorders, 347*, 387-398.

Leong, M. Q., Yu, Z., Tsikandilakis, M., & Tong, E. M. W. (in-press). "See no evil. Feel no evil?": Exploring emotional responses to masked moral violations in religious and non-religious Singaporean participants. *Evolutionary Behavioral Sciences*.

Reddish, P., & Tong, E. M. W. (2023). A longitudinal investigation of religious prosociality: What predicts it and who benefits? *Psychology of Religion and Spirituality, 15*(4), 552–562.

Chua, K-Q., Ng, R., Sung, C. L. Q., Hartanto, A., Oh, V. Y. S., & Tong, E. M. W. (2023). Emotion-specific effects of contentment on working memory capacity: Experimental and naturalistic evidence. *Current Psychology, 42*(30, 26243-26258.

Chew, T-W, Ong, C. S-L., Oh, V. Y. S., & Tong, E. M. W. (2023). Does volunteering improve the psychosocial well-being of volunteers? *Current Psychology, 42,* 22338–22350.

Oh, V. Y. S. & Tong, E. M.W. (2023). Mixed emotional variants of gratitude: Antecedent situations, cognitive appraisals, action tendencies, and psychosocial outcomes. *Cognition and Emotion*, 37(3), 572-585.

Oh, V. Y. S., Ismail, I. B., & Tong, E. M. W. (2023). Income moderates changes in Big-Five personality traits across eighteen years. *European Journal of Personality, 53*(1), 78-89.

Teo, N. Q. X.,* Lim, T,* & Tong, E. M. W. (2023). The humble estimate: Humility predicts higher self-assessment accuracy. *British Journal of Social Psychology, 61*(1), 561-582.
* shared first-authorship.

Oh, V. Y. S. & Tong, E. M. W. (2022). Specificity in the Study of Mixed Emotions: A Theoretical Framework. *Personality and Social Psychology Review, 26*(4), 283-314.

Tong, E. M. W., Reddish, P., Oh, V. Y. S., Ng, W., Sasaki, E., Chin, E. D. A., & Diener, E. (2022). Income robustly predicts self-regard emotions. *Emotion, 22*(7), 1670-1685.

Low, A. C. Y., Oh, V. Y. S., Tong, E. M.W., Scarf, D. & Ruffman, T. (2022). Older adults have difficulty decoding emotions from the eyes, whereas Easterners have difficulty decoding emotion from the mouth. *Scientific Reports, 12*(1), 7408.

Oh, V. Y. S., Yu, Z., & Tong, E. M. W. (2022). Objective income but not subjective social status predicts short-term and long-term cognitive outcomes: Findings across two large datasets. *Social Indicators Research, 162*, 327-349.

Yu, Z., Bali, P., Tsikandilakis, P. & Tong, E. M. W. (2022). "Look not at what is contrary to propriety": A meta-analytic exploration of the association between religiosity and sensitivity to disgust. *British Journal of Social Psychology, 61*(1), 276-299.

Lin, P. K. F., Ramsay, J. E., Chan, K. Q., Leow, Y., Lim, Y. R. & Tong, E. M. W. (2022). Self-transcendence through self-inhibition? God primes reduce self-accessibility. *Psychology of Religion and Spirituality, 14*(1), 31–42.

Tsikandilakis, M., Leong, M. Q., Yu, Z., Paterakis, G., Bali, P., Derrfuss, J., Mevel, P. A., Milbank, A., Tong, E. M.W., Madan, C., & Mitchell, P. (2022). "Speak of the Devil… and he shall appear": Religiosity, unconsciousness, and the effects of explicit priming in the misperception of immorality. *Psychological Research,* 86(1), 37-65.

Tan, Ed. Y. Q., Wee, R. R. E., Saw, Y. E., Heng, K. J. Q., Chin, J. W. E., Tong, E. M.W., & Liu, J. C. J. (2021). Tracking private WhatsApp discourse about COVID-19: A longitudinal infodemiology study in Singapore. *Journal of Medical Internet Research,* 23(12), e34218.

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Tong, E. M. W., Ng, C. X., Ho, J. B. H., Yap, I. J. L., Chua, E., Ng, J. W. X., Ho, D. Z. Y., & Diener, E. (2021). Gratitude facilitates obedience: New evidence for the social alignment perspective. *Emotion, 21*(6), 1302–1316.

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Yong, J. Y. Y., Tong, E. M. W., & Liu, J. C. J. (2021). Meal-time Smartphone Use in an Obesogenic Environment: Two Longitudinal Observational Studies. *Journal of Medical Internet Research:* Mhealth Uhealth 2021;9(5):e22929

Tong, E. M. W. & Oh, V. Y. S. (2021). Gratitude and adaptive coping among Chinese Singaporeans during the beginning of the COVID-19 pandemic. *Frontiers in Psychiatry, 11*, 628937. Invited paper.

Liu, J. C. J., & Tong, E. M. W. (2020). The relation between official WhatsApp-distributed COVID-19 news exposure and psychological symptoms: Cross-sectional survey study. *Journal of Medical Internet Research*, 22(9): e22142.

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Yu, Z., Tong, E. M. W., Leung, C-C., Chin, E. D. A., & Lee, P. (2021). Humility predicts resistance to substance use: A self-control perspective. *Journal of Positive Psychology, 16*(1), 105-115.

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Tong, E. M. W. & Alan Q. H. Teo (2018). The influence of religious concepts on the effects of blame appraisals on negative emotions. *Cognition*, *177*, 150-164.

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Ng, A. S., & Tong, E. W. W. (2013). The relationship between implicit theories of personality and forgiveness. *Personal Relationships, 20*, 479-494.

Tong, E. M. W., Tan, D. T., & Tan, Y. L. (2013). Can implicit appraisal concepts produce emotion-specific effects? A focus on unfairness and anger. *Consciousness and Cognition, 22*, 449-460.

Tong, E. M. W., Ang M. S., & Chua, A. S. Y. (2013). The attitudinal consequences of thought suppression: A focus on thinness thoughts. *British Journal of Social Psychology, 52*, 64-82.

Chan, K. Q., Tong, E. M. W., & Moh, T. A. L. (2012). Nudging you behind your back: The influence of implicit friendship concepts on risk taking. *Journal of Social and Personal Relationships, 29*, 930-947.

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Tong, E. M. W., & Tay, K L. H. (2011). S-shaped appraisal-emotion relationships: The role of neuroticism. *Social Psychological and Personality Science, 2*, 487-493.

Chang, W. C., Osman, M. M., Tong, E. M. W., & Tan, D. (2011). Self-construal and subjective wellbeing in two ethnic communities in Singapore. *Psychology, 2,* 63-70.

Tong, E. M. W., & Yang, Z. Y. (2011). Moral Hypocrisy: Of proud and grateful people. *Social Psychological and Personality Science, 2*, 159-165.

Kuppens, P., & Tong, E. M. W. (2010). An appraisal account of individual differences in emotional experience. *Social and Personality Psychology Compass, 4*, 1138-1150.

Yang, Z., & Tong, E. M. W. (2010). The effects of subliminal anger and sadness primes on agency appraisals. *Emotion, 10,* 915-922.

Tong, E. M. W., Fredrickson, B. L., Chang W., & Lim, Z. X. (2010). Re-examining hope: The roles of agency thinking and pathways thinking. *Cognition and Emotion, 24,* 1207-1215.

Tong, E. M. W. (2010). The sufficiency and necessity of appraisals for negative emotions. *Cognition and Emotion, 24*, 692-701.

Tong, E. M. W. (2010). Personality influences in appraisal-emotion relationships: The role of Neuroticism. *Journal of Personality, 78*, 393-417.

Jonassaint, C. R., Why, Y. P., Bishop, G. D., Tong, E. M. W., Diong, S. M., Enkelmann, H. C., Khader, M., & Ang, J. (2009). The effects of Neuroticism and Extraversion on

cardiovascular reactivity during a mental and an emotional stress task. *International Journal of Psychophysiology, 74*, 274-279.

Tong, E. M. W., Ellsworth, P. C., & Bishop, G. D. (2009). An s-shaped relationship between changes in appraisals and changes in emotions. *Emotion, 9*, 821-837.

Yap, A. J., & Tong, E. M. W. (2009). The appraisal rebound effect: Cognitive appraisals on the rebound. *Personality and Social Psychology Bulletin*, *35*, 1208-1219.

Tong, E. M. W., Bishop, G. D., Enklemann, H. C., Why, Y. P., Diong, S. M., Khader, M. A. & Ang, J. C. H. (2009). Appraisal underpinnings of affective chronometry: The role of appraisals in emotion habituation. *Journal of Personality*, *77*, 1103-1136.

Tong, E. M. W., Bishop, G. D., Enklemann, H. C., Diong, S. M., Why, Y. P., Khader, M. A. & Ang, J. C. H. (2009). Emotion and appraisal profiles of the needs for competence and relatedness. *Basic and Applied Social Psychology*, *31*, 218-225.

Tong, E. M. W., & Chang, W. (2008). Group Entity Belief: An individual difference construct based on implicit theories of social identities. *Journal of Personality, 76*, 707-732.

Tong, E. M. W., Tan. C. R. M., Latheef, N. A., Selamat, M. F. B. & Tan, D. K. B. (2008). Conformity: Moods Matter. *European Journal of Social Psychology, 38*, 601-611.

Tong, E. M. W., Bishop, G. D., Enklemann, H. C., Why, Y. P., Diong, S. M., Khader, M. A. & Ang, J. C. H. (2007). Emotion and appraisal: A study using ecological momentary assessment. *Cognition and Emotion, 21*, 1361-1381.

Tong, E. M. W., Chang, W. C., & Koh, L. S. (2007). Multiple paths to global self-esteem: Self-esteem construction as a function of attribute types. *Journal of Research in Personality, 41*, 856-867.

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Tong, E. M. W., Bishop, G. D., Enklemann, H. C., Why, Y. P., Diong, S. M., Khader, M. A. & Ang, J. C. H. (2006). Appraisal theories of emotions: The role of the Big Five in emotions and appraisal. *Personality and Individual Differences, 41*, 513-523.

Tong, E. M. W., Bishop, G. D., Enklemann, H. C., Why, Y. P., Diong, S. M., Khader, M. A. & Ang, J. C. H. (2005). The use of Ecological Momentary Assessment to test appraisal theories of emotion. *Emotion, 5*, 508-512.

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Enkelmann, H. C., Bishop, G. D., Tong, E. M. W., Diong, S. M., Why, Y. P., Khader, M., & Ang, J. C. H. (2005). The relationship of hostility, negative affect, and ethnicity to cardiovascular responses: An ambulatory study in Singapore. *International Journal of Psychophysiology, 56,* 185-197.

Tong, E. M. W., Bishop, G. D., Diong, S. M., Enklemann, H. C., Why, Y. P., Ang, J. C. H., & Khader, M. A. (2004). Social support and personality among male police officers in Singapore. *Personality and Individual Differences, 36,* 109-123.

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Tong, E. M. W., & Chang, W. (2000). Intergroup conflict resolution: A review of major proposed model. *Asian Psychologist, 2,* 19-37.

Publications (journal articles and book chapters where my contribution is minimal)

Kirkland., K, Van Lange, P. A. M., Gorenz, D., Blake, K., Amiot, C. E., Ausmees5, L., Baguma, P., Barry, O., Becker, M. Bilewicz, M., Boonyasiriwat, W., Booth, R. W., Castelain, T., Costantini, G., Dimdins, G., Espinosa, A., Finchilescu, G., Fischer, R., Friese, M., Gómez, A., González, R., Goto, N., Halama, P., Hurtado-Parrado, C., Ilustrisimo, R. D., Jiga-Boy, G. M., Kuppens, P., Loughnan, S., Mastor, K. A., McLatchie29, N., Novak, L. M., Onyekachi, B. N., Rizwan, M., Schaller, M., Serafimovska, E., Suh, E. M., Swann Jr. W. B., Tong, E. M. W., Torres, A., Turner, R. N., Vauclair, C-M, Vinogradov, A., Wang, Z., Yeung, V. W. L., & Bastian, B. (accepted). High economic inequality is linked to greater moralization. *PNAS Nexus*.

Tsikandilakis, M., Bali, P., Yu, Z., Tong, E. M. W., Karlis, A-K, Milbank, A., Mevel, P-A, Derrfuss, J., & Madan, C. (accepted). The many faces of sorrow: An empirical exploration of the psychological plurality of sadness. *Current Psychology*.

Kirkland, K., Crimston, C., Jetten, J., Rudnev, M., Acevedo-Triana, C., Amiot, C. E., Baguma, P., Barry, O., Becker, M., Bilewicz, M., Boonyasiriwat, W., Castelain, T., Costantini, G., Dimdins, G., Espinosa, A., Finchilescu, G., Fischer, R., Friese, M., Gastardo-Conaco, M. C., González, R. G., Goto, N., Gómez, A., Halama, P., Jiga-Boy, G. M., Keeran, L. M., Kuppens, P., Ausmees, L., Loughnan, S., Markovik, M., Mastor, K. A., McLatchie, N.,

Onyekachi, B. N., Peker, M. Rizwan, M., Schaller, M., Suh, E. M., Talaifar, S., Tong, E. M. W., Torres, A., Turner, R. N., Van Lange, P., Vauclair, C-M., Vinogradov, A., Wang, Z., Yeung, V. W. L., & Bastian, B. (2023). Moral expansiveness across cultures: The role of societal factors in 36 countries. *Social and Personality Psychological Science, 14*(3), 305-318.

Tanjitpiyanond, P., Jetten, J., Peters, K., Ashokkumar, A., Barry, O., Billet, M., Becker, M., Booth, R. W., Castro, D., Chinchilla, J., Costantini, G., Dejonckheere, E., Dimdins, G., Erbas, Y., Espinosa, A., Finchilescu, G., Gómez, A., González, R., Goto, A., Hatano, A., Hartwich, L., Jarukasemthawee, S., Karunagharan, J. K., Novak, L. M., Kim, J. P., Kohút, M. Liu, Y., Loughnan, S., Onyishi, I. E., Onyishi, C. N., Varela, M., Pattara-angkoon, I. S., Peker, M., Pisitsungkagarn, K., Rizwan, M. Suh, E. M., Swann, W., Tong, E. M. W., Turner, R. N. Vanhasbroeck, N. Van Lange, P., A. M., Vauclair, C-M. Vinogradov, A., Wacera, G., Wang, Z., Wibisono, S., & Yeung V. W-L. (2023). A 32-society investigation of how perceived economic inequality shapes social class stereotyping. *European Journal of Social Psychology, 53*(2), 367-382.

Hornsey, M. J., Pearson, S., Kang, J., Sassenberg, K., Jetten, J., Van Lange, P. A. M., Medina, L. G., Amiot, C. E., Ausmees, L., Baguma, P., Barry, O., Becker, M., Bilewicz, M., Castelain, T., Costantini, G., Dimdins, G., Espinosa, A., Finchilescu, G., Friese, M., González, R., Goto, N., Gómez, A., Halama, P., Ilustrisimo, R., Jiga-Boy, G. M., Karl, J., Kuppens, P., Loughnan, S., Markovikj, M., Mastor, K. A., McLatchie, N., Novak, L. M., Onyekachi, B. M., Peker, M. Rizwan, M., Schaller, M., Suh, E. M., Talaifar, S., Tong, E. M. W., Torres, A., Turner, R. N., Vauclair, C-M., Vinogradov, A., Wang, Z., Yeung, V. W. L., & Bastian, B. (2023). Multinational data show that conspiracy beliefs are associated with the perception (and reality) of poor national economic performance. *European Journal of Social Psychology, 53*(1), 78-89.

Kirkland, K., Van Lange, P. A. M., Van Doesum, N. J., Acevedo-Triana, C., Amiot, C. E., Ausmees, L., Baguma, P., Barry, O., Becker, M., Bilewicz, M. Boonyasiriwat, W., Castelain, T., Costantini, G., Dimdins, G., Espinosa, A., Finchilescu, G., Fischer, R., Friese, M., Gómez, A., González, R., Goto, N., Halama, P., Ilustrisimo, R. D., Jiga-Boy, G. M., Kuppens, P., Loughnan, S., Markovik, M., Mastor, K. A., McLatchie, N., Novak, L. M., Onyishi, L. E., Peker, m., Rizwan, M., Schaller, M., Suh, E. M., Swann, Jr, W. B., Tong, E. M. W., Torres, A., Turner, R. N., Vauclair, C-M., Vinogradov, A., Wang, Z., Yeung, V. W. L., & Bastian, B. (2022). Social Mindfulness Predicts Concern for Nature and Immigrants Across 36 Nations. *Scientific Report, 12*(1), 22102.

Lang, M., Xygalatas, D., Kavanagh, C. M., Boccardi, N., Halberstadt, Jackson, Ch., Martínez, M., Reddish, P., Tong, E. M. W., Vazquez, A., Whitehouse, H., Yamamoto, M. E., Yuki, M., & Gomez, A. (2022). Outgroup threat and the emergence of cohesive groups: A cross-cultural examination. *Group Processes & Intergroup Relations*, *25*(7), 1739-1759.

Dejonckheere, E., Rhee, R., Baguma, P. K., Barry, O., Becker, M., Bilewicz, M., Castelain, T., Costantini, G., Dimdins, G., Espinosa, A., Finchilescu, G., Friese, M., Gastardo-Conaco, M. C., Gómez, A., González, R., Goto, N., Halama, P., Hurtado-Parrado, C., Jiga-Boy, G.

M., Karl, J. A., Novak, L., Ausmees, L., Loughnan, S., Mastor, K. A., McLatchie, N., Onyishi, I. E., Rizwan, M., Schaller, M., Serafimovska, E., Suh, E. M., Swann, Jr., W. B., Tong, E. M., W., Torres, A., Turner, R. N., Vinogradov, R., Wang, Z., Yeung, V. W-l., Amiot, C. E., Boonyasiriwat, W., Peker. M., Van Lange, P. A. M., Vauclair, C-M., Kuppens, P., & Bastian, B. (2022). Perceiving societal pressure to be happy is linked to poor well-being, especially in happy nations. *Scientific Report, 12*(1)**,** 1514.

Soriano, C., Fontaine, J. R. J., Scherer, K. R., Akirmak, G. A., Alarcon, P., Alonso-Arbiol, I., Bellelli, G., Perez-Aranibar, C. C. Eid, M., Ellsworth, P. C., Galati, D., Hareli, S., Hess, U., Ishii, K., Jonker, C., Lewandowska-Tomaszczyk, B., Meiring, D., Mortillaro, M., Niiya, Y., Ogarkova, A., Panasenko, N., Protopapas, A., Realo, A., Ricci-Bitti, P., E., Shen, Y., Sheu, C., Siiroinen, M., Sunar, D., Tissari, H., Tong, E., M. W., van Osch, Y., Wong, S., Yeung, D., & Zitouni, A. (2013). Cross-cultural data collection with the GRID instrument. In J. J. R. Fontaine, K. R. Scherer, and C. Soriano (Eds.). *Components of Emotional Meaning: A Sourcebook* (pp. 98-105). UK: Oxford University Press

Publications (invited book chapters, encyclopaedia entries and other publications)

Tong, E.M.W. (2020). Hope. In Zeigler-Hill, V. and Shackelford, T.K. (Eds), *Encyclopedia of Personality and Individual Differences* (pp. 2005–2008). Springer International Publishing.

Tong, E. M. E. (2018). The best context for hope. In Bormans, L. (Ed.), *The World Book of Hope: The Source of Success, Strength and Happiness* (pp. 352-354). Lannoo Publishers.

Tong, E. M. W. (2015). Hope and hopelessness. Wright, J. D., Berry, J., and Roberts, R. D. (Eds.), *International Encyclopedia of Social and Behavioral Sciences, 2nd Ed.* (pp. 197-201).

Smith, C. A., Tong, E. M. W., & Ellsworth, P. C. (2014). The differentiation of positive emotional experience as viewed through the lens of appraisal theory. In Tugade, M., Shiota, L. & Kirby, L (Eds.), *Handbook of Positive Emotions* (pp. 11-27). New York: Guilford.

Tong, E. M. W. (2013). Cognitive appraisals can differentiate positive emotions: The role of social appraisals. In J. J. R. Fontaine, K. R. Scherer, and C. Soriano (Eds.). *Components of Emotional Meaning: A Sourcebook* (pp. 507-511). UK: Oxford University Press.

Bishop, G. D., Tong, E. M. W., Diong, S. M., Why, Y. P., Enkelmann, H. C., Khader, M. A., Ang, J. C. H., Tan, V. L. M., & Koh, D. S. Q (2007). Stress on patrol: Stress and coping among Singapore patrol officers. In K. B. Chan (Ed.), *Social Sciences in Asia* (pp. 61-84).

Publications (Undergraduate Journals)

Ng, J. W. X., Tong, E. M. W., & Kwek, S. L. (2016). The appraisal similarity effect: How social appraisals influence liking. *Modern Psychological Studies, 22*, 72-89.

Wickramasuriya, N., Chua, K. Q., & Tong, E. M. W. (2018). Skilled and aware: The effect of state humility on self-judgement accuracy. *Undergraduate Research Journal of Psychology at ICLA, 5*, 91-102.

Thesis and Dissertations

Tong, E. M. W. (2007*). Appraisal processes in emotional experiences*. Ph.D. Dissertation.

Tong, E. M. W. (2001). *A study of appraisal theories of emotion*. M.A. Thesis.

Tong, E. M. W. (1998). *Weighting of negative and positive cues in impression formation: Test of the diagnosticity and extremity hypotheses*. B.A. Honours Thesis.

Research Fellowships, Awards, and Other Recognitions

Fellow, Society for Personality and Social Psychology (2023)
Fellow, Association for Psychological Science (2023)
Invitation for the position of *Associate Editor* in *Motivation and Emotion* (2020)
Winner of the SPSP 2018 Emotion Pre-Conference Competition (2018)
Nomination for the position of *Editor* in *Emotion* (2015)
HSS Faculty Research Fellowship, National University of Singapore (2013)
Rising Star, Association for Psychological Science (2011)
Phillip Brickman Award, Department of Social Psychology, University of Michigan (2005)
Fellow, International Positive Psychology Summit (2004)
Travel Award, International Positive Psychology Summit (2004)
Honorary Mention for Society of Personality and Social Psychology Conference Diversity Award (2003)

Research Grants

Research Grants

Ministry of Education Academic Research Fund Tier 1 (2022)
"Functional outcomes of positive emotions: Testing the Mind, Body and Soul Model" - $111,300.00
Role: P.I.
Centre for Trusted Internet and Community Research Project Grant (2021)
"Characterising WhatsApp "super spreaders" across the population" - $302,630.00
Role: co-I.
Institute for the Public Understanding of Risk Seed Grant (2020)
"*Technological risk perception and technological competency in the built environment"* - $25,000.00
Role: co-I.
Ministry of Education Academic Research Fund Tier 1 (2020)

"Examining the role of gratitude in the adaptive pathways of low-income children and mothers in Singapore" - $80,000
Role: co-I.

NUS Faculty of Arts and Social Sciences HSS Seed Fund (2018)
"Preliminary study on the relationship between positive emotions and outcomes related to cognitive capacity, resilience, and prosociality among Singaporeans" - $19,600.00
Role: P.I.

Social Science Research Thematic Grant, Ministry of Education (2017)
"Identifying positive adaptive pathways in low-income families in Singapore" - $796795.00
Role: Co-I.

Ministry of Education Academic Research Fund Tier 1 (2017)
"Uncovering the psychological processes behind religious harmony and conflict" - $80,000.00
Role: P.I.

NUS Faculty of Arts and Social Sciences HSS Seed Fund (2016)
"Steering national identity in the tide of immigration: The role of attitudes, emotions, and goals" - $37,000.00
Role: co-I.

The Chancellor Masters and Scholars of the University of Oxford (2015)
"Religion's impact on human life: Integrating proximate and ultimate perspectives" - $41553.20
Role: P.I.

Unilever R&D Vlaardingen (2011)
"Measurement of mood and well-being in Chinese populations" - $69133.10
Role: P.I.

Ministry of Education Academic Research Fund Tier 1 (2006)
"The roles of personality traits and situational contingencies in appraisal theories" - $54134.80
Role: P.I.

Other Grants (internal grants to recognize excellent research)
ODPRT Grant for Research Excellence (2023) - $4000.00
ODPRT Grant for Research Excellence (2021) - $4000.00
ODPRT Grant for Research Excellence (2020) - $4000.00
ODPRT Grant for Research Excellence (2018) - $4000.00
ODPRT Grant for Research Excellence (2017) - $4000.00
ODPRT Grant for Research Excellence (2013) - $5000.00

Other Grants (USP grants awarded for excellent teaching)
University Scholars Programme Teaching Incentive Fund (2019) - $3000.00
University Scholars Programme Teaching Incentive Fund (2017) - $3000.00

Other Grants (internal grants awarded for service contribution)
Heads and Deanery Research Support Scheme (2024) - $19,912.00

University Scholars Programme Service Incentive Fund (2018) - $500.00

Conference Presentations

Oral Presentations

Tong, E. M. W. (2022). Gratitude enhances susceptibility to social influence: Evidence in support of the social alignment perspective of gratitude. *2022 Society for Affective Science Annual Conference*. online.

Tong, E. M. E. (2021). The effect of religious priming on implicit self-accessibility: The mediating role of self-transcendence. *14th Biennial Conference of the Asian Association of Social Psychology*. online.

Tong, E. M. W. (2018). Gratitude increases obedience readiness: Evidence in support of the social alignment perspective of gratitude. *2019 World Congress of Positive Psychology, Melbourne, Australia*. Invited Talk, Symposium Chair.

Tong, E. M. W. (2018). An emotion-specific approach to the income-emotion link. *2019 International Convention of Psychological Science, Paris, France.* Symposium Chair.

Tong, E. M. W. (2018). Positive Emotions: Boon and Bane. *Ministry of Culture, Community and Youth Family Data Workgroup Session, Singapore*. Invited.

Tong, E. M. W. (2018). Might gratitude make a person more obedient? The social alignment effects of gratitude on obedience. *2018 Society of Personality and Social Psychology Annual Convention*. Invited and winner of the 2018 SPSP Emotion Pre-Conference Competition.

Tong, E. M. W. (2016). The social alignment function of gratitude: Evidence and issues. *2016 Psychology on the Belt and Road: Cultural and Psychological Perspectives, Beijing, China*. Invited.

Tong, E. M. W. (2016). Psychology in Singapore: Historical roots and present characteristics. *2016 Psychology on the Belt and Road: Cultural and Psychological Perspectives, Beijing, China*. Invited.

Tong, E. M. W. (2013). Appraisal Theories of Emotion. *10th Biennial Conference of the Asian Association of Social Psychology, Yogyakarta, Indonesia*. Invited.

Tong, E. M. W. (2009). The effects of suppression on attitude strength. 2009 *European Congress of Psychology Conference, Oslo, Norway*.

Tong, E. M. W. (2009). Appraisals and emotions across time: Examining the temporal dynamics of appraisal-emotion processes in anger-habituation. *2009 International Society for Research in Emotion Conference, Leuven, Belgium*.

Tong, E. M. W. (2006). Appraisal theories revealed: Measuring emotions and appraisals in real life. *2006 Human Emotions in Voice and Body Conference, Singapore*.

Tong, E. M. W. & Ellsworth, P. C. (2005). Curvilinear relational structure between emotions and appraisals: Linear, step, versus ogival structure. *2005 Society of Personality and Social Psychology Conference, New Orleans, USA.*

Poster Presentations

Leung, C. C., Tong, E. M. W. (2018). The grateful are also the hopeful. *2019 World Congress of Positive Psychology, Melbourne, Australia*.

Leung, C. C., & Tong, E. M. W. (2019). Gratitude, substance use, and relapse. *2019 World Congress of Positive Psychology, Melbourne, Australia.*

Tong, E. M. W., Lee, K. J. J., & Jia, L. (2017). Humility mutes intergroup bias in competitive decision-making. *2017 International Conference of Psychological Science, Vienna, Austria*.

Koh, A. H. Q, Tong, E. M. W., & Yuen, A. Y. L. (2016). The buffering effect of awe on negative affect towards lost possessions. *2016 International Conference on Well-Being, Singapore*.

Ramsay, J. E., Tong, E. M. W., & Chowdhury, A. (2016). Religious belief and well-being: A link through teleological attributions and gratitude. *2016 International Conference on Well-Being, Singapore.*

Keng, S-L., Seah, S. T. H., Smoski, M., & Tong, E.M.W. (2015). Trait mindfulness moderates the effects of brief mindfulness induction on self-evaluative bias. *2015 Association for Behavioral and Cognitive Therapies Conference, Chicago, USA.*

Keng, S-L., & Tong, E.M.W. (2015). Association between mindfulness and emotion variability: Coping strategies as mediators. *2015 Association for Behavioral and Cognitive Therapies Conference, Chicago, USA.*

Keng, S-L., & Tong, E.M.W. (2015). Mindfulness, emotion variability, and coping. *2015 International Convention of Psychological Science, Amsterdam, Netherlands.*

Yuen, A. Y. L., Lim, S. W. H., & Tong, E. M. W. (2015). Influence of visual perception on risk taking behaviours. 2015 *International Convention of Psychological Science, Amsterdam, Netherlands.*

Lin, P. K .F. & Tong, E. M. W.(2013). The effect of God concept on implicit self-concept. *2013 Association for Psychological Science Annual Convention, Washington DC, USA.*

Jia, L., & Tong, E. M. W. (2013). Psychological "gel" for socially shared goal pursuit: Gratitude facilitates goal contagion. *2013 Association for Psychological Science Annual Convention, Washington DC, USA.*

Chan, K. Q., Tong, E. M. W., & Tan, Y. L. (2011). Taking a leap of faith: Reminders of God lead to greater risk taking. *2011 Society of Personality and Social Psychology Conference, San Antonio, Texas.*

Ng, A. S., & Tong, E. M. W. (2010). The relationship between of implicit theories and interpersonal forgiveness: Appraising the responsibility of others. *2010 Decade of the Mind VI Conference, Singapore.*

Tan, D. H., & Tong, E.M.W. (2010). Getting angry without knowing why: Effects of subliminal appraisal primes on emotional responses. *2010 Association of Psychological Science Annual Convention, Boston, USA.*

Chan, K. Q., Tong, E. M. W., & Moh, A. L. T. (2010). Nudging you behind your back: The influence of friendship mental representations on risk taking propensity. *2010 Society for Personality and Social Psychology, Las Vegas, USA.*

Khoo, B. L. Z., See, M. Y. H., & Tong, E. M. W. (2009). Cognitive deconstruction as a function of self-esteem following mortality salience. *2009 Society of Personality and Social Psychology Conference 2009, Tampa, USA.*

Tong, E. M. W. (2008). The role of neuroticism in appraisal-emotion relationships. *2008 European Conference of Personality, Tartu, Estonia.*

Tong, E. M. W., Bishop, G. D., Enklemann, H. C., Why, Y. P., Diong, S. M., Khader, M. A. & Ang, J. C. H. (2008). Appraisal underpinnings of the emotion adaptation process: The role of chronic coping styles. *2008 European Conference of Personality, Tartu, Estonia.*

Jonassaint, C. R., Bishop, G. D., Why, Y. P., Tong, E. M. W., Diong, S. M., Enkelmann, H. C., Khader, M. A., & Ang, J. C. H. (2005). Ethnic differences in the effects of personality on cardiovascular reactivity. *2005 Society of Behavioral Medicine Meeting and Scientific Sessions, Boston, USA.*

Jonassaint, C. R., Bishop, G. D., Why, Y. P., Tong, E. M. W., Diong, S. M., Enkelmann, H. C., Khader, M. A., & Ang, J. C. H. (2005). Extraversion predicts cardiovascular reactivity of Singaporean male police officers during an anger recall task. *2005 Society of Behavioral Medicine Meeting and Scientific Sessions, Boston, USA.*

Tong, E. M. W., Chang, W. C., Fredrickson, B. F, & Lim, Z. X. (2004). An implicit theories approach to hope. *2004 Third International Positive Psychology Summit, Washington DC, USA.*

Tong, E. M. W., & Fredrickson, B. F. (2004). What good are implicit theories to positive emotions? Exploring the role of incremental theories as psychological resources in enhancing positive emotions. *2004 Third International Positive Psychology Summit, Washington DC, USA.*

Bishop, G.D., Enkelmann, H.C., Tong, E. M.W., Why, Y.P., Diong, S.M., Ang, J. C. H., & Khader, M. A. (2002). Job strain, psychological control and cardiovascular responses: A test of the Demand-Control Model using ambulatory blood pressure monitoring. *2002 Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Washington DC, USA.*

Enkelmann, H.C., Bishop, G.D., Tong, E.M.W., Why, Y.P., Diong, S.M., Khader, M. A., & Ang, J. C. H. (2002l). Hostility, negative affect and cardiovascular responses. *2002 Society of Behavioral Medicine Annual Meeting and Scientific Sessions, Washington DC, USA.*

TEACHING AND MENTORING

Teaching

Teaching Positions

Lecturer/Tutor, Department of Psychology, National University of Singapore (2006-present)
Graduate Student Instructor, Department of Psychology, University of Michigan (2004-2005)
Instructor, Singapore Institute of Management (1999-2001)
Tutor, Department of Psychology, National University of Singapore (1999-2001)

Classes taught in NUS

Introduction to Psychology, Emotion and Social Cognition, Emotion in Daily Life, Lab in Social Psychology, Selected Topics in Emotion Science, Social Cognition, Social-Cognitive Perspectives to Emotion, Social Psychology: Theories and Methods.

Teaching Awards

Honour Roll, Annual Teaching Excellence Award, National University of Singapore (2012-2017)
Annual Teaching Excellence Award, National University of Singapore (2011)
Faculty Teaching Excellence Award, National University of Singapore (2010)
Annual Teaching Excellence Award, National University of Singapore (2010)
Faculty Teaching Excellence Award, National University of Singapore (2009)
Faculty Teaching Excellence Award, National University of Singapore (2008)
Annual Teaching Excellence Award, National University of Singapore (2008)
Faculty Teaching Excellence Award, National University of Singapore (2007)

Mentorship

Assistant Professors, Post-Doctoral Fellows, Research Fellows

Dr. Patricia Chen, Assistant Professor, National University of Singapore (2017-2022)
Mr Yuma Shiraki, Visiting Scholar, Nagoya University (2016-2017)
Dr. Paul Reddish, Research Fellow, National University of Singapore (2015-2017)
Dr. Lile Jia, Post-Doctoral Fellow, National University of Singapore (2012-2014)

Graduate Students (Ph.D.)

Oh, V. Y. S. (2022). *Examining the diverse and diverging implications of mixed emotions: The roles of context and specificity*. Ph.D. Dissertation.

Yu, Z. (2021). *The regulatory effect of awe: Awe predicts enhanced ability to resist food indulgence*. Ph.D. Dissertation

Lin, W. Z. (2019). *Humility shapes social judgment: The effect of humility on stereotyping mediated egalitarian beliefs*. Ph.D. Dissertation

Leung, C. C. (2018). *The empowerment of gratitude*. Ph.D. Dissertation

Yip, V. T. (2017). *Self-compassion and emotional attention: Self-compassion facilitates disengagement from negative stimuli*. Ph.D. Dissertation

Lin, P. K. F. (2015). *The effect of God concept priming on self-accessibility, self-avoidance behaviors, and religious prosociality*. Ph.D. Dissertation

Lee, L. L. (2015). *Freedom and morality: Exploring the effects of choice and autonomy on moral attitudes*. Ph.D. Dissertation. Valedictorian award.

Graduate Students (M.A.)

Lim, L. C. L. (2022). *Troubling determination: The negative impact of determination on multi-goal performance.* Master of Social Science Thesis

Lim, T. J. L. (2022). *The role of admiration in outgroup perception*. Master of Social Science Thesis.

Lim, V. S. P. (2020). *The effect of awe on insight mediated by flow*. Master of Social Science Thesis.

Toh, B. Q. L. (2020). *Effects of gratitude in the context of conformity to social norms*. Master of Social Science Thesis.

Koh, A. H. Q (2015). *The effect of awe on negative affect towards lost possessions*. Master of Social Science Thesis.

Yuen, A. Y. L. (2015). *The appraisal profile of amazement: Exploring the appraisal components of the emotion of amazement*. Master of Social Science Thesis.

Ng, W. X (2014). *How do I obey Thee? The impact of gratitude on obedience*. Master of Social Science Thesis.

Batra, K. (2012). *Personal importance as a moderator of appraisal-emotion relationships*. Master of Social Science Thesis.

Ng, A. S. H. (2012). *Eating the humble pie: A non-defensive response to failures.* Master of Social Science Thesis. Nominated for Valedictorian.

Chan, K. Q. (2011). *Taking a leap of faith: Reminders of God lead to greater risk taking*. Master of Social Science Thesis.

Ang, M. S. (2010). *The effects of suppression on attitude strength*. Master of Social Science Thesis.

Yang, Z. X. (2010). *Automatic emotion-specific effects of emotion representations on agency appraisals*. Master of Social Science Thesis.

Teaching Funds (awarded for excellent teaching)
University Scholars Programme Teaching Incentive Fund (2019) - $3000.00
University Scholars Programme Teaching Incentive Fund (2017) - $3000.00

SERVICE

Journal Service Contribution
Associate Editor, *Personality and Social Psychology Bulletin* (2021-present)
Editorial Board Member, *Motivation and Emotion* (2009-present)
Editorial Board Member, *Asian Journal of Social Psychology* (2016-2018)
Editorial Board Member, *Emotion* (2011-2015, 2017-2022)
Editorial Board Member, *Frontiers: Positive Psychology* (2021-2023)

Ad Hoc Reviewer: *American Journal of Psychology, Asian Journal of Social Psychology, British Journal of Social Psychology, Cognition and Emotion, Emotion Review, European Journal of Marketing, European Journal of Personality, Frontiers in Emotion, Journal of Consumer Psychology, Journal of Cross-Cultural Psychology, Journal of Experimental Social Psychology, Journal of Family Psychology, Journal of Happiness Studies, Journal of Individual Differences, Journal of Personality and Social Psychology, Journal of Personality, Journal of Positive Psychology, Journal of Research in Personality, Journal of Religion and Spirituality, Journal of Social and Personal Relationship, Mindfulness, Motivational Science, Personality and Social Psychology Bulletin, Motivation and Emotion, Personal Relationships, Personality and Individual Differences*

University Service Contribution
Social Service Research Centre, Director (2024-present)
Social Service Research Centre, Co-Director (2022-2023)
Faculty Promotion and Tenure Committee, Member (2022-present)
Faculty Council of Interdisciplinary Research, Member (2022-present)
Faculty Promotion and Tenure Committee, Member (2021-2022)
Faculty Council of Interdisciplinary Research, Member (2021-2022)
Departmental Ethics Review Committee, Chair (2020-2021)
Departmental Ethics Review Committee, Chair (2019-2020)
Social Service Research Centre, Steering Committee, Member (2019-2020)
Departmental Search Committee (Social Work), Member (2019-2020)
University Mid-Term Advisory Report Committee, Member (2019-2020)
Departmental Promotion & Tenure Evaluation Committee (Dr. Lili Qin), Member (2019-2020)
National University of Singapore, Institutional Review Board, Ad-Hoc Consultant (2019-2020)
Departmental Promotion & Tenure Teaching Peer-Review Committee (Dr. Lili Qin), Member (2019-2020)
NUS Office of Student Conduct Investigation Panel, Member (2019-2020)
Departmental Search Committee (Psychology) for Oliver Sng, Member (2018-2019)
Departmental Search Committee (Psychology) for Desmond Ong, Member (2018-2019)
Departmental Search Committee (Social Work) for Junior faculty and Associate Professor, Member (2018-2019)

Departmental Ethics Review Committee, Chair (2018-2019)
University Mid-Term Advisory Report Committee, Member (2018-2019)
Dissertation Evaluation Committee, Singapore Management University (Serene Nai), Member (2018-2019)
Departmental Search Committee (Psychology), Chair (2017-2018)
Department of Psychology Executive Committee, Member (2016-2017)
Departmental Undergraduate Committee, Member (2016-2017)
Departmental Mid-Term Tenure Advisory Report Committee (Dr. Jia Lile), Chair (2016-2017)
Department of Psychology ISM Coordinator (2016-2017)
University Scholar Program Conditional Admission Interview Panel, Member (2016-2017)
Departmental Search Committee (Psychology) for Full-Time Teaching Assistant, Chair (2015-2016)
Departmental Promotion & Tenure Evaluation Committee (Dr. Ryan Hong), Member (2015-2016)
University Scholar Program Conditional Admission Interview Panel, Member (2015-2016)
Department of Psychology Blended Learning Initiative Committee, Member (2015-2016)
Departmental Ethics Review Committee, Member (2015-2016)
Departmental Teaching Assistant Coordinator (2015-2016)
Departmental Undergraduate Committee, Member (2015-2016)
Department of Psychology Research Committee, Member (2015-2016)
Departmental Mid-Term Tenure Advisory Report Committee (Dr. Ashley Fulmer), Member (2014-2015)
Department of Psychology Blended Learning Initiative Committee, Member (2014-2015)
Departmental Undergraduate Committee, Member (2014-2015)
Departmental Promotion & Tenure Departmental Evaluation Committee (Dr. Stephen Lim), Member (2014-2015)
Departmental Promotion & Tenure Evaluation Committee (Dr. Ryan Hong), Chair (2013-2014)
Departmental Promotion & Tenure Evaluation Committee (Dr. Michelle See), Member (2013-2014)
Departmental Promotion & Tenure Teaching Peer-Review Committee (Dr Iliana Magiati), Member (2013-2014)
Psychology Society, Faculty Advisor (2012-2013)
Faculty Teaching Evaluation Committee for Teaching Awards, Member (2012-2013)
Departmental Undergraduate Committee, Chair (2011-2012)
Faculty Teaching Evaluation Committee for Teaching Awards, Member (2011-2012)
Departmental Honours-Year Coordinator (2010-2011)
Departmental Undergraduate Committee, Member (2010-2011)
Faculty Discretionary Admission Interview Panel for "A" level and IB (local) students, Member (2010-2011)
Departmental Third-Year Coordinator (2009-2010)
Departmental Undergraduate Committee, Member (2009-2010)
Departmental Search Committee (Psychology), Member (2009-2010)
Faculty Discretionary Admission Interview Panel for "A" level and IB (local) students, Member (2009-2010)
Departmental Third-Year Coordinator (2008-2009)
Departmental Undergraduate Committee, Member (2008-2009)

Departmental Search Committee (Psychology), Member (2008-2009)
Departmental Promotion & Tenure Teaching Peer-Review Committee (Dr Mike Cheung Wai-Leung), Member (2008-2009)
Departmental Third-Year Coordinator (2007-2008)
Departmental Undergraduate Committee, Member (2007-2008)
Faculty Discretionary Admission Interview Panel for "A" level and IB (local) students, Member (2007-2008)
Departmental Search Committee (Psychology), Member (2006-2007)

Conference Service Contribution

Scientific Committee, International Conference on Well-Being, Member (2018)
Scientific Committee, International Conference on Well-Being, Member (2016)

Funds (awarded for service contribution)

Heads and Deanery Research Support Scheme (2024) - $19,912.00
University Scholars Programme Service Incentive Fund (2018) - $500.00