

WONG Su Ren, PhD

Principal Occupational Therapist

Assistant Professor, Health & Social Sciences Cluster,  
Singapore Institute of Technology



### **Qualification(s)**

Doctor of Philosophy (Kinesiology, Nutrition and  
Rehabilitation),

University of Illinois at Chicago, USA

Bachelor of Occupational Therapy (Honours), The University of Queensland, Australia

### **Special Certifications**

Certified Life Coach

Certified CO-OP (Cognitive Orientation to daily Occupational Performance) Instructor

### **Workgroups/Work Areas**

Chronic Conditions and Lifestyle Management (CALM)

Lifestyle Management

### **Specialty and Interest Areas**

#### Clinical Areas

Mental Health

Chronic Disease Self-Management

#### Research Areas

Occupational Engagement

Self-Efficacy

Client-Therapist Relationships

Therapeutic Communication

### **Joint Appointments and Professional Activities**

2017 – current: Assistant Professor, Health and Social Sciences, Singapore Institute of Technology

2017 – current: Research Mentor, Singapore Association of Occupational Therapists

2021 – current: Council Member, Pain Association of Singapore

### **Awards**

2014 Provost Award for Graduate Research for “The Effectiveness of Intentional Relationship Model Training on Therapeutic Relationship and Participation.” Graduate College, University of Illinois at Chicago, Chicago, Illinois. \$2000. PI: Su Ren Wong. Faculty Advisor: Renee R. Taylor.

2012 Graduate Student Travel Award, Department of Occupational Therapy, University of Illinois at Chicago, Chicago, Illinois.

2011 Talent Development Award, National University Hospital, National University Health System, Singapore.

2000 Overseas Specialist Awards (Paramedical) Scholarship, Ministry of Health, Singapore.

### **Media Coverage**

2017 Lifestyle Modification to Prevent Burnout (Shin Min Daily News).

### **Selected Publications and Presentations**

#### Publications

Ngooi, B.X., Wong, S.R., Chen, J.D., Koh, V.S.Y., et al. (2021). Benefits of occupational therapy activity-based groups in a Singapore acute psychiatric ward: Participants' perspectives. *Occupational Therapy in Mental Health*, 37(1), 38-55.

Wong, S.R., Ngooi, B.X., Kwa, F.Y., et al. (2021). Exploring the meaning of value-based occupational therapy services from the perspectives of managers, therapists and clients. [published online ahead of print, 2021, Sep 10]. *British Journal of Occupational Therapy*, 0(0), 1-10. doi:10.1177/03080226211030095

Lim, K., Chi, C., Chan, S-Y., Lim, S.L., Ang, S.M., Yoong, J.S., Tsai, C., Wong, S.R., Yew, T.W., Tai, E.S., & Yong, E-L. (2021). A Smartphone App to Restore Optimal Weight (SPAROW) in Women With Recent Gestational Diabetes Mellitus: Randomized Controlled Trial. *JMIR mHealth and uHealth*, 9, e22147.

Manjari Lahiri, M., Cheung, P.P.M, Dhanasekaran, P. Wong, S.R., Yap, A., Tan, D.S.H, Chong, S.-H., Tan, C.-H., Santosa, A., Phan, P. (2021). Evaluation of a multidisciplinary care model to improve quality of life in rheumatoid arthritis: a randomised controlled trial. *Quality of Life Research*. <https://doi.org/10.1007/s11136-021-03029-3>

Wong, S. R., Fan, C.-W., & Polatajko, H. (2020). Exploring culture and therapeutic communication: Therapeutic mode use by occupational therapists in the United States and Singapore. *American Journal of Occupational Therapy*, 74, 7403205120. <https://doi.org/10.5014/ajot.2020.033936>

Popova, E.S., Ostrowski, R.E. Wong, S.R., & Taylor, R.R. (2019). Reliability and validity of the Pediatric Clinical Assessment of Modes in outpatient pediatric rehabilitation. *British Journal of Occupational Therapy*. Online publication. Doi: 10.1177/0308022619868091

Wong, S. R., & Fisher, G. (2015). Comparing occupation-focused models. *Occupational Therapy in Health Care*. Advanced online publication. doi: 10.3109/07380577.2015.1010130  
Lloyd, C., Wong, S. R., & Petrckovsky, L. (2007). Art and recovery in mental health: a qualitative investigation. *British Journal of Occupational Therapy*, 70(5), 207-214.

#### Book chapters

Sood, D., Fisher, G., Mahaffey, L, Wong, S.R., Baum, C., & Cada E. (2017). Occupation-Focused Models. In S.A. Dsouza, R. Galvaan & E. Ramugondo (Eds.) *Concepts in occupational therapy: Understanding southern perspectives*. Manipal University Press.

Taylor, R.R. & Wong, S.R. (2016). Therapeutic rapport: Applications of the Intentional Relationship Model. In C. A. Manville, & J. L. Keough (Eds.), *Mental health practice for the occupational therapy assistant* (pp.285-306). Thorofare, NJ: Slack Inc.

#### Presentations

Koh, V., Ngooi B. X., Wong S. R., & Chen, J. (2021, Nov). Benefits of participation in occupational therapy activity-based groups in an acute psychiatric ward in Singapore. Oral presentation at the 7<sup>th</sup> Asia-Pacific Occupational Therapy Conference, Philippines.

Yeh, I., Selvakumaran, S., Balu, R., Rosaryio, S., & Wong, S.R. (2021, March) User acceptability of monitoring technology in socially isolated elderly in Singapore. Poster presentation at the Singapore Allied Health Conference 2021.

Kwa, F.Y., Koh, X.T., Chua, R., Wong, S.R., Ngooi, B.X., & Dancza, K. (2021, March). Understanding value-based health care in occupational therapy in Singapore: An appreciative inquiry exploration of the patients' and caregivers' perspectives. Poster presentation at the Singapore Allied Health Conference 2021.

Wong, S. R. (2019, October). Managing challenging and difficult behaviours in cardiac patients. Invited speaker at the Singapore Prevention and Cardiac Rehabilitation Symposium, Singapore.

Lahiri, M., Cheung, P.P.M., Dhanasekharan, P., Wong, S. R., Yap, A., Tan, D., Kyi ZT, Santosa, A., & Phan, P. (2018, November). Does Multidisciplinary Care Improve Outcomes in Rheumatoid Arthritis? A Randomized Controlled Study. Poster session presented at 2018 American College of Rheumatology/ Association for Rheumatology Health Professionals Annual Meeting, Chicago, Illinois.

Wong, S. R. (2017, October). Self-Management: Introduction to Life Coaching and Sleep Hygiene. Invited speaker at the 2<sup>nd</sup> Singapore Prevention and Cardiac Rehabilitation Symposium, Singapore.

Wong, S. R., & Taylor, R. R. (2012, March). An association study between therapeutic use of self, participation and therapeutic outcomes. Poster session presented at the 1st Annual Occupational Science Summit, St. Louis, MO.

Wong, S.R., Loy, Y., Lai S.M, Wong, R. (2012, August 13-15). Effects of cardiac rehabilitation (CR) on quality of life (QOL) in patients who underwent percutaneous coronary intervention (PCI). Paper presented at the Australian Cardiovascular Health and Rehabilitation Association Conference, Brisbane, Australia.

Wong, S. R. (Nov, 2010) Life coaching for patients undergoing cardiac rehab. An invited speaker at the 1st Singapore Health & Biomedical Congress, Singapore.