

# JIA YING LOW

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## EMPLOYMENT

### **Research Assistant**

Centre for Research on Successful Ageing,  
Singapore Management University  
12.2021 - Current

- Assist with the Singapore Life Panel (SLP) research. The SLP began in 2015 with more than 12 000 Singaporeans aged 50 – 70 and aims to gain insights into the economic, social, physical and mental well-being of older Singaporeans.
- Correspond with SLP respondents to assist with issues they face with the monthly surveys
- Plan and facilitate focus group discussions for SLP members
- Assist with facilitation of events such as the annual ROSA symposium
- Recruit student assistants to assist at the panel's call centre
- Manage student assistants' work performance
- Assist with the panel's operational duties
- Contribute to research briefs write-ups

### **Clinical Research Coordinator**

National Neuroscience Institute  
12.2020 - 12.2021

- Performed study related procedures on a clinical trial on a longitudinal clinical, genetic and imaging study of prodromal Parkinson's disease in Singapore, such as screening and recruitment of study subjects, taking informed consent, and assisting with study visits
- Conducted cognitive assessments such as subjective complaints, Montreal Cognitive Assessment (MOCA), Alzheimer's Disease Assessment Scale - Cognitive Subscale (ADAS-Cog)
- Conducted motor assessments such as the Movement Disorders Society - Unified Parkinson's disease Rating Scale (MDS - UPDRS), Hoehn and Yahr (H&R) Scale, Modified Schwab and England Activities of Daily Living Scale (ADL), 7 metre Timed Up-and-Go (TUG) walk, Purdue Pegboard Test, and Physical Activity Scale for the Elderly (PASE)
- Conducted non-motor assessments such as the Movement Disorders Society Non-Motor Rating Scale (MDS-NMS), University of Pennsylvania Smell Identification Test (UPSIT),

Epworth Sleepiness Scale (ESS), Pittsburg Sleep Quality Index (PSQI), Electrocardiogram (ECG), RBD Screening Questionnaire (RBDSQ), Hospital Anxiety and Depression Scale (HADS), and Geriatric Depression Scale-15 (GDS-15)

- Assisted with Institutional Review Board (IRB) applications
- Processed blood samples for biochemical and protein analysis
- Liaised with internal and external stakeholders to ensure that study processes are carried out efficiently

### **Research Assistant**

Neuroscience Research Australia

06.2018 - 06.2019

- Implemented online modules for a multi-domain intervention in the dementia Risk Factors and Assessment (DemRisk) program. The DemRisk involves over 10 years of research performed by the Anstey group on the identification and assessment of risk factors for dementia
- Implemented online modules for the "Self-management and HeAlth Promotion in early-stage dementia with E-learning for carers (SHAPE) trial, in collaboration with the EU Joint Programme Neurodegenerative Disease (JPND) Research
- Conducted extensive literature scoping on current online interventions for dementia risk reduction for the DemRisk program and the SHAPE trial
- Assisted in ethics grant submission for a trial on mild cognitive impairment
- Screened literature reviews for systematic reviews
- Conducted extensive literature reviews for a project in partnership with ACT Chief Minister, Treasury and Economic Development (ACT CMTEDD), and Prof Kaarin Anstey
- Represented the Anstey Group for a poster presentation of the 'Body Brain Life - General Practice' Trial at the 2018 Torch Innovation Week
- Represented the Anstey Group in 2019 "Food for Thought" Event in introducing the Mediterranean-DASH Intervention for Neurological Delay (MIND) diet
- Attended weekly team meetings which consisted of journal clubs and statistics workshops

### **Research Assistant**

Brain and Mind Centre, University of Sydney

05.2018 - 06.2019

- Conducted brain training exercises for the elderly at risk of cognitive decline, based on clinical evidence principles using the "Maintain Your Brain" (MYB) platform, the world's largest Dementia prevention trial targeting modifiable risk factors, and a National Health and Medical Research Council funded project
- Offered support and motivation to participants to ensure high adherence to the MYB intervention

### **Behaviour Therapist**

AutismSTEP

04.2016 - 02.2017

- One-to-one Applied Behaviour Analysis (ABA) therapy for children on the Autism Spectrum
- Consistently corrected each child's inappropriate social and verbal behaviour
- Helped clients with delayed speech development acquire speech
- Helped clients learn functional motor skills, self-help skills
- Helped clients achieve planned academic goals
- Recorded data and case notes to update progress of client on a regular basis
- Coordinated each client's program with case managers on a regular basis based on their progress
- Consistently updated parents on child's progress
- Attended monthly team meetings for training in ABA therapy

## **EDUCATION**

Australian National University / 2017

Bachelor of Science in Psychology (Honours)

University of Adelaide / 2015

Bachelor of Psychological Science

New York University / 2015

Study Abroad

Autism Spectrum Disorders, Systems of Psychotherapy, Close Relationships and Personality

## PROFESSIONAL CERTIFICATIONS

- Biostatistics for Research (SPSS) – Advanced (Singapore General Hospital - Postgraduate Allied Health Institute)
- Good Clinical Practice (National University of Singapore)
- Good Clinical Practice in an Australian Context (Neuroscience Research Australia)
- Human Biomedical Research Act (HBRA) (SingHealth)
- The Beginning – A CRC's Guide to Clinical Research Management (SingHealth)
- Clinical Research Certificate Programme Course (Duke-National University of Singapore Medical School)
- Collaborative Institutional Training Initiative (CITI); Human Research – NHG Head Quarters Investigators, Responsible Conduct of Research and Biomedical Research Investigators Key Personnel (Singapore National Healthcare Group)
- Advanced Certificate in Cognitive Behaviour Therapy (Cognitive Behaviour Therapy Australia)
- Advanced Certificate in Rational Emotive and Cognitive Behaviour Therapy (Accredited by the Albert Ellis Institute, NY, USA)
- Skills in Dialectical Behaviour Therapy (Institute of Dialectical Behaviour Therapy Australia)
- Unified Parkinson's Disease Rating Scale (MDS-UPDRS) Certificate Exercise (Movement Disorders Society)
- Mental Health First Aid (Mental Health First Aid Australia)
- Applied Suicide Intervention Skills Training (ASIST) (LivingWorks Australia)
- Transcranial Magnetic Stimulation (TMS) (Sydney Neurostimulation Clinic)
- Trans-direct Current Stimulation (tDCS) (Sydney Neurostimulation Clinic)

## PUBLICATIONS

Ngu R., Tan M. & Low J.Y. (2022). *Life in an Endemic COVID19: Older Adults' Well-being, Activity, and Perceptions*. (ROSA Research Brief Series 2022)

## PROFESSIONAL MEMBERSHIPS

Australian Psychological Society  
Associate Member