**Gabriel TAN Xing Da**

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Anxiety, stress, and the occasional low mood are part and parcel of our lives; it's what makes us human. The stigma around mental health is something I desire to change, and I want to contribute towards making a difference. As an aspiring Clinical Psychologist, I wish to shape society into being more open, understanding, and accepting of mental health and its associated disorders. Afterall, we should not have to fight our mental health battles alone.

# Education

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| 2021 - Present | **Bachelor of Social Science, Major in Psychology**  *Singapore Management University, Singapore* |
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| 2016 - 2019 | **Diploma in Biotechnology (with Merit), Research Specialization Track**  *Republic Polytechnic, Singapore* |

# Awards and Achievements

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| 2016 - 2019 | **Director’s Roll of Honour**  *Republic Polytechnic, Singapore*   * Academic Year 2016 Semester 1 * Academic Year 2016 Semester 2 * Academic Year 2017 Semester 1 * Academic Year 2017 Semester 2 * Academic Year 2018 Semester 2 |
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| 2019 | **Academic Year 2019 Awards**  *Republic Polytechnic, Singapore*   * Module Prize in Current Good Manufacturing Practice |
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| 2017 - 2019 | **Edusave Certificate of Academic Achievement**  *Nee Soon GRC Grassroots Organizations*   * Edusave Certificate of Academic Achievement 2017 * Edusave Certificate of Academic Achievement 2018 * Edusave Certificate of Academic Achievement 2019 |

# Certifications

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| Jan 2023 | **Certificate in Counselling\***  *The School of Positive Psychology*  Credit ID: 8080672437 | |
| \* | | I would like to state that this certificate does not in any way make me a qualified counsellor. Rather, it certifies me in counselling skills that enables me to be a better listening ear for those around me. |
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| Oct 2022 | **IRB Training for SMU Researchers (Human Subjects)**  *CITI Program*  Credit ID: 52402657 | |

# Publications

*Published peer reviewed works*

Veerapandian, K. D., **Tan, G. X. D.**, Majeed, N. M. & Hartanto, A. (2023). Executive Function Deficits and Borderline Personality Disorder Symptomatology in a Nonclinical Adult Sample: A Latent Variable Analysis. *Brain Sciences, 13*(2), 206. <https://doi.org/10.3390/brainsci13020206>

*In progress*

**Tan, G. X. D.**, Soh, X. C., Majeed, N. M. & Hartanto, A. (in progress). Prevalence of anxiety in college and university students: An umbrella review. (Preregistration: <https://osf.io/5upj8/>)

Soh, X. C., **Tan, G. X. D.**, Majeed, N. M. & Hartanto, A. (in progress). Prevalence of depression in university students: An umbrella review. (Preregistration: <https://osf.io/4nz6w/>)

# Work Experience

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| Aug 2022 -  Present | **Student Researcher**  *Singapore Management University, Singapore*  Research Lab Member at SMU DawnLab   * Currently undertaking an Independent Research Project (Guided Research in Social Science). * Currently co-authoring another publication. |

# Volunteer Experience

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| Oct 2022 -  Present | **Volunteer (Matchsticks of IMH)**  *Institute of Mental Health, Singapore*  Being a part of Matchsticks of IMH, I   * interact with and befriend residents in the long-stay wards through weekly ward visits. * engage with residents through recreational activities and ad-hoc events. |
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| Jan 2022 -  Present | **KIPERKIDS Core Volunteer (Facilitation Head | Befriender)**  *Riverlife Community Services, Singapore*  As the KIPERKIDS Facilitation Head, I   * conduct and oversee character development sessions, where we educate children (primary school) about important values such as the values of KIPER: Kindness, Integrity, Perseverance, Excellence, and Respect. * am involved in planning content, activities, and events to engage the children. * support other facilitators on the weeks that they are in-charge of facilitating.   As a KIPERKIDS Befriender, I   * interact with children (primary school) in hopes of supporting and helping them navigate through this phase of growing up. * create spaces that are safe, accepting, and inclusive for these children. * build trust by befriending and establishing meaningful relationships with them. |

# Skills and Values

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| * Active Listening |
| * Passive Listening |
| * Strategic Questioning |
| * Research (Retrieval, Screening, Data extraction, Writing and synthesis) |