

## WAN MOHD AZAM WAN MOHD YUNUS

*BPsych (Hons)(UTM), MClinPsych (UKM), PhD (King's College London, UK), CPsychol (British Psychological Society, UK)*  
Block T08, Department of Psychology, School of Human Resource Development & Psychology,  
Faculty of Social Sciences & Humanities, 81310 Skudai, Johor, Malaysia  
E-mail: [wmohdazam@utm.my](mailto:wmohdazam@utm.my) | Telephone: +6017 613 6163

### EDUCATIONAL BACKGROUND

- 2017** : **Doctor of Philosophy (PhD) in Clinical Psychology**  
Institute of Psychiatry, Psychology & Neuroscience (IoPPN), King's  
College London, United Kingdom  
Thesis: *Development & Evaluation of Self-confidence Webinars  
Intervention for Depression in the Workplace*
- 2013** : **Master of Clinical Psychology (MClinPsych)**  
Universiti Kebangsaan Malaysia, Malaysia  
Thesis: *Loneliness & Depression among the Elderly in an Agricultural  
Settlement*
- 2010** : **Bachelor of Psychology - First Class Degree (Hons) CGPA: 3.85**  
Universiti Teknologi Malaysia, Malaysia  
Research Project: *The Impact of IQ & EQ towards Work Performance*

### WORK EXPERIENCE

- 2017 – present** : **Senior Lecturer**  
Department of Psychology, School of Human Resource Development  
& Psychology, Faculty of Social Sciences & Humanities, Universiti  
Teknologi Malaysia
- 2017 – 2018** : **Clinical Psychologist (part-time)**  
Pusat Pakar Psikologi Jiwadamai, Shah Alam, Selangor, Malaysia
- 2010 – 2017** : **Academic Tutor (primarily on study leave)**  
Department of Psychology, School of Human Resource Development  
& Psychology, Faculty of Social Sciences & Humanities, Universiti  
Teknologi Malaysia
- 2013** : **Clinical Psychologist Trainee**  
Portakabin Hospital Kajang, Psychiatry Department, Faculty of  
Medicine & Health Sciences, Universiti Putra Malaysia (Supervisor:  
Prof. Dr. Hj. Firdaus Mukhtar)
- 2012 – 2013** : **Clinical Psychologist Trainee**  
Child Development Centre, Hospital Universiti Kebangsaan Malaysia  
(Supervisor: Yuniche Ong Ee Lan)
- 2012** : **Clinical Psychologist Trainee**  
Health Psychology Clinic, Faculty of Health Sciences, Universiti  
Kebangsaan Malaysia (Supervisor: Dr. Mahadir Ahmad)

## HONOURS & AWARDS

- Excellent Service Award 2019 (for the year 2018 - University Level)
- Excellent Service Award 2019 (for the year 2018 - Faculty Level)
- Best Publication in Indexed Journal 2019 (for the year 2018 - Faculty Level)
- Active Blended Learning Award 2017, 2018 & 2019 by UTM Academic Leadership (UTMLead)
- Awarded Full Scholarship by the Malaysian Ministry of Education & Universiti Teknologi Malaysia for PhD programme at King's College London, (2013 - 2017)
- 45<sup>th</sup> Universiti Teknologi Malaysia Convocation (2010) Vice Chancellor's Award (2010)
- Dean's Award, Faculty of Social Sciences & Humanities (formerly Faculty of Management & Human Resource Development) 2010
- Faculty's High Achievers Award 2010 & Faculty's Most Active Student Award 2010

## RESEARCH INTERESTS

- Digital mental health/e-Mental health, developing and evaluating technology-mediated psychological assessments and interventions, Cognitive-behavioural therapy (CBT), Experimental research (e.g. RCTs), Systematic literature reviews and meta-analysis

## SELECTED PUBLICATIONS

### Web of Science (Clarivate Analytics) indexed journals

- Manal Martadza, Umi Izzatti Saedon, Nooraini Darus, Tunku Saara-Zawyah Tunku Badli, Siti Aisyah Ghazalan, **Wan Mohd Azam Wan Mohd Yunus\*(corresponding author)**. Patterns of referral to clinical psychology services in the Ministry of Health Malaysia. *Malaysian Journal of Medical Sciences*. Penerbit USM. 26(6): 111–119 ([http://www.mjms.usm.my/MJMS26062019/11MJMS26062019\\_OA8.pdf](http://www.mjms.usm.my/MJMS26062019/11MJMS26062019_OA8.pdf))
- **Wan Mohd Azam Wan Mohd Yunus\*(corresponding author)**, Peter Musiat, June Brown. (2019). Evaluating the feasibility of an innovative self-confidence webinar intervention for depression in the workplace: A proof-of-concept study. *JMIR Mental Health*. JMIR Publications. 6(4):e11401. (<https://mental.jmir.org/2019/4/e11401/>)
- **Wan Mohd Azam Wan Mohd Yunus\*(corresponding author)**, Peter Musiat, June Brown. (2018). Systematic review of universal and targeted workplace interventions for depression. *Occupational and Environmental Medicine*. BMJ Groups, 75: 66-75. (<https://oem.bmj.com/content/75/1/66>)
- **Wan Mohd Azam Wan Mohd Yunus**, Normah Che Din, Mahadir Ahmad, Shazli Ezzat Ghazali, Norhayati Ibrahim, Zaini Said, Ahmad Rohi Ghazali, Suzana Shahar, Rosdinom Razali, T Maniam. (2013). Loneliness and depression among elderly in an agricultural settlement: Mediating effects of social support. *Asia-Pacific Psychiatry*. Wiley Publishing, 5: 134-139. (<https://onlinelibrary.wiley.com/doi/abs/10.1111/appy.12061>).

### Scopus/ERA indexed journals

- Teo Shui Xian, Siti Aisyah Panatik, Mastura Mahfar, **Wan Mohd Azam Wan Mohd Yunus\*(corresponding author)**. (2020). Irrational Beliefs and Mental Health among Malaysian Secondary School Teachers. *International Journal of Psychosocial Rehabilitation*. 24(5): 698-709.

- Lam Shi Xian, Mastura Mahfar, **Wan Mohd Azam Wan Mohd Yunus**, Aslan Amat Senin, Aqeel Khan. (2020). Big Five Personality and Job Burnout among Malaysian Secondary School Teachers. *International Journal of Psychosocial Rehabilitation*. 24(5): 682-697.
- Mohd Nasir Masroom, **Wan Mohd Azam Wan Mohd Yunus**, Miftachul Huda. (2020). Understanding Of Significance Of Zakat (Islamic Charity) For Psychological Well-Being. *Journal of Critical Reviews*. 7(2): 693-697.
- Siti Nur Arwina Samsuddin, Mohd Nasir Masroom, **Wan Mohd Azam Wan Mohd Yunus**. (2019). Mental Health of Muslim Unwed Pregnant Teenagers. *Malaysian Journal of Medical and Health Sciences*. 15(1): 76-82.
- Lim Xing Yan, **Wan Mohd Azam Wan Mohd Yunus\*(corresponding author)**, Norashikin Mahmud. (2019). Big Five Personality and Eating Disorder Symptoms among Students in a Malaysian Public University: A Cross-Sectional Study. *Indian Journal of Public Health Research & Development*, 10(6): 1309-1314.
- Chan Mun Mun, **Wan Mohd Azam Wan Mohd Yunus\*(corresponding author)**, Norashikin Mahmud. (2019). The Association between Emotional Intelligence and Depressive Symptoms Among Nurses in a Malaysian Private Hospital. *Indian Journal of Public Health Research & Development*, 10(6): 1315-1320.
- Nabila Mohd Nazari, **Wan Mohd Azam Wan Mohd Yunus\* (corresponding author)**, Umar Haiyat Abdul Kohar, Siti Khadijah Zainal Badri, Nor A'tikah binti Mat Ali (2019). Are Depressive Symptoms Linked to Self-esteem? A Study on University Students. *Indian Journal of Public Health Research & Development*, 10(6): 1390-1394.
- Halimah Mohd Yusof, Rabeatul Husna Abdull Rahman, Nurul Farhana Mohd Noordin, Salwa Abdul Patah, **Wan Mohd Azam Wan Mohd Yunus**, Goh Chin Fei. (2019). Does University Students' Stress Have an Impact on their Psychological Well-Being?. *Indian Journal of Public Health Research & Development*, 10(6): 1290-1294.
- Khairunnisa Abdul Aziz, Rabeatul Husna Abdull Rahman, Hamlimah Mohd Yusof, **Wan Mohd Azam Wan Mohd Yunus**. (2018). A review on generational differences and work-related attitude. *International Journal of Academic Research in Business and Social Sciences*, 8(8), 346-360. \*ERA indexed journal
- Siti Hawa Haritha, Norashikin Mahmud, **Wan Mohd Azam Wan Mohd Yunus**. (2017). The Relationship between Individual Attitude and Risky Driving Behaviour: A Systematic Review. *International Journal of Economic Research*, 14(21): 1-11.

#### Book chapter

- **Wan Mohd Azam Wan Mohd Yunus**. (2017). Burnout in the Workplace. In: Mastura Mahfar, Halimah Mohd Yusoff, editors. *Psychological Issues in the Workplace*. Johor: Penerbit UTM Press; p. 93-108

#### Conference presentations, proceedings & papers

- **Wan Mohd Azam Wan Mohd Yunus**, Normah Che Din, Mahadir Ahmad, Shazli Ezzat Ghazali, Norhayati Ibrahim, Zaini Said, Ahmad Rohi Ghazali, Suzana Shahar, Rosdinom Razali & Maniam Thambu. (2013, June). Loneliness and Depression Among the Elderly in Felda: Mediating Effects of Social Support. Poster session presented at *The 20<sup>th</sup> IAGG World Congress of Gerontology and Geriatrics, Seoul, Korea*.
- Siti Aisyah Panatik @ Abdul Rahman, **Wan Mohd Azam Bin Wan Mohd Yunus** (Presenter). (2011). Relationship between Psychological Strain & Job Performance: Mediating Effects of Job Satisfaction, Affective Commitment and Turnover Intentions. Proceeding of *The 10<sup>th</sup> International Conference of the Academy of HRD (Asia Chapter) 2011*, Kuala Lumpur, Malaysia.

## RESEARCH GRANTS

November 2019 – present: Project Leader, Research University Grant (Tier 2)(Funder: Universiti Teknologi Malaysia). Topic: *The Effect Of Parental Psychological Capital (PsyCap), Social Support And Symptoms Severity On Subjective Wellbeing Among Parents Of Children With Autism Spectrum Disorders* (MYR15,000)

April 2018 – July 2018: Project Leader, Potential Academic Staff Grant (Funder: Universiti Teknologi Malaysia). Topic: *The Development of Game-Based Cognitive Rehabilitation for Children with Mental Health Issues (Phase 1)* (MYR10,000)

September 2019 – present: Project Member, Fundamental Research Grant Scheme (Funder: Malaysian Ministry of Education). Topic: *A Framework of Psychological Well-being Through Sustainable Social Mobility Program among the B40 group in Malaysia* (MYR54,200)

September 2019 – present: Project Member, Fundamental Research Grant Scheme (Funder: Malaysian Ministry of Education). Topic: *Pembentukan Model Kesejahteraan Psikologi dan Sosial Golongan Miskin Bandar* (MYR80,950)

August 2019 – present: Project Member, Research University Grant (Tier 2)(Funder: Universiti Teknologi Malaysia). Topic: *The Development Of Community-Based Social Entrepreneurship Business Models For Young Nascent Entrepreneurs* (MYR14,900)

August 2019 – present: Project Member, Research University Grant (Tier 2)(Funder: Universiti Teknologi Malaysia). Topic: *Impak Humor Terhadap Stres, Penglibatan Kerja Dan Kesejahteraan Hidup Di Sektor Awam Negeri Johor* (MYR10,000)

August 2019 – present: Project Member, Research University Grant (Tier 2)(Funder: Universiti Teknologi Malaysia). Topic: *Development Of Students' Adaptability Scale For Malaysian Higher Education Institution* (MYR10,000)

January 2019 – present: Project Member, Fundamental Research Grant Scheme (Funder: Malaysian Ministry of Education). Topic: *New theoretical perspective on developing nursing human capital to enhance nursing care quality* (MYR75,000)

November 2018 – present: Project Member, Transdisciplinary Research Grant (Tier 2) (Funder: Universiti Teknologi Malaysia). Topic: *Innovative Assessment for Psychiatric Patients using Technology-driven Approach* (MYR40,000)

April 2018 – present: Project Member, Potential Academic Staff Grant (Funder: Universiti Teknologi Malaysia). Topic: *Musculoskeletal Modelling for Ergonomics: Shoulder Kinematics and Loading in Construction* (MYR20,000)

July 2017 – September 2018: Project Member, Research University Grant (Tier 2) (Funder: Universiti Teknologi Malaysia). Topic: *Impact of Stress on Psychological Well-being of University Students* (MYR10,000)

## TEACHING

1. SHAY 3103 – Clinical Psychology
2. SHAY 2063 – Abnormal Psychology
3. SHAY 2083 – Cognitive Psychology
4. SHAY 1013 – Introduction to Psychology
5. UHAS 2122 – Critical & Creative Thinking

## RESEARCH SUPERVISION

### Masters Degree

#### 2019 (completed)

- Loshini A/P Kumaraswaran. Proposed Topic: *The Impact of Workplace Factors (Supervisor Support, Co-worker Support, Flexibility & Work Stress) on Depression Symptoms among Service Industry Employees*

#### 2018 (completed)

- Deepa A/P Alagappan. Topic: *The Effects of Big Five Personality on Work Engagement among Managers*
- Kuganesh A/P M Chendrasekaran. Proposed Topic: *The Influence of Self-Efficacy on Employee's Organisational Commitment in Chemical Industry.*

### Bachelor Degree

#### 2019 (completed)

- Teo Shui Xian. Proposed topic: *The Relationship between Irrational Beliefs & Mental Health among Teachers in School X*
- Nor Hazwani Md Rashid. Proposed topic: *The Effect of Cyberbullying on Emotional Response & Mental Health among Young Adults in UTM, Skudai*
- Nur Ainaa Azhar. Proposed topic : *The Relationship between Internet Addiction & Depressive Symptoms among Undergraduate Students in UTM*
- Syazwina Muhammad Khir. Proposed topic: *The Relationship between Sleep Deprivation & Mental Health Problems (Depression, Anxiety, Stress) among University Students in Malaysia*
- Phoon Ju Yee. Proposed topic: *The Relationships between Sleep Quality, Depressive Symptoms & Suicidal Ideation among Psychology Undergraduate Students in Universiti Teknologi Malaysia*

#### 2018 (completed)

- Chan Mun Mun. Topic: *Relationship between Emotional Intelligence & Depressive Symptoms among Nurses in Hospital X*
- Lim Xing Yan. Topic: *Relationship between Big Five Personality & Eating Disorder Symptoms among Psychology Students in Universiti Teknologi Malaysia*
- Nabila Mohd Nazari. Topic: *The Relationship between Self-Esteem & Depressive Symptom among Psychology Students in UTM*
- Nur Hazwani Roshidi. Topic: *The Relationship Between Emotional Intelligence & Burnout among Special Needs Teachers in Maran District, Temerloh, Pahang 'Hubungan antara*

*Kecerdasan Emosi dengan Burnout dalam kalangan Guru Pendidikan Khas di Daerah Maran dan Temerloh, Pahang'*

- Shamimi Aqilah Shahrudin. Topic: *The Relationship between Parenting Styles & Emotional Intelligence among Form Four Students in Sekolah Menengah Kebangsaan Undang Jelebu 'Hubungan antara Gaya Keibubapaan dengan Kecerdasan Emosi Pelajar Tingkatan Empat dan Lima di Sekolah Menengah Kebangsaan Undang Jelebu'*

#### **2017 (completed)**

- Nor Athirah Jefry. Topic: *Parenting Stress & Parenting Style among Parents with Children with Attention Deficit Hyperactivity Disorder (ADHD)*
- Nurul Isnaini Ahmad Sharani. Topic: *The Relationship between Psychological Empowerment & the Quality of Work Life (QWL) among the Employees at Bursa Malaysia Berhad (BBMB)*

#### **JOURNAL REVIEWER**

- Journal of Clinical Medicine (Web of Science Q1)
- Journal of Occupational and Environmental Medicine (Web of Science Q2)
- International Journal of Environmental Research and Public Health (Web of Science Q2)
- BMJ Open (Web of Science Q2)
- Sains Humanika (MyCite)
- Jurnal Kemanusiaan (MyCite)

#### **PROFESSIONAL BODIES MEMBERSHIP**

- British Psychological Society – Chartered Psychologist (CPsychol) (467719)
- Malaysia Society of Clinical Psychology (MSCP) – Full Member (CP1-0156)
- Malaysian Psychological Association - Member (217000023)

#### **TECHNOLOGY SKILLS**

**Statistical software:** 10 years experience with SPSS, 5 years with G\*Power, 3 years with NVIVO & Review Manager, 2 years with Smart PLS, attended basic STATA & MPLUS courses

**Statistical techniques:** Univariate/multivariate methods (ANOVA, regression, hierarchical regression, logistic regression, mixed effects modelling, structural equation modelling, mediation & moderation analysis), descriptive statistics, exploratory and confirmatory factor analysis, graphical reporting, power analysis, effect sizes and confidence intervals, identifying and accounting for missing data.

**Reference Management:** 5 years experience with EndNote & Mendeley

**Research methods:** Mixed methods, survey research, quasi & experimental design, repeated measures design, focus group interviews, systematic literature review, basic meta-analysis

**Additional software:** Word, Excel, PowerPoint, Outlook, Pages, Keynote, Basic Adobe Photoshop

## COMMITTEE WORKS AND ADMINISTRATION DUTIES

### 2019

- Internal Auditor – Faculty Level
- Head of Coordinator for Alumni – Faculty Level
- Coordinator for Student Transformation & Development – Faculty Level
- Coordinator for Research & Psychometric Center (School of Human Resource Development & Psychology) – Faculty Level
- Academic Advisor for International Students (Psychology) – Faculty Level
- Committee member of Undergraduate Research Project (Psychology) – Faculty Level

### 2018

- Academic Advisor for International Students (Psychology) – Faculty Level
- Committee member of Endowment – Faculty Level
- Committee member of Occupational, Safety & Health – Faculty Level
- Committee member of Undergraduate Research Project (Psychology) – Faculty Level
- Committee member of Undergraduate Research Project (Human Resource Development) – Faculty Level

## PROFESSIONAL SERVICES

### 2019

Role	Description	Organiser
Speaker	Workshop on Systematic Literature Review	Faculty of Social Sciences & Humanities, UTM
Editorial Board	Journal of Research in Psychology	Publisher: Readers Insight
Keynote Speaker	“Digital Mental Health: Prospects & Challenges for Developing Countries” in the 3 <sup>rd</sup> International Seminar on Psychology	Universitas Muhammadiyah Purwokerto, Indonesia
Keynote Speaker	“Types of Research in Psychology & Human Resource Development” in the International Seminar on Research (I-SEE 2019)	Faculty of Social Sciences & Humanities, UTM & STIEM Tanjungpinang, Indonesia
Speaker	Workshop on “The Theoretical Approaches for Psychological Interventions” in the International Seminar & Workshop on Social Sciences & Psychology	Faculty of Social Sciences & Humanities, UTM & Universitas Muhammadiyah Purwokerto, Indonesia
Speaker	Bengkel Memahami Psikologi Remaja ( <i>A Workshop on Understanding Youth Psychology</i> )	Kolej Yayasan Pelajaran Johor
Speaker	Stress Management using Cognitive Behaviour Therapy	Reanna Global Sdn. Bhd.

**2018**

<b>Role</b>	<b>Description</b>	<b>Organiser</b>
Panellist	Forum 'Perkasa Mental, Jiwa Kental', Program Sambutan Bulan Kaunseling Peringkat Zon Selatun 2018 ( <i>A Forum 'Enhancing Mental Health, Empowering the Mind' during the National Counselling Month 2018</i> )	Jabatan Kebajikan Masyarakat
Panellist	Aspire to Inspire 1.0: "Mental Illness: The Silent Killer"	STRATEGI (Management Student Society), UTM
Speaker	Mental Health & Social Support for Mothers	Kelab Sokongan Penyusunan Susu Ibu Johor Bahru (KSPSIJB)
Speaker	Writing for Publication Workshop: Introduction to Systematic Literature Review	Faculty of Social Sciences & Humanities, UTM

**2017**

<b>Role</b>	<b>Description</b>	<b>Organiser</b>
Panellist	TV programme slot – Children & Autism ( <i>Anak Syurga: Autism</i> )	Bismillah Ad-Duha Programme, Astro Oasis
Speaker	Introduction to Psychological First Aid	Accident & Emergency Department, Hospital Sultan Ismail, Johor
Speaker	Understanding the Challenges of Children & Adolescent Psychological Development ( <i>Fahami Cabaran Psikologi Kanak-kanak &amp; Remaja</i> )	Pusat Pakar Psikologi Jiwadamai, Shah Alam and Management & Science University
Panellist	Autism Awareness Project 2.0: Autism Awareness: Why it is Important & How Science Helps ( <i>Kesedaran Autisme: Mengapa Ianya Penting &amp; Bagaimana Sains Boleh Membantu</i> )	Menteri Besar Selangor (Pemerbadanan) & Persatuan Taska Negeri Selangor
Panellist	Forum on Consume Safety in the Cyber & Digital Era ( <i>Keselamatan Pengguna di Era Cyber &amp; Digital</i> )	Johor Consumer Welfare Association (JCWA)
Speaker & Facilitator	Kursus Asas Penulisan Bahan Ilmiah ( <i>A Course on Introduction to Academic Writing</i> )	Institut Tadbiran Awam Negara (INTAN), Kampus Wilayah Selatan
Panellist	Autism Awareness Project Series 1 2017	Scientists for Society (SfS) & Faculty of Biomedical Engineering, UTM
Judge	Faculty of Biomedical Engineering Innovation Day	Faculty of Biomedical Engineering, UTM
Instructor	SPSS Clinic, Undergraduate Research Project (Psychology)	Faculty of Social Sciences & Humanities, UTM
Speaker	Psychological Festival 2017	Psychology Interactive Club (PSYCHIC), UTM



Speaker	Soaring High Motivation Program ( <i>Program Motivasi Terbang Tinggi</i> )	Unit Bimbingan & Kaunseling, Sekolah Menengah Kebangsaan Desa Cemerlang, Ulu Tiram, Johor
---------	--	---

## REFERENCES

1. **Assoc. Prof. Dr. Siti Aisyah Panatik** (Chair, School of Human Resource Development & Psychology, Faculty of Social Sciences & Humanities, Universiti Teknologi Malaysia). Contact number: +6075610001, E-mail: [saisyah@utm.my](mailto:saisyah@utm.my)
2. **Dr. June Brown** (Senior Lecturer in Clinical Psychology, Department of Psychology, Institute of Psychiatry, Psychology & Neuroscience (IoPPN), King's College London, United Kingdom). Contact number: +442078485004, E-mail: [june.brown@kcl.ac.uk](mailto:june.brown@kcl.ac.uk)
3. **Dr. Norashikin Mahmud** (Director of Psychology, Department of Psychology, School of Human Resource Development & Psychology, Faculty of Social Sciences & Humanities, Universiti Teknologi Malaysia). Contact number: +6075557799, E-mail: [norasikin@utm.my](mailto:norasikin@utm.my)
4. **Dr. Peter Musiat** (Post-Doctoral Researcher, Department of Psychological Medicine, Institute of Psychiatry, Psychology & Neuroscience (IoPPN), King's College London, United Kingdom). E-mail: [peter.musiat@kcl.ac.uk](mailto:peter.musiat@kcl.ac.uk)