

Assoc Professor. Tam Cai Lian  
Malaysia Jeffrey Cheah Sch of Med & HS  
Email: Tam.Cai.Lian@monash.edu



## Biography

Dr Tam Cai Lian is the Associate Professor of the Jeffrey Cheah School of Medicine and Health Sciences, Monash University Malaysia. She is a counselling psychologist, a registered counsellor from the Board of Counsellors Malaysia and panel counsellor for the Board of Council Malaysia. Dr Tam has a special interest in the variety of challenges facing adolescents in modern Malaysia. She has a particular emphasis on the special areas which include contributory factors of drug abuse and the effects of counselling on mental health and wellbeing among the multi-ethnic groups. Currently, Dr Tam is the coordinator for Master of Professional Counselling (MoPC), Monash University Malaysia and the unit coordinator for Children and Adolescents Counselling, Counselling Skills: Individuals and Couple for the MoPC program.

## Research outputs

### **Confounding analysis with gaming aspects in predicting psychological distress of esports players**

Lee, S. L. & Tam, C. L., Feb 2024, (Accepted/In press) In: *PsyCh Journal*. 11 p.

### **Alternative Classroom Design's Relation to Student Satisfaction, Learning Engagement and Perceived Teaching Effectiveness in a Malaysian University Setting**

Yen, C. Y. L. & Tam, C., 30 Sept 2023, *The European Conference on Education 2023: Official Conference Proceedings*. Japan: International Academic Forum (IAFOR), p. 169-185 17 p. (ECE Official Conference Proceedings).

### **Facebook depression with depressed users: The mediating effects of dependency and self-criticism on facebook addiction and depressiveness**

Lee, S. L., Tam, C. L. & Thurairajasingam, S., Feb 2023, In: *Computers in Human Behavior*. 139, 8 p., 107549.

### **An exploration study of family functioning, parent-child relationship, and online game addiction among Malaysian young adolescents**

Tan, S. C., Lian, T. C. & Kadirvelu, A., Jan 2023, In: *International Journal of Advances in Science Engineering and Technology*. 11, 1, p. 1-6 6 p.

### **Depression, Self-Esteem, and Lifestyle Factors Among University Students in Singapore and Malaysia**

Kwok, G. & Tam, C., 2023, In: *International Journal of Information Systems and Social Change*. 14, 1, p. 1-18 18 p.

### **Impulsivity, Gambling-Related Cognitions, Cognitive Reappraisal and Gambling Behaviour in a Malaysian Sample**

Tan, G. S. L. & Tam, C. L., 2023, (Accepted/In press) In: *Journal of Gambling Studies*. 18 p.

### **A systematic review on self-construal and social network sites**

Lee, S. L. & Tam, C. L., 2022, *Research Anthology on Usage, Identity, and Impact of Social Media on Society and Culture*. Information Resources Management Association (ed.). 1st ed. Hershey PA USA: IGI Global, Vol. 1. p. 359-379 21 p.

### **The Facilitative Effect of Impulsiveness on the Dark Triad and Social Network Sites Addiction: The Dark Triad, Impulsiveness, SNS Addiction**

Lee, S. L., Tan, Y. E., Tam, C. L. & Ahn, J., 2022, In: *International Journal of Technology and Human Interaction*. 18, 1, 15 p.

### **Bridging the Gap of Feasibility and Practicality in the Malaysian Context: Preliminary Single Cohort SchoolBased Cognitive Behavioral Therapy (CBT) Intervention**

Saw, J. A., Tam, C., Thanzami, V., Bonn, G., Saw, T. G. & Suthahar, A., 3 Aug 2021, In: *ASEAN Journal of Psychiatry*. 22, 5, p. 1-9 9 p.

**Parental bonding, depressive experiences, and symptomology: An investigation among college students in Malaysia**  
Yen, J., Tam, C. L. & Lee, S. L., Aug 2021, In: PsyCh Journal. 10, 4, p. 574-586 13 p.

**Barriers and facilitators to professional mental health help-seeking behavior: Perspective of Malaysian LGBT individuals**  
Zay Hta, M. K., Tam, C. L., Au, S. Y., Yeoh, G., Tan, M. M., Lee, Z. Y. & Yong, V. V., 2021, In: Journal of LGBT Issues in Counseling. 15, 1, p. 38-58 21 p.

**Contextualized school-based Cognitive Behavioral Therapy (CBT) intervention for Malaysian secondary school students**  
Saw, J. A., Tam, C. L., Thanzami, V. & Bonn, G., 21 Dec 2020, In: Frontiers in Psychiatry. 11, 17 p., 565896.

**Student, teacher, and school counselor perceptions of national school uniforms in Malaysia**  
Woo, J. M., Tam, C. L., Bonn, G. B. & Tagg, B., 28 Jul 2020, In: Frontiers in Psychology. 11, 9 p., 1871.

**A systematic review on self-construal and social network sites**  
Lee, S. L. & Tam, C. L., Apr 2020, In: International Journal of Cyber Behavior, Psychology and Learning. 10, 2, p. 1-18 18 p.

**Cognitive Behavior Therapy With A Migrant Pakistani In Malaysia: A Single Case Study Of Conversion Disorder**  
Choudhry, F. R., Munawar, K., Khaiyom, J. H. A. & Tam, C., 2019, In: Jurnal Psikologi Malaysia. 30, 2, p. 49-68 20 p.

**Development and validation of a school-based cognitive-behavioural therapy (CBT) intervention for Malaysian high school students with depressive symptoms**  
Saw, J. A., Tam, C. & Bonn, G., 2019, In: Asia Pacific Journal of Counselling and Psychotherapy. 10, 2, p. 171-187 17 p.

**Examining social support and its relation to worry in Malaysia**  
Saifuddin, A. B. A., Lian, T. C., Chong, L. P. & Bonn, G., 2019, In: Journal of Pacific Rim Psychology. 13, 11 p., e25.

**Feeling better or worse? The lived experience of non-suicidal self-injury among Malaysian University students**  
Tan, S. C., Tam, C. & Bonn, G., 2019, In: Asia Pacific Journal of Counselling and Psychotherapy. 10, 1, p. 3-20 18 p.

**Malaysians' preferences and concerns regarding seeking information about illegal drugs**  
Chie, Q. T., Tam, C. L. & Bonn, G., 17 May 2018, In: Frontiers in Public Health. 6, 6 p., 143.

**Cultural influences on pharmacy student engagement in a global university**  
Tang, K. S., Loo, J. M. Y., Tam, C. L. & Lee, S. W. H., 18 Mar 2018, In: Pharmacy Education. 18, 1, p. 110-118 9 p.

**Preferences for online and/or face-to-face counseling among university students in Malaysia**  
Wong, K. P., Bonn, G., Tam, C. L. & Wong, C. P., 31 Jan 2018, In: Frontiers in Psychology. 9, 5 p., 64.

**Examining depressive symptoms and their predictors in Malaysia: Stress, locus of control, and occupation**  
Yeoh, S. H., Tam, C. L., Wong, C. P. & Bonn, G., 22 Aug 2017, In: Frontiers in Psychology. 8, 10 p., 1411.

**Physical activity and its correlates among adults in Malaysia: A cross-sectional descriptive study**  
Lian, T. C., Bonn, G., Han, Y. S., Choo, Y. C. & Piau, W. C., Jun 2016, In: PLoS ONE. 11, 6, 14 p., e0157730.

**Substance abuse, relapse, and treatment program evaluation in Malaysia: Perspective of rehab patients and staff using the mixed method approach**  
Chie, Q. T., Tam, C. L., Bonn, G., Dang, H. M. & Khairuddin, R., 26 May 2016, In: Frontiers in Psychiatry. 7, 13 p., 90.

**The epidemiology of childhood brain injury in the state of Selangor and Federal Territory of Kuala Lumpur, Malaysia**  
Tay, E. L., Lee, S. W. H., Jamaluddin, S. F., Tam, C. L. & Wong, C. P., 27 Apr 2016, In: BMC Pediatrics. 16, 6 p., 56.

**Imagining a good life in Malaysia and China: Cultural beliefs among Mainland Chinese, Malaysian Chinese, and Malay University students**

Bonn, G. & Tam, C. L., Apr 2016, In: Asian Journal of Social Psychology. 19, 2, p. 145-153 9 p.

**Factors influencing voting behaviour in Malaysia**

Tam, C. L. & Chie, Q. T., 26 Mar 2015, *Culture and Cognition: A Collection of Critical Essays*. Haque, S. & Sheppard, E. (eds.). Peter Lang Publishing, p. 211-222 12 p.

**Drug abuse, relapse, and prevention education in Malaysia: Perspective of university students through a mixed methods approach**

Chie, Q. T., Tam, C. L., Bonn, G., Wong, C-P., Dang, H. M. & Khairudin, R., 2015, In: Frontiers in Psychiatry. 6, p. 1 - 13 13 p.

**Personal attributions, emotion managements, social supports, and diabetes knowledge in diabetes self-care adherence**

Yap, C. C., Tam, C. L., Muniandy, S. & Kadirvelu, A., 2015, In: International Journal of Collaborative Research on Internal Medicine & Public Health. 7, 6, p. 104 - 119 16 p.

**The mediating role of depressive symptom severity in the relationship between obsessive-compulsive disorder and quality of life**

Lee, S. L., Tam, C. L., Song, B. K. & Neik, T. T. X., 2015, In: Asian Social Science. 11, 1, p. 97 - 102 6 p.

**The relationship between facebook attachment and obsessive-compulsive disorder severity**

Lee, S. L., Park, M. S-A. & Tam, C. L., 2015, In: Cyberpsychology: journal of psychosocial research in cyberspace. 9, 2, p. 1 - 8 8 p.

**Investigating diet and physical activity in Malaysia: education and family history of diabetes relate to lower levels of physical activity**

Tam, C. L., Bonn, G., Yeoh, S. H. & Wong, C-P., 2014, In: Frontiers in Psychology. 5, Art. No.: 1328, p. 1 - 9 9 p.

**Mobile phone usage preferences: the contributing factors of personality, social anxiety and loneliness**

Lee, S., Tam, C. L. & Chie, Q. T., 2014, In: Social Indicators Research. 118, 3, p. 1205-1228 24 p.

**Passive smoking: perceptions and practices among urban working adults**

Ooi, J. X., Teh, K. X., Tam, C. L., Sadasivan, S. & Kadirvelu, A., 2014, In: International Journal of Collaborative Research on Internal Medicine & Public Health. 6, 6, p. 160 - 167 8 p.

**Perceived effectiveness of policy and legislation on smoking among Malaysian adults**

Teh, K. X., Ooi, J. X., Tam, C. L., Kadirvelu, A. & Sadasivan, S., 2014, In: International Journal of Collaborative Research on Internal Medicine & Public Health. 6, 7, p. 207-215 9 p.

**Psychosocial variables influencing diabetes self-management and quality of life: a pilot study**

Yap, C. C., Tam, C. L., Bonn, G., Muniandy, S. & Kadirvelu, A., 2014, *Recent Trends in Social and Behaviour Sciences*. Gaol, F. L., Kadry, S., Taylor, M. & Li, P. S. (eds.). UK: CRC Press, p. 319 - 324 6 p.

**Smoking and burden of ill health: A review of the Malaysian context**

Lee, M. Y. & Tam, C. L., 2014, In: International Journal of Collaborative Research on Internal Medicine & Public Health. 6, 7, p. 190 - 198 9 p.

**Work stress, coping strategies and resilience: a study among working females**

Lian, S. Y. & Tam, C. L., 2014, In: Asian Social Science. 10, 12, p. 41 - 52 12 p.

**A qualitative study on drug abuse relapse in Malaysia: contributory factors and treatment effectiveness**

Tam, C. L. & Foo, Y. C., 2013, In: International Journal of Collaborative Research on Internal Medicine & Public Health. 5, 4, p. 217 - 232 16 p.

**Perceived stress, coping strategy and general health: a study on accounting students in Malaysia**

Lim, Y. M., Tam, C. L. & Lee, T. H., 2013, In: Researchers World: Journal of Arts, Science and Commerce. 4, 1, p. 88 - 95 8 p.

**Relationships of birth order, parent-child relationship, personality, and academic performance**

Ha, T. S. & Tam, C. L., 2013, In: Pertanika Journal of Social Sciences & Humanities. 21, 1, p. 17 - 52 36 p.

**Impacts of drug use on memory**

Foo, Y. C. & Tam, C. L., Oct 2012, In: Australian Journal of Basic and Applied Sciences. 6, 10, p. 72-75 4 p.

**Accounting researchers in Asia Pacific: a study on publication productivity and citation analysis**

Lee, T. H., Yap, C. S., Lim, Y. M. & Tam, C. L., 2012, In: Asian Journal of Finance and Accounting. 4, 1, p. 132 - 150 19 p.

**Contributory factors of drug abuse and the accessibility of drugs**

Tam, C. L. & Foo, Y. C., 2012, In: International Journal of Collaborative Research on Internal Medicine & Public Health. 4, 9, p. 1621 - 1625 5 p.

**Family factors and peer influence in drug abuse: a study in rehabilitation centre**

Foo, Y. C., Tam, C. L. & Lee, T. H., 2012, In: International Journal of Collaborative Research on Internal Medicine & Public Health. 4, 3, p. 190 - 201 12 p.

**Nomination for the highest publications and citations: productivity study of academic psychologist of ASEAN countries**

Tam, C. L., Lee, S. L., Lee, T. H. & Yap, K. H. A., 2012, In: International Journal of Asian Social Science. 2, 4, p. 411 - 422 12 p.

**Parental authority, parent-child relationship and gender differences: a study of college students in the Malaysian context**

Tam, C. L., Lee, T. H., Kumarasuriar, V. & Har, W. M., 2012, In: Australian Journal of Basic and Applied Sciences. 6, 2, p. 182 - 189 8 p.

**Parenting styles and self-efficacy of adolescents: Malaysian scenario**

Tam, C. L., Chong, A., Kadirvelu, A. & Khoo, Y. T., 2012, In: Global Journal of Human-Social Science: Arts & Humanities. 12, 14, p. 19-25 7 p.

**Transformational leadership and job-related learning**

Loon, M., Lim, Y. M., Lee, T. H. & Tam, C. L., 2012, In: Management Research Review. 35, 3/4, p. 192 - 205 14 p.

**A study of birth order, academic performance, and personality**

Ha, T. & Tam, C. L., 2011, *International Proceedings of Economics Development and Research*. Lin, C. H. (ed.). Singapore: International Association of Computer Science and Information Technology (IACSIT), Vol. 5. p. 28 - 32 5 p.

**Accounting research publication productivity: A study of the Asia Pacific Region**

Lee, T-H., Tam, C. L., Yap, C-S. & Lim, Y-M., 2011, In: Academy of Taiwan Business Management Review. 7, 1, p. 111 - 120 10 p.

**Communication skills, conflict tactics and mental health: A study of married and cohabitating couples in Malaysia**

Tam, C. L., Lee, T-H., Foo, Y-C. & Lim, Y. M., 2011, In: Asian Social Science. 7, 6, p. 79 - 87 9 p.

**Dyadic consensus and satisfaction of married and dating couples in Malaysia**

Tam, C. L., Lee, T-H., Har, W. M. & Chua, S-I., 2011, In: Asian Social Science. 7, 9, p. 65 - 72 8 p.

**Parental bonding and parent-child relationship among tertiary students**

Tam, C. L. & Yeoh, S. H., 2011, In: Sunway Academic Journal. 5, p. 111 - 127 17 p.

**Perceived social support and self-esteem towards gender roles: Contributing factors in adolescents**  
Tam, C. L., Lee, T-H., Har, W. M. & Pook, W-L., 2011, In: Asian Social Science. 7, 8, p. 49 - 58 10 p.

**Perception of suicidal attempts among college students in Malaysia**  
Tam, C. L., Lee, T-H., Har, W. M. & Chan, L-C., 2011, In: Asian Social Science. 7, 7, p. 30 - 41 12 p.

**Readiness of ASEAN banking sector integration: Recent development and statistical evidence**  
Har, W-M., Lee, T-H. & Tam, C. L., 2011, In: The ICAFI Journal of Monetary Economics. 9, 1, p. 46 - 65 20 p.

**Relationship between perceived parenting styles and coping capability among Malaysian secondary school students**  
Lin, T. E. & Tam, C. L., 2011, *IPEDR Proceedings*. Lin, C. H. (ed.). Singapore: International Association of Computer Science and Information Technology (IACSIT), Vol. 5. p. VI20 - VI24 5 p.

**Stress at work amongst auditors: Is there a light at the end of the tunnel?**  
Lee, T-H., Lim, Y-M., Yap, C-S. & Tam, C. L., 2011, In: MAREF Review. 1, 2, p. 1 - 3 3 p.

**The association between perceived social support, socio-economic status and mental health in young Malaysian adults**  
Tam, C. L., Foo, Y-C. & Lee, T-H., 2011, In: East Asian Archives of Psychiatry. 21, 2, p. 73 - 78 6 p.

## Prizes

**Monash-Sunway Decarbonization initiative: Microalgae farming and Native Tree Planting**  
Foo, Su Chern (Recipient), Barclay, Holly (Recipient), Meng Nan, Chong (Recipient), Chien Wei (Edward), Ooi (Recipient), Ilankoon, Saman (Recipient), Watabe, Motoki (Recipient), Lian, Tam Cai (Recipient) & Rahman, Sadequr (Recipient), 23 Aug 2018

## Projects

**A Novel Framework for Personalized Prediction of Neurological Diseases from Brain Networks using Signal decomposition and Graph Deep Learning Techniques**  
Ting, C., Lian, T. C., Phan, R., Wong, K. S., Ombao, H. & Tan, H. J.  
1/10/23 → 30/09/26

**PARSEL : A Participatory Action Research on Socio-Emotional Learning and Development of Resilience and Academic Achievement among Refugee Children in a Community Learning Centre**  
Verghis, S., Lian, T. C., Kumari, Y. & Habibullah, S. N. B. M.  
1/10/19 → 30/04/23

**Improving Drug Abuse Treatment Outcomes: Developing Database System for Individualizing Treatment and Outcome Evaluation.**  
Lian, T. C.  
1/12/14 → 31/08/15

**Modulating neural markers of age-related decline in cognitive function: A longitudinal approach. (Note: This is the subproject under Sunway University under program title "Successful ageing: Evidence-based interventions to delay ageing-related decline")**  
Su, T. T., Schaefer, A., Phillips, L. H., Jentsch, I., Van Reekum, C., Pany, A., Subramaniam, V., Yong, M. H. & Lian, T. C.  
1/12/19 → 31/08/25

**Slowing the spread of diabetes: Investigating health knowledge, beliefs, and lifestyle among sociocultural groups in Malaysia.**  
Lian, T. C.  
16/12/13 → 16/12/16

**The role of school uniforms in promoting Malaysian national identity**  
Lian, T. C. & Loo, J.  
1/08/16 → 31/07/18