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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

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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

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Perceived effectiveness of policy and legislation on smoking among Malaysian adults

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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

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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

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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