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Education

2023– Ph.D., Psychology (Affective Science), Stanford University
 Advisor: Dr. Jeanne L. Tsai
2021–2023 M.Phil., Psychology, Singapore Management University
 Advisor: Dr. Angela K.-y. Leung
2018–2022 B.SocSc., Psychology, Singapore Management University
 Summa Cum Laude

Broad Research Interests

Culture, Emotions/Affective Sciences, Wellbeing

Selected Honors and Awards

2023 EDGE Doctoral Fellowship Program
 Stanford University
2022 SMU Fast-Track Masters' Program (M.Phil, Psychology) Scholarship
 Singapore Management University
2022 Helen Chua Chin Xiang Best Senior Thesis in Psychology Award
 Singapore Management University
2021 ICPSR 2021 Research Paper Competitions – First Place (Undergraduate)
 Inter-university Consortium for Political and Social Research
2021 APS Student Diversity Registration Award
 Association for Psychological Science
2020 & 2021 Certificate of Research Excellence: Highly Commended
 Singapore Psychological Society Student Research Awards

2020 & 2021	Audience Choice Award (Best Presentation) Singapore Psychological Society Student Research Awards
2020	1st Runner-up for Quantitative Open Category Singapore Psychological Society Student Research Awards

Publications and Scholarly Works

[†] Indicates equal authorship * Indicates undergraduate mentee

Full papers available at <https://osf.io/7zheq/files>, or via email.

Journal Articles

- [1] Chia, J. L., **Lua, V. Y. Q.**, & Hartanto, A. (In Press). A Lifespan Perspective on Positive Affect Fluctuations on Purpose in Life: Findings From a Nine-Year Longitudinal Study. *The Journal of Positive Psychology*
- [2] Chua, Y. J., Majeed, N. M., **Lua, V. Y. Q.**, Cheng, C. Y., & Hartanto, A. (2025). Subjective socioeconomic status moderates self-esteem reactivity to daily stressor exposure: Evidence from a daily diary approach. *Psychological Reports*, 128(4), 2439-2462. <https://doi.org/10.1177/00332941231188748>
- [3] Boyce, V., Prystawski, B., Abutto, A. B., Chen, E. M., Chen, Z., Chiu, H., ... **Lua, V. Y. Q.**, ... & Frank, M. C. (2024). Estimating the replicability of psychology experiments after an initial failure to replicate. *Collabra: Psychology*, 10(1), 125685. <https://doi.org/10.1525/collabra.125685>
- [4] Hartanto, A., Wong, J., **Lua, V. Y. Q.**, Tng, G. Y. Q., Kasturiratna, K. S., & Majeed, N. M. (2024). A daily diary investigation of the fear of missing out and diminishing daily emotional well-being: The moderating role of cognitive reappraisal. *Psychological Reports*, 127(3), 1117-1155.
- [5] Leung, A. K. Y., [†]Koh, B., [†]**Lua, V. Y. Q.**, Liu, J. H., Choi, S. Y., Lee, I. C., ... & Chen, S. X. (2024). The role of cosmopolitan orientation in COVID-19-related attitudes: perceived threats and opportunities, vaccination willingness, and support for collective containment efforts. *Current Psychology*, 43(20), 18874-18888. <https://doi.org/10.1007/s12144-023-05039-5>
- [6] ^{*}Ng, T. L., Majeed, N. M., **Lua, V. Y. Q.**, & Hartanto, A. (2024). Do executive functions buffer against COVID-19 stress? A latent variable approach. *Current Psychology*, 43(18), 16939-16955. <https://doi.org/10.1007/s12144-023-04652-8>
- [7] Wong, J., ^{*}Yi, P. X., Quek, F. Y., **Lua, V. Y. Q.**, Majeed, N. M., & Hartanto, A. (2024). A four-level meta-analytic review of the relationship between social media and well-being: A fresh perspective in the context of COVID-19. *Current Psychology*, 43(16), 14972-14986. <https://doi.org/10.1007/s12144-022-04092-w>
- [8] Hartanto, A., Kasturiratna, K. S., Hu, M., Diong, S. F., & **Lua, V. Y. Q.** (2024). Negative work-to-family spillover stress and heightened cardiovascular risk biomarkers in midlife and older adults. *Journal of psychosomatic research*, 178, 111594. <https://doi.org/10.1016/j.jpsychores.2024.111594>
- [9] **Lua, V. Y. Q.**, ^{*}Ooi, W. M., ^{*}Najib, A. I., ^{*}Tan, C., Majeed, N. M., Leung, A. K. Y., & Hartanto, A. (2024). Think your way to happiness? Investigating the role of need for cognition in

- well-being through a three-level meta-analytic approach. *Motivation and Emotion*, 48(1), 75-99. <https://doi.org/10.1007/s11031-023-10047-w>
- [10] Hartanto, A., **Lua, V. Y. Q.**, Kasturiratna, K. S., Koh, P. S., Tng, G. Y., *Kaur, M., ... & Majeed, N. M. (2024). The effect of mere presence of smartphone on cognitive functions: A four-level meta-analysis. *Technology, Mind, and Behavior*, 5(1: Spring 2024). <https://doi.org/10.1037/tmb0000123>
 - [11] Majeed, N. M., Kasturiratna, K. S., *Li, M. Y., Chia, J. L., **Lua, V. Y. Q.**, & Hartanto, A. (2023). COVID-19 stress and cognitive failures in daily life: A multilevel examination of within- and between-persons patterns. *Journal of Pacific Rim Psychology*, 17, 18344909231208119. <https://doi.org/10.1177/18344909231208119>
 - [12] Hartanto, A., *Teo, N. L. A., **Lua, V. Y. Q.**, *Tay, K. J., Chen, N. R. Y., & Majeed, N. M. (2023). Does Watching Videos With Natural Scenery Restore Attentional Resources?. *Experimental Psychology*. <https://doi.org/10.1027/1618-3169/a000578>
 - [13] Majeed, N. M., Kasturiratna, K. S., **Lua, V. Y. Q.**, *Li, M. Y., & Hartanto, A. (2023). Discrimination and cognitive failures in Singapore and the US: An investigation of between- and within-persons associations through multilevel modelling. *International Journal of Intercultural Relations*, 94, 101805. <https://doi.org/10.1016/j.ijintrel.2023.101805>
 - [14] The Forecasting Collaborative. (2023). Insights into the accuracy of social scientists' forecasts of societal change. *Nature human behaviour*, 7(4), 484-501. <https://doi.org/10.1038/s41562-022-01517-1>
 - [15] **Lua, V. Y. Q.**, Chua, T. B. K., & Chia, M. Y. H. (2023). A Narrative Review of Screen Time and Wellbeing among Adolescents before and during the COVID-19 Pandemic: Implications for the Future. *Sports*, 11(2), 38. <https://doi.org/10.3390/sports11020038>
 - [16] †Ng, M. H. S., †**Lua, V. Y. Q.**, †Majeed, N. M., & Hartanto, A. (2022). Does trait self-esteem serve as a protective factor in maintaining daily affective well-being? Multilevel analyses of daily diary studies in the US and Singapore. *Personality and Individual Differences*, 198, 111804. <https://doi.org/10.1016/j.paid.2022.111804>
 - [17] **Lua, V. Y. Q.**, Majeed, N. M., Hartanto, A., & Leung, A. K. Y. (2022). Help-seeking tendencies and subjective well-being: A cross-cultural comparison of the United States and Japan. *Social Psychology Quarterly*, 85(2), 164-186. <https://doi.org/10.1177/01902725221077075>
 - [18] Chong, M., Leung, A. K. Y., & **Lua, V. Y. Q.** (2022). A cross-country investigation of social image motivation and acceptance of lab-grown meat in Singapore and the United States. *Appetite*, 173, 105990. <https://doi.org/10.1016/j.appet.2022.105990>
 - [19] **Lua, V. Y. Q.**, Majeed, N. M., Leung, A. K. Y., & Hartanto, A. (2022). A daily within-person investigation on the link between social expectancies to be busy and emotional wellbeing: The moderating role of emotional complexity acceptance. *Cognition and Emotion*, 36(4), 773-780. <https://doi.org/10.1080/02699931.2022.2054778>
 - [20] Hartanto, A., Majeed, N. M., **Lua, V. Y. Q.**, *Wong, J., & Chen, N. R. Y. (2022). Dispositional gratitude, health-related factors, and lipid profiles in midlife: a biomarker study. *Scientific Reports*, 12(1), 6034. <https://doi.org/10.1038/s41598-022-09960-w>
 - [21] Majeed, N. M., **Lua, V. Y. Q.**, Chong, J. S., Lew, Z., & Hartanto, A. (2021). Does bedtime music listening improve subjective sleep quality and next-morning well-being in young adults?

A randomized cross-over trial. *Psychomusicology: Music, Mind, and Brain*, 31(3-4), 149. <https://doi.org/10.1037/pmu0000283>

- [22] Hartanto, A., **Lua, V. Y. Q.**, Quek, F. Y. X., Yong, J. C., & Ng, M. H. (2021). A critical review on the moderating role of contextual factors in the associations between video gaming and well-being. *Computers in Human Behavior Reports*, 4, 100135. <https://doi.org/10.1016/j.chbr.2021.100135>
- [23] Hartanto, A., Majeed, N. M., Ng, W. Q., Chai, C. K. N., & **Lua, V. Y. Q.** (2021). Subjective age and inflammation risk in midlife adults: Findings from the Midlife in the United States (MIDUS) studies. *Comprehensive Psychoneuroendocrinology*, 7, 100072. <https://doi.org/10.1016/j.cpnec.2021.100072>
- [24] Quek, F. Y., Majeed, N. M., Kothari, M., **Lua, V. Y. Q.**, Ong, H. S., & Hartanto, A. (2021). Brief mindfulness breathing exercises and working memory capacity: Findings from two experimental approaches. *Brain Sciences*, 11(2), 175. <https://doi.org/10.3390/brainsci11020175>

Book Chapters

- [1] Tsai, J. L., [†]**Lua, V. Y. Q.**, & [†]Uricher, R. (In Preparation). Cultural variation in ideal affect: Daily manifestations and real-world applications. In Yik, M. (Eds.), *The Oxford Handbook of Emotion and Culture*.

Selected Posters

- [1] **Lua, V. Y. Q.**, Cachia, J. Y. A., & Tsai, J. L. (2025, Mar). Wanting to maximize positivity shapes how we want people to support us: A study of US and Japanese couples. Poster presented at the annual meeting of the Society for Affective Science.
- [2] **Lua, V. Y. Q.**, Cachia, J. Y. A., & Tsai, J. L. (2025, Feb). Cultural Differences in Responses to Unpleasant Situations in Everyday Life in the US and China: The Potential Role of Avoided Negative Affect. Poster presented at the annual meeting of the Society for Personality and Social Psychology.
- [3] **Lua, V. Y. Q.**, *Ooi, W. M., *Najib, A., Majeed, N. M., & Hartanto, A. (2022, March). Thinking or overthinking? The relationship between individuals' need for cognition and well-being. Poster presented at the annual meeting of the Society for Affective Science.
- [4] Keller, J., Leung, A. K.-y., **Lua, V. Y. Q.**, & Rothman, N. (2021, July) Well-being during a pandemic: the role of paradox mindset and mixed emotions. Paper presented at the 37th European Group for Organizational Studies Colloquium.
- [5] **Lua, V. Y. Q.**, Majeed, N. M., & Hartanto, A. (2021, May). The sad cult of 'busy': Investigating the relation between social expectancies to be busy and emotional well-being using a daily diary approach. Poster presented at the annual meeting of the Association for Psychological Science.
- [6] **Lua, V. Y. Q.**, Majeed, N. M., & Hartanto, A. (2021, April). Help-seeking: Good for one and bad for another? Poster presented at the annual meeting of the Society for Affective Science.

Invited Talks

- [1] **Lua, V. Y. Q.** (2025, Jun). Wanting to Maximize Positivity Shapes What We View as Supportive Behavior: A Study of US and Japanese Couples. Flash Talk presented at the 2025 Bay Area Affective Science (BAAS) meeting.

- [2] **Lua, V. Y. Q.** (2024, Oct). How does wanting to maximize positivity influence what we perceive as being supportive? Talk presented at the Affective Area Seminar, Stanford University.
- [3] **Lua, V. Y. Q.** (2024, May). Wanting to Avoid Negativity and its Influence on Responding to Unpleasant Situations. Talk presented at the Affective Area Seminar, Stanford University.
- [4] **Lua, V. Y. Q.** (2023, Oct). The Fear of Being Idle. Talk presented at the Behavioural Sciences Initiative Brown Bag, Singapore Management University.
- [5] **Lua, V. Y. Q.** (2023, Jul). The Fear of Being Idle: What it is and How it Relates to Goal Pursuit. Oral presentation given at the annual Asian Association of Social Psychology conference.
- [6] **Lua, V. Y. Q.** (2021, Jan). Conducting research using Qualtrics and Amazon MTurk. Workshop run at DawnLab, School of Social Sciences, Singapore Management University.

Teaching Assistant

Stanford University

2025	PSYCH070, Introduction to Social Psychology	Dr. Jordan Starck
2024	PSYCH252, Statistical Methods	Dr. Tobi Gerstenberg & Dr. Nilam Ram

Singapore Management University

2023	PSYC208, Psychology Research Methods II	Dr. Huey Woon Lee
2021	PSYC110, Psychology Research Methods I	Dr. Andree Hartanto
2021	PSYC110, Psychology Research Methods I	Dr. Angela K.-y. Leung

Professional Activities

Co-Reviewer ([Publons](#))

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| • Journal of Experimental Psychology: General | • Psychological Reports |
| • Journal of Happiness Studies | • Computers in Human Behavior |
| • The Journal of Positive Psychology | • Journal of Research in Personality |

Service

2024–2025	Student Organizer	Stanford Psychology Affective Area Seminar
2024	Volunteer	Paths to PhD
2024	Mentor	Project SHORT
2022–2023	Student Instructor	Taster Courses (TaCo) Singapore