

## Curriculum Vitae



### **Dr Ong Chong Hao Nathanael**

Lecturer

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## Education Qualifications

2023	Doctor of Philosophy (Sport and Exercise Psychology), National Institute of Education, Nanyang Technological University
2016	Master of Social Sciences (with Distinction, in Sport and Exercise Psychology), Loughborough University
2014	Bachelor of Arts and Social Sciences (Psychology), National University of Singapore

## Academic and Professional Experience

2022 – 2023	Associate Faculty (Singapore University of Social Sciences)
2020 – 2021	Associate Course Instructor (National Institute of Education, Nanyang Technological University)
2019 – 2022	PhD Candidate (National Institute of Education, Nanyang Technological University)
2018 – 2019	CET Associate Lecturer (Republic Polytechnic)
2014 – 2019	Associate Sport Psychologist (Singapore Sport Institute)

## Memberships and Professional Activities

2023 – present	Chartered Member of the British Psychological Society
2020 - present	Full Member of the Singapore Psychological Society

## Research Interests

- Sport Psychology
- Performance Psychology
- Competitive Anxiety
- Burnout
- Motivation
- Behaviour Change

- Technological Addictions

### Selected Publications

- Lim, H. B. T., & Ong, N. C. H. (2024). The relationship between perceived parenting styles and youth athletes' sporting achievement in Singapore. *Youth*, 4(1), 288-303.  
<https://doi.org/10.3390/youth4010020>
- Ong, N. C. H., Kee, Y. H., Pillai, J. S., & Lim, H. B. T. (2023) An evaluation of a custom intervention programme to address problematic mobile phone use of youth athletes in Singapore: a hybrid mixed-methods research design. *International Journal of Sport and Exercise Psychology*.  
<https://doi.org/10.1080/1612197X.2023.2180074>
- Ong, N. C. H., Kee, Y. H., Pillai, J. S., Lim, H. B. T., & Lin Y. C. (2022) Problematic mobile phone use among youth athletes: a qualitative investigation using focus groups. *International Journal of Sport and Exercise Psychology*. <https://doi.org/10.1080/1612197X.2022.2152855>
- Ong, N. C. H., Kee, Y. H., Pillai, J. S., Lim, H. B. T., & Chua, J. H. E. (2022) Problematic mobile phone use among youth athletes: a topic modelling approach. *International Journal of Sport and Exercise Psychology*. <https://doi.org/10.1080/1612197X.2022.2078856>
- Ong, N. C. H., & Chua, J. H. (2021). Effects of psychological interventions on competitive anxiety in sport: A meta-analysis. *Psychology of Sport and Exercise*, 52, 101836.  
<https://doi.org/10.1016/j.psychsport.2020.101836>
- Ong, N. C. H. (2020). Football versus National Service: A case study exploration of Facebook comments on the Ben Davis Saga. *International Journal of Sport Communication*, 14(1), 109-130.  
<https://doi.org/10.1123/ijsc.2020-0064>
- Ong, N. C. H. (2020). The use of Dynavision in sport and exercise research: A review. *International Journal of Sport and Exercise Psychology*, 18(5), 561-580.  
<https://doi.org/10.1080/1612197X.2018.1549582>
- Ong, N. C. H., & Zhao, J. H. (2019). A qualitative investigation into the experience of burnout in Singaporean coaches. *Qualitative Research in Sport, Exercise and Health*, 11(5), 740-756.  
<https://doi.org/10.1080/2159676X.2019.1637925>
- Ong, N. C. H., & Zhao, J. H. (2019). Demographic, personal, and situational variables associated with burnout in Singaporean coaches. *Sport Coaching Review*, 8(3), 262-284.  
<http://dx.doi.org/10.1080/21640629.2018.1521625>
- Ong, N. C. H. (2019). Assessing objective achievement motivation in elite athletes: A comparison according to gender, sport type, and competitive level. *International Journal of Sport and Exercise Psychology*, 17(4), 397-409. <http://dx.doi.org/10.1080/1612197X.2017.1349822>
- Ong, N. C. H., & Harwood, C. (2018). Attitudes toward sport psychology consulting in athletes: Understanding the role of culture and personality. *Sport, Exercise, and Performance Psychology*, 7(1), 46-59. <http://dx.doi.org/10.1037/spy0000103>

- Ong, N. C. H. (2017). Reactive stress tolerance in elite athletes: Differences in gender, sport type, and competitive level. *Cognition, Brain, Behavior*, 21(3), 182-202.  
<http://dx.doi.org/10.24193/cbb.2017.21.11>
- Ong, N. C. H., & Griva, K. (2017). The effect of mental skills training on competitive anxiety in schoolboy rugby players. *International Journal of Sport and Exercise Psychology*, 15(5), 475-487.  
<http://dx.doi.org/10.1080/1612197X.2016.1153129>
- Ong, N. C. H. (2015). The use of the Vienna Test System in sport psychology research: A review. *International Review of Sport and Exercise Psychology*, 8(1), 204-223.  
<http://dx.doi.org/10.1080/1750984X.2015.1061581>
- De Cruz, N., & Ong, N. C. H. (2022). Data Visualisation of Quantitative Findings: Infusing Statistics with Emotion. In N. de Cruz, *Cultural Sport Psychology and Elite Sport in Singapore*. Routledge.  
<http://dx.doi.org/10.4324/9781003277637-8>
- De Cruz, N., & Ong, N. C. H. (2022). The Quantification of Qualitative Information: Methodology and Mixed-Methods Part II. In N. de Cruz, *Cultural Sport Psychology and Elite Sport in Singapore*. Routledge. <http://dx.doi.org/10.4324/9781003277637-7>

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