

Alyssa Indrajaya

she/her/hers

Singapore

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EDUCATION

2024 – Present

Doctor of Philosophy (PhD) in Psychology
National University of Singapore

2021 – 2023

Bachelor of Arts (BA) in Psychology
University of California, Berkeley
4.0 GPA

2019 – 2021

Associate of Arts (AA) in Psychology
De Anza College
4.0 GPA

Languages:

English: Native/Bilingual
Indonesian: Native/Bilingual
Chinese: Intermediate/Limited Working
Spanish: Elementary

HONORS AND AWARDS

**National University of Singapore: Faculty of Arts & Social Sciences
Research Scholarship**

2024-2028

Awarded to outstanding PhD and Master's candidates to pursue a full-time graduate research degree at NUS.

Graduate Students' Teaching Award (GSTA)

One of the six recipients of a \$100 cash prize and e-certificate, selected by the Faculty of Arts & Social Sciences in recognition of excellent teaching in Semester 2, 2024-2025.

Study California Scholarship Recipient

2021

One of the three international recipients of a \$1,000 student scholarship awarded by Study at California.

**University of California, Berkeley: College of Letters & Science
Dean's List**

2021

Named as the Dean's List recipient for Fall 2021 due to maintaining a 3.5 GPA or greater.

**IvyHackathon Connectivity Project
Best Design Award**

2020

Awarded the best design award for the product demo alongside a team of three.

PUBLICATIONS AND PAPERS

- Dong, R., A.Indrajaya, L.Yin, and S. C.Pan. 2026. "Pretesting and Posttesting in Spelling Acquisition: Cross-Linguistic Evidence From Contrasting Writing Systems." *Applied Cognitive Psychology* 40, no. 3: e70200. <https://doi.org/10.1002/acp.70200>.
- Pan, S. C., Schweppe, J., Teo, A. Z. J., Indrajaya, A., & Wenzel, N. (2025). Using ChatGPT-generated prequestions to improve memory and text comprehension. *Journal of Applied Research in Memory and Cognition*. Advance online publication. <https://dx.doi.org/10.1037/mac0000254>
- Indrajaya, A. (November 2022). #BodyGoals: Negative Body Perceptions' Effect on Eating Disorders. Academic Paper for Clinical Psychology Course at UC Berkeley.

POSTER PRESENTATIONS

- Reducing Test Anxiety Through Prequestioning: Evidence Across Three Experiments. Poster presented at the European Association for Research on Learning and Instruction's SIG 6 & 7 Conference at the University of Zürich, Switzerland. August 2026.
- Reducing Test Anxiety Through Prequestioning [PTS008]. Poster presented at the Redesigning Pedagogy International Conference of the National Institute of Education at Nanyang Technological University, Singapore. June 2026.
- Pilot Test of Apnea and Insomnia Relief for Veterans With Gulf War Illness (GWAIR) NCT05137743, University of California, San Francisco (2022-2026). Poster presented at the Symposium, Health Services Research Symposium of the University of California, San Francisco, CA. May 2024.

SOCIETIES

European Association for Research on Learning and Instruction (EARLI)	2025 - present
NUS Psychology Society	2025 - present
Psychonomic Society	2025 - present
Singapore Psychological Society	2025 - present
Society for Applied Research in Memory & Cognition (SARMAC)	2025 - present

RESEARCH AND CLINICAL EXPERIENCE

Learning Sciences Laboratory **Aug 2024 – Present**
National University of Singapore
PhD Student (Full-Time)
Supervisor: Steven C. Pan, Ph.D.

- Principal Investigator for a study on the impact of learning strategies on test anxiety in the lab and classroom.
- Led data quality assurance, including managing large Qualtrics datasets, developing tracking systems, and evaluating participant accuracy and engagement to ensure data integrity.
- Conducted multiple mediation and multilevel modeling analyses in R to support advanced statistical research.
- Replicated SPSS analyses in R for upcoming publications, enhancing cross-platform reproducibility.
- Facilitated weekly lab meetings to coordinate research activities and support team development.
- Mentored lab members in standardized data collection protocols.

Child Development Lab **Oct 2025 – Dec 2025**
National University of Singapore
Level 1 Experimenter (Volunteer)
Supervisor: Ding Xiao Pan, Ph.D.

- Administered cognitive assessments to children aged 2–6 and communicated results, including scores and percentiles, to parents.

Northern California Institute of Research and Education **Jul 2023 – Jul 2024**
San Francisco Veterans Affairs Medical Center
Staff Research Associate II (Full-Time)
Supervisor: Linda Chao, Ph.D.

Pilot Test of Apnea and Insomnia Relief for Veterans With Gulf War Illness (GWAIR)
NCT05137743, University of California, San Francisco

- Coordinated enrollment of Gulf War veterans into online sleep therapy, developing an IRB-approved recruitment flier to boost recruitment, now distributed nationwide.
- Spearheaded a poster presentation on study protocol at the 2024 UCSF Research Health Symposium
- Conducted eligibility screenings via phone with Gulf War veterans, evaluating trial suitability.
- Facilitated seamless coordination of services between research participants and both internal and external providers, ensuring their needs were met efficiently.
- Managed database trackers, subject information, and payment forms for precise record-keeping.

- Compiled weekly Sleep Diaries, transforming raw data into actionable insights for therapy sessions.
- Ensured data accuracy through quality control checks of clinical interview tele-forms.
- Mentored colleague to take over study coordination.

Multi-domain Online Therapeutic Investigation Of Neurocognition (MOTION)

NCT05217849, University of California, San Francisco

- Conducted neuropsychological assessments, including memory and gait analysis, for participants with mild cognitive impairment.
- Level 1 MR Certified, completed Code Blue mock drills.

Investigating the Incidence of Mild Cognitive Impairment in Gulf War Veterans (21-34070)

University of California, San Francisco

- Developed SOPs for and managed the safe handling and storage of biosafety blood and plasma samples in an on-site ultra-low temperature (ULT) freezer for future analysis.

Investigating Brain Activity and Connectivity Involved in Hand Movement in Chronic Stroke

American Heart Association (23CDA1054207)

Supervisor: Haleh Karbasforoushan, Ph.D.

- Created preliminary eligibility scripts to screen stroke and healthy participants.

University of California, Berkeley

Sep 2021 – Jun 2023

Golden Bear Sleep and Mood Research Clinic: Sleep and Habit Formation

Research Assistant and Clinical Assessor (Part-Time)

Supervisor: Allison Harvey, Ph.D.

Implementing and Sustaining a Transdiagnostic Sleep and Circadian Treatment to Improve Severe Mental Illness Outcomes in Community Mental Health

NCT04154631, National Institute of Child Health and Human Development

- Administer dozens of clinical phone screens and pre- and post-assessments to participants with a serious mental illness (SMI), determining eligibility and conducting Suicidal Ideation protocols as needed.
- Pull weekly data logs from Qualtrics surveys, quantifying and summarizing information from the therapists to allow clinic coordinators to interpret data better.

Maintaining behavior change: An evaluation of a habit-based sleep health intervention

R01HD071065, National Institute of Child Health and Human Development

- Administer dozens of clinical assessments to young adults who have sleep or circadian problems and are at risk in one of five health domains (cognitive, emotional, physical, social, or behavioral).
- Attend weekly supervision with head therapists with expertise in sleep circadian disorders and habit formation
- Mentor other assessors by onboarding them for clinical assessments, providing feedback on assessment administration, and protocol.

Maintaining behavior change: A 6-year follow-up of adolescent 'night-owls' following the Transdiagnostic Sleep and Circadian Intervention or Psychoeducation

R01HD071065, National Institute of Child Health and Human Development

- Perform exploratory data analysis by developing an Excel formula to calculate sleep time midpoint across the 24h time zone - the formula is now used lab-wide.
- Execute data collection by scheduling 1000+ ecological momentary assessments (EMA) and sleep diaries for sleep therapy participants, recording the data for sleep therapists.
- Support recruitment efforts by creating eye-catching electronic posters using Canva.

Improving Outcome for Severe Mental Illness by Enhancing Memory for Treatment: 12-month outcomes and opportunities for improved efficacy

R01MH1086, National Institute of Mental Health

- Independently coded 150 cognitive therapy (CT) sessions, allowing lab supervisors to analyze which strategies are most commonly used by CBT therapists.
- Assisted the head researcher in refining code definitions through weekly meetings.

University of California, Berkeley
Department Of Psychology: Research and Infant Development
Professor Assistant (Part-Time)
Supervisor: Joseph J Campos, Ph.D.

Aug 2022 - May 2023

- Support Professor Campos' work on a collaborative grant application with Hong Kong on language delay as early indicators for children with autism; the grant is being funded from June 2023.
- Compile a university-grade slide deck for Professor Campos' guest lecture on epigenesis, locomotion, and language acquisition, conducting literature reviews and discussing in-press papers.
- Arranged a recommendation letter coordination for the Ainsworth Award of Division 7 in APA.
- Correspond on behalf of Professor Campos via email, taking verbal dictations.

A is for Apple (Autism Learning Partners)

Sep 2020 – Mar 2021

Applied Behavioral Analysis Therapy

Registered Behavioral Technician (Part-Time)

Supervisor: Brian Jenkins BCBA, Jessica Diaz

- Provided 1:1 Applied Behavioral Analysis therapy for 15 hours/week to a six-year-old client with autism.
- Administered social and behavioral targets set by clinical supervisor and Board Certified Behavior Analyst (BCBA), improving the child's focus on homework as well as verbal communication.

PSYCHOLOGICAL MEASURES ADMINISTERED

- Adapted Work and Social Adjustment Scale
- Alzheimer's Disease Assessment Scale - Cognitive (ADAS-Cog)
- Addiction Severity Index (ASI)-Lite
- Alexian Brothers Urge to Self-Injure Scale (ABUSI)
- Brief Sensation Seeking Scale
- Clinician-Administered PTSD Scale for DSM-5 (CAPS-5)
- Columbia-Suicide Severity Rating Scale (C-SSRS)
- Composite Scale of Morningness
- D-KEFS Color-Word Interference Test (CWIT)
- Depression, Anxiety, and Stress Scale (DASS)
- Dimensional Change Card Sort Test (DCCS) - NIH Toolbox
- DSM-V Cross-Cutting Measure
- Peabody Picture Vocabulary Test (PPVT)
- PhenX-Alcohol
- PhenX-Substance Use
- PhenX-Suicidal Ideation
- PhenX-Tobacco
- Pittsburgh Sleep Quality Index
- PROMIS-Ability to Participate in Social Roles & Activities
- PROMIS-Alcohol Use
- PROMIS-Cognitive Function
- PROMIS-Companionship
- PROMIS-Emotional Support
- PROMIS-Severity of Substance Use
- PROMIS-Sleep Disturbance (PROMIS-SD)
- PROMIS-Sleep Related Impairment (PROMIS-SRI)
- PROMIS-Social Isolation
- Repeatable Battery for Assessment of Neuropsychological Status (RBANS)
- Self-Report Behavioral Automaticity Index
- Sheehan Disability Scale
- Structured Clinical Interview for DSM-5 (SCID-5)
- Suicidal Behaviors Questionnaire-Revised (SBQ-R4)
- Sussex-Oxford Compassion for the Self Scale (SOCS-S)
- The Ohio State University Traumatic Brain Injury (TBI) Identification Method (OSU TBI-ID)
- Timed Up and Go (TUG) Test

RELEVANT SKILLS

- Proficient in collecting and storing data using REDCap, Qualtrics, Sharepoint, and Box
- Proficient in MS Office software, including Word, Excel, and PowerPoint
- Proficient in R Studio

CERTIFICATIONS AND TRAINING

- Peer Support: Health Promotion Board
 - Credential ID 75vfn-x7smr-tygfg-w09ay
 - No expiration date
- Instructional Design for Vocational and Technical Education: Alison
 - Credential ID 6047-50192037
 - No expiration date
- Tough Class? No Problem! Developing Strategies for Challenging Behaviours: NUS Centre for Teaching, Learning and Technology
 - No expiration date
- Body-Focused Repetitive Behaviors (BFRBs): University of Hamburg-Eppendorf
 - No expiration date
- Responsible Conduct of Research - Basic: CITI Program
 - Credential ID 64045507
 - No expiration date
- Level 1 MR Safety Training: TMS Program
 - Valid Sep 2023-Sep 2024
- Metacognitive Training (MCT) for Psychosis: University of Hamburg-Eppendorf
 - Credential ID B805567F0C2751BAAC
 - No expiration date
- CBT for Transdiagnostic Sleep Problems in Clinical Practice: Basics and Beyond
 - Online training conducted by Allison G. Harvey, PhD - Professor, Clinical Psychology - Director, Golden Bear Sleep and Mood Research Clinic at the University of California, Berkeley
- Group 1 Biomedical Research Investigators: CITI Program
 - Credential ID 44866457
 - No expiration date
- *VA Human Subjects Protection: CITI Program*
 - *Credential ID 56644090*
 - *Valid Sep 2021-Sep 2024*
- *Registered Behavior Technician (RBT): Behavior Analyst Certification Board (BACB)*
 - *Credential ID BACB635335*
 - *Valid Dec 2020-Dec 2021*
- *Basic Life Support - Adult, Child & Infant CPR and AED: CPRToday! Inc.*
 - *Credential ID 97492333-5535*
 - *Valid Sep 2020-Sep 2022*

TEACHING EXPERIENCE

Teaching Assistant

Jan 2025 – Present

National University of Singapore

Graduate Student Tutor (Full-Time)

- Led biweekly, 2-hour tutorial sessions for undergraduate students across multiple psychology modules, enhancing understanding and engagement with course material.
- Developed presentation slides and supporting activity materials to enhance student engagement.
- Moderated online platform discussions to extend learning beyond the classroom and share relevant psychology resources.
- Assisted in grading reflection essays and midterm assessments, providing feedback aligned with course objectives.

University of California, Berkeley

Oct – Dec 2021

EBAYC OASES Student Club

Student Volunteer (Part-Time)

- Volunteered as a student mentor every Wednesday at Lincoln Elementary School in Oakland.
- Led science experiments with groups of 15-20 children from Grades 1-3.

De Anza College

Jan 2020 – Mar 2021

Academic and Mentorship

Psychology Teaching Assistant (Part-Time)

Supervisor: Shannon Hassett

- Chosen to be a teaching assistant for an Introduction to Psychobiology course.
- Led weekly study sessions reviewing material learned in class.
- Initiated the creation of Kahoot reviews before exams, allowing students to ask questions.
- Summarized students' discussion posts, streamlining the professor's grading process.

English as a Second Language Tutor (Part-Time)

Jan 2020 – Mar 2021

Supervisor: Kanako Suda

- Tutored English to non-native speakers during 1:1 sessions.
- Facilitated conversation workshops to encourage students to have English conversations; introduced conversational topics and ice-breakers.
- Mentored new tutors in training.

OTHER WORK EXPERIENCE

Ping Things

Jun – Aug 2022

Software and Data Analytics

Project Management Intern (Full-Time)

Supervisor: Sydney Metzmaker

- Led agile-incorporated meetings (scrums, sprints, retrospectives) to improve workflow efficiency amongst three teams consisting of 15 members.
- Conducted dozens of surveys on performance management tools to collect cost-saving data points. Findings were presented to the leadership team to decide on optimal tools.
- Translated Phasor Measurement Unit (PMU) sensor input to and from Spanish to enable both internal and external engineers to improve data interpretation.

Ruffalo Noel Levitz LLC

Dec 2021 – Apr 2022

Telemarketing and Fundraising

Student Engagement Ambassador (Part-Time)

Supervisor: Aliyah Pitre

- Tasked to call alumni and fundraise for various colleges within the university.
- Executed 9000+ calls with 80+ alumni, raising \$14k via Listen, Acknowledge, Support, Continue (LASC).

Campaign.com Indonesia**Jun – Aug 2021****Social Enterprise***US Expansion Intern (Full-Time)**Supervisor: Alia Marsha Burton*

- Collaborated with remote colleagues to expand Campaign.com's user base.
- Assisted in the translation of the app into English.
- Supported expansion efforts by launching social challenges as well as virtual webinars.

VOLUNTEER & INTERESTS

National University of Singapore: Peer Student Supporter**Aug 2025 – Present***Volunteer*

- Trained to provide academic and social support to fellow students, including study guidance, time management tips, and campus resource navigation.

ISPS-US National Conference 2023: Humanity in Solidarity**Oct 28-29, 2023***Moderator & Volunteer*

- Volunteered virtually for the International Society for Psychological and Social Approaches to Psychosis (ISPS-US) Psychology National Conference 2023 in Delaware.
- Collaborated with the Operations Director to create Volunteer and Moderator SOP.
- Assist with Zoom logistics, admitting people, and keeping track of sessions.
- Became a moderator, ensuring the talk runs smoothly and relaying questions to speakers.

ISPS-US National Conference 2022: Opportunity Through Experience**Oct 8, 2022***Volunteer*

- Volunteered at tabling to prepare for the International Society for Psychological and Social Approaches to Psychosis (ISPS-US) Psychology National Conference 2022 in Sacramento.
- Assisted keynote speakers and logistic facilitators to ensure the smooth running of talks.

Youth x Senior Buddies**Aug 2020 – Mar 2021***Student Volunteer*

- Connected seniors in care homes with youth to stimulate conversation and reduce isolation during the COVID-19 pandemic.
- Entertained the attendees by performing opening and closing songs on the ukulele.

De Anza College: Indonesian Association Club (Permias Piso)**Mar 2020 – Feb 2021***Inter-club Council Officer*

- Attended biweekly inter-club council meetings, serving as a bridge of communication between the college's club council and PERMIAS.
- Fundraised \$2k+ to fund various outreach activities and welcome events.