

# Verity Yu Qing Lua

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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, Well-being

## 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

## Awarded Grants

- 2026 **Social Science Research Council Graduate Research Fellowship**  
2025 GRF Fellow (SGD\$10,000)  
“*Conceptualizations of Well-Being in Singapore*”
- 2022 **SMU School of Social Sciences Post Graduate Research Student Research Grant**  
Principal Investigator (SGD\$600)  
“*Paradox Mindset and Perspective-Taking*”
- 2021 **Singapore Ministry of Education (MOE) Tier 1 Academic Research Fund (AcRF)**  
Collaborator (SGD\$29,560)  
“*Investigating the Effect of Social Media on Depressive Symptoms: A Multimethod Approach*”

## 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] Guevarra, Y. A., Kasturiratna, K. S., Hartanto, A., Tong, E., **Lua, V. Y. Q.**, & Majeed, N. M. (2026). How Intellectual Humility Enhances Affective Well-Being: Daily Diary Studies on the Mediating Roles of Daily Uplift and Stressor Exposure. *Journal of Personality*, 1–22. <https://doi.org/10.1111/jopy.70066>
- [2] Chia, J. L., **Lua, V. Y. Q.**, & Hartanto, A. (2025). A Lifespan Perspective on Positive Affect Fluctuations on Purpose in Life: Findings From a Nine-Year Longitudinal Study. *The Journal of Positive Psychology*, 1–11. <https://doi.org/10.1080/17439760.2025.2542234>
- [3] 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>
- [4] 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>

- [5] 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.
- [6] 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>
- [7] \*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>
- [8] 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>
- [9] 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>
- [10] **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>
- [11] 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>
- [12] 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>
- [13] 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>
- [14] 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>
- [15] 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>
- [16] **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>
- [17] †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>
- [18] **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>
- [19] 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>
- [20] **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>
- [21] 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>
- [22] 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>
- [23] 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>
- [24] 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.cpniec.2021.100072>
- [25] 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] †**Lua, V. Y. Q.**, †Uricher, R., & Tsai, J. L. (In Preparation). Cultural Variation in Ideal Affect: Implications for Individual, Interpersonal, and Collective Behavior. 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. (2026, Mar). When does ideal affect guide giving? The role of situational affective cues. 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 Assistantships

#### Stanford University

2026	PSYCH095, Intro to Abnormal Psychology	Dr. Amie Haas
2026	PSYCH252, Statistical Methods	Dr.s Tobi Gerstenberg & Nilam Ram
2025	PSYCH070, Intro to Social Psychology	Dr. Jordan Starck
2025	PSYCH252, Statistical Methods	Dr.s Tobi Gerstenberg & 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

## **Other Professional Activities**

### **Co-Reviewer (Publons)**

- Journal of Experimental Psychology: General
- Journal of Happiness Studies
- The Journal of Positive Psychology
- Psychological Reports
- Computers in Human Behavior
- Technology, Mind, and Behavior

### **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