



Nigel Zhuo

Contact:

- W.N.Zhuo@sms.ed.ac.uk

Education

Nanyang Technological University (NTU)

Master of Arts in Applied Psychology
Distinction

National University of Singapore (NUS)

BSocSci (Hons) in Psychology
Distinction

Professional Work

Ministry of Defence/ Singapore Armed Forces (MINDEF/SAF)

Assistant Director (2024-2026)

Psychologist (2016-2024)

Managed a diverse portfolio comprising:

- Mental healthcare policy
- Strategic planning
- Strategic communications
- Research
- Mental health education
- Clinical interventions
- Clinical operations

Key School Achievements

Master's Dissertation – Schema Therapy and Mental Health of Adults in Singapore

- Novel quantitative study examining the predictive relationships among Schema Therapy constructs, psychological distress, and subjective well-being of adults in Singapore.
- Results informed practitioners to tailor interventions, targeting both symptom reduction and subjective well-being enhancement to improve one's overall mental health.
- Results also demonstrated the applicability and cultural relevance of Schema Therapy on adults in Singapore.

Bachelor's Thesis – Personality, Hardiness, Coping, and Mental Health of Conscripts in Singapore

- Quantitative study examining the interplay among personality traits, hardiness, coping styles, and mental health outcomes of conscripts in Singapore.
- Results shed light on key drivers of adaptive functioning in the military, which contributed to the development of interventions to strengthen resilience and mental health of conscripts.

Key Work Achievements

Mental Health Policy, Plans, Communications and Research

- Co-authored a major concept paper to transform the MINDEF/SAF mental health support system and creation of clinical positions to strengthen system-wide capabilities.
- Drafted ministerial statements, parliamentary speeches, and public communications to articulate mental health trends, policies, and support mechanisms within the defence ecosystem.
- Contributed to research advancing frameworks on Commitment to Defence and Organisational Well-being, supporting evidence-informed strategies and programme development.
- Led multi-disciplinary project teams to develop:
 - Competency framework and training roadmap for mental health practitioners in MINDEF/SAF.
 - Mental health screening system for newly enlisted soldiers.
 - Enhanced mental health education resources for military personnel.