



Yang Su-Yin

Head, Psychology, Woodlands Hospital

Research/Innovation Interests (Top 5 areas):

- Chronic Pain
- Chronic Disease
- Behavioural Health
- Digital health
- Population Health and Health Promotion

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- Google Scholar: citations?user=pOE0AfIAAAAJ&hl=en/
- Research Gate: Su-Yin Yang

Biography

Dr Yang completed her PhD in Academic Studies (Health Psychology) at the Institute of Psychiatry, Psychology and Neuroscience (IoPPN), King's College London in 2016 under institutional funding. Her main clinical and research areas focus on improving the lives of people with chronic pain and chronic disease through interdisciplinary collaborative models of care. Dr Yang holds an adjunct faculty position at Lee Kong Chian School of Medicine in her specialist area of Pain Psychology and a visiting Research Scientist position at the Rehabilitation Institute of Singapore (RRIS). She also sits as a member on the Woodlands Health Research Committee, NHG-LKC Clinician Scientist Research Committee (CSRC) and NHG Centre for Allied Health and Pharmacy Excellence (CAPE) as well as an NHG mentor for the Academy of Scientist and Innovators (ACSi). Dr Yang has published articles in both health magazines and international journals and has peer reviewed for high impact international journals. She has a special interest in preventive health and healthcare innovations and a patent application for a Brain Computer Interface (BCI) to identify and extract Electroencephalogram signals. As a leader, Dr Yang leads on the principle of, "Alone we can do so little; together we can do so much."

Selected Publications

1. Woon EYS, **Yang SY**, Lim RMA, Aw YQC, Tan BY. Understanding the treatment journey and experiences of knee osteoarthritis patients receiving standard care in Singapore: A qualitative study. BMC Health Services Research, 2026 16:557. <https://doi.org/10.1186/s12913-026-14333-4> (Open access, IF: 3.4)
2. Chua SK, Lim CJ, Pua YH, **Yang SY**, Tan BY. Kinesiophobia, depression and anxiety are strong independent factors associated with poorer quality of life (QOL) and

functional outcomes in knee osteoarthritis. *Osteoarthritis and Cartilage*, Volume 32, S221. DOI: 10.1016/j.joca.2024.02.319. (Tier 1, IF: 9).

3. Tan BY, **Yang SY**, Pereira MJ, Tan CY, Lim CJ, Ng JP, Lee KT, Pua YH, Briggs AM, Hunter DJ, Skou ST, Thumboo J, Car J. Collaborative model of care between orthopaedics and allied healthcare professionals (CONNACT) in knee osteoarthritis: Effectiveness-implementation hybrid randomized controlled trial of a community-based, multidisciplinary, stratified intervention. *Osteoarthritis Cartilage*. 2024 May 6:S1063-4584(24)01177-4. doi: 10.1016/j.joca.2024.04.018. Epub ahead of print. PMID: 38710437. (IF: 9).
4. Yeo JY, Lim CJ, **Yang SY**, Tan BY. How Does Shame Relate to Clinical and Psychosocial Outcomes in Knee Osteoarthritis? *Clin Orthop Relat Res*. 2025 Apr 1;483(4):558-570. doi: 10.1097/CORR.0000000000003329. Epub 2024 Dec 3. PMID: 39625176; PMCID: PMC11936555. (Tier 1, IF: 4.4).
5. Chua SK, Lim CJ, Pua YH, **Yang SY**, Tan BY. Kinesiophobia, depression and anxiety are strong independent factors associated with poorer quality of life (QOL) and functional outcomes in knee osteoarthritis. *Osteoarthritis and Cartilage*, Volume 32, S221. DOI: 10.1016/j.joca.2024.02.319. (Tier 1, IF: 9).
6. Tan BY, Goff AJ, Kham VL, Tham SYY, Su DKMZ, Lynda YM, **Yang SY**, Callahan LF, Bowden JL, Briggs AM, Hunter DJ. Psychosocial factors in knee osteoarthritis: Scoping review of evidence and future opportunities, *Osteoarthritis and Cartilage*, 2024, ISSN 1063-4584, <https://doi.org/10.1016/j.joca.2024.05.015>. (Tier 1, IF 9).
7. Cohen S.P, Caterina M.H, **Yang S.Y**, Socolovsky M, Sommer C. (2024). Pain in the Context of Sensory Deafferentation. *Anesthesiology*, Apr 1; 140(4):824-848. DOI: 10.1097/ALN.0000000000004881. PMID: 38470115. (IF:9.2).
8. Webster, F., Connoy, L., Longo, R., Ahuja, D., Amtmann, D., ..., **Yang, S.Y.**, You, D.S., Ziadni, M., Danall, B.D. (2023). Patient responses to the term pain catastrophizing: Thematic analysis of cross-sectional international data. *J Pain*, 24(2):356-367. PMID: 36241160 (IF:4.05).
9. **Yang SY**, Woon EYS, Griva K, Tan BY. A Qualitative Study of Psychosocial Factors in Patients With Knee Osteoarthritis: Insights Learned From an Asian Population. *Clinical Orthopaedics and Related Research* ():10.1097/CORR.0000000000002526, December 27, 2022. <https://doi.org/10.1097/corr.0000000000002526> (Tier 1, IF 4.4).
10. **Yang, S.Y.**, Moss-Morris-R., McCracken, L.M. (2017). iACT-CEL: A feasibility trial of a face-to-face and internet-based Acceptance and Commitment Therapy (ACT) intervention for chronic pain in Singapore. *Pain Research and Treatment*, Vol. 2017, Article ID 6916915, <https://doi.org/10.1155/2017/6916915> (Open Access). (IF: 2.67)

11. **Yang, S.Y.** (2016) PhD Thesis: Development of a Psychologically-based Treatment for Chronic Pain in Singapore: Patient and Healthcare Professional Inputs, Theoretical Model and a Feasibility Trial.
[https://kclpure.kcl.ac.uk/portal/en/theses/development-of-a-psychologicallybased-treatment-for-chronic-pain-in-singapore\(926f1918-85a4-48b5-a7de-b093021dd34e\).html](https://kclpure.kcl.ac.uk/portal/en/theses/development-of-a-psychologicallybased-treatment-for-chronic-pain-in-singapore(926f1918-85a4-48b5-a7de-b093021dd34e).html)
12. **Yang, S.Y.**, Moss-Morris, R., McCracken, L.M. (2016). Psychological treatment needs for chronic pain in Singapore and the relevance of the psychological flexibility model. *Pain Medicine*, <http://dx.doi.org/10.1093/pm/pnw175>. (E-pub ahead of print, 4th August 2016) (IF: 3.0)
13. **Yang, S.Y.**, McCracken, L.M., Moss-Morris, R. (2016). Health professionals' perceptions of psychological treatment for chronic pain in Singapore. *Disability and Rehabilitation*, 38(17), 1643-1651. (IF: 2.8)
14. **Yang, S.Y.**, Moss-Morris, R., McCracken, L. (2016). Psychological treatments for chronic pain in East and Southeast Asia: A systematic review. *Int J Behav Med*, 23(4), 473-484. (Selected for print in the journal's special series) (IF: 2.3)
15. **Yang, S.Y.**, Bogosian, A., Moss-Morris, R., McCracken, L.M. (2015). Mixed Experiences and Perceptions of Psychological Treatment for Chronic Pain in Singapore: Skepticism, Ambivalence, Satisfaction, and Potential. *Pain Medicine*, 16(7), 1290-1300. doi: 10.1111/pme.12745. (IF: 3.0)
16. McCracken, L.M. & **Yang, S.Y.** (2008). A Contextual Cognitive-Behavioural Analysis of Rehabilitation Workers' Health and Well-being: Influences of Acceptance, Mindfulness and Values-based action. *Rehabilitation Psychology*, 53(4), 479-485. (IF: 1.7).
17. McCracken, L.M. & **Yang, S.Y.** (2006). The Role of Values in a Contextual Cognitive-Behavioural Approach to Chronic Pain. *Pain*, 123, 137-145. (IF: 5.5)

Notable Research/Innovation Awards & Grants from Past 5 Years

1. Co-I: NMRC HPHSR Clinician Scientist Award (HCSA): 1 April 2025 to 31 March 2028. Quantum: \$1,070,000. Implementation-Effectiveness Hybrid Study of a Collaborative Model of Care between Orthopaedics and Allied Healthcare Professionals (CONNECT Plus) in knee osteoarthritis in Singapore.
2. Co-I: National Research Foundation (NRF): 01 Nov 2023 to 31 Oct 2026. Quantum: "4,999,098 (full); 1,417,434 (WH)"Built Environment in Falls and ArthrITis Study (BE-FIT Study).

3. Co-I: NMRC Population Health Research Grant (PHRG): 01 Oct 2023 to 30 Sep 2028.
Quantum: \$1,949,999.70. Singapore Knee Osteoarthritis Cohort Study (SKETCH)

Translating Research/Innovation Into Healthcare

1. Published Sept 19, 2020; Updated Oct 13, 2020. Featured in TODAY online: “10 years of chronic tummy pain: How a woman in her 20s chose to manage it with psychotherapy”.