

Yusong Zeng

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Summary

Psychology graduate from Kean University (Magna Cum Laude), currently pursuing postgraduate study at King's College London. Experienced in psychological and interdisciplinary research, with interests spanning sleep, cognitive function. I have co-authored multiple peer-reviewed publications, including my undergraduate thesis published in Health Psychology Research (Impact Factor: 3.0) and a first-author and corresponding-author study on U.S. sleep trends published in Social Science & Medicine (Impact Factor: 5.0). My field training includes a clinical internship at Wenzhou-Kangning Hospital, a summer course in clinical psychology at the National University of Singapore, and a research assistantship under Dr. Samuel Gan. I am proficient in SPSS and OriginPro, with working knowledge of R, and am committed to advancing theory-driven, methodologically rigorous research in psychological science.

Education Background

Kean University (B.A. in Psychology)

2021-2025

GPA: 3.713 (Magna Cum Laude)

- Received a Bachelor of Arts degree in Psychology
- Relevant Coursework: Research Methods in Psychology, Abnormal Psychology, Cognitive Psychology, Statistics for the Behavioral Sciences Achievement
- Presented at Wenzhou-Kean University Research Day
- Main researcher of sSPF Project (Summer Students Partner Faculty Grant)

King's College London

2026-Now

- Psychology and neuroscience of Mind-Body interface MSc
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Publications

1. Social Anxiety Mediates Workplace Incivility and Work Engagement

2023

Frontiers in Psychology- IF 3.8

Gan SK-E*, Zeng Y and Wang Z (2023) Social anxiety mediates workplace incivility and work engagement. *Front. Psychol.* 14:1320703. doi: 10.3389/fpsyg.2023.1320703

Contributed Chapter on **Workplace Incivility and Social Anxiety in book:** Pérez-Fuentes, M. d. C., Gázquez, J. J., Jurado, M. d. M. M., Saracostti, M., eds. (2025). *Emotions in the workplace: advances in research for the well-being*, volume II. Lausanne: Frontiers Media SA. doi: 10.3389/978-2-8325-6850-7

2. A Novel Constitution-based Personality-Job Fit Theory: Harmonizing Organizational Psychology and Traditional Chinese Medicine 2025

Discover Psychology

Zeng, Y., Wang, Z., Zhang, R. et al. A novel constitution-based personality-job fit theory: harmonizing organizational psychology and traditional Chinese medicine theories. *Discov Psychol* 5, 44 (2025). <https://doi.org/10.1007/s44202-025-00374-z>

3. The Mediating Role of Dysfunctional Beliefs About Sleep in the Relationship Between Psychological Inflexibility and Insomnia Severity among Chinese College Students

Health Psychology Research online first (Graduation Thesis; Online first) 2025

Zeng, Y*, Gan SK-E. Psychological Inflexibility, Dysfunctional Beliefs and Attitudes about Sleep, and Insomnia Severity among Chinese College Students: A Mediation Analysis. *Health Psychology Research* 0348. <https://doi.org/10.36922/hpr.0348>

4. Trends in Sleep Duration Among U.S. Adults, 2003–2024: A Sociodemographic Analysis of ATUS Data

Social science and medicine (Online first) 2026

Zeng, Y*, & Gan, S. K.-E*. (2026). Trends in sleep duration among U.S. population aged 15 Years and older, 2003–2024: A sociodemographic analysis of ATUS data. *Social Science & Medicine*, 406, 119627. <https://doi.org/10.1016/j.socscimed.2026.119627>

Extra-Curricular Activity and Internship

1. Being a volunteer Ping-Pong Teacher in Elementary School. June 2022- November 2022

- Taught table tennis skills to elementary school students.

- Organized and supervised practice sessions and friendly matches.
- Encouraged teamwork, discipline, and physical fitness through sports education.

2. National University of Singapore Summer School (Psychology and Applied Psychology)

Grade: Merit

2023

Course information: This course focused on the field of clinical psychology, specifically on how to apply psychological theories to real clinical practice.

3. Wenzhou-Kangning Hospital

June 2024- July 2024

- Assisted with patient communication in psychiatric wards.
- Observed psychiatric treatments and therapeutic procedures.
- Participated in daily rounds and group therapy sessions.

4. Founder and Main shareholder of Wenzhou Bo Shou Xue Jiao Yu Ji Shu (Professor Education Technology) Limited Startup Co Reg: 91330303MAE8XY9L1H

25 Feb 2025 – Present

Basic Information about my company: Wenzhou Bo Shou Xue Jiao Yu Ji Shu (Professor Education Technology) Limited is a startup dedicated to delivering innovative services and products for both the international community and local youth education in China. This company dedicated to

1. We provide practical support for foreigners living in China, including assistance with opening bank accounts, booking restaurants, and navigating daily life.
2. We design and sell hands-on STEM kits for teenagers, aimed at fostering curiosity and deepening understanding of science and technology. Our kits feature engaging projects such as DNA extraction using common ingredients and holographic laser projection. We also offer complementary courses to help students apply these concepts in practice.
3. We offer customized travel services to support foreigners in exploring China, ensuring smooth experiences with logistics, cultural adaptation, and local engagement.

5. Research Assistant at Wenzhou Kean University (Under Dr. Samuel Ken-En Gan)

- In charge of the data analysis section of all the projects
- Ordering equipment
- Assist the professor in the teaching process

July 2025-July 2026

Membership

Graduate Basis for Chartered Membership, British Psychology Society

Membership number: 798522

2025-2030

Skills

- IBM SPSS Statistics
- IBM SPSS Amos
- Original Pro
- R