



ACADEMIA INFO

WoS ID :

F-6704-2016

Google Scholar :

Pau Kee

AREAS OF EXPERTISE

Bimbingan & Kaunseling
Clinical Mental Health
Counseling

SUPERVISION

PhD

Completed : 3

Ongoing : 10

Master

Completed : 28

Ongoing : 2

Scan here to see
my EXPERT@UPSI



Dr. Pau Kee

Director, Counseling Centre

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📍 Faculty Of Human Development
Universiti Pendidikan Sultan Idris (UPSI)

BIOGRAPHY

A lecturer from the Faculty Of Human Development , Universiti Pendidikan Sultan Idris, Tanjung Malim, Perak, Malaysia. Specializes in Clinical Mental Health Counseling.

ACADEMIC QUALIFICATION

- 2015 **IJAZAH DOKTOR FALSAFAH (PhD) (COUNSELING)**
OLD DOMINION UNIVERSITY, NORFOLK, VA
- 2010 **Ijazah Sarjana Pendidikan (Bimbingan dan Kaunseling)**
UNIVERSITI SAINS MALAYSIA
- 2007 **Ijazah Sarjana Muda Pendidikan (Bimbingan dan Kaunseling) dengan Kepujian Kelas Pertama (Pendidikan Bimbingan Dan Kaunseling)**
Universiti Pendidikan Sultan Idris

RESEARCH

- A Study Of Prevalence, Causes, And Risk Factors Of Mental Health
- 1 Problems Among University Students
2017 Leader Universiti Pendidikan Sultan Idris
- Transforming Teachers Mental Health Through Mental Health
- 2 Capacity Building Framework To Enhance Well-being
2022 Leader Kementerian Pengajian Tinggi
- SENSE OF BELONGING, HAPPINESS INDEX AND ORGANIZATIONAL
- 3 PRIDE AMONG STAFF OF UPSI
2025 Leader
- DEVELOPING AN E-CIGARETTES CESSATION MODULE "QUIT VAPING NOW" FOR EDUCATING SCHOOL STUDENTS' VAPING BEHAVIORS
- 4
2025 Leader
- Developing A Peer-Based Mental Health Education Module To
- 5 Support University Students' Mental Health And Well-being
2019 Leader Universiti Pendidikan Sultan Idris

RESEARCH

- 6 Developing A Peer-Based Mental Health Education Module To Support University Students'' Mental Health And Well-being
2019 Leader Universiti Pendidikan Sultan Idris
- 7 Kajian Impak Fenomena National Lost Generation (Murid Keciciran SPM) 2018-2023 Di Zon Selatan
2025 Member
- 8 Keberkesanan Pelaksanaan Kem Perintis Akademik Terhadap Program EmpowerNCER Akademik@Perak
2024 Member Upsi Holding Sdn. Bhd.
- 9 Kajian Indeks Profiling Kepimpinan Pelajar Tingkatan 6 SMK Kapar Indah, Klang
2023 Member Smk Sungai Kapar Indah, Klang
- 10 Keberkesanan Program Pintar 2.0 Dalam Kalangan Kanak-Kanak Di Negeri-Negeri Berisiko Di Malaysia
2020 Member Agensi Anti Dadah Kebangsaan
- 11 "KIT PENDIDIKAN KAUNSELING KESIHATAN MENTAL DAN TRAUMA SEBAGAI STRATEGI MENINGKATKAN KECEKAPAN MENANGANI TEKANAN TRAUMATIK"
2019 Member Kementerian Pengajian Tinggi
- 12 Developing Emotional Competence Module To Handle Youth Emotional Issues For Psychological Well-being
2019 Member Kementerian Pengajian Tinggi
- 13 Program Integrasi Anak Malaysia Prodigy (i-Amalpro)
2017 Member Swasta Tempatan
- 14 Online Writing Therapy As An Intervention Tool To Improve Mental Well-being Among Malaysian University Students Following The Impact Of The COVID-19 Pandemic
2023 Member Universiti Pendidikan Sultan Idris
- 15 Pembinaan Dan Pengesahan Modul Pencegahan Penderaan Kanak-Kanak Di Malaysia
2018 Member Universiti Pendidikan Sultan Idris
- 16 Life Style Behavior As Contributing Factors Of Depression Among University Students
2018 Member Universiti Pendidikan Sultan Idris
- 17 The Role Of Interpersonal Justice In The Relationships Of Incivility On Lecturers' Job Satisfaction And Depressive Symptoms
2017 Member Universiti Pendidikan Sultan Idris
- 18 Pengujian Kesahan Model Perkembangan Kaunselor Pelatih Dalam Penyeliaan Kaunseling
2017 Member Universiti Pendidikan Sultan Idris

- 19 Kerangka Digitalisasi Kesehatan Mental Bagi Meningkatkan Keberkesanan Penyampaian Pengamal Kesehatan Mental Secara Beretika
2026 Member
- 20 Basic Psychological Needs, Gaming Motivations, Internet Gaming Disorder, And Psychological Distress: Through The Lens Of Self-Determination Theory
2023 Member
- 21 Pembinaan Model Kesejahteraan Diri Berasaskan Kaunseling Bagi Penjaga Tidak Formal Pesakit Kanser Kanak-Kanak Di Malaysia
2024 Member Kementerian Pengajian Tinggi
- 22 Pembinaan Instrumen Kesejahteraan Psikologi Pengasuh Bayi Dan Kanak-Kanak
2019 Member Swasta Tempatan
- 23 Pembinaan Model Laluan Perkembangan Tingkah Laku Delinkuen Dalam Kalangan Remaja Malaysia
2023 Member Kementerian Pengajian Tinggi
- 24 Pembinaan Instrumen Kesejahteraan Psikologi Pengasuh Bayi Dan Kanak-Kanak
2019 Member Swasta Tempatan
- 25 Penggunaan Brailtex Bagi Meningkatkan Penguasaan Konsep Penulisan Kod Braille Menggunakan Slate And Stylus
2018 Member NGO
- 26 Langkah Awal Menangani Masalah Jenayah Dalam Kalangan Remaja Di Malaysia Melalui Model Antisiden Dan Sistem Marker
2019 Member Kementerian Pengajian Tinggi
- 27 Modul Psiko-Pendidikan Kognitif Tingkah Laku Sekolah Rendah Sebagai Strategi Pencegahan Awal Tingkah Laku Bermasalah Remaja
2019 Member Universiti Pendidikan Sultan Idris
- 28 INVESTIGATING THE RELATIONSHIP BETWEEN THE POSITIVE PSYCHOLOGY AND ACHIEVEMENT MOTIVATION OF REMEDIAL SECONDARY SCHOOL STUDENTS
2019 Member Universiti Pendidikan Sultan Idris
- 29 Modul Latihan Intervensi Psikopendidikan Berasaskan Gamifikasi Dan Kreativiti Untuk Menangani Klien Dirujuk Atas Salahlaku Disiplin
2018 Member Universiti Pendidikan Sultan Idris

PUBLICATIONS

- 1 Development Of A Gerontology Counseling Competency Model For Counselors: A Design And Development Research
Jurnal Ilmi
2024 Academic Journal Co-Author
Correspondence Author

- 2 **Influence of Adolescents' Tendency to Catastrophise on Non-Suicidal Self-Injury Behaviour: A Moderated Mediation Model**
Frontiers in Psychology
2022 SCOPUS Correspondence Author
- 3 **Hierarchical topological model of the factors influencing adolescents' non-suicidal self-injury behavior based on the DEMATEL-TAISM method**
Scientific Reports
2022 SCOPUS Correspondence Author
- 4 **Mental Health and Wellbeing of Secondary School Teachers in Malaysia**
International Journal of Learning, Teaching and Educational Research
2022 SCOPUS Correspondence Author
- 5 **The Effect of Emotion Regulation on Non-Suicidal Self-Injury Among Adolescents: The Mediating Roles of Sleep, Exercise, and Social Support**
Psychology Research and Behavior Management
2022 SCOPUS Correspondence Author
- 6 **VALIDITY AND RELIABILITY IN PSYCHOLOGICAL WELL-BEING, JOB SATISFACTION AND STUDENT TEACHER RELATIONSHIP AMONG PRESCHOOL TEACHER**
Academy of Strategic Management Journal
2022 Excellent Research Australia (ERA) Correspondence Author
- 7 **The Malay Version of CCAPS-62: A Preliminary Investigation of Translation, Validity, and Reliability**
International Journal of Academic Research in Business and Social Sciences
2017 Excellent Research Australia (ERA) First Author
- 8 **The Malay Version of CCAPS-62: A Preliminary Investigation of Translation, Validity, and Reliability**
International Journal of Academic Research in Business and Social Sciences
2017 Excellent Research Australia (ERA) First Author
- 9 **Crisis, Disaster, and Trauma Counseling: Implications For the Counseling Profession**
Journal of Critical Reviews
2020 SCOPUS Correspondence Author
- 10 **Expert Consensus Analysis on CBT Techniques and Strategies for the Stress Management Module for Trainee Teachers Using the Fuzzy Delphi Approach**
International Journal of Academic Research in Business and Social Sciences
2025 Excellent Research Australia (ERA) Co-Author
- 11 **Translation, Adaptation, Validation of Player Experience of Need Satisfaction Scale (PENS) Modified Version in Malaysian Multiplayer Online Battle Arena (MOBA) Players**
Makara Human Behavior Studies in Asia (Makara Hubs-Asia)
2024 Web of Science Co-Author
- 12 **The effectiveness of drug prevention programs among children in schools**
International Journal of Public Health Science
2024 SCOPUS Co-Author

- 13 **Counsellors' Viewpoint on the Need for a Hybrid Group Counselling Module on Stress, Resilience, and Personal Well-being for Trainee Teachers**
International Journal of Education, Information Technology, and Others
2023 Google Scholar Co-Author
- 14 **A Systematic Literature Review: The Efficacy of Cognitive Behavioral Therapy in Addressing Stress Among University Students**
Pertanika Journal of Social Science and Humanities
2024 SCOPUS Co-Author
- 15 **Association of Stress on Wellbeing among Teacher: A Systematic Literature Review**
International Journal of Academic Research in Progressive Education and Development
2023 Excellent Research Australia (ERA) Co-Author
- 16 **Internet Addiction and Fear of Missing Out as Predictors of Depression Among Rural Secondary School Students: A Pilot Study**
International Journal of Academic Research in Progressive Education and Development
2024 Excellent Research Australia (ERA) Co-Author
- 17 **Gerontology Counseling: Unveiling Counselor's Competency Issues**
Jurnal Ilmi
2023 Academic Journal Co-Author
- 18 **Unveiling the Challenges Faced by Counsellors in Gerontology Counselling Practice**
BITARA International Journal of Civilizational Studies and Human Sciences
2024 Google Scholar Co-Author
Correspondence Author
- 19 **The Prevalence of Emotional Distress among Athletes during COVID-19 Movement Control Order Period in Malaysia**
Annals of Applied Sport Science
2021 SCOPUS Co-Author
- 20 **Psychological Well-Being, Job Satisfaction and Students-Teacher Relationship among Preschool Teacher in Perak.**
Journal of Management Information and Decision Sciences/ Academy of Information and Management Sciences Journal
2022 Excellent Research Australia (ERA) Co-Author
- 21 **Need Frustration, Gaming Motives, and Internet Gaming Disorder in Mobile Multiplayer Online Battle Arena (MOBA) Games: Through the Lens of Self-Determination Theory**
International Journal of Mental Health and Addiction
2023 SCOPUS Co-Author
- 22 **Gerontology Counseling Competency For Counselors In Malaysia: Addressing The Aging Populations Mental Health Needs**
Jurnal Pendidikan Bitara UPSI
2023 Malaysian Citation Index Co-Author

- 23 **Hubungan Di Antara Ketagihan Internet dan Fear of Missing Out Dalam Kalangan Pelajar Sekolah Menengah Luar Bandar: Satu Kajian Rintis**
Jurnal Pendidikan Bitara UPSI
2023 Malaysian Citation Index Co-Author
-
- 24 **KESAHAN DAN KEBOLEHPERCAYAAN SOAL SELIDIK ANALISIS KEPERLUAN PEMBINAAN MODUL KAUNSELING KELOMPOK HIBRID BAGI GURU PELATI**
Jurnal Pendidikan Bitara
2023 Malaysian Citation Index Co-Author
-
- 25 **Navigating Stress in Higher Education: An Array of Intervention Strategies**
International Journal of Education, Information Technology, and Others
2023 Google Scholar Co-Author
-
- 26 **Applying E-Writing Therapy to Improve Mental Wellbeing among Malaysian University Students Following the COVID-19 Pandemic**
International Journal of Learning, Teaching and Educational Research
2023 SCOPUS Co-Author
-
- 27 **Psychological first aid training as a tool to address mental health problems during COVID-19**
Asian Journal of Psychiatry
2022 SCOPUS Co-Author
-
- 28 **Psychological first aid training as a tool to address mental health problems during COVID-19**
Asian Journal of Psychiatry
2022 SCOPUS Co-Author
-
- 29 **Keberkesanan Program Pintar 2.0 Dalam Kalangan Kanak- Kanak di Negeri -Negeri Berisiko di Malaysia**
Jurnal Antidadah Malaysia
2021 Malaysian Citation Index Co-Author
-
- 30 **Keberkesanan Program Pintar 2.0 Dalam Kalangan Kanak- Kanak di Negeri -Negeri Berisiko di Malaysia**
Jurnal Antidadah Malaysia
2021 Malaysian Citation Index Co-Author
-
- 31 **Need Frustration, Gaming Motives, and Internet Gaming Disorder in Mobile Multiplayer Online Battle Arena (MOBA) Games: Through the Lens of Self-Determination Theory**
International Journal of Mental Health and Addiction
2022 SCOPUS Co-Author
-
- 32 **PSYCHOLOGICAL WELL-BEING, JOB SATISFACTION AND STUDENTS-TEACHER RELATIONSHIP AMONG PRESCHOOL TEACHER IN PERAK**
Journal of Management Information and Decision Sciences/ Academy of Information and Management Sciences Journal
2022 SCOPUS Co-Author
-
- 33 **The Prevalence of Emotional Distress among Athletes during COVID-19 Movement Control Order Period in Malaysia**
Annals of Applied Sport Science
2021 SCOPUS Co-Author
-

- 34 **Translation and cross-cultural adaptation of the role conflict and role ambiguity inventory in the Malay Language**
Psychology and Education
2020 SCOPUS Co-Author
-
- 35 **Translation and cross-cultural adaptation of the role conflict and role ambiguity in the Malay Language**
PalArch's Journal of Archaeology of Egypt/ Egyptology
2020 SCOPUS Co-Author
-
- 36 **THE TREND OF RESEARCH PROJECT AMONG GRADUATES OF GUIDANCE AND COUNSELING PROGRAMME**
International Journal of Education, Psychology and Counseling
2017 Malaysian Citation Index Co-Author
-
- 37 **Psychological Wellness of Early Childhood Educators Inventory: A Reliability Analysis Study**
Indian Journal of Public Health Research and Development
2020 Academic Journal Co-Author
-
- 38 **Prediction of Crime Risk Behavior among Early Adolescent**
Indian Journal of Public Health Research and Development
2019 SCOPUS Co-Author
-
- 39 **Towards Futuristic Education Strategy In Developing Trainee Teachers Personality**
International Journal of Academic Research in Business and Social Sciences
2019 Excellent Research Australia (ERA) Co-Author
-
- 40 **Validation of Children Abused Module in Malaysia**
International Journal of Academic Research in Business and Social Sciences
2019 Excellent Research Australia (ERA) Co-Author
-
- 41 **Primary School's Psycho-educational Cognitive Behavior Module as A Preliminary Prevention Strategies for Problematic Behavior**
International Journal of Academic Research in Business and Social Sciences
2019 Excellent Research Australia (ERA) Co-Author
-
- 42 **Validation of the Emotional Competency Module**
Indian Journal of Public Health Research and Development
2019 SCOPUS Co-Author
-
- 43 **Determining the Reliability of the Emotional Competency Module on Malaysian Adolescents**
International Journal of Academic Research in Business and Social Sciences
2019 Excellent Research Australia (ERA) Co-Author
-
- 44 **AN ACTION STUDY ON TEACHING GROUP COUNSELLING SKILLS AMONG POSTGRADUATE COUNSELOR TRAINEES**
Asian Education Action Research Jornal (AEARJ)
2018 Non Index Co-Author
-
- 45 **Emotional Competency Issues Faced by Youths in Malaysia**
International Journal of Academic Research in Business and Social Sciences
2018 Excellent Research Australia (ERA) Co-Author
-

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- 46 **Prevalence of Psychological Disorders and Available of Facilities in Community Mental Health Centers: A Survey Research Study in Batang Padang District, Perak, Malaysia, 2015–2016**
Journal of Psychology & Psychotherapy
2017 Google Scholar Co-Author
-
- 47 **MARITAL SATISFACTION AND MENTAL HEALTH AMONG WORKING COMMUNITY IN MALAYSIA**
Global Journal for Research Analysis
2017 Google Scholar Co-Author
-
- 48 **GROUP COUNSELLING SKILLS AMONG COUNSELLING TRAINEES**
International Journal of Education, Psychology and Counseling
2017 Malaysian Citation Index Co-Author
-
- 49 **Identification of Avatar Mediates the Associations Between Motivations of Gaming and Internet Gaming Disorder Among The Malaysia Youth**
International Journal of Mental Health and Addiction
2020 SCOPUS Co-Author
-
- 50 **Validation of a translated internet gaming disorder scale (short form) and measurement invariance across sex groups in Malaysian samples**
Current Psychology
2020 SCOPUS Co-Author
-
- 51 **THE DIFFERENCE IN YOUTH EMOTIONAL COMPETENCY LEVEL BETWEEN GENDER, AND INSTITUTES, TUNAS BAKTI, SECONDARY SCHOOL AND UNIVERSITY STUDENTS**
International Journal of Education, Psychology and Counseling
2018 Malaysian Citation Index Co-Author
-
- 52 **Relationship between Personality Traits and Perception of Family Functioning among Unwed Pregnant Teenagers**
International Journal of Humanities Social Sciences and Education (IJHSSE)
2017 Google Scholar Co-Author
-

SUPERVISION

- 1 Kesan Pendekatan Rasional Emotif Tingkah Laku Berasaskan Nilai Islam Terhadap Stres, Kebimbangan, Kemurungan, Dan Trauma Kanak-kanak Yang Mengalami Penderaan Seksual
2024 PHD International Supervisor Completed
- 2 Development Of Crisis Prevention Model For Non-Suicidal Self-Injury Behaviour Among Adolescents In Guangxi, China
2023 PHD International Supervisor Completed
- 3 Development Of Emotionally Responsive School Guidelines To Strengthen Wellbeing Of Elementary School Student In Bandar Lampung Indonesia
2025 PHD International Supervisor In Progress
- 4 The Determinants Of Internet Gaming Disorder's Symptoms Through Avatar Identification Among Multiplayer Online Battle Arena (MOBA) Gamers
2021 PHD National Supervisor Completed
- 5 Pembangunan Modul Pengajaran Teknologi-Kesejahteraan Psikologi Berdasarkan PERMA Di Prasekolah
2025 PHD National Supervisor Presentation
- 6 PEMBANGUNAN MODUL TERAPI TINGKAH LAKU KOGNITIF MERAWAT KETAGIHAN INTERNET, KETAKUTAN KETINGGALAN DAN KEMURUNGAN DALAM KALANGAN PELAJAR TINGKATAN EMPAT.
2025 PHD National Supervisor Presentation
- 7 Authoritarian Parents And Narcissistic Personality Disorder In Adults: The Role Of New Media Literacy.
2025 PHD National Supervisor Presentation
- 8 Development Of Gerontology Counselling Competency Model For Counselors
2025 PHD National Supervisor Presentation
- 9 KEBERKESANAN MODUL MyCARE TERHADAP TINGKAHLAKU SEKSUAL BERISIKO DAN MASALAH KESIHATAN MENTAL DALAM KALANGAN PELAJAR SEKOLAH MENENGAH DI SABAH
2025 PHD National Supervisor In Progress
- 10 Amalan Trauma Termaklum Dalam Kalangan Guru Bimbingan Dan Kaunseling Di Sekolah Kebangsaan Malaysia
2025 PHD National Supervisor In Progress
- 11 Pembangunan Modul Psikopendidikan CBT Hibrid Untuk Tekanan, Daya Tahan Dan Kesejahteraan Diri Guru Pelatih Institut Pendidikan Guru
2025 PHD National Co-Supervisor Waiting for Viva
- 12 Pembinaan Modul Latihan Penjagaan Diri (Self Care) Untuk Kaunselor Pelatih.
2025 PHD National Co-Supervisor Presentation

- 13 Keberkesanan Modul Bermain Semulajadi Terhadap Aktiviti Fizikal Dan Kesihatan Mental Kanak-kanak Berumur 4 Hingga 6 Tahun
2025 PHD National Co-Supervisor Presentation
- 14 PENGARUH GAYA KEIBUBAAPAN TERHADAP KONSEP KENDIRI DALAM KALANGAN PELAJAR TAHUN SATU DI DUA BUAH KOLEJ VOKASIONAL DI SELANGOR
2018 Master National Supervisor Completed
- 15 IMPLEMENTASI AMALAN KOMUNITI EMBELAJARAN PROFESIONAL (KPP) DALAM PENGAJARAN GURU SEKOLAH RENDAH DI DAERAH GOMBAK
2018 Master National Supervisor Completed
- 16 KEBERKESANAN PROGRAM EKSPERIENTIAL PEMBIMBING RAKAN SEBAYA (PRS) DALAM MENINGKATKAN KEMAHIRAN EMPATI DAN KEMAHIRAN MEMBUAT KEPUTUSAN PELAJAR DIPLOMA DI UNIVERSITI AWAM.
2019 Master National Supervisor Completed
- 17 TAHAP TEKATAN KERJA, KEPUASAN KERJA DAN KEINGI SEMPURNAAN KENDIRI DALAM KALANGAN GURU-GURU DI SEKOLAH JENIS KEBANGSAAN TAMIL
2017 Master National Supervisor Completed
- 18 Suhu Kajian Fenomenologi Tentang Isu Homoseksual Dalam Kalangan Pelajar IPTA.
2020 Master National Supervisor Completed
- 19 Kesejahteraan Mental, Keseimbangan Kerja-Kehidupan Dan Motivasi Kerja Di Kalangan Guru-Guru SJKC Seberang Perai Selatan
2024 Master National Supervisor Completed
- 20 HUBUNGAN GAYA PEMBELAJARAN PELAJAR TERHADAP PENCAPAIAN MATA PELAJARAN MATEMATIK TINGKATAN EMPAT DI DAERAH KINTA UTARA
2018 Master National Supervisor Completed
- 21 HUBUNGAN ANTARA PENGARUH MOTIVASI DAN IBU BAPA TERHADAP SIKAP PELAJAR UNDA ALIRAN TAMIL DALAM PENGUASAAN BAHASA MELAYU
2017 Master National Supervisor Completed
- 22 Effects Of Brief Dialectic Behavioral Therapy Skills Training On Depressive Symptoms Among University Students In Malaysia
2025 Master National Supervisor Completed
- 23 Relationship Between Psychological Symptoms, Mental Health Well-being, And Perceived Social Support Among University Students In Malaysia.
2020 Master National Supervisor Completed
- 24 Dark Triad Personality And Cyber-Aggression: The Mediation Of Antisocial Behaviour
2022 Master National Supervisor Completed

25	INTERVENSI KLINIKAL DALAM MERAWAT KLIEN KETAGIHAN PERMAINAN ATAS TALIAN : SATU KAJIAN KES	2023	Master	National	Supervisor	Completed
26	Satu Kajian Kes Tentang Gejala Merokok Dalam Kalangan Pelajar Perempuan IPTA.	2020	Master	National	Supervisor	Completed
27	A STUDY ON THE RELATIONSHIP BETWEEN ADVERSE CHILDHOOD EXPERIENCES (ACE), PERCEIVED SOCIAL SUPPORT (PSS), AND PSYCHOLOGICAL WELL-BEING (PWB) AMONG MALAYSIAN UNIVERSITY STUDENTS	2024	Master	National	Supervisor	Completed
28	PERKAITAN PERSEPSI KESIHATAN MENTAL DAN TINGKAH LAKU MENDAPATKAN BANTUAN PROFESIONAL TERHADAP KESEJAHTERAAN HIDUP DALAM KALANGAN ANGGOTA ANGKATAN TENTERA MALAYSIA	2024	Master	National	Supervisor	Completed
29	Hubungan Antara Ketagihan Internet, Kebimbangan Dan Motivasi Belajar Dalam Kalangan Pelajar Menengah Sungai Petani	2024	Master	National	Supervisor	Completed
30	Relationship Between Media Influence, Religious Values And Attitudes Towards Lesbianism In Ipoh Secondary Girls School	2018	Master	National	Supervisor	Completed
31	THE EFFECTIVENESS OF COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I) IN IMPROVING SLEEP QUALITY AND QUALITY OF LIFE AMONG WORKING ADULTS IN KUALA LUMPUR	2024	Master	National	Supervisor	Completed
32	Hubungan Motivasi Dan Kecerdasan Emosi Terhadap Kehadiran PdPR Semasa Musim Pandemik Covid-19 Di Salah Sebuah Sekolah Menengah Daerah Kerian	2024	Master	National	Supervisor	Completed
33	EXPLORING THE COMMON GROUND BETWEEN MENTAL HEALTH PROFESSIONALS AND CLIENTS IN THE RECOVERY JOURNEY OF DEPRESSION WITH SUICIDAL BEHAVIOR	2025	Master	National	Supervisor	Completed
34	PENGAPLIKASIKAN SISTEM MERIT – DEMERIT DALAM MENANGANI MASALAH PONTENG SEKOLAH: SATU KAJIAN KES	2017	Master	National	Supervisor	Completed
35	Tahap Kesihatan Mental, Literasi Bantuan Dalam Kehidupan Dan Impaknya Terhadap Kualiti Hidup Dalam Kalangan Penjaga Warga Emas Di Rumah.	2023	Master	National	Supervisor	Completed
36	SATU KAJIAN FENOMENOLOGI TERHADAP FAKTOR-FAKTOR MEMPENGARUHI PENGUASAAN BAHASA MELAYU DALAM KALANGAN MURID INDIA TINGKATAN 4 DI DAERAH TAIPING	2017	Master	National	Supervisor	Completed

- KEBERKESANAN KAEDAH PETA PEMIKIRAN I-THINK TERHADAP MOTIVASI DAN PRESTASI MURID
DALAM SUBJEK BAHASA MELAYU DI SEKOLAH JENIS KEBANGSAAN
- 37 2017 Master National Supervisor Completed
- Faktor Keberkesanan Unit Bimbingan Dan Kaunseling Sekolah Menengah Daerah Hulu Langat.
- 38 2023 Master National Supervisor Completed
- GAYA KEPIMPINAN PENTADBIR DAN TAHAP MOTIVASI GURU NOVIS DI SEKITAR SEKOLAH
RENDAH DAERAH CAMEON HIGHLAND
- 39 2018 Master National Supervisor Completed
- Kesihatan Mental, Strategi Daya Tindak Dan Motivasi Belajar Mahasiswa Pasca Endamik Covid19
- 40 2024 Master National Supervisor Completed
- Pembangunan Modul Kaunseling Kelompok Berstruktur Berasaskan Acceptance And Commitment
Therapy (ACT) Sebagai Pencegahan Tingkah Laku Mencederakan Diri Dan Penderitaan Psikologi
Remaja
- 41 2025 Master National Supervisor Presentation
- Pembangunan Model Pencegahan Rokok Elektronik (Vape) Untuk Pelajar Sekolah Menengah Di
Malaysia
- 42 2025 Master National Supervisor Presentation
- Kesejahteraan Psikologi, Kepuasan Kerja Dengan Hubungan Guru–Murid Dalam Kalangan Guru
Prasekolah Di Negeri Perak
- 43 2020 Master National Co-Supervisor Completed

CONSULTATION

- 1 **MODUL SIRI KEIBUBAAPAN: EMOSI STABIL KELUARGA SEJAHTERA (STARR) – (NCER2023)**
2024 Northern Corridor Implementation Authority (NCIA) Completed
- 2 **Empower Minds, Transform School Ecosystem: Mental Health Capacity Building for Secondary School Counselors, Teachers, Students and Parents**
2025 Yayasan Hasanah Completed
- 3 **EmpowerNCER Academic @Perak Phase 2 2021/2022 (Orang Asli) – Modul Kuasai Emosi Capai Impian & Eksplorasi Dunia Emosi dan Kerjaya**
2022 Northern Corridor Implementation Authority (NCIA) Completed
- 4 **Perundingan Pelaksana Bagi Modul Eksplorasi Dunia Emosi dan Kerjaya di Bawah Projek Empowerncer Academic@Perak Phase 1 2019/2020**
2021 Northern Corridor Economic Region (NCER) Completed
- 5 **Bengkel Latihan : Bantuan Asas Psikologi dalam Talian**
2021 Pertubuhan Kesejahteraan Psikospiritual Malaysia (PKPM) In Progress
- 6 **Training Of Trainers untuk Talian Sehat Selangor**
2021 Universiti Islam Antarabangsa Malaysia In Progress
- 7 **PERUNDING PROJEK BINAAN LAPORAN PICTURE OF THE BRAIN (POTB)**
2025 BRAINSOURCE ACADEMY SDN BHD Completed
- 8 **PROJEK PERUNDINGAN PEMBINAAN LAPORAN BRAIN FUNCTION ANALYSIS (BFA)**
2025 BrainScience Academy Sdn. Bhd. Completed
- 9 **PROJEK PERUNDINGAN PEMBINAAN LAPORAN EEG-BASED LEARNING ABILITY AND MENTL HEALTH ASSESSMENT REPORT**
2025 BRAINSOURCE ACADEMY SDN BHD Completed
- 10 **Modul Siri Keibubapaan: Emosi Stabil Keluarga Sejahtera (STARR) – Arus Perdana– (NCER2023)**
2024 Northern Corridor Implementation Authority (NCIA) Completed
- 11 **MODUL LATIHAN REGULASI EMOSI DAN EKSPLORASI IMPIAN KERJAYA – (NCER 2022)**
2023 Northern Corridor Implementation Authority (NCIA) Completed
- 12 **Modul Mengurus Emosi dalam Menggapai Impian (NCER 2022)**
2023 Northern Corridor Implementation Authority (NCIA) Completed
- 13 **EmpowerNCER Academic @Perak Phase 2 2021/2022 (Aliran Perdana) – Modul Mengurus Emosi Dalam Menggapai Kerjaya Impian**
2022 Northern Corridor Implementation Authority (NCIA) Completed
- 14 **Training For Trainers Program On Comprehensive Sexuality Education And Psychosocial Support For Caregivers Of Pregnant Teenager In Malaysian Protection Centers. (KTP UPSI 2022)**
2022 Taman Seri Putri, Jabatan Kebajikan Masyarakat, Batu Gajah Perak Completed

15	Perundingan Pelaksana Bagi Modul Mengurus Emosi Dalam Menggapai Kerjaya Impian di Bawah Projek Empowerncer Academic@Perak Phase 1 2019/2020	2021	Northern Corridor Economic Region??(NCER)	Completed
16	Program Pensijilan Kaunseling Kesihatan Mental Klinikal	2018	Sekyen Kaunseling & Bimbingan, Bahagian Hal Ehwal Pelajar & Alumni, Universiti Malaya	Completed
17	Perundingan: Program Pensijilan Kompetensi Kaunseling bagi Pegawai Tadbir (Psikologi) di Perkhidmatan Awam Sarawak	2022	Pejabat Setiausaha Kerajaan Negeri Sarawak	In Progress
18	Editorial Board for the Proceedings of International Seminar on Counseling (MALINDO5)	2017	PERKAMA and ABKIN	Completed
19	Editorial Board For the Proceedings of UPSI–UPI Conference	2016	UPSI–UPI	Completed
20	Panel Penilai Buletin Psikologi dan Kaunseling Perkhidmatan Awam Negeri Sarawak Bil.1 Tahun 2022	2022	Perkhidmatan Awam Negeri Sarawak	Completed
21	Fasilitator Bengkel Penilaian Modul Sokongan Psikososial dan Kesihatan Mental Untuk Murid, Guru dan Ibu Bapa Semasa Pandemik COVID–19	2021	PERKAMA International, UNICEF, dan Kementerian Pendidikan Malaysia	Completed
22	Juri Pertandingan Melukis Peringkat Daerah Bertemakan "Thank You Frontliners"	2020	Universiti Pendidikan Sultan Idris	Completed
23	Reviewer for the Malaysian Journal of Medicine & Health Sciences	2019	Malaysian Journal of Medicine and Health Sciences	Completed
24	Lantikan Sebagai Tenaga Pengajar Kursus Kokurikulum Berkredit Semester 2 Sesi 2018/2019	2019	Universiti Pendidikan Sultan Idris	Completed
25	Lantikan Sebagai Penilai Manuskrip Jurnal PERKAMA	2018	PERKAMA International	Completed
26	Penilai Artikel Jurnal PERKAMA	2016	Persatuan Kaunseling Malaysia (PERKAMA)	Completed
27	Penilai Skim Geran For Society@Keluarga Malaysia (UNiTY) bagi tahun 2022	2022	Universiti Pendidikan Sultan Idris	Completed
28	Panel Penilai Jawatankuasa Etika Penyelidikan Manusia	2021	Universiti Pendidikan Sultan Idris	Completed
29	Lantikan Sebagai Penyelia Internship Kaunseling Pelajar Program Ijazah Sarjana Pendidikan Bimbingan dan Kaunseling Bagi Semester 1 Sesi 2020/2021	2021	Universiti Pendidikan Sultan Idris	Completed

30	Lantikan Sebagai Panel Temuduga N41 Pegawai Tadbir (Bidang Psikologi Klinikal)	2021	Universiti Pendidikan Sultan Idris	Completed
31	Lantikan Sebagai Tenaga Pengajar Kursus Kokurikulum Berkredit Semester 1 Sesi 2020/2021 Bagi Program Ijazah Sarjana Muda	2021	Universiti Pendidikan Sultan Idris	Completed
32	Lantikan Sebagai Penyelaras Publisiti (Unit Kaunseling), Jabatan Psikologi Kaunseling	2020	Universiti Pendidikan Sultan Idris	Completed
33	Lantikan Sebagai Penilai Geran GBUPP	2020	Universiti Pendidikan Sultan Idris	Completed
34	Pelantikan Sebagai Panel Pemeriksa Semak Semula Keputusan Peperiksaan Program Sarjana Muda Semester 2 Sesi 2019/2020	2020	Universiti Pendidikan Sultan Idris	Completed
35	Lantikan sebagai Pensyarah Pengelia Kepada Guru Pelatih UPSI Bagi Semester 1 Sesi 2020/2021	2020	Universiti Pendidikan Sultan Idris	Completed
36	Mesyuarat Jawatankuasa VIVA peringkat Sarjana (Secara Penyelidikan dan Kerja Kursus)	2020	Universiti Pendidikan Sultan Idris	Completed
37	Jawatankuasa Viva Peringkat Sarjana (Secara Online)	2020	Universiti Pendidikan Sultan Idris	Completed
38	Lantikan Sebagai Tenaga Pengajar Kursus Kokurikulum Berkredit Semester 2 Sesi 2019/2020 Bagi Program ISM	2020	Universiti Pendidikan Sultan Idris	Completed
39	Lantikan Tenaga Akademik Bagi Program ISMP Bimbingan dan Kaunseling Semester 2 Sesi 2018/2019	2019	Universiti Pendidikan Sultan Idris	Completed
40	Ketua Pengawas Peperiksaan Ijazah Sarjana Muda Semester 1 2018/2019	2019	UPSI	Completed
41	Panel Penilai Permohonan Geran Inovasi Pendidikan 2019	2019	Universiti Pendidikan Sultan Idris	Completed
42	Lantikan Panel Penilai Permohonan Geran Penyelidikan Universiti Berteraskan Pendidikan (GPUPP) Fasa 1/2019	2019	Universiti Pendidikan Sultan Idris	Completed
43	Pengerusi Research Proposal Presentation	2019	Universiti Pendidikan Sultan Idris	Completed
44	Pemeriksa Dalam Jawatankuasa Viva Peringkat Sarjana (Mod B)	2019	Universiti Pendidikan Sultan Idris	Completed

45	Lantikan Sebagai Tenaga Pengajar Kursus Kokurikulum Berkredit Semester 2 Sesi 2018/2019 Bola Keranjang	2019	Universiti Pendidikan Sultan Idris	Completed
46	Lantikan Sebagai Tenaga Pengajar Kursus Kokurikulum Berkredit Bola Keranjang Semester 1 Sesi 2019/2020	2019	Universiti Pendidikan Sultan Idris	Completed
47	Lantikan Sebagai Penyelia Internship Kaunseling Pelajar Program Ijazah Sarjana Pendidikan (Bimbingan dan Kaunseling) Semester 1 Sesi 2019/2020	2019	Universiti Pendidikan Sultan Idris	Completed
48	Jawatankuasa Pemurniaan Dokumen Semakan Semula Program ISMP Bimbingan dan Kaunseling	2019	Universiti Pendidikan Sultan Idris	Completed
49	Evaluator For the Research Findings Presentation For Doctor of Philosophy	2019	Universiti Pendidikan Sultan Idris	Completed
50	Evaluator For the Rsearch Presentation Master Mixed Mode	2019	Universiti Pendidikan Sultan Idris	Completed
51	Lantikan Sebagai Tenaga Pengajar Kursus Kokurikulum Berkredit CPR2011 Semester 1 Sesi 2019/2020	2019	Universiti Pendidikan Sultan Idris	Completed
52	Pelantikan Sebagai Ahli Jawatankuasa Pelaksana Bagi Program Latihan Teaching, Learning, Assessment and Supervision (TLAS) Peringkat Fakulti/Pusat	2019	Universiti Pendidikan Sultan Idris	Completed
53	Pemeriksa Peperiksaan Akhir Semester 2 Sesi 2018/2019	2019	Universiti Pendidikan Sultan Idris	Completed
54	Pengerusi Pembentangan Cadangan Penyelidikan Peringkat Doktor Falsafah	2019	Universiti Pendidikan Sultan Idris	Completed
55	Lantikan Sebagai Penemuduga Calon Pertukaran Pelajar Bagi Program Mobiliti ISMP Bimbingan dan Kaunseling	2019	Universiti Pendidikan Sultan Idris	Completed
56	Ketua Pengawas Peperiksaan Ijazah Sarjana Muda Semester 2 Sesi 2017/2018	2018	UPSI	Completed
57	Lantikan Sebagai Penilai Untuk Semakan Laporan Akhir	2018	UPSI	Completed
58	Pelantikan Sebagai Tenaga Pengajar Bagi Program Sarjana Pendidikan (Bimbingan dan Kaunseling) M172PPLS	2018	UPSI	Completed

59	Lantikan Sebagai Tenaga Pengajar Kursus Kokurikulum Berkredit Semester 1 Sesi 2018/2019 Program Ijazah Sarjana Muda	2018	Pusat Kokurikulum	Completed
60	Lantikan Sebagai Tenaga Pengajar Kursus Kurikulum Berkredit Semester 1 2018/2019 Program Diploma	2018	Pusat Kokurikulum, UPSI	Completed
61	Lantikan Sebagai Tenaga Akademik Bagi Kursus-Kursus Yang Ditawarkan Dalam Program ISMP (Bimbingan dan Kaunseling) Semester 1, Sesi 2018/2019	2018	UPSI	Completed
62	Lantikan Sebagai Penilai Untuk Semakan Laporan Akhir	2018	UPSI	Completed
63	Pengerusi Pembentangan Proposal Pringkat Sarjana (Penyelidikan dan Kerja Kursus)	2018	UPSI	Completed
64	Panel Penilai Laporan Akhir Penyelidikan "Latihan dan Penilaian Kecekapan Fasilitator Modul Cakna Diri"	2017	UPSI	Completed
65	Lantikan Sebagai Tenaga Akademik Bagi Kursus-Kursus Semester 1 Sesi 2016/2017	2017	FPM	Completed
66	Pelantikan Sebagai Pensyarah Penyelia Kepada Guru Pelatih UPSI Bagi Semester 1, 2017/2018	2017	UPSI	Completed
67	Penilai Manuskrip Teori Kaunseling: Proses and Teknik	2017	FPM	Completed
68	Pelantikan Sebagai Panel Penilai Pembentangan Laporan Akhir Geran Jangka Pendek KPM-NCDRC	2017	NCDRC	Completed
69	Pelantikan Sebagai Penyelaras dan Tenaga Pengajar Kursus UKP6043	2017	Fakulti Pembangunan Manusia	Completed
70	Pelantikan Sebagai Editorial Board Bagi Jurnal UPSI-UPI 2017-2018	2018	UPSI-UPI	In Progress
71	Ahli Panel Saintifik Jawatankuasa Etika Penyelidikan Melibatkan Manusia	2024	Universiti Pendidikan Sultan Idris	In Progress
72	Lantikan Sebagai Ketua Juru Bagi Anugerah Akademia UPSI 2021 Kategori Anugerah Penasihat Akademik	2022	Universiti Pendidikan Sultan Idris	In Progress
73	Lantikan Sebagai Ketua Pembina Kriteria, Borang, Senarai Semak dan Rubrik Bagi Anugerah Akademia UPSI 2021 Kategori Anugerah Penasihat Akademik	2022	Universiti Pendidikan Sultan Idris	In Progress

74	Pelantikan Sebagai Ahli Jawatankuasa Penggerak Pelan Strategik FPM 2021–2025 FPM	2022	Universiti Pendidikan Sultan Idris	In Progress
75	Lantikan Ahli Think Tank Program Pementoran	2022	Universiti Pendidikan Sultan Idris	In Progress
76	Pelantikan Sebagai Ahli Panel Saintifik, Jawatankuasa Etika Penyelidikan Melibatkan Manusia UPSI	2021	Research Management and Innovation Centre	In Progress
77	Lantikan Sebagai Penyelaras Projek Tahun Akhir Program ISMP (Bimbingan dan Kaunseling), Jabatan Psikologi dan Kaunseling	2020	Universiti Pendidikan Sultan Idris	In Progress
78	Pelantikan Sebagai Penyelia FYP Pelajar Master Mod C	2020	Universiti Pendidikan Sultan Idris	In Progress
79	Lantikan Sebagai Tenaga Pengajar Kursus Kokurikulum Berkredit	2019	UPSI	In Progress
80	Pelantikan Sebagai Ahli Jawatankuasa Perancangan Etika Penyelidikan (Manusia) UPSI	2019	Pusat Pengurusan Penyelidikan Dan Inovasi, UPSI	In Progress
81	Lantikan Pensyarah Penyelia Projek Tahun Akhir KKR3996 A182	2019	Universiti Pendidikan Sultan Idris	In Progress
82	Lantikan Sebagai Ahli Jawatankuasa Semakan Semula Program Ijazah Sarjana Muda Pendidikan (Bimbingan dan Kaunseling)	2019	UPSI	In Progress
83	Pelantikan Sebagai Ahli Jawatankuasa Perancangan Etika Penyelidikan (Manusia) UPSI	2019	Pusat Pengurusan Penyelidikan Dan Inovasi, UPSI	In Progress
84	Lantikan Sebagai Ahli Jawatankuasa Program Baharu Ijazah Sarjana Sains Kaunseling Kesihatan Mental Klinikal	2019	UPSI	In Progress
85	Lantikan Sebagai Ahli Jawatankuasa Penggubal Program Baharu Ijazah Sarjana Muda (Kaunseling)	2018	Fakulti Pembangunan Manusia	In Progress
86	Lantikan Sebagai Ahli Jawatankuasa Pelaksanaan Makmal Kaunseling Kanak–kanak Sekolah Rendah, Jabatan Psikologi dan Kaunseling	2018	Fakulti Pembangunan Manusia	In Progress
87	Jurnal Pendidikan Bitara UPSI	2018	Fakulti Pendidikan dan Pembangunan Manusia	In Progress
88	Lantikan Sebagai Ahli Jawatankuasa Pelaksanaan Makmal Kaunseling Kanak–kanak Sekolah Rendah, Jabatan Psikologi dan Kaunseling	2018	Fakulti Pembangunan Manusia	In Progress

- 89 Lantikan Sebagai Editor Buku Jabatan Psikologi dan Kaunseling 2017
2018 UPSI In Progress
-
- 90 Lantikan Sebagai Ketua Jawatankuasa Pelaksanaan iCGPA Program Ijazah Sarjana Muda Pendidikan (Bimbingan dan Kaunseling)
2018 Fakulti Pembangunan Manusia In Progress
-
- 91 Independent Auditor for the research "Development and Validaiton of Assessment for Teaching Competencies Framework in Teacher Education
2017 University In Progress
-
- 92 Lantikan Sebagai Ahli Kumpulan Penyedia Modul Massive Open Online Course (MOOC) Universiti Pendidikan Sultan Idris
2017 Universiti Pendidikan Sultan Idris In Progress
-
- 93 Pelantikan Sebagai Pewasit Bagi Jurnal PERKAMA Edisi 2023
2023 PERKAMA International Completed
-
- 94 Pakar Penilai Artikel Jabatan Bimbingan dan Kaunseling Jurnal Pendidikan Bitara Edisi Khas
2024 Universiti Pendidikan Sultan Idris Completed
-
- 95 Panel Penilai Fakulti Bagi Permohonan Geran Penyelidikan Universiti Berteraskan Pendidikan (GPUBP-IPGM) 2023
2023 Universiti Pendidikan Sultan Idris Completed
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AWARD / RECOGNITION

- 1 SAFE LIFE GUIDE MOBILE APPLICATION: EMPOWERING CARE AND TRANSFORMING WORKPLACE COUNSELING SERVICES IN MALAYSIA
2024 International International Counseling Innovation and Showcase 2024 Gold
- 2 EMOTIONAL COMPETENCY MODULE
2020 International International Invention, Innovation & Tekhnology Exhibition, Malaysia 2020 Gold
- 3 EMOTIONAL COMPETENCY MODULE
2020 International International Invention, Innovation & Tekhnology Exhibition, Malaysia 2020 Gold
- 4 Pembangunan Model Kesejahteraan Diri Berasaskan Kaunseling Bagi Ibu Bapa Pesakit Kanser Kanak-Kanak di Malaysia
2023 International International Education Innovation Expo (EDU@Innovate) 2023 Silver
- 5 Merging Community with Classroom Using Blended Learning and Adventure- Based Counseling for Teacher Trainees' Personallty Development
2018 International International University Carnival on E-Learning (IUCEL 2017) Silver
- 6 BEST INNOVATION AWARD (STUDENT)
2024 International PERKAMA INTERNATIONAL & EPF
- 7 Anugerah Khas (Special Award) PECIPTA 19
2019 International Kementerian Pendidikan Malaysia
- 8 Smart Learning Career Kits
2019 National Persidangan dan Ekspo Ciptaan Institusi Pengajian Tinggi Antarabangsa 2019 Gold
- 9 Best Paper Award
2024 National PERKAMA INTERNATIONAL AND EMPLOYEES PROVIDENT FUND (EPF)
- 10 ANUGERAH KEPIMPINAN KAUNSELING
2024 National KEMENTERIAN PENGAJIAN TINGGI
- 11 ANUGERAH PENASIHAT BADAN PELAJAR TERBAIK (BUKAN AKADEMIK)-BAGI KAKITANGAN AKADEMIK
2022 University Universiti Pendidikan Sultan Idris
- 12 Anugerah Perkhidmatan Cemerlang 2018
2019 University Universiti Pendidikan Sultan Idris