

Qingrui Lou

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Profile

Bachelor of Psychological Science graduate combining literature synthesis, cross-cultural measure translation and SPSS-based academic analysis. Brings concept development on AI-supported counselling and human agency, independent research writing and accessible psychology communication.

Education

Bachelor of Psychological Science | James Cook University Singapore ([Certificate](#)) **May 2025 - Sep 2026**
Singapore

Conferred 10 Sep 2026. Coursework in experimental and non-experimental research design, psychological assessment, developmental, social and intercultural psychology, counselling principles, SPSS analysis and ethical reasoning.

Diploma of Higher Education | James Cook University ([Certificate](#)) **Sep 2024 - May 2025**
Singapore

Major: Psychological Science; selected coursework included Multicultural, Child and Adolescent Counselling; awarded 20 June 2025.

Research Experience

Voluntary Research Assistantship Program (RAP) | James Cook University Singapore ([Certificate](#)) **Sep 2025 - Jul 2026**
Singapore

- Completed 36 certificate-documented hours in literature review, research discussions and early-stage concept development on evolutionary mismatch, AI-supported counselling, client agency and AI-use shame.
- Translated the 36-item Evolutionary Mismatch Lifestyle Scale into Mandarin, adapted one social-media example for mainland China and coordinated an independent back-translation for supervisor review.
- Developed a concept note on AI-supported counselling, distinguishing tool assistance, knowledge offloading and delegation of human judgement.

Research Skills

Research: Literature review, evidence synthesis, research-question development and cross-cultural measure translation.

Analysis and reporting: IBM SPSS, assumption checks and factorial ANOVA in coursework; APA-style reports;

documentation and quality checking. **Digital and communication:** Microsoft Office; presentations; English and Mandarin.

AI tools: Codex (proficient).

Selected Research and Academic Projects

- Human and AI Therapist Empathy:** Analysed 313 responses in SPSS using a 3 x 2 factorial ANOVA and Bonferroni-adjusted comparisons; checked assumptions and independently authored an APA-style university report. ([Report](#))
- OCD-Related Stigma in Chinese Middle Schools:** Synthesised research into a practical, culturally responsive briefing paper. ([Briefing](#))
- School Refusal in Chinese Senior High Schools:** Applied motivation theory with ethical, cultural and safeguarding considerations in a written academic analysis. ([Analysis](#))

Additional Psychology Experience

Psychology Content Creator & Writer | Independent **Feb 2026 - Present**
China / Singapore, remote

- Independently authored Substack essays and LinkedIn commentary on AI literacy, authorship and fair evaluation of AI-assisted writing. ([Substack](#))
- Produce Mandarin psychology-education videos and livestreams for more than 2,500 followers on Douyin (Chinese TikTok), using everyday examples and reflective questions to explain psychological concepts. ([Content samples](#))

Psychology Teaching Assistant Intern | Foshan Shunde Siyao School ([Certificate](#)) **Dec 2025 - Jan 2026**
Foshan, China

- Independently designed and facilitated a 100-minute Psychology Escape Room and a separate 90-minute memory-skills session; conducted five student-support conversations of approximately 50 minutes each.

Wellness Buddy Volunteer | James Cook University Singapore ([Certificate](#)) **Jun 2025 - Jul 2026**
Singapore

- Completed four workshops in wellbeing, listening, confidentiality and referral awareness; participated in one formal one-to-one peer-support interaction within programme boundaries.

Additional Training and Experience

ACT Essentials with Joe Oliver: 7.5-hour workshop, Contextual Consulting (Aug 2026). ([Certificate](#))

Maxstar, Mental Rehabilitation Intern: 178.5 documented hours of supervised service-setting exposure across separate short placements in Feb and Aug 2024, Shenzhen, China. ([Internship record](#))