



NGO ZHEN HONG

Australia Malaysia Virtual PhD
Internship Program - 2025

Doomscrolling, Individual
Differences and Well-Being

Thesis Outline

My research examines doomscrolling as a potential cause of mental health issues, proposing vicarious traumatization as a mediating factor and exploring digital resilience as a buffer, using online questionnaires from 400 adult participants.

Supervisors & Institutions

Assoc. Prof. Syuhaily Osman
Universiti Putra Malaysia

Assoc. Prof. Evita March
Federation University

Future Goals

My short-term goal is to complete the project manuscript and submit it to a Q1 journal, fulfilling my promise to Dr. Syuhaily and Dr. Evita. In the long term, I aspire to advance in consumer cyberpsychology and pursue a career as an academician.

AMVPIP Experience

My internship has been a truly rewarding journey. I am grateful to have Evita as my host supervisor. Her guidance was invaluable. Able to complete a meaningful project within a few months is certainly a breakthrough for me. Also, I had gained exposure to diverse institutional cultures that broadened my research perspectives, and I was introduced to useful tools such as Jamovi, Rayyan, and CloudResearch. This experience has enhanced my research skills and I am glad to be part of this internship.

Key Takeaways

- 1) Improved research capabilities: Exposure to different academic cultures has enhanced my personal development.
- 2) Opportunity to connect with international researchers: Collaborating with international researchers was a valuable experience and are often encouraged in global academia.
- 3) Self-actualization and reflections: Confidence to step forward in academia.