

Upcoming BSI Seminars**3 Feb 2026***Singaporean with an Asterisk': Racial Categorisation and Its Implications for National Belonging among Malay and Indian Singaporeans*Seminar by Davelle Lee
PhD Candidate, SMU**10 Feb 2026***Personal strengths and marital function: Linking intrapersonal strengths to relational behavior through marital satisfaction*Seminar by Lester Sim
Assistant Professor of Psychology, SMU**17 Mar 2026***The Power in Learning by Teaching*Seminar by Sarah Wong
Assistant Professor of Psychology, SMU**31 Mar 2026***Relationships linking task conflict, work-family conflict, and psychological detachment*Seminar by Tsai Ming-Hong
Associate Professor of Psychology, SMU**Highlights of Recent BSI Seminar****04 Nov 2025**Seminar by Brandon Koh Yuan Ru, Senior Lecturer, SUSS
He presented a webinar titled "*How work-leisure dichotomy beliefs shape leisure activities, recovery, and well-being*". He discussed how lay beliefs of a work and leisure may be linked to well-being and work engagement through leisure preferences and behaviours.**Insights and Applications from Behavioural Sciences**

Previous research studies argued that task conflict, work-family conflict, and psychological detachment are causally related. However, unclear measurements, the preponderance of correlational analyses in cross-sectional designs, and the use of short time-lag lengths in daily associations in diary studies have not empirically established causal direction. In a recently completed research, **SMU Associate Professor Ming-Hong Tsai and BSI Director Professor David Chan** addressed these research gaps by directly measuring the constructs of both types of task conflict (intense and mild), work-family conflict, and psychological detachment, and using a mixed methods approach comprising longitudinal and experiment study designs to test and triangulate evidence for the causal directions, mediating relationships, and feedback loop of negative spirals linking these constructs. In a series of three studies using full-time employees, cross-lagged panel model analyses and findings from experiments jointly showed that (1) mild task conflict and intense task conflict are distinct constructs, and it is intense task conflict, but not mild task conflict, that is associated (and bidirectionally) with work-family conflict; (2) work-family conflict has a negative effect on psychological detachment; and (3) the negative effect of intense task conflict on psychological detachment is mediated by work-family conflict. The research has been accepted for presentation at the 17th Asian Conference on the Social Sciences to be held in Tokyo, Japan.

About BSI

The Behavioural Sciences Initiative (BSI) is a multi-disciplinary research initiative for creating, disseminating and applying scientific knowledge about human behaviours in various social, organisational and cultural settings. For more information, please refer to our website.