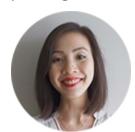
BSI-NEWS



Volume 15 Issue 4 (December 2025)

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/span>

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.













