

1a. Personal details				
Full name	<i>Title</i>	<i>First name</i>	<i>Second name(s)</i>	<i>Family name</i>
	Dr	Sook Ling		Leong
Present position	Assistant Research Fellow			
Organisation/Employer	Department of Surgical Sciences, University of Otago			
Contact Address	Department of Medicine			
	9 th Floor Dunedin Hospital			
		Post code	9054	
Work telephone	03 470 9911	Mobile	021 028 69065	
Email	sookling.leong@otago.ac.nz			
Personal website (if applicable)	-			

1b. Academic qualifications

2014: PhD, Human Nutrition (Behavioural), University of Otago, Dunedin NZ

2010: MSc, Human Nutrition, Distinction, University of Otago, Dunedin NZ

2007: BSc, Food and Nutrition, Plattsburgh State University, New York, USA

1c. Professional positions held

Nov 2014-present: Assistant Research Fellow, Department of Surgical Sciences, University of Otago, Dunedin (full-time)

March – Oct 2014: Co-Supervisor MSc student, Department of Human Nutrition, University of Otago, Dunedin (part-time)

Research Assistant, Department of Medicine, University of Otago, Dunedin (part-time)

Feb – May 2010 : Research Assistant, Department of Medicine, University of Otago, Dunedin (part-time)

1d. Present research/professional speciality

My background is in Behavioural Nutrition, specifically in psychological theories of weight management. Having previously used theories as a framework for understanding the success or failure of dieting in adult obesity, I am currently interested in investigating the underlying neurobiological mechanisms of eating behaviours. While exploring research opportunities after my PhD, I worked as a Research Assistant on a project using electroencephalogram (EEG, a neuroimaging tool) to investigate areas of the brain that are associated with obesity. I am currently an Assistant Research Fellow developing my research in the Department of Surgical Sciences and Medicine, University of Otago, examining how behaviours (i.e., craving for alcohol or food) can be modulated using neurostimulation devices (transcranial random noise stimulation, tRNS; transcranial magnetic stimulation, TMS; neural implant, St-Jude Proclaim Stimulator).

1e. Total years research experience

6 years including MSc and PhD

1f. Professional distinctions and memberships (including honours, prizes, scholarships, boards or governance roles, etc)

2016-2017: Lottery Health. \$23, 643.

(Co-investigator on project 'Brain Imaging in Anorexia Nervosa').

2015-2016: Department of Medicine, University of Otago research grant. \$27 934.

(Co-investigator on project 'Neuromodulation as a treatment for food addiction in obese individuals').

- 2013: Claude McCarthy fellowship. Travel grant. \$ 5000.
(Visiting researcher, Department of Sports and Health, Technical University of Lisbon, Portugal, collaborator on PhD project).
- 2013: Division of Science, University of Otago travel grant. \$ 2000.
(Conference presentation at the Annual Scientific Meeting of the International Society of Behavioural Nutrition and Physical Activity in Ghent, Belgium, May 21st-25th, 2013).
- 2011-2013: University of Otago PhD scholarship of NZ\$ 70 000 + 3 years PhD tuition fees.
- 2011: Best student oral presentation by the Joint Annual Scientific Meeting of the Nutrition Society of New Zealand and Australia, Queenstown, 29th Nov- 2nd Dec.

1g. Total number of <i>peer reviewed</i> publications and patents	Journal articles	Books, book chapters, books edited	Conference proceedings	Patents
	11		8	

PART 2

2a. Research publications and dissemination

Peer-reviewed journal articles
Brown R, Yong L, Gray A, Leong SL . Perceptions and knowledge of nuts amongst professionals in New Zealand. 2017;9(3):220.
De Ridder D, Manning P, Leong SL , Ross S, Vanneste S. Allostasis in health and food addiction. Scientific Reports. 2016;6.
De Ridder D, Leong SL , Manning P, Vanneste S, Glue P. Anterior Cingulate Implant for Obsessive-Compulsive Disorder. World Neurosurgery. 2016 Oct 15.
De Ridder D, Manning P, Leong SL , Ross S, Sutherland W, Horwath C, Vanneste S. The brain, obesity and addiction: an EEG neuroimaging study. Scientific Reports. 2016;6.
Leong SL , Gray A, Haszard J, Horwath CC. Weight control methods, 3-year weight change and eating behaviors: A prospective nationwide study of mid-age New Zealand women. Journal of the Academy of Nutrition and Dietetics. 2016.
Leong SL , Gray A, Horwath CC. Speed of eating and 3-year BMI change. A nationwide longitudinal study of mid-age women. Public Health Nutrition. 2015;20:1-7
Boucher S, Gray A, Leong SL , Horwath CC. Token monetary incentives improve mail survey response rates and participant retention: results from a large randomised prospective study of mid-age New Zealand women. New Zealand Medical Journal. 2015; 128:1413.
Leong SL , Madden C, Gray A, Horwath CC. A nationwide survey of weight control practices among middle-aged New Zealand women. New Zealand Medical Journal. 2013;126(1386):12-20.

<p>Leong SL, Madden C, Gray A, Horwath CC. Self-determined, autonomous regulation of eating behaviour is related to lower body mass index in a nationwide survey of middle-aged women. <i>Journal of the Academy of Nutrition and Dietetics</i>. 2012; 112:1337-1346.</p> <p>Madden EL, Leong SL, Gray A, Horwath CC. Eating in response to hunger and satiety signals is related to body mass index in a nationwide sample of 1,601 mid-age New Zealand women. <i>Public Health Nutrition</i>. 2012 ;(1)1:1-8.</p> <p>Leong SL, Madden C, Gray A, Waters D, Horwath CC. Faster self-reported speed of eating is related to higher body mass index in a nationwide survey of middle-aged women. <i>Journal of the American Dietetic Association</i>. 2011; 111:1192-1197.</p>
Peer reviewed books, book chapters, books edited
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Refereed conference proceedings
<p>Leong SL, De Ridder D, S Vanneste, S Ross, W Sutherland, P Manning. Effect of transcranial pink noise stimulation of anterior cingulate cortex on food craving. <i>Brain Stimulation</i>, Barcelona, Spain (March 2016).</p> <p>Manning PJ, Ross S, Leong SL, Sutherland W, Horwath C, Vaneste S, De Ridder, D. Brain activity in obesity. <i>European Congress of Obesity</i>, Prague, Czech Republic (May 2015).</p> <p>Carraca EV, Leong SL, Horwath C, Teixeira PJ. 'I eat better when physically active': The mediating role of autonomous regulations towards eating. <i>European Congress of Obesity</i>, Sofia, Bulgaria (May 2014).</p> <p>Boucher S, Leong SL, Gray A, Ciarrochi J, Horwath C. Psychological inflexibility, eating habits and changes in BMI: Results from a nationwide prospective study of mid-age NZ women. <i>Association for Contextual and Behavioural Science</i>, Sydney, Australia (July 2013).</p> <p>Leong SL, Gray A, Madden C, Horwath C. Autonomous regulation of eating behaviour is related to weight stability over three years in a cohort of mid-age women. <i>International Society for Behavioural Nutrition and Physical Activity</i>, Ghent, Belgium (May 2013).</p> <p>Leong SL, Madden C, Gray A, Waters D, Horwath CC. Factors associated with body mass index (BMI) in a nationwide cohort of mid-age women. <i>Joint Annual Scientific Meeting of the Nutrition Society of New Zealand and the Nutrition Society of Australia</i>. Queenstown, NZ (November 2011).</p> <p>Leong SL, Madden C, Gray A, Waters D, Horwath CC. Factors associated with body mass index (BMI) in a nationwide cohort of mid-age women. <i>Home Science/ Consumer and Applied Sciences Centenary Conference</i>, Otago University, Dunedin, NZ (February 2011).</p> <p>Horwath CC, Madden C, Leong SL, Gray A. The relationship between experiential Avoidance and Body Mass Index in a nationwide sample of women. <i>Association for Contextual Behavioural Science</i>, Reno, Nevada (June 2010).</p>
Patents

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Other forms of dissemination (reports for clients, technical reports, popular press, etc)
Attended an interview on Dunedin TV for the project 'weight control methods and 3-year weight change' (August 2016).
Attended an interview on Dunedin TV for the project 'Neuromodulation as a treatment for obesity' (14 th Dec 2015).
Media commentaries on weight control practices among middle-aged New Zealand women have appeared in The Otago Daily Times, New Zealand Herald Auckland, The Dominion Post, Southland Times and Greymouth Star (27th November 2013).
Media commentaries on eating behaviour regulation and body weight among middle-aged New Zealand women have appeared in The Otago Daily Times, The Press, Timaru Herald, Waikato Times, The Dominion Post, Manawatu Standard, Nelson Mail, The News-Westport, The Australian and Adelaide Now (11th September 2012).
Media commentaries on speed of eating and body weight among middle-aged New Zealand women have appeared in The Otago Daily Times, New Zealand Herald, Gisborne Herald, The Dominion Post and The Press (31st August 2011).