



Sabrina Wong Kay Wye

Family Physician, Senior Consultant
Deputy Director and Principal Clinician Researcher, Clinical Research Unit, NHGP
Assistant Professor, Lee Kong Chian School of Medicine

Research Interests:

- Chronic Disease Management
- Digital health/models of care
- Behavioural health

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Biography

Asst Prof Sabrina Wong is a Senior Consultant Family Physician, and Deputy Director and Principal Clinician Researcher of the Clinical Research Unit at the National Healthcare Group Polyclinics. She is also a Consultant at the Department of Primary and Continuing Care at the Ministry of Health and the Chief Examiner of the Family Medicine Examination Committee. Asst Prof Sabrina Wong completed her medical degree, postgraduate training of Masters in Medicine (Family Medicine) at the National University of Singapore, as well as a PhD at the Lee Kong Chian School of Medicine.

Selected Publications

- **Wong SKW**, Lew J, Soon W, Griva K, Smith HE, Lim SC. Profiles of knowledge, self-efficacy, psychological and physical health in type 2 diabetes and its association with outcomes. *Patient Education and Counseling*. 2024 Oct 28. doi: 10.1016/j.pec.2024.108482
- Sim RRJ, Soon W, Smith HE, Griva K, **Wong SKW**. Understanding the preferences of young adults with type 2 diabetes mellitus with regard to diabetes self-management education: a qualitative study. *BMJ Open*. 2024 Jul 4;14(7):e086133. doi: 10.1136/bmjopen-2024-086133.
- Tan KD, Tan SY, Koh HL, Liang EFC, **Wong SKW**. Association between social support and health-related outcomes among older adults with type 2 diabetes mellitus in a primary care setting. *Singapore Medical Journal*. 2024 Jun 19. doi: 10.4103/singaporemedj.SMJ-2023-121. Online ahead of print.
- Chua YCE, Lin YC, Lew JK, Wong SKW, Soon WSW, Wan J, Abdin E, Subramaniam M, Tang WE, Lee ES. Prevalence and risk factors of depression and anxiety in primary care. *ANNALS, Academy of Medicine, Singapore*. 2024 May 10; 53(5):293-305. doi: 10.47102/annals-acadmedsg.2023195

- Mary Lee, Khoo HS, Krishnasamy C, Loo ME, **Wong SKW**, Cheng SC, Bei E, Tan SY, Xie P, Lee ES, Tang WE. Experiences of living with overweight/obesity and early type 2 diabetes in Singapore – A qualitative interview study. *BMJ Open*. 2024 May 7;14(5):e079082. doi: 10.1136/bmjopen-2023-079082.
- Quek JS, Lee ES, Low LL, **Wong SKW**. How family physicians in Singapore recognise complexity during consultations: a qualitative study. *BMC Primary Care*. 2024 Apr 25;25(1):134. doi: 10.1186/s12875-024-02368-7.
- **Wong SKW**, Soon W, Griva K, Smith HE. Identifying barriers and facilitators to self care in young adults with type 2 diabetes. *Diabetic Medicine*. 2023 Sep 28:e15229. doi: 10.1111/dme.15229. Online ahead of print.
- **Wong SKW**, Soon W, Griva K, Smith HE. Diabetes knowledge, self-efficacy and dietary, psychological and physical health barriers: comparing young and usual-onset type 2 diabetes. *Diabetic Medicine*. 2023 Aug 19:e15207. doi: 10.1111/dme.15207. Online ahead of print.
- **Wong SKW**, Smith HE, Chua JJS, Griva K, Cartwright EJ, Soong AJ, Dalan R, Car LT. Effectiveness of self-management interventions in young adults with type 1 and 2 diabetes: a systematic review and meta-analysis. *Diabetic Medicine*. 2020; 37(2):229-241.

Notable Research Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
National Healthcare Innovation and Productivity (HIP) Medal 2021: Best Practice Medal for “Implementing tele-consultation services for the care of chronic conditions	2021
Singapore Health and Biomedical Congress (SHBC) Singapore Primary Care Research Award (Oral) – Silver for “Assessing the association of Support, Psychological health, self-efficacy, illness perceptions and Knowledge (SPARK) on self-care behaviors and glycemic control in type 2 diabetes: the SPARK study”	2021
Singapore Primary Care Conference (SPCC) 2023 Oral Presentation – 1st prize for “Diet and physical-activity network models in young and usual-onset diabetes”	2023
Singapore Health and Biomedical Congress (SHBC) Singapore Primary Care Research Award (Oral) – Gold for “The impact of care coaching in improving outcomes in patients with suboptimal diabetes control”	2023
NHG Enhanced Population Health Fund (EPHF) for “Patient Activation through Conversation (PACT) program”	2023
National Medical Research Council (NMRC) HPHSR Clinician Scientist Award (Investigator Category) for “Bringing about Optimal weight loss Outcomes through dietary and weight management Support driven by generative artificial intelligence Technology (BOOST-AI): A pragmatic randomised controlled study in type 2 diabetes	2024

Translating Research/Innovation Into Healthcare

- [Asst Prof Sabrina Wong shared about Tele-consultations at Health Matters program hosted by CNA938 on 16 Jul 2021.](#)
- ['Chronic conditions, complicated cases: How the healthcare system is helping such patients' featuring Patient Activation through Conversations \(PACT\) program published on The Straits Times on 10 Nov 2023.](#)