



## Ong Say How

Senior Consultant Psychiatrist, Department of Developmental Psychiatry, IMH

Adjunct Associate Professor, LKC School of Medicine, NTU; YLL School of Medicine, NUS & Duke-NUS Medical School, NUS

### Research Interests:

- Depression
- Anxiety Disorders
- Attention Deficit Hyperactivity Disorder (ADHD)
- Cyberbullying

Email: [say\\_how\\_ONG@imh.com.sg](mailto:say_how_ONG@imh.com.sg)

## Biography

Dr Ong is a senior consultant psychiatrist at the Department of Developmental Psychiatry in IMH. He obtained his Masters in Medicine (Psychiatry) in 1999 and Graduate Diploma in Psychotherapy in 2001 from the National University of Singapore. Since his return in 2005 from a research fellowship in Columbia University, New York, he has been deeply engaged in outpatient services for children and adolescents with psychological problems and has conducted research work in mood disorders, schizophrenia and Attention Deficit Hyperactivity Disorder (ADHD).

Besides being an adjunct professor in the three medical schools, he is also a core faculty of the National Psychiatry Residency Program in Singapore. In 2017, he was appointed Lead Psychiatrist in Lee Kong Chian School of Medicine and has been actively involved in teaching, mentoring as well as curriculum review and renewal for its undergraduate psychiatry modules.

Dr Ong has published over 30 articles in peer-reviewed journals, authored/edited four books and contributed several book chapters. Among some of more noteworthy publications in 2019/2020 included Traditional Chinese Medicine use in treatment of ADHD, Cyberbullying in Singapore adolescents, and a position paper in Lancet Psychiatry with the International Consortium of Health Outcomes Measurements (ICHOM). Collaborations with international and local partners in research included: Singapore Children Society and Turku University, Finland, 2015 - 2016; National Council of Social Service, 2016 – 2018.

## Selected Publications

- Sourander A, Chudal R, Skokauskas N, Al-Ansari AM, Klomek AB, Pornnoppadol C, Kolaitis G, Maezono J, Steinhausen H, Slobodskaya H, Kaneko H, Regmee J, Li L, Nguyen MH, Grimland M, Osokina O, Ong SH, Prahara SK, Lesinskienė S, Fossum S, Wiguna T, Makasheva VA, Lehti V. EDITORIAL: Unmet needs of child and adolescent psychiatrists among Asian and European countries: does the Human Development Index (HDI) count?. *Journal of European Child & Adolescent Psychiatry*. 2017. <https://doi.org/10.1007/s00787-017-1095-7>.

- Hirota T, Guerrero A, Sartorius N, Fung D, Leventhal B, Ong SH, Kaneko H, Apinuntavech S, Bennett A, Bhoomikumar J, Cheon KA, Davaasuren O, Gau S, Hall B, Koren E, Nguyen TV, Oo T, Tan S, Tateno M, Thikey M, Wiguna T, Wong M, Zheng Y, Skokauskas N. Child and Adolescent Psychiatry in the Far East; a 5-year follow up on the Consortium on Academic Child and Adolescent Psychiatry in the Far East (CACAP-FE) study. *Psychiatry and Clinical Neurosciences*. 2019; 73(2):84-89. doi: 10.1111/pcn.12800.
- Ong JG, Lim-Ashworth NS, Ooi YP, Boon JS, Ang RP, Goh DH, Ong SH, Fung DS. An Interactive Mobile App Game to Address Aggression (RegnaTales): Pilot Quantitative Study. *JMIR Serious Games*. 2019; 7(2):e13242. doi: 10.2196/13242. PMID: 31066682.
- Khong JZN, Tan YR, Elliott JM, Fung D, Sourander A, Ong SH. Traditional Victims and Cybervictims: Prevalence, Overlap, and Association with Mental Health among Adolescents in Singapore. *School Mental Health*. 2019. <https://doi.org/10.1007/s12310-019-09337-x>.
- Devi F, Shahwan S, Teh WL, Sambasivam R, Zhang YJ, Lau YW, Ong SH, Fung D, Gupta B, Chong SA, Subramaniam M. The prevalence of childhood trauma in psychiatric outpatients. *Annals of General Psychiatry*. 2019; 18:15. <https://doi.org/10.1186/s12991-019-0239-1>.
- Goo S, Wang JB, Yeo J, Ong SH, Marimuttu VJ. Patient and Family Perspective on Factors that Promote Recovery in Adolescent Depression in Singapore: A Qualitative Study. *Asian Journal of Psychiatry*. 2019; 46:21-23. <https://doi.org/10.1016/j.ajp.2019.09.020>.
- Ong SH, Aboud AM, Loo WS, Wee T. Developing a Trauma-informed Care & Response System in a Tertiary Mental Health Facility. *World Child & Adolescent Psychiatry*. 2019; 17:22-25.
- Samari E, Shahwan S, Abdin E, Zhang YJ, Sambasivam R, Teh WL, Ong SH, Chong SA, Subramaniam M. An Exploration of Differences Between Deliberate Self-Harm with and without Suicidal Intent Amongst a Clinical Sample of Young People in Singapore: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*. 2020; 17:1429. doi: 10.3390/ijerph17041429.
- Liang W, Ong SH, Xie YH, Lim CG, Fung D. The Effects of a Traditional Chinese Medication on Children with Attention Deficit Hyperactivity Disorder. *The Journal of Alternative and Complementary Medicine*. 2020. doi: 10.1089/acm.2020.0009.
- Shahwan S, Lau JH, Abdin E, Zhang YJ, Sambasivam R, Teh WL, Gupta B, Ong SH, Chong SA, Subramaniam M. A Typology of Non-Suicidal Self-Injury in a Clinical Sample: A Latent Class Analysis. *Clinical Psychology & Psychotherapy*. 2020. <https://doi.org/10.1002/cpp.2463>
- Krause K, Chung S, Adewuya AO, Albano AM, Babins-Wagner R, Brann P, Birkinshaw L, Creswell C, Delaney K, Falissard B, Forrest CB, Hudson JL, Ishikawa S, Khatwani M, Kieling C, Krause J, Malik K, Martínez V, Mughal F, Ollendick TH, Ong SH, Thomas E, Patton GC, Ravens-Sieberer U, Szatmari P, Walters L, Young B, Zhao Y, Wolpert M. Measuring Response to Clinical Care in Children and Young People with Anxiety, Depression, OCD or PTSD: An International Standard Set of Outcome Measures. *The Lancet Psychiatry*. 2020.

### Notable Research Awards & Grants From Past 5 Years

Name of Awards & Grants	Year Obtained
National Council of Social Service for “Quality-of-Life of Children, Youth, and Caregivers”	2016
Temasek Millennial Foundation Research Grant for “A prospective study of equine-assisted learning on social cognitive functioning in youths”	2018