

## Swapna Kamal Verma



Chairman Medical Board, IMH

Senior Consultant Psychiatrist, IMH

Programme Director, CHAT (Community Health Assessment Team)

Research Interests:

- Early Intervention
- Psychosis
- Youth Mental Health

Email: [swapna\\_verma@imh.com.sg](mailto:swapna_verma@imh.com.sg)

### Biography

I started my clinical and academic career with the Singapore Early Psychosis Intervention Programme (EPIP) and I ensured that EPIP was at the forefront of patient care, research and training. I am the Programme Director of CHAT, an innovative service to promote youth mental health. My clinical research has been in the area of Psychosis and Youth Mental Health. I have more than 125 publications in peer-reviewed journals and was recently awarded a grant from the National Institute of Mental Health (NIMH), USA in Clinical High Risk for Psychosis. As the Clinical Assistant Dean for Psychiatry at Duke-NUS Medical School, I chaired the MOH Medical Students' Training Committee for Psychiatry (National Outcomes Framework) and have ensured that the clinical training in Psychiatry at Duke-NUS meets these national standards. I am the National Examiner for Psychiatry from 2012 for both the Written and Oral Postgraduate Medical Examination for Psychiatry.

### Selected Publications

- Verma SK, Subramaniam M, Liew A, Poon LY. Metabolic Risk Factors in Drug-Naive Patients with First-Episode Psychosis. *Journal of Clinical Psychiatry*. 2009; 70(7):997-1000.
- Verma SK, Chan LL, Chee KS, Chen H, Chin SA, Chong SA, Chua W, Fones C, Fung D, Khoo CL, Kwek SKD, Ling J, Poh P, Sim K, Tan BL, Tan C, Tan CH, Tan LL, Tay WK. Ministry of Health Clinical Practice Guidelines: Schizophrenia. *Singapore Medical Journal*. 2011; 52(7):251-257.
- Verma SK, Poon LY, Mythily S, Abdin E, Chong SA. The Singapore Early Psychosis Intervention Programme (EPIP): a Programme Evaluation. *Asian Journal of Psychiatry*. 2012; 5:63-67.
- Verma SK, Subramaniam M, Abdin E, Poon LY, Chong SA. Symptomatic and functional remission in patients with first-episode psychosis. *Acta Psychiatrica Scandinavica*. 2012; 126:282-289.
- Mitter N, Subramaniam M, Abdin E, Poon LY, Verma SK. Predictors of Suicide in Asian Patients with First Episode Psychosis. *Schizophrenia Research*. 2013; 151(1-3):274-8.
- Poon LY, Tay E, Lee YP, Lee H, Verma SK. Making in-roads across the youth mental health landscape in Singapore: The Community Health Assessment Team (CHAT). *Early Intervention in Psychiatry*. 2016; 10(2):171-72.
- Tang C, Subramaniam M, Ng BT, Abdin E, Poon LY, Verma SK. Clozapine Use in First-Episode Psychosis: The Singapore Early Psychosis Intervention Programme (EPIP) Perspective. *The Journal of Clinical Psychiatry*. 2016; 77(11):e1447.
- McGorry PD, Nelson B, Markulev C, Yuen HP, Schäfer MR, Mossaheb N, Schlögelhofer M, Smesny S, Hickie IB, Berger GE, Chen EY, de Haan L, Nieman DH, Nordentoft M, Riecher-Rössler A, Verma SK, Thompson A, Yung AR, Amminger

GP. Effect of  $\omega$ -3 Polyunsaturated Fatty Acids in Young People at Ultrahigh Risk for Psychotic Disorders: The NEURAPRO Randomized Clinical Trial. *JAMA Psychiatry*. 2017; 74(1):19-27.

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

Name of Awards & Grants	Year Obtained
Duke NUS Research Grant, "Perspectives on Recovery from Persons with Lived Experience of Mental Illness"	2017
Johnson & Johnson Research Grant for "Effectiveness of LAI Paliperidone in patients with schizophrenia"	2019
The National Institute of Mental Health (NIMH), USA for "Clinical High Risk for Research Network Study"	2020