



Janhavi Ajit Vaingankar

Deputy Director, Research Division, IMH

Research Interests:

- Positive Mental Health and Mental Wellbeing
- Caregiver Outcomes
- Person Reported Outcome Measurement and Epidemiology

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Biography

Janhavi Vaingankar has 20 years of experience ranging from basic to health service and outcomes research. Her first MSc is in Applied Biology from the University of Mumbai, India in the field of pharmaceutical R&D; her experience covers experimental to phase IV clinical trials. She also has an MSc in Epidemiology & Statistics from the London School of Hygiene and Tropical Medicine, UK. She is a co-investigator for large national surveys that serially assess psychiatric conditions, caregiving impacts, health literacy and treatment needs in Singapore. She is competent in undertaking population-wide surveys, qualitative and mixed methods designs, and psychometric development and evaluation of health measures. She collaborates with several local and international experts and has over 170 publications to her credit. She is passionate about research on positive mental health and wellbeing in multi-ethnic Asians and leads research in the development and application of the Positive Mental Health Instrument that measures multiple mental health components. She is currently pursuing her doctorate from the Saw Swee Hock School of Public Health, NUS with an emphasis on youth positive mental health. Janhavi is committed to research that generates new knowledge and perspectives for translation into relevant mental health promotion and service delivery.

Selected Publications

- Vaingankar et al. The positive mental health instrument: development and validation of a culturally relevant scale in a multi-ethnic Asian population. *Health Qual Life Outcomes*. 2011; 9:92.
- Vaingankar et al. Perceived unmet needs of informal caregivers of people with dementia in Singapore. *Int Psychogeriatr*. 2013; 25:1605-19.
- Vaingankar et al. Age of onset of life-time mental disorders and treatment contact. *Soc Psychiatry Psychiatr Epidemiol*. 2013; 48:835-43.
- Vaingankar et al. Prevalence of frailty and its association with sociodemographic and clinical characteristics, and resource utilization in a population of Singaporean older adults. *Geriatr Gerontol Int*. 2017; 17(10):1444-1454.
- Vaingankar et al. Development and validation of the Rapid Positive Mental Health Instrument (R-PMHI) for measuring mental health outcomes in the population. *BMC Public Health*. 2020; 20(1):471.
- Vaingankar et al. Recovery in psychosis: Perspectives of clients with first episode psychosis. *Ann Acad Med Singapore*. 2020; 49(4):1-33.

- Vaingankar et al. Understanding the relationships between mental disorders, self-reported health outcomes and positive mental health: findings from a national survey. *Health Qual Life Outcomes*. 2020; 18(1):55.

Notable Research Awards & Grants From Past 5 Years

Name of Awards & Grants	Year Obtained
National Medical Research Council (NMRC) Research Fellowship (RTF)	2019