



## Mythily Subramaniam

Assistant Chairman Medical Board (Research), IMH

Consultant, Ministry of Health, Singapore

Associate Professor, Saw Swee Hock School of Public Health, NUS

Associate Professor, Lee Kong Chian School of Medicine, NTU

Research Interests:

- Psychiatric Epidemiology
- Psychosis
- Addiction

Email: [mythily@imh.com.sg](mailto:mythily@imh.com.sg)

## Biography

A/Prof Mythily graduated from the Lady Hardinge Medical College, India. She received her PhD in Gambling Studies from Monash University and is currently Assistant Chairman Medical Board (Research) and Lead Investigator of the Programme of Mental Health Policy Studies at the IMH. She also has a concurrent teaching appointment at the Lee Kong Chian School of Medicine and Saw Swee Hock School of Public Health, NUS. She is also a consultant with the Ministry of Health, Singapore.

She has worked in the field of mental health for more than 15 years and her main academic and research interests include psychiatric epidemiology, psychosis and addictions. She was the Co-Principal Investigator of three nation-wide studies – the first and second Singapore Mental Health Study, surveys that established the prevalence of select mental disorders in the adult population of Singapore; and the Well-being of the Singapore Elderly study, a survey among older adults that aims to establish the prevalence, risk factors and cost associated with dementia in Singapore. She has over 350 publications in peer-reviewed journals and is a reviewer with many international journals.

## Selected Publications

- Subramaniam M, Abdin E, Vaingankar JA, Shafie S, Chua HC, Tan WM, Tan KB, Verma S, Heng D, Chong SA. **Minding the Treatment Gap: Results of the Singapore Mental Health Study.** *Soc Psychiatry Psychiatr Epidemiol.* 2019. doi: 10.1007/s00127-019-01748-0.
- Subramaniam M, Abdin E, Vaingankar JA, Shafie S, Chua BY, Sambasivam R, Zhang YJ, Shahwan S, Chang S, Chua HC, Verma S, James L, Kwok KW, Heng D, Chong SA. **Tracking the Mental Health of a Nation: Prevalence and Correlates of Mental Disorders in the Second Singapore Mental Health Study.** *Epidemiol Psychiatr Sci.* 2019; 29:e29. doi: 10.1017/S2045796019000179.
- Shahwan S, Abdin E, Shafie S, Chang S, Sambasivam R, Zhang Y, Vaingankar JA, Teo YY, Heng D, Chong SA, Subramaniam M. **Prevalence and Correlates of Smoking and Nicotine Dependence: Results of a Nationwide Cross-sectional Survey among Singapore Residents.** *BMJ Open.* 2019; 9(10):e032198. doi: 10.1136/bmjopen-2019-032198.

- Subramaniam M, Jeyagurunathan A, Devi F, Chang SHS, Samari E, Verma SK, Ng WLJ, Tan WM, Chong R, Ye P, Lim LL, Babjee R, Vaingankar JA, Chong SA. **An Exploratory Study on the Lived Experiences of Hoarding in Singapore.** *Health Soc Care Community.* 2020; 28(2):456-466.
- Lee YY, Wang P, Abdin E, Chang S, Shafie S, Sambasivam R, Tan KB, Tan C, Heng D, Vaingankar J, Chong SA, Subramaniam M. **Prevalence of Binge Drinking and its Association with Mental Health Conditions and Quality of Life in Singapore.** *Addict Behav.* 2020; 100:106114.
- Subramaniam M, Shahwan S, Abdin E, Goh CMJ, Ong WJ, Tan GTH, Baig N, Samari E, Kwok KW, Chong SA. **Advancing Research to Eliminate Mental Illness Stigma: The Design and Evaluation of a Single-Arm Intervention among University Students in Singapore.** *Front Psychol.* 2020; 11:1151.

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

Name of Awards & Grants	Year Obtained
Annals, Academy of Medicine Best Publication Award 2016 - Gold	2016
Annals, Academy of Medicine Best Publication Award 2018 - Bronze	2018
Health and Lifestyle Survey (Ministry of Health & Ministry of Home Affairs, Singapore)	2018
Suicide Research Study - Seeking Answers : A Psychological Autopsy of Exploring and Analysing Risk Factors in Singapore (Ministry of Health, Singapore)	2020