



Janhavi Ajit Vaingankar

Director, Research Division, IMH
PhD (Public Health), National University of Singapore

Research/Innovation Interests:

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

Email: janhavi_vaingankar@imh.com.sg

Biography

Dr Janhavi Ajit Vaingankar has over 25 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 has recently completed PhD in Public Health from the National University of Singapore. She is a co-investigator for large national surveys that serially assess psychiatric conditions, caregiving impacts, health literacy and treatment need in Singapore. She is competent in undertaking epidemiological, qualitative, and mixed methods designs, and psychometric development of person reported outcome measures. She has over 200 publications to her credit. She leads research at the institute, which aimed at understanding and assessing positive mental health in diverse populations. Dr Janhavi is committed to research that generates new knowledge for translation into mental health promotion, planning and service delivery.

Selected Publications

- Vaingankar JA, et al. A qualitative study exploring psychotherapy recipients' perspectives on positive mental health. *Curr Psychol* (2024). <https://doi.org/10.1007/s12144-023-05603-z>
- Vaingankar et al. Youth Positive Mental Health Concepts and Definitions: A Systematic Review and Qualitative Synthesis. *Int J Environ Res Public Health*. 2022;19(18):11506.
- Vaingankar et al. Social Media-Driven Routes to Positive Mental Health Among Youth: Qualitative Enquiry and Concept Mapping Study. *JMIR Pediatr Parent*. 2022;5(1):e32758.
- Vaingankar et al. Religious Affiliation in Relation to Positive Mental Health and Mental Disorders in a Multi-Ethnic Asian Population. *Int J Environ Res Public Health*. 2022;18(7):3368.
- Vaingankar et al. Early age of onset of mood, anxiety and alcohol use disorders is associated with sociodemographic characteristics and health outcomes in adults: results from a cross-sectional national survey. *Soc Psychiatry Psychiatr Epidemiol*. 2022; 56(10):1835-1846

- Vaingankar et al. Sleep Duration, Sleep Quality and Physical Activity, but Not Sedentary Behaviour, Are Associated with Positive Mental Health in a Multi-Ethnic Asian Population: A Cross-Sectional Evaluation. *Int J Environ Res Public Health*. 2020;17(22):8489.
- Vaingankar et al. Development and validation of the Rapid Positive Mental Health Instrument for measuring mental health outcomes in the population. *BMC Public Health*. 2020;20(1):471.
- 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/Innovation Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
National Medical Research Council, Research Training Fellowship	2023