



Ong Say How

Senior Consultant

Chief, Department of Child & Adolescent Psychiatry, IMH & Visiting Consultant, Child & Adolescent Mental Wellness Service, Dept of Psychological Medicine, KK Children's and Women's Hospital
Adjunct Associate Professor, LKC School of Medicine, NTU
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Research Interests:

- Family Therapy & Interpersonal Therapy
- Consultation Liaison Services
- Mood & Anxiety Disorders in Childhood

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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

- Say How Ong, Yi Ren Tan, Khong Jerrine, John Elliot, Daniel Fung, Andre Sourander. "Psychosocial difficulties and help-seeking behaviors in Singapore adolescents involved in cyberbullying". *Cyberpsychology, Behavior, and Social Networking* (accepted) 17 May 2021.
- Chudal R, Tiiri E, Brunstein Klomek A, Ong SH, Fossum S, Kaneko H, Kolaitis G, Lesinskiene S, Li L, Huong MN, Praharaaj SK, Sillanmäki L, Slobodskaya HR, Srabstein JC, Wiguna T, Zamani Z, Sourander A; Eurasian Child Mental Health Study (EACMHS) Group. "Victimization by traditional bullying, cyberbullying and both among adolescents in 13 European and Asian countries and their associations with the country's development level and presence of anti-bullying interventions". *European Child & Adolescent Psychiatry*. Published online 21 Apr 2021. doi: 10.1007/s00787-021-01779-6. PMID: 33884501.
- Karolin Krause, Sophie Chung, Abiodun O Adewuya, Anne Marie Albano, Rochelle (Robbie) Babins-Wagner, Peter Brann, Laura Birkinshaw, Cathy Creswell, Kathleen Delaney, Bruno Falissard, Christopher B Forrest, Jennifer L Hudson, Shin-ichi Ishikawa, Meghna Khatwani, Christian Kieling, Judi Krause, Kanika Malik, Vania Martínez, Faraz Mughal, Thomas H. Ollendick, Say How Ong, Evie Thomas, George C. Patton, Ulrike Ravens-Sieberer, Peter Szatmari, Lucas Walters, Bryan Young; Yue Zhao, Miranda Wolpert. International consensus on a standard set of outcome measures for child and youth anxiety, depression, obsessive-compulsive disorder, and post-traumatic stress disorder. *Lancet Psychiatry*, 2021; 8: 76–86.
- Shazana Shahwan, Jue Hua Lau, Edimansyah Abdin, Yunjue Zhang, Rajeswari Sambasivam, Teh Wen Lin, Bhanu Gupta, Ong Say How, Chong Siow Ann, Mythily Subramaniam. A Typology of Non - suicidal Self - Injury in a Clinical Sample: A Latent Class Analysis. *Clinical Psychology & Psychotherapy*. Published online 21 Apr 2020. <https://doi.org/10.1002/cpp.2463>
- Wilfred Liang, Say How Ong, Yuhuan Xie, Choon Guan Lim, Daniel Fung. "The Effects of a Traditional Chinese Medication on Children with Attention Deficit Hyperactivity Disorder". *The Journal of Alternative and Complementary Medicine*, Jun 2020; 26(6):473-481. doi: 10.1089/acm.2020.0009
- Ellaisha Samari, Shazana Shahwan, Edimansyah Abdin, YunJue Zhang, Rajeswari Sambasivam, Wen Lin Teh, Say How Ong, Siow Ann Chong and Mythily Subramaniam. "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*, Vol. 17, 1429, published online 23 Feb 2020. doi:10.3390/ijerph17041429
- Say How Ong, Anne Marie Aboud, Wee Shyon Loo, Tracy Ye Mei Wee. "Developing a Trauma-informed Care & Response System in a Tertiary Mental Health Facility". *World Child & Adolescent Psychiatry*. Issue 17, Dec 2019: 22-25.
- Sabrina Kai Lin Goo, Jemie Biwen Wang, Jasmine Mei Luan Yeo, Say How Ong, Vicknesan Jeyan Marimuttu. "Patient and Family Perspective on Factors that Promote Recovery in Adolescent Depression in Singapore: A Qualitative Study". *Asian Journal of Psychiatry*, Vol. 46, 2019: 21-23.

<https://doi.org/10.1016/j.ajp.2019.09.020>

- Fiona Devi, Shazana Shahwan, Wen Lin Teh, Rajeswari Sambasivam, Yun Jue Zhang, Ying Wen Lau, Say How Ong, Daniel Fung, Bhanu Gupta, Siow Ann Chong & Mythily Subramaniam. “The prevalence of childhood trauma in psychiatric outpatients”. Annals of General Psychiatry, Vol. 18, published Aug 2019: Article number: 15. <https://doi.org/10.1186/s12991-019-0239-1>
- Jerrine Z. N. Khong, Yi Ren Tan, John M. Elliott, Daniel Shuen Sheng Fung, Andre Sourander, Say How Ong. “Traditional Victims and Cybervictims: Prevalence, Overlap, and Association with Mental Health Among Adolescents in Singapore”. School Mental Health. Published online 17 July 2019. <https://doi.org/10.1007/s12310-019-09337-x>

Notable Research Awards & Grants

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