



Chong Siow Ann

Senior Consultant Psychiatrist, IMH
Adjunct Professor, Saw Swee Hock School of Public Health

Research Interests:

- Psychosis
- Psychiatric Epidemiology
- Health Service Research

Email: siow.ann.chong@nhghealth.com.sg

Research Profile: ORCID 0000-0001-8889-7980

Biography

Professor Chong Siow Ann is a Senior Consultant Psychiatrist at the Institute of Mental Health (IMH). He has mentored clinicians and researchers in IMH - a few of whom have become either successful researchers or achieved positions of clinical leadership. He was the principal investigator of the first 5-year translational clinical research programme in neuroscience (psychosis), and has led a group of researchers comprising epidemiologists, biostatisticians and health service researchers who are part of the Programme of Epidemiology and Health Service Research.

He has authored more than 400 journals articles, several in high impact journals that have contributed to a deeper understanding of psychosis, psychopharmacology and stigma towards mental illness. The landmark Singapore Mental Health Studies and Well-being of Singapore Elderly Study have resulted in groundbreaking papers that have established the prevalence and correlates of mental disorders and dementia in Singapore.

Professor Chong is on the panel of expert contributors for the Strait Times - and his Op-Ed pieces have created a deeper understanding and empathy towards those with mental illnesses.

Selected Publications

- Koh YS, Shahwan S, Jeyagurunathan A, Abdin E, Vaingankar JA, Chow WL, Chong SA, Subramaniam M. Prevalence and correlates of suicide planning and attempt among individuals with suicidal ideation: Results from a nationwide cross-sectional survey. *Journal of Affective Disorders*. 2023; 328:87-94

- Koh YS, Asharani PV, Devi F, Roystonn K, Wang P, Abdin E, Sum CF, Lee ES, Chong SA, Subramaniam M. Benefits of leisure-related physical activity and association between sedentary time and risk for hypertension and type 2 diabetes. *Annals of the Academy of Medicine, Singapore*. 2023; 52:172-81
- Li M, Wang YN, Wang L, Meah WY, Shi DC, Heng KK, Wang L, Khor CC, Bei JX, Cheng CY, Aung T, Liao YH, Chen QK, Gu JR, Kong YZ, Lee J, Chong SA, Subramaniam M, Foo JN, Cai FT, Jiang GR, Xu G, Wan JX, Chen MH, Yin PR, Dong XQ, Feng SZ, Tang XQ, Zhong Z, Tan EK, Chen N, Zhang H, Liu ZH, Tai ES, Liu JJ, Yu XQ. Genome-Wide Association Analysis of Protein-Coding Variants in IgA Nephropathy. *Journal of the American Society of Nephrology*. 2023; 34(11):1900-1913
- Subramaniam M, Abdin E, Shafie S, Wang P, Shahwan S, Satghare P, Chua BY, Ni MY, Lun P, Teh WL, Vaingankar SA, Chong SA. Risk and protective factors of mental health during the COVID-19 pandemic: A cross-sectional study in Singapore. *Annals Academy of Medicine, Singapore*. 2023; 52(5):249–258
- Neo JW, Guo XY, Abdin E, Vaingankar JA, Chong SA, Subramaniam M, Chen C. Excess costs of depression among a population-based older adults with chronic diseases in Singapore. *BMC Public Health*. 2024; 24(1):3119
- Subramaniam M, Koh YS, Sambasivam R, Abdin E, Asharani PV, Vaingankar JA, Chua BY, Chua HC, Lee C, Chow WL, Ma S, Chong SA. Prevalence of consumption of illicit drugs and associated factors from a nationwide epidemiological survey: The Singapore Health and Lifestyle Survey. *Annals of the Academy of Medicine, Singapore*. 2024; 53(4):222-232
- Tan RHS, Koh YS, Vaingankar JA, Abdin E, Sambasivam R, Chong SA, Subramaniam M. Treatment delays for mental disorders in Singapore: results from the Singapore Mental Health Study 2016. *Social Psychiatry and Psychiatric Epidemiology*. 2024; 59(2):375-383
- Trastulla L, Moser S, ... * Schizophrenia Working Group of the Psychiatric Genomics Consortium; et al. Distinct genetic liability profiles define clinically relevant patient strata across common diseases. *Nature Communications*. 2024; 15(1):5534
- *Chong SA, Lee J, Subramaniam M, Sim K.
- Zhang Y, Abdin E, Sambasivam R, Shafie S, Roystonn K, Vaingankar JA, Chong SA, Subramaniam M. Changes in body mass index and its association with socio-demographic characteristics between 2010 and 2016 in Singapore. *Frontiers in Public Health*. 2024; 12:1374806

- Subramaniam M, Abdin E, Asharani PV, ..., Chong SA. Prevalence of dementia in Singapore: Changes across a decade. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*. 2025; 21(2):e14485 doi: 10.1002/alz.14485

Notable Research/Innovation Awards & Grants from Past 5 Years

| Name of Awards & Grants | Year Obtained |
|--|---------------|
| Clinical Mentorship Awards (IMH) | 2020 |
| MOH, NCID and Temasek Foundation for "Population wellbeing and resilience during the Covid-19 outbreak in Singapore" | 2020 |
| National Outstanding Clinician Scientist Award | 2021 |
| Lee Foundation - NHG Lifetime Achievement Award | 2023 |

Translating Research/Innovation Into Healthcare

Professor Chong established and spearheaded the Early Psychosis Intervention Programme which is now a key facet of basic mental healthcare, the research from this programme has also garnered a number of international and local awards. He led an international consortium in a research programme to identify the biomarkers for psychosis which resulted in significant insights into the disease process and identification of individuals at risk. This programme has placed Singapore in the world map and has yielded a large number of publications. He initiated the Singapore Mental Health Study (SMHS) in 2007 which assessed the mental health status of the Singapore population. This was followed up by the Second SMHS (2016) which gave important insights into the trend of major mental disorders in Singapore. He also co-led the Well-being of the Singapore Elderly (WISE) which established the prevalence of dementia and their associated risk factors among older adults in Singapore – findings which have guided policy-makers and service providers.