



Adjunct Associate Professor Christopher Cheok, PBM

Chief and Senior Consultant, Department of Forensic
Psychiatry Director, National Mindline 1771

Research/Innovation Interests:

- Digital Mental Health
- Artificial Intelligence in Mental Healthcare

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Biography

Associate Professor Cheok has had a distinguished career in psychiatry spanning over 20 years. Prior to his current appointment, he served as Vice Chairman Medical Board at the National Addictions Management Service, IMH, and Deputy Chairman Medical Board at Khoo Teck Puat Hospital, leading their Department of Psychological Medicine. His research portfolio includes significant grants, notably a current National Health Innovation Centre grant (\$804,120) focused on remote psychiatric care management, and past projects including a MINDEF-funded study on depression biomarkers (\$3.5M) and involvement in a \$25M National Translational Clinical Research Grant. His research covers substance abuse, youth mental health, and military psychiatry, with notable publications on cannabis use, autism and national service in Singapore. A/P Cheok received the Public Service Medal (PBM), IMH Clinical Mentorship Award 2021, and the National Leadership Award for digital mental health implementation. He was also part of the team that received the 2023 National Healthcare Group Team Achievement Award.

Selected Publications

- Understanding cannabis use in Singapore: profile of users and drug progression.
Doris Xin Yi Chia , BA(Hons), Charis Wei Ling Ng , MPH, Pezhummoottil Vasudevan Nair Asharani , PhD, Sabina Au Yong , BA, Jun Wen Tan , BPsych, Noor Azizah Bte Zainuldin , DipNurs, Samuel Kee Guan Chua , MCouns, Lambert Tchern Kuang Low , MRCPsych, MBBS, Christopher Cheng Soon Cheok , MMed, MBBS, |Gomathinayagam Kandasami , MRCPsych, MBBS
Singapore Med J 2022, 1–18 <https://doi.org/10.11622/smedj.2022071>
- Getting ready for national service: A preliminary investigation of the perspectives of young autistic pre-enlistees and their caregivers on national service.
Pei Yun Chaya, Sin Yean Yama, Christopher Cheng Soon Cheok, Iliana Magiatia
Research in Autism Spectrum Disorders 69 (2020)
<https://doi.org/10.1016/j.rasd.2019.101451>

- Unnatural Death among Treatment Seeking Substance Users in Singapore: A Retrospective Study. Pv A, Jun Wen T, Karuvetil MZ, Cheong A, Cheok C, Kandasami G. Int J Environ Res Public Health. 2019 Jul 31;16(15). pii: E2743. doi: 10.3390/ijerph16152743.
- Utilisation patterns of helpline and Web chat services among gamblers in Singapore. Asharani PVN, Amron S, Ng RSK, Varghese S, Cheok CCS. Singapore Med J. 2019 Apr;60(4):164-167. doi: 10.11622/smedj.2019033.
- Online Gambling among Treatment-Seeking Patients in Singapore: A Cross-Sectional Study. Zhang M, Yang Y, Guo S, Cheok C, Wong KE, Kandasami G. Int J Environ Res Public Health. 2018 Apr 23;15(4). pii: E832. doi: 10.3390/ijerph15040832. PMID: 29690634
- Correlates of Non-Medical Prescription Drug Misuse Among a Treatment-Seeking Population: A Comparison with Illicit Drug Users. Pv A, Abdin E, Jun Wen T, Subramaniam M, Cheok C, Song G. Int J Environ Res Public Health. 2018 Sep 11;15(9). pii: E1978. doi: 10.3390/ijerph15091978. PMID: 30208591
- Lofexidine versus diazepam for the treatment of opioid withdrawal syndrome: A double-blind randomized clinical trial in Singapore. Guo S, Manning V, Yang Y, Koh PK, Chan E, de Souza NN, Assam PN, Sultana R, Wijesinghe R, Pangjaya J, Kandasami G, Cheok C, Lee KM, Wong KE. J Subst Abuse Treat. 2018 Aug;91:1-11. doi: 10.1016/j.jsat.2018.04.012. Epub 2018 Apr 25. PMID: 29910009
- Violence, Delinquent Behaviors, and Drug Use Disorders Among Adolescents From an Addiction-Treatment Sample Puay-Kee Koh, Chao-Xu Peh , Christopher Cheok & Song Guo (2017): Journal of Child & Adolescent Substance Abuse, DOI: 10.1080/1067828X.2017.1354792
- Adverse childhood experiences and illicit drug use in adolescents: Findings from a national addictions treatment population in Singapore. Gomez, B., Peh, C.X., Cheok, C., & Guo, S. Journal of Substance Use. doi: 10.1080/14659891.2017.1348558

Notable Research/Innovation Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
Programme Director, National Mindline 1771. Grant from Ministry of Health. Grant value in excess of \$10 million.	-
Principal Investigator, Remote Measurement and management of psychiatric care in Singapore. National Health Innovation Centre grant NHIC-I2A-2309010 valued at \$804,120.	-