



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

Research Profile: ORCID 0000-0003-4530-1096

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 Institute of Mental Health (IMH). She has a teaching appointment at the Saw Swee Hock School of Public Health, National University Singapore. 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 has led several 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 two 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. Till date she has over 500 publications in peer-reviewed journals and an H-index of 78. She is a reviewer with many international journals and is on the editorial board of a number of peer-reviewed journals in the field of mental health.

Selected Publications

- Asharani PV, Lau JH, Roystonn K, Devi FSK, Wang P, Shafie S, Chang S, Jeyagurunathan A, Chua BY, Abdin E, Vaingankar JA, Sum CF, Lee ES, Dam RV, Chong SA, Subramaniam M. Health Literacy and Diabetes Knowledge: A Nationwide Survey in a Multi-Ethnic Population. International Journal of Environmental Research and Public Health. 2021; 18(17):9316

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- Chang S, Jeyagurunathan A, Lau JH, Shafie S, Samari E, Cetty L, Mok YM, Verma S, Subramaniam M. Problematic Drug Use Among Outpatients with Schizophrenia and Related Psychoses. *Frontiers in Psychiatry*. 2021; 12:762988
- Hendricks S, Peetoom K, Bakker C...Subramaniam M...Abdin E, et al. Global Prevalence of Young-Onset Dementia: A Systematic Review and Meta-analysis. *JAMA Neurology*. 2021; 78(9):1080-1090
- Tan GTH, Yuan Q, Devi F, Wang P, Ng LL, Goveas R, Chong SA, Subramaniam M. Factors associated with caregiving self-efficacy among primary informal caregivers of persons with dementia in Singapore. *BMC Geriatrics*. 2021; 21(1):13
- Asharani PV, Tan YWB, Samari E, Wang P, Cetty L, Satghare P, Ho J, Koh SA, Zhong Yi L, Tang C, Verma S, Subramaniam M. Needs of patients with early psychosis: A comparison of patient's and mental health care provider's perception. *Frontiers in Psychiatry*. 2022; 13:952666.
- Chan FHF, Lin X, Griva K, Subramaniam M, Ćelić I, Car LT. Information needs and sources of information among people with depression and anxiety: a scoping review. *BMC Psychiatry*. 2022; 22(1):502
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- Liu J, Abdin E, Vaingankar JA, Lim MSM, Verma S, Tang C, Shafie S, Shahwan S, Subramaniam M. Positive mental health framework of transdiagnostic protective factors in elucidating the association between adverse childhood experiences and severe mental disorders. *The Australian and New Zealand Journal of Psychiatry*. 2022; 56(10):1332-1343
- Abdin E, Chong SA, Ragu V, Vaingankar JA, Shafie S, Verma S, Ganesan G, Tan KB, Heng D, Subramaniam M. The economic burden of mental disorders among adults in Singapore: evidence from the 2016 Singapore Mental Health Study. *Journal of Mental Health*. 2023; 32(1):190-197
- Jabir AI, Martinengo L, Lin X, Torous J, Subramaniam M, Tudor Car L. Evaluating Conversational Agents for Mental Health: Scoping Review of Outcomes and Outcome Measurement Instruments. *Journal of Medical Internet Research*. 2023; 25:e44548

- Lun P, Ning K, Wang Y, Ma TSW, Flores FP, Xiao X, Subramaniam M, Abdin E, Tian L, Tsang TK, Leung K, Wu JT, Cowling BJ, Leung GM, Ni MY. COVID-19 Vaccination Willingness and Reasons for Vaccine Refusal. *JAMA Network Open*. 2023; 6(10):e2337909
- Abdin E, Seet V, Jeyagurunathan A, Tan SC, Mohmad Khalid MIS, Mok YM, Verma S, Subramaniam M. Equipercentile linking of the Sheehan Disability Scale and the World Health Organization Assessment Schedule 2.0 scales in people with mental disorders. *Journal of Affective Disorders*. 2024; 350:539-543
- 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
- Samari E, Yuan Q, Zhang YJ, Jeyagurunathan A, Subramaniam M. Barriers to using eHealth/mHealth platforms and perceived beneficial eHealth/mHealth platform features among informal carers of persons living with dementia: a qualitative study. *BMC Geriatrics*. 2024; 24(1):30
- Speight J, Holmes-Truscott E, Garza M, Scibilia R, ... Subramaniam M, et al. Bringing an end to diabetes stigma and discrimination: an international consensus statement on evidence and recommendations. *The Lancet Diabetes and Endocrinology*. 2024; 12(1):61-82
- 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
- Yin R, Martinengo L, Smith HE, Subramaniam M, Griva K, Car LT. The views and experiences of older adults regarding digital mental health interventions: a systematic review of qualitative studies. *The Lancet Healthy Longevity*. 2024; 5(11):100638
- 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
- Szűcs A, Teo DCL, De La Torre JA, Subramaniam M, Valderas JM. Integrating mental health care into primary and community care in Singapore: a vision based on Healthier SG. *The Lancet Regional Health - Western Pacific*. 2025; 54:101279. doi: 10.1016/j.lanwpc.2024.101279.

Notable Research/Innovation Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
Suicide Research Study - Seeking Answers: A Psychological Autopsy of Exploring and Analysing Risk Factors in Singapore (Ministry of Health, Singapore)	2020
Preventing Depression: Investigation in Cohorts of its etiology and trajectory - The PREDICT study (NMRC - Population Health Research Grant (Thematic Category))	2024
FY24 NHG Recognition Awards - IMH Distinguished Achievement (DA) Award	2024

Translating Research/Innovation Into Healthcare

Public health impact of mental disorders in Singapore

- Establishing the prevalence of mental disorders including drug use in Singapore's adult and older adult populations that has aided formulation of policy and development of services. The SMHS 2016 established the prevalence of schizophrenia in Singapore and the cost of mental illness both of which were highlighted by our President in her social media pages.

Understanding of stigma towards mental disorders

- Examination of mental health stigma from various perspectives including that of patients with mental health conditions and their caregivers that has helped anti-stigma efforts in Singapore.
- Was the co-lead of a study done on university students in Singapore to examine the effectiveness of an education and contact based intervention to reduce stigma towards people with depression and improve mental health literacy and help-seeking in university students. This study was adapted by National University of Singapore to run their highly successful Are U OK campaign that was aimed at improving mental health awareness and reduce stigma across the university.
- Established mental health literacy and stigma towards mental disorders in the Singapore population.

Community mental health services

- Led two large implementation research studies working closely with Voluntary Welfare Organisations which involved implementation of programmes to (i) improve cognition and quality of life in people with early onset dementia using work as therapy and (ii) improve mental health literacy across secondary schools in Singapore. The partnership led to improvements in the programme and sustained funding.
- Evaluated a community-wide initiative funded by the Tote Board – The Gifting Circle approach to improve the mental health of Singapore's youth.

Understanding of schizophrenia

- Study into the genetic causes of schizophrenia as part of the Translational Clinical Research Programme of Psychosis that has led to the publication of several impactful articles as part of the Schizophrenia GWAS consortium.
- Conducted several studies with the early psychosis programme to understand outcomes, factors affecting outcomes and role of case management and peer-support in psychosis.