



Nisha Chandwani

Senior Consultant & Chief, Department of Mood & Anxiety,
Institute of Mental Health

Research/Innovation Interests:

- Bipolar Disorders
- Depression
- Clinical presentation of mood disorders

Email: nisha.chandwani@nhghealth.com.sg

Biography

Dr. Nisha Chandwani obtained her MBBS (Baroda, India) in 2002, MRCPsych (UK) in 2007 and Certificate of Completion of Training (CCT) in General Psychiatry in UK in 2010. She is currently a Senior Consultant at the Mood Disorders Unit, and Chief of the Department of Mood & Anxiety at the Institute of Mental Health, Singapore. Her clinical expertise includes management of patients with complex mood disorders (depression, bipolar disorder). Her research interests include Depression, Anxiety and Bipolar disorder.

Selected Publications

- Li YH, Chandwani N (2024). Case report: Diagnostic and therapeutic challenges of first-episode catatonia in a geriatric case of treatment-resistant depression. *Psychiatry Research Case Reports* 3(1):100226.
- Choo K, Wan HL, Chandwani N (2024). Potential role of metformin cessation in bipolar mania relapse, with subsequent resolution upon re-initiation: A case report. *Bipolar Disorders* 26(1).
- Liu J, Teh WL, Tan RHS, Chang S, Lau BJ, Chandwani N, Tor PC, Subramaniam M (2024). Evaluating a maladaptive personality-informed model of social support and post-traumatic stress disorder. *Journal of Affective Disorders* 361(6).
- Tan RHS, Chang SSH, The WL, Chandwani N, Subramaniam M, Liu J (2024). Social support and emotion dysregulation: A serial pathway from child maltreatment to depressive symptoms in adults with affective disorders. *The European Journal of Psychiatry*. 39(2):100286.
- The WL, Lee SYL, Chandwani N, Johnson SL, Subramaniam, M (2025). Neurocognitive correlates of emotion-based urgency in DSM-5 bipolar disorder: the moderating role of diagnosis status and

positive affect in a functional near-infrared spectroscopy (fNIRS) experimental study. *Journal of Affective Disorders* 387

- Arvind R, Shuli L, Yi Wen CC, Yee Ming M, Nisha C (2020) Case Report: Sodium Valproate-Induced Neutropenia in a Patient with Bipolar Disorder. *Bipolar Disord* 6:127. IF: 5.345
- Koh YLC, Chandwani N, Shuli L, Yi Wen CC (2020) The concurrent use of two long-acting injectables in the maintenance treatment of bipolar disorder. *Bipolar Disorders*. 2020;00:1–3. IF: 5.345
- Wong FPY, Wong JLJ, Mok YM, Chandwani N (2020) Adapting and Delivering Care during the COVID-19 Pandemic: Staff Diary from the Mood Disorders Unit in Singapore. *Ann Acad Med Singap* 2020;49:804-6. IF: 8.713
- Roystonn, K, Teh WL, Samari, E, Cetty, L, Devi, F, Shahwan, S, Chandwani, N, Subramaniam, M (2021) Analysis and Interpretation of Metaphors: Exploring Young Adults’ Subjective Experiences with Depression. *Qualitative Health Research* 2021; Vol. 31(8) 1437–1447. IF: 4.233
- Teh WL, Samari, E, Cetty, L, Roystonn, K, Devi, F, Shahwan, S, Chandwani, N, Subramaniam, M (2021) A reduced state of being: The role of culture in illness perceptions of young adults diagnosed with depressive disorders in Singapore. *PLoS ONE* 16(6): e0252913.

Notable Research/Innovation Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
Temasek Foundation grant to study Arts and Expressive Therapies in mood	2024

Translating Research/Innovation Into Healthcare

- IMH launches study on depression to try and prevent it or stop its progress. Media: The Straits Times, 22 May 2025