



Swapna Kamal Verma

Chairman Medical Board, IMH
Senior Consultant Psychiatrist, IMH
Programme Director, CHAT (Community Health Assessment Team)

Research/Innovation Interests:

- Early Intervention
- Psychosis
- Youth Mental Health

Email: swapna.verma@nhghealth.com.sg

Biography

Dr. Swapna completed her residency training in Psychiatry at Baylor College of Medicine in Houston, Texas, USA and is a board-certified psychiatrist.

She started her academic career with the Singapore Early Psychosis Intervention Programme (EPIP) in 2001 when EPIP was first established, and thus has been closely involved in the development and establishment of its clinical, research and training initiatives. EPIP has won prestigious awards, including the WHO award for research in health promotion in 2004 as well as the inaugural National Medical Excellence Team award in 2008. Later, she became the Chief of Department of Psychosis, looking at developing innovative care models for Schizophrenia and driving research in the field of Psychotic Disorders, as well as the East Region and led an interdisciplinary team in providing patient-centred, integrated care to patients in the East region of Singapore. She is the Programme Director of CHAT, a national youth mental health initiative which was won the National Medical Excellence Team award in 2023. Since December 2020, she has been appointed as the Chairman Medical Board of IMH.

She is also a National Examiner for the Singapore Board Exams in Psychiatry. She is the recipient of the Duke-NUS Outstanding Educator award in 2009, the NHG Outstanding Leader in Education award in 2012 and the IMH Clinical Mentorship award in 2016.

Selected Publications

- Evaluating Singapore's CHAT Assessment Service by the World Mental Health Organization (WHO) "Youth Friendly" Health Services Framework. Lee YP, Ngaiman NKB, Poon LY, Jalil HBA, Yap MH, Abdin E, Subramaniam M, Lee H, **Verma S**. Frontiers in Psychiatry. 10:422 (Jun) Original Research Article. IF: 3.161, 2019 [OPEN ACCESS].

- First-episode psychosis and vocational outcomes: A predictive model. Chua YC, Abdin E, Tang C, Subramaniam M, **Verma S**. Schizophrenia Research. 211:63-68 (Sept) IF: 4.569, 2019.
- Prevalence, Socio-Demographic Correlates and Associations of Adverse Childhood Experiences with Mental Illnesses: Results from the Singapore Mental Health Study. Subramaniam M, Abdin E, Seow E, Vaingankar JA, Shafie S, Shahwan S, Lim M, Fung D, James L, **Verma SK**, Chong SA. Child Abuse & Neglect. 103:104447 (May) Research Article. IF: 2.845 [OPEN ACCESS].
- Digital Mental Health for a modern viral pandemic. A MK Chew, R Ong, HH Lei, R Mallika, Grisan KV, **SK Verma**, D SS Fung, J JY Leong, DV Gunasekeran. Frontiers in Psychiatry, 2020
- Harish SS, Kundadak GK, Lee YP, Tang C, **Verma SK**. A decade of influence in the Singapore youth mental health landscape: the Community Health Assessment Team (CHAT). Singapore Med J. 2021 May;62(5):225-229.

Notable Research Awards & Grants from Past 5 Years

Name of Awards & Grants	Year Obtained
Johnson & Johnson Research Grant for “Effective of LAI Paliperidone in patients with schizophrenia	2019
The National Institute of Mental Health (NIMH), USA for “Clinical High Risk for Research Network Study”	2020
Ministry of Health Research Grant for “The National Youth Mental Health Study”	2020