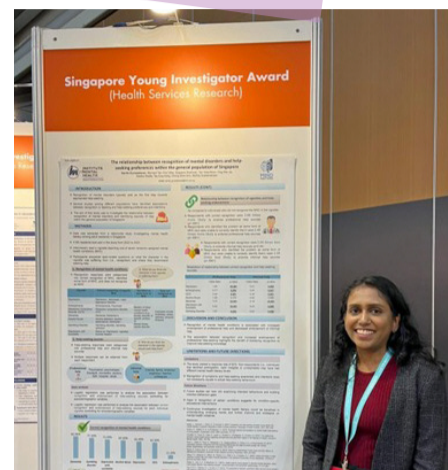


The 22nd Singapore Health & Biomedical Congress (SHBC) took place at the Singapore EXPO on 10-11 October 2024, with the theme **“Adding 15 Million Years of Healthy Life.”**

Researchers and medical professionals submitted original and unpublished abstracts for the SHBC Scientific Competition. Gold, Silver and Bronze prizes were awarded to the top entries.

Congratulations to the Achievers of the Scientific Competition!

The 22nd Singapore Health & Biomedical Congress (SHBC)



Ms Savita Gunasekaran
Research Division,
Institute of Mental Health

Singapore Young Investigator Award (Health Services Research)

Gold

Title: The relationship between recognition of mental disorders and help-seeking preferences within the general population of Singapore

Aim: To investigate the relationship between recognition of mental disorders and identifying sources of help within the general population of Singapore utilizing a vignette-based approach.

SHBC Best Poster Award (Allied Health)

Silver

Title: Uncovering Barriers to Help-seeking and Treatment of Diabetes Complications: Insights from Patient Experiences

Aim: To examine the factors influencing delayed help-seeking and treatment of diabetes complications in patients with Type 2 diabetes.



Mr Kumarasan Roystonn
Research Division,
Institute of Mental Health

SHBC Best Poster Award (Basic Science / Translational Research)

Bronze

Title: Characterising the unique sleep complaints of people with mood and anxiety disorders in a multi-ethnic Asian population

Aim: To investigate the relationship between mood and anxiety disorders with the different sleep quality components.



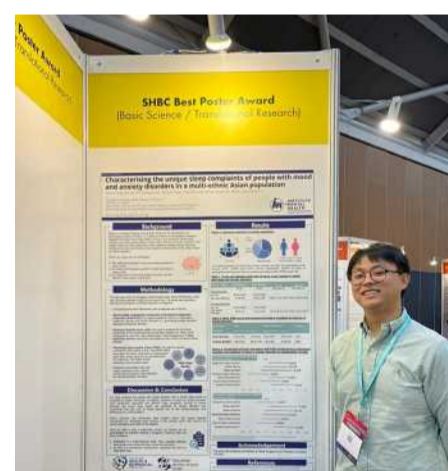
Ms Chen Birong
Department of Nursing,
Institute of Mental Health

Singapore Nursing Award

Silver

Title: Effect of the rate of change of dose on early response to Bifrontal electroconvulsive therapy in schizophrenia

Aim: To evaluate the impact of stimulus dose of bifrontal ECT on symptomatic improvement after six sessions of ECT in patients with schizophrenia.



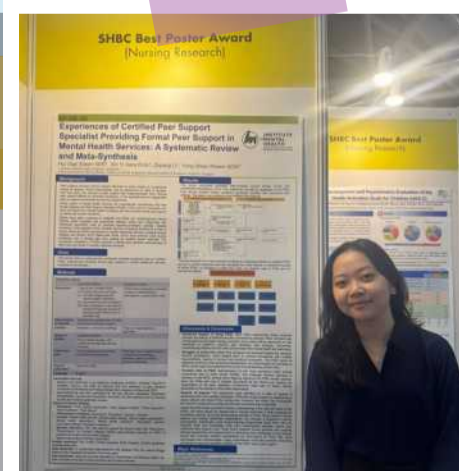
Mr Tay Eng Hong
Research Division,
Institute of Mental Health

SHBC Best Poster Award (Nursing)

Silver

Title: Experiences of certified Peer-Support Specialist providing formal peer support in mental health services: A systematic review and meta-synthesis

Aim: To systematically synthesise available qualitative data on certified PSSs' experiences providing formal peer support in mental healthcare services.



Ms Ser Hui Xian Eileen
Department of Nursing,
Institute of Mental Health

