



## Shazana Shahwan

Manager, Research Projects, Research Division, Institute of Mental Health

Research/Innovation Interests (Top 5 areas):

- Mental illness stigma
- Non-suicidal self-injury
- Smoking behavior

Email: [Shazana\\_mohamed\\_shahwan@imh.com.sg](mailto:Shazana_mohamed_shahwan@imh.com.sg)

### Biography

Shazana obtained a Bachelors in Psychology (First Class Honours) followed by Masters in Clinical Psychology and worked as a psychologist prior to her research career. Since joining the IMH Research Division in 2014, she led her team in completing a nationwide study of mental health literacy, implementation research projects with community partners, and in developing an anti-stigma intervention for youths. She has more than 10 years of experience in qualitative methodology and has conducted in-depth interviews with various populations such as suicide survivors, policy makers and persons with lived experienced as well as their caregivers. She is a certified trainer of the Composite International Diagnostic Interview and has provided training for lay interviewers as well as researchers and clinical coordinators in both English and Malay. To date she has over 90 peer-reviewed publications. In 2025, she was trained to conduct Skills Training in Affective and Interpersonal Regulation for a randomised control trial study.

### Selected Publications

- Tan RH, Shahwan S, Zhang Y, Sambasivam R, Ong SH, Subramaniam M. How do professionals and non-professionals respond to non-suicidal self-injury? Lived experiences of psychiatric outpatients in Singapore. *BMC psychology*. 2024 Jan 4;12(1):14.
- Shahwan S, Goh CM, Tan GT, Ong WJ, Chong SA, Subramaniam M. Strategies to reduce mental illness stigma: perspectives of people with lived experience and caregivers. *International journal of environmental research and public health*. 2022 Jan 31;19(3):1632.
- Shahwan S, Lau JH, Goh CM, Ong WJ, Tan GT, Kwok KW, Samari E, Lee YY, Teh WL, Seet V, Chang S. The potential impact of an anti-stigma intervention on mental health help-seeking attitudes among university students. *BMC psychiatry*. 2020 Dec;20:1-4.

- Peh CX, Shahwan S, Fauziana R, Mahesh MV, Sambasivam R, Zhang Y, Ong SH, Chong SA, Subramaniam M. Emotion dysregulation as a mechanism linking child maltreatment exposure and self-harm behaviors in adolescents. *Child abuse & neglect*. 2017 May 1;67:383-90.
  
- Shahwan S, Fauziana R, Satghare P, Vaingankar J, Picco L, Chong SA, Subramaniam M. Qualitative study of Singaporean youths' perception of antismoking campaigns: what works and what does not. *Tobacco Control*. 2016 Dec 1;25(e2):e101-6.