

Researcher Profile

Name: Janhavi Vaingankar

Present Appointment: Deputy Director

Contact Information:

Institute of Mental Health, Singapore
Research Division
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Research Areas:

- Psychiatric epidemiology, Health Services Research, Positive mental health and Outcomes in informal caregivers

Awards/Honours (Post-PhD):

- Recipient of the National Medical Research Council (Singapore) Medical Research Scientist Award, 2007-2010

Career History:

Janhavi's research career spans 20 years in the areas of pharmaceutical and basic research, epidemiology and health services research. Over the past 12 years she has focused on mental health research and contributed to the landscape of psychiatric epidemiology, identification of risk factors for mental disorders, questionnaire development and programme evaluation. She has also led the development of a novel scale, the Positive Mental Health instrument at the institute. The instrument has since been used by the research team among patients with mental illnesses and caregivers of psychogeriatric patients. The instrument has also been used by other researchers and healthcare providers at various local and international institutes including the Saw Swee Hock School of Public Health, National University of Singapore, Khoo Teck Huat Hospital, Singapore National Eye Centre and DSO National Laboratories, University of Idaho, USA, Liaoning Medical University, China and University of Puerto Rico.

Administrative Leadership:

- Co-Investigator in four large epidemiological studies - the first and second Singapore Mental Health Study, the Well-being of the Singapore Elderly study and the Mind Matters study.

Professional/Consulting Activities:

- Consultant on a national quality of life study conducted by the National Council of Social Service, Sep 2016 – Aug 2017

Major Publications:

Vaingankar JA, Chong SA, Abdin E, Picco L, Shafie S, Seow E, Pang S, Sagayadevan V, Chua BY, Chua HC, Subramaniam M. Psychiatric morbidity and its correlates among informal caregivers of older adults. *Comprehensive Psychiatry*. 2016 July; 68:178-85.

Vaingankar JA, Abdin E, Chong SA, Sambasivam R, Jeyagurunathan A, Seow E, Picco L, Pang S, Lim S, Subramaniam M. Psychometric properties of the positive mental health instrument among people with mental disorders: a cross-sectional study. *Health and Quality of Life Outcomes*. 2016 Feb; 14:19

Vaingankar JA, Subramaniam M, Chong SA, Abdin E, Orlando Edelen M, Picco L, Lim YW, Phua MY, Chua BY, Tee JY, Sherbourne C. The positive mental health instrument: development and validation of a culturally relevant scale in a multi-ethnic Asian population. *Health and Quality of Life Outcomes*. 2011 Oct; 9:92.