

Researcher Profile

Name: Shazana Shahwan

Present Appointment: Manager, Research Projects

Contact Information:

Institute of Mental Health, Singapore

Research Division

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Research Areas:

- Non-suicidal self-injury (NSSI)
- Mental illness stigma

Teaching Areas: NA

Awards/Honours (Post-PhD): NA

Career History:

Shazana obtained a Masters in Clinical Psychology and worked as a psychologist prior to her research career. Since joining the IMH Research Division in 2014, she has provided administrative and research support to various projects including nationwide mental health surveys and implementation research with community partners. She has also conducted qualitative studies in the areas of youth smoking, NSSI, and mental illness stigma.

Administrative Leadership:

- Principal Investigator for project entitled, 'Non-suicidal self-injurious behaviours in youth' (2015-2019)
- Project Lead for studies under the Strategic Initiative on Mental Health (FY2017-FY2021) funded by Tote Board

Professional/Consulting Activities:

- Training lay interviewers on the WHO Composite International Diagnostic Interview

Major Publications:

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):1-4.

Shahwan S, Lau JH, Abdin E, Zhang Y, Sambasivam R, Teh WL, Gupta B, Ong SH, Chong SA, Subramaniam M. A typology of nonsuicidal self-injury in a clinical sample: A latent class analysis. *Clinical psychology & psychotherapy*. 2020 Nov;27(6):791-803.

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.