

7TH HELMUT REMSCHMIDT RESEARCH SEMINAR

Developing Research and Collaborations in Child & Adolescent Psychiatry and Mental Health in Asia



25 – 30 August 2019
Institute of Mental Health,
Singapore



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Singapore Psychiatric Association



The International Association for
Child and Adolescent Psychiatry and Allied Professions

7th Helmut Remschmidt Research Seminar

Developing Research and Collaborations in Child & Adolescent Psychiatry and Mental Health in Asia

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Acknowledgements

I would like to thank **Prof Petrus de Vries** and **Prof Per-Anders Rydelius**, Helmut Remschmidt Research Seminar coordinators, for their dedication and invaluable advice on the organisation of the seminar here in Singapore. I would also like to thank all the **international and local mentors** for taking time out from their busy schedule to teach, guide and nurture the new generation of young researchers in the field of child psychiatry and child mental health. The mentors include **Prof Per-Anders Rydelius, Prof Bruno Falissard, Prof Michael Hong, Prof Petrus de Vries, Prof Zheng Yi, Prof Christina Schwenck, A/Prof Daniel Fung, A/Prof Mythily Subramaniam and Ass/Prof Jean Liu.**

I would also like to thank our hospital's Chief Executive Officer, **Prof Chua Hong Choon**, for allowing us to host the seminar at the Institute of Mental Health (IMH). The seminar would also not be made possible without the hard work and support from our **IMH staff**. I like to specifically thank **Ms Rozinah Bte Bachik** and **Mr Joel Chia** from the Education Office, and **Ms Fion Loh** from the Department of Developmental Psychiatry, for their tireless efforts in making this seminar a success.

Adj A/Prof Ong Say How
Chairman, Organizing Committee
7th Helmut Remschmidt Research Seminar

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Welcome from Prof Helmut Remschmidt

This is the first time for me that I am not able to attend a Helmut Remschmidt Research Seminar (HRRS), namely the 7th HRRS in Singapore. I deeply regret this, but am absolutely convinced that Petrus de Vries and Per-Anders Rydelius have prepared an excellent program, selected interested fellows and invited experienced mentors who will guarantee its success.

When I started this initiative, first in 1983 in Germany (altogether 6 seminars in the following years), then since 1998 at the European level (also 6 consecutive seminars, mainly in Italy), and finally – with the support of IACAPAP since 2007 – internationally, (starting with one seminar in Porto Alegre, Brazil and another one in the same year in Istanbul), I would never have imagined how successful this venture would turn out to be. Interestingly enough, the basic structure of the seminars have remained the same from the very beginning up to now. So far, more than 200 fellows have attended the seminars and, when adding the previous German and European seminars, the number is closer to 500. The 7th HRRS in Singapore will be number 20 of all the Research Seminars since their inception in 1983. No formal follow-up study with regard to the careers of the former fellows has been conducted to date, but nevertheless, I know that a large number of them have become well-known researchers and quite a few are now professors at universities in different parts of the world.

I am also very pleased that the HRRS and the Donald J Cohen Fellowship Programme, which I was able to establish in 2004 at the 16th IACAPAP World Congress in Berlin, are strongly complementary and that the IACAPAP World Congresses offer the possibility to the fellows of both programs to meet.

I wish all of you – fellows, mentors, and the organizing staff – exciting days, fruitful discussions and personal exchanges in a constructive and friendly atmosphere, which is also a prerequisite for original and high quality research.

Finally, I want to thank very cordially Petrus de Vries, Per-Anders Rydelius, and Ong Say How for their hard work to make the seminar a success. My thanks go also to the local organization and to IACAPAP for their financial and ideational support.

Prof Helmut Remschmidt, MD, PhD, FRCPsych
Professor for Child Psychiatry
Honorary President of IACAPAP



© photo courtesy of Prof. Christina Schwenck

Welcome from A/Prof Ong Say How, Chairman of the Local Organising Committee

Welcome to the 7th Helmut Remschmidt Research Seminar (HRRS) in Singapore. This is the second time that this highly regarded research seminar is being held in Asia, after Beijing China in 2010. We are delighted to have you here in Singapore from 25 – 30 August 2019. The HRRS 2019 will have a particular focus on emerging Asian researchers with a theme of *“Developing Research and Collaborations in Child & Adolescent Psychiatry and Mental Health in Asia”*.



In 2017, 16 million children were affected by massive flooding in South Asia, with millions more at risk. Closer to home, an estimated 460,000 children will require humanitarian assistance in Myanmar, following the exodus of over 700,000 Rohingya from Myanmar in late 2017 (UNICEF, 2019). This population continues to face significant challenges, including lack of freedom of movement, discrimination and limited access to basic services, as well as tensions with other communities. A significant population of residents in Asia still lives in poverty amid adverse political, ethnic, geological and socioeconomic conditions. Besides political and civil unrest, Asia is abound with natural disasters such as typhoons, earthquakes, tsunamis and volcanic eruptions to name a few. Many children have been exposed to both manmade and natural disasters with tragic consequences. Suicide, abuse and substance use among the young continue to pose as prominent national concerns in several Asian countries.

The Helmut Remschmidt Research Seminar (HRRS) Series is a prestigious international seminar series organized under the auspices of the IACAPAP (International Association for Child and Adolescent Psychiatry and Allied Professions). The format is a 5-day residential research training workshop for about 20 young/emerging child and adolescent mental health researchers, organized in the country that will host the next IACAPAP Congress.

I am delighted to have some very esteemed colleagues from across Europe and Asia who have volunteered to mentor you, HRRS fellows, this year. Our four international mentors include Professor Per-Anders Rydelius, Professor Bruno Falissard, Professor Christina Schwenck and Professor Petrus de Vries. Our Asian mentors comprise Professor Zheng Yi (China), Professor Michael Hong (South Korea), Associate Professor Daniel Fung and A/Prof Mythily Subramaniam (Institute of Mental Health, Singapore), and Ass/Prof Jean Liu (Yale-NUS, Singapore). I am sure they would be able to share their pearls of research wisdom with you all and you be impressed by their critical appraisals of your research work.

Held on the grounds of the Institute of Mental Health, the largest tertiary mental health facility in Singapore where majority of local psychiatrists and mental health professionals were trained, the HRRS would set the opportune stage for quality child mental health research in Asia.

It is the hope of IACAPAP and HRRS that by cultivating a strong research culture among young professionals like yourselves, the children and younger persons living in developed as well as under-developed Asian regions with limited accessibility and resources could benefit from new advances in mental health screening, illness assessment and intervention possibilities. I am confident that your research would contribute in a significant way to the development of child and adolescent psychiatry in Asia.

Enjoy your stay in Singapore and make the most of the 7th Helmut Remschmidt Research Seminar!

Adj A/Prof Ong Say How
Chairman, Organizing Committee
7th Helmut Remschmidt Research Seminar

About the Helmut Remschmidt Research Seminar (HRRS)

The Helmut Remschmidt Research Seminar (HRRS) started as “The European Research Seminar” in 1998 in Heidelberg, following a model that had already been used before in Germany by Martin Schmidt and Helmut Remschmidt. The aim of the seminars was to help young researchers in the field of child and adolescent mental health (CAMH) to pursue a scientific career. When professor Helmut Remschmidt was elected President of IACAPAP in 1998, he transferred the Research Seminars to an international level.

At the 17th IACAPAP Congress in Melbourne 2006, the IACAPAP executive committee agreed to arrange research seminars, named the IACAPAP Helmut Remschmidt Research Seminars (HRRS), in the geographical area where the next IACAPAP Congress will take place. The first of the HRRS took place in Turkey (Istanbul, 2008), followed by China (Beijing, 2010), France (Paris, 2012), South Africa (Stellenbosch, 2013), Canada (Kannanaskis, 2015) and Czech Republic (Svata Katerina, 2017). The seminars take place approximately 6 – 12 months before the Congress. Given that the next IACAPAP congress will be in Singapore in July 2020, a decision was therefore made to have the HRRS2019 in Singapore with a particular focus on the Asia Region. The specific theme selected for the 7th HRRS is “Developing Research and Collaborations in Child & Adolescent Psychiatry and Mental Health in Asia”.

The overarching vision and mission of IACAPAP as set out in the constitution is “to promote the study, treatment, care and prevention of mental and emotional disorders and disabilities of children, adolescents and their families”. The purpose of the HRRS is to inspire young colleagues from child & adolescent mental health disciplines to engage in research. The aims of the 5-day seminar are therefore to provide basic knowledge in key aspects of research design in child and adolescent mental health, skills in presenting research to colleagues, skills in commenting on the research of others, and to enable participants to carry out their own research projects under the specific circumstances of their departments, countries and contexts.

Each seminar participant is asked to bring a research plan or an ongoing project to present and work on in small groups supervised by 1 or 2 mentors. Mentors are experienced child & adolescent mental health clinician-scientists, supported by research colleagues from local organizing institutions. Mentors typically present papers in the morning and lead small group work in the afternoon. The desired outcome of the HRRS is for participants to have developed and shaped research projects that can be performed in the environment where the participant is based. In addition, participants will be encouraged to prepare abstracts for submission to the IACAPAP congress in 2020.

About the mentors

(in alphabetical order)

Prof Petrus J de Vries

MBCChB, FRCPsych, PhD

Petrus de Vries is the Sue Struengmann Professor of Child & Adolescent Psychiatry, and Director of the Centre for Autism Research in Africa (CARA) and the Adolescent Health Research Unit (AHRU) at the University of Cape Town. He trained in Medicine at Stellenbosch University in South Africa before moving to the UK where he completed his clinical training in Psychiatry and Child & Adolescent Psychiatry, and a PhD in Developmental Neuropsychiatry at the University of Cambridge.



Prof de Vries returned to South Africa in 2012 with the main purpose of building research and research capacity in Child & Adolescent Mental Health in Africa and other low-resource environments. He organized and led the 2013 Helmut Remschmidt Research Seminar in Stellenbosch, South Africa and was vice-chairman of the Scientific Committee for the 2014 IACAPAP (International Association for Child and Adolescent Psychiatry and Allied Professions) congress, held in Durban, South Africa. In 2015, he was elected onto the IACAPAP Executive Committee to co-lead future Helmut Remschmidt Research Seminars with Prof Per-Anders Rydelius from the Karolinska Institute in Sweden. Together, they have led HRRS seminars in South Africa (2013), Canada (2015) and Czech Republic (2017), in addition to HRRS2019.

Prof de Vries is currently Treasurer of IACAPAP, co-edits the IACAPAP Monograph, is Secretary of INSAR (International Society for Autism Research), Chairman of the African Division of the Royal College of Psychiatrists (UK), and President of SA-ACAPAP (South African Association for Child & Adolescent Psychiatry and Allied Professions). He is also a scientific advisor to a number of international organizations on Autism Spectrum Disorders and Tuberous Sclerosis Complex and other developmental disabilities.

Prof Bruno Falissard

MD, PhD

After some initial training in mathematics and fundamental physics (Ecole Polytechnique, Paris), Bruno Falissard engaged in medical studies and specialized in Child and Adolescent Psychiatry in 1991. His PhD was in biostatistics and his post-doc in psychometrics and exploratory multimensional methods. He was assistant professor in child and adolescent psychiatry in 1996 – 1997, associate professor in Public Health in 1997 – 2002 and full professor in Public Health from 2002. He is at the head of the Master in Public Health of South-Paris University and at the head of the “Center of Epidemiology and Population Health” (400 members). He is co-author of about 400 papers and author of 4 books. He has clinical activity in child and adolescent psychiatry. His personal areas of research are about methodology and epistemology of mental health research. In 2015 – 2018 he was the president of IACAPAP (International Association for Child and Adolescent Psychiatry and Allied Professions). He is also a member of the French Academy of Medicine.



Associate Professor Daniel Fung

MBBS, MMed(Psychiatry)

Dr Daniel Fung is married to Joyce and the father of 5 grown up children. He is the Chairman Medical Board of Singapore's Institute of Mental Health since 2011. Dr Fung is an Adjunct Associate Professor at all 3 medical schools in Singapore.

Dr Fung is currently the President of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP). He was awarded the National Day (Public Service Administration (Bronze)) Award in 2017 and the National Medical Excellence Award (Team) in 2018 for his work on community and school based mental health.

Dr Fung is interested in the treatment of emotional and behavioural disorders in children and he has advocated for the development of child mental health services and strategies through his research. His research is supported by the National Medical Research Council and other agencies. He has co-authored over 160 peer reviewed research papers (118), books (32) and book chapters (18).



Emeritus Prof Michael Hong

MD, PhD

Prof. Kang-E Michael Hong is Professor Emeritus of Seoul National University College of Medicine and Distinguished Fellow of the American Academy of Child & Adolescent Psychiatry (AACAP). After receiving his MD, he moved to the USA for clinical training in General and Child Psychiatry at University of Washington, Seattle, where he achieved board certification in General & Child Psychiatry. He worked as assistant professor in child & adolescent psychiatry at the University of Minnesota for 6 years and, on his return to Korea, progressed from Assistant and Associate to Full Professor at Seoul National University College of Medicine during a career of 28 years. He retired and became Professor Emeritus in 2006.



His major roles on his return to Korea included implementing child psychiatry clinical services, establish child psychiatry as a medical subspecialty, and becoming the founding President of the Korean Academy of Child and Adolescent Psychiatry (KACAP), becoming the Editor-in-Chief of the Journal of KACAP, founding presidents of allied professional associations such as the Korean Association for Prevention of Child Abuse and Neglect, Korean Association for Persons with Autism, Korean Association for Suicide Prevention and Korean Neuro-Psychiatry Association. At a regional and international level he actively contributed to the establishment of the Asian Society of Child and Adolescent Psychiatry (ASCAPAP) and served as a Vice-President of International Association of Child and Adolescent Psychiatry and Allied Professions (IACAPAP).

His major research interests have been 1) cross-cultural/transcultural studies of child development and childhood psychopathologies, 2) comparative studies of eastern and western cultures and their roles in development of psychopathologies, particularly the impacts of culture changes and globalization, 3) how to introduce and implement 'western' clinical child psychiatry in newly developing 'non-western' countries.

Assistant Professor Jean Liu

PhD

Jean Liu is an academic psychologist and member of staff at Yale-NUS College in Singapore. Within this setting, she leads a research group that explores the impact of technology on health and everyday outcomes. Ongoing studies include the influence of texting on parent-child dynamics, the correlates of screen time on health and well-being amongst adolescents, and the clinical potential of virtual reality in mental health campaigns. Across these research projects, she focuses on both behavioral and psychophysiological markers.



Prior to Yale-NUS, Dr Liu studied psychology at the University of New South Wales (Australia) where she completed a PhD on intra-nasal oxytocin and social relationships. She also completed post-doctoral fellowships in Singapore's Institute of Mental Health (Child Guidance Clinic) and in the Duke-NUS Graduate Medical School (Neuroscience and Behavioral Disorders). More recently, she served as Head of Studies for Psychology (Yale-NUS), and has worked closely with government agencies to optimize public policy.

Emeritus Prof Per-Anders Rydelius

MD, PhD

Per-Anders Rydelius, married to Eva-Lena has two grown up children and three grandchildren. He was Professor of Child & Adolescent Psychiatry at the Karolinska Institute in Stockholm, Sweden between 1989 – 2019 (from 2013 Senior Professor), and is now Professor Emeritus, however still working as a senior consultant in child & adolescent psychiatry at the Stockholm County Council.



He was deputy clinical director and clinical director of the Clinical services at the Department of Child & Adolescent Psychiatry at the Karolinska Institutet/Stockholm County Council in Stockholm from 1978 – 1996. He trained in management at the program for Executive Education /Health Care (Stockholm School of Economics) and was the Dean for the Department of Women's and Children's Health at the Karolinska Institutet (including the Divisions of Obstetrics/Gynecology, Neonatology, Pediatrics, Pediatric Endocrinology, Pediatric neurology, Orthopedics, Rheumatology, Paediatric Oncology and Hematology, Child Surgery, Child and Adolescent Psychiatry and Midwife education) between 2000 – 2006.

In 1981, he defended his thesis "Children of alcoholic fathers – their social adjustment and their health status over 20 years", and became a lecturer in child & adolescent psychiatry in 1982. He has supervised 20 PhD-students and is currently supervising another two. From 2008 until ICD-11 was presented in 2019, he was a member of the WHO's Advisory Group for the revision of ICD-10 to ICD-11 and a member of the Working Groups on the WHO-revision of ICD-10 classification of Mental and Behavioral Disorders in Children and Adolescents and in Eating Disorders.

His research interest has focused on longitudinal prospective studies to explore the long-term consequences of familiar stress on children's wellbeing, on the great variance of mental age in growing children of the same age and on the importance of relative immaturity to understand psychopathology in children. He has been a member of the Editorial Boards of several Journals, has published more than 200 articles and chapters in Journals and books.

Prof Rydelius is one of the Program Chairs of the IACAPAP Helmut Remschmidt Research Seminars, established in 2006. He was Secretary-General of IACAPAP between 2004 – 2006, was IACAPAP President from 2006 – 2010 and is now one of the Honorary Presidents of IACAPAP.

Prof Christina Schwenck

PhD

Prof. Dr. Christina Schwenck is professor for Special Needs Educational and Clinical Child and Adolescent Psychology at the University of Giessen, Germany. She studied psychology at the Universities of Würzburg and Madrid and completed her PhD in Developmental Psychology at the University of Würzburg. She worked at the Departments of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy of the University hospitals of Würzburg, Munich and Frankfurt. She is a trained child and adolescent psychotherapist (specification behavior therapy) and a trained supervisor. Her research interests include selective mutism, conduct disorder, and children of parents with mental illness. She has published 56 articles in peer-reviewed journals and several book chapters on childhood mental health. She is editor of three book series on child and adolescent psychotherapy, psychology in school and psychotherapeutic children's books. In her free time, she follows her passion for photography around the globe.



Dr. Schwenck is currently Secretary-General of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP). Her vision is to strengthen training and promotion of child and adolescent mental health professionals, particularly in low- and middle-income countries, including long-term mentorships for early career scientists and clinicians in this important field. Furthermore, she aims to attract more allied professionals into IACAPAP to enhance active collaboration between professions in order to provide optimal care for children and adolescents with mental health problems.

Associate Professor Mythily Subramaniam

MBBS, MD, PhD

Mythily graduated from the Lady Hardinge Medical College, India. She received her PhD in Gambling Studies from Monash University and is currently Director of the Research Division and Lead Investigator of the Programme of Mental Health Policy Studies at the Institute of Mental Health (IMH). She also has a concurrent teaching appointment at the Lee Kong Chian School of Medicine and Saw Swee Hock School of Public Health, National University Singapore. She is also a consultant with the Ministry of Health, Singapore.



She has worked in the field of mental health for more than 15 years and her main academic and research interests include psychiatric epidemiology, psychosis and addictions. She was the Co-Principal Investigator of two nation-wide studies – Singapore Mental Health Study, a survey that established the prevalence of select mental disorders in the adult population of Singapore; and the Well-being of the Singapore Elderly study, a survey among older adults that aims to establish the prevalence, risk factors and cost associated with dementia in Singapore. She is also the Co-Investigator of the second nationwide Singapore Mental Health Study. She has over 250 publications in peer-reviewed journals and is a reviewer with many international journals.

Prof Yi Zheng

MD

Prof. Zheng Yi is currently a professor in the Capital Medical University and is Chief Child Psychiatrist at Beijing Anding Hospital. He is the President of the Asian Federation of ADHD and of the Chinese Society of Child and Adolescent Psychiatry. He is also a counsellor to the President of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP), and is a former President of the Asian Society for Child and Adolescent Psychiatry and Allied Professions (ASCAPAP).



He has been engaged in psychiatric clinical, teaching, research, and social services for more than 30 years. He has particular expertise in the diagnosis and treatment of a range of child and adolescent mental disorders. As a principal investigator, he is responsible for many National Scientific Research Projects including psychiatric clinical, genetic, and pharmacological studies on Tourette Syndrome, ADHD and autism spectrum disorders. He has published more than 150 professional academic papers and edited more than 30 academic works, including the Chinese Guidelines on ADHD and Autism.

About the HRRS participants

(in alphabetical order by first name)

Abigail Loh: *Abigail*

1	Your first name	Abigail
2	Your surname	Loh
3	What would you like us to call you?	Abigail
4	Your qualifications	MBBS (Australia), MRCPsych (UK)
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatry Trainee
6	At what institute/clinic/hospital/university are you currently working?	Institute of Mental Health, Singapore
7	In which country are you currently working?	Singapore
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	Profile of social media usage among Singapore youths and potential impact on academic and social functioning + mental wellbeing (possible survey study)
9	What particular things are you hoping to come and learn at the HRRS?	To improve formulation of research questions and follow through of the implementation of research methods, collection and analysis. Also to learn about possible interagency collaboration work – advantages, pitfalls, and solutions.
10	Do you have any requests for the mentors?	Nil
11	Any dietary requirements?	Nil
12	Any other comments?	Nil

Aisha Chachar: *Aisha*

1	Your first name	Aisha
2	Your surname	Chachar
3	What would you like us to call you?	Aisha
4	Your qualifications	MBBS, FCPS (Psychiatry) Fellow-II CAP, Aga Khan University
5	Your professional group (e.g. psychiatrist, psychologist etc)	Child and Adolescent Psychiatry Fellow
6	At what institute/clinic/hospital/university are you currently working?	Aga Khan University, Karachi
7	In which country are you currently working?	Pakistan
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	According to Pakistan National Human Development Report 2017, Pakistan is one of the countries in the world with the youngest population. 64% of the country's population is under the age of 29, with some 30% between the ages of 15 and 29. Though previous studies have assessed the prevalence of 9.3%, with disruptive behavior problems, providing evidence-based interventions in the school settings in almost non-existent in Pakistan. In this project, we will specifically focus on Disruptive behavior problems (DBP), which include attention deficit hyperactivity disorder, oppositional defiant disorder, and conduct disorder. DBP can influence a child's development, educational attainment, and the potential to become a productive adult. This can lead to continued implications for public sector services, peer and family relationships, and reduced participation in the country's growth.

9	What particular things are you hoping to come and learn at the HRRS?	<p>This training is an ideal space for me to learn required skills and gain insight into innovative ways of carrying out cutting edge research in resource-poor settings.</p> <p>Skills:</p> <ul style="list-style-type: none"> Collaborative research proposal writing Manuscript writing How to develop national surveys in LMICs
10	Do you have any requests for the mentors?	Prof Petrus de Vries
11	Any dietary requirements?	Halal food
12	Any other comments?	None

Aishworiya Ramkumar: *Aishworiya*

1	Your first name	Aishworiya
2	Your surname	Ramkumar
3	What would you like us to call you?	Aishworiya
4	Your qualifications	MBBS, Master in Medicine (Paediatrics), RCPCH
5	Your professional group (e.g. psychiatrist, psychologist etc)	Paediatrician – developmental and behavioural paediatrics
6	At what institute/clinic/hospital/university are you currently working?	National University Hospital, Child Development Unit
7	In which country are you currently working?	Singapore
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	<ol style="list-style-type: none"> 1. Looking at predictors of better outcome in children with autism spectrum disorder (modifiable factors eg. early intervention variables). And building on a current cross-sectional study that studied this to develop the idea further – perhaps towards a cost-effectiveness study of targeting one of these factors to improve outcomes. 2. Systematic screening for earlier detection of autism in a low risk community sample setting of toddlers, towards improving eventual outcomes by identifying and treating affected children early.
9	What particular things are you hoping to come and learn at the HRRS?	<ul style="list-style-type: none"> • Gain connections and network for mentor collaborations in future and to know colleagues in the field • Techniques/strategies for successful grant applications and publishing manuscripts
10	Do you have any requests for the mentors?	None specific, just someone who can guide and mentor me in the field (hopefully) for the long term!
11	Any dietary requirements?	Vegetarian

12	Any other comments?	<p>The field of autism, especially that of clinical research in the paediatric setting is very young in Singapore. I have had difficulty finding trained seniors in this field, especially those who can mentor and guide me in the field. Yet, there is much to be done in terms of unanswered research questions in the field, both worldwide and in Singapore especially. So I am looking forward to this one-week stint for general learning and mentorship.</p>
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Anne Herr: *Anne*

1	Your first name	Anne
2	Your surname	Herr
3	What would you like us to call you?	Anne
4	Your qualifications	PhD student
5	Your professional group (e.g. psychiatrist, psychologist etc)	Clinical child and adolescent psychology
6	At what institute/clinic/hospital/university are you currently working?	Justus-Liebig University of Giessen, Germany
7	In which country are you currently working?	Germany
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	The aim of our study is first to compare children aged 7 to 10 years of four different groups (children with / without conduct problems and high / low callous-unemotional traits) for (a) their neuropsychological functioning (emotion processing and learning behavior), (b) biological functioning (autonomic nervous reactivity to affective stimuli) and (c) environmental aspects (parental mental health and parenting characteristics) as potential differentiating variables. Secondly, we want to investigate the overlap between children and their mothers with respect to the same neuropsychological and biological characteristics in order to gain an insight into specific treatment-targets that might need to be addressed not only in children but also in their parents. Finally the study aims to identify significant predictors of psychopathological symptomatology as well as psychosocial adjustment in children with high callous-unemotional traits over time in order to appraise the impact of different factors regarding the development of children with these traits and to identify early treatment targets.

9	What particular things are you hoping to come and learn at the HRRS?	<ul style="list-style-type: none"> • Analyzing, summing up and reviewing different types of data (mother/child variables and group comparison of psychophysiological measurements, questionnaires and different time points) • Integrating these measurements in a theoretical background • Scientific writing skills
10	Do you have any requests for the mentors?	No
11	Any dietary requirements?	No
12	Any other comments?	I am really excited about the opportunity of taking part in this seminar and looking forward to meeting you in Singapore =)

Aqeel Khan: *Aqueel or Ak*

1	Your first name	Aqeel
2	Your surname	Khan
3	What would you like us to call you?	Aqueel or Ak
4	Your qualifications	PhD
5	Your professional group (e.g. psychiatrist, psychologist etc)	Lecturer
6	At what institute/clinic/hospital/university are you currently working?	Faculty of Social Science & Humanities, Universiti Teknologi Malaysia (UTM)
7	In which country are you currently working?	Malaysia
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	Currently focusing on positive psychology and emerging adolescents psychological strengths
9	What particular things are you hoping to come and learn at the HRRS?	I am more interested in developing and learning international project in the field of psychology
10	Do you have any requests for the mentors?	Can we develop international research project
11	Any dietary requirements?	Halal food
12	Any other comments?	Thanks

Chantane Mungkhetklang: *Kem*

1	Your first name	Chantane
2	Your surname	Mungkhetklang
3	What would you like us to call you?	Kem
4	Your qualifications	PhD in psychology
5	Your professional group (e.g. psychiatrist, psychologist etc)	Clinical Psychologist
6	At what institute/clinic/hospital/university are you currently working?	Rajanukul Institute
7	In which country are you currently working?	Thailand
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	Prevalence of Thai Intellectual Disability. I'm on process of gathering data. Wish I could have some info before joining the HRRS2019.
9	What particular things are you hoping to come and learn at the HRRS?	Apart from research seminar purpose, collaborating some research project with professional in the field of child and adolescent psychology and psychiatry would be every much appreciated.
10	Do you have any requests for the mentors?	Statistic analysis please. It's my weakness.
11	Any dietary requirements?	None
12	Any other comments?	This seminar is going to be worth it, I believe.

Dian Widyasari: *Dian*

1	Your first name	Dian
2	Your surname	Widyasari
3	What would you like us to call you?	Dian
4	Your qualifications	S.Psi, MSc (Global Mental Health)
5	Your professional group (e.g. psychiatrist, psychologist etc)	HIMPSSI (Indonesian Psychology Association)
6	At what institute/clinic/hospital/university are you currently working?	Faculty of Psychology University of Muhammadiyah Malang East Java, Indonesia
7	In which country are you currently working?	Indonesia
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	My research interest is youth mental health, specifically on adolescent mental health and its promotion. I plan to research psychosocial factors of adolescent mental health in the 21 st century, including healthy habits and online behaviours. The understanding of the aetiology and associated factors on adolescent mental health in this modern era should enable us to design a suitable and sufficient mental health promotion programs for them, ideally for both school and community settings. Empowering both settings with adequate knowledge and skills on mental health will ensure higher accessibility for all adolescent from any social-economy status to the promotion programs. This research project planned as a dissertation project.
9	What particular things are you hoping to come and learn at the HRRS?	I hope to learn about research management and how to design research with a sound methodology for adolescent mental health, especially in settings with limited resources (LMICs). Also, the chance to discuss and to learn from researchers/professionals from Asia and around the world is already exciting for me

10	Do you have any requests for the mentors?	Mentors with a research interest in adolescent mental health from epidemiology perspectives and experience in designing and implementing mental health promotion program for youth
11	Any dietary requirements?	Halal food, no cabbage, no coffee
12	Any other comments?	

Dicle Büyüktaşkın: Dicle

1	Your first name	Dicle
2	Your surname	Büyüktaşkın
3	What would you like us to call you?	Dicle
4	Your qualifications	MD (Child and adolescent psychiatry) PhD student in Neuroscience
5	Your professional group (e.g. psychiatrist, psychologist etc)	Child and adolescent psychiatrist
6	At what institute/clinic/hospital/university are you currently working?	Gazi University School of Medicine
7	In which country are you currently working?	Turkey
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	Serum ciliary neurotrophic factor (CNTF) levels in patients with attention deficit hyperactivity disorder (ADHD): The aim of this study is to investigate the potential role of CNTF, a neurotrophin that can indicate neuronal strain and also acts as a neuroprotective agent, in ADHD patients.
9	What particular things are you hoping to come and learn at the HRRS?	Research design, methodology, presentation, writing a research, technological tools for writing a research, how to do a meta-analysis, ethical issues, how to save data, animal studies for child and adolescent psychiatry, statistics.
10	Do you have any requests for the mentors?	
11	Any dietary requirements?	
12	Any other comments?	

Grace Sameve: *Grace*

1	Your first name	Grace
2	Your surname	Sameve
3	What would you like us to call you?	Grace
4	Your qualifications	M.A in Developmental & Child Psychology M.Psi Profesi Klinis Anak
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychologist
6	At what institute/clinic/hospital/university are you currently working?	The Ngemong Project
7	In which country are you currently working?	Indonesia
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	A pre-experimental one-group pretest-posttest design which looks at the impact of art therapy on the self-esteem of sheltered female adolescents with multiple adverse experiences
9	What particular things are you hoping to come and learn at the HRRS?	I am hoping to learn about ways to improve my research design – particularly wanting to know how to conduct a more experimental, yet ethically-approved clinical trials. I also would like to explore other tools that can be utilized for the pre-post measures.
10	Do you have any requests for the mentors?	No
11	Any dietary requirements?	No poultry (except eggs)
12	Any other comments?	

Jerrine Khong: *Jerrine*

1	Your first name	Jerrine
2	Your surname	Khong
3	What would you like us to call you?	Jerrine
4	Your qualifications	Bachelor of Arts (Hons), Psychology, Specialist Diploma in Statistic and Data Mining
5	Your professional group (e.g. psychiatrist, psychologist etc)	None
6	At what institute/clinic/hospital/university are you currently working?	I work in Singapore Children’s Society – A nonprofit organization offering services to child, youth, and families in need. Specifically, I am in the research team where we conduct research that aim to develop evidence-informed programmes and guide our advocacy efforts in promoting the well-being of children and adolescents.
7	In which country are you currently working?	Singapore
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	Academic stress is one of the primary sources of stress for students in secondary and tertiary education, and has been observed to emerge as early as primary school in Asian countries. Among adolescents, academic stress has been associated with more mental health problems and suicide ideation, including secondary school students in Singapore. In contrast, relatively fewer studies have examined the relationship of academic stress and mental well-being in younger children. The primary aim of the project is to explore the relationship between academic stress and mental well-being, and the role parental stress arising from child’s education plays in children’s academic stress and mental well-being. The project also aims to examine potential protective factors associated with the relationship between academic stress and well-being/mental health.

9	What particular things are you hoping to come and learn at the HRRS?	I hope to improve my skills in research and evaluation design. I am especially interested in learning how to apply research findings in development of mental health intervention and prevention programmes.
10	Do you have any requests for the mentors?	NA
11	Any dietary requirements?	NA
12	Any other comments?	Looking forward to meeting and learning from the mentors and fellow peers.

Kamolvisa Techapoonpon: *Pearl*

1	Your first name	Kamolvisa
2	Your surname	Techapoonpon
3	What would you like us to call you?	Pearl
4	Your qualifications	Doctor of Medicine Diploma in Child and Adolescent Psychiatry
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist
6	At what institute/clinic/hospital/university are you currently working?	Vajira Hospital Navamindradhiraj University
7	In which country are you currently working?	Thailand
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	I would like to write a protocol and conduct a systematic review about transition from child to adult mental health services in patients with Autism Spectrum Disorder. However, if the number of studies are too few, I might shift to neurodevelopmental disorders instead.
9	What particular things are you hoping to come and learn at the HRRS?	I would like to learn about how to design a high quality research under limited resources and how to write a proper manuscript for international publication.
10	Do you have any requests for the mentors?	No. Thank you.
11	Any dietary requirements?	No beef please.
12	Any other comments?	No. Thank you.

Lakshmi Tanuku: *Sravanti*

1	Your first name	Lakshmi
2	Your surname	Tanuku
3	What would you like us to call you?	Sravanti
4	Your qualifications	MBBS, MD (Psychiatry), DM (Child & Adolescent Psychiatry)
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist – Child & Adolescent Psychiatry Trainee
6	At what institute/clinic/hospital/university are you currently working?	National Institute of Mental Health & Neurosciences, Bengaluru, India
7	In which country are you currently working?	India
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	<p>Title: Subjective experiences of children and adolescents living with obsessive-compulsive disorder (OCD).</p> <p>Background: The subjective perception of symptoms of OCD, its impact on functioning and meaning of recovery may vary depending on the developmental level of the subject, symptom factor/dimension and presence or absence of insight. Therefore, we propose to study the first-hand accounts of children and adolescents suffering from obsessive-compulsive disorder through our study.</p> <p>Aim: To develop a comprehensive analysis of the subjective experience of given a diagnosis, treatment processes and recovery in children living with obsessive-compulsive disorder.</p>
9	What particular things are you hoping to come and learn at the HRRS?	<ol style="list-style-type: none"> 1. How to do high quality research to inform healthcare decision-making and policy changes? 2. Qualitative Research Methodologies used in children and adolescents.
10	Do you have any requests for the mentors?	None
11	Any dietary requirements?	Vegetarian Diet (no egg, no fish, no chicken, no meat)
12	Any other comments?	None

Mei-Hung Chi: *Michelle*

1	Your first name	Mei-Hung (Michelle)
2	Your surname	Chi
3	What would you like us to call you?	Michelle
4	Your qualifications	MD Post-graduate Training: 2006 – 2010 Residency in Psychiatry, Department of Psychiatry, National Cheng Kung University Hospital, Tainan, Taiwan 2012 – 2013 Fellowship in Child and Adolescent Psychiatry, Department of Psychiatry, National Taiwan University Hospital, Taipei, Taiwan
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist
6	At what institute/clinic/hospital/university are you currently working?	Department of Psychiatry, National Chen Kung University Hospital, Tainan, Taiwan
7	In which country are you currently working?	Taiwan
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	I would like to conduct long-term follow-up study for ASD subjects. The topic I am working on currently is anxiety in ASD. I am interested in exploring the predictors and underlying mechanism of developing anxiety when they grow up. For me, to understand more about this topic indicate potential strategy of effective prevention.
9	What particular things are you hoping to come and learn at the HRRS?	The ability of study design, basic knowledge of statistical method, and presentation skills
10	Do you have any requests for the mentors?	I believe that all mentors in this program is full of experiences/patience and is excellent. No further requests.
11	Any dietary requirements?	No
12	Any other comments?	No

Priyanka Pavithran Nambiar: *Priyanka*

1	Your first name	Priyanka
2	Your surname	Pavithran Nambiar
3	What would you like us to call you?	Priyanka
4	Your qualifications	M.Phil. in Psychiatric Social Work Pursuing Ph.D. in Psychiatric Social Work
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatric Social Worker
6	At what institute/clinic/hospital/university are you currently working?	National Institute of Mental Health and Neuroscience (NIMHANS)
7	In which country are you currently working?	India
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	I would like to work on an article that elaborates on the existing non child-centric judicial mechanisms and practices in child custody cases in India from a mental health perspective. The paper can critically evaluate the laws governing the child custody cases along with landmark child custody case laws in India and analyze the emerging themes in the child custody and access decisions of the court.
9	What particular things are you hoping to come and learn at the HRRS?	I am keen to learn more about qualitative research methodology in child psychiatry with inputs from expert mentors and research scholars from across the globe.
10	Do you have any requests for the mentors?	I would like to preferably be under mentors who research in areas of divorce and child abuse.
11	Any dietary requirements?	Eggetarian
12	Any other comments?	None

Sathishka Kotalawala: *Wajantha*

1	Your first name	Sathishka
2	Your surname	Kotalawala
3	What would you like us to call you?	Wajantha
4	Your qualifications	MBBS, MD (Psychiatry), MRCPsych (UK)
5	Your professional group (e.g. psychiatrist, psychologist etc)	Child and Adolescent Psychiatrist
6	At what institute/clinic/hospital/university are you currently working?	National Institute of Mental Health, Sri Lanka
7	In which country are you currently working?	Sri Lanka
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	<p>Prevalence of Attention Deficit Hyperactivity Disorder and Other Psychiatric Morbidity in Childhood Poisoning</p> <p>Poisoning is a common childhood accident. Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common childhood onset psychiatric disorders. These children have a high risk of sustaining injuries. Impulsiveness and vigilance deficit are considered to be the underlying causes. The association between childhood poisoning and ADHD is not adequately studied. It is necessary to scientifically prove the association of ADHD in children presented with poisoning. It may be possible to prevent further poisoning and other injuries with early commencement of treatment to ADHD and other psychiatric morbidity of the identified children as these children run the risk of recurrent injuries/ poisoning.</p> <p>General Objective: To estimate the prevalence of Attention Deficit Hyperactivity Disorder and other psychiatric morbidity in children who get admitted with poisoning at paediatric wards , Colombo, Sri Lanka</p>
9	What particular things are you hoping to come and learn at the HRRS?	Methodology of above research and how to carry out the research and present / and publish it in an international forum or journal.

10	Do you have any requests for the mentors?	No special requests
11	Any dietary requirements?	No special dietary requirements
12	Any other comments?	None

Seheryeli Yilmaz: *Seher*

1	Your first name	Seheryeli
2	Your surname	Yilmaz
3	What would you like us to call you?	Seher
4	Your qualifications	MD, specialist
5	Your professional group (e.g. psychiatrist, psychologist etc)	Child & Adolescent Psychiatrist
6	At what institute/clinic/hospital/university are you currently working?	"Medical Park Gebze Hospital" (a private hospital)
7	In which country are you currently working?	Turkey
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	Effects of ADHD treatment (MPH and ATX) on children's resilience.
9	What particular things are you hoping to come and learn at the HRRS?	I want to work on study design, the questionnaires advised to be used, the composition of control group...etc.
10	Do you have any requests for the mentors?	
11	Any dietary requirements?	no
12	Any other comments?	Thanks:)

Sijian Chen: *Ms Chen*

1	Your first name	Sijian
2	Your surname	Chen
3	What would you like us to call you?	Ms Chen
4	Your qualifications	National secondary qualification of psychological counseling PhD candidate in psychiatry and mental health
5	Your professional group (e.g. psychiatrist, psychologist etc)	Participated in the team of child and adolescent psychiatrist of professor Zheng Yi in Beijing Anding Hospital.
6	At what institute/clinic/hospital/university are you currently working?	Beijing Anding Hospital, affiliated to Capital Medical University
7	In which country are you currently working?	China
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	To learn more about changes in brain structure and function in children with ADHD, and at the same time to explore the defects of ADHD structural co-variation networks and structural connection networks. To compare the functional improvement and continuous brain function networks defects before and after medication for ADHD.
9	What particular things are you hoping to come and learn at the HRRS?	To learn more about the research progress of brain functional imaging in children with mental disorders.
10	Do you have any requests for the mentors?	
11	Any dietary requirements?	No seafood or spicy food, mainly Chinese food if possible.
12	Any other comments?	No, thank you.

Utkarsh Karki: *Utkarsh*

1	Your first name	Utkarsh
2	Your surname	Karki
3	What would you like us to call you?	Utkarsh
4	Your qualifications	MD Psychiatry
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist, Child and Adolescent Psychiatry Trainee
6	At what institute/clinic/hospital/university are you currently working?	National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore
7	In which country are you currently working?	India (originally from Nepal)
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	<p>Treatment processes and short-term outcome of child and adolescent psychiatry inpatient: A prospective study</p> <p>Very little is known about the response to treatment and outcome of children and adolescents who receive in patient psychiatric treatment. With few available literature and no data pertaining to Indian scenario, current study focuses on studying short term outcome and treatment process of children and adolescent psychiatry inpatients.</p> <p>In this study we will explore the treatment processes of child and adolescent psychiatry inpatients, and evaluate the short-term outcome of child and adolescent psychiatry inpatients. A number of secondary objectives will also be studied.</p>
9	What particular things are you hoping to come and learn at the HRRS?	<ol style="list-style-type: none"> Research design/planning in child an adolescent mental health in a low resource setting How to apply for grants/fund to conduct epidemiological or multicentric research? How to disseminate research? How to advocate for child and adolescent mental health?

10	Do you have any requests for the mentors?	Looking forward to meeting you all and to learn, absorb all I can from the expertise.
11	Any dietary requirements?	No beef
12	Any other comments?	No

Vandana Choudhary: *Vandana*

1	Your first name	Vandana
2	Your surname	Choudhary
3	What would you like us to call you?	Vandana
4	Your qualifications	B.A. (Psychology Hons.) M.Sc. (Clinical Psychology) M.Phil. (Clinical Psychology) PhD (Clinical Psychology) – In last stage, thesis under review.
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychologist
6	At what institute/clinic/hospital/university are you currently working?	All India Institute of Medical Sciences (AIIMS), New Delhi
7	In which country are you currently working?	India
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	Post-Traumatic Growth in Indian Children and Adolescents with History of Sexual Trauma: Qualitative Approach Towards Building Cultural Conceptualization Model Given the dramatic number of people experiencing various forms of trauma due to adverse life events internationally, the negative impact and its application on trauma recovery has long dominated the research in trauma psychology. Moving beyond restoring the negative consequences of trauma, recent researchers have chosen to focus on post-traumatic growth (PTG) as it explores the potentiality for positive outcomes associated with trauma. Unlike adult literature, the trajectory of PTG is less clear among children and adolescents because the biological, psychological, and developmental milestones inherent in childhood and adolescence are often disrupted by trauma that poses specific challenges that are unique to children and adolescents who have experienced traumatic events and/or abuse.

		Thus, this study will be aimed at exploring the cultural conceptualization of PTG in Indian children and adolescents with sexual trauma. A secondary aim of this study will be to formulate model of PTG factors which can serve the guidelines for construction of assessment tools and intervention modules for the same.
9	What particular things are you hoping to come and learn at the HRRS?	<ul style="list-style-type: none"> • Guidance on planning intervention development research which is culturally competent • Guidance on planning multi-centric large-scale studies • Scientific writing and presentation skills
10	Do you have any requests for the mentors?	
11	Any dietary requirements?	<ul style="list-style-type: none"> • No Red Meat (No Beef, No Mutton) • Less Spicy Food • Preference for Indian Tea
12	Any other comments?	No

Yoshifumi Fukuya: *Yoshi*

1	Your first name	Yoshifumi
2	Your surname	Fukuya
3	What would you like us to call you?	Yoshi
4	Your qualifications	MD
5	Your professional group (e.g. psychiatrist, psychologist etc)	Pediatrician Child and adolescent psychiatrist
6	At what institute/clinic/hospital/university are you currently working?	Department of Child and Adolescent Psychiatry, Tokyo Metropolitan Children's Medical Center Department of Global Health Promotion, Tokyo Medical and Dental University
7	In which country are you currently working?	Japan
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	I would like to work on a project or an academic piece about prevention or early detection of mental health problem among child and adolescents, if possible.
9	What particular things are you hoping to come and learn at the HRRS?	I would like to learn the recent trends and research of child and adolescent psychiatry, and how to collaborate with the professionals in other countries in terms of research. I also want to know how we should do to prevent and detect child and adolescent psychiatric problems.
10	Do you have any requests for the mentors?	None
11	Any dietary requirements?	I am allergic to shellfish
12	Any other comments?	I am looking forward to participating the workshop

Yu Hamamoto: *Mr. Hamamoto*

1	Your first name	Yu
2	Your surname	Hamamoto
3	What would you like us to call you?	Mr. Hamamoto
4	Your qualifications	MD, currently registered for PhD
5	Your professional group (e.g. psychiatrist, psychologist etc)	Child psychiatrist
6	At what institute/clinic/hospital/university are you currently working?	The University of Tokyo Graduate School of Medicine Department of Child Neuropsychiatry
7	In which country are you currently working?	Japan
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	Functional neuroimaging in children
9	What particular things are you hoping to come and learn at the HRRS?	The basis of research, such as research design, presentation, English skills
10	Do you have any requests for the mentors?	N/A
11	Any dietary requirements?	N/A
12	Any other comments?	N/A

Yuri Matsubara: *Yuri*

1	Your first name	Yuri
2	Your surname	Matsubara
3	What would you like us to call you?	Yuri
4	Your qualifications	MD, registered for PhD
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist
6	At what institute/clinic/hospital/university are you currently working?	I am working at Hirosaki University Hospital in Japan
7	In which country are you currently working?	Japan
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2019	I am participating in the research projects on neural mechanisms underlying autism spectrum disorder (ASD). My study theme in the projects is to elucidate the mechanism of atypical sensory processing in ASD using MRI. We use MRI Cloud to analyze structural MRI, suggested that reduced gray matter volume in right middle frontal gyrus involved in reorienting attention from exogenous stimulus represents the neural underpinnings of sensory processing in adult ASD.
9	What particular things are you hoping to come and learn at the HRRS?	I would like to deepen my understandings of MRI research and data analysis, and acquire the skills required for designing a research project.
10	Do you have any requests for the mentors?	Nothing particularly
11	Any dietary requirements?	I have kiwi allergy
12	Any other comments?	Nothing particularly

Programme

Sunday, 25 August 2019	
Morning/ Afternoon	Arrival in Singapore and Check-In at Village Residence Hougang (1 Hougang Street 91, Singapore 538692)
15:00 – 15:30	Transfer from Village Residence to Institute of Mental Health (IMH)
15:30 – 16:00	Afternoon Tea
16:00 – 18:30	Welcome Session Introduction and background to the HRRS Introduction of HRRS 2019 fellows and mentors
18:30 – 19:30	Welcome Dinner
19:30 – 19:45	Transfer from IMH to Village Residence

Venues

- **Village Residence Hougang**
1 Hougang Street 91, Singapore 538692
- **Institute of Mental Health (IMH)**
Buangkok Green Medical Park, 10 Buangkok View, Singapore 539747

Coordinators

- **Programme Coordinators:**
Prof Petrus J de Vries (South Africa)
Prof Per-Anders Rydelius (Sweden)
- **Local Coordinator:**
A/Prof Ong Say How (Singapore)

Monday, 26 August 2019	
7:45 – 8:00	Transfer from Village Residence to IMH
8:00 – 9:00	Breakfast
9:00 – 10:30	Translating clinical problems into research questions A/Prof Daniel Fung
10:30 – 11:00	Morning Coffee
11:00 – 12:30	East meets West – understanding and integrating eastern and western perspectives in clinical practice and research Prof Mike Hong and Prof Yi Zheng
12:30 – 13:30	Lunch
13:30 – 15:30	Small group work (discussion groups of Fellows' research plans with mentors)
15:30 – 16:00	Afternoon Tea
16:00 – 18:00	Group Activity
18:00 – 19:30	Feedback to other groups and discussion
19:30 – 20:30	Dinner
20:30 – 20:45	Transfer from IMH to Village Residence

Tuesday, 27 August 2019	
7:45 – 8:00	Transfer from Village Residence to IMH
8:00 – 9:00	Breakfast
9:00 – 10:30	The fundamentals of research methodology – Part I Prof Bruno Falissard
10:30 – 11:00	Morning Coffee
11:00 – 12:30	The fundamentals of research methodology – Part II Prof Bruno Falissard
12:30 – 13:30	Lunch
13:30 – 15:30	Small group work
15:30 – 15:45	Afternoon Tea
15:45 – 17:15	Feedback to other groups and discussion
17:15 – 18:00	Transfer to National University Hospital (NUH) for Public Lecture
18:00 – 20:00	Public Lecture: “What are you afraid of?” – Feared situations of children with Selective Mutism Prof Christina Schwenck
20:00 – 21:00	Dinner
21:00 – 21:45	Transfer from NUH to Village Residence

Wednesday, 28 August 2019	
7:45 – 8:00	Transfer from Village Residence to IMH
8:00 – 9:00	Breakfast
9:00 – 10:30	How to write a good paper A/Prof Jean Liu, Prof Christina Schwenck, Prof Petrus de Vries and Mentors
10:30 – 11:00	Morning Coffee
11:00 – 13:00	How to write a good paper A/Prof Jean Liu, Prof Christina Schwenck, Prof Petrus de Vries and Mentors
13:00 – 14:00	Lunch
14:00 – 15:30	How to write a good grant Prof Christina Schwenck
15:30 – 16:00	Afternoon tea
16:00 – 18:00	One-to-one mentoring sessions
18:00 – 18:30	Transfer from IMH for Group Activity
18:30 – 21:00	Group Activity and Dinner
21:00 – 21:30	Transfer to Village Residence

Thursday, 29 August 2019	
7:45 – 8:00	Transfer from Village Residence to IMH
8:00 – 9:00	Breakfast
9:00 – 10:30	How to do research that will have an impact on systems and policies A/Prof Mythily Subramaniam
10:30 – 11:00	Morning Coffee
11:00 – 12:30	How to do good research when you have little resources Prof Petrus de Vries
12:30 – 13:30	Lunch
13:30 – 14:00	Transfer from IMH for Group Excursion
14:00 – 17:30	Group Excursion
17:30 – 18:00	Transfer to Restaurant
18:00 – 20:00	Gala Dinner
20:00 – 20:30	Transfer from Restaurant to Village Residence

Friday, 30 August 2019	
7:45 – 8:00	Transfer from Village Residence to IMH
8:00 – 9:00	Breakfast
9:00 – 10:30	Improving the literacy of beginners: An intervention study in preschool and the first 3 years of elementary school Prof Per-Anders Rydelius
10:30 – 11:00	Morning Coffee
11:00 – 12:30	Final small group discussions
12:30 – 14:00	Lunch
14:00 – 15:30	General discussion, evaluation and conclusion
15:30 – 16:30	Afternoon Tea and Farewell
16:30 – 16:45	Transfer from IMH to Village Residence

Notes

A series of horizontal dotted lines for writing notes.



