

## **EDUCATION**

---

### **HARVARD UNIVERSITY**

#### **SCHOOL OF PUBLIC HEALTH, BOSTON, MA, USA**

**Master of Public Health (M.P.H.), Class of 2007** (September 2006 – June 2007)

- **Presidential Scholarship** (Harvard University), **Inlaks Scholarship** (Inlaks Foundation)
- **Thesis:** Determinants of Initiation of Breast Feeding in India: Secondary Data Analysis of the National Family Health Survey 1998-99 (NFHS-2) Data

### **UNIVERSITY OF DELHI**

#### **MAULANA AZAD MEDICAL COLLEGE, DELHI, INDIA**

**Doctor of Medicine (M.D.) in Community Medicine, 2004** (May 2001 – April 2004)

- **Thesis:** Study of food handlers working in food service establishments within the premises of Maulana Azad Medical College and associated hospitals (**Awarded Gold Medal for Best Thesis**)

### **UNIVERSITY OF DELHI**

#### **MAULANA AZAD MEDICAL COLLEGE, DELHI, INDIA**

**Bachelor of Medicine, Bachelor of Surgery (M.B.B.S.) 2000** (July 1995 – December 2000)

## **WORK EXPERIENCE**

---

### **NATIONAL UNIVERSITY OF SINGAPORE**

#### **DUKE-NUS MEDICAL SCHOOL, SINGAPORE**

**Jun 2008 to present**

##### *Program in Health Services and Systems Research (HSSR)*

- |  |                      |
|--|----------------------|
| • Research Fellow                      | Jun 2008 to Jun 2010 |
| • Senior Research Fellow               | Jul 2010 to Dec 2011 |
| • Assistant Professor (Research Track) | Jan 2012 to Jun 2015 |
| • Assistant Professor (Tenure Track)   | Jul 2015 to present  |

##### *Centre for Ageing Research and Education (CARE)*

- |                    |                     |
|--------------------|---------------------|
| • Head of Research | Aug 2015 to present |
| • Deputy Director  | Feb 2022 to present |

##### *SingHealth Duke-NUS Global Health Institute (SDGHI)*

- |   |                      |
|---|----------------------|
| • Affiliate   | Jan 2020 to Jan 2021 |
| • Coordinator, Global Health MPH Fellowship Programme | Jan 2020 to present  |
| • Faculty   | Feb 2021 to present  |

### **DUKE UNIVERSITY, DURHAM, NC, USA**

**Nov 2013 to Nov 2015**

#### *Duke Global Health Institute*

- Adjunct Assistant Professor

### **DUKE UNIVERSITY, DURHAM, NC, USA**

**Sep 2007 to Apr 2008**

#### *Department of Community and Family Medicine*

- Research Analyst (Chronic Disease Epidemiology Group)

### **MAULANA AZAD MEDICAL COLLEGE, DELHI, INDIA**

**Aug 2004 to Jul 2006**

#### *Department of Community Medicine*

- Senior Resident

### **ST. STEPHENS HOSPITAL, DELHI, INDIA**

**Jun 2004 to Aug 2004**

#### *Department of Community Health*

- Senior Resident

### **MAULANA AZAD MEDICAL COLLEGE, DELHI, INDIA**

**May 2001 to April 2004**

#### *Department of Community Medicine*

- Resident

## ***AWARDS / PRIZES / HONORS / SCHOLARSHIPS***

---

### ***Recipient: Rahul Malhotra***

1. **Gold Medal for Best Thesis**- Maulana Azad Medical College (2003)
2. **Best Poster by Young Male Scientist**- Indian Association of Preventive and Social Medicine (2004)
3. **Dr P C Sen Best Paper Award on Rural Health Practice**- Indian Public Health Association (2005)
4. **Inlaks Scholarship**- Inlaks Foundation, India. (2006-07)
5. **Presidential Scholarship**- Harvard School of Public Health, USA. (2006-07)
6. **Best Poster, Clinical Research (Senior)**- SingHealth Duke-NUS Congress (2014)
7. **Outstanding Research Award [Health Services Research]**- Singapore General Hospital 22<sup>nd</sup> Scientific Meeting (2017)
8. **Long Service Award (LSA; 10 years)** – Duke-NUS Medical School / National University of Singapore (2018)
9. **Best Poster Presentation Award**- 2019 REVES Meeting, Barcelona, Spain (2019)

### ***Recipient: Co-author***

10. **First Prize, Poster Presentation Competition**- 8<sup>th</sup> South East Asia Regional Scientific Meeting of the International Epidemiological Association (2004)
11. **Best Oral Paper, Health Services & Systems Research**- SingHealth Duke-NUS Congress (2010)
12. **Special Prize for Student Authors and Best Poster, Health Services & Systems Research**- SingHealth Duke-NUS Congress (2010)
13. **2<sup>nd</sup> Prize (Poster), Fertility & Reproductive Medicine stream**- 9<sup>th</sup> RCOG Int. Scientific Meeting (2011)
14. **Best Oral Paper, Health Services & Systems Research**- SingHealth Duke-NUS Congress (2012)
15. **Best Poster, Health Services & Systems Research**- SingHealth Duke-NUS Congress (2012)
16. **Best Poster, Clinical Research**- SingHealth Duke-NUS Congress (2012)
17. **Best Poster, Clinical Research (Junior)**- SingHealth Duke-NUS Congress (2014)
18. **Best Poster, Health Services & Systems Research**- SingHealth Duke-NUS Congress (2014)
19. **Young Investigator's Award 1st Prize (Clinical Research)**- Singapore General Hospital 21<sup>st</sup> Scientific Meeting (2015)
20. **Runner-up for RCPsych Student Researcher of the Year**- Royal College of Psychiatrists International Congress (2018)
21. **Third Best Presentation Prize**- Inaugural Korea University International Medical Students Research Conference (2018)
22. **Best Poster Presentation Award**- Duke-NUS Research Day (2018)
23. **Outstanding Poster Presentation Award** – 29<sup>th</sup> Singapore Pharmacy Congress (2019)

## ***RESEARCH INTERESTS / GRANTS / PUBLICATIONS***

---

### ***RESEARCH INTERESTS:***

- **Ageing, at the individual and the population level.**
  - My past, current and planned research in ageing focuses on the development of evidence that enables understanding, measurement and alleviation of vulnerability (i.e., the increased risk of adverse outcomes) resulting from physical, psychological, social and health-service factors among older adults and their caregivers.
  - Specific research foci are (1) correlates and outcomes of physical and psychosocial health; (2) caregiving; (3) health communication and health literacy; (4) development and/or validation of scales for measuring physical, psychological or social constructs; and (5) health expectancy.
- **Chronic diseases and their risk factors.**
- **Maternal and child health.**
- **Health promotion interventions.**

### ***ONGOING RESEARCH GRANTS/CONTRACTS***

- **PRINCIPAL INVESTIGATOR**

**The Qualitative Insights into Caregiving Transitions study (The Quali-T study): A longitudinal qualitative study informing a pilot intervention for enhancing positive aspects of caregiving**

*Funding:* Temasek Foundation, Singapore

*Amount:* S\$ 350,000 (no indirect costs)

*Duration:* 8 September 2021 to 31 March 2024

*Grant number:* TFI2021-DUKE-NUSTSAO-01 (NUS ID: 2021-0977)

**Caregiving Transitions among Family Caregivers of Elderly Singaporeans (TraCE)**

*Funding:* National Medical Research Council, Singapore; Health Services Research - Competitive Research Grant

*Amount:* S\$ 999,033.53 (+20% indirect costs)

*Duration:* 27 August 2018 to 28 February 2023

*Grant number:* NMRC/HSRG/0095/2018

- **CO-PRINCIPAL INVESTIGATOR**

**Future Health Technologies (FHT) Module on “Early detection of health risks: Prevention of falls and fractures”**

*Module Leads:* David Matchar (Duke-NUS) and Angelique Chan (Duke-NUS)

*Funding:* National Research Foundation, Prime Minister’s Office, Singapore under its Campus for Research Excellence and Technological Enterprise (CREATE) programme, and ETH Zurich

*Amount:* S\$ 1,719,760 (no indirect costs)

*Duration:* 1 March 2020 to 28 February 2025

- **CO-INVESTIGATOR**

**Beyond Association, Seeking the Causal Relationship of Oral Frailty and Frailty among Elderly Singaporeans: A Population-based Study**

*PI:* Chan Pei Yuan (National Dental Centre Singapore)

*Funding:* National Medical Research Council, Singapore; Health Services Research - New Investigator Grant (HNIG)

*Amount:* S\$ 100,000 (+20% indirect costs)

*Duration:* 31 January 2022 to 30 January 2024

*Grant number:* HNIG20nov-0004

**Family Caregiving in Culturally & Linguistically Diverse Communities in Australia: An Exploration of Opportunities & Challenges**

*PI:* Rafat Hussain (Australian National University)

*Funding:* Australian National University School of Medicine and Psychology - Research Support Program 2022

*Amount:* AU\$ 40,878.40

*Duration:* 1 January 2022 to 31 December 2022

**An Evaluation of a Community Functional Screening Programme for Older Singaporeans**

*PI:* Angelique Chan (Duke-NUS)

*Funding:* Ministry of Health, Singapore

*Amount:* S\$171,682 (no indirect costs)

*Duration:* 1 March 2021 to 30 September 2022

*Grant number:* NUS ID: 2021-0383

**Assessing the impact of enhanced primary care services for people with chronic conditions in Singapore**

*PI:* David Bruce Matchar (Duke- NUS)

*Funding:* National Medical Research Council, Singapore; Health Services Research - Competitive Research Grant

*Amount:* S\$ 2,438,401 (+20% indirect costs)

*Duration:* 15 May 2018 to 30 November 2022

**Rahul Malhotra M.B.B.S. , M.D., M.P.H**

Grant number: NMRC/HSRG/0086/2018

**Panel Study Investigating Status of Cognitively Impaired Elderly in Singapore (PIECES)**

PI: Chetna Malhotra (Duke- NUS)

Funding: National Medical Research Council, Singapore; Health Services Research - Competitive Research Grant

Amount: S\$ 999,400 (+20% indirect costs)

Duration: 12 October 2017 to 30 April 2022

Grant number: NMRC/HSRG/0081/2017

- **MENTOR**

**Screening for Frailty in Hospitalized Older Adults: Comparative analysis of the Validity, Reliability and Feasibility of three screening tools**

PI: Lim Siew Hoon (Nursing, Singapore General Hospital)

Funding: Academic Medicine (AM) Research Grant 2018

Amount: S\$ 50,000

Duration: 1 April 2019 to 30 September 2021

Grant number: AM/HSR004/2018 (SRDUKAMR18R4)

**The impact of bilingual prescription medication labels on medication adherence and medication management self-efficacy among elderly Singaporeans**

PI: Khee Giat Yeng (Pharmacy, Singapore General Hospital)

Funding: SingHealth RHS (PULSES) Centre Grant – Seed Grant

Amount: S\$ 47,000

Duration: 1 April 2020 to 31 March 2022

Grant number: CGDec19S02

**COMPLETED GRANTS/CONTRACTS**

- **PRINCIPAL INVESTIGATOR**

**Prescription Medication Label Improvement for Singaporean Elderly (PROMISE)**

Funding: Ministry of Health, Singapore sub-award through Centre for Ageing Research and Education (CARE), Duke-NUS Medical School, Singapore

Amount: S\$ 814,816.69 [S\$ 707,805 + \$ 107,011.69] (no indirect costs)

Duration: 1 July 2017 to 30 November 2021

**Generativity: Appreciation and Measurement among Elderly Singaporeans (GAMES)**

Funding: Ministry of Social and Family Development, Singapore; Social & Family Research Fund (SFRF) Grant

Amount: S\$ 83,940 (+20% indirect costs)

Duration: 1 September 2016 to 31 July 2019

Grant number: SFRF 2015-2

**Singapore Assessment for Frailty in Elderly- Building upon the Panel on Health and Aging of Singaporean Elderly (SAFE-PHASE)**

Funding: National Medical Research Council, Singapore; Clinician Scientist - Individual Research Grant - New Investigator Grant (CNIG) Award

Amount: S\$ 200,000 (+20% indirect costs)

Duration: 4 February 2015 to 30 June 2018

Grant number: NMRC/CNIG/1124/2014

**Grip Strength among Older Singaporeans: Reference Values, Instrument Agreement and Predicting Health Outcomes (GRIP)**

Funding: Khoo Student Research Award

Amount: S\$ 9,950.10 (no indirect costs)

Duration: 1 August 2013 to 31 March 2015

Rahul Malhotra M.B.B.S., M.D., M.P.H

- **CO-PRINCIPAL INVESTIGATOR**

**Transitions in Health, Employment, Social engagement and Inter-Generational transfers in Singapore Study (THE SIGNS Study)**

*PI:* Angelique Chan (Duke-NUS)

*Funding:* Ministry of Health, Singapore

*Amount:* S\$ 1,075,000 (no indirect costs)

*Duration:* 22 April 2015 to 30 June 2020

*Grant number:* MOH-NUS RL2015-053

- **CO-INVESTIGATOR**

**COVID-19 Virtual Disease health System Outbreak model for Singapore (CoViD-SOS)**

*PI:* Marcus Ong (Duke- NUS)

*Funding:* National Medical Research Council, Singapore; COVID-19 Research Fund Second Grant Call

*Amount:* S\$ 696,330 (+20% indirect costs)

*Duration:* 1 May 2020 to 31 October 2021

*Grant number:* MOH-COVID19RF2-0003

**Zika Virus in Pregnancy in Singapore - A Multi-Centre Prospective National Longitudinal Study**

*PI:* Tan Thiam Chye (KK Hospital)

*Funding:* National Medical Research Council, Singapore; Zika Response Research (ZRRF)

*Amount:* S\$ 999,640 (+20% indirect costs)

*Duration:* 1 March 2017 to 30 September 2018

*Grant number:* ZRRF16037

**Costs and medical care of patients with advanced serious illness in Singapore (COMPASS) study**

*PI:* Eric A Finkelstein (Duke- NUS)

*Funding:* Singapore Millennium Foundation, Singapore

*Amount:* S\$ 749,922

*Duration:* December 2015 to 23 June 2019

*Grant number:* 2015-SMF-0003

**Qualitative study of domains important to quality of life of patients with Spondyloarthritis in a multi-ethnic Asian population**

*PI:* Kwan Yu Heng (Duke-NUS)

*Funding:* Asia Pacific League of Associations for Rheumatology

*Amount:* US\$ 12,000

*Duration:* 1<sup>st</sup> July 2016 to 30<sup>th</sup> June 2017

*Grant number:* 2016-APLAR-001

**Randomized Controlled Trial of an Incentive-based Physical Activity Program targeting both Children and Adults (FIT-FAM)**

*PI:* Eric A Finkelstein (Duke- NUS)

*Funding:* National Medical Research Council, Singapore; Health Services Research - Competitive Research Grant

*Amount:* S\$ 540,457.03 (+20% indirect costs)

*Duration:* 25<sup>th</sup> February 2015 to 31<sup>st</sup> August 2018

*Grant number:* NMRC/HSRG/0048/2015

**Progesterone and progesterone-induced blocking factor as predictors of adverse pregnancy outcomes among women with threatened miscarriage**

*PI:* Tan Thiam Chye (KK Hospital)

*Funding:* SingHealth Foundation

**Rahul Malhotra M.B.B.S., M.D., M.P.H**

*Amount:* S\$ 149,804  
*Duration:* 1<sup>st</sup> April 2013 to 31<sup>st</sup> March 2016  
*Grant number:* SHF/FG481P/2012

### **Evaluation of Lose to Win 3**

*PI:* Truls Østbye (Duke- NUS)  
*Funding:* Health Promotion Board, Singapore  
*Amount:* S\$ 15,408  
*Duration:* 1<sup>st</sup> August 2012 to 31<sup>st</sup> December 2013  
*Grant number:* RL2012-074 (RCA: NUS-HPB)

### **Analysis of the Lose to Win and Study Evaluation of Lose to Win 2**

*PI:* Truls Østbye (Duke- NUS)  
*Funding:* Health Promotion Board, Singapore  
*Amount:* S\$ 22,470  
*Duration:* 1<sup>st</sup> April 2010 to 31<sup>st</sup> March 2012  
*Grant number:* RL2010-042 (RCA: NUS-HPB)

### **Survey on Informal Caregiving**

*PI:* Angelique Chan (Duke-NUS)  
*Funding:* Ministry of Social and Family Development (erstwhile Ministry of Community Development, Youth and Sports), Singapore  
*Amount:* S\$ 69,250  
*Duration:* May 2009 to March 2013

- **COLLABORATOR**

#### **Resiliency in caregiving: older spouses' experience in Singapore**

*PI:* Fazila Aloweni (Nursing, Singapore General Hospital)  
*Funding:* Mistui Sumitomo Insurance Welfare Foundation Grant  
*Amount:* S\$ 5,635  
*Duration:* January 2016 to January 2017

#### **Do Depression and Microalbuminuria Predict 2-Year Recurring Coronary Heart Disease in Patients after Acute Coronary Syndrome Independent of Conventional Risk Factors?**

*PI:* Tan Ru San (National Heart Centre)  
*Funding:* SingHealth Foundation  
*Amount:* S\$ 200,000  
*Duration:* March 2010 to March 2013  
*Grant number:* SHF/FG409P/2009

#### **Pregnancy weight gain patterns in Singaporean women**

*PI:* Tan Thiam Chye (KK Hospital)  
*Funding:* KK Research Committee  
*Amount:* S\$ 13,100  
*Duration:* 2009 to 2010  
*Grant number:* RAU/2009/167

#### **Social Isolation, Health and Lifestyles Survey 2009**

*PI:* Angelique Chan (Duke-NUS)  
*Funding:* Ministry of Social and Family Development (erstwhile Ministry of Community Development, Youth and Sports), Singapore  
*Amount:* S\$ 69,250  
*Duration:* Jan 2009 to Dec 2011

### **PEER-REVIEWED PAPERS (Published in print or online, or Accepted)**

**Google Scholar link:** <https://scholar.google.com.sg/citations?user=tFXSkaYAAAAJ>

1. **Malhotra R**, Taneja DK, Dhingra VK, Rajpal S, Mehra M. Awareness regarding tuberculosis in a rural population of Delhi. *Indian Journal of Community Medicine*. 2002; 27 (2): 62-68.
2. Dhingra VK, Rajpal S, Taneja DK, Kalra D, **Malhotra R**. Health care seeking pattern of tuberculosis patients attending an urban TB clinic in Delhi. *Journal of Communicable Diseases*. 2002; 34 (3): 185–192.
3. Lal P, **Malhotra R**, Dutta S, Purty AJ, Rotti SB. Epidemiological profile of scorpion sting cases admitted in JIPMER hospital. *Indian Practitioner*. 2003; 56 (5): 309-311.
4. Kishore J, Pagare D, **Malhotra R**, Singh MM. Qualitative study of wild polio cases in high risk districts of Uttar Pradesh, India. *National Medical Journal of India*. 2003; 16(3): 131-134.
5. Lal P, **Malhotra R**, Gautam V, Mehra M. Assessment of functioning of pulse polio kendras and house-to-house activity in Delhi: Is there any scope for improvement? *Journal of Communicable Diseases*. 2003; 35 (4): 266–72.
6. Lal P, Ray TK, Gautam VK, **Malhotra R**, Mehra M. Influence of socio demographic and maternal factors on birth weight in a village of Delhi. *Indian Practitioner*. 2004; 57(10): 645-647.
7. **Malhotra R**, Uppal Y, Misra A, Taneja DK, Gupta VK, Ingle GK. Increasing access to cataract surgery in a rural area – a support strategy. *Indian Journal of Public Health*. 2005; 49(2): 63-67.
8. Malhotra C, Singh MM, Garg S, **Malhotra R**, Dhaon BK, Mehra M. Pattern and Severity Of Injuries In Victims Of Road Traffic Crashes Attending A Tertiary Care Hospital Of Delhi. *Anil Aggrawal's Internet Journal of Forensic Medicine and Toxicology*. 2005; Vol. 6, No. 2 (July - December 2005). [http://www.anilaggrawal.com/ij/vol\\_006\\_no\\_002/papers/paper006.html](http://www.anilaggrawal.com/ij/vol_006_no_002/papers/paper006.html).
9. **Malhotra R**, Lal P, Prakash SK, Daga MK, Kishore J. Study of hand hygiene and enteroparasite infestation among food handlers working in a medical college of North India. *Indian Journal of Pathology and Microbiology*. 2006; 49(2): 296-301.
10. Lal P, **Malhotra R**, Ahuja C, Ingle GK. Internet use among medical students and residents of a medical college of North India. *Indian Journal of Community Medicine*. 2006; 31 (4):293-4.
11. Lal P, Singh MM, **Malhotra R**, Ingle GK. Perception of risk and potential occupational exposure to HIV/AIDS among medical interns in Delhi. *Journal of Communicable Diseases*. 2006; 38(4): 345-350.
12. Uppal Y, Garg S, Gupta VK, Mishra B, Rahi M, **Malhotra R**. Healthcare seeking behaviour for reproductive morbidity among men residing in an urban slum of Delhi. *Health and Population Perspectives and Issues*. 2006; 29(3): 161-166.
13. Sharma N, **Malhotra R**, Taneja DK, Saha R, Ingle GK. Comparative reach of various media used for Information, Education and Communication (IEC) in Revised National Tuberculosis Control Programme (RNTCP) in Delhi: Policy implications. *Health and Population Perspectives and Issues*. 2006; 29(4): 198-211.
14. Malhotra C, **Malhotra R**, Singh MM, Garg S, Ingle GK. A study of tobacco use among street children of Delhi. *Indian Journal of Community Medicine*. 2007; 32 (1):58-59.
15. Uppal Y, Garg S, Mishra B, Gupta VK, **Malhotra R**, Singh MM. Prevalence of reproductive morbidity amongst males in an urban slum of north India. *Indian Journal of Community Medicine*. 2007; 32 (1): 54-57.
16. **Malhotra R**, Lal P, Prakash SK, Daga MK, Kishore J. Profile of food handlers working in food service establishments located within the premises of a medical college in Delhi, India. *Public Health*. 2007;121(6): 455-61.
17. Lal P, Malhotra C, Nath A, **Malhotra R**, Ingle GK. Career aspirations and apprehensions regarding medical education among first year medical students in Delhi. *Indian Journal of Community Medicine*. 2007; 32 (3): 217-218.
18. Rajpal S, Mittal A, Dhingra VK, **Malhotra R**, Gupta R, Malhotra C, Taneja DK. Knowledge, attitude and practices regarding tuberculosis and DOTS among interns in Delhi, India. *Journal of College of Physicians and Surgeons Pakistan*. 2007; 17(8): 457-61.
19. Lal P, **Malhotra R**, Khurana S, Malhotra C. Prenatal sex determination: Knowledge, beliefs and practices among pregnant women of a rural area of Delhi. *Indian Practitioner*. 2007; 60(10): 626-629.
20. Sharma N, **Malhotra R**, Taneja DK, Saha R, Ingle GK. Awareness and perception about tuberculosis in the general population of Delhi. *Asia Pacific Journal of Public Health*. 2007;19(2):10-15.



21. **Malhotra R**, Malhotra C, Sharma N. Should there be mandatory testing for HIV prior to marriage in India: A viewpoint. *Indian Journal of Medical Ethics*. 2008; 5(2): 70-74.
22. **Malhotra R**, Noheria A, Amir O, Ackerson LK, Subramanian SV. Determinants of termination of breastfeeding within the first two years of life in India: Evidence from the National Family Health Survey-2 (NFHS-2). *Maternal and Child Nutrition*. 2008; 4(3): 181-193.
23. **Malhotra R**, Lal P, Prakash SK, Daga MK, Kishore J. Evaluation of a health education intervention on knowledge, and attitudes of food handlers working in a medical college in Delhi, India. *Asia Pacific Journal of Public Health*. 2008; 20(4): 277-286.
24. **Malhotra R**, Hoyo C, Østbye T, Hughes G, Schwartz D, Tsolekile L, Zulu J, Puoane T. Determinants of Obesity in an urban township of South Africa. *South African Journal of Clinical Nutrition*. 2008; 21(4): 315-320.
25. Chauhan H, Lal P, Kumar V, **Malhotra R**, Ingle GK. Awareness status about HIV/ AIDS among Indian railway's employees and their family members. *Journal of Communicable Diseases*. 2008 Dec; 40(4):295-9.
26. Malhotra S, Uppal Y, Taneja DK, Khurana C, **Malhotra R**. Utilizing paramedical worker for screening visual status of adults in a village of Delhi. *Indian Journal of Public Health*. 2009; 53(4): 223-225.
27. Østbye T, **Malhotra R**, Chan A. Thirteen dimensions of health in elderly Sri Lankans: Results from a National Sri Lanka Aging Survey. *Journal of the American Geriatrics Society*. 2009; 57(8): 1376-1387.
28. **Malhotra R**, Chan A, Østbye T. Prevalence and correlates of clinically significant depressive symptoms among elderly people in Sri Lanka: findings from a national survey. *International Psychogeriatrics*. 2010; 22(2): 227-236.
29. Østbye T, **Malhotra R**, Wong H-B, Tan S-B, Saw S-M. The effect of body mass on health-related quality of life among Singaporean adolescents: results from the SCORM study. *Quality of Life Research*. 2010; 19(2): 167-176.
30. Østbye T, Chan A, **Malhotra R**, Kothalawala J. Adult children caring for their elderly parents: Results from a national survey of ageing in Sri Lanka. *Asian Population Studies*. 2010; 6(1): 83-97.
31. Joshi VD, Lim JFY, **Malhotra R**, Østbye T, Wong M. Validity and reliability of the Expectations Regarding Aging (ERA-12) instrument among middle-aged Singaporeans. *Annals, Academy of Medicine, Singapore*. 2010; 39(5): 394-398.
32. Ng CL, Goh SY, **Malhotra R**, Østbye T, Tai ES. Minimal difference between aerobic and progressive resistance exercise on metabolic profile and fitness in older adults with diabetes mellitus: a randomised trial. *Journal of Physiotherapy*. 2010; 56(3):163-170.
33. **Malhotra R**, Chan A, Malhotra C, Østbye T. Prevalence, awareness, treatment and control of hypertension in the elderly population of Singapore. *Hypertension Research*. 2010; 33 (12): 1223-1231.
34. Østbye T, **Malhotra R**, Landerman LR. Body mass trajectories through adulthood: results from the National Longitudinal Survey of Youth 1979 cohort (1981-2006). *International Journal of Epidemiology*. 2011; 40(1): 240-250.
35. Chan A, Malhotra C, **Malhotra R**, Østbye T. Living arrangements, social networks and depressive symptoms among older men and women in Singapore. *International Journal of Geriatric Psychiatry*. 2011; 26(6):630-639.
36. Gupta M, Ingle GK, **Malhotra R**, Malhotra C, Lal P. Use of digital images in the undergraduate Community Medicine examination. *South-East Asian Journal of Medical Education*. 2011; 5(1): 44-46.
37. Chan A, Malhotra C, Do YK, **Malhotra R**, Østbye T. Self reported pain severity among multiethnic older Singaporeans: Does adjusting for reporting heterogeneity matter? *European Journal of Pain*. 2011; 15(10): 1094-1099.
38. Malhotra C, Chan A, **Malhotra R**, Østbye T. Fifteen dimensions of health among community-dwelling older Singaporeans. *Current Gerontology and Geriatrics Research*. Vol. 2011, Article ID 128581, 9 pages, 2011. doi:10.1155/2011/128581
39. Tan SB, Koh GCH, Ding YW, **Malhotra R**, Ha TC, Pietrobon R, Kusumaratna R, Tie RN, Cunha G, Martins H, Seim A, Altermatt F, Biderman A, Puoane T, Carvalho E, Østbye T. Inclination towards a research career among first year medical students: an international study. *South-East Asian Journal of Medical Education*. 2011; 5(2): 49-59.



40. Malhotra C, Chan A, **Malhotra R**, Østbye T. Prevalence, correlates and perceived causes of limitations in activities of daily living among older Singaporeans. *Aging Clinical and Experimental Research*. 2012; 24(1): 56-61.
41. Malhotra C, **Malhotra R**, Østbye T, Matchar D, Chan A. Depressive symptoms among informal caregivers of older adults: Insights from the Singapore Survey on Informal Caregiving. *International Psychogeriatrics*. 2012; 24(8): 1335-46.
42. **Malhotra R**, Chan A, Malhotra C, Østbye T. Validity and reliability of the Caregiver Reaction Assessment scale among primary informal caregivers for older persons in Singapore. *Aging & Mental Health*. 2012; 16(8): 1004-15.
43. Malhotra C, Chan A, Do YK, **Malhotra R**, Goh CR. Good end-of-life care: perspectives of middle aged and older Singaporeans. *Journal of Pain and Symptom Management*. 2012; 44 (2): 252-63.
44. Østbye T, **Malhotra R**, Chan A. Variation in and correlates of body mass status of older Singaporean men and women: Results from a national survey. *Asia Pacific Journal of Public Health*. 2013; 25(1):48-62.
45. **Malhotra R**, Malhotra C, Chan A, Østbye T. Life-course socioeconomic status and obesity among older Singaporean Chinese men and women. *Journals of Gerontology Series B: Psychological Sciences Social Sciences*. 2013; 68(1): 117-127.
46. Ansah JP, Matchar DB, Love SR, **Malhotra R**, Do YK, Chan A, Eberlein R. Simulating the impact of long-term care policy on family eldercare hours. *Health Services Research*. 2013; 48(2 Pt 2):773-91.
47. Koh H, Ee TX, **Malhotra R**, Allen JC, Tan TC, Østbye T. Predictors and adverse outcomes of inadequate or excessive gestational weight gain in an Asian population. *Journal of Obstetrics and Gynecology Research*. 2013; 39(5):904-913.
48. Finkelstein EA, Tan YT, **Malhotra R**, Lee CF, Goh SS, Saw SM. A cluster randomized controlled trial of an incentive-based outdoor physical activity program. *Journal of Pediatrics*. 2013; 163(1):167-172.
49. Wu LC, Lie D, **Malhotra R**, Allen JC, Tay JSL, Tan TC, Østbye T. What factors influence midwives' decision to perform or avoid episiotomies? A focus group study. *Midwifery*. 2013; 29(8):943-949.
50. Østbye T, **Malhotra R**, Malhotra C, Arambepola C, Chan A. Does support from foreign domestic workers decrease the negative impact of informal caregiving? Results from Singapore Survey on Informal Caregiving. *Journals of Gerontology Series B: Psychological Sciences Social Sciences*. 2013; 68(4):609-621.
51. Finkelstein EA, Østbye T, **Malhotra R**. Body mass trajectories through midlife among adults with class I obesity. *Surgery for Obesity and Related Diseases*. 2013; 9(4):547-553.e1.
52. Kouk LJ, Neo GH, **Malhotra R**, Allen JC, Beh ST, Tan TC, Østbye T. A prospective study of risk factors for first trimester miscarriage in Asian women with threatened miscarriage. *Singapore Medical Journal*. 2013; 54(8): 425-431.
53. Chan A, Malhotra C, **Malhotra R**, Rush J, Østbye T. Health impacts of caregiving for older adults with functional limitations: Results from the Singapore Survey on Informal Caregiving. *Journal of Aging and Health*. 2013; 25(6): 998-1012.
54. **Malhotra R**, Østbye T, Riley CM, Finkelstein EA. Young adult weight trajectories through midlife by body mass category. *Obesity (Silver Spring)*. 2013; 21(9): 1923-1934.
55. Østbye T, **Malhotra R**, Stroo M, Lovelady C, Brouwer R, Zucker N, Fuemmeler B. The effect of the home environment on physical activity and dietary intake in preschool children. *International Journal of Obesity*. 2013; 37 (10): 1314-1321.
56. **Malhotra R**, Arambepola C, Tarun S, de Silva V, Kishore J, Østbye T. Health issues of female foreign domestic workers: a systematic review of the scientific and grey literature. *International Journal of Occupational and Environmental Health*. 2013; 19 (4): 261-277.
57. Wu LC, **Malhotra R**, Allen JC, Lie D, Tan TC, Østbye T. Risk factors and midwife-reported reasons for episiotomy in women undergoing normal vaginal delivery. *Archives of Gynecology and Obstetrics*. 2013; 288 (6): 1249-1256.
58. **Malhotra R**, Chei CL, Østbye T, Chan A, Matchar DB. Older person behavioral and psychological symptoms and functional limitations mediate the association between older person cognitive impairment and depressive symptoms in the caregiver. *Archives of Gerontology and Geriatrics*. 2014; 58 (2): 269-277.

59. Thompson JP, **Malhotra R**, Love SR, Østbye T, Chan A, Matchar DB. Projecting the number of older Singaporeans with activity of daily living limitations requiring human assistance through 2030. *Annals, Academy of Medicine, Singapore*. 2014; 43 (1): 51-56.
60. Ee TX, Allen JC, **Malhotra R**, Koh H, Østbye T, Tan TC. Determining optimal gestational weight gain in a multiethnic Asian population. *Journal of Obstetrics and Gynecology Research*. 2014; 40 (4): 1002-1008.
61. Ansah JP, Eberlein RL, Love SR, Bautista MA, Thompson JP, **Malhotra R**, Matchar DB. Implications of long-term care capacity adjustment scenarios for an aging population: a simulation analysis. *Health Policy*. 2014; 116 (1): 105-113.
62. Finkelstein EA, Graham WC, **Malhotra R**. Lifetime Direct Medical Costs of Childhood Obesity. *Pediatrics*. 2014; 133 (5): 854-862.
63. Whitson H, **Malhotra R**, Chan A, Matchar D, Østbye T. Comorbid visual and cognitive impairment: Relationship with disability status and self-rated health among older Singaporeans. *Asia Pacific Journal of Public Health*. 2014; 26 (3): 310-319.
64. Malhotra C, **Malhotra R**, Østbye T, Subramanian SV. Maternal autonomy and child health care utilization in India. *Asia Pacific Journal of Public Health*. 2014; 26 (4): 401-413.
65. Lee C, Stroo M, Fuemmeler BF, **Malhotra R**, Østbye T. Trajectories of depressive symptoms over 2 years postpartum among overweight or obese women. *Womens Health Issues*. 2014; 24 (5): 559-566.
66. Tan SQ, **Malhotra R**, Allen JC, Tan TC. A pilot study of 2-octyl Cyanoacrylate (Dermabond™) versus conventional suture skin closures for caesarean sections. *Proceedings of Singapore Healthcare*. 2014; 23 (4):312-315.
67. Do YK, Lakhani N, **Malhotra R**, Halstater B, Theng C, Østbye T. Association between psoriasis and leisure-time physical activity: Findings from the National Health and Nutrition Examination Survey. *Journal of Dermatology*. 2015; 42(2): 148-153.
68. Goh G, Tan NC, **Malhotra R**, Padmanabhan U, Barbier S, Allen JC, Østbye T. Short-term trajectories of use of a caloric-monitoring mobile-phone application among patients with type 2 diabetes mellitus in a primary care setting. *Journal of Medical Internet Research*. 2015;17(2):e33 DOI: 10.2196/jmir.3938
69. **Malhotra R**, Haaland BA, Chei CL, Chan A, Malhotra C, Matchar DB. Presence of and correction for interviewer error on an instrument assessing cognitive function. *Geriatrics & Gerontology International*. 2015; 15(3): 372-380.
70. Vasquez K, **Malhotra R**, Østbye T, Gan WL, Chan MF, Amin H, Khoo G, Choo L, Chew L, Thilagaratnam S. Extent and Correlates of Change in Anthropometric and Fitness Outcomes Among Participants in a Corporate Team–Based Weight Loss Challenge in Singapore: Lose to Win 2009. *Asia Pacific Journal of Public Health*. 2015; 27(2): NP425-NP436.
71. Ng CL, **Malhotra R**, Lai D, Tai ES, Østbye T. Perceived Barriers and Ideas for Weight Control Interventions in Malay Homemakers: Results from Focus Groups. *Asia Pacific Journal of Public Health*. 2015; 27(2): NP552-NP561.
72. Chan A, Raman P, Ma S, **Malhotra R**. Loneliness and all-cause mortality in community-dwelling elderly Singaporeans. *Demographic Research*. 2015; 32: 1361-1382.
73. Ansah JP, **Malhotra R**, Lew N, Chiu CT, Chan A, Bayer S, Matchar DB. Projection of young-old and old-old with functional disability: Does accounting for the changing educational composition of the elderly population make a difference? *PLoS ONE*. 2015; 10(5):e0126471. doi:10.1371/journal.pone.0126471.
74. Noda M, **Malhotra R**, de Silva V, Sapukotana P, de Silva A, Kirkorowicz J, Allen JC, Østbye T. Occupational risk factors for low back pain among drivers of three-wheelers in Sri Lanka. *International Journal of Occupational and Environmental Health*. 2015; 21(3): 216-224.
75. Ku CW, Allen JC, **Malhotra R**, Chong HC, Tan NS, Østbye T, Lek SM, Lie D, Tan TC. How can we better predict the risk of spontaneous miscarriage among women experiencing threatened miscarriage? *Gynecological Endocrinology*. 2015; 31(8): 647-651.
76. **Malhotra R**, Chei CL, Menon E, Chow WL, Quah S, Chan A, Matchar DB. Short-term trajectories of depressive symptoms in stroke survivors and their family caregivers. *Journal of Stroke & Cerebrovascular Diseases*. 2016; 25(1): 172-181.

77. Ang S, **Malhotra R**. Association of received social support with depressive symptoms among older males and females in Singapore: Is personal mastery an inconsistent mediator? *Social Science & Medicine*. 2016; 153: 165-173.
78. Ansah JP, Matchar DB, **Malhotra R**, Love SR, Liu C, Do Y. Projecting the effects of long-term care policy on the labor market participation of primary informal family caregivers of elderly with disability: Insights from a dynamic simulation model. *BMC Geriatrics*. 2016; 16(1): 69.
79. NCD Risk Factor Collaboration (NCD-RisC) (**Malhotra R**: Equal contributor co-author in the 'Country and Regional Data' group of NCD-RisC). Trends in adult body-mass index in 200 countries from 1975 to 2014: a pooled analysis of 1698 population-based measurement studies with 19.2 million participants. *The Lancet*. 2016; 387(100026): 1377-1396.
80. Chan A, **Malhotra R**, Matchar DB, Ma S, Saito Y. Gender, educational and ethnic differences in active life expectancy among older Singaporeans. *Geriatrics & Gerontology International*. 2016; 16(4): 466-473.
81. He S, Allen JC, **Malhotra R**, Østbye T, Tan TC. Association of maternal serum progesterone in early pregnancy with low birth weight and other adverse pregnancy outcomes. *Journal of Maternal-Fetal & Neonatal Medicine*. 2016; 29(12): 1999-2004.
82. NCD Risk Factor Collaboration (NCD-RisC) (**Malhotra R**: Equal contributor co-author in the 'Country and Regional Data' group of NCD-RisC). A century of trends in adult human height. *eLife*. 2016; 5: e13410.
83. **Malhotra R**, Ang S, Allen JC, Tan NC, Østbye T, Saito Y, Chan A. Normative values of hand grip strength for elderly Singaporeans aged 60 to 89 years: A cross-sectional study. *Journal of the American Medical Directors Association*. 2016; 17(9): 864.e1-864.e7.
84. **Malhotra R**, Chan A, Shweta Ajay, Ma S, Saito Y. Variation in the gender gap in inactive and active life expectancy by the definition of inactivity among older adults. *Journal of Aging and Health*. 2016; 28(7): 1279-1298.
85. Goh JY, He S, Allen JC, **Malhotra R**, Tan TC. Maternal obesity is associated with a low serum progesterone level in early pregnancy. *Hormone Molecular Biology and Clinical Investigation*. Published online 09 January 2016, doi: 10.1515/hmbci-2015-0030
86. Kwan YH, Fong WW, Lui NL, Yong ST, Cheung YB, **Malhotra R**, Østbye T, Thumboo J. Validity and reliability of the Short Form 36 Health Surveys (SF-36) among patients with Spondyloarthritis in Singapore. *Rheumatology International*. 2016; 36(12): 1759-1765.
87. Shweta Ajay, Kasthuri A, Kiran PR, **Malhotra R**. Association of impairments of older persons with caregiver burden among family caregivers: Findings from rural South India. *Archives of Gerontology and Geriatrics*. 2017; 68(1): 143-148.
88. NCD Risk Factor Collaboration (NCD-RisC) (**Malhotra R**: Equal contributor co-author in the 'Country and Regional Data' group of NCD-RisC). Worldwide trends in blood pressure from 1975 to 2015: a pooled analysis of 1479 population-based measurement studies with 19.1 million participants. *The Lancet*. 2017; 389(10064): 37-55.
89. Ogundare OM, Shah VG, Salunke SR, **Malhotra R**, Pati S, Karmarkar A, Gandhi VS, Shukla SR, Stroo M, Jadhav SK, Shah MV, Maselko J, Østbye T. Fifteen dimensions of health and their association with quality of life among elderly in rural villages in Maharashtra, India. *Indian Journal of Gerontology*. 2017; 31(1): 1-19.
90. Chiu CT, **Malhotra R**, Tan SM, Lim J, Chan A, Teoh KH, Tsering SG, Saito Y. Dental health status of community-dwelling older Singaporeans: Findings from a nationally representative survey. *Gerodontology*. 2017; 34(1): 57-67.
91. Lek SM, Ku CW, Allen JC, **Malhotra R**, Tan NS, Østbye T, Tan TC. Validation of serum progesterone <35nmol/l as a predictor of miscarriage among women with threatened miscarriage. *BMC Pregnancy and Childbirth*. 2017; 17(1): 78.
92. Shweta Ajay, Østbye T, **Malhotra R**. Caregiving-related needs of family caregivers of older Singaporeans. *Australasian Journal of Ageing*. 2017; 36(1): E8-E13.
93. Verkicharla PK, Ramamurthy D, Nguyen QD, Zhang X, Pu SH, **Malhotra R**, Østbye T, Lamoureux EL, Saw SM. Development of the FitSight fitness tracker to increase time outdoors to prevent myopia. *Translational Vision Science & Technology*. 2017 ;6(3):20.
94. Siow JYM, Chan A, Østbye T, Cheng H-L G, **Malhotra R**. Validity and reliability of the Positive Aspects of Caregiving (PAC) scale and development of its shorter version (S-PAC) among family

- caregivers of older adults. *The Gerontologist*. 2017; 57 (4): e75-e84.  
<https://doi.org/10.1093/geront/gnw198>
95. Kwan YH, Fong W, Tan VIC, Lui NL, **Malhotra R**, Østbye T, Thumboo J. A systematic review of quality-of-life domains and items relevant to patients with spondyloarthritis. *Seminars in Arthritis and Rheumatism*. 2017; 47(2):175-182. <https://doi.org/10.1016/j.semarthrit.2017.04.002>
  96. NCD Risk Factor Collaboration (NCD-RisC) (**Malhotra R**: Equal contributor co-author in the 'Country and Regional Data' group of NCD-RisC). Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016: a pooled analysis of 2416 population-based measurement studies in 128·9 million children, adolescents, and adults. *The Lancet*. 2017; 390(10113):2627-2642. [https://doi.org/10.1016/S0140-6736\(17\)32129-3](https://doi.org/10.1016/S0140-6736(17)32129-3)
  97. de Korne DF, **Malhotra R**, Lim WY, Ong C, Sharma A, Tan TK, Tan TC, Ng KC, Østbye T. Effects of a portion design plate on food group guideline adherence among hospital staff. *Journal of Nutritional Science*. 2017; 6; e60. <https://doi.org/10.1017/jns.2017.60>
  98. Kwan YH, Fong WW, Lui NL, Yong ST, Cheung YB, **Malhotra R**, Thumboo J, Østbye T. Validity and reliability of the Health Assessment Questionnaire (HAQ) among patients with Spondyloarthritis in Singapore. *International Journal of Rheumatic Diseases*. 2018; 21(3):699-704. <https://doi.org/10.1111/1756-185X.12989>
  99. Ang S, **Malhotra R**. Expressive social support buffers the impact of care-related work interruptions on caregivers' depressive symptoms. *Aging & Mental Health*. 2018; 22(6):755-763. <https://doi.org/10.1080/13607863.2017.1317329>
  100. **Malhotra R**, Chei CL, Menon EB, Chow WL, Quah S, Chan A, Shweta Ajay, Matchar DB. Trajectories of positive aspects of caregiving among family caregivers of stroke-survivors: the differential impact of stroke-survivor disability. *Topics in Stroke Rehabilitation*. 2018; 25(4):261-268. doi: <https://doi.org/10.1080/10749357.2018.1455369>
  101. Stroo M, Stankevitz K, **Malhotra R**, Brouwer R, Østbye T. The Healthy Eating Goal-Setting and the Planning and Scheduling Scales for measuring self-regulation for healthy eating. *Gestão e Sociedade*. 2018; 13(32):2359-2373.
  102. Teo I, Singh R, Malhotra C, Ozdemir S, Dent RA, Kumarakulasinghe NB, Yeo WL, Cheung YB, **Malhotra R**, Kanesvaran R, Yee ACP, Chan N, Wu HY, Chin SM, Hum AYM, Yang GM, Neo PSH, Nadkarni NV, Harding R, Finkelstein EA. Cost of Medical Care of Patients with Advanced Serious Illness in Singapore (COMPASS): prospective cohort study protocol. *BMC Cancer*. 2018; 18(32):459. doi: <https://doi.org/10.1186/s12885-018-4356-z>
  103. Ha TC, Ng S, Chen C, Yong SK, Koh GCH, Tan SB, **Malhotra R**, Altermatt F, Seim A, Biderman A, Woolley TS, Østbye T. Inclination towards research and the pursuit of a research career among medical students: an international cohort study. *BMC Medical Education*. 2018; 18(1):86. <https://doi.org/10.1186/s12909-018-1202-6>
  104. Østbye T, Clancy S, Stankevitz K, **Malhotra R**, Ogundare O, Shah V, Pati S, Boddicker-Young P, Maselko J. Generativity among elderly in a rural area of Maharashtra, India: correlates and relationship with quality of life. *Asia Pacific Journal of Public Health*. 2018; 30(3):276-285. <https://doi.org/10.1177/1010539518772191>
  105. NCD Risk Factor Collaboration (NCD-RisC) (**Malhotra R**: Equal contributor co-author in the 'Country and Regional Data' group of NCD-RisC). Contributions of mean and shape blood pressure distribution to worldwide trends and variations in raised blood pressure: a pooled analysis of 1018 population-based measurement studies with 88.6 million participants. *International Journal of Epidemiology*. 2018; 47(3):872-883i. doi: <https://doi.org/10.1093/ije/dyy016>
  106. Zhu S Cindy, Tan TC, Chen HY, **Malhotra R**, Allen JC, Østbye T. Threatened miscarriage and depressive and anxiety symptoms among women and partners in early pregnancy. *Journal of Affective Disorders*. 2018; 237:1-9. <https://doi.org/10.1016/j.jad.2018.04.012>
  107. Cheng H-L G, **Malhotra R**, Østbye T, Chan A, Ma S, Lo JC. Changes in nocturnal sleep and daytime nap durations predict all-cause mortality among older adults: the Panel on Health and Ageing of Singaporean Elderly. *SLEEP*. 2018; 41(7):1-6. <https://doi.org/10.1093/sleep/zsy087>
  108. Siew JYS, Allen JC, Hui CYY, Ku CW, **Malhotra R**, Østbye T, Tan TC. The randomised controlled trial of micronised progesterone and dydrogesterone (TRoMaD) for threatened miscarriage. *European Journal of Obstetrics & Gynecology and Reproductive Biology*. 2018; 228: 319-324. <https://doi.org/10.1016/j.ejogrb.2018.07.028>

109. Kwan YH, Fong W, Leung YY, Lui NL, Tan CS, **Malhotra R**, Østbye T, Thumboo J. The impact of axial spondyloarthritis on quality of life (QoL): A comparison with the impact of moderate to end-stage chronic kidney disease on QoL. *Quality of Life Research*. 2018; 27 (9): 2321-2327. <https://doi.org/10.1007/s11136-018-1900-x>
110. Cheng H-L G, **Malhotra R**, Chan A, Østbye T, Lo JC. Weak social networks and restless sleep interrelate through depressed mood among elderly. *Quality of Life Research*. 2018; 27 (10): 2517-2524. <https://doi.org/10.1007/s11136-018-1895-3>
111. Vasquez K, **Malhotra R**, Østbye T, Low W, Chan MF, Chew L, Ling A. Lessons learned from Singapore's national weight management program, Lose To Win™. *Health Promotion International*. 2018; 33 (5): 834-845. <https://doi.org/10.1093/heapro/dax021>
112. Chei CL, Lee J M-L, Ma S, **Malhotra R**. Happy older people live longer. *Age and Ageing*. 2018; 47 (6): 860-866. <https://doi.org/10.1093/ageing/afy128>
113. Bautista MAC, **Malhotra R**. Identification and measurement of frailty: A scoping review of published research from Singapore. *Annals, Academy of Medicine, Singapore*. 2018; 47 (11): 455-91
114. Chan YH, Lim Z-R C, Bautista D, **Malhotra R**, Østbye T. The health and well-being of caregivers of technologically dependent children. *Global Pediatric Health*. 2019; 6. <https://doi.org/10.1177/2333794X18823000>
115. Kwan YH, Fong W, Leung YY, Tan VIC, Yap AF, Phang JK, Lui NL, Yoon S, **Malhotra R**, Thumboo J, Østbye T. A qualitative study of quality of life domains and subdomains relevant to patients with spondyloarthritis. *International Journal of Rheumatic Diseases*. 2019; 22 (2): 242-251. <https://doi.org/10.1111/1756-185X.13413>
116. **Malhotra R**, Bautista MA, Tan NC, Tang WE, Tay S, Tan A, Pouliot A, Saffari SE, Chei CL, Vaillancourt R. Bilingual text with or without pictograms improves elderly Singaporeans' understanding of prescription medication labels. *The Gerontologist*. 2019; 59 (2): 378-390. doi: <https://doi.org/10.1093/geront/gnx169>
117. Chen C, Lim JT, Wang L, Tysinger B, Zissimopoulos J, Wang Z, Koh GC, Chia NC, Yuan JM, Tan KB, Chia KS, Cook AR, **Malhotra R**, Chan A, Ma S, Ng TP, Koh WP, Goldman DP, Yoong J. The long-term impact of functional disability on hospitalization spending in Singapore. *Journal of the Economics of Ageing*. 2019; 14: 100193. doi: <https://doi.org/10.1016/j.jeoa.2019.02.002>
118. Sreerupa, Rajan SI, Shweta Ajay, Saito Y, **Malhotra R**. Living longer: for better or worse? Changes in life expectancy with and without mobility limitation among older persons in India between 1995-96 and 2004. *International Journal of Population Studies*. 2019; 4 (2): 23-34. doi: <http://dx.doi.org/10.18063/ijps.v4i2.761>
119. Fung FY, Koh YLE, **Malhotra R**, Østbye T, Lee PY, Shariff Ghazali S, Tan NC. Prevalence of and factors associated with sarcopenia among multi-ethnic ambulatory older Asians with type 2 diabetes mellitus in a primary care setting. *BMC Geriatrics*. 2019 Apr 29;19(1):122. doi: <https://doi.org/10.1186/s12877-019-1137-8>
120. **Malhotra R**, Bautista MAC, Müller AM, Aw S, Koh GCH, Theng Y-L, Hoskins SJ, Wong CH, Miao C, Lim WS, Malhotra C, Chan A. The Aging of a Young Nation: Population Aging in Singapore. *The Gerontologist*. 2019; 59(3): 401-410. doi: <https://doi.org/10.1093/geront/gny160>
121. Kwan YH, Fong W, Leung YY, Lui NL, Tan CS, **Malhotra R**, Østbye T, Thumboo J. Are extra-spinal symptoms associated with quality of life in patients with axial spondyloarthritis? A 1-year follow-up study. 2019; 38(7): 1881-1887. *Clinical Rheumatology*. doi: 10.1038/s41586-019-1171-x
122. NCD Risk Factor Collaboration (NCD-RisC) (**Malhotra R**: Equal contributor co-author in the 'Country and Regional Data' group of NCD-RisC). Rising rural body-mass index is the main driver of the global obesity epidemic in adults. *Nature*. 2019; 569(7755):260-264. doi: <https://doi.org/10.1093/ije/dyy016>
123. Chua SIL, Tan NC, Wong WT, Allen JC Jr, Quah JHM, **Malhotra R**, Østbye T. Virtual Reality for Screening of Cognitive Function in Older Persons: Comparative Study. *Journal of Medical Internet Research*. 2019;21(8):e14821 doi: [10.2196/14821](https://doi.org/10.2196/14821)
124. Mun MH, De Silva J, de Oliveira JS, De Silva V, **Malhotra R**, Wijeratne M, Tharindra H, Østbye T. Health concerns among Sri Lankan female foreign domestic worker returnees from the Middle East. *Gestão e Sociedade*. 2019; 13(36):3171-3202.
125. Aloweni F, Doshi K, Fook SCM, **Malhotra R**, Østbye T. The types of caregiving reactions experienced by the older spouse caregivers. *Journal of Clinical Nursing*. 2019; 28(23-24): 4538-4548. <https://doi.org/10.1111/jocn.15044>



126. Tareque MI, Saito Y, Chan A, Visaria A, Ma S, **Malhotra R**. Years of life with and without limitation in physical function and in activities of daily living by body mass index among older adults. *International Journal of Obesity (Lond)*. 2019; 43(11): 2244-2253. doi: <https://doi.org/10.1038/s41366-019-0370-8>
127. Lim HA, Chua TE, **Malhotra R**, Allen JC, Teo I, Chern B, Tan KH, Chen H. Identifying trajectories of antenatal depression in women and their associations with gestational age and neonatal anthropometry: A prospective cohort study. *General Hospital Psychiatry*. 2019; 61: 26-33. doi: <https://doi.org/10.1016/j.genhosppsych.2019.09.001>
128. Tan YW, Suppiah S, Bautista MAC, **Malhotra R**. Polypharmacy among community-dwelling elderly in Singapore: Prevalence, risk factors, and association with medication non-adherence. *Proceedings of Singapore Healthcare*. 2019; 28(4): 224-231. <https://doi.org/10.1177/2010105819868485>
129. Tareque MI, Chan A, Saito Y, Ma S, **Malhotra R**. The impact of self-reported vision and hearing impairment on health expectancy. *Journal of the American Geriatrics Society*. 2019; 67(12): 2528-2536. <https://doi.org/10.1111/jgs.16086>
130. Chan A, Saito Y, Matchar DB, Østbye T, Malhotra C, Ang S, Ma S, **Malhotra R**. Cohort Profile: Panel on Health and Ageing of Singaporean Elderly (PHASE). *International Journal of Epidemiology*. 2019; 48(6): 1750-1751f. <https://doi.org/10.1093/ije/dyz172>.
131. **Malhotra R**, Tareque MI, Tan NC, Ma S. Association of baseline hand grip strength and annual change in hand grip strength with all-cause mortality among older people. *Archives of Gerontology and Geriatrics*. 2020; 86: 103961. <https://doi.org/10.1016/j.archger.2019.103961>
132. Lim HA, Chua TE, **Malhotra R**, Allen JC, Teo I, Chern B, Tan KH, Chen H. Trajectories of antenatal maternal psychological stress and their association with gestational age and neonatal anthropometry: A prospective cohort study of multi-ethnic Asian women in an urban setting. *Asian Journal of Psychiatry*. 2020; 48: 101923. <https://doi.org/10.1016/j.ajp.2019.101923>
133. Suppiah S, Tan YW, Cheng H-L G, Tang WE, **Malhotra R**. Mediators of the association of limited English health literacy with medication non-adherence among the elderly. *Proceedings of Singapore Healthcare*. 2020; 29(1): 25-32. <https://doi.org/10.1177/2010105819899126>
134. Chong JL, Low LL, Matchar DB, **Malhotra R**, Lee KH, Thumboo J, Chan A. Do healthcare needs-based population segments predict outcomes among the elderly? Findings from a prospective cohort study in an urbanized low-income community. *BMC Geriatrics*. 2020; 20: 78. <https://doi.org/10.1186/s12877-020-1480-9>
135. Coonghe PAD, Fonseka P, Sivayokan S, Kesavaraj A, **Malhotra R**, Østbye T. Adaptation and validation of the Tamil (Sri Lanka) version of the Montreal Cognitive Assessment. *Kesmas: National Public Health Journal*. 2020; 15(2): 86-91. <http://dx.doi.org/10.21109/kesmas.v15i2.3268>.
136. Malhotra C, Vishwanath P, Yong JR, Ostbye T, Seow D, Yap P, Tan LL, Tham WY, Vaingankar J, Foo J, Tan BY, Tong KM, Ng WC, Allen JC, **Malhotra R**, Tan WM, Wee SL, Ng LL, Goveas R, Mok V, Sim A, Ng WF, Wong HK, Balasundaram B, Tan RQ, Ong PS, Cheong CY, Yee A, Tiong C, Hum A, Lee A, Finkelstein EA. A prospective longitudinal study of caregivers of community dwelling persons with severe dementia (PISCES): Study protocol. *Journal of Alzheimer's Disease*. 2020; 75(2): 403-416. <https://doi.org/10.3233/JAD-190897>
137. Liu N, Chee ML, Niu C, Pek PP, Siddiqui FJ, Ansah JP, Matchar DB, Lam SS, Abdullah HR, Chan A, **Malhotra R**, Graves N, Koh MS, Yoon S, Ho AFW, Ting DSW, Low JGH, Ong MEH. Coronavirus Disease 2019 (COVID-19): An Evidence Map of Medical Literature. *BMC Medical Research Methodology*. 2020; 20:177. <https://doi.org/10.1186/s12874-020-01059-y>
138. Malhotra C, Meibo H, **Malhotra R**, Sim D, Jaufeerally FR, Bundoc FG, Finkelstein E. Instability in end-of-life care preference among heart failure patients: secondary analysis of a randomized controlled trial in Singapore. *Journal of General Internal Medicine*. 2020; 35(7): 2010-2016. <https://doi.org/10.1007/s11606-020-05740-2>
139. Sunny SH, **Malhotra R**, Ang SB, Lim CSD, Tan YSA, Soh TMB, Ho XY, Martyn G, Tsang LPM, Lock SHS, Yee KS, Ting JLY, Kayshini d/o Vijakumar, Tan NC. Facilitators and barriers to post-partum diabetes screening among mothers with a history of gestational diabetes mellitus – a qualitative study from Singapore. *Frontiers in Endocrinology*. 2020; 11: 602. <https://doi.org/10.3389/fendo.2020.00602>
140. Zain Z, Mohamad H, Seow D, Hum AYM, Allen JC, Tong K-M, **Malhotra R**, Balasundaram B, Malhotra C. Caregiver preference for tube feeding in community-dwelling persons with severe

- dementia. *Journal of the American Geriatrics Society*. 2020; 68(10): 2264-2269. <https://doi.org/10.1111/jgs.16641>
141. NCD Risk Factor Collaboration (NCD-RisC) (**Malhotra R**: Equal contributor co-author in the 'Country and Regional Data' group of NCD-RisC). Height and body-mass index trajectories of school-aged children and adolescents from 1985 to 2019 in 200 countries: Pooled analysis of 2,182 population-based studies with 65 million participants. *The Lancet*. 2020; 396(10261): P1511-1524. [https://doi.org/10.1016/S0140-6736\(20\)31859-6](https://doi.org/10.1016/S0140-6736(20)31859-6)
  142. Teo I, Baid D, Ozdemir S, Malhotra C, Singh R, Harding R, **Malhotra R**, Yang MG, Neo SH, Cheung YB, Neo PSH, Kanesvaran R, Kumarakulasingham NB, Lee LH, Koh GCH, Finkelstein E, COMPASS study group. Family caregivers of advanced cancer patients: self-perceived competency and meaning-making. *BMJ Supportive & Palliative Care*. 2020; 10(4):435-442. <http://dx.doi.org/10.1136/bmjspcare-2019-001979>
  143. Lim JE, Wong WT, Teh TA, Lim SH, Allen JC, Quah JHM, **Malhotra R**, Tan NC. A fully-immersive and automated virtual reality system to assess the six domains of cognition: protocol for a feasibility study. *Frontiers in Aging Neuroscience*. 2021; 12:604670. <https://doi.org/10.3389/fnagi.2020.604670>
  144. Cheng H-L G, Chan A, Østbye T, **Malhotra R**. Productive engagement patterns and their association with depressive symptomatology, loneliness and cognitive function among older adults. *Aging & Mental Health*. 2021; 25(2):332-340. <https://doi.org/10.1080/13607863.2019.1686458>
  145. Jaya-Bodestyn SL, Lee LH, Tan LK, Tan KH, Østbye T, **Malhotra R**, Allen J, Tan SSX, Tan MSY, Ng LCK, Yong Y, Tan TC. Risk factors for pregnancy-associated venous thromboembolism in Singapore. *Journal of Perinatal Medicine*. 2021; 49(2):153-158. <https://doi.org/10.1515/jpm-2020-0298>
  146. Cherbuin N, Iijima K, Kalula S, **Malhotra R**, Rasmussen LJ, Chan A, Lafortune L, Harper S, Zheng X, Lindeman D, Walsh E, Hussain R, Burns R, Kristiansen M, Sugawara I, Son B, Tanaka T, Buckner S, Hoffman J, Combrinck M. Societal need for interdisciplinary ageing research: An International Alliance of Research Universities "Ageing, Longevity, and Health" stream (IARU-ALH) position statement. *Biomedicine Hub*. 2021; 6: 42-47. <https://doi.org/10.1159/000513513>
  147. NCD Risk Factor Collaboration (NCD-RisC) (**Malhotra R**: Equal contributor co-author in the 'Country and Regional Data' group of NCD-RisC). Heterogeneous contributions of change in population distribution of body mass index to change in obesity and underweight. *eLife*. 2021; 10: e60060. <https://doi.org/10.7554/eLife.60060>
  148. Tan TX, Nadkarni NV, Chua WC, Loo LM, Iau PT, Ang AS, Goo JT, Chan KC, **Malhotra R**, Ong ME, Matchar DB Seow DCC, Nguyen HV, Ng YS, Chan A, Wong T-H. Frailty and length of stay in older adults with blunt injury in a national multicentre prospective cohort study. *PLoS One*. 2021;16(4): e0250803. <https://doi.org/10.1371/journal.pone.0250803>
  149. Malhotra C, Hazirah M, Østbye T, Pollak K, Balasundaram B, **Malhotra R**, Tong K-M, Hum A, Allen JC, Seow D, Yong JR, Yoon S. Discordance between dementia caregivers' goal of care and preference for life-extending interventions. *Age and Ageing*. 2021; 50(4): 1382-1390. <https://doi.org/10.1093/ageing/afab049>
  150. Malhotra C, Hazirah M, Tan LL, **Malhotra R**, Yap P, Balasundaram B, Tong KM, Pollak KI, PISCES study group. Family caregiver perspectives on suffering of persons with severe dementia: A qualitative study. *Journal of Pain and Symptom Management*. 2021; 62(1):20-27. <https://doi.org/10.1016/j.jpainsymman.2020.11.021>
  151. Ang S, Lim E, **Malhotra R**. Health-related difficulty in internet use among older adults: Correlates and mediation of its association with quality of life through social support networks. *The Gerontologist*. 2021; 61(5): 693-702. <https://doi.org/10.1093/geront/gnaa096>
  152. NCD Risk Factor Collaboration (NCD-RisC) (**Malhotra R**: Equal contributor co-author in the 'Country and Regional Data' group of NCD-RisC). Worldwide trends in hypertension prevalence and progress in treatment and control from 1990 to 2019: a pooled analysis of 1201 population-representative studies with 104 million participants. *The Lancet*. 2021; 398(10304): 957-980. [https://doi.org/10.1016/S0140-6736\(21\)01330-1](https://doi.org/10.1016/S0140-6736(21)01330-1)
  153. Tan YW\*, Suppiah S\* (\*co-first authors), Chan A, Koh GCH, Tang WE, Tay SSC, **Malhotra R**, on behalf of the PROMISE Study Group. Older adult and family caregiver experiences with prescription medication labels and their suggestions for label improvement. *Exploratory Research in Clinical and Social Pharmacy*. 2021; 4: 100087. <https://doi.org/10.1016/j.rcsop.2021.100087>



154. **Malhotra R**, Tareque MI, Saito Y, Ma S, Chiu C-T, Chan A. Loneliness and health expectancy among older adults: a longitudinal population-based study. *Journal of the American Geriatrics Society*. 2021; 69(11): 3092-3102. <https://doi.org/10.1111/jgs.17343>
155. Malhotra C, **Malhotra R**, Bundoc F, Teo I, Ozdemir S, Chan N, Finkelstein E. Trajectories of suffering in the last year of life among patients with a solid metastatic cancer. *Journal of the National Comprehensive Cancer Network: JNCCN*. 2021; 19(11): 1264-1271. <https://doi.org/10.6004/jnccn.2021.7014>
156. Wong WT, Tan NC, Lim JE, Allen JC, Lee WS, Quah JHM, Paulpandi M, Teh TA, Lim SH, **Malhotra R**. Comparison of time taken to assess cognitive function using a fully immersive and automated virtual reality system vs. the Montreal Cognitive Assessment. *Frontiers in Aging Neuroscience*. 2021; 13:756891. <https://doi.org/10.3389/fnagi.2021.756891>
157. Cheng G H-L, Sung P, Chan A, Ma S, **Malhotra R**. Transitions between social network profiles and their relation with all-cause mortality among older adults. *Social Science & Medicine*. 2022; 292: 114617. <https://doi.org/10.1016/j.socscimed.2021.114617>.
158. Phua J, Visaria A, Østbye T, **Malhotra R**. Association of vision and hearing impairments with quality of life: Mediation by psychosocial factors. *Geriatrics & Gerontology International*. 2022; 22(1): 56-62. <https://doi.org/10.1111/ggi.14318>
159. Shafiq M, **Malhotra R**, Teo I, Ozdemir S, Kanesvaran R, Malhotra C, COMPASS Study Group. Trajectories of physical symptom burden and psychological distress during the last year of life in patients with a solid metastatic cancer. *Psycho-Oncology*. 2022; 31(1): 139-147. <https://doi.org/10.1002/pon.5792>
160. Yoon S, Goh H, Chan A, **Malhotra R**, Visaria A, Matchar D, Lum E, Seng B, Ramakrishnan C, Quah S, Koh MS, Yee TP, Bee YM, Abdullah H, Nadarajan GD, Graves N, Jafar T, Ong MEH. Spillover effects of COVID-19 on essential chronic care and ways to foster health system resilience to support vulnerable non-COVID patients: a multistakeholder study. *Journal of the American Medical Directors Association*. 2022;23(1): 7-14. <https://doi.org/10.1016/j.jamda.2021.11.004>
161. Tan NC, Lim JE, Allen JC, Wong WT, Quah JHM, Muthulakshmi P, Teh TA, Lim SH, **Malhotra R**. Age-related performance in using a fully-immersive and automated virtual reality system to assess cognitive function. *Frontiers in Psychology*. 2022; 13:847590. <https://doi.org/10.3389/fpsyg.2022.847590>
162. Tang XR, Pek PP, Siddiqui FJ, **Malhotra R**, Kwan YH, Tiah L, Ho AFW, Ong MEH. Determinants of emergency department utilisation by older adults in Singapore - a systematic review. *Annals of the Academy of Medicine, Singapore*. 2022; 51(3):170-179. <https://doi.org/10.47102/annals-acadmedsg.2021437>
163. Cheng H-L G, Chan A, Østbye T, **Malhotra R**. The association of human, social, and cultural capital with prevalent volunteering profiles in late midlife. *Eur J Ageing*. 2022; 19(1): 95-105. <https://doi.org/10.1007/s10433-021-00605-x>
164. Wong T-H, Tan TXZ, **Malhotra R**, Nadkarni NV, Chua WC, Loo LM, Iau PTC, Ang ASH, Goo JTT, Chan KC, Matchar DB, Seow DCC, Nguyen HV, Ng YS, Chan A, Fook-Chong S, Tang TY, Ong MEH. Health services use and functional recovery following blunt trauma in older persons – a national multi-center prospective cohort study. *J Am Med Dir Assoc*. 2022; 23(4): 646-653.e1. <https://doi.org/10.1016/j.jamda.2021.10.016>
165. **Malhotra R**, Suppiah S, Tan YW, Tay SCS, Tan SYV, Tang WE, Tan NC, Wong YHR, Chan A, Koh GC-H, Vaillancourt R, on behalf of the PROMISE Study Group. Validation of pharmaceutical pictograms among older adults with limited English proficiency. *Patient Education and Counseling*. 2022; 105(4): 909-916. <https://doi.org/10.1016/j.pec.2021.07.015>
166. Ang S, **Malhotra R**. The filial piety paradox: Receiving social support from children can be negatively associated with quality of life. *Social Science & Medicine*. 2022; 303: 114996. <https://doi.org/10.1016/j.socscimed.2022.114996>.
167. Tang XR, Zarisfi F, Pek PP, Siddiqui FJ, **Malhotra R**, Kwan YH, Tiah L, Ho AFW, Ong MEH. Emergency department utilisation among older adults - protocol for a systematic review of determinants and conceptual frameworks. *Plos One*. 2022; 17(6): e0265423. <https://doi.org/10.1371/journal.pone.0265423>

*E-published (Online, ahead of print)*

168. Siddiqui FJ, Pourghaderi AR, **Malhotra R**, Ansah JP, Matchar DB, Wei SLS, Low JG, Ong MEH. How long will the Corona Virus Disease (COVID-19) pandemic last: Commentary from Singapore's perspective. *Journal of EMS Medicine*. Published online 15 November 2021. <https://doi.org/10.35615/jemsm.2020.00038>
169. Sung P, Goh VSM, Azman ND, Visaria A, **Malhotra R**. Types of caregiving experience and their association with caregiver depressive symptoms and quality of life. *J Aging Health*. Published online 28 October 2021. <https://doi.org/10.1177/08982643211051568>
170. Lian Q, Jafar HT, Allen JC, Ma S, **Malhotra R**. Association of systolic and diastolic blood pressure with all-cause mortality among community-dwelling older adults: A prospective observational study. *J Aging Health*. Published online 23 November 2021. <https://doi.org/10.1177/08982643211055245>
171. Visaria A, **Malhotra R**, Lee J M-L, Chan A. Enhancing psychological resilience at the cusp of older ages: the role of social networks. *Ageing & Society*. Published online 9 December 2021. <https://doi.org/10.1017/S0144686X2100180X>
172. Yoon S, Hoe PS, Chan A, **Malhotra R**, Visaria A, Matchar D, Goh H, Seng B, Ramakrishnan C, Koh MS, Quah S, Tiew PY, Nadarajan GD, Bee YM, Graves N, Jafar T, Ong MEH. Impact of COVID-19 on perceived wellbeing, self-management and views of novel modalities of care among medically vulnerable patients in Singapore. *Chronic Illness*. Published online 29 December 2021. <https://doi.org/10.1177/17423953211067458>
173. Sung P, **Malhotra R**, Cheng G H-L, Chan A. Transitions in social network types over time among older adults. *Gerontology*. Published online 13 January 2022. <https://doi.org/10.1159/000521213>
174. Lai WX, Visaria A, Østbye T, **Malhotra R**. Prevalence and correlates of use of digital technology for managing hypertension among older adults. *Journal of Human Hypertension*. Published online 09 February 2022. <https://doi.org/10.1038/s41371-022-00654-4>
175. Aithal S, Visaria A, **Malhotra R**. Prevalence, and socio-demographic and health correlates of insufficient physical activity and high sedentary behaviour among older adults in Singapore. *Journal of Aging and Physical Activity*. Published online 24 February 2022. <https://doi.org/10.1123/japa.2021-0324>
176. Ping Y, Visaria A, Suppiah S, Tan YW, **Malhotra R**. Prevalence and correlates of medication reminder app 'use and use intention' among older adults. *Exploratory Research in Clinical and Social Pharmacy*. Published online 9 June 2022. <https://doi.org/10.1016/j.rcsop.2022.100150>

#### ***Accepted for publication:***

177. Balasubramanian I, Finkelstein E, **Malhotra R**, Ozdemir S, Malhotra C. Healthcare cost trajectories in the last two years of life among patients with a solid metastatic cancer: A prospective cohort study. *JNCCN - Journal of the National Comprehensive Cancer Network*. Accepted May 2022.

### **EDITORIALS**

1. **Malhotra R**, Ang S. Social Support for Older Adults – A Bane or a Boon for their Health? *Annals, Academy of Medicine, Singapore*. 2016; 45(5): 172-173.
2. Sadana R, Banerjee A, on behalf of the WHO Consortium on Metrics and Evidence for Healthy Ageing (**Malhotra R**: Contributing author). Metrics and evidence for healthy ageing. *Bulletin of the World Health Organization*. 2019; 97:792-792A. doi: <http://dx.doi.org/10.2471/BLT.19.246801>

### **BOOK / ENCYCLOPEDIA CHAPTERS**

1. **Malhotra R**, Saw SM, Østbye T (2014). Adolescents in Singapore, Body Mass Index and Health-Related Quality of Life In: Michalos AC (Ed.). *Encyclopedia of Quality of Life and Well-Being Research*. Springer, Dordrecht, Netherlands: Springer, pp 60-65.

### **NON-PEER REVIEWED PUBLICATIONS**

1. Ingle GK, **Malhotra R**, Garg S. Public Health Specialists: Demand and Supply in Delhi. *Public Health Update- IPHA Delhi Branch* 2006; 9(3): 1-4.
2. Tan TC, Neo GH, **Malhotra R**, Allen JC, Lie D, Østbye T. Lifestyle risk factors associated with threatened miscarriage: a case-control study. *JFIV Reprod Med Genet* 2014; 2(2): 123.
3. Guo Y, Whitson H, Østbye T, Luciano A, **Malhotra R**. How is care complexity associated with medication confidence and adherence? An analysis of the SAFE-PHASE study in Singapore. *COJ Nursing & Healthcare*. 4(1).

## **LETTERS TO THE EDITOR**

1. **Malhotra R**, Puoane T, Hoyo C, Hughes G, Østbye T. Prevalence and awareness of hypertension in an urban township of South Africa: Compelling need for action. Letter to the Editor. *Ethnicity & Disease*. 2008; 18(4): 401-402.
2. **Malhotra R**, Chan A, Østbye T. Validity of proxy-reported weight for older adults. Research Letter. *Journal of the American Geriatrics Society*. 2012; 60(1): 189-190.
3. Ukegbu U, Maselko J, **Malhotra R**, Perera B, Østbye T. Correlates of Hand Grip Strength and Activities of Daily Living in Elderly Sri Lankans. Research Letter. *Journal of the American Geriatrics Society*. 2014; 62(9): 1800-1801.
4. Lal P, Anand T, **Malhotra R**. Tobacco use among priests and their willingness to spread anti-tobacco messages among devotees in Delhi. *National Medical Journal of India*. 2014; 27(3): 184-185.

## **TECHNICAL REPORTS**

1. Østbye T, **Malhotra R**. 'Lose to Win' Challenge 2009. Duke-NUS Graduate Medical School, Singapore 2011 (27pp). Report submitted to Health Promotion Board, Singapore.
2. Østbye T, **Malhotra R**. 'Lose to Win' Challenge 2010. Duke-NUS Graduate Medical School, Singapore 2012 (42 pp). Report submitted to Health Promotion Board, Singapore.
3. Chan A, Østbye T, **Malhotra R**, Hu AJ. The Survey on Informal Caregiving (commissioned by the Ministry of Social and Family Development, Singapore). Summary Report, Duke-NUS GMS/ NUS/ Duke University, Singapore 2012 (27pp). Available at <http://app.msf.gov.sg/Publications/TheSurveyonInformalCaregiving.aspx>
4. Chan A, Østbye T, **Malhotra R**, Hu AJ. The Survey on Informal Caregiving (commissioned by the Ministry of Social and Family Development, Singapore). Full Report, Duke-NUS GMS/ NUS/ Duke University, Singapore 2012 (507pp). Available at <http://app.msf.gov.sg/Publications/TheSurveyonInformalCaregiving.aspx>
5. Østbye T, **Malhotra R**. 'Lose to Win' Challenge 3. Duke-NUS Graduate Medical School, Singapore 2013 (31pp). Report submitted to Health Promotion Board, Singapore.
6. Gubhaju B, **Malhotra R**, Chan A, Østbye T. *Deteriorating Health but Still Working Very Long Hours – A Profile of Singapore's Older Family Caregivers*. Research Brief Series: 3. Centre for Ageing Research and Education (CARE), Duke-NUS Medical School, Singapore. Available at <https://doi.org/10.25722/1VF5-X0K>
7. Bautista MAC, Li Y-T, **Malhotra R**. *Caregivers of Older Adults in Singapore: An Overview and Synthesis of Empirical Studies*. Research Brief Series: 6. Centre for Ageing Research and Education (CARE), Duke-NUS Medical School, Singapore. doi: <https://doi.org/10.25722/mg7n-tb03>
8. Chan A, Goh VSM, Maulod A, **Malhotra R**, Manap NB, Ting YY, Lu SY. *An evaluation of the National Silver Academy: Assessing the impact of senior learning in Singapore*. 2019. Singapore: Centre for Ageing Research and Education, Duke-NUS Medical School. Report submitted to Ministry of Health, Singapore. doi: <https://doi.org/10.25722/w8ye-r177>
9. **Malhotra R**, Maulod A, Lee JML, Cheng G H-L, Lu SY, Chan A, Thang LL. *Generativity: Appreciation and Measurement among Elderly Singaporeans (GAMES)*. Duke-NUS Medical School, Singapore 2019 (114pp). Report submitted to Ministry of Social and Family Development, Singapore. doi: <https://doi.org/10.25722/y9bf-4f82>
10. Chan A, Goh VSM, Maulod A, **Malhotra R**, Manap NB, Ting YY, Lu SY. *An evaluation of the National Silver Academy: Assessing the impact of senior learning in Singapore*. 2019. Singapore: Centre for Ageing Research and Education, Duke-NUS Medical School. Report submitted to Ministry of Health, Singapore.
11. **Malhotra R**, Maulod A, Lee JML, Cheng G H-L, Lu SY, Chan A, Thang LL. *Generativity: Appreciation and Measurement among Elderly Singaporeans (GAMES)*. 2019. Report submitted to Ministry of Social and Family Development, Singapore.
12. Chan A, **Malhotra R**, Visaria A, Sung PD, Seng BJSC, Tan YW. *Transitions in Health, Employment, Social Engagement and Intergenerational Transfers in Singapore Study (THE SIGNS Study) – II: Cross-Sectional and Longitudinal Analyses of Key Aspects of Successful Ageing*. Centre for Ageing Research and Education (CARE), Duke-NUS Medical School, Singapore 2020. Report submitted to Ministry of Health, Singapore. doi: <https://doi.org/10.25722/kfgy-nb7>



13. Goh V, Maulod A, **Malhotra R**. *The pursuit of learning among older Singaporeans*. Research Brief Series: 9. Centre for Ageing Research and Education (CARE), Duke-NUS Medical School, Singapore 2021. doi: <https://doi.org/10.25722/qe1r-kp80>
14. Maulod A, Lee JML, Tan KY, Rouse S, **Malhotra R**, Chan A. *Impact of the Community-Based Health and Social Care programme on at-risk older adults' psychosocial wellbeing*. Research Brief Series: 12. Centre for Ageing Research and Education (CARE), Duke-NUS Medical School, Singapore 2022. <https://doi.org/10.25722/ndag-s5qv>

## **NEWS / MEDIA COVERAGE OF RESEARCH FINDINGS**

---

**Paper:** **Malhotra R**, Arambepola C, Tarun S, de Silva V, Kishore J, Østbye T. Health issues of female foreign domestic workers: a systematic review of the scientific and grey literature. *Int J Occup Environ Health*. 2013.

**News / Media coverage:** *Bloomberg Businessweek*: [The Health Risks for Overseas Female Domestic Workers](#); *WUNC 91.5*: [Study Reveals Poor Conditions For Female Migrant Domestic Workers](#); *DukeToday*: [Female Migrant Domestic Workers Experience Poor Health, Work Conditions](#); *Duke Global Health Institute*: [Female Migrant Domestic Workers Experience Poor Health, Work Conditions](#); *Asian Scientist*: [Female Migrant Domestic Workers Experience Poor Health, Work Conditions](#); *India West*: [Migrant Domestic Workers Experience Poor Health: Study](#)

**Paper:** Østbye T, **Malhotra R**, Malhotra C, Arambepola C, Chan A. Does support from foreign domestic workers decrease the negative impact of informal caregiving? Results from Singapore Survey on Informal Caregiving. *J Gerontol B Psychol Sci Soc Sci*. 2013.

**News / Media coverage:** *Duke Global Health Institute*: [Study Finds That Family Caregivers of Singapore Elderly Who Rely on Foreign Domestic Workers Fare Better](#); *Global Health Insider*: [New study finds that family caregivers of Singapore elderly who rely on foreign domestic workers fare better](#)

**Paper:** Østbye T, **Malhotra R**, Stroo M, Lovelady C, Brouwer R, Zucker N, Fuemmeler B. The effect of the home environment on physical activity and dietary intake in preschool children. *Int J Obesity*. 2013.

**News / Media coverage:** *Medical Tribune*: [Parenting influences kids' exercise, eating habits](#); *HealthCanal.com*: [Parenting and home environment influence children's exercise and eating habits](#); *Triangle Business Journal*: [Duke study reveals key to childhood obesity prevention](#); *The Times of India*: [Parenting, home environment influences kids' health](#); *THV 11*: Study: [Children heavily influenced by parents eating, fitness habits](#); *RedOrbit*: [Exercise And Eating Habits Of Mothers Can Affect Their Children](#); *Big News Network.com*: [Parenting and home environment can influence kids' health](#); *Deccan Chronicle*: [Home environment can influence kids' health](#)

**Student thesis:** Noda Misa (Duke-NUS 3<sup>rd</sup> year medical student). Health of tuk-tuk drivers in Sri Lanka. 2012-13.

**News / Media coverage:** *Duke Global Health Institute*: [Duke-NUS Student Wins Award for Outstanding Thesis](#); *The Herald Sun*: [Campus briefs: Achievements](#)

**Paper:** Kouk LJ, Neo GH, **Malhotra R**, Allen JC, Beh ST, Tan TC, Østbye T. A prospective study of risk factors for first trimester miscarriage in Asian women with threatened miscarriage. *Singapore Med J*. 2013.

**News / Media coverage:** *The Straits Times*: [Missing medical student's research published in journal](#) (Published in print in The Sunday Times on Dec 8<sup>th</sup>, 2013); *Shin Min Daily News*: Three tutors help complete missing medical student's research paper (Published in print in Shin Min Daily News on Dec 8<sup>th</sup>, 2013)

**Paper:** Thompson JP, **Malhotra R**, Love SR, Østbye T, Chan A, Matchar DB. Projecting the number of older Singaporeans with activity of daily living limitations requiring human assistance through 2030. *Ann Acad Med Singapore*. 2014; 43 (1): 51-56.

**News / Media coverage:** *TODAY Online*: [83,000 may need help with daily living by 2030](#) (Published in print in TODAY on Feb 6<sup>th</sup>, 2014)

**Paper:** Finkelstein EA, Graham WC, **Malhotra R**. Lifetime Direct Medical Costs of Childhood Obesity. *Pediatrics*. 2014.

**News / Media coverage** (selected from over 50 news/media outlets which featured the article): *TIME*: [This Is How Much Childhood Obesity Costs Over a Lifetime](#); *USA Today*: [Price tag for childhood obesity: \\$19,000 per kid](#); *Channel NewsAsia*: [Childhood obesity can cost US\\$19,000 over lifetime](#); *El Mundo*: [Obese children spend 13,000 euros more over the course of their lives](#); *The Huffington Post*: [Lifetime Costs For An Obese Child Total More Than A Year Of College](#); *News Tonight Africa*: [Childhood Obesity Inflates Medical Costs by \\$19,000 over Lifetime](#); *Examiner*: [Duke researchers predict childhood obesity will cost \\$14 billion](#); *Red Orbit*: [The True Cost Of Childhood Obesity](#); *EurekAlert*: [Over a lifetime, childhood obesity costs \\$19,000 per child](#); *Laboratory Equipment*: [Childhood Obesity Costs \\$19,000 Over Lifetime](#); *Medical News Today*: [‘Childhood obesity costs \\$19,000 per child,’ researchers say](#); *News on Wellness*: [Childhood Obesity Is A Costly Affair!](#); *Health Canal*: [Over a Lifetime, Childhood Obesity Costs \\$19,000 Per Child](#); *Nation’s Health*: Obese children face high medical costs

**Abstract:** Malhotra R, Huang JS, Allen JC, Chan A, Tan NC, Østbye T, Saito Y. Association of hand grip strength and 4-year mortality among elderly Singaporeans. Presented at SingHealth Duke-NUS Congress 2014, Singapore, September 2014. (Conferred with Best Poster Award- Clinical Research (Senior))

**News / Media coverage:** *Lianhe Zaobao*: [Study: Elderly with weak hand grip strength more prone to death](#) (Published in print in Lianhe Zaobao on Aug 28<sup>th</sup>, 2014); *Borneo Post Online*: [Weak handgrip in the old a cause for concern](#)

**Invited talk:** *Who are caregivers, and what are their visible and hidden roles?* Seminar- ACP Is Everybody’s Business, “Taking charge of your last days eases everyone’s burden”. ACES (Active Contributive Engaged Seniors). 20<sup>th</sup> November 2015

**News / Media coverage:** *Six-Six.com*: Advance Care Planning in Singapore: Seminar Review (<http://www.six-six.com/article/advance-care-planning-in-singapore-seminar-review-acp>; 20<sup>th</sup> November 2015)

**Paper:** Malhotra R, Chei CL, Menon E, Chow WL, Quah S, Chan A, Matchar DB. Short-term trajectories of depressive symptoms in stroke survivors and their family caregivers. *J Stroke Cerebrovasc Dis*. 2016.

**News / Media coverage:** *Channel NewsAsia*: [Mental health of stroke survivors and their family caregivers interrelated: Study](#); *Singapore Tonight, Channel NewsAsia (14 Jan 2016)*: Interview with Asst Prof Rahul Malhotra (starts at the 35.12 minute mark); *TODAY Online*: [Mental states of stroke survivors, caregivers are interlinked: Study](#); *The Straits Times*: [Study finds relation between depressed mental state of stroke survivors and caregivers](#); *Lianhe Zaobao*

**Paper:** Ang S, Malhotra R. Association of received social support with depressive symptoms among older males and females in Singapore: Is personal mastery an inconsistent mediator? *Soc Sci Med*. 2016.

**News / Media coverage:** *938LIVE (4 March 2016), Capital 95.8FM (4 March 2016) and Warna 94.2FM (4 March 2016)*: Radio Interview with Asst Prof Rahul Malhotra; *Channel NewsAsia*: [Social support for older adults a 'mixed blessing': Study](#); *The Straits Times*: ['Support the elderly socially but let them control their lives'](#); *www.gov.sg*: [The Straits Times – Support the elderly socially but let them control their lives](#); *Asia One*: ['Support the elderly socially but let them control their lives'](#); *HNGN*: [How Helping Grandma Isn't Always A Good Thing: Social Support Linked To Depression In New Study](#); *The Times of India*: [Social support may have mixed effect on older adults: Study](#); *Science Daily*: [Can social support be a bad thing for older adults?](#); *Medical Xpress*: [Can social support be a bad thing for older adults?](#); *Psych Central*: [Social Support Provides Mixed-Blessing for Elders](#); *News Medical Net*: [Social support from family, friends may have a 'mixed blessing' on one's mental health](#); *Tamil Murasu* (5 March 2016, p4)

**Paper:** Malhotra R, Ang S, Allen JC, Tan NC, Østbye T, Saito Y, Chan A. Normative values of hand grip strength for elderly Singaporeans aged 60 to 89 years: A cross-sectional study. *J Am Med Dir Assoc*. 2016.

**News / Media coverage:** *NUS News*: [Hand grip benchmark for elderly](#); *Lianhe Zaobao*: [本地东南亚首个研究 用力一握可测衰老程度](#)

**Paper:** Ang S, Malhotra R. Expressive social support buffers the impact of care-related work interruptions on caregivers’ depressive symptoms. *Aging Ment Health*. 2017.

**News / Media coverage:** *The Straits Times*: [Caregivers need a listening ear, rather than a helping hand](#)

**Paper:** Chei CL, Lee J M-L, Ma S, **Malhotra R.** Happy older people live longer. *Age Ageing*. 2018.  
**News / Media coverage (selected coverage):** *Asian Scientist:* [Happiness Is Key To A Long And Healthy Life](#); *PsychCentral:* [Asian Study Finds Happier Older People Live Longer](#) [Getting Older and Feeling Great Joy — Despite All Our Ills](#); *Hindustan Times:* [Here's the secret to a long life. Older people who are happy may live longer](#); *The New Indian Express:* [Happy older people may live longer: Study](#); *pourquoi docteur:* [Les personnes heureuses vivent plus longtemps, c'est maintenant démontré](#); *sverigesradio:* [Lycka kanske leder till längre liv](#); *The Economic Times and The Times of India:* [The secret to live longer: Stay happy](#); *Market Business News:* [Happy older people have longer lifespans, study found](#); *MSN:* [Being happy may help you live longer finds new study](#); *Yahoo! News:* [Happiness help elderly live longer: Study](#) [Being happy may help you live longer finds new study](#); *HuffPost Canada:* [Don't Worry, Be Happy. It May Help You Live Longer: Study](#); *Zaobao:* [为期 6 年研究显示：越快乐越长寿](#); *USA Today:* [Study: Happy older people live longer](#)

**Report:** Visaria A, **Malhotra R**, Chan A. *Changes in the profile of older Singaporeans: Snapshots from 2009 and 2016-2017. Special Issue 1.* Centre for Ageing Research and Education (CARE), Duke-NUS Medical School, Singapore.

**News / Media coverage:** [The Straits Times: Over-60s suffering more with chronic diseases than a decade ago: Study](#); [Older generation developing brighter outlook, research suggests](#); [Proportion of older adults with multiple chronic diseases surges](#); [More older S'poreans meeting daily expenses](#)

**Paper:** Tareque MI, Saito Y, Chan A, Visaria A, Ma S, **Malhotra R.** Years of life with and without limitation in physical function and in activities of daily living by body mass index among older adults. *Int J Obesity (Lond)*. Published online on 9 May 2019. **News / Media coverage:** *Singapore Tonight, Channel NewsAsia (15 May 2019):* Interview with Asst Prof Rahul Malhotra (starts at the 38.40 minute mark); Older adults with obesity may have fewer years of healthy life by [MedicalXpress](#), [EurekAlert!](#) and [Science Daily](#); *Asian Scientist:* [Obese Elderly Have Fewer Years Of Healthy Life, Study Shows](#)

**Paper:** Tareque MI, Chan A, Saito Y, Ma S, **Malhotra R.** The impact of self-reported vision and hearing impairment on health expectancy. *J Am Geriatr Soc*. Published online on 14 August 2019.  
**News / Media coverage:** *Optometry Today:* [Study finds older adults with vision and hearing impairments have lower life expectancy](#); *MedicalXpress:* [Treating vision and hearing problems early can contribute to longer years in good health](#); *PsychCentral:* [Vision, Hearing Issues Tied to Reduced Quality of Life in Older Adults](#).

**Paper:** Tan YW, Suppiah S, Bautista MAC, **Malhotra R.** Polypharmacy among community-dwelling elderly in Singapore: Prevalence, risk factors, and association with medication non-adherence. *Proceedings of Singapore Healthcare*. Published online on 22 August 2019.  
**News / Media coverage:** *Lianhe Zaobao:* [Research Study: Health concerns, driving up healthcare costs: In Singapore, nearly 15% of older adults face polypharmacy](#) (Translated title)

**Project:** Caregiving Transitions among Family Caregivers of Elderly Singaporeans (TraCE).  
**News / Media coverage:** *Lianhe Zaobao:* [Duke-NUS Looks into Mental Health of Caretakers for Elderly](#) (Translated title)

**Project:** Prescription Medication Label Improvement for Singaporean Elderly (PROMISE)  
**News / Media coverage:** *The Straits Times* (7 Oct 2019): [Making medication labels easier for seniors to understand](#)

**Paper:** Ang S, Lim E, **Malhotra R.** Health-related difficulty in internet use among older adults: Correlates and mediation of its association with quality of life through social support networks. *The Gerontologist*. Published online on 3 August 2020.  
**News / Media coverage:** *Medical Xpress:* [Poor health contributing to digital divide among older Singaporeans](#); *News-Medical.Net:* [Poor health linked to disparities in internet use among older adults](#)

**Paper:** Malhotra R, Tareque MI, Saito Y, Ma S, Chiu C-T, Chan A. Loneliness and health expectancy among older adults: a longitudinal population-based study. *J Am Geriatr Soc*. Published online on 7 July 2021.

**News / Media coverage:** *World Economic Forum*: [Study: what is the impact of loneliness on life expectancy?](#); *McKnight's Long-Term Care News*: [Lonely seniors may have shorter life, fewer healthy years than their peers: analysis](#); *Futurity*: [Lonely older adults live fewer years and not as well](#); *News-Medical.Net*: [Study quantifies the impact of loneliness in old age on life and health expectancy](#); *McKnight's Senior Living*: [Paying for loneliness in years and health](#); *Medical Xpress*: ['All the lonely people': The impact of loneliness in old age on life and health expectancy](#)

## **OPINION ARTICLES / EXPERT OPINION OR INTERVIEW IN NEWS OR MEDIA**

**Opinion Article:** Families can't be left to bear sole brunt of caregiving burden

**Publication:** The Straits Times (14 March 2019)

**Web link:** <https://www.straitstimes.com/opinion/families-cant-be-left-to-bear-sole-brunt-of-caregiving-burden>

**Opinion Article:** Helping older folk stay connected

**Publication:** The Straits Times (6 April 2020)

**Web link:** <https://www.straitstimes.com/singapore/health/helping-older-folk-stay-connected>

**Opinion Article:** Time to rethink use of English-only medicine labels

**Publication:** The Straits Times (15 September 2021)

**Web link:** <https://www.straitstimes.com/opinion/time-to-rethink-use-of-english-only-medicine-labels>; [https://www.duke-nus.edu.sg/allnews/in-the-news/time-to-rethink-use-of-english-only-medicine-labels-\(straitstimes-premium\)](https://www.duke-nus.edu.sg/allnews/in-the-news/time-to-rethink-use-of-english-only-medicine-labels-(straitstimes-premium))

**Opinion Article:** 须重新考量药品标签只用英文做法 (It is necessary to reconsider the practice of using only English in drug labels)

**Publication:** Lianhe Zaobao (12 October 2021)

**Web link:** <https://www.zaobao.com.sg/forum/views/story20211012-1202426>

## **Expert opinion/interview**

1. Expert opinion in **The Straits Times** (22 July 2018): [Do older women have it worse?](#)
2. Expert opinion @ Press Conference on the findings of study on family caregivers of older Singaporeans, conducted by AWARE: **The Straits Times** (19 September 2019): [Call to support caregivers of elderly family members](#); **TODAY Online** (19 September 2019): [Female caregivers face inadequate finances in retirement: Study](#); **Lianhe Zaobao** (19 September 2019): [Survey: work and family responsibility is difficult to take care of. 60% of single female caregivers must give up full-time work](#) (Translated title)
3. Expert opinion on “**Talking Point**” Episode 9, 2020/2021- When Will Life Get Back To Normal (4 June 2020): Shared insights on how seniors have been and will continue to be affected by the COVID-19 pandemic - [Web link](#) (19.30 onwards)
4. Expert opinion on **CNA938 Money Mind** (4 June 2020; Radio program) on the implications of the COVID-19 pandemic for seniors in Singapore
5. Expert interview on **COVID-19 in India** in the health talk show “**Your Health**” on Y Channel (20 July 2020). The hour long interview focused on public health approaches for managing the COVID-19 pandemic, and variation in their application and success across countries, in India and across states within India. Web link: <https://www.facebook.com/southasiandaily/videos/853937898770329/>
6. Expert opinion in the article [The extreme strategies that saved some nursing homes from Covid-19](#), published in **Quartz** (<https://qz.com/>), on strategies adopted by nursing homes in Singapore to counter the COVID-19 epidemic
7. Expert opinion in **The Straits Times** (19 April 2021): [Covid-19 vaccine take-up rate for seniors in S'pore expected to rise: Experts](#)
8. Expert interview on **Herd Immunity and COVID-19** in the health talk show “**Your Health**” on Y Channel (11 May 2021). The hour-long interview focused on communicating the concept of herd



- immunity in the context of the COVID-19 pandemic as well as responding to questions posed by viewers of the program. Web link: <https://www.youtube.com/watch?v=sui96WjWoPo&t=8s>
9. Expert opinion on “**Asia Now**” (19 July 2021): Shared insights on the lagging COVID-19 vaccination rate among older adults in Singapore
  10. Expert opinion in **World Economic Forum** article (1 October 2021): [How can we ensure digital inclusion for older adults?](#)
  11. Expert opinion in **The Straits Times** (9 May 2022): [Better work, care options needed as S'pore set to be 'super-aged' society](#)

## CONFERENCE PRESENTATIONS / INVITED TALKS

CONFERENCE PRESENTATIONS: 173, presented by self (53) or co-authors (120)

### INVITED PROFESSIONAL AND ACADEMIC PRESENTATIONS: LOCAL (In Singapore)

1. *Hypothesis: Research and Statistical*. Grant Preparatory & Research Design Seminar, National Healthcare Group. 30<sup>th</sup> Sep 2011.
2. *Study designs for clinical research*. Grant Preparatory & Research Design Seminar, National Healthcare Group. 30<sup>th</sup> Sep 2011.
3. *Validity and reliability of the Caregiver Reaction Assessment scale among primary informal caregivers of older persons in Singapore*. HSSR Monthly Meeting, Duke-NUS Medical School. 2<sup>nd</sup> February 2012.
4. *The Scientific Hypothesis*. Study Design Workshop, National Healthcare Group. 6<sup>th</sup> Sep 2012
5. *Study designs for clinical research*. Study Design Workshop, National Healthcare Group. 6<sup>th</sup> Sep 2012.
6. *Role of older person BPS and functional limitations in the association between cognitive impairment in the older person and depressive symptoms in the caregiver: A mediation analysis*. HSSR Monthly Meeting, Duke-NUS Medical School. 6<sup>th</sup> June 2013.
7. *Interviewer error on an instrument assessing cognitive function*. HSSR Monthly Meeting, Duke-NUS Medical School. 11<sup>th</sup> July 2013.
8. *Impact of informal caregiving for older adults in Singapore: Instrument validation and role of foreign domestic workers*. Public lecture. Duke-NUS Medical School. 16<sup>th</sup> Sep 2013.
9. *Formulating a research question and hypothesis*. Study Design Seminar, National Healthcare Group. 10<sup>th</sup> Oct 2013.
10. *Impact of informal caregiving for older adults in Singapore: Role of foreign domestic workers*. Learning forum on Informal Caregiving in Singapore. Agency for Integrated Care. 15<sup>th</sup> Jan 2014.
11. *Formulating a research question and hypothesis*. Research Preparatory and Study Design Seminar, National Healthcare Group. 29<sup>th</sup> Apr 2014.
12. *Study design and statistical consideration when writing a research protocol*. Research Preparatory and Study Design Seminar, National Healthcare Group. 29<sup>th</sup> Apr 2014.
13. *Impact of informal caregiving for older adults in Singapore: Role of foreign domestic workers*. Conference on Older Adults in Community: Capacities and Engagement for Aging-in-place. Next Age Institute. 23<sup>rd</sup>-24<sup>th</sup> February 2015.
14. *Family Caregivers of Older Singaporeans with Physical Disability: Impact of Caregiving and Role of Foreign Domestic Workers*. 13<sup>th</sup> Family Research Network Forum, Civil Service College. 27<sup>th</sup> April 2015.
15. *Formulating a research question and hypothesis*. Doing Research: Taming the research monster, Community Care Forum Pre-Forum Workshop, Agency for Integrated Care. 14<sup>th</sup> May 2015.
16. *Study designs for social research*. Doing Research: Taming the research monster, Community Care Forum Pre-Forum Workshop, Agency for Integrated Care. 14<sup>th</sup> May 2015.
17. *Family Caregivers of Older Singaporeans with Physical Disability: Impact of Caregiving and Role of Foreign Domestic Workers*. Singapore Management University School of Social Sciences Capstone Seminar Series. Population Aging and Communities in Singapore. Singapore Management University. 16<sup>th</sup> September 2015.
18. *Caring for Older Singaporeans with Physical Disability: Impact on Family Caregivers and Role of Foreign Domestic Workers*. 2015 Singapore-Sweden Excellence Seminar. “Ageing Societies and Innovative Ideas”. National University of Singapore. 4<sup>th</sup> November 2015.

19. *Who are caregivers, and what are their visible and hidden roles?* Seminar- ACP Is Everybody's Business, "Taking charge of your last days eases everyone's burden". ACES (Active Contributive Engaged Seniors). 20<sup>th</sup> November 2015.
20. *Profile of family caregivers of elderly Singaporeans.* Presentation to UNAGING teams. 24<sup>th</sup> March 2016.
21. *Formulating a research question and hypothesis.* Research Preparatory and Study Design Seminar, National Healthcare Group. 26<sup>th</sup> Apr 2016.
22. *Study designs for clinical research.* Research Preparatory and Study Design Seminar, National Healthcare Group. 26<sup>th</sup> Apr 2016.
23. *Normative values of hand grip strength for elderly Singaporeans aged 60 to 89 years: A cross-sectional study.* Department meeting, Department of Endocrinology, Singapore General Hospital. 20<sup>th</sup> May 2016.
24. *Strategies for Improving the Understanding of Prescription Medication Labels among Elderly Singaporeans: Is there a Case for Bilingual Labels and Pictograms?* Innovating Care Elderly & Home Care 2016. 24<sup>th</sup> Nov 2016.
25. *Normative values of hand grip strength for Singaporean elderly, and Preliminary results on SAFE (Singapore Assessment for Frailty in Elderly).* Mini Symposium on Sarcopenia and Frailty – Assessment, Prevalence and Prevention, International Life Sciences Institute (ILSI) Southeast Asia Region. 6<sup>th</sup> December 2016.
26. *Formulating a research question and hypothesis.* Research Preparatory and Study Design Seminar, National Healthcare Group. 19<sup>th</sup> Apr 2017.
27. *Study designs for clinical research.* Research Preparatory and Study Design Seminar, National Healthcare Group. 19<sup>th</sup> Apr 2017.
28. *SAFE: Singapore Assessment of Frailty in Elderly.* Agency for Integrated Care Learning Forum. 22<sup>nd</sup> Nov 2017.
29. *Research on family caregivers of older Singaporeans: past, present and future.* Asian Family Conference 2017, Ministry of Social and Family Development. 29<sup>th</sup> Nov 2017.
30. *Research at the Centre for Ageing Research and Education (CARE).* Inaugural meeting of Agency for Integrated Care Research Interest Group. 1<sup>st</sup> February 2018.
31. *Psychological and health impacts of caregiving on family caregivers.* Caregiver Symposium 2018, National Council of Social Service. 3<sup>rd</sup> February 2018.
32. *Frailty among older Singaporeans: Development of a measure, and duration of life lived with and without frailty.* Health Services and Systems Research Monthly Meeting, Duke-NUS Medical School. 5<sup>th</sup> April 2018.
33. *Measurement and Identification of Frailty: An overview of research from Singapore.* Translating the Science of Frailty in Singapore: A National Consensus Discussion. 7<sup>th</sup> April 2018.
34. *Formulating a research question and hypothesis.* Research Preparatory and Study Design Seminar, National Healthcare Group. 17<sup>th</sup> May 2018.
35. *Study designs for clinical research.* Research Preparatory and Study Design Seminar, National Healthcare Group. 17<sup>th</sup> May 2018.
36. *Frailty Assessment Measure (FAM).* Singapore International Physiotherapy Congress (SIPC) 2018. Singapore. 19<sup>th</sup> May 2018.
37. *Research on caregiving in Singapore, and the DUKE-NUS Experience.* Meet the Expert. Department of Geriatric Medicine, Singapore General Hospital. 10<sup>th</sup> January 2019.
38. *Frailty Assessment Measure (FAM): Development of a tool to assess frailty among older Singaporeans.* Campus-Wide Clinical & Research Meeting, Singapore General Hospital-Postgraduate Medical Institute. 16<sup>th</sup> January 2019.
39. *Health expectancy – A holistic population health measure.* Population Health Symposium. Program in Health Services and Systems Research, Duke-NUS Medical School. 6<sup>th</sup> May 2019.
40. *How healthy are older Singaporeans? Findings on physical health, health behaviors and psychosocial well-being from THE SIGNS Study-I.* Older Singaporeans at a Crossroads. Centre for Ageing Research & Education (CARE) 2019 Symposium. 8<sup>th</sup> May 2019.
41. *Research on caregiving in Singapore.* Applied Research Workshop on Caregiving for Older Persons. Tsao Foundation. 18<sup>th</sup> July 2019.
42. *Prescription Medication Label Improvement for Singaporean Elderly (PROMISE).* NUS National Day Observance Ceremony and Teh Tarik talks Closing Ceremony. 8<sup>th</sup> August 2019.

43. *Formulating a research question and hypothesis*. Research Preparatory and Study Design Seminar, National Healthcare Group. 30<sup>th</sup> August 2019.
44. *Study designs for clinical research*. Research Preparatory and Study Design Seminar, National Healthcare Group. 30<sup>th</sup> August 2019.
45. *PHASE and THE SIGNS Study: An overview of two nationally representative surveys of older adults in Singapore*. Regional workshop on Integrating Policy and Research on Ageing in ASEAN: Conversations across the Policy and Research Divide. Singapore, 5<sup>th</sup> September 2019.
46. *Loneliness among older Singaporeans*. one-north Festival 2019. 13<sup>th</sup> September 2019.
47. *Making a case for improved prescription medication labels in Singapore: a health services research approach*. Research Seminar, Department of Pharmacy, Faculty of Science, NUS. 21<sup>st</sup> October 2019.
48. *Does social support moderate the impact of care-related work interruptions on depressive symptoms among working caregivers?* International Workshop on Social Capital and Aging. NUS, Singapore, 27<sup>th</sup>-28<sup>th</sup> December 2019.
49. *Why and how elderly Singaporeans guide and develop the next generations? Findings from "Generativity - Appreciation and Measurement among Elderly Singaporeans (GAMES)"*. Social & Family Research Fund (SFRF) Sharing Session, Ministry of Social and Family Development (MSF), Singapore. 10<sup>th</sup> January 2020.
50. *Validation of pharmaceutical pictograms among older Singaporeans, and updates on the PROMISE study*. Health Services and Systems Research Monthly Meeting, Duke-NUS Medical School. 15<sup>th</sup> July 2020.
51. *COVID-19 and chronic care use by middle-aged and older Singaporeans*. ROSA Policy Roundtable: The COVID-19 Pandemic and Older Adults, Singapore Management University. 31<sup>st</sup> August 2020.
52. *PHASE and THE SIGNS Study: Overview, and some key findings*. Workshop on Productive Longevity, NUS. 22<sup>nd</sup> September 2020.
53. *Profile of caregivers in the Singapore Life Panel: initial descriptive analysis*. ROSA Monthly Meeting, Singapore Management University. 29<sup>th</sup> September 2020.
54. *Improving prescription medication labels in Singapore: a health services research approach*. HSS Research Seminar, Singapore Institute of Technology. 30<sup>th</sup> September 2020.
55. *Formulating a research question and hypothesis*. Research Preparatory and Study Design Seminar, National Healthcare Group. 5<sup>th</sup> October 2020.
56. *Study designs for clinical research*. Research Preparatory and Study Design Seminar, National Healthcare Group. 5<sup>th</sup> October 2020.
57. *A case for innovating prescription medication labels in Singapore*. Family Medicine Academic Clinical Program (FM ACP) Research Grand Ground – Prescription safety through review and innovation. 21<sup>st</sup> January 2021.
58. *Caregiving Transitions among Family Caregivers of Elderly Singaporeans (TraCE): Rationale, design and participant characteristics at baseline*. Centre for Ageing Research and Education (CARE) 2021 Symposium: What about the Caregiver? – Findings from the baseline wave of a longitudinal study of family caregivers of older Singaporeans. 5<sup>th</sup> February 2021.
59. *Do family caregivers of older Singaporeans with functional limitations use digital technology to support caregiving?* Centre for Ageing Research and Education (CARE) 2021 Symposium: What about the Caregiver? – Findings from the baseline wave of a longitudinal study of family caregivers of older Singaporeans. 5<sup>th</sup> February 2021.
60. *Population ageing in Singapore – Drivers, Implications and Policies*. Keynote Speech at The Humanities Festival, Hwa Chong Institution (College). 15<sup>th</sup> March 2021.
61. *The Caregiving Transitions among Family Caregivers of Elderly Singaporeans (TraCE) study – Rationale, Design and Participant Characteristics*. Singapore Alliance for Women in Ageing (SAWA) Caregiver Event. 27<sup>th</sup> May 2021.
62. *Formulating a research question and hypothesis*. Research Preparatory and Study Design Seminar, National Healthcare Group. 8<sup>th</sup> July 2021.
63. *Study designs for clinical research*. Research Preparatory and Study Design Seminar, National Healthcare Group. 8<sup>th</sup> July 2021.
64. *Improving prescription medication labels in Singapore: The PROMISE Study*. LKCMedicine Family Medicine lunch seminar. 29<sup>th</sup> July 2021.

65. *The Caregiving Transitions among Family Caregivers of Elderly Singaporeans (TraCE) study – rationale, design and participant characteristics*. Health Services and Systems Research Monthly Meeting, Duke-NUS Medical School. 15<sup>th</sup> September 2021.
66. *Improving prescription medication labels for older Singaporeans: why and how?* SingHealth Duke-NUS Scientific Congress 2021. 18<sup>th</sup> September 2021.
67. *The impact of vision and hearing impairment on psychosocial health and quality of life among older adults*. Campus-Wide Clinical & Research Meeting, Singapore General Hospital-Postgraduate Medical Institute. 6<sup>th</sup> October 2021.
68. *Overview of “Transitions in Health, Employment, Social Engagement and Inter-generational Transfers in Singapore Study” (THE SIGNS Study): Background, Aim and Design*. Centre for Ageing Research and Education (CARE) 2021 Symposium. Getting Older in Singapore - Findings from a National Longitudinal Survey of Older Adults. 16<sup>th</sup> November 2021.
69. *Centre for Ageing Research and Education (CARE): Overview and Innovation*. SingHealth Duke-NUS Academic Medical Centre Innovation Council meeting. 4<sup>th</sup> March 2022.
70. *Formulating a research question and hypothesis*. Research Preparatory and Study Design Seminar, National Healthcare Group. 10<sup>th</sup> May 2022.
71. *Study designs for clinical research*. Research Preparatory and Study Design Seminar, National Healthcare Group. 10<sup>th</sup> May 2022.

#### **INVITED PROFESSIONAL AND ACADEMIC PRESENTATIONS: INTERNATIONAL**

1. *Hypertension among elderly Singaporeans*. Community Medicine, MAMC, Delhi, India. 1<sup>st</sup> Dec 2009.
2. *Psychometric evaluation of the Caregiver Reaction Assessment scale among primary informal caregivers of older persons in Singapore*. Community Medicine, MAMC, Delhi, India. 2<sup>nd</sup> May 2013.
3. *Foreign domestic workers lessen the negative impact of older adult impairments on their informal caregivers*. Community Medicine, MAMC, Delhi, India. 2<sup>nd</sup> May 2013.
4. *Gender difference in absolute and relative inactive life expectancy: Does it vary by the definition of inactivity?* International Workshop on Health Expectancy: Harmonizing Summary Measures of Population Health. Tokyo, Japan. 14<sup>th</sup>-16<sup>th</sup> Oct 2014.
5. *Development of the Singapore Assessment for Frailty in Elderly (SAFE)*. Multidisciplinary Research in Gerontology Colloquium Series in the School of Gerontology at the University of Southern California. Los Angeles, CA, USA. 23<sup>rd</sup> February 2017.
6. *Differentials in active life expectancy by social class in Kerala, India*. Adult Mortality Determinants in Low and Middle Income Countries: A Comparative Workshop. University of California, Berkeley, CA, USA. 27<sup>th</sup> February 2017.
7. *The use of pictograms to increase understanding of medication instructions in an elderly population in Singapore*. FIP Hospital Pharmacy Section Webinar on ‘The Use of Pictograms and Infographics to Support Medication Literacy and Medication Adherence’. 26<sup>th</sup> September 2017.
8. *Frailty among elderly Singaporeans: Development of a measure, and duration of life lived with and without frailty*. Center for the Study of Aging and Human Development, Duke University, Durham, NC, USA. 16<sup>th</sup> April 2018.
9. *Strategies for improving prescription medication labels for the elderly*. Community and Family Medicine, Duke University, Durham, NC, USA. 20<sup>th</sup> April 2018.
10. *Panel on Health and Ageing of Singaporean Elderly (PHASE)*. Data use workshop for “Longitudinal Study of Health and Aging in Vietnam”, Institute of Population Health and Development (PHAD), Hanoi, Vietnam, 21<sup>st</sup> August 2019.
11. *Normative values of hand grip strength for elderly Singaporeans*. Data use workshop for “Longitudinal Study of Health and Aging in Vietnam”, Institute of Population Health and Development (PHAD), Hanoi, Vietnam, 21<sup>st</sup> August 2019.
12. *PHASE and THE SIGNS Study: An overview of two nationally representative surveys of older adults in Singapore*. Peer Review Meeting of Contributors to the Global Baseline Report for Decade of Healthy Ageing. WHO Headquarters, Geneva. 10<sup>th</sup>-11<sup>th</sup> October 2019.
13. *Improving Prescription Medication Labels for Older Adults in Singapore: Why and How?* CARE Experts Webinar. 6<sup>th</sup> May 2020.

14. *Where are we – better use of information.* Annual meeting of the WHO Consortium on Metrics and Evidence for Healthy Ageing. 2<sup>nd</sup>-3<sup>rd</sup> December 2020. Virtual Meeting.
15. *Research on ageing, and on the impact of COVID-19 pandemic on older adults, in Singapore: overview and key findings.* Conference on Research on Ageing in The Pandemic Age: Regional South-South Perspectives. 16<sup>th</sup> December 2020. Malaysian Research Institute on Ageing, Universiti Putra Malaysia. Virtual Conference.
16. *Panel on Health and Ageing of Singaporean Elderly (PHASE): Overview and Access to Data.* Seminar on Ageing among Asians. 21<sup>st</sup> January 2022. Virtual seminar organized jointly by Sau Po Centre on Ageing, Hong Kong University, Hong Kong and Centre for Ageing Research and Education, Duke-NUS Medical School, Singapore.

## ***GRANT / JOURNAL / CONFERENCE ABSTRACT REVIEW ROLES***

---

### **GRANT REVIEWER**

1. Agency for Integrated Care ILTC Research Grant, 2018
2. National Medical Research Council, Clinician Scientist-New Investigator Grant, Singapore: 2017
3. National Medical Research Council, Health Services Research-New Investigator Grant, Singapore: 2016
4. National Medical Research Council, Health Services Research-New Investigator Grant, Singapore: 2017
5. National Medical Research Council, Health Services Research-New Investigator Grant, Singapore: 2018
6. National Medical Research Council, Health Services Research-New Investigator Grant, Singapore: 2019
7. National Medical Research Council, Transition Award Grant, Singapore: 2022
8. SingHealth Duke-NUS Academic Medicine Research Special Category Grant: SingHealth Duke-NUS AGEing Research (SAGE): 2020
9. Singapore Millennium Foundation Grant, Singapore: 2017
10. SingHealth Foundation Research Grant, Singapore: 2011
11. SingHealth Foundation Research Grant, Singapore: 2014
12. SingHealth Foundation Research Grant, Singapore: 2015
13. SingHealth Foundation Research Grant, Singapore: 2016
14. SingHealth Regional Health System PULSES Centre Grant call: 2018
15. SingHealth Regional Health System PULSES Centre Grant call: 2019
16. SingHealth Regional Health System PULSES Centre Grant call: 2020
17. Utah Center on Aging Pilot Grant: 2018

### **GRANT REVIEW PANEL**

1. SingHealth Duke-NUS Academic Medicine Research Special Category Grant: SingHealth Duke-NUS AGEing Research (SAGE): 2020

### **JUDGE / JUDGING PANEL**

1. Pitch for Funds Program, Medicine ACP, Singapore General Hospital. 21<sup>st</sup> October 2015
2. Junior Pitch for Funds Program, Medicine ACP, Singapore General Hospital. 22<sup>nd</sup> March 2016
3. Member, Judging Panel for Singapore Health Quality Service Awards 2019 (Best Team category), 8<sup>th</sup> October 2018
4. PhD Students' Oral Presentation, Annual Duke-NUS PhD Student Research Symposium. 29<sup>th</sup> April 2019
5. E-poster presentation, Duke-NUS MD students Research Week, April 2021
6. Oral presentation, Health Services & Systems Research Category, SingHealth Duke-NUS Congress (2021)
7. E-poster and video presentation, Duke-NUS MD students Research Week, March 2022

### **JOURNAL ADVISORY BOARD / EDITORIAL BOARD/ REVIEWER**

- **International advisory board member:**

1. Indian Journal of Medical Specialties (2014 – 2017)
2. Indian Journal of Youth and Adolescent Health (2014 – 2017)
- **Editorial board member:**
  1. MAMC Journal of Medical Sciences (2014 – current; <https://www.mamcjms.in/editorialboard.asp>)
  2. Journal of Aging and Health (2019 – current; <https://uk.sagepub.com/en-gb/asi/journal/journal-aging-and-health#editorial-board>)
- **Reviewer:**
  1. Aging & Mental Health
  2. Ageing & Society
  3. Alzheimer's & Dementia
  4. Annals Academy of Medicine, Singapore
  5. Annals of Medicine
  6. Annals of Medical and Health Sciences Research
  7. Archives of Gerontology and Geriatrics
  8. Asia Pacific Journal of Public Health
  9. Asian Population Studies
  10. Australasian Journal on Ageing
  11. BMC Geriatrics
  12. BMC Nephrology
  13. BMC Public Health
  14. BMC Research Notes
  15. British Medical Journal
  16. Chronic Diseases in Canada
  17. Depression and Anxiety
  18. Food and Nutrition Bulletin
  19. Gerontology
  20. Geriatrics and Gerontology International
  21. Health Education Journal
  22. Health and Quality of Life Outcomes
  23. Health Psychology
  24. Hypertension
  25. Informatics for Health and Social Care
  26. International Journal of Health Policy and Management
  27. Journal of Aging and Health
  28. Journal of the American Geriatrics Society
  29. Journal of Applied Gerontology
  30. Journal of Cross Cultural Gerontology
  31. Journal of Community Medicine and Health Education
  32. Journal of the Economics of Ageing
  33. Journal of Epidemiology and Community Health
  34. Journal of Forensic and Legal Medicine
  35. Journal of Gerontology: Social Sciences
  36. Journal of Immigrant and Minority Health
  37. Journal of Immigrant & Refugee Studies
  38. Journal of Women's Health
  39. Obesity
  40. Preventing Chronic Disease
  41. Proceedings of Singapore Healthcare
  42. Psychooncology
  43. Public Health Nutrition
  44. Quality of Life Research
  45. Research in Social and Administrative Pharmacy
  46. Saudi Medical Journal
  47. SAGE Open
  48. SSM-Population Health
  49. SpringerPlus

50. The Gerontologist
51. Topics in Stroke Rehabilitation
52. Tropical Medicine and Health
53. Vaccine
54. Women's Health Issues
55. World Journal of Pediatrics

## CONFERENCE ABSTRACT REVIEWER

1. Community Care Forum 2015: A Conversation about Tomorrow's Care, Singapore
2. Health Services & Systems Research Domain for the SingHealth Duke-NUS Scientific Congress 2016, Singapore
3. Student-submitted Abstracts Domain for the SingHealth Duke-NUS Scientific Congress 2016, Singapore
4. The 21<sup>st</sup> IAGG World Congress of Gerontology and Geriatrics, 2017, San Francisco, CA, USA
5. Singapore Health & Biomedical Congress (SHBC) 2017 Scientific Competition, Singapore
6. Gerontological Society of America (GSA) Annual Scientific Meeting, 2018, Boston, MA, USA
7. Health Services & Systems Research Domain for the SingHealth Duke-NUS Scientific Congress 2018, Singapore
8. Singapore Health & Biomedical Congress (SHBC) 2018 Scientific Competition, Singapore
9. Gerontological Society of America (GSA) Annual Scientific Meeting, 2019, Austin, TX, USA
10. Singapore Health & Biomedical Congress (SHBC) 2019 Scientific Competition, Singapore
11. Gerontological Society of America (GSA) Annual Scientific Meeting, 2020 (Online)
12. Gerontological Society of America (GSA) Annual Scientific Meeting, 2021, Phoenix, AZ, USA
13. Singapore Health & Biomedical Congress (SHBC) 2021 Scientific Competition, Singapore
14. Gerontological Society of America (GSA) Annual Scientific Meeting, 2022, Indianapolis, IN, USA

## TEACHING AND TRAINING EXPERIENCE

### EXTERNAL EXAMINER

1. M.D. (Community Medicine) Part II Examination (Thesis examination through Viva Voce), Board of Study in Community Medicine, Postgraduate Institute of Medicine, University of Colombo, Sri Lanka: **2014; 2016; 2017; 2018; 2019; 2020; 2021.**
2. PhD (Community Medicine) Examination (Thesis examination), Faculty of Medical Sciences, University of Delhi, India: **2019.**
3. Doctoral Thesis Examination, Faculty of Medicine, University of Malaya: **2022.**

### AT MAULANA AZAD MEDICAL COLLEGE, DELHI, INDIA (2001-2006)

1. Theory lectures, tutorial and practical demonstration classes on public health topics for undergraduate medical (MBBS) and nursing students.
2. Training and supervision of MBBS students, interns and post graduate (MD Community Medicine) students posted at health centers for providing health care services and health education.

### AT DUKE-NUS MEDICAL SCHOOL, SINGAPORE (2008-PRESENT)

#### Duke-NUS PhD / MD PhD students

1. **Supervision**
  - a. *Supervisor* for Ping Yongjing (2021-2025)
  - b. *Co-Supervisor* for Kwan Yu Heng (2015-2020). Thesis – Quality of Life in Patients with Spondyloarthritis
2. **Thesis Advisory Committee (TAC)** member for 11 PhD Students (Chong Jia Loon; Kwan Yu Heng; Calvin Lau; Li Yao-Tsun; Jon Barrenetxea Carrasco; Felicia Ang Jia Ler; Low Xinyi Casuarine; Lai Wei Xuan; Venetia Kok Jing Tong; Marya Margaret Getchell; Vanessa Koh Jean Wen)
3. **PhD Qualifying Exam Committee (PQE)** member for 3 PhD Students (Calvin Lau; Li Yao-Tsun; Vu Tai Anh)
4. **Thesis Defence Committee** Member for 3 PhD Students (Wan Chen Kang Graham; Kwan Yu Heng; Li Yao-Tsun)



5. **Lab rotation mentor** for 6 PhD Students (Li Yao-Tsun; Randy Loke You Jie; Lai Wei Xuan; Low Xinyi Casuarine; Ping Yongjing; Marya Margaret Getchell)
6. **Faculty reviewer, PhD student research seminar**
7. **PhD applicant interviewer** (Academic Year 2020; 2021; 2022)

#### **NUS PhD students**

1. **Thesis Examiner** for 1 PhD Student at the Saw Swee Hock School of Public Health (Dr Liew Tau Ming)
2. **Qualifying Exam Examiner** for 1 PhD Student at the Department of Pharmacy, Faculty of Science (Lum Zheng Kang)
3. **Thesis Advisory Committee (TAC)** member for 1 PhD Student at the Department of Pharmacy, Faculty of Science (Lum Zheng Kang)
4. **Thesis Advisory Committee (TAC)** Chairman for 1 PhD Student at the Yong Loo Lin School of Medicine (Pek Pin Pin)

#### **Monash University PhD students**

1. **External Supervisor** for 1 PhD Student at the School of Rural Health, Faculty of Medicine (Sumithra Suppiah)

#### **Duke-NUS medical students for their research (3rd) year projects**

##### ***PRIMARY MENTOR***

**NODA MISA** **Sep 12-Jul 13**  
Health of tuk-tuk drivers in Sri Lanka (**Awarded with the Duke-NUS Achievement Award for Best Thesis (Clinical Sciences)**)

**HUANG SHUQI JOAN** **Sep 13-Aug 14**  
Grip strength of older Singaporeans: Norms, correlates and health outcomes (**Research work supported by the Khoo Student Research Award for SGD 9,950.10**)

**SIOW YONG MING JEFFREY** **Jan 16-Oct 16**  
Validity and reliability of the Positive Aspects of Caregiving scale among family caregivers of elderly with functional limitations in Singapore

**LIAN QIAN** **Jan 18-Oct 18**  
The association of baseline systolic blood pressure (SBP) and diastolic blood pressure (DBP) with 6-year all-cause mortality among community-dwelling older Singaporeans

**PHUA YAN LIN JUNE** **Jul 20-Mar 21**  
Association between sensory impairments and psychosocial outcomes among older Singaporeans

##### ***CO-MENTOR***

**EE TAT XIN** **Sep 09-Jul 10**  
Toward optimal gestational weight gain range for a multi-ethnic population in Singapore

**KOH HUISHAN** **Sep 09-Jul 10**  
Predictors and adverse outcomes of inadequate or excessive gestational weight gain in an Asian population

**NEO GHIM HOE** **Aug 10-Jul 11**  
Lifestyle risk factors for threatened miscarriage in Singapore

**KOUK LEONG JIN** **Aug 10-Jul 11**  
The effects of stress and other risk factors on early pregnancy outcome in Singaporean women with threatened miscarriage

- KU CHEE WAI** **Sep 11-Jun 12**  
Serum progesterone and progesterone-induced blocking factor levels and risk of spontaneous abortion in women with threatened miscarriage: A prospective study
- WU LIN CHIEH** **Sep 11-Jun 12**  
Indications for episiotomy in normal vaginal deliveries conducted by midwives at KK Women's and Children's Hospital
- GOH GLENN** **Sep 13-Jul 14**  
iPRISM STUDY ("interactive diet and activity tracker": Phone app to Reinforce Individual Self-Management)
- SIEW SHAYNA** **Sep 13-Jul 14**  
Progestogen for threatened miscarriage: A randomised controlled trial comparing micronised progesterone and dydrogesterone
- HE SONG** **Sep 13-Jul 14**  
Association between serum progesterone level in early pregnancy and adverse pregnancy outcomes
- LIM ZHIRUO CARMEN** **Jan 15-Oct 15**  
The health and well-being of caregivers of technologically dependent children in Singapore
- I GUSTI NGURAH PRAWIRA SUARTHA OKA** **Jan 16-Oct 16**  
Gout: Quality of Life, Adherence to Medication, self-Efficacy of patients who Reach treatment target (GLAMER)
- GUO YING** **Jan 16-Oct 17**  
Service use variability and severity of illness in generating confusion and implications for medically complex patient populations
- SANDRA LYNN JAYA-BODESTYNE** **Jan 17-Oct 17**  
Venous thromboembolism in pregnancy and the postpartum period: incidence and risk factors
- FUNG FOON YIN** **Sep 17-Jun 18**  
Muscle-DM Study: Muscle Strength in Community Living Elderly with Diabetes Mellitus
- LIM MUHAMMAD HAIKEL ASYRAF** **Sep 17-Jun 18**  
Trajectories of Prenatal Stress, Depression, and Anxiety: Risk Factors and Associations with Neonatal Anthropometry
- CHUA ING LOON, SEAN** **Sep 18-May 19**  
Use of Augmented Reality for Cognitive Function Screening
- SHARON HANNA SUNNY** **Jul 19-Apr 20**  
Facilitators and barriers to postpartum diabetes screening among mothers with a history of gestational diabetes mellitus – a qualitative study
- TAN LI TING** **Jul 20-Mar 21**  
Psychometric evaluation of the CASP-12 quality of life scale among community-dwelling older adults in Singapore

**Evaluation of 3<sup>rd</sup> year research theses of Duke-NUS medical students: 2011; 2014; 2015; 2016; 2017; 2018; 2019; 2020; 2021**

#### **Duke University students**

- ***Co-mentor for research project of M.Sc. in Global Health students at the Duke Global Health Institute, Duke University***  
**MIRNA HODZIC MUN** **Mar 13-Mar 14**  
 Exploring the Health of Sri Lankan Female Foreign Domestic Worker Returnees from the Middle East
- ***Co-mentor for Duke University School of Medicine students for their research (3<sup>rd</sup>) year projects***  
**UGOCHI UKEGBU** **Jul 13-Jun 14**  
 Health and Aging in Sri Lanka: Sri Lanka Healthy Minds Study (SLHMS)
- JUMOKE OGUNDARE** **Jul 14-Jun 15**  
 Health Assessment of Elderly in Rural Villages in Maharashtra, India. (Awarded Doris Duke Fellowship)

#### **NUS undergraduate or masters students**

- ***Co-supervisor for BSc Final Year Project (Research Component), Department of Pharmacy, NUS***  
**OH YEOW BOON** **Dec 19-Apr 20**  
 Prescription Medication Labels in Singapore -- A Need for System-level Improvement?
- TANG JING YI** **Jan 21-Apr 21**  
 Digital technology adoption for the management of prescribed medications: a population-based study of community dwelling Singaporean older adults

#### **Lectures at NUS**

- *Sampling*: in Sociology Module SC2101 (Methods of Social Research) for NUS Undergraduates (2010; 2011)
- *Survey Research*: in Sociology Module SC2101 (Methods of Social Research) for NUS Undergraduates (2010; 2011)
- *Epidemiological transition*: in Sociology Module SC2208 (Population & Society) for NUS Undergraduates (2010)
- *Social determinants of Health*: in Master of Public Health Core Module CO5203 (Lifestyle and Behavior in Health and Disease) for NUS Master of Public Health students (2010; 2011)
- *Ageing, and Intermediate and Long-Term Care in Singapore*: in Senior Seminar UTC2707/UTS2701 (Understanding Health and Social Care in Singapore) for NUS Residential College 4 students (2016; 2017; 2018)
- *Research on happiness or subjective well-being among older Singaporeans, and their family caregivers*: in University Scholars Programme Module (Quantitative Reasoning: The Pursuit of Happiness) for NUS University Scholars Programme students (2018)
- *Ageing, and Intermediate and Long-Term Care in Singapore*: in Life Sciences Major Module LSM4217 (Functional Ageing) for NUS Life Sciences Undergraduates (2017; 2018; 2019; 2020; 2021; 2022)
- *Epidemiology*: in Graduate Module GMS6950 (Health Services and Systems Research) for NUS Graduate and PhD students (2019; 2021)
- *Aging and Long-Term Care in Singapore*: in Graduate Module GMS6950 (Health Services and Systems Research) for NUS Graduate and PhD students (2021)
- *Population ageing in Singapore – Drivers, Implications and Policies*: in Graduate Module LSM1111 (Challenges and opportunities for the Life Sciences) for NUS first year Life Science students (2022)

#### **Lectures at Duke-NUS**

- *Social aspects of ageing in Singapore*: in Gerontology session in Year 2 Geriatrics & Nutrition Programme for Duke-NUS MD students (2015-16 and 2016-17)
- *Introduction to Survey Research*: in GMS5202 (Research Methods for Health Services), Duke-NUS Graduate Certificate Programme in Health Services Innovation (2021)

- *Sampling in Survey Research*: in GMS5202 (Research Methods for Health Services), Duke-NUS Graduate Certificate Programme in Health Services Innovation (**2021**)

## **COMMITTEES AND RELATED ROLES**

---

### **INTERNATIONAL WORK GROUP OR COMMITTEE**

- **Member**, Global Future Council on Healthy Ageing and Longevity, World Economic Forum (**2020-2021 Term**)
- **Member**, World Health Organization (WHO) Consortium on Metrics and Evidence for Healthy Ageing (**2019 – ongoing**)
- **Member**, Advisory Committee, Longitudinal Study of Aging and Health in Vietnam (LSHAV) (**August 2019 to March 2020**)

### **NATIONAL WORK GROUP OR COMMITTEE**

- **Member**, Research & Innovation Committee (RIC), Agency for Integrated Care, Singapore (**2020; 2021**)
- **Member**, Ministry of Health (MOH) Policy Workgroup for the National Frailty Strategy, Singapore (**December 2021 to November 2022**)

### **DEPARTMENT-LEVEL COMMITTEE or WORK GROUP**

- **Lead**, Work Group for ‘Guidelines for Conducting Community-Based Research Data Collection during COVID-19’, Health Services and Systems Research, Duke-NUS Medical School (**February 2020 – ongoing**)
- **Member**, Review Committee for ‘Joint appointment in Duke-NUS’ for Prof. Ostbye, Health Services and Systems Research, Duke-NUS Medical School (**May 2020-June 2020**)

### **INTERVIEW PANELS**

- **Member**, Interview Panel for SingHealth Duke-NUS Global Health Fellows Programme: **March 2020; April 2021**

### **CONFERENCE COMMITTEE**

- **Member**, Organizing Committee, Singapore General Hospital (SGH) 21<sup>st</sup> Annual Scientific Meeting, Singapore; 10<sup>th</sup>-11<sup>th</sup> April 2015
- **Member**, Scientific Committee, 27<sup>th</sup> REVES (Network on Health Expectancy) Meeting, Singapore; 2<sup>nd</sup> -4<sup>th</sup> June 2015
- **Abstract Champion** for Health Services & Systems Research for the SingHealth Duke-NUS Scientific Congress 2016, Singapore, 23<sup>rd</sup> to 24<sup>th</sup> September 2016
- **Member**, Scientific Committee, 8<sup>th</sup> Association of Pacific Rim Research Universities Population Ageing Conference, Singapore, 11<sup>th</sup> to 13<sup>th</sup> October 2017
- **Chair**, Symposium Planning Committee, Population Health Symposium organized by the Program in Health Services and Systems Research, Duke-NUS Medical School, Singapore, 6<sup>th</sup> May 2019
- **Member**, Scientific Committee, Community Care Forum 2020, Agency for Integrated Care, Singapore

### **CHAIRPERSON / MODERATOR IN CONFERENCE SESSIONS**

- **Chairperson**, Compassion in Communication (Symposium). Singapore General Hospital (SGH) 21<sup>st</sup> Annual Scientific Meeting, Singapore. 10<sup>th</sup>-11<sup>th</sup> April 2015
- **Moderator**, Integrated care – what lies ahead? Community Care Forum 2015: A Conversation about Tomorrow’s Care, Singapore. 15<sup>th</sup>-16<sup>th</sup> May 2015
- **Chairperson**, Session on Aged Care, Health Services and Healthcare Systems. 2015 Singapore-Sweden Excellence Seminar. “Ageing Societies and Innovative Ideas”, Singapore. 4<sup>th</sup> November 2015
- **Chairperson**, Session on “Findings on Centenarian Studies in Asian Countries II”. Are Centenarians the Realisation of Successful Ageing: Insights from a Global Study, CARE, Duke-NUS Medical School, Singapore. 7<sup>th</sup>-8<sup>th</sup> December 2016

- **Chairperson**, Session on “Improving Care in the Community”. The 21<sup>st</sup> IAGG World Congress of Gerontology & Geriatrics, San Francisco, CA, USA, 23<sup>rd</sup> to 27<sup>th</sup> July, 2017
- **Moderator**, Keynote Session on Defining and Understanding Resilience, 8<sup>th</sup> Association of Pacific Rim Research Universities Population Ageing Conference, Singapore, 11<sup>th</sup> to 13<sup>th</sup> October 2017
- **Facilitator**, Research Grand Round on “Life course oral health: Evidence for population-based cohort studies”, Academic Medicine Research Institute, SingHealth and Duke-NUS, 17<sup>th</sup> February 2021

#### **CONSULTANT/ADVISOR (Pro Bono)**

- Study on Caregivers, National Council of Social Service, Singapore (**June 2016 to December 2019**)
- Service improvement at Lions Befrienders, Singapore (**November 2020 – ongoing**)
- Longitudinal survey of seniors living in private housing (LSPH) project, Agency for Integrated Care, Singapore (**November 2021 to October 2023**)
- Evaluation of Eldercare Centres, Ministry of Health, Singapore (January 2022 – ongoing)

#### ***SKILLS***

##### **SOFTWARE**

**Statistical:** SAS, Stata, SPSS  
**MS Office** (MS Word, MS PowerPoint, MS Excel)  
**Bibliography:** EndNote

##### **LANGUAGES**

**English** (Proficient - Written and Spoken)  
**Hindi** (Proficient - Written and Spoken)