



**NUS**  
National University  
of Singapore

**iHealthtech**  
Institute for Health Innovation  
& Technology

# iHealthtech Seminar Series

## Professor Roger Ho

Professor and Senior Consultant  
Department of Psychological Medicine  
National University of Singapore & National University Hospital  
Principal Investigator, iHealthtech



## Understanding Mental Health for Postgraduate Students and Beyond

**10 OCT, MON, 4 - 5 PM**

Staff and graduate students may be well aware of the issues of mental health and stress arising from the recent publicity as well as online discussions on these topics. Coming from a different perspective in this seminar, Professor Roger Ho will utilise findings from his mental health research to help graduate students, research fellows and junior academics understand how stress can affect brain function in an innovative way. He will also present how antidepressant treatment can benefit the brain and why some people who feel or are undergoing depression should consider pharmacological treatment. During this seminar, Professor Ho and his assistant will invite the participants to assess their brain function using the functional near-infrared spectroscopy technique. Professor Ho will share his experiences in pursuing his postgraduate degree, supervising MSc and PhD students, and going through promotion and tenure. He will share tips to help doctoral students and junior academics to achieve their academic goals while maintaining good mental health.

### Speaker biography

Professor Ho is a Professor of Psychiatry. He has published over 500 medical and psychiatric journal articles and has co-authored six books. His publication has gained 40,000 citations with an H index of 79. In 2021, Clarivate Analytics (Web of Science) identified him as one of the World's most highly cited and influential researchers.



**Virtual attendee**  
Register here

[https://nus-sg.zoom.us/webinar/register/WN\\_tkA-u9iESOu\\_WwX1JcjpgA](https://nus-sg.zoom.us/webinar/register/WN_tkA-u9iESOu_WwX1JcjpgA)



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