

## Curriculum Vitae

**Date Prepared:** 10-JAN-2022  
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### Education:

2008	BA <i>Dean's Honor List</i>	Literature and Language	University of British Columbia Vancouver, Canada
2012	MPH	Public Health (Advisor: Stephen J. Bartels)	Dartmouth College Hanover, NH
2017	PhD	Health Policy and Clinical Practice (Advisor: Stephen J. Bartels)	Dartmouth College Hanover, NH

### Postdoctoral Training:

2017-2019	Research Fellow	Global Health and Social Medicine (Advisor: Vikram Patel)	Harvard Medical School Boston, MA
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### Faculty Academic Appointments:

2019-	Instructor	Global Health and Social Medicine	Harvard Medical School Boston, MA
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### Other Professional Positions:

2008-2009	Graduate Academic Assistant	Department of Sociology, University of British Columbia, Vancouver, Canada
2009-2011	Neuropsychometrist	Neuropsychology service, Vancouver Coastal Health, Vancouver, Canada
2011-2012	Research Assistant	The Dartmouth Institute for Health Policy and Clinical Practice, Dartmouth College, Hanover, NH
2012-2013	Research Coordinator	The Dartmouth Institute for Health Policy and Clinical Practice, Dartmouth

		College, Hanover, NH	
2018-	Research & Design Advisory Panel	Beth Israel Deaconess Medical Center Digital Psychiatry Division	4 days per year
2018-	Honorary Research Fellow	Sangath, Bhopal, India	4-6 months per year
2019-	International Mentors Group	Sangath, Bhopal, India	3 months per year
2019-	Mann Mela Expert Advisory Group	Sangath, New Delhi, India	2 days per year

### Major Administrative Leadership Positions:

#### Local

2012-2013	Co-Organizer Dartmouth Seminars in Implementation Science	Dartmouth Centers for Health and Aging, Dartmouth College, Hanover, NH	
2017-2018	Organizing Committee Member “Hack Mental Health” GlobalMentalHealth@Harvard Hackathon	Harvard Medical School Harvard T.H. Chan School of Public Health Harvard Global Health Institute	
2019-	Steering Committee Member & Chair Digital Platform for the Mental Health Workforce Protocol Design Group	Harvard Medical School EMPOWER Project Boston, MA	
2020-	Co-Lead Mental Health for All lab	Harvard Medical School Boston, MA	
2021-	Chair Scientific Advisory Board WHO World Mental Health International College Student (WMH-ICS) Initiative – Qualitative Study	Harvard Medical School Boston, MA	

#### National

2018-2019	Co-Chair NIMH U19 Scale-Up Hubs Steering Committee	Harvard Medical School Boston, MA	
2020-	Chair NIMH U19 Scale-Up Hubs Steering Committee	Harvard Medical School Boston, MA	

#### International

2018	Organizer ESSENCE U19 Scale-Up Hub 1 <sup>st</sup> Annual Meeting, 5-7 March 2018	Sangath, Bhopal, India	
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2018	Co-Organizer NIMH Annual Scale-Up Hubs Meeting 27-30 November 2018	Sangath & Center for Mental Health Law and Policy, Indian Law Society New Delhi, India
2019	Organizer ESSENCE U19 Scale-Up Hub 2 <sup>nd</sup> Annual Meeting, 25-27 February 2019	Sangath, Bhopal, India
2020	Organizer ESSENCE U19 Scale-Up Hub 3 <sup>rd</sup> Annual Meeting, 5, 7, 8 February 2020	Sangath, Bhopal, India
2020	Organizer SHARP Project Launch Meeting at the All India Institute of Medical Sciences (AIIMS) Bhopal, 6 February 2020	Sangath, Bhopal, India

### **Committee Service:**

#### **Local**

2013-2017	Graduate Admissions Committee	The Dartmouth Institute for Health Policy and Clinical Practice, Dartmouth College, Hanover, NH
2014-2015	Council Member	The Dartmouth Institute for Health Policy and Clinical Practice, Dartmouth College, Hanover, NH
2015-2017	Fellow, Global Fellows Program, Global Health Initiative	The John Sloan Dickey Center for International Understanding, Dartmouth College, Hanover, NH
2021-	Member, Data and Safety Monitoring Board (DSMB), NIMH Funded Clinical Trial (R01MH117760) " <i>Integrating a Stepped Care Model of Screening and Treatment for Depression Into Malawi's National HIV Care Delivery Platform</i> "	RAND Corporation, Partners In Health, Harvard Medical School, Boston, MA
2021-	Member, Application Review Committee GMH@Harvard Student Research Assistant Position	Harvard Global Health Institute, Harvard University, Cambridge, MA

#### **International**

2019-	Biostatistician Hiring Committee	Sangath, India
2020-	Data Management Policy Workgroup	Sangath, India
2021-	Mentor, Implementation Science Fellowships, ESSENCE Program	Sangath, India

**Professional Societies:**

2014-2017	Society for Behavioral Medicine	Student Member
2017-2018	Healthcare Information and Management Systems Society (HIMSS)	North America Student Member
2016-	Mental Health Innovation Network: A Global Community of Mental Health Innovators	Member

**Grant Review Activities:**

2018	Invited Grant Reviewer Research Section of the Tobacco Control Fund	French National Cancer Institute (INCa) and the French Public Health Research Institute (IReSP) Boulogne-Billancourt, France
2019	Rehabilitation Research & Development Service (RR&D), SPiRE Pilot Grants	Behavioral Health and Reintegration Rehabilitation Research & Development U.S. Department of Veterans Affairs Washington, DC
2019	RRD4 Behavioral Health and Social Reintegration	Office of Research and Development U.S. Department of Veterans Affairs Washington, DC
2019-	Research Grants	Fondation Botnar Basel, Switzerland
2020-	Member Federal Advisory Committee Act (FACA) RRD4 Behavioral Health and Social Reintegration	Office of Research and Development U.S. Department of Veterans Affairs Washington, DC
2020	Invited Reviewer International Digital Health and AI Research Collaborative (I-DAIR)	Geneva Science and Diplomacy Anticipator Foundation (GESDA) Fondation Campus Biotech Geneva, Switzerland
2020-	Invited Reviewer Grand Challenges Canada (GCC) Global Mental Health Program Round 1 & Round 2	Global Affairs Canada, Government of Canada Toronto, Canada
2021-	Invited Reviewer National Institutes of Health Eunice Kennedy Shriver National Institute of Child Health & Human Development (NICHD)	NIH NICHD Rockville, MD

2021-	Invited Reviewer National Institutes of Health Fogarty International Center NCD D43 Review Panel	NIH FIC Rockville, MD
2021-	Invited Reviewer Deutsche Forschungsgemeinschaft (DFG) German Research Foundation	DFG Bonn, Germany

## **Editorial Activities:**

### **Ad hoc Reviewer**

*Aging & Mental Health*  
*American Journal of Bioethics*  
*American Journal of Epidemiology*  
*American Journal of Managed Care*  
*American Journal of Preventive Medicine*  
*American Journal of Public Health*  
*Annals of Internal Medicine*  
*Behavior Research and Therapy*  
*Bipolar Disorders*  
*BMJ Open*  
*British Journal of Psychiatry*  
*Clinical Medicine Insights: Psychiatry*  
*Computers in Human Behavior*  
*Digital Health*  
*The Gerontologist*  
*Global Health Research and Policy*  
*IEEE Journal of Biomedical and Health Informatics*  
*Internet Interventions*  
*JAMA*  
*Journal of Affective Disorders*  
*Journal of Global Health*  
*Journal of Medical and Internet Research*  
*JMIR mHealth uHealth*  
*Journal of Mental Health*  
*Journal of Nervous and Mental Disease*  
*Journal of Telemedicine and Telecare*  
*The Lancet*  
*The Lancet Psychiatry*  
*PLoS Medicine*  
*PLoS ONE*  
*Psychiatric Rehabilitation Journal*  
*Psychiatric Services*  
*Psychiatry Research*  
*Psychological Medicine*  
*Schizophrenia Research*  
*Social Psychiatry and Psychiatric Epidemiology*

*Social Science & Medicine*  
*Telemedicine and eHealth Journal*  
*Translational Behavioral Medicine*

**Other Editorial Roles**

2018-2019	Editor, Special Issue	Frontiers in Public Health
2019-	Section Editor, Digital Health	International Journal of Environmental Research and Public Health
2020-	Guest Editor, Social Media Special Issue	Journal of Technology in Behavioral Science
2020-	Guest Editor, Coronavirus Disease (COVID-19): Psychological, Behavioral, Interpersonal Effects, and Clinical Implications for Health	Frontiers in Psychology
2020-	Guest Editor, Virtual Reality and Mental Health: Opportunities to Advance Research and Practice	Frontiers in Virtual Reality
2020-	Guest Editor, How technology use is changing adolescent behavior and their social, physical, and cognitive development	Current Psychology
2021-	Guest Editor, Games for Mental Health – Opportunities for games to support early intervention for mental disorders	Games for Health Journal

**Honors and Prizes:**

2008	William Staiger Award	Vancouver Thunderbirds Minor Hockey Association, Vancouver, BC	Community Service
2008	Dean's Honor List	University of British Columbia, Vancouver, BC	Academic Merit
2009	Travel Award	British Columbia Network on Aging Research, Vancouver, BC	Student Travel
2012	Research Capstone with Distinction Award	The Dartmouth Institute for Health Policy and Clinical Practice, Dartmouth College	Academic Merit
2017	Travel Award	Dartmouth School of Graduate and Advanced Studies, Dartmouth College	Student Travel
2017	VBHCD Intensive Seminar Participant	Institute for Strategy and Competitiveness	Value Based Health Care Delivery Intensive Seminar

		Harvard Business School	
2018	Open Health Research Workshop	Center for Research Interdisciplinarity (CRI), Paris, France	Open Science
2018	Technology Foresight Group	AI for Healthcare, Tandem Research, Goa, India	Digital Technology & Health
2021	Key Witness, Evidence Session on the Global Mental Health Workforce	All-Party Parliamentary Group on Global Health (APPG), London, UK	Mental Health Workforce
2021	Nominated for the 2021 Excellence in Mentoring Award	Office for Diversity, Inclusion, and Community Partnership, Harvard Medical School, Boston, USA	Recognition of value and impact of quality mentoring on professional development at HMS.
2021	Think Tank – House Calls of The Future: Home Testing Beyond the Pandemic	CIC Captains of Innovation, Cambridge, MA, USA	Digital Technology & Remote Mental Health Care Delivery

### **Report of Funded and Unfunded Projects**

#### **Funding Information:**

##### **Past**

2014-2015	Group of 6: A model for improving adherence to HIV antiretroviral therapy in Les Cayes, Haiti The John Sloan Dickey Center for International Understanding Research and Travel Grant Co-PI (with Peter F. Wright) This project seeks to adapt and implement a group-based model for chronic HIV care.
2015-2017	Exploring why people with serious mental illness connect with their peers and share personal experiences about their illness through social media Dartmouth Graduate Studies Graduate Alumni Research Award PI The project goal was to explore the motivations for using social media among people with serious mental illness.
2015-2017	Exploring online peer-to-peer support from the perspectives of individuals with serious mental illness Hitchcock Foundation Pilot Grant PI The project goal was to inform our understanding of online connections between individuals with serious mental illness.
2014-2018	Health Promotion and Disease Prevention Research Center U48DP005018 CDC National Center for Chronic Disease Prevention & Health Promotion Co-I (PI: Stephen J. Bartels)

The major goal was to measurably decrease cardiovascular risk factors in NH by partnering with primary care, mental health, state agencies, and community partners.

2017-2020 Harvard University Health Services iWellness – Feasibility Study  
Co-I (PI: Leslie Tarver)  
This study aims to evaluate the use of a mobile social support app, *7cups* to reduce symptoms of depression and anxiety during the waiting period (i.e., wait time before seeing an in-person provider) for students seeking services at Counseling and Mental Health Services (CAMHS).

## Current

2016-2022 Peer Support and Mobile Technology Targeting Cardiometabolic Risk Reduction in Young Adults with SMI  
NIMH 6R01MH110965  
Co-I (PI: Kelly A. Aschbrenner)  
This study aims to address risk factors for early mortality among young adults with serious mental illness by comparing the effectiveness of the PeerFIT group lifestyle intervention to an intervention combining Basic Education in fitness and nutrition supported by a wearable Activity Tracking device (BEAT) with respect to weight loss and cardiorespiratory fitness in overweight and obese young adults with SMI.

2017-2023 ESSENCE (Enabling Translation of Science to Service to Enhance Depression Care)  
NIMH 1U19MH113211  
Co-PI with Vikram Patel)  
Goal: The overall goal is to generate knowledge on the most effective and cost-effective approaches to sustainably scale up of two evidence-based clinical treatments for moderate to severe depression in primary care attenders.

2018-2019 Assessing non-specialist health worker competence for treating depression in primary care  
NIMH 1U19MH113211-02S1 – Administrative Supplement to ESSENCE Parent Grant  
Co-I (PI: Vikram Patel)  
The goal is to develop and validate a brief measure of non-specialist health worker competence for delivering evidence-based behavioral activation as treatment for depression in primary care facilities in India.

2019-2024 Scaling Up Psychological Treatments for Perinatal Depression and Anxiety Symptoms via Telemedicine  
PCORI  
Co-I (PI: Daisy R. Singla)  
The major goal is to increase the accessibility, scalability, and cost effectiveness of evidence-based psychological treatments to address the burden of perinatal depression and anxiety worldwide.

2019-2021 EMPOWER: Building the World's Mental Health Workforce  
Tata Trusts, The Lakshmi Mittal and Family South Asia Institute  
Co-I (PI: Vikram Patel)  
The goal is to augment the prototype digital platform developed in collaboration with Sangath, and to iteratively test the revised platform for training non-specialist health workers to deliver an evidence-based brief psychological treatment for depression and scale it to an additional district in Madhya Pradesh, India.



- 2020-2022 LAMP-REP: Learn, Assess, Manage, Prevent for Relapse in Early Psychosis  
Wellcome Trust Innovator Award  
Co-I (PI: John Torous)  
The goal is to create and evaluate the first open source digital health platform designed to assess risk of relapse in schizophrenia and respond at the right time in real-time by offering evidence-based interventions in both high-income and low-income countries.
- 2020-2022 Digital Training for Community Health Workers in the Detection and Referral of Severe Mental Disorders in Primary Care Settings in Rural India  
Brain & Behavior Research Foundation NARSAD Young Investigator Grant  
PI (Naslund)  
The goal is to develop and pilot test the feasibility, acceptability, and initial impact of a digital intervention for training community health workers, called ASHAs (Accredited Social Health Activist), in the detection and referral of severe mental disorders.
- 2020-2022 Evaluating the effectiveness of a mobile app for students seeking mental health care at Harvard University Health Services  
The Foundations for Human Behavior (FHB) Initiative  
Co-I (PI: Leslie Tarver)  
This study aims to expand on our feasibility study to conduct a larger scale evaluation of a mobile social support app, *7cups*, for reducing symptoms of depression and anxiety during the waiting period (i.e., wait time before seeing an in-person provider) for students seeking services at Counseling and Mental Health Services (CAMHS) through Harvard University Health Services.
- 2020-2021 The Mental Health Consequences of COVID-19 in Four High-Risk Groups  
Massachusetts Consortium on Pathogen Readiness (MassCPR)  
Co-I (PI: Vikram Patel)  
The goal of this project is to examine whether the COVID-19 pandemic associated with increased mental health crisis consultations/admission and suicidal behaviors in different high-risk groups, including persons living with mental illness and students.
- 2021-2023 EMPOWER – Building the World’s Mental Health Workforce (India)  
Grand Challenges Canada (GCC)  
Co-I (PI: Daisy Singla)  
To leverage digital technology to support the scale up of measurement-based peer supervision for ensuring quality delivery of depression care by non-specialist health workers in rural India.
- 2020-2021 EMPOWER – Building the World’s Mental Health Workforce (Texas)  
Surgo Foundation  
Co-I (PI: Vikram Patel)  
In partnership with the Meadows Mental Health Policy Institute in Dallas, Texas, this project involves the development and pilot testing of a digital program for training frontline health workers to deliver evidence-based brief psychological treatment for depression in primary care.
- 2021-2022 EMPOWER Well Being Trust Partnership: Strengthening Community Action for Mental Health  
Well Being Trust (WBT)  
Co-I (PI: Vikram Patel)  
To promote population mental health and well-being, reduce historic and emerging disparities, and prevent mental health problems through scaling up evidence based psychosocial interventions and building the mental health workforce to underserved

communities in the United States.

- 2021-2025 Improving Outcomes in Depression in Primary Care in a Low Resource Setting  
NIMH R01  
Co-I (PI: Vikram Patel & Steven Hollon)  
The goal is to optimize outcomes in the most cost-efficient fashion for primary care patients with moderate to severe depression, in a global health setting (in India) where neither monotherapy is routinely utilized, nor is specialist care readily available.
- 2021-2022 Developing a scalable digital program for stress reduction and mental health promotion for community health workers in rural India  
Burke Fellowship Research Award, Harvard Global Health Institute, Harvard University  
PI (Naslund)  
The goal is to develop and pilot test a digital stress reduction and mental health promotion program for community health workers embedded within an ongoing large-scale implementation project focused on scaling up mental health services in primary care in rural India.
- 2021-2025 Lone Star Depression Challenge  
Awarded by Lyda Hill Philanthropies and Lever for Change to the Meadows Mental Health Policy Institute, Texas  
Co-I (PI: Andy Keller)  
To transform the status quo of crisis-driven depression treatment by scaling three proven solutions across Texas, including Measurement-based Care, Collaborative Care, and EMPOWER, by specifically expanding them to reduce barriers for all Texans with depression to detect needs earlier and care more effectively, prioritizing and directly engaging people of color, people with disabilities, and people living in poverty in their design and delivery.
- 2021-2024 A randomized controlled trial on the effectiveness of a positive psychology based coaching intervention for community health workers to improve their delivery of treatment for depression in rural India  
Templeton Foundation  
Co-I (PI: Anant Bhan)  
To evaluate the effectiveness of a positive psychology coaching intervention tailored to the cultural and spiritual context for community health workers delivering treatment for depression in rural India.
- 2021-2022 Interventions en santé mentale dans la Francophonie: quelles sont les leçons apprises sur l'offre et l'accès aux services en temps de pandémie?  
Réseau de recherche en santé des populations du Québec (RRSPQ)  
Co-I (PI: Jessica Spagnolo)  
The objective is to explore successful efforts to mitigate the detrimental mental health effects of the COVID-19 pandemic across Francophone countries. Specific attention to adaptations and implementation strategies for delivery of evidence-based mental health services. This project seeks to establish a global mental health research community focused on Francophone countries.
- 2021-2026 The impact of social drivers, conditional cash transfers and their mechanisms on mental health of the young: an integrated retrospective and forecasting approach using the 100 million Brazilian Cohort  
NIMH R01MH128911  
Co-I (PI: Daiane Machado)

The goal of this project is to identify social drivers and the potential mechanisms of the impact of conditional cash transfers on youth mental illnesses (ages 5-24 years), using integrated retrospective approaches such as multivariate structural equation modelling. This will be done by the linkage of several big datasets hosted at CIDACS/FIOCRUZ in Brazil with information regarding health and governmental programs, from 2001 to 2018.

### **Projects Submitted for Funding**

Submitted 03/2020	<p>Scaling Up Effective Psychological Treatments for Maternal Depression in Gujarat, India            Bill &amp; Melinda Gates Foundation            Co-I (PI: Vikram Patel)            The goal of this project is to address the global challenge of the lack of access to quality care for maternal depression, by leveraging technological interventions to enable community health workers to learn, master and deliver an evidence-based psychological treatment.</p>
Submitted 12/2020	<p>EMPOWER: Building Workforce Capacity to Deliver Mental Health Care in India            USAID            Co-I (PI: Vikram Patel)            To reduce the burden of mental health related suffering in low income populations through greatly expanding the mental health workforce, and thus, increasing access to mental health care by deploying an existing digital technology to enable frontline workers to learn, master and deliver evidence based psychological interventions with assured quality.</p>
Submitted 10/2021	<p>Digital Physical Activity Intervention for Adolescents with Depression in Community Mental Health            NIMH R34            Co-I (PI: Kelly Aschbrenner)            The objective is to develop and pilot test the MyFIT remote coaching intervention enhanced with digital technology for promoting physical activity to support depression treatment for adolescents enrolled in community mental health services.</p>
Submitted 9/2021	<p>Evidence-based interventions to address social anxiety disorder during COVID-19            CIHR            Co-I (PI: Helen-Maria Vasiliadis)            The objective is to adapt the iCBT Shyness Program to the Canadian context, by conducting a French and English adaptation to account for the lived experiences and preferences of visible, socio-cultural, and linguistic minority groups in Quebec and in Ontario, and to support the implementation of the program in routine care settings.</p>

### **Report of Local Teaching and Training**

#### **Teaching of Students in Courses:**

2015-2016	<p>ECS 121 Cost-effectiveness and decision analysis            Master's and PhD level graduate students</p>	<p>The Dartmouth Institute for Health Policy and Clinical Practice, Dartmouth College, Lebanon, NH            4-hr sessions &amp; 2-hr office hours per week for 10 weeks</p>
2017	<p>PH 121 Cost-effectiveness and decision</p>	<p>The Dartmouth Institute for Health Policy</p>

	analysis Master's and PhD level graduate students	and Clinical Practice, Dartmouth College, Lebanon, NH 4-hr sessions & 2-hr office hours per week for 10 weeks
2022-	GH 715 Program Seminar – Implementation Science in Global Health Master's level graduate students	Master of Medical Sciences in Global Health Delivery Department of Global Health and Social Medicine Harvard Medical School, Boston, MA 8-session Seminar on Foundations of Implementation Science for Applied Global Health Research

**Formally Mentored Harvard Medical, Dental and Graduate Students and Harvard Affiliates:**

2018-2020	Lauren Mitchell, HMS Class of 2020 Scholars in Medicine (SiM) internship with the ESSENCE project in Bhopal, India. She is leading the measurement of community health worker motivation, burnout, and knowledge as part of a large-scale trial of a training intervention for delivering evidence-based treatment for depression. Also contributed to the development of a brief measure of community health worker competence for treating depression, and is lead author on a systematic review manuscript examining the cost-effectiveness of digital programs for treatment of depression and anxiety disorders accepted for publication. Has authored or co-authored 5 manuscripts with our team.
2018-2019	Kalyn Reddy, HSPH MPH Class of 2019 Conducting his Practicum project under my mentorship with the ESSENCE project in Bhopal, India to gain “real world” training in public health. He is specifically contributed to the collection of cost data and economic analyses, and to the development of a brief measure of community health worker competence for treating depression.
2019-	Dipal Nagda, HMS Class of 2022 Contributing to ongoing research activities with the ESSENCE project to gain research experience. She is contributed to a systematic literature review of cost evaluation studies on the use of telepsychiatry for supporting the clinical care for mental disorders, and is co-author on the published manuscript. Currently planning to conduct Scholars in Medicine internship with ongoing projects with Sangath.
2019-2021	Rutvij Merchant, HSPH MPH Class of 2021 Completed an internship through Sangath in Bhopal, India to gain field experience in global mental health. Working under my mentorship to support project activities in Bhopal for the Smartphone Health Assessment for Relapse Prevention (SHARP) project focused on relapse prevention in patients with first episode psychosis. Has supported development of study protocols, ethics applications, literature reviews, and has an abstract accepted to present a paper about this work at the upcoming National Conference of the Indian Association for Social Psychiatry, hosted by the All India Institute of Medical Sciences (AIIMS) Bhubaneswar, Odisha, India. Also is lead author on a review of digital technology for severe mental disorders in LMICs published in Current Opinion in Psychiatry in 2020. Currently contributing to research on the impact of COVID-19 on individuals with serious mental illness as part of his HSPH practicum.
2020-2021	Saipriya Vasudevan, MBBS, HMS Master of Medical Sciences in Medical Education

## Class of 2022

Research Mentor for Dr. Vasudevan's MMSc in Medical Education program. Dr. Vasudevan is currently leading a research study for her dissertation project aimed at exploring approaches for supporting the education of community health workers in LMICs, and understanding how the COVID-19 pandemic is impacting the delivery of these training efforts. In particular, her research explores what adaptations have been made in response to the pandemic to ensure ongoing education and support to community health workers.

- 2020- Saher Siddiqui, Harvard College, Class of 2021  
Co-mentor with Dr. Abhijit Nadkarni on Saher's Fulbright Fellowship to lead a qualitative study exploring burnout and workplace stressors among frontline community health workers across 2 projects in India, the ESSENCE study in Bhopal and the IMPRESS study in Goa. Lead author of a book chapter about use of digital technology for scaling up mental health services in LMICs submitted for publication in the forthcoming book entitled Mental Health in a Digital World. Currently working with our team in Bhopal to support the blueprinting and scripting of the digital program to train ASHAs in the detection and referral of severe mental disorders in primary care as part of the SARATHA project.
- 2020- Davy Deng, HSPH MPH Class of 2022  
Contributing to research activities with our group focused on the use of digital technology for scaling up mental health care in LMICs. Lead author on a forthcoming review manuscript accepted for publication in the Harvard Public Health Review on the impact of COVID-19 pandemic on community health workers in LMICs. Co-author on a systematic review of digital technology for mental health care in LMICs published in Journal of Psychiatric Research. Co-author on a manuscript on digital mental health for stigma reduction in LMICs currently submitted for publication. Leading an exploratory study with the TogetherAll digital platform to determine effective approaches for enabling peer-to-peer support on online mental health communities.
- 2020- Jenna Cohn, Harvard College, Class of 2023  
Planning to conduct senior thesis project on task sharing and use of models of peer support for perinatal mental health care. Currently leading a systematic review on use of peer support for perinatal mental health. Protocol for the systematic review has been submitted and approved.
- 2020- Allison Tu, Harvard College, Class of 2023  
Leading the exploratory analyses of the impact of the COVID-19 pandemic on mental health and wellbeing of graduate students at Harvard University. Obtained IRB approval, and now conducting the analyses and preparing the manuscript investigating how changes in the Post-Traumatic Growth Inventory relate to other aspects of psychological, social and mental wellbeing during the pandemic.
- 2020- Henry Onyeaka, MD / Research Fellow in Psychiatry, Department of Psychiatry, Massachusetts General Hospital, Harvard Medical School, Boston, MA  
Career stage: psychiatry resident. Mentoring role: supporting Dr. Onyeaka in developing research skills in digital mental health. This includes supporting manuscript writing and involving Dr. Onyeaka in ongoing digital mental health projects in India to gain experience using digital tools in LMICs. Lead author on a paper recently published in Psycho-Oncology, as well as a manuscript describing use of wearable devices among persons living with mental illness currently submitted for publication.
- 2021- Osiris Rankin, MA, PhD Candidate, Harvard University Graduate School of Arts and

## Sciences

Leading a multi-national qualitative study to explore care pathways for college student help seeking for mental health and substance use problems. Leveraging data collected as part of the World Mental Health International College Student (WMH-ICS) Initiative. Developing an interview guide and protocol for conducting qualitative interviews with students from over 10 different countries.

- 2021- Sarah Taha, HSPH MPH Class of 2022  
Contributing to the EMPOWER project through Harvard Medical School. Specifically playing a key role in the development of digital training content and conducting formative research to assess the feasibility and acceptability of the training content for use with frontline health workers in Texas.
- 2021- Franchesca (Frankie) Castro-Ramirez, PhD Candidate, Harvard University Graduate School of Arts and Sciences  
Leading a multi-national qualitative study to explore care pathways for college student help seeking for mental health and substance use problems. Leveraging data collected as part of the World Mental Health International College Student (WMH-ICS) Initiative. Coordinating the submission of the IRB approval across multiple sites and investigative teams, and leading formative research to inform the interview guide and data collection instruments.
- 2021- Daniel Ikeda, HMS Class of 2023  
Contributing to the landscape analysis for the Well Being Trust collaboration, with the eventual goal of informing implementation efforts for the EMPOWER project as part of an independent Scholars in Medicine research project at HMS.

## Other Mentored Trainees and Faculty:

- 2018- Udit Joshi, MPH / Research Fellow, Sangath, Bhopal, India  
Career stage: research fellow. Mentoring role: supervisor and research advisor.  
Accomplishments: currently supporting the EMPOWER project work to expand the reach of digital training for community health workers; completed the development of a brief measure of community health worker competence for treating depression as part of the ESSENCE project; leading the economic evaluation for ESSENCE project; accepted poster presentation at 1 national (NIMH Scale-Up Hubs Annual Meeting in Delhi) and 1 international conference (NIMH Global Mental Health Conference in Bethesda, MD); and co-author on 2 systematic reviews of cost evaluation studies.
- 2018- Shital Muke, PhD / Research Coordinator, Sangath, Bhopal, India  
Career stage: research coordinator. Mentoring role: supervisor and research advisor.  
Accomplishments: currently leading field activities for a large-scale randomized controlled trial; completed the formative and pilot evaluation of a digital training program for community health workers in Madhya Pradesh, India; accepted poster presentation at 1 national (NIMH Scale-Up Hubs Annual Meeting in Delhi) and 1 international conference (NIMH Global Mental Health Conference in Bethesda, MD); and 2 published first authored manuscripts describing her work leading the formative research and the pilot study for the ESSENCE project.
- 2019- Ritu Shrivastava, PGDPHM / Researcher, Sangath, Bhopal, India  
Career stage: research coordinator. Mentoring role: supervisor and research advisor.  
Accomplishments: accepted poster presentation at 1 international (NIMH Scale-Up Hubs Annual Meeting in Bogota, Colombia); co-lead author of a manuscript describing the development of the digital training intervention in the ESSENCE project, presented this

topic at the writing workshop hosted as part of the NIMH Scale-Up Hubs Annual Meeting in Bogota, Colombia; and contributed to NIMH R21 grant resubmission as co-investigator.

- 2019- Abhishek Singh, MA / Research Coordinator, Sangath, Bhopal, India  
Career stage: research coordinator. Mentoring role: supervisor and research advisor.  
Accomplishments: accepted poster presentation at 1 international (NIMH Scale-Up Hubs Annual Meeting in Bogota, Colombia); manuscript in preparation as lead author on efforts to build capacity for implementation research in global mental health; and contributed to NIMH R21 grant resubmission as co-investigator.
- 2019- Deepak Tugnawat, MSW / Project Director, Sangath, Bhopal, India  
Career stage: project director. Mentoring role: co-leading the ESSENCE project activities and co-investigator on NARSAD and LAMP projects. Accomplishments: accepted poster presentation at 1 international (NIMH Scale-Up Hubs Annual Meeting in Bogota, Colombia); 3 published manuscripts as co-author describing efforts from the ESSENCE project; manuscript in preparation as lead author describing the ESSENCE Hub research project; and contributed to NIMH R21 grant re-submission as co-investigator.
- 2019- Janet Nwaogu / PhD Candidate, Department of Building and Real Estate, Hong Kong Polytechnic University, Hong Kong  
Career state: PhD Candidate. Mentoring role: advisor on digital mental health research in occupational health field in LMICs. Accomplishments: published systematic review manuscripts on factors that contribute to mental health problems in the construction industry; conducted survey of construction industry personnel in Nigeria to identify opportunities for digital mental health interventions in a low-resource setting, manuscript is submitted for publication; and survey of labor experts to determine strategies to improve mental health.
- 2019- Juliana Restivo, MPH / Research Assistant and Project Coordinator, Department of Global Health and Social Medicine, Harvard Medical School, Boston, MA  
Career stage: research assistant. Mentoring role: supervisor and research advisor.  
Accomplishments: accepted poster presentation at 1 international (NIMH Scale-Up Hubs Annual Meeting in Bogota, Colombia); manuscript accepted for publication as lead author on the development of a brief measure of community health worker competence for treating depression as part of the ESSENCE project; and leading the development of an implementation support intervention for evaluation in the ESSENCE Implementation Trial.
- 2019- Azaz Khan, MA, MSW / PhD Candidate and Intervention Coordinator, Sangath, Bhopal, India  
Career state: PhD Candidate and intervention coordinator. Mentoring role: supervisor and research advisor. Accomplishments: published manuscript as first author describing the development of the digital program for training community health workers as part of the ESSENCE project; co-investigator on the NARSAD project to develop digital content for training community health workers in the detection and referral of severe mental disorders in primary care; and contributed to NIMH R21 grant re-submission as co-investigator.
- 2019- Ameya Bondre, MBBS, MSPH / Research Coordinator, Sangath, Bhopal, India  
Career state: Research coordinator. Mentoring role: supervisor and research advisor.  
Accomplishments: submitted manuscript for publication on mental health data privacy in India as lead author; published review manuscript as co-author on social media and mental health; and contributing to the design of the ESSENCE Implementation Trial.

- 2019-2021 Aditya Anand, MS / Data Manager, Sangath, Bhopal, India  
 Career stage: data manager. Mentoring role: supervisor and research advisor.  
 Accomplishments: co-author on 1 published manuscript reporting the pilot study findings for the ESSENCE project; lead role on the data analyses for the development of the measure of health worker competency and co-author on the accepted manuscript; co-author on the economic analysis paper for the training program development for the ESSENCE project; and leading the development of the statistical analysis plan for the Training Trial (co-author on protocol submitted for publication) and the Implementation Trial (protocol in preparation).
- 2019-2020 Jiangmei Xiong / PhD Candidate in Biostatistics, Vanderbilt University, Nashville, TN  
 Career stage: PhD Candidate. Mentoring role: supervisor and research advisor.  
 Accomplishments: interest in leveraging big data for public health research in low-income countries, and in particular for studying environmental impacts on mental health; lead author on a published paper using social media data for public health surveillance during an environmental disaster in India.
- 2020 Kavya Anjur / BS Candidate at Johns Hopkins; Student Intern, Department of Global Health and Social Medicine, Harvard Medical School, Boston, MA  
 Career stage: undergraduate student at Johns Hopkins. Mentoring role: supervisor and research advisor. Accomplishments: supported literature search and data extraction for a systematic review of digital technology for treatment and prevention of mental disorders in LMICs; co-author on review manuscript submitted for publication.
- 2020- Kalyani Nikhare, MPH / Research Fellow, Sangath, Bhopal, India  
 Career stage: research fellow. Mentoring role: providing guidance to Kalyani's work as an Implementation Science fellow on the ESSENCE project. She is playing a key role in supporting the Implementation Trial activities for the project. Kalyani also coordinates and leads a manuscript writing group with our team at Sangath Bhopal.
- 2020- Jessica Spagnolo, PhD / Postdoctoral Fellow, Program Evaluation/Health Systems Research, Université de Sherbrooke, Québec, Canada  
 Career stage: postdoctoral fellow. Mentoring role: primary mentor on Dr. Spagnolo's Fulbright proposal to conduct work with the EMPOWER project. Objective is to gain experience in the use of digital technology for task sharing in the United States that can be applied to reach rural communities in Canada. Lead author on a commentary on gaps in the global task sharing literature accepted for publication in the Lancet Psychiatry. Also co-author on a book chapter on cultural adaptation of digital interventions for mental health submitted for publication.
- 2021- Harikeerthan Raghuram, MBBS, MSc / Implementation Science Fellow, Sangath, Bhopal, India  
 Career stage: early career public health research trained in clinical medicine, global health and international development. He is working towards health equity and social justice in India through research advocacy. Currently an Implementation Science fellow with the ESSENCE program, with the objective to lead an independent project focused on measurement of community-based adaptations and resulting outcomes for implementation success in primary care facilities in rural India.
- 2021- Vidhi Tyagi / Research Coordinator, Sangath, Bhopal, India  
 Career stage: early career researcher in mental health services with training in psychology and experience working with severe mental illness at NIMHANS. She is currently leading the SARATHA project (Schizophrenia Assessment, Referral, and



Awareness Training for Health Auxiliaries), focused on developing content for a digital program for training community health workers in rural India on the early detection and response to schizophrenia spectrum disorders in their communities. She led the submission of a conference abstract to SIRS international conference, and is leading formative research involving focus group discussions and prototype testing of the training content with community health workers, as well as persons living with schizophrenia and their family caregivers.

### **Local Invited Presentations:**

- 2012      Group of 6: Improving adherence to antiretroviral therapy among patients living with HIV in Southern Haiti. Grand Rounds, Department of Microbiology and Immunology & the Section of Infectious Disease and International Health, Dartmouth-Hitchcock Medical Center, Lebanon, NH
  
- 2016      Wearable Devices, Smartphones, and Social Media for Health Promotion Among People with Serious Mental Illness. Center for Technology and Behavioral Health Affiliates Meeting, Dartmouth College, Hanover, NH
  
- 2017      Research on use of technology to manage mental illness, chronic disease / Panel presentation for National Public Health Week  
The Dartmouth Institute for Health Policy and Clinical Practice, Dartmouth College
  
- 2018      Panel: Technology and Mental Health: Perils and Promise / Panel presentation at The Inaugural Global Mental Health Open Day  
Harvard University
  
- 2018      Session II: Hopelessness: Youth Capabilities and Mental Health in South Asia / Panel presentation at Knowledge Translation: Across Disciplines, Geographies, and From Research to Action, The Lakshmi Mittal South Asia Institute Annual Symposium  
Harvard University
  
- 2018      The Data Science of Implementation Science / Panel presentation at the 4<sup>th</sup> Kolokotronis Symposium on Data Science  
Harvard T.H. Chan School of Public Health
  
- 2019      Panel Moderator: Scaling Up Mental Health Care at the GlobalMentalHealth@Harvard 2<sup>nd</sup> Annual Open Day  
Harvard University
  
- 2020      Digital Innovations for Global Mental Health: Opportunities for Task Sharing and Early Intervention  
Presenter, Global Mental Health Research Seminar Series 2019-2020, GlobalMentalHealth@Harvard, Harvard Medical School, Harvard T.H. Chan School of Public Health, and the Harvard Global Health Institute
  
- 2020      EMPOWER: Building the World's Mental Health Workforce  
Content Development Workshop  
Presented with Azaz Khan and Ritu Shrivastava  
EMPOWER Science Council, Harvard Medical School

- 2021 QIP Education Session: Conducting International Human Subjects Research  
Invited Panel Presentation for the Quality Improvement Program (QIP), Office of Regulatory Affairs and Research Compliance, Harvard T.H. Chan School of Public Health
- 2021 *Pathways to Care: A Qualitative Study to Explore Facilitators and Barriers Towards Treatment Success in the World Mental Health International College Student (WMH-ICS) Initiative*  
Panel Presentation, WMH-ICS Initiative, Qualitative Study, Harvard Medical School

### **Report of Regional, National and International Invited Teaching and Presentations**

#### **Regional**

- 2017 Developing, Testing, and Implementing the PeerFIT Lifestyle Intervention in Mental Health Settings  
Community Mental Health Affiliates (CMHA), New Britain, CT.
- 2017 Peer-to-Peer Support and Social Media: Exploring New Opportunities to Promote Wellness and Support Mental Health Care / Workshop presentation at the 2017 NAMI Connecticut Annual Conference “Wellness Through Your Lifetime”  
National Alliance on Mental Illness Connecticut, South Windsor, CT.
- 2018 A PCORI Proposal for Engaging Young People Living with Mental Illness and Capacity Building / Grant and Sponsored Research Initiative (GRIT) Seminar  
Research Program on Children and Adversity, Boston College School of Social Work, Boston, MA.
- 2019 Digital Innovations for Improving the Lives of People with Mental Illness Globally  
Invited lecture for Cross-Cultural Approaches to Global Mental Health, Boston University School of Public Health, Boston, MA.
- 2020 How Young People Use Social Media and Popular Technologies to Support Mental Health  
Invited Webinar Co-presented with Dr. Kelly Aschbrenner to clinicians and researchers from Community Mental Health Centers in New Hampshire.  
ProHealth Initiative, Bureau of Mental Health Services  
New Hampshire Department of Health & Human Services, Concord, NH.
- 2020 Design and Development of a Digital Program for Training Non-Specialist Health Workers to Deliver an Evidence-based Psychological Treatment for Depression in Primary Care in India.  
Invited Webinar Co-Presented with Azaz Khan and Ritu Srivastava  
GRIT Seminar Series, Boston College, Boston, MA.
- 2021 Leveraging Online Mental Health Communities for Virtual Health Interventions  
Webinar Co-Presented with Kevin Rice  
Fountain House, New York, New York.
- 2021 EMPOWER: Building the World’s Mental Health Workforce  
Invited Presentation, Social Climate Leadership Group, Billion Minds Institute  
New York, New York.

## National

- 2014 Peer and mobile technology enhanced health promotion for adults with serious mental illness. Panel presentation, 7<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation, Bethesda, MD.
- 2016 Using mHealth to Address Health Behaviors in High Risk Populations: Challenges and Opportunities to Advance a Research Agenda / Panel presentation Society of Behavioral Medicine 37<sup>th</sup> Annual Meeting, Washington, DC.
- 2017 In SHAPE Health Promotion Program for Individuals With Serious Mental Illness: Lessons Learned and Next Steps. CDC Prevention Research Center (PRC) Communication and Dissemination Group, Atlanta, GA.
- 2018 Social Media/Technology for Outreach and Engagement. Webinar presentation for the 2018 Series of Substance Abuse and Mental Health Services Administration's Recovery to Practice Initiative SAMHSA, Rockville, MD.
- 2018 Digital Technology for Task Sharing Mental Health Care in Madhya Pradesh, India / Panel presentation at the Fourth Meeting on Patient Reported Outcomes and Person Centered Care in Mental Health American Association for the Advancement of Science (AAAs), Washington, DC.
- 2018 Digital Innovations for Improving the Lives of People with Serious Mental Illness: Recent Success, Current Challenges, and Future Opportunities / Closing General Session Tennessee Association of Mental Health Organizations (TAMHO) 2018 Annual Conference, Franklin, TN.
- 2019 Center for the Application of Substance Abuse Technologies (CASAT) Webinar Series: Social Media and Mental Health Services: Opportunities, Risks, and New Ways Forward, University of Nevada, Reno, NV.
- 2020 X4D Session on Technology Mediated Mental Health Support: Design, Development, and Evaluation of a Digital Training Program for Building Capacity of Frontline Health Workers and Scaling Up Depression Care in Rural India, Georgia Institute of Technology (Georgia Tech), Atlanta, GA.
- 2020 OASIS 2020 Online Psychiatry Conference: Clinic Optimization: Do's and Don'ts of Social Media and Electronic Communications in Your Practice, Huntington Beach, CA.
- 2021 Gender, Youth, and Global Health Lecture: Digital Innovations for Improving the Lives of People with Mental Illness Globally. International Center for Child Health and Development, Washington University in St. Louis, St. Louis, MO.
- 2021 RPCA Refugee Program's digital co-design team at Boston College, and the ESSENCE Scale Up Hub's digital training program team at Harvard University. GHTechX21 USAID Global Health Science and Practice Technical Exchange. Washington, DC.
- 2021 EMPOWER: Building the World's Mental Health Workforce Invited Presentation, National Council for Mental Wellbeing Washington DC.

- 2021 EMPOWER Well Being Trust Partnership: Stengthening Community Action for Mental Health. Panel Presentation, Mobilize Recovery 2021, The Voices Project/Recovery Advocacy Project, Las Vegas, NV.
- 2021 Reciprocal Learning in Global Mental Health. Panel presentation at the American Academy of Child and Adolescent Psychiatry (AACAP) 68<sup>th</sup> Annual Meeting, Washington, DC.
- 2021 Recruiting and Retaining a Talented Workforce, Invited Panel Presentation for the Behavioral Health Workforce Strategy Group, Steinberg Institute, Sacramento, CA.
- 2021 Building Workforce Capacity to Treat Depression in Primary Care in Rural India: Opportunities for Reciprocal Learning and Scaling Up Mental Health Care Globally. Invited Panel Presentation, NIMH Center for Global Mental Health Research, National Institute of Mental Health, Bethesda, MD.
- 2021 Adaptation and Evaluation of Implementation Strategies  
Chair of D&I Session, 14<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation in Health, Academy Health and National Institutes of Health, Washington, DC.

**International**

- 2017 Project DIADA Workshop: Value Based Health Care Delivery & Cost Measurement / Two-day workshop presented to the Project DIADA team, health administrators, and Colombian Ministry of Health  
Bogota, Colombia.
- 2017 Implementation Measures Subcommittee Update: Project DIADA Implementation Measurement / Oral presentation at the Collaborative Hubs Meeting for Global Research on Mental Health & 2<sup>nd</sup> Annual Conference on Child Behavioral Health in Sub-Saharan Africa, Kampala, Uganda.
- 2017 Digital Technology for Preventing Early Mortality Among People Living With Serious Mental Illness. / Webinar for the 10th Latin-MH Study Group Webinar.  
Sao Paulo, Brazil.
- 2018 Social Media for Mental Health / Workshop for the 2018 Youth Advocates Program, It's Ok To Talk Campaign.  
Sangath, New Delhi, India.
- 2018 Scaling Up Community Health Worker-Delivered Interventions for Common Mental Disorders / Workshop  
Harvard Medical School Center for Global Health Delivery-Dubai, Dubai UAE.
- 2018 Digital Technology for Task Sharing and Supporting Community Health Workers in Scaling Up Mental Health Care Globally / 2018 Digital Innovation in Mental Health Conference  
London, England.
- 2018 How Can Implementation Science Guide the Scale Up of Mental Health Care in Madhya Pradesh?

- Training Workshop on “Implementation Sciences”  
Harvard T.H. Chan School of Public Health India Research Center, Mumbai, India.
- 2018 ‘Speak Up’ – National Mental Health Movement / Panel presentation  
MPOWER and Federation of India Chambers of Commerce and Industry (FICCI), New Delhi, India.
- 2018 Challenges and Practical Solutions for Mental Health Research and Scaling Up Evidence-based Interventions: A Delphi Project / Workshop Presentation  
NIMH U19 Annual Scale-Up Hubs Meeting, New Delhi, India.
- 2018 Digital Training for Scaling Up Evidence-based Mental Healthcare in Madhya Pradesh / Workshop on Digital Tools for Frontline Health Workers, National Health Systems Resource Center (NHSRC) Community of Research and Practice for Digital Health NHSRC, Ministry of Health and Family Welfare, Government of India, New Delhi, India.
- 2019 Digital Innovations for Improving the Lives of People with Mental Illness: Recent Success, Current Challenges, and Future Opportunities / Societal Impact Seminar  
Microsoft Research, Bengaluru, India.
- 2019 Advancing Community-Based Mental Health Services for Severe Mental Disorders / Workshop, Harvard Initiative in Global Mental Health and Sustainable Development  
Harvard Medical School Center for Global Health Delivery-Dubai, Dubai, UAE.
- 2019 Digital Innovations for Improving the Lives of People with Mental Illness Globally / Keynote Speaker  
1<sup>st</sup> International Conference on Information and Knowledge Management (i-IKM), East West University & Bangladesh Public Administration Training Center, Dhaka, Bangladesh.
- 2019 Why Mental Health Matters: Digital Innovations for Closing the Knowledge Gap in India and Globally  
Keynote Speaker  
Knowledge Organisation in Academic Libraries (I-KOAL), Sardar Patel University, Anand, Gujarat.
- 2019 Digital Innovations for Improving the Lives of People with Mental Illness Globally  
Invited Session Presenter  
2019 Leadership in Mental Health Course, Sangath, Goa, India.
- 2019 Developing a mental health care plan  
Group Work Session Facilitator  
2019 Leadership in Mental Health Course, Sangath, Goa, India.
- 2020 Big Data and Digital Applications for Mental Health in Low-Resource Settings  
Lecturer, Swiss School of Public Health (SSPH+)  
Big Data in Public Health Summer School  
Zurich, Switzerland.
- 2020 Digital Innovations for Improving the Lives of People with Mental Illness Globally  
Invited Lecture, Introduction to Global Mental Health, University of Toronto  
Toronto, Canada.
- 2020 Discussion on Attachment and its Neurological Impact

- Invited Virtual Panel Presentation, Channel ATV Canada & ATV UK Bangladesh, Canada, and United Kingdom
- 2020 Discussion on Child Development by Age: Challenges and Supports  
Invited Virtual Panel Presentation, Channel ATV Canada & ATV UK Bangladesh, Canada, and United Kingdom
- 2021 Discussion on Mental Health and Anxiety  
Invited Virtual Panel Presentation, Channel ATV Canada & ATV UK Bangladesh, Canada, and United Kingdom
- 2021 Big Data and Digital Applications for Mental Health in Low-Resource Settings – Part 2  
Invited Lecture for Big Data in Public Health Summer School  
Swiss School of Public Health (SSPH+)  
Zurich, Switzerland.
- 2021 Wearable Tech for People with Disability  
Invited Panel Presentation, Wear It Live, Berlin, Germany.
- 2021 Social Media and Mental Health: Opportunities for Promotion, Prevention, and Service Delivery  
Invited Webinar, UK Mental Health Awareness Week Webinar Series  
Bermondsey, United Kingdom.
- 2021 EMPOWER: Building the World’s Mental Health Workforce  
Invited Presentation, AMSE – Aix-Marseille School of Economics  
Marseille, France.

## **Report of Education of Patients and Service to the Community**

### **Educational Material for Patients and the Lay Community:**

#### ***Patient educational material***

- |      |  |           |                                   |
|------|--|-----------|-----------------------------------|
| 2015 | The PeerFIT Program:<br><i>Working Together on<br/>Your Journey to Better<br/>Health</i> | Co-author | Participant Guide and<br>Workbook |
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## **Report of Scholarship**

### **Peer-Reviewed Scholarship in print or other media:**

#### **Research investigations**

1. Sims-Gould J, Clarke LH, Ashe MC, **Naslund J**, Liu-Ambrose T. Renewal, strength and commitment to self and others: Older women’s reflections of the benefits of exercise using Photovoice. *Qualitative Research in Sport and Exercise*. 2010;2(2):250-266.
2. Martin-Matthews A, Sims-Gould J, **Naslund J**. Ethno-cultural diversity in home care work in Canada: Issues confronted, strategies employed. *International Journal of Ageing and Later Life*. 2011;5(2):77-101.
3. **Naslund J**, Pennington, G. Enhancing volunteer youth sport coaching practices through intergenerational dialogue. *Journal of Coaching Education*. 2011;3(4):44-64.
4. Pratt SI, Bartels SJ, Mueser KT, **Naslund JA**, Wolfe R, Pixley HS, Josephson L. Feasibility and effectiveness of an automated telehealth intervention for individuals with serious mental illness

- and medical comorbidity. *Psychiatric Rehabilitation Journal*. 2013;36(4):297-305.
5. Bartels SJ, Aschbrenner KA, Rolin SA, Cimpean D, **Naslund JA**, Faber M. Activating older adults with serious mental illness for collaborative primary care visits. *Psychiatric Rehabilitation Journal*. 2013;36(4):278-288.
  6. Hswen Y, Murti V, Vormawor AA, Bhattacharjee R, **Naslund JA**. Virtual avatars, gaming, and social media: Designing a mobile health app to help children choose healthier food options. *Journal of Mobile Technology in Medicine*. 2013;2(2):8-14.
  7. Bartels SJ, Pratt SI, Aschbrenner KA, Barre LK, Jue K, Wolfe RS, Xie H, McHugo GJ, Santos M, Williams GE, **Naslund JA**, Mueser KT. Clinically significant improved fitness and weight loss in overweight persons with serious mental illness. *Psychiatric Services*. 2013;64(8):729-736.
  8. Bartels SJ, Pratt SI, Mueser KT, Forester BP, Wolfe R, Cather C, Xie H, McHugo GJ, Bird B, Aschbrenner KA, **Naslund JA**, Feldman J. Long-term outcomes of a randomized trial of integrated skills training and preventive health care for older adults with serious mental illness. *American Journal of Geriatric Psychiatry*. 2014;22(11):1251-1261.
  9. Bartels SJ, Pratt SI, Mueser KT, **Naslund JA**, Wolfe RS, Santos MM, Xie H, Riera EG. Integrated IMR for psychiatric and general medical illness for adults aged 50 or older with serious mental illness. *Psychiatric Services*. 2014;65(3):330-337.
  10. **Naslund JA**, Sauter A, Gutman G, Beattie BL. Increased health service utilization costs in the year prior to institutionalization: findings from the Canadian Study of Health and Aging. *Canadian Geriatrics Journal*. 2014;17(2):45-52.
  11. Hswen Y, **Naslund JA**, Bickham DS. Differences in media access and use between rural Native American and White children. *Rural and Remote Health*. 2014;14:2922. <http://www.rrh.org.au>
  12. Aschbrenner KA, Pepin R, Mueser KT, **Naslund JA**, Rolin SA, Faber MJ, Bartels SJ. A mixed methods exploration of family involvement in medical care for older adults with serious mental illness. *International Journal of Psychiatry in Medicine*. 2014;48(2):121-133.
  13. **Naslund JA**, Grande SW, Aschbrenner KA, Elwyn G. Naturally occurring peer support through social media: the experiences of individuals with severe mental illness using YouTube. *PLoS ONE*. 2014;9(10):e110171.
  14. Interviewed for NPR Shots Health News: "*Would You Tell The World You Have Schizophrenia On YouTube?*" (January 27, 2016).
  15. Interviewed for New Hampshire Public Radio (NHPR): "*Study: People With Severe Mental Illness Find Community, Support On YouTube.*" (November 12, 2014).
  16. Featured on Science Daily: "*YouTube as peer support for severe mental illness.*" (October 17, 2014).
  17. Featured in The Verge: "*The Armchair Psychologist Who Ticked Off YouTube.*" (April 4, 2019).
  18. **Naslund JA**, Dionne-Odom J, Destine C, Jogerst KM, Senecharles R, Jean Louis M, Desir J, Ledan YN, Beausejour JR, Charles R, Werbel A, Talbot EA, Joseph P, Pape JW, Wright PF. Adapting and implementing a community program to improve retention in care among patients with HIV in Southern Haiti: "Group of 6". *AIDS Research and Treatment*. 2014;137545:1-9.
  19. Pratt SI, **Naslund JA**, Wolfe RS, Santos MM, Bartels SJ. Automated telehealth for managing psychiatric instability in people with serious mental illness. *Journal of Mental Health*. 2015;24(5):261-265.
  20. Bartels SJ, Pratt SI, Aschbrenner KA, Barre LK, **Naslund JA**, Wolfe R, Xie H, McHugo GJ, Jimenez DE, Jue K, Feldman J, Bird BL. Pragmatic replication trial of health promotion coaching for obesity in serious mental illness and maintenance of outcomes. *American Journal of Psychiatry*. 2015;172:344-352.
  21. Aschbrenner K, Mueser K, Bartels S, Carpenter-Song E, Pratt S, Barre L, **Naslund J**, Kinney A. The other 23 hours: a qualitative study of fitness provider perspectives on social support for health promotion for adults with mental illness. *Health & Social Work*. 2015;40(2):91-99.
  22. Aschbrenner KA, **Naslund JA**, Barre LK, Kinney A, Mueser KT, Bartels SJ. Peer health coaching for overweight and obese individuals with serious mental illness: intervention development and initial feasibility study. *Translational Behavioral Medicine*. 2015;5(3):277-284.
  23. Aschbrenner KA, Brunette MF, McElvery R, **Naslund JA**, Scherer EA, Pratt SI, Bartels SJ. Cigarette smoking and interest in quitting among overweight and obese adults with serious

mental illness enrolled in a fitness intervention. *Journal of Nervous and Mental Disorders*. 2015;203(6):473-476.

24. **Naslund JA**, Aschbrenner KA, Barre LK, Bartels SJ. Feasibility of popular m-Health technologies for activity tracking among individuals with serious mental illness. *Telemedicine and e-Health*. 2015;21(3):213-216.
25. **Naslund JA**, Aschbrenner KA, Pratt SI, Bartels SJ. Comparison of people with serious mental illness and general population samples enrolled in lifestyle interventions for weight loss. *Schizophrenia Research*. 2015;169:486-488.
26. Aschbrenner KA, **Naslund JA**, Gill LE, Bartels SJ, Ben-Zeev D. A qualitative study of client-clinician text exchanges in a mobile health intervention for individuals with psychotic disorders and substance use. *Journal of Dual Diagnosis*. 2016;12(1):63-71.
27. Aschbrenner KA, **Naslund JA**, Shevenell M, Mueser KT, Bartels SJ. Feasibility of behavioral weight loss treatment enhanced with peer support and mobile health technology for individuals with serious mental illness. *Psychiatric Quarterly*. 2016;87(3):401-415.
28. Aschbrenner KA, **Naslund JA**, Shevenell M, Kinney EC, Bartels SJ. A pilot study of a peer-group lifestyle intervention enhanced with mHealth technology and social media for adults with serious mental illness. *Journal of Nervous and Mental Disease*. 2016;204(6):483-486.
29. Aschbrenner KA, Mueser KT, **Naslund JA**, Gorin A, Kinney A, Daniels L, Bartels SJ. Feasibility study of increasing social support to enhance a healthy lifestyle intervention for individuals with serious mental illness. *Journal of the Society for Social Work and Research*. 2016;7(3):289-313.
30. **Naslund JA**, Aschbrenner KA, Scherer EA, Pratt SI, Wolfe RS, Bartels SJ. Lifestyle intervention for individuals with severe obesity and serious mental illness. *American Journal of Preventive Medicine*. 2016;50(2):145-153.
31. **Naslund JA**, Aschbrenner KA, Bartels SJ. Wearable devices and smartphones for activity tracking among people with serious mental illness. *Mental Health and Physical Activity*. 2016;10:10-17.
32. **Naslund JA**, Aschbrenner KA, Marsch LA, Bartels SJ. Feasibility and acceptability of Facebook for health promotion among people with serious mental illness. *Digital Health*. 2016;2:1-10.
33. **Naslund JA**, Aschbrenner KA, Bartels SJ. How people living with serious mental illness use smartphones, mobile apps, and social media. *Psychiatric Rehabilitation Journal*. 2016;39(4):364-367.
34. **Naslund JA**, Aschbrenner KA, Scherer EA, McHugo GJ, Marsch LA, Bartels SJ. Wearable devices and mobile technologies for supporting behavioral weight loss among people with serious mental illness. *Psychiatry Research*. 2016;244:139-144.
35. Aschbrenner KA, **Naslund JA**, Bartels SJ. A mixed methods study of peer-to-peer support in a group-based lifestyle intervention for adults with serious mental illness. *Psychiatric Rehabilitation Journal*. 2016;39(4):328-334.
36. Batsis JA, **Naslund JA**, Gill LE, Masutani RL, Agarwal N, Bartels SJ. Use of a wearable activity device in rural older obese adults: a pilot study. *Gerontology and Geriatric Medicine*. 2016;2:1-6.
37. Aschbrenner KA, **Naslund JA**, Gill L, Bartels SJ, O'Malley AJ, Brunette MF. Preferences for smoking cessation support from family and friends among adults with serious mental illness. *Psychiatric Quarterly*. 2017;88(4):701-710.
38. Aschbrenner KA, Mueser KT, **Naslund JA**, Gorin A, Zawacki SA, Pratt SI, Bartels SJ. Facilitating partner support for lifestyle change among adults with serious mental illness: a pilot study. *Community Mental Health Journal*. 2017;53(4):394-404.
39. Aschbrenner KA, **Naslund JA**, Gill L, Hughes T, O'Malley AJ, Bartels SJ, Brunette M. Qualitative analysis of social network influences on quitting smoking among individuals with serious mental illness. *Journal of Mental Health*. 2017:1-7.
40. Aschbrenner KA, Dixon LB, **Naslund JA**, Bienvenida JCM, McManus KL, Bartels SJ, Brunette MF. An online survey of family members' beliefs and attitudes about smoking and mental illness. *Journal of Dual Diagnosis*. 2017;13(3):179-183.
41. Deegan PE, Drake RE, Carpenter-Song E, **Naslund JA**, Luciano AE, Hutchison SL. Enhancing clients' communication regarding goals for using psychiatric medications. *Psychiatric Services*. 2017;68(8):771-775.



42. Hswen Y, **Naslund JA**, Chandrashekar P, Siegel R, Brownstein JS, Hawkins JB. Exploring online communication about cigarette smoking among Twitter users who self-identify as having schizophrenia. *Psychiatry Research*. 2017;257:479-484.
43. **Naslund JA**, Aschbrenner KA, Scherer EA, Pratt SI, Bartels SJ. Health promotion for young adults with serious mental illness. *Psychiatric Services*. 2017;68(2):137-143.
44. **Naslund JA**, Aschbrenner KA, Pratt SI, Lohman M, Scherer EA, McHugo GJ, Marsch LA, Unützer J, Bartels SJ. Association between cardiovascular risk and depressive symptoms among people with serious mental illness. *Journal of Nervous and Mental Disease*. 2017;205(8):634-640.
45. **Naslund JA**, Whiteman KL, McHugo GJ, Aschbrenner KA, Marsch LA, Bartels SJ. Lifestyle interventions for weight loss among overweight and obese adults with serious mental illness: a systematic review and meta-analysis. *General Hospital Psychiatry*. 2017;47:83-102.
46. **Naslund JA**, Aschbrenner KA, Marsch LA, McHugo GJ, Bartels SJ. Facebook for supporting a lifestyle intervention for people with major depressive disorder, bipolar disorder, and schizophrenia: an exploratory study. *Psychiatric Quarterly*. 2018;89:81-94.
47. Aschbrenner KA, **Naslund JA**, Grinley T, Bienvenida JCM, Bartels SJ, Brunette MF. A survey of online and mobile technology use at peer support agencies. *Psychiatric Quarterly*. 2018;89(3):539-548.
48. Bartels SJ, Aschbrenner KA, Pratt SI, **Naslund JA**, Scherer EA, Zubkoff L, Cohen MJ, Williams GE, Wolfe RS, Jue K, Brunette MF. Implementation of a lifestyle intervention for people with serious mental illness in state-funded mental health centers. *Psychiatric Services*. 2018;69(6):664-670.
49. Hswen Y, **Naslund JA**, Brownstein JS, Hawkins JB. Online communication about depression and anxiety among Twitter users with schizophrenia: preliminary findings to inform a digital phenotype using social media. *Psychiatric Quarterly*. 2018;89(3):569-580.
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#### Letters to the Editor

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#### **Professional educational materials or reports, in print or other media:**

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#### **Thesis:**

**Naslund JA**. Digital technology for health promotion among individuals with serious mental illness. 2017 PhD Dissertation (Health Policy and Clinical Practice), Dartmouth College, Hanover, NH.

#### **Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings:**

1. Mitchell L, Joshi U, Patel V, Lu C, **Naslund JA**. Costs and cost effectiveness of digital technology interventions for mental health: a systematic review. 2019. Poster presented at the NIMH 10<sup>th</sup> Anniversary Conference: Global Mental Health Without Borders, National Institutes of Health, Bethesda, MD.
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## **Narrative Report**

The goal of my scholarship is to advance efforts aimed at improving the lives of individuals facing the challenges of mental illness worldwide. I am especially interested in exploring the intersection between emerging digital technologies, such as smartphones, mobile applications, social media, AI, and web-platforms, and implementation science, towards improving the availability, reach, quality and effectiveness of mental health services. My work is specifically focused in low-resource settings, with emphasis in India and the United States, and covers three major themes: 1) digital technology for training and building capacity of non-specialist health workers for task-sharing and scaling up evidence-based mental health care; 2) digital technology for health promotion and addressing excess mortality in persons living with severe mental disorders; and 3) digital technology as a platform for peer-to-peer support, challenging stigma, and empowering individuals living with mental illness and their families.

For the first theme, I am currently leading the scientific activities of ESSENCE (Enabling Science to Service to ENhance depression CarE), one of ten prestigious NIMH funded U19 Scale Up Hubs involving the use of digital technology for scaling up evidence-based mental health interventions delivered by community health workers in Madhya Pradesh, India. ESSENCE leverages increasingly available digital technologies to support the scale up of an evidence-based brief psychological treatment for depression delivered by community health workers. For this project, I devote a significant portion of my time at the Sangath Research Hub in Bhopal, India, where I work closely with our team and provide mentorship related to implementation science, research design, evaluation, and study procedures. In addition, I am co-investigator on a Grand Challenges Canada project to develop and implement a digital platform for enabling remote supervision and support for community health workers delivering depression care in rural India, and I am PI of a NARSAD Young Investigator grant aimed at supporting community health workers in the detection and referral of schizophrenia spectrum disorders in primary care settings in rural India. I am also PI on a Burke Fellowship Research Award to develop and pilot test a digital stress reduction program for community health workers in rural India.

The second theme builds directly on my dissertation research, where I played a leadership role on a series of studies using novel digital approaches, such as wearable devices, mobile applications, and social media to address symptoms of mental illness and risk factors for early mortality in persons living with serious mental illness in community settings. I have worked directly alongside community health providers and individuals living with mental illness to inform the development and implementation of digital interventions targeting cardiometabolic risk factors for early mortality. The impact of my work in this area is reflected by numerous publications and presentations at regional, national, and international venues, as well as contributing to a successful NIMH-funded R01 where I am co-investigator and a key collaborator. I am also co-investigator on the Wellcome Trust funded Smartphone Health Assessment for Relapse Prevention (SHARP) project, aimed at using a mobile app to detect risk for relapse in patients with first episode psychosis from multiple study sites in India and the US.

The third theme represents one of my key interests that has developed through my conversations and working with individuals living with serious mental illness. I have been fascinated by the fact that many of these individuals turn to online social media networks to seek support from others, to challenge stigma, and to share their own personal struggles living with mental illness. I initiated a series of independent projects to investigate online peer-to-peer support among persons living with mental illness, and most recently have pursued this work in collaboration with Fountain House in New York City, to explore the role of peer support in facilitating the implementation of evidence-based services for persons living with serious mental illness. My work in this area has been featured on NPR, WIRED Magazine, the New York Times, and the Washington Post. I have also expanded on this work through my involvement in the *It's OK to Talk* online youth mental health awareness campaign and the Mann Mela project, both through Sangath in India.

Throughout my work, I draw from my training in epidemiology, implementation science, social disparities research, and digital mental health, and I have demonstrated a longstanding track record working alongside individuals living with serious mental illness and community mental health providers, and advocating for the rights, dignity, and quality of healthcare for those living with mental illness.