

# Urvakhsh Meherwan Mehta, MD, Ph.D.

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## Education

**Ph.D. (Doctor of Philosophy)** in “Genetic, Brain Connectivity and Cognitive Predictors of Treatment Response in Schizophrenia” from the National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore (2020)

**M.D. (Doctor of Medicine) in Psychiatry** from the National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore (2010)

**M.B.B.S. (Bachelor of Medicine, Bachelor of Surgery)** from the Mysore Medical College & Research Institute, Mysore, affiliated to the Rajiv Gandhi University of Health Sciences (RGUHS), Bangalore (2006)

## Work Experience

- **Additional Professor of Psychiatry**, National Institute of Mental Health & Neurosciences (NIMHANS). My current work includes supervising psychiatric clinical care in outpatient, inpatient and emergency settings, training postgraduates across a diverse field of mental health disciplines, and research in clinical neurosciences with a focus on schizophrenia and bipolar disorder. July 2021 to date
- **Associate Professor of Psychiatry**, National Institute of Mental Health & Neurosciences (NIMHANS) July 2018 to June 2021
- **Assistant Professor of Psychiatry**, National Institute of Mental Health & Neurosciences (NIMHANS) & **Wellcome Trust / DBT India Alliance Early Career Fellow** February 2014 to June 2018
- **Visiting Assistant Professor of Psychiatry**, Beth Israel Deaconess Medical Center & Massachusetts Metal Health Center, Harvard Medical School, Boston, MA May 2014 to October 2014
- **Research fellow** in the Translational Psychiatry Laboratory, Neurobiology Research Center, NIMHANS. May 2013 to January 2014
- **Senior Resident** in Department of Psychiatry, NIMHANS. Work included supervising *clinical care* of inpatients, outpatients – including 2 specialty clinics (rehabilitation psychiatry and geriatric psychiatry) and emergency psychiatry care, *training students* from psychiatry, psychology and psychiatric social work faculties, and *conducting research*. May 2010 to May 2013
- **Junior Resident** in Department of Psychiatry, NIMHANS. Work included clinical care of psychiatrically ill patients under May 2007 to April 2010

supervision of faculty, making presentations in research forums, seminars and case conferences, completing MD dissertation and training juniors/students from related streams. Obtained MD in Psychiatry after appearing for theory and clinical skills examinations in 2010.

- **Compulsory rotatory internship training** across multiple departments of the Krishnarajendra and Cheluvamba Hospitals affiliated to the Mysore Medical College & Research Institute. Obtained an aggregate score of 90/100

April 2005 to April 2006

### Research & teaching experience

- **MD dissertation** titled “Social Cognition in Patients with Schizophrenia in Remission and its Association with their Functioning”
- **Ph.D. dissertation** titled “Genetic, Brain Connectivity and Cognitive Predictors of Treatment Response in Schizophrenia”
- **Tool development:** SOCRATIS (Social Cognition Rating Tools in Indian Setting) was developed as a part of my MD thesis. Social cognition is known to be culturally salient. It also has tremendous heuristic and intervention-based potential in schizophrenia, autism and other major psychiatric illnesses. A culturally appropriate set of tests to assess social cognition in the Indian setting; called Social Cognition Rating Tool in Indian Setting (SOCRATIS) was developed and validated. The social cognition domains included were theory of mind, attributional styles and social perception.
- **Reviewer:** Nature Scientific Reports, JAMA Psychiatry, British Journal of Psychiatry, Neuropsychopharmacology, Psychopharmacology, BMJ Open, Schizophrenia Bulletin, Schizophrenia Research, Psychological Medicine, Brain Stimulation, Journal of Neuroscience Research, npj Schizophrenia, Development and Psychopathology, Experimental Brain Research, Journal of Autism and Developmental Disorders, European Archives of Psychiatry and Clinical Neuroscience, Social Psychiatry & Psychiatric Epidemiology, Bipolar Disorders, Journal of Neural Transmission, British Journal of Clinical Psychology, Cognitive Processing, Psychiatry Research, Journal of Psychiatric Research, BMC Psychiatry, Psychology and Psychotherapy: Theory, Research and Practice, Epilepsy & Behavior, Asian Journal

Supported by the **ICMR MD thesis grant**

Supported by the **Wellcome Trust / DBT India Alliance**

SOCRATIS is currently in use by **~50 researchers across India**

of Psychiatry, Clinical Schizophrenia & Related Psychoses, Psychiatry: Interpersonal and Biological Processes, Clinical Psychopharmacology and Neuroscience, Journal of Neuroimaging in Psychiatry and Neurology, Frontiers in Human Neuroscience, PsyCh Journal, Acta Neuropsychiatrica, Indian Journal of Psychiatry, Indian Journal of Psychological Medicine, and Journal of Neurological Disorders

- **Editorship:** I am currently holding the position of **Associate Editor, Schizophrenia Research** – an Elsevier publication, **Frontiers in Human Neuroscience**, and am on the editorial board of **Current Science** Since 2016
- **Guide-ship and mentoring:** I am/have been a guide to four MD Psychiatry residents and co-guide to 30 MD residents, five DM residents and three MPhil clinical psychology trainees. I have also mentored 12 post-doctoral fellowships – six supported by NIMHANS and six funded by the Wellcome Trust / DBT India Alliance Research Training Fellowships Since 2014
- **Funded and non-funded research projects are as under:** Since 2011

<b>Ongoing projects</b>					
<b>No.</b>	<b>Role</b>	<b>Title</b>	<b>Funding</b>	<b>Grant</b>	<b>Duration</b>
1.	Principal Investigator	Smartphone Health Assessment for Relapse Prevention	Wellcome Trust, UK	USD 2,35,160/-	April 2020- October 2022
2.	Co-Principal Investigator	Clinical Research Centre for Neuromodulation in Psychiatry	Wellcome Trust / DBT India Alliance	INR 15,00,00,000 /-	July 2020- June 2025
3.	Co-investigator	Accelerator Program for Diseases in Brain Using Stem Cells	Department of Biotechnology	INR 141 Crores	Feb 2016 – Feb 2021

(ADBS)					
Completed projects					
1.	Principal investigator	Investigating Mirror Neuron Basis of Social Cognition Deficits in Schizophrenia Patients Using TMS	Department of Biotechnology	INR 2,62,000/-	Jan 2011 – Jan 2012
2.	Principal investigator	Effects of High-Frequency rTMS on Mirror Neuron Activity in Healthy Individuals	Non-funded	-	May 2012 – May 2013
3.	Principal investigator	Modulating Mirror Neuron Activity in Schizophrenia: A Novel Translational Application of MRI-Guided TMS	Wellcome Trust / DBT India Alliance Early Career Fellowship	INR 1,20,12,660/-	2014 to 2019.
4.	Principal investigator	The Effect of Yoga on Mirror Neuron Activity in Healthy Individuals: A Prospective Study Using TMS and fNIRS	Non-funded	-	Feb 2016 – Feb 2019
5.	Principal investigator	Investigating the Influence of Motivational Drive on Mirror Neuron Activity in Schizophrenia and Healthy Volunteers	Non-funded	-	Jan 2016 – June 2017
6.	Co- investigator	Antipsychotic response, Biopsychosocial Course & outcome Determinants (ABCD) of Schizophrenia	Non-funded	-	June 2017 – June 2019
7.	Co-investigator	Exploring the Relevance of Social	DST-CSRI (Cognitive	INR 36,63,600/-	June 2017 to

		Cognition Deficits to Functional outcome in Schizophrenia patients, living in Rural living in Rural Indian Communities	Science Research Initiative) Grant		June 2019
8.	Co-investigator	Exploring the Autonomic and Neuroendocrine Regulation of The Mirror Neuron System in Schizophrenia	DST-SERB (Science & Engineering Research Board) Grant	INR 19,79,800/-	Nov 2015 – Aug 2018
9.	Principal investigator	From Genome and Connectome to Outcome in Schizophrenia	Wellcome Trust / DBT India Alliance Exceptional Fellows' Fund Award	INR 24,00,000/-	July 2017 – January 2018
10.	Co-investigator	A study of functional connectivity in brain associated with cognitive impairment in ECT for depression	DST-CSRI (Cognitive Science Research Initiative) Grant	INR 34,33,600/-	March 2016 – March 2019
11.	Co-investigator	Utility of Automated Speech Assessment to Differentiate Thought Disorder between Schizophrenia and Mania	IBM-SUR (Shared University Research) Grant	INR 9,60,000/-	June 2016 – June 2018

### Publications in peer-reviewed journals

• Total citations: 1355; h-index: 21, i10 index: 35 (Google Scholar, May 2022)

Sl. No.

- Rodriguez-Villa E, Rozatkar AR, Kumar M, Patel V, Bondre A, Naik SS, Dutt S, **Mehta UM**, Nagendra S, Tugnawat D, Shrivastava R, Raghuram H, Khan A, Naslund JA, Gupta S, Bhan A, Thirthall J, Chand PK, Lakhtakia T, Keshavan M, Torous J. Cross cultural and global uses of a digital mental health app: results of focus groups with clinicians, patients and family members in India and the United States. *Glob Ment Health (Camb)*. 2021;8:e30. doi: 10.1017/gmh.2021.28. eCollection 2021. PubMed PMID: 34512999; PubMed Central PMCID: PMC8392688. 102
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- Basavaraju R, Ithal D, Thanki MV, Ramalingaiah AH, Thirthalli J, Reddy RP, Brady RO Jr, Halko MA, Bolo NR, Keshavan MS, Pascual-Leone A, **Mehta UM\***, Kesavan M. Intermittent theta burst stimulation of cerebellar vermis enhances fronto-cerebellar resting state functional connectivity in schizophrenia with predominant negative symptoms: A randomized controlled trial. *Schizophr Res*. 2021 Dec;238:108-120. doi: 10.1016/j.schres.2021.10.005. Epub 2021 Oct 12. PubMed PMID: 34653740; PubMed Central PMCID: PMC8662658. 99
- Jacob P, Dutta BK, Kishore MT, Mehta UM, Philip M. Association between emotional and behavioral problems and perceived parenting in attention deficit hyperactivity disorder: An exploratory study. *Ind Psychiatry J*. 2021 Jul-Dec;30(2):335-340. doi: 10.4103/ipj.ipj\_106\_21. Epub 2021 Nov 23. PubMed PMID: 35017821; PubMed Central PMCID: PMC8709525. 98
- Mehta UM\***, Ektare A, Jakhar J, Basavaraju R, Sanjay TN, Naik SS, Syed FA, Bhargav PH, Reddy PV, Kelkar RS, Arumugham SS, Kesavan M, Thirthalli J, Gangadhar BN. A transdiagnostic evaluation of cortical inhibition in severe mental disorders using Transcranial Magnetic Stimulation. *J Psychiatr Res*. 2021 Nov;143:364-369. doi: 97

- 10.1016/j.jpsychires.2021.09.049. Epub 2021 Sep 24. PubMed PMID: 34571321.
- Lakhani S, Bhola P, **Mehta UM**. The conceptualization and assessment of social cognition in personality and common mental disorders. *Asian J Psychiatr*. 2021 Nov;65:102829. doi: 10.1016/j.ajp.2021.102829. Epub 2021 Sep 10. Review. PubMed PMID: 34537534. 96
- Mehta UM\***, Ibrahim FA, Sharma MS, Venkatasubramanian G, Thirthalli J, Bharath RD, Bolo NR, Gangadhar BN, Keshavan MS. Resting-state functional connectivity predictors of treatment response in schizophrenia - A systematic review and meta-analysis. *Schizophr Res*. 2021 Nov;237:153-165. doi: 10.1016/j.schres.2021.09.004. Epub 2021 Sep 15. Review. PubMed PMID: 34534947. 95
- Venkatasubramanian G, **Mehta UM**, Goyal N, Praharaj SK, Umesh S, Muralidharan K, Thirthalli J. Clinical Research Center for Neuromodulation in Psychiatry: A Multi-Center Initiative to Advance Interventional Psychiatry in India. *Indian J Psychiatry*. 2021 Sep-Oct;63(5):503-505. doi:10.4103/indianjpsychiatry.indianjpsychiatry\_1180\_20. Epub 2021 Oct 12. PubMed PMID: 34789940; PubMed Central PMCID: PMC8522609. 94
- Rodriguez-Villa E, **Mehta UM**, Naslund J, Tugnawat D, Gupta S, Thirtalli J, Bhan A, Patel V, Chand PK, Rozatkar A, Keshavan M, Torous J. Smartphone Health Assessment for Relapse Prevention (SHARP): a digital solution toward global mental health. *BJPsych Open*. 2021 Jan 7;7(1):e29. doi: 10.1192/bjo.2020.142. PubMed PMID: 33407986. 93
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- Suchandra HH, Bojappen N, Rajmohan P, Phurailatpam S, Murali LP, Salam Ok A, Pahuja E, Bhargav H, **Mehta UM**, Manjunatha N, Thirthalli J. "Kundalini-like experience as psychopathology: A case series and brief review". *Complement Ther Clin Pract*. 2020 Dec 8;42:101285. doi: 10.1016/j.ctcp.2020.101285. [Epub ahead of print] Review. PubMed PMID: 33360561. 91

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## Book chapters

- Mehta, U.M.**, and Chaturvedi, S.K. Somatisation: medically unexplained symptoms' in Bhugra, D., ed. the Oxford Textbook of Social Psychiatry (In Press). 9
- Baliga, S. P., Sinha, P., Arumugham, S. S., **Mehta, U. M.**, Radhakrishnan, M., Veena Kumari, H. B., Thirthalli, J. Practice of electroconvulsive therapy and transcranial magnetic stimulation at Nimhans during Covid-19 pandemic in Janardhan Reddy Y. C., and Jaisooriya, T. S., eds. *Mental Health in the Times of COVID-19 Pandemic: Update February 2021*, NIMHANS Publication No. 195, Bangalore, India. (ISBN: 978-81-951544-5-6). 8
- Govindaraj, R., Jakhar, J., **Mehta, U. M.** Role of Transcranial Magnetic Stimulation (TMS) in yoga research in Varambally, S., George, S., and Srinivasan, T. M., ed. *The Science and Art of Yoga in Mental and Neurological Healthcare*. 1st ed. New Delhi, India: 7

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- Gangadhar BN, **Mehta UM**. The Role of Yoga in Schizophrenia: Correcting Connectopathy. In: *Quantum Physics & Consciousness*. Kolkata: Bhaktivedanta Institute & Bharatiya Vidya Mandir; 2017. 3
- Mehta, U. M.**, & Sharma, E. (2016). Brain Stimulation and Quality of Life. In S. . Chaturvedi, A. Pathak, K. . Muliya, & J. Thirhalli (Eds.), *Quality of Life in chronic mental illnesses: Exploring New Frontiers*. Bengaluru: Navarathna Printers. 2
- Sharma, E., **Mehta, U. M.**, Thirhalli, J., & Gangadhar, B. N. (2014). Electroconvulsive Therapy. In J. N. Vyas & S. R. Ghimire (Eds.), *Essentials of Postgraduate Psychiatry (2nd ed.)*. Hyderabad, India: Paras Medical Publisher. 1

### Conference presentations & workshops

- **Mehta UM**. Talk on "Reasonable Insights into unreasonable minds" at Indian Institute of Management Bangalore's Samiksha Webinar Series on Mental Health and Wellbeing' and participated in a panel discussion thereafter with olympian Abhinav Bindra and Psychologist Rathna Issac 17<sup>th</sup> January 2022
- **Mehta UM**. Talk on "Multivariate Associations between Cognition and Geospatial Characteristics in Schizophrenia" at the National Academy Of Psychology (NAOP) monthly lecture series 17<sup>th</sup> December 2021
- **Mehta UM**. NIAS-DST Policy for Science and Science for 27<sup>th</sup> October 2021

Policy Panel Discussion "AI and Society: Policies, Possibilities and Challenges for India"

- **Mehta UM.** Talk on Prognostic Biomarkers in treatment resistant schizophrenia & depression: Putative role of NIBS at the Annual National Conference of the Indian Association of Biological Psychiatry Symposium on Clinical Implications & Advances in Neuromodulation

25<sup>th</sup> September 2021
- **Mehta UM.** A lecture on "Neural Correlates of Social Cognition" at the 26th edition series of the Neuropsychiatric Clinical assessment & Neural Correlates Series, Indian Psychiatric Society

7<sup>th</sup> September, 2021
- **Mehta UM.** Talk on Neuromodulation in psychiatry - recent updates and focus on rTMS at APPSYCON 2021 (annual conference of the IPS AP state branch)

4<sup>th</sup> September 2021
- **NIBS team, NIMHANS** has been conducting a series of four workshops annually on Non-invasive Brain Stimulation in Psychiatry at the National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore for interested clinicians and researchers

2016 to date
- **Mehta UM.** SOCRATIS training and administration workshop series are being conducted once ever 3-6 months at the National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore for interested clinicians and researchers

2012 to date
- **Mehta UM.** Research as a physician-scientist – Invited talk at the Sangath Monthly Research Seminar, Sangath, Bhopal

21<sup>st</sup> January 2021
- **Mehta UM.** Effectiveness of rTMS in Treating Psychiatric Conditions – Invited talk (webinar) at Telearogya Webinar on Transcranial Magnetic Stimulation in association with the Indian Psychiatric Society, Karnataka Chapter, Bangalore

16th January 2021
- **Mehta UM.** Investigational TMS and its Future Clinical Implications – Invited talk at the 5th National CME and 2nd Hands-On-Training Workshop on Repetitive Transcranial Magnetic Stimulation organized by AIIMS, Delhi

17<sup>th</sup> December 2020
- **Mehta UM.** Conducted two workshops on Transcranial

04<sup>th</sup> March 2020

- Magnetic Stimulation for Psychiatry Postgraduate Students, at the Training Initiative for Psychiatry Postgraduates (TIPPS) organized by SUMANA - a non-profit organization
- **Mehta UM.** Research in Mental health as a Physician-Scientist – Invited talk at the Seminar on Global Mental Health & Digital Psychiatry, All India Institute of Medical Sciences (AIIMS) Bhopal

06<sup>th</sup> February 2020
  - **Mehta UM.** Understanding schizophrenia through a social neuroscience lens – Invited talk at the MES College, Bangalore

06<sup>th</sup> September 2019
  - **Mehta UM.** Understanding Schizophrenia through the Social Neuroscience Prism – Invited talk at the “I-BIOS” (IISc Biology Seminars) organized by the Division of Biological Sciences at the Indian Institute of Science

27<sup>th</sup> August 2019
  - **Mehta UM.** Society, Cognition and Empathy – Invited talk at the 56 Urban Unraveling and Utopia symposium organized by the Conscious Cities Bangalore initiative

27<sup>th</sup> July 2019
  - **Mehta UM.** The relevance of mirror neurons to mental health – Invited talk at the “Svasthya-rasa-bodhini” public lecture series organised by the NIAS Consciousness Studies Programme

28<sup>th</sup> May 2019
  - **Mehta UM.** The role of ‘Gandhi’ neurons in mental health – Invited talk at the Symposium on Gandhi & Health @ 150 – ICMR-NGM Joint Initiative, at ICMR, New Delhi

26<sup>th</sup> March 2019
  - **Mehta UM.** Understanding others through understanding oneself: implications of mirror neurons in psychotic disorders – Invited lecture at the symposium on “Self – a pivotal concept in philosophy, psychology and neuroscience” at the Indian Institute of Technology, Kanpur

25<sup>th</sup> February 2019
  - **Mehta UM.** Theta Burst Stimulation in Psychiatry – Invited lecture at the TS Srinivasan Knowledge Conclave 2019, NIMHANS, Bangalore

16<sup>th</sup> February 2019
  - **Mehta UM.** Novel approaches to enhance the efficacy of Transcranial Magnetic Stimulation in Psychiatric Disorders – Symposium at ANCIPS 2019, Lucknow

2<sup>nd</sup> February 2019

- **Mehta UM.** Neuropsychological performance in patients and relatives of subjects with severe mental illness – invited lecture at PG-CME, Kasturba Medical College, Manipal 11<sup>th</sup> November 2018
- **Mehta UM.** Rapporteur at the Ernst Strungmann Forum on Youth Mental Health at Frankfurt, Germany between July 29-August 4, 2018
- **Mehta UM & Thanki MV.** Workshop on Investigational TMS as part of the Clinical Neurophysiology Symposia-Workshops, Bengaluru March 17<sup>th</sup> 2018
- **Mehta UM.** Invited lecture on Transcranial Magnetic Stimulation – Evidence, Critical Appraisal and Future trajectories in Psychiatry at the Clinical Neurophysiology Symposia-Workshops, Bengaluru March 17<sup>th</sup> 2018
- **Mehta UM.** Invited lecture on Transcranial Magnetic Stimulation as a Neurophysiological Probe into Psychiatric Disorders at the International Neuropsychiatric Association TS Srinivasan – NIMHANS Knowledge Conclave, Bengaluru February 16<sup>th</sup> 2018
- **Mehta UM.** Conducted two workshops on Transcranial Magnetic Stimulation for Psychiatry Postgraduate Students, at the Skills Training Exercise for Postgraduate Students (STEP) 2018 organized by SUMANA – a non-profit organization January 6<sup>th</sup> 2018
- **Mehta UM.** Understanding Schizophrenia through the Social Brain. Invited Seminar at School of Engineering, Virginia Commonwealth University and IEEE Joint Magnetics and EMB Society, Richmond Chapter, USA October 2<sup>nd</sup> 2017
- **Mehta UM, G Ramajayam, G Venkatasubramanian, Jagadisha Thirthalli, BN Gangadhar.** Modulating the Mirror Neuron System in Schizophrenia. Poster presentation at the 2017 BrainBox Initiative Conference, London September 21<sup>st</sup>, 2017
- **Mehta UM.** Methodological issues in interpreting Transcranial Magnetic Stimulation Evidence: A Critique. 2<sup>nd</sup> Global Conference on Biological Psychiatry, Bangalore, India. 13<sup>th</sup> August 2016
- **Mehta UM.** Evidence base of Transcranial Magnetic Stimulation in Psychiatric Disorders. 2<sup>nd</sup> Global 12<sup>th</sup> August 2016

Conference on Biological Psychiatry, Bangalore, India.

- **Mehta UM.** Hands-on training and demonstration of Transcranial Magnetic Stimulation. NIBS Workshop organized by the Department of Psychiatry, NIMHANS and Indian Psychiatric Society, Bangalore, India. 12<sup>th</sup>-13<sup>th</sup> July 2016
- **Mehta UM.** Transcranial Magnetic Stimulation – Basic Principles and Standards of Procedure. NIBS Workshop organized by the Department of Psychiatry, NIMHANS and Indian Psychiatric Society, Bangalore, India. 11<sup>th</sup> July 2016
- **Mehta UM.** Novel Treatment Modalities in Psychiatry – Brain Stimulation. Maharashtra State Chapter Conference, Mahabaleshwar, India. 25-26 April 2015
- **Mehta UM & Thirthalli J.** CME on Electroconvulsive therapy and Other Neuro-stimulation Therapies, Goa, India. 25<sup>th</sup> October 2015
- **Mehta UM.** Transcranial Magnetic Stimulation – Basic Principles and Investigational Use. 1st Symposium on Non-invasive Brain Stimulation (NIBS) in Psychiatry, Bengaluru, India. 20 September 2015
- **Mehta UM.** Social cognition deficits in psychiatric disorders – a translational neuroscience perspective. International Conference on Emotion and Cognition, Allahabad, India. 14-16 December 2015
- **Mehta UM, Eack SM, Thermenos HW, Mesholam-Gateley R, Mathew IT, Keshavan MS.** Morphometry of the Mirror Neuron System and Social Cognition Performance in Schizophrenia. International Congress on Schizophrenia Research, Colorado Springs, USA. 28 March - 1 April 2015
- **Mehta UM.** Mirror Neuron Dysfunction in Psychiatric Disorders. Invited faculty presentation at the 6th Annual International Scientific Conference of the Indian Global Psychiatric Initiative (IGPI), Hyderabad, India. January 7<sup>th</sup> 2015
- **Mehta UM & Abhishek HA.** Early Motor Resonance Differentiates Schizophrenia Patients from Healthy Subjects and Predicts Social Cognition Performance. Bhagwat Award presentation at the Annual National Conference of the Indian Psychiatric Society, ANCIPS, Hyderabad, India. January 9<sup>th</sup> 2015



- **Mehta UM**, Waghmare AV, Thirthalli J, Venkatasubramanian G, Gangadhar BN. A Novel Translational Application of Brain Stimulation: Enhancing Mirror Neuron Activity in Humans. Poster presented at the 2014 Miami Winter Symposium on The Molecular Basis of Brain Disorders, Miami, USA January 27<sup>th</sup> 2014
- Mehta UM**, Basavaraju R, Thirthalli J, Gangadhar BN. Mirror Neuron Dysfunction in Schizophrenia and its Association with Social Cognition. Poster presented at the 14th International Congress on Schizophrenia Research (ICOSR), Orlando, Florida, USA. April 24<sup>th</sup> 2013
- Abhishek HA, **Mehta UM**, Thennarasu K, Thirthalli J: Cortical Excitability in Schizophrenia: A Meta-Analysis of Transcranial Magnetic Stimulation Studies. Poster presented at the 14th International Congress on Schizophrenia Research (ICOSR), Orlando, Florida, USA. April 24<sup>th</sup> 2013
- Mehta UM**. Emerging Trends on Social Cognition in Schizophrenia: Clinical Implications. Symposium presented at the Annual National Conference of the Indian Psychiatric Society, ANCIPS, Bangalore, India. January 13<sup>th</sup> 2013
- Abhishek HA, **Mehta UM**, Thennarasu K, Thirthalli J. Cortical Excitability in Schizophrenia: A Meta-Analysis of Transcranial Magnetic Stimulation Studies. Abstract presented at the 3rd Asian Congress on Schizophrenia Research, Bali, Indonesia. This paper has also won the **Travel Award** for presentation at the conference. February 15<sup>th</sup> 2013
- Mehta UM**. Social Cognition And Its Relationship With Functioning in Schizophrenia. Symposium presented at the 5th International Conference on Schizophrenia (ICONS), Chennai, India. September 23<sup>rd</sup> 2012
- Mehta UM**, Basavaraju R, Thirthalli J, Gangadhar BN. Mirror Neuron Dysfunction and Ego-Boundary Disturbances in Schizophrenia. Poster presented at the 5th International Conference on Schizophrenia (ICONS), Chennai, India. September 22<sup>nd</sup> 2012
- Mehta UM**, Basavaraju R, Thirthalli J, Gangadhar BN. Aberrant Cortical Inhibition and Social Cognition in Schizophrenia. Poster presented at the 5th International Conference on Schizophrenia (ICONS), Chennai, India. September 22<sup>nd</sup> 2012
- Mehta UM**, Bhagyavathi HD, Naveen Kumar C, Basavaraju R, Thirthalli J. Cognitive Deconstruction of Parenting in September 22<sup>nd</sup> 2012

- Schizophrenia: The Role of Theory of Mind. Poster presented at the 5th International Conference on Schizophrenia (ICONS), Chennai, India.
- Sowmyashree MK, Sabhahit G, **Mehta UM**, Thirthalli J, Gangadhar BN. The Effect of Electroconvulsive Treatment on Cortical Inhibition in Schizophrenia Patients: A Prospective Study Using Transcranial Magnetic Stimulation. Poster presented at the 5th International Conference on Schizophrenia (ICONS), Chennai, India. September 22<sup>nd</sup> 2012
- Mehta UM**, Shilpa VS, Sivakumar PT, Naveen Kumar C, Pandey RS. Identification of DiGeorge Syndrome in Patients With Schizophrenia. Poster presented at the 5th International Conference on Schizophrenia (ICONS), Chennai, India. September 22<sup>nd</sup> 2012
- Abhishek HA, **Mehta UM**, Thennarasu K, Thirthalli J. Cortical Excitability in Schizophrenia: A Meta-Analysis of Transcranial Magnetic Stimulation Studies. Poster presented at the 5th International Conference on Schizophrenia (ICONS), Chennai, India. September 22<sup>nd</sup> 2012
- Mehta UM**, Bhagyavathi HD, Thirthalli J, Naveen Kumar C, Subbakrishna DK, Keshav KJ, Keshavan MS, Gangadhar BN: Evidence For Social and Neuro Cognition as Distinct Cognitive Factors in Schizophrenia. Paper presented at the Wellcome Trust School on Biology of Social Cognition, Hinxton, Cambridge, UK August 20<sup>th</sup> 2011
- Mehta UM**, Bhagyavathi HD, Thirthalli J, Naveen Kumar C, Subbakrishna DK, Keshav KJ, Keshavan MS, Gangadhar BN: Factor Structure of Social Cognition in Remitted Schizophrenia. Paper presented at the 10th World Congress of Biological Psychiatry at Prague, Czech Republic. May 31<sup>st</sup> 2011
- Mehta UM**, Bhagyavathi HD, Thirthalli J, Naveen Kumar C, Keshav KJ, Keshavan MS, Gangadhar BN (2011). Functional Disability is Predicted by Degree of Motivation and Theory of Mind in Remitted Schizophrenia Patients. Paper presented in the 13th International Congress on Schizophrenia Research (ICOSR) at Colorado Springs, USA April 5<sup>th</sup> 2011
- Mehta UM**, Thirthalli J, Naveen Kumar C, Keshav KJ, Keshavan MS, Gangadhar BN: Young Investigator Travel Award for “Social Cognition and Neurocognition Correlates of Empathy in Remitted Schizophrenia Patients in an Indian Setting” at the 2nd Asian Congress on Schizophrenia Research, Seoul, South Korea February 11<sup>th</sup> 2011

- Mehta UM**, Thirthalli J, Naveen Kumar C, Keshav KJ, Keshavan MS, Gangadhar BN: Young Researcher Award for the Best Paper - "A Comparative Study of Social Cognition in Remitted Schizophrenia Patients and Healthy Controls", in The Fourth International Conference on Schizophrenia (ICONS), Chennai, India. September 23<sup>rd</sup> 2010
- Mehta UM**, Thirthalli J, Naveen Kumar C, Keshav KJ, Gangadhar BN, Keshavan MS: A Comparative Study of Social Cognition in Remitted Schizophrenia Patients and Healthy Controls, in A Joint Conference by the National Institute of Mental Health and Neurosciences and the Royal College of Psychiatrists. Bangalore, India. March 7<sup>th</sup> 2010
- Mehta UM**, Keshavan MS, Naveen Kumar C, Thirthalli J, Gangadhar BN: Association of Insight with Functional Status in Remitted Schizophrenia Patients, in A Joint Conference by the National Institute of Mental Health and Neurosciences and the Royal College of Psychiatrists. Bangalore, India. March 7<sup>th</sup> 2013
- Bhagyavathi HD, **Mehta UM**, Keshav KJ, Thirthalli J, Gangadhar BN: Do Cognitive Abilities Predict Functional Outcome in Remitted Schizophrenia Patients? Poster presented in the 62<sup>nd</sup> Annual National Conference of Indian Psychiatric Society Jaipur, India. January 18<sup>th</sup> 2010
- Mehta UM**, Mahesh M, Thirthalli J, Parashar A, Naveen Kumar C, Subbakrishna DK, Rao K, Gangadhar BN, Keshavan MS: Validation of Indian Version of the Social Cue Recognition Test – Implications to Psychiatric Rehabilitation, presented at the World Association for Psychosocial Rehabilitation, 10th World Congress, Bangalore, India. November 12<sup>th</sup> 2009
- Keerthi GS, Manjunatha N, John JP, Math SB, **Mehta UM**, Phutane VH: Adolescent Onset Obsessive Compulsive Disorder Presenting as Dissociative Disorders, presented at the Karnataka Annual National Conference of Indian Psychiatric Society, Bangalore, India. August 20<sup>th</sup> 2009
- Manjunatha N, **Mehta UM**, Jayarajan RN, Jain S, John JP, Muralidharan K, Thimmaiah R: Malignant / Lethal catatonia: Is it a diagnosable psychiatric condition? Poster presented at the Karnataka Annual National Conference of Indian Psychiatric Society, Bangalore, India. August 20<sup>th</sup> 2009
- Mehta UM**, Thirthalli J, Naveen Kumar C, Rao K, Gangadhar BN: April 1<sup>st</sup> 2009

Validation of Social Cognition Tests for Schizophrenia Patients in Indian Setting. Poster presented at the 12th International Congress on Schizophrenia Research (ICOSR), San Diego, California, USA.

### **Presentations by my students on mentored-research work:**

Abhishek HA. Early motor resonance differentiates schizophrenia patients from healthy subjects and predicts social cognition performance. Annual National Conference of the Indian Psychiatric Society, 2015

Bagewadi VI. Exploring Modulation of Mirror Neuron Activity with a Novel Emotionally Embedded Motor Task and its Associations with Social Cognition in Schizophrenia. First International Brain Stimulation Conference, 2015, Singapore

Bagewadi VI. Time-course of mirror neuron activity with repeated emotion embedded action observation. Second International Brain Stimulation Conference, 2017, Barcelona

Karmani S. Mechanisms of Yoga in Schizophrenia: Focus on Mirror Neuron Activity. International Congress on Schizophrenia Research 2017, San Diego

Naik ST. Cortical inhibition in symptomatic and remitted mania compared to healthy subjects: A paired-pulse TMS study. European Psychiatric Association Conference, 2017, Florence

Naik ST. Endophenotypes for bipolar disorder: GABA mediated cortical inhibition and neurological soft signs as potential candidates. International Society of Bipolar Disorders, Washington DC. Winner of The Samuel Gershon Award for young investigators for their original research publication submissions

Sadh K. Parallel evolution of complex traits between Vocal learning birds and Humans. Annual National Conference of the Indian Psychiatric Society, 2018

Chattopadhyay A. Development of an interview schedule for assessing factors influencing educational outcome in students with schizophrenia. European Psychiatric Association Conference, 2017, Florence

Jakhar J. Comparing Cortical Inhibition in Patients with Depression & Healthy Controls. World Psychiatric Association Thematic Conference, 2018, Melbourne

Shalini Naik. Is Mirror Neuron System plastic in schizophrenia?

Single Blind RCT of add-on Yoga Therapy. Poster presented at the Society for Biological Psychiatry Conference, New York, USA in May 2018.

## Affiliations/Memberships

Life Fellow of the Indian Psychiatric Society

Membership No: LF-21022

## Awards

- **Wellcome Trust / DBT India Alliance Exceptional fellows Fund Award (2018)**. This is an add-on research grant after an internal competition for existing Wellcome Trust / DBT India Alliance Fellows
- **Poona Psychiatrists Association Award-II (2019)** for the best-published research paper from India at the 71<sup>st</sup> Annual National Conference of Indian Psychiatry Society, Lucknow, to Bagewadi et al., Diminished modulation of motor cortical reactivity during context-based action observation in schizophrenia, published in *Schizophrenia Research*.
- **Tilak Venkoba Rao Oration Award (2019)** from the Indian Psychiatric Society for my work on “Understanding Schizophrenia from a Social Neuroscience Perspective”
- **ICMR Tilak Venkoba Rao Award for 2015** in the field of Psychological Medicine for my research work on “Social neuroscience-based understanding of schizophrenia and its translational implications”. The award was presented (in-absentia) at a function organized in New Delhi, October 2017.
- **Youth Professional of the Year Award (2015)** from the World Zarathushthi Chamber of Commerce, Hinsdale, Illinois, USA.
- **Young Investigator Travel Award (2015)** for the 15th International Congress on Schizophrenia Research, Colorado Springs, USA.
- **Poona Psychiatrists Association Award-II (2015)** for the best-published research paper from India at the 67<sup>th</sup> Annual National Conference of Indian Psychiatry Society, Hyderabad, India for **Mehta UM**, Thirthalli J, Basavaraju R, Gangadhar BN, Pascual-Leone A. Reduced mirror neuron activity in schizophrenia and its association with theory of mind deficits: evidence from a transcranial magnetic stimulation study. *Schizophr Bull* Sep 2014;40(5):1083-1094.

- **Travel Fellowship Award** to present a paper at the Miami 2014 Winter Symposium on The Molecular Basis of Brain Disorders
- **International Brain Research Organization Travel Grant (2013)** to present a paper at the 14th International Congress on Schizophrenia Research, Orlando, Florida in April 2013
- **Young Psychiatrist Award (2013)** at the 65<sup>th</sup> Annual National Conference of Indian Psychiatry Society, Bangalore, India.
- **Poona Psychiatrists Association Award-II (2013)** for the best-published research paper from India at the 65<sup>th</sup> Annual National Conference of Indian Psychiatry Society, Bangalore, India for **Mehta UM**, Thirthalli J, Naveen Kumar C, Mahesh M, Rao K, Subbakrishna DK, et al. (2011): Validation of Social Cognition Rating Tools in Indian Setting (SOCRATIS): A new test-battery to assess social cognition. Asian Journal of Psychiatry 4:203-209.
- **Centre for International Co-operation in Science (CICS) Financial Assistance Award (2011)** for presenting a paper at the Wellcome Trust School on Biology of Social Cognition at Hinxton, Cambridge, UK.
- **Department of Biotechnology (DBT), Government of India Financial Assistance Award (2011)** for presenting a paper at the 10<sup>th</sup> World Congress of Biological Psychiatry at Prague, Czech Republic.
- **Indian Council of Medical Research Travel Assistance Award (2011)** for presenting a paper at the 13<sup>th</sup> International Congress on Schizophrenia Research (ICOSR) at Colorado Springs, USA.
- **Young Investigator Travel Award (2011)** at the 2<sup>nd</sup> Asian Congress on Schizophrenia Research, Seoul, South Korea.
- **Young Researcher Award for the Best Paper (2010)**- "A Comparative Study of Social Cognition in Remitted Schizophrenia Patients and Healthy Controls", in The Fourth International Conference on Schizophrenia, Chennai, India.
- **Silver Jubilee Award of "best outgoing student (2010) of the 2007-2010 batch"** in MD Psychiatry at the National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore, India
- **Indian Council of Medical Research (2007) MD/MS/DM/MCH Financial Assistance Award (No. 3/2/2008/PGThesis-MPD-29).**
- **All-India Prof. Sohrab M. Wadia Scholarship (2008)** for outstanding academic achievements during MBBS course by the Baroda Parsi Panchayat
- **Best outgoing graduate (2006) in cultural activities from the 2000 batch** by the Mysore Medical College Alumni Association on Graduation day

**Awards received by my mentees:**

- **Varsha Shamanna:** MD/MS/DM/MCH thesis financial assistance award by the Indian Council of Medical Research, 2019
- **Swarali Kondwilkar:** Dr. K.M. Druvakumar Award for psychotherapy by the Indian Psychiatric Society – Karnataka Chapter, 2018-19
- **Aishwarya Sachdeva:** MD/MS/DM/MCH thesis financial assistance award by the Indian Council of Medical Research, 2019
- **Dhruva Ithal:** Young Psychiatrist Award at the Schizophrenia International Research Society meeting, Orlando, 2018
- **Jitender Jakhar:** Young Investigator Award at the World Psychiatric Association Thematic Conference in Melbourne, 2018
- **Dhruva Ithal:** Best paper award at the International Society for ECT and Nerve Stimulation Conference, New York, 2018
- **Avijna Chatterjee:** Travel grant from the European Psychiatric Association for the 26th European Congress of Psychiatry, Nice, 2018
- **Sanjay T Naik:** Samuel Gershon Junior Investigator Award by the International Society for Bipolar Disorders, 2017
- **Rakshathi Basavaraju:** DS Raju Memorial PG Award at the 46th Annual Conference of the Indian Psychiatric Society South Zone, October 2013
- **Rakshathi Basavaraju:** HS Subramanian Memorial (Best PG Research Paper) Award at the 23rd Annual Conference of the Karnataka Branch of Indian Psychiatric Society, August 2013

**Interests**

- I wish to pursue a career with a balanced blend of psychiatric clinical care and translational research. My area of research interest has been to study schizophrenia and related psychotic disorders from the perspective of these being a *social brain disorder*. Specifically, I am keen on exploring the neurobiological basis of social cognition impairments in psychotic disorders (e.g., mirror neuron dysfunction) and develop novel methods to modulate brain regions involved in these complex cognitive abilities and thus enhance them by using *non-invasive brain stimulation* and other techniques. I also take keen interest in public and student engagement on the theme of mental health and its causal underpinnings. I am also an avid music and sports enthusiast.

**Referees**

**Prof. Jagadisha Thirthalli, MD**

Professor

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