

## **Dr Pratima Murthy**

### **PERSONAL INFORMATION AND CONTACT DETAILS**

Name: Pratima Murthy

Nationality: Indian

Designation: Director and Senior Professor of Psychiatry

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## **SUMMARY**

Dr Pratima Murthy is presently Director and a senior professor of Psychiatry at the National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore, India. She has earlier been head of the Department of Psychiatry and head of the Centre for Addiction Medicine at the National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore, India. She is an alumna of Bangalore Medical college and NIMHANS. She has a Diploma in Psychiatry from the University of Manchester, UK and is a Fellow of the Royal College of Psychiatrists and Physicians, Glasgow.

## **CONTRIBUTIONS TO ADDICTION RESEARCH, TREATMENT AND PREVENTION**

Dr Murthy has been working in the area of addiction prevention and treatment for over two decades and as the earlier head of the Centre for Addiction Medicine, NIMHANS she has been instrumental in expanding the clinical services.

At the international level, she has been a consultant to the World Health Organization, Geneva for tobacco cessation, WHO India for reducing risk factors for non-communicable diseases, International Labour Organization Geneva, Colombo Plan and WHO SEARO as an international trainer/consultant for addressing psychosocial problems at the workplace and managing substance use disorder at the workplace. She has been an international trainer for tobacco cessation for WHO SEARO and been the lead trainer for workshops in Sri Lanka, Nepal, Bhutan and Timor Leste. She has been a consultant for the United Nations Office on Drugs and Crime and generated reports on women and substance use in India. Dr Murthy served as a consultant to UNESCAP to carry out a national epidemiological survey of substance use in the Maldives. Recently, she has been an international consultant with WHO and the International Telecommunication Union to develop mobile cessation modules for tobacco cessation. Presently, she is leading the setting up of a regional quitline for tobacco cessation for southern India at NIMHANS.

Her major contributions in addiction treatment include:

Initiation of tobacco cessation services at NIMHANS and this has become the prototype for the country, and we have trained health personnel from diverse areas in providing tobacco cessation and co-ordinating the tobacco quitline services for southern India.

Formulation of national treatment guidelines for substance use disorder management and behavioural addictions. She was also a member of the team that developed national treatment guidelines for tobacco cessation.

Lead for development of standard treatment guidelines for substance use disorders and behavioural addictions

Formulating national guidelines for psychosocial interventions for substance use disorders and guidelines for opioid substitution treatment.

Developing modules for tobacco cessation for doctors, dentists, nurses and community health workers

Expanding human resources for addiction treatment delivery, particularly aftercare teams which improve retention and outcomes in addiction

Development of public advocacy material and community programs for addiction prevention and intervention

Developing modules to reduce risk (alcohol, tobacco, unhealthy diet, inadequate exercise and stress) for non-communicable disease.

Developing workplace models for addiction prevention and treatment. Her work with the Karnataka Road Transport Organization was one of the landmark programmes for developing such programs in diverse workplaces. She has authored several reports on workplace interventions in collaboration with workplaces, and with the national offices of the International Labour Organization.

At the Centre for Addiction Medicine, she has been part of a team that has initiated a virtual training online program.

Her research in psychiatry apart from addiction are in the areas of history of psychiatry, forensic psychiatry and training in psychiatry.

## **QUALIFICATIONS AND FELLOWSHIPS**

<b>QUALIFICATION</b>	<b>YEAR</b>	<b>CONFERRING INSTITUTION</b>
MD DEGREE IN PSYCHOLOGICAL MEDICINE	1989	National Institute of Mental Health and Neuro Sciences, (NIMHANS) Bangalore
DIPLOMA IN PSYCHOLOGICAL MEDICINE	1987	National Institute of Mental Health and Neuro Sciences, (NIMHANS) Bangalore
MBBS	1985	Bangalore Medical College, Bangalore University
DIPLOMA IN PSYCHOLOGICAL MEDICINE	1992	University of Manchester, UK
Fellow of the Royal College of Physicians (FRCP) Glasgow	2015	University of Glasgow, UK
Pre-University	1979	Mount Carmel College, Bangalore

Indian School Certificate Examination	1976	Sophia High School
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### AWARDS/RECOGNITIONS

**World Health Organization** Regional Director's special award for outstanding contribution to tobacco control 2021.

**Raja Ramanna Award for excellence in science (Science and Society)**, Govt of Karnataka and KSCST, 2019.

**Maurice Bloch Annual Lecture.** Addiction treatment services in India- bridging chasms, not just gaps. Institute of Health and Wellbeing. University of Glasgow November 2015

**Mangalwedhe Oration** on Alcohol Dependence, KIMS Hubli, CME June 2015

**Poona Psychiatric Association (PPA II) Award**, Indian Psychiatric Society, January 2013. (Nayak R, Murthy P, Navaneetham J, Girimaji S. Fetal Alcohol Spectrum Disorder)

**Tilak Venkoba Rao Oration Award** of the Indian Psychiatric Society for the paper titled : "Alcohol Dependence: Biological and Clinical Correlates" for the year 2001

**World Health Organization Prize** for Best Performance in Diploma in Psychological Medicine for Psychiatrists from Developing Countries. University of Manchester 1993.

**Marfatia Senior Psychiatrists' Award** for best paper titled Erythrocyte Aldehyde Dehydrogenase in Alcoholism presented at the Indian Psychiatric Society Annual Conference, January 1992, New Delhi

**NIMHANS Silver Jubilee Award for Best Outgoing Student** of the Year in MD in Psychological Medicine, 1989

**DLN Murthy Rao Award** for having secured the highest marks in the Diploma in Psychological Medicine, 1987.

**Best Outgoing Student.** Sophia High School, 1975

### POSITIONS HELD

Year	Position
1993 - 1994	Assistant Professor, De-Addiction Unit, NIMHANS
1994 - June 1998	Assistant Professor of Psychiatry, NIMHANS
1998- June 2003	Associate Professor of Psychiatry, NIMHANS

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July 2003 – October 2005	Additional Professor of Psychiatry, NIMHANS
October 2005 to date	Professor of Psychiatry, NIMHANS
June 2006 to 2012 and June 2017 to date	Head, Centre for Addiction Medicine, NIMHANS
June 2016 to date	Head, Forensic Psychiatric Services, Dept of Psychiatry, NIMHANS
August 2013 to 2019	Chairperson, Psychotherapy Programme, Dept of Psychiatry, NIMHANS
April 2019 to May 2021	Head, Department of Psychiatry
June 2021 to date	Director, NIMHANS

### SELECT PUBLICATIONS (LAST 5 YEARS)

Nattala P, Murthy P, Weiss MG, Leung KS, Christopher R. Experiences and reactions of adolescent offspring to their fathers' heavy drinking: a qualitative study from an urban metropolis in India. *Journal of ethnicity in substance abuse*. 2022 Mar 1;21(1):284-303.

Basu D, Ghosh A, Naskar C, Balachander S, Fernandes G, Vaidya N, Kumaran K, Krishna M, Barker GJ, Sharma E, Murthy P. Risk clustering and psychopathology from a multi-center cohort of Indian children, adolescents, and young adults. *Development and psychopathology*. 2022 Apr 8:1-9.

Rajalu BM, Devi BI, Shukla DP, Shukla L, Jayan M, Prasad K, Jayarajan D, Kandasamy A, Murthy P. Traumatic brain injury during COVID-19 pandemic—time-series analysis of a natural experiment. *BMJ open*. 2022 Apr 1;12(4):e052639.

Pradeepkumar PC, Murthy P, Lohit RP, Hegde S, Chand P, Sethuraman L. Impact of Covid-19 on Caller Characteristics and Quit Rates: Experience of Regional Tobacco Quitline From India. *Nicotine & Tobacco Research*. 2022 Jan 12.

Thekkumkara SN, Jagannathan A, Muliya KP, Murthy P. Psychosocial Interventions for Prisoners with Mental and Substance Use Disorders: A Systematic Review. *Indian Journal of Psychological Medicine*. 2022 May 1:02537176211061655.

Kandasamy A, Zainab R, Bhat NA, Dsouza CV, Jennings H, Jackson C, Mazumdar P, Hewitt C, Ekers D, Narayanan G, Rao GN, Coates K, Muliya KP, Chaturvedi SK, Murthy P, Siddiqui N. Behavioural activation for co-morbid depression in people with non-communicable disease in India: Protocol for a randomised controlled feasibility trial (BEACON). *medRxiv*. 2022 Jan 1.

D'Souza DC, Raj J, Ganesh S, Goyal N, Vidya KL, Tikka SK, Shreekantiah U, Murthy P, Ram D, Sharma P, Sinha VK. Presentation and Short-term Course of New Onset Cannabis Induced Psychotic Disorder in Males. *medRxiv*. 2022 Jan 1.

Thekkumkara SN, Jagannathan A, Muliya KP, Murthy P. Development and validation of a peer support programme for the prisoners with mental and substance use disorders in India. *Indian Journal of Psychiatry*. 2022 May;64(3):316.

Chand PK, Panda U, Mahadevan J, Murthy P. Management of Alcohol Withdrawal Syndrome in Patients with Alcoholic Liver Disease. *Journal of Clinical and Experimental Hepatology*. 2022 Mar 18.

Khadse PA, Ghosh S, Murthy P, Girimaji SC. Student suicides in the context of online education during COVID-19 pandemic in India: analysis of media reports. *Indian journal of psychological medicine*. 2022 Jan;44(1):91-4.

Ezhumalai S, Muralidhar D, Murthy P. Occupational factors associated with long-term abstinence among persons treated for alcohol dependence: A follow-up study. *Indian Journal of Occupational and Environmental Medicine*. 2022 Apr 1;26(2):122.

Manthey J, Benegal V, Kilian C, Mahadevan J, Mejía-Trujillo J, Morojele N, Murthy P, Neufeld M, Pérez-Gómez A, Rehm J. International Perspectives on Stigma toward People with Substance Use Disorders. *The Stigma of Substance Use Disorders*. 2022 Jun 9:107.

Doraiswamy P, Nattala P, Murthy P. Development and pilot-testing of a skill-based intervention to prevent psychoactive substance use among college students: A study from Bangalore, India. *Journal of Family Medicine and Primary Care*. 2022 Jul 1;11(7):3600-6.

Nattala P, Kishore MT, Murthy P, Christopher R, Veerabathini JS, Suresh S. Association between Parent-Reported Executive Functions and Self-Reported Emotional Problems among Adolescent Offspring of Fathers with Alcohol-Dependence. *Journal of Neurosciences in Rural Practice*. 2022 Jun 8.

Sivakumar T, Arumugham S, Chand PK, Murthy P, Varghese M. Examinations without Patients: Postgraduate Exit Exams in Psychiatry during COVID-19 Pandemic. *Journal of Psychiatry Spectrum*. 2022 Jan 1;1(1):27-9.

Murthy P, Shadakshari D, Mahadevan J, Chand PK. Management of Alcohol Use Disorder in Patients with Alcoholic Liver Disease. *Journal of Clinical and Experimental Hepatology*. 2022 Apr 18.

Mukherjee D, Narasimha VL, Shukla L, Mahadevan J, Murthy P, Benegal V. How Do Individuals with Alcohol Use Disorders Think About and Respond to Election Dry Days?. *Indian Journal of Psychological Medicine*. 2022 May:02537176211013497.

Parthasarathy R, Jaisoorya TS, Thennarasu K, Murthy P. Mental health issues among health care workers during the COVID-19 pandemic—a study from India. *Asian Journal of Psychiatry*. 2021 Apr 1;58:102626.

Murthy P, Narasimha VL. Effects of the COVID-19 pandemic and lockdown on alcohol use disorders and complications. *Current opinion in psychiatry*. 2021 Jul;34(4):376.

Soundararajan S, Agrawal A, Purushottam M, Anand SD, Shankarappa B, Sharma P, Jain S, Murthy P. Changes in DNA methylation persist over time in males with severe alcohol use disorder—A

longitudinal follow-up study. *American Journal of Medical Genetics Part B: Neuropsychiatric Genetics*. 2021 Apr;186(3):183-92.

Satyanarayana VA, Jackson C, Siddiqi K, Chandra PS, Huque R, Dherani M, Nasreen S, Murthy P, Rahman A. A behaviour change intervention to reduce home exposure to second hand smoke during pregnancy in India and Bangladesh: a theory and evidence-based approach to development. Pilot and feasibility studies. 2021 Dec;7(1):1-9.

Bhargav H, Vidyasagar PD, Venugopal S, Arsappa R, Narasimha VL, Varshney P, Sharma P, Vedamurthachar A, Venkatasubramanian G, Varambally S, Gangadhar BN, Murthy P. Development, validation, and feasibility testing of a yoga module for opioid use disorder. *Advances in mind-body medicine*. 2021;35(3):20-30.

Chandran S, Sreeraj VS, Venkatasubramanian G, Sathyaprabha TN, Murthy P. Corpus callosum morphometry in children with prenatal alcohol exposure. *Psychiatry Research: Neuroimaging*. 2021 Dec 30;318:111405.

Bassi S, Bahl D, Harrell MB, Jain N, Kandasamy A, Salunke SR, Shah VG, Raghunathan P, Markandan S, Murthy P, Arora M. Knowledge, attitude, and behaviours on diet, physical activity, and tobacco use among school students: A cross-sectional study in two Indian states. *F1000Research*. 2021;10.

Suhas S, Kumar V, Damodharan D, Sharma P, Rao NP, Varambally S, Venkatasubramanian G, Murthy P, Gangadhar BN. Comment on: "Elevated clozapine concentrations in clozapine-treated patients with hypersalivation". *Clinical Pharmacokinetics*. 2021 Aug;60(8):1073-5.

Rajalu BM, Jayarajan D, Muliya KP, Sharma P, Gandhi S, Chand PK, Thirthalli J, Murthy P. Non-pharmacological interventions for smoking in persons with schizophrenia spectrum disorders—A systematic review. *Asian Journal of Psychiatry*. 2021 Feb 1;56:102530.

Narasimha VL, Mathew Y, Anil S, Murthy P. A study to evaluate availability of tobacco cessation services in Bengaluru, India. *Asian Journal of Psychiatry*. 2021 Apr 1;58:102600.

Thamby A, Sharma LP, Kishore C, Jaisoorya TS, Murthy P, Jain S. Socio-demographic and clinical characteristics of patients admitted at the Lunatic Asylum, Bengaluru (now NIMHANS) and treatment outcome in the early 20th century (1903–1911). *Asian Journal of Psychiatry*. 2021 Aug 1;62:102747.

Narasimha VL, Shukla L, Mukherjee D, Menon J, Huddar S, Panda UK, Mahadevan J, Kandasamy A, Chand PK, Benegal V, Murthy P. Complicated alcohol withdrawal—an unintended consequence of COVID-19 lockdown. *Alcohol and Alcoholism*. 2020 Jun 25;55(4):350-3.

Mazumdar P, Aslam F, Muliya KP, Chaturvedi SK, Kandasamy A, Nizami A, Haq BU, Kellar I, Jackson C, Thomson H, McDaid D, Siddiqui K, Hewitt C, Siddiqui N, Gilbody S, Murthy P, Mdege N. IMPACT smoking cessation support for people with severe mental illness in South Asia (IMPACT

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Khadse PA, Murthy P. Accidental deaths from hand sanitizer consumption among persons with alcohol dependence during the COVID-19 lockdown in India: Analysis of media reports. *Asian journal of psychiatry*. 2021 Sep 1;63:102794.

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Zavala GA, Prasad-Muliyala K, Aslam F, BArua D, Haidar A, Hewitt C, Huque R, Mansoor S, Murthy P, Nizami AT, Siddiqi N, Sikander S, Siddiqi K, Boehnke JR. On behalf of the IMPACT team. Prevalence of physical health conditions and health risk behaviours in people with severe mental illness in South Asia: protocol for a cross-sectional study (IMPACT SMI survey). *BMJ Open* 2020;10:e037869. doi: 10.1136/bmjopen-2020-037869.

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Holla B, Biswal J, Ramesh V, Shivakumar V, Bharath RD, Benegal V, Venkatasubramaniam G, Chand PK, Murthy P. (2020). Effect of prefrontal tDCS on resting brain fMRI graph measures in Alcohol Use Disorders: A randomized, double-blind, sham-controlled study. *Progress in Neuropsychopharmacology & Biological Psychiatry* <https://doi.org/10.1016/j.pnpbp.2020.109950>.

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Nadkarni A, Velleman R, Bhatia U, Fernandes G, D'Souza E, Murthy P. Home-detoxification and relapse prevention for alcohol dependence in low resource settings: An exploratory study from Goa, India. *Alcohol*. 2020;82:103-112.



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Rajalu BM, Jayarajan D, Muliya KP, Sharma P, Gandhi S, Chand PK, Thirthalli J, Murthy P. Self-reported tobacco use and urine cotinine levels in persons with schizophrenia. *Schizophrenia Research*. 2020 Sep. DOI: 10.1016/j.schres.2020.08.024.

Banerjee D, Lathan M, Murthy P. Book review: Turning the pages: A reader's take on 'India moving: A history of migration.' *International Journal of Social Psychiatry*. July 2020. doi:[10.1177/0020764020945747](https://doi.org/10.1177/0020764020945747).

Sarkar S, Pakhre A, Murthy P, Bhuyan D. Brief Interventions for Substance Use Disorders. *Indian J Psychiatry*. 2020;62(Suppl 2):S290-S298.

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Prasanthi Nattala, Pratima Murthy, Mitchell G. Weiss, Kit Sang Leung, Rita Christopher, Jessy Sharon V & Sumegha S (2020) Experiences and reactions of adolescent offspring to their fathers' heavy drinking: A qualitative study from an urban metropolis in India, *Journal of Ethnicity in Substance Abuse*, DOI: [10.1080/15332640.2020.1747041](https://doi.org/10.1080/15332640.2020.1747041).

Mahadevan, J, Shukla, L, Chand, PK, Komaromy, M, Murthy, P, Arora, S, 2020. Innovative virtual mentoring using the Extension for Community Healthcare Outcomes model for primary care providers for the management of alcohol use disorders. *Indian Journal of Medical Research*. Jun2020, Vol. 151 Issue 6, p609-612. 4p.

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Kanika Mehrotra, Chand P, Brundawar M, Sagi MR, Kaur S, Ganesh A, Raj EA, Jain S, Komaromy M, Murthy P, Arora S. Effectiveness of NIMHANS ECHO blended tele-mentoring model on Integrated Mental Health and Addiction for counsellors in rural and underserved districts of Chhattisgarh, India. July 2018, *Asian Journal of Psychiatry* 36  
DOI: 10.1016/j.ajp.2018.07.010

Thomas R, Pandian DPR, Murthy P. Treatment service related needs and concerns of women with substance use disorders: a qualitative study. *International Journal of Culture and Mental Health*. 12 June 2017. ISSN: 1754-2863

Nadkarni A, Weobong B, Weiss HA, McCambridge J, Bhat B, Katti B, Murthy P, King M, McDaid D, Park AL, Wilson GT, Kirkwood B, Fairburn CG, Velleman R, Patel V. Counselling for Alcohol Problems (CAP), a lay counsellor-delivered brief psychological treatment for harmful drinking in men, in primary care in India: a randomised controlled trial. *The Lancet*, 389, 10065, 14th-20th Jan, 2017, 186-195.

Prasanthi Nattala, Pratima Murthy, Kit Sang Leung, Sreevani Rentala, Jayashree Ramakrishna. Video-enabled cue-exposure-based intervention improves postdischarge drinking outcomes among alcohol-dependent men: A prospective study at a government addiction treatment setting in India. *J Ethn Subst Abuse* 2017 Apr 25;1-16

Lekhansh Shukla, Spandana Bokka, Tulika Shukla, Arun Kandasamy, Prabhat Chand, Vivek Benegal, Pratima Murthy Benzodiazepine and "Z-Drug" Dependence: Data From a Tertiary Care Center. *Prim Care Companion CNS Disord* 2017 Feb 16;19(1).

Lekhansh Shukla, Priyamvada Sharma, Suhas Ganesh, Deepak Ghadigaonkar, Evan Thomas, Arun Kandasamy, Pratima Murthy, Vivek Benegal. Value of Ethyl Glucuronide and Ethyl Sulfate in Serum as Biomarkers of Alcohol Consumption. *Indian J Psychol Med* 2017;39:481-7.

Soundarya Soundararajan, Gitanjali Narayanan, Arpana Agrawal, Pratima Murthy. Personality Profile and Short-term Treatment Outcome in Patients with Alcohol Dependence: A Study from South India. *Indian J Psychol Med* 2017 Mar-Apr;39(2):169-175

Sagi MR, Aurobind G, Chand P, Ashfak A, Karthick C, Kubenthiran N, Murthy P, Komaromy M, Arora S. Innovative tele-mentoring on addiction management for remote primary care physicians: a feasibility study. *International Journal of Intelligent Engineering and Systems*. 2017.

Sagi MR, Chand P, Narasimha VL, Murthy P, Mamatha M, Karthick C, Shetty M, Kubenthiran N, Aurobind G, Prabhakara, Arora S. Tobacco cessation training for counsellors through 'hybrid learning'. *International Journal of Intelligent Engineering and Systems*. 2017.

Sabari Sridhar OT, Murthy P, Kishore Kumar KV. Integrated brief tobacco and alcohol cessation intervention in a primary health-care setting in Karnataka. *Indian J Public Health*. 2017; Volume 61 (supplement 1): S29-S34.

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Ambekar A, Murthy P, Basu D, Rao G P, Mohan A. Challenges in the scale-up of opioid substitution treatment in India. *Indian J Psychiatry* 2017;59:6-9

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