

Assoc Prof Konstantina Griva

Associate Professor, Health Psychology/Behavioural Medicine, Lee Kong Chian School of Medicine

Associate Professor, Lee Kong Chian School of Medicine

konstadina.griva@ntu.edu.sg

**[Biography](https://dr.ntu.edu.sg/cris/rp/rp01260%22%20%5Cl%20%22collapseOnebiography)**

Associate Professor Konstadina Griva [MSC (Kings College London & University College London, UK) PhD (University College London, UK)] is an Associate Professor of Health Psychology and Behavioural Medicine at the Lee Kong Chian School of Medicine, Nanyang Technological University, Singapore. Prior to this appointment, she has served as an Associate Professor at the Department of Psychology, National University of Singapore (2007-2017) before joining LKCMedicine in January 2018. She is also an Adjunct Professor at the School of Health Sciences, City University of London, UK and the Jockey School of Public Health and Primary Care, Chinese University of Hong Kong, China.

She a is a chartered Health Psychologist (CPsychol) and an internationally recognised researcher in the field of Psychonephrology, which is an appreciation of the psychological and social issues affecting those living with the physical burden of kidney disease. Her work with patients with long-term conditions has spanned over two decades, and while her earlier work was on measuring and mapping key patient outcomes and understanding patient experience, ultimately the goal remains to put research in the service of patients and providers.

“The priority has always been the development of programs to help patients with long-term conditions to get the best from treatment by supporting optimal adherence or better aligning existing health services to patients’ needs”.

The HEDSMART program (Hemodialysis Self-Management Randomised trial) developed and implemented in collaboration with National Kidney Foundation Singapore, received a research award by European Renal Association and European Renal and Dialysis Transplantation (ERA-EDTA) (2013) (Top 10 Research papers).

In 2016, she received the FASS Excellent Researcher Award (ERA), National University of Singapore. Read more here. In 2019, she was awarded the Honorary Fellowship of European Health Psychology Society, the highest grade of membership, in recognition of her contributions to the field of Health Psychology. Read more here.

A health services researcher, A/Prof Griva has a strong track record in extramural funding (e.g. Venerable Yen Pei National Kidney Foundation; NMRC Health Services Research Grant) and in initiating and leading collaborative research projects.

She has been a member of the International Motivational Interviewing Network of Trainers (MINT) since 2013, and has been delivering communication and motivational interviewing training services, since 2005, within the health and social care, and education sector, both in UK and Singapore. She is most interested in designing and implementing sustainable motivational interviewing initiatives within health organizations to improve care, patient engagement and working environment for care teams.

**[Research Interests](https://dr.ntu.edu.sg/cris/rp/rp01260%22%20%5Cl%20%22collapseOneresearchinterests)**

Our research program focuses on identifying behavioural and cognitive determinants of health, as well as applying psychological theories to promote health behaviour change in context of long term conditions, i.e., diabetes, kidney disease, cancer, and familial hypercholesterolemia. In recent work, focus has expanded to cognitive health and the impact of climate change on health.
1. Developing and evaluating brief Psychological interventions: HED-SMART (2018) (Hemodialysis Self-Management Randomised trial); HED-Start (2024) that received research accolades by the European Renal Association and European Renal and Dialysis Transplantation (2018) and the Society of Behavioral Medicine (2024)
2. Cognitive Health outcomes in CKD – observational study on magnitude, course and prognostication of cognitive health risks and resilience in individuals on dialysis treatments - Frederick Chan, Best Postgraduate Paper Award by the Singapore Psychological Society (2023).
3. Digital tools and interventions for specific populations and/or for preventative health services
4. Climate change and health: Several new studies under deployment to investigate how climate change and its health implications could be best communicated to the public, especially those vulnerable to climatic conditions.

**[Current Grants](https://dr.ntu.edu.sg/cris/rp/rp01260%22%20%5Cl%20%22collapseOnecurrentprojects)**

 Understanding Singaporeansâ€™ experiences of access to health care

 Understanding the extent and impact of Cognitive complaints and cognitive impairment on everyday functioning and treatment adherence A mixed method study of ESKD patients on dialysis modalities

 Future Health Technologies (FHT) Module 2 â€œMobile Digital Health Interventions",ETH Singapore SEC Ltd"

 Climate Transformation Programme - Cluster 6 (Steve Yim)

 Climate Transformation Programme - Cluster 6 (Steve Yim - Project 2)

 Climate Transformation Programme - Cluster 6 (Alex Cook, NUHS)

 Mobile-based digital mental health tools for older adults: the needs, current solutions, and recommendations for future

 Climate Transformation Programme

 Bot Terms Up - personalised tools to support genetic risk services

 The role of eating behavior in cardiometabolic health in Asian population

 Climate Transformation Programme - Cluster 6 (Konstadina Griva)