
Profile

Key areas of interest included enhancing the psychosocial and mental well-being of children and families by developing and evaluating sustainable community-based mental health services. Research expertise included development, cultural adaptation, and validating mental health measures to improve epidemiological data, development and evaluation of complex mental health interventions, and development of strategies to address barriers to mental health.

Education

PhD,	University of Amsterdam, the Netherlands	2014 – 2021
	Title: Integration of mental health services into primary health care system in Nepal	
MPhil,	University of Cape Town, South Africa	2018 – 2020
	Title: Change in treatment coverage and barriers to mental health care among adults with depression and alcohol use disorder: a repeat cross sectional community survey in Nepal	
Master's,	Tribhuvan University (TU) Kathmandu, Nepal	2000 – 2002
	Subject: Population Studies	

Employments

Research Advisor	<i>January 2022 to Ongoing</i>
<i>Transcultural Psychosocial Organization (TPO), Nepal Baluwatar, Kathmandu</i>	
Wellcome Trust International Training Fellow	<i>January 2022 to June 2025</i>
Adjunct Assistant Professor	<i>December 2022 to ongoing</i>
<i>Department of Psychiatry and Behavioral Sciences, George Washington University, Washington DC, USA</i>	
Honorary Senior Research Fellow	<i>September 2024 to ongoing</i>
<i>Institute for Global Health, University College London, London UK</i>	
Affiliated Researcher,	<i>October 2023 to ongoing</i>
<i>Department of Global Public Health, Karolinska Institute, Stockholm, Sweden</i>	
Head of Research	<i>January 2013 to December 2021</i>
<i>Transcultural Psychosocial Organization (TPO), Nepal</i>	
Research and M&E Coordinator	<i>October 2006 to December 2012</i>
<i>Transcultural Psychosocial Organization (TPO), Nepal</i>	

Research Officer/Data Analyst*January 2004 to September 2006*

Center for research on environment, health and population activities (CREHPA) Kusunti, Lalitpur,

Research Assistant*June to December, 2003*

Center for research on environment, health and population activities (CREHPA)

Census Enumerator Supervisor*June to July, 2001*

*Central Bureau of Statistics (CBS), National Census 2001
Thapathali, Kathmandu*

Research Grants – ongoing

Grant: Wellcome Trust/ Data-augmented quality improvement with lived experience engagement in early intervention for anxiety and depression (DAWN) 2026 - 2027

This study aims to establish sustainable partnerships for scaling and optimizing the Early Adolescents Skills for Emotions (EASE) intervention among adolescents at risk of experiencing humanitarian emergencies (Lebanon, Nepal, and Uganda). investigate mechanisms by which reducing exposure to extreme heat in secondary school environments impact adolescent depression and anxiety among vulnerable populations in Sri Lanka and Nepal.

Role: **Co-Investigator/Country Principal Investigator**

Grant: Wellcome Trust/ Heat Resilience and Mental Health: Engineering Pathways to Reduce Depression and Anxiety in Schools in Nepal and Sri Lanka 2026 - 2030

This study aims to investigate mechanisms by which reducing exposure to extreme heat in secondary school environments impact adolescent depression and anxiety among vulnerable populations in Sri Lanka and Nepal.

Role: **Co-Investigator/Country Principal Investigator**

Grant: WHO Geneva/Review of translation and adaptation process 2024 - 2025

This study aims to conduct both scoping and systematic review of the translation and adaptation of mental health research tools

Role: **Principal Investigator**

Grant: Right Foundation, assessing digitally preventable barriers on health care 2024 - 2025

This study aims to conduct an analysis of digitally preventable gaps and barriers in the primary healthcare system in Nepal, with particular consideration of health service deliveries, health information, and health financing system in the primary healthcare setting

Role: **Principal Investigator**

Grant: Wellcome Trust, Reducing Barriers to MH Care 2022 - 2025

This research aims to develop and test the feasibility, and acceptability of implementing a community based mental health intervention to promote help-seeking for depression

Role: **Research Fellow**

Grant: UKRI, Evaluation of IPT 2023 - 2027

This study aims to evaluate the international therapy among adolescents with depression using cluster randomized controlled trial: asking what works for whom, how, and in what circumstances.

Role: Co-Investigator

Grant: Wellcome Trust, ALIVE

2021 - 2026

This study aims to develop and pilot-test an intervention that combines poverty reduction with strengthening self-regulation in order to prevent depression and anxiety among adolescents living in urban poverty in Colombia, Nepal and South Africa

Role: Principal Investigator

NIMH-R01, RESHAPE

2019 - 2024

Reducing stigma among healthcare providers to improve mental health services (RESHAPE): Cluster randomized controlled trial in Nepal using Type 3 Hybrid Implementation Effectiveness design to test the added value of mental health service users co-facilitating trainings of primary care workers.

Role: Co-Investigator

Research Grants – completed

Grant: UNICEF, MMAPP

2021 - 2022

This study translated, adapted and validated the Measurement of Mental Health Among Adolescents at the Population Level (MMAPP) tool

Role: Principal Investigator

Grant: MRC, SMART

2020 - 2023

This research grant developed and tested the feasibility and acceptability of a sports-based intervention to improve mental wellbeing and prevent depression among adolescents in Nepal: a community engagement approach

Role: Principal Investigator

Grant: NIHR UK, NEHANCE

2020 - 2024

This study adapted the 'Thinking Healthy Programme' to address perinatal depression in Nepal to be delivered by Female Community Health Volunteers

Role: Country-Principal Investigator

Grant: National Institutes of Health, ESSENCE

2017-2022

This study helped to build capacity of researchers, media personnels, persons with lived experiences and policy makers to improve mental health care in Nepal

Role: Country-Principal Investigator

Grant: MRC UK, HASHTAG

2019- 2022

This study developed and pilot tested a universal, multilevel, multicomponent gender-sensitive school based psychological intervention for adolescents in Nepal and South Africa

Role: Country- Principal Investigator

Grant: MRC UK, Interpersonal Therapy

2018-2020

This project adapted, contextualized and assessed the feasibility of implementation of group interpersonal psychotherapy among adolescents in Nepal

Role: Co-Investigator

- Grant: MRC UK, EMILIA* *2018 - 2021*
 This study developed and pilot tested the World Health Organization mental health Gap Action Programme Intervention Guide based mobile app for assessment and management of people with mental health conditions in Nepal and Nigeria
 Role: **Country-Principal Investigator**
- Grant: USAID/OFDA/WHO Global Mental Health Research, PM+* *2016-2019*
 This study evaluated the feasibility, acceptability and effectiveness of the locally adapted Group PM+ intervention for adults in Nepal
 Role: **Country-Principal Investigator**
- Grant: DFID/PRIME, UK Global Mental Health Research* *2011-2019*
 The goal of this program was to develop and test the integration of a mental health care package into primary health care settings in Nepal, Ethiopia, Uganda, South Africa, and India.
 Role: **Project Coordinator for Nepal**
- Grant: America Red Cross Society, Long-term impact of 2015 Nepal earthquake* *2018 – 2018*
 This study assessed Mental Health and Psychosocial Status and Needs of Earthquake-Affected Communities eighteen months after 2015 earthquake
 Role: **Principal Investigator**
- Grant: National Institutes of Health K01MH104310, RESHAPE* *2014-2019*
 This program developed and evaluated an intervention to reduce stigma against mental illness among primary care workers by using Consumer-Engagement Anti-Stigma (CEAS) module in a task-sharing intervention for treatment of depression
 Role: **Co-Investigator**
- Grant: UNHCR Nepal, Urban Refugees* *2018-2018*
 This study assessed mental health and psychosocial problems and needs of Tibetan Refugees in Kathmandu, Nepal
 Role: **Principal Investigator**
- Grant: National Institutes of Health R21, OPAL* *2017-2019*
 This study developed intervention packages to address provider stigma and structural stigma, with a focus on psychotic disorders
 Role: **Principal Investigator**
- Grant: Yokohama City University, PTGI* *2017-2018*
 This study translated and validated Posttraumatic Growth Inventory (PTGI) among population affected by 2015 earthquake in Nepali
 Role: **Country Principal Investigator**
- Grant: DFID, integration of mental health into primary care* *2015 - 2016*
 Integration of Mental Health and Psychosocial Services in the Existing Healthcare System in 4 Earthquake Affected Districts in Nepal
 Role: Project Lead
- Grant: International Medical Core, Mental Health Needs After 2015 Nepal Earthquake* *2015 - 2016*

This study conducted in-depth needs and resource and mental health and psychosocial needs after the Nepal Earthquakes

Role: **Principal Investigator**

Grant: EU (FP7), EMERALD

2012 - 2017

This program researched the health system requirements for the integration of mental health into primary health care in Nepal, Ethiopia, Uganda, South Africa, India and Nigeria.

Role: **Co-Investigator for Nepal**

Grant: DFID/PRIME, UK Adaptation and Validation of Tools

2012

This study translated, adapted and validated the Patients Health Questionnaire (PHQ-9) in Nepal

Role: **Co-Investigator**

Grant: Grand Challenges Canada, Mental Health beyond Facilities (mhBeF)

2012-2015

This grant developed and evaluated comprehensive community based mental health care package in Nepal, Liberia and Uganda, specifically focusing on treatment of severe mental disorders within community and primary health care settings.

Role: **Co-Investigator**

Grant: UNICEF Nepal, Integration of Verified Minors and Late Recruits of Maoist Combatants 2010-2011

This study assessed psycho-social mental health well-being of Verified Minors and Late Recruits of Maoist Combatants during the reintegration process

Role: **Principal Investigator**

Grant: United Mission to Nepal, Improving Access to Mental Health Services

2012 - 2013

This study is to explore the status of mental health and its services in the community and to find out the understanding of community people regarding mental illness

Role: **Principal Investigator**

Grant: DFID, Suicide in South Asia: Scoping Review

2012 - 2013

This study conducted scoping review of suicide in South Asia

Role: **Co-investigator**

Grant: HealthNet TPO, Vulnerability Associated with Child Labour

2011 - 2012

This study development a tool to assess psychosocial vulnerability associated with child labour in Nepal

Role: **Project Coordinator**

Grant: UNHCR, Bhutanese Refugee Project

Luitel (PI)

2010

This study assessed substance abuse among Bhutanese Refugee population during third country resettlement process

Role: **Principal Investigator**

Grant: McGill University, Canada, Teasdale-Corti, Impact of violence on mental health

2007 -2011

This project assessed impact of Maoist Conflict in Mental Health among general population in three districts of Nepal

Role: **Research Coordinator**

Grant: Save the Children, Adaptation and Validation of Child Mental Health Measures

2007 – 2008

This study translated, adapted and validated the Depression Self-Rating Scale and Child PTSD Symptom Scale in Nepal

Role: **Co-investigator**

Grant: Save the Children, Cluster randomized controlled trial (c-RCT)

2007-2008

This study evaluated a school-based psychosocial intervention (CBI) among children affected by children in rural Nepal

Role: **Research Coordinator**

Consultancies

HERD Internation

November 2024 to June 2025

Providing technical support in adapting mental health measures and interview guides, as well as facilitating workshops to develop a school-based mental health promotion program in Nepal.

War Child Netherlands

July to October 2024

Providing technical support for adaptation of mental health tools and conducting a stigma and discrimination study among children and adolescents in Uganda

Mission East, Nepal

2010 - 2013

Data analysis and report writing on baseline and follow-up surveys on “Hygiene and Sanitation Practices Safe drinking water, improved sanitation and hygiene behaviors in remote areas of Karnali, Mid- West Nepal”

Plan International Nepal

2010 – 2011

Data analysis and report writing of a study on child centered disaster risk reduction (CCDRR) programme baseline survey report on risk analysis, knowledge, attitude and practice in CCDRR

HealthNet TPO Pakistan,

May to July 2010

Assessment of mental health problems and needs of children affected by humanitarian emergencies Pakistan

HealthNet TPO Afghanistan,

June to November 2008

Assessment of mental health problems and needs of children affected by humanitarian emergencies Afghanistan

Nepal Health Research Council (NHRC)

May 2003 and 2006

Assessment of quality of primary health care services in Nepal

DEVTEC Nepal Private Limited (DEVTEC): Skill for empowerment project

Sept 2003 – November, 2003

Need assessment of vocational training in Panauti and Lukla

Publications in peer reviewed journals

Luitel NP, Sainju P, Lamichhane B, Khadgi R, Gautam K. Breaking down barriers: A qualitative study of demand- and supply-side barriers to depression care in Nepal. *Cambridge Prisms: Global Mental Health*. 2026;13:

Luitel, N. P., Pradhan, I., Lamichhane, B., Dulal, N., Melendez-Torres, G. J., Shi, E., . . . Jordans, M. J. D. (2026). Feasibility and acceptability of a multi-level school-based intervention for adolescent mental health in Nepal: a mixed-methods study. *Child Adolesc Psychiatry Ment Health* doi:10.1186/s13034-026-01111-7

Luitel NP, Pudasaini K, Lamichhane B, Gautam K, Jordans MJD (2026). Symptom presentation, perceived causes, and help-seeking practices among adults receiving depression or anxiety care in Nepal: A qualitative study. *PloS one*. 21(5):

Rose-Clarke K, Rimal D, Pradhan I, Lamichhane N, Abou Jaoude G, Hodsoll J, Morrison J, **Luitel NP**. (2026). Sports-based mental health promotion for adolescents in rural Nepal: A pilot cluster-randomised controlled trial. *PLOS Glob Public Health*. 18;6(5)

Mawoyo, T., Du Toit, S., Laurenzi, C., Melendez-Torres, G. J., Jordans, M. J. D., **Luitel, N.**, . . . Skeen, S. (2026). Health Action in ScHools for a Thriving Adolescent Generation (HASHTAG): a feasibility trial of a school-based intervention for mental health promotion and prevention among adolescents in South Africa. *Glob Ment Health (Camb)*, 13, e51

Sönmez CC, Shrestha S, Tamang S, Lamichaane B, Verdelli H, Jordans M, **Luitel NP**, Bonell C, Rose-Clarke K (2026). Exploring the context, mechanisms, and outcomes of school-based group interpersonal therapy for depressed adolescents in Nepal: Analysis of qualitative process data from a pilot realist cluster-randomized controlled trial. *Psychother Res*. 16:1-14.

Jang J, Nguyen M, Dura E, Rashed M, Rijal D, Panday P, Adhikari A, **Luitel NP**, Surkan PJ (2026). "A chance to open my heart": Protective factors for mental health in left-behind family members of Nepalese labor migrants and their implications for future psychosocial interventions. *PLOS global public health*. 6(5)

Ghafoerkhan, R, Eaton, J, Horn, R, **Luitel, N**, Koyiet, PN, Holguín, MR, Tankink, M, Ventevogel, P. (2025). Evolving Through Challenges-Reflections from Intervention's Editorial Board on the Financial Situation in the Humanitarian Sector. *Intervention* 23(1):p 1-3, December 2025.

Bolton, P., Dev, S., Giusto, A., Acharya, B., Koyiet, P. N., El Chammay, R., . . . **Luitel, N**, Kousoulis, A. Dabholkar, Ugo, V. (2025). Global mental health and psychosocial support programming: An expert review of major implementation and funding challenges. *Glob Ment Health (Camb)*, 12, e141.

Singh R, Chua KC, Pant SB, Paudel R, Gautam K, **Luitel NP**, Garman E, Eleftheriou G, Wahid SS, Kohrt BA, Jefferies P, Jordans MJD, Lund C (2025). Translation and Adaptation of the Child and Youth Resilience Measure-Revised and Rugged Resilience Measure: A Mixed-Method Study Among Adolescents in Nepal. *Child Psychiatry Hum Dev*. PMID: 41348265.

Luitel, N. P., Kohrt, B. A., Lamichhane, B., Bhardwaj, A., Gautam, K., & Jordans, M. J. (2025). Optimizing a community-based intervention to improve help-seeking for depression care: study protocol for a randomized factorial trial. *Trials*, 26(1), 293.

Mundt, A. P., Arafat, S. M. Y., Dorji, C., Desousa, A., Chadda, R. K., Gowda, G. S., . . . **Luitel N.P.** Rozas-Serri, E. (2025). Indicators of psychiatric institutionalization in Southeast Asia between 1990 and 2024. *The Lancet Regional Health - Southeast Asia*, 42

Rose-Clarke, K., Sonmez, C. C., Shrestha, S., Lamichhane, B., Pradhan, I., Pandey, P., . . . **Luitel, N. P.** (2025). School-based group interpersonal therapy for adolescents with depression in nepal: protocol for a phase III realist cluster-randomised controlled trial. *BMC Psychiatry*, 25(1),

Luitel NP, Lamichhane B., Koirala P., Sainju P., Ghimire A., Gautam K., Jordans, MJD, Kohrt BA (2025). Treatment of depression by traditional faith healers in Nepal: A qualitative study, *SSM - Mental Health*, Volume 7, 2025, 100425, ISSN 2666-5603

Luitel NP, Lamichhane B, Sah K, Basnet B, Sainju P, Gautam K, Kohrt BA, Jordans MJD. Facilitators in treatment pathways for depression or anxiety among adults in Nepal: a qualitative study. *BMC Public Health*. 2025 Jun 2;25(1):2033. doi: 10.1186/s12889-025-23225-x

Morrison J, Rimal D, Pradhan I, **Luitel NP**, Rose-Clarke, K (2025). How can sport promote adolescent mental health? A qualitative study from the rural plains of Nepal, *SSM - Mental Health*, Volume 8,

Subba P, Shrestha P, Rahman A, **Luitel N**, Waqas A and Sikander S (2025). Feasibility and acceptability of community-based psychosocial interventions delivered by nonspecialists for perinatal common mental disorders: A systematic review using an implementation science framework. *Cambridge Prisms: Global Mental Health*, 12, e54, 1–23

Kohrt BA, Ojagbemi A, **Luitel NP**, Bakolis I, Bello T, McCrone P, Taylor Salisbury T, Jordans MJD, Votruba N, Carswell K, Green E, Gkaintatzi E, Lamichhane B, Elugbadebo O, Kola L, Lempp H, Chowdhary N, Dua T, Gureje O, Thornicroft G. An App-Based WHO Mental Health Guide for Depression Detection: A Cluster Randomized Clinical Trial. *JAMA Netw Open*. 2025 May 1;8(5):e2512064. doi: 10.1001/jamanetworkopen.2025.12064

Keyan D, Hall J, Jordan S, Watts S, Au T, Dawson KS, Sway RA, Crawford J, Sorsdahl K, **Luitel NP**, de Graaff AM, Ghalayini H, Habashneh R, El-Dardery H, Fanatseh S, Malik A, Servili C, Faroun M, Abualhaija A, Said Aqel I, Hamdani SU, Dardas L, Akhtar A, Bryant RA, Carswell K. The development of a World Health Organization transdiagnostic chatbot intervention for distressed adolescents and young adults. *Front Digit Health*. 2025 May 19;7:1528580. doi: 10.3389/fdgth.2025.1528580.

Kohrt BA, Gurung D, Singh R, Rai S, Neupane M, Turner EL, Platt A, Sun S, Gautam K, **Luitel NP**, Jordans MJD. Is there a mental health diagnostic crisis in primary care? Current research practices in global mental health cannot answer that question. *Epidemiol Psychiatr Sci*. 2025 Jan 30;34:e7

Atmore KH, Bonell C, **Luitel NP**, Pradhan I, Shrestha P, Verdelli H, Rose-Clarke K. Exploring context, mechanisms and outcomes in group interpersonal therapy for adolescents with depression in Nepal: a qualitative realist analysis. *Glob Ment Health (Camb)*. 2025 Feb 18;12:e19. doi: 10.1017/gmh.2024.127.

Luitel NP, Rimal D, Eleftheriou G, Rose-Clarke K, Nayaju S, Gautam K, Pant SB, Devkota N, Rana S, Chaudhary JM, Gurung BS, Åhs JW, Carvajal-Velez L, Kohrt BA (2024). Translation, cultural adaptation and validation of Patient Health Questionnaire and generalized anxiety disorder among adolescents in Nepal. *Child Adolesc Psychiatry Ment Health*. 19;18(1):74

Luitel, N. P., Lamichhane, B., Pokhrel, P., Upadhyay, R., Taylor Salisbury, T., Akerke, M., Gautam, K., Jordans, M. J. D., Thornicroft, G., & Kohrt, B. A. (2024). Prevalence of depression and associated symptoms among patients attending primary healthcare facilities: a cross-sectional study in Nepal. *BMC Psychiatry*, 24(1), 356

Prina, E., Bano, B., Singh, R., Albanese, E., Trujillo, D., Dedios Sanguinetti, M. C., Sorsdahl, K., **Luitel, N. P.**, Garman, E. C., Purgato, M., Barbui, C., Jordans, M. J. D., & Lund, C. (2024). Effectiveness of combining prevention psychological interventions with interventions that address the social determinants of mental health in low and middle-income countries: protocol of a systematic review and meta-analysis. *BMJ Open*, 14(5), e083261

Subba P, Petersen Williams P, **Luitel NP**, Jordans MJD, Breuer E (2024). A qualitative study on the adaptation of community programmes for the promotion of early detection and health-seeking of perinatal depression in Nepal. *BMC Womens Health*. 4;24(1):273

Harel, D., Wu, Y., Levis, B., Fan, S., Sun, Y., Xu, M., . . . **Luitel NP**. . . Thombs, B. D. (2024). Comparison of Patient Health Questionnaire-9, Edinburgh Postnatal Depression Scale and Hospital Anxiety and Depression - Depression subscale scores by administration mode: An individual participant data differential item functioning meta-analysis. *J Affect Disord*, 361, 674-683. doi:10.1016

Laurenzi, C. A., du Toit, S., Mawoyo, T., **Luitel, N. P.**, Jordans, M. J. D., Pradhan, I., . . . Skeen, S. (2024). Development of a school-based programme for mental health promotion and prevention among adolescents in Nepal and South Africa. *SSM Ment Health*, 5, 100289. doi:10.1016/j.ssmmh.2023.100289

Levis, B., Bhandari, P. M., Neupane, D., Fan, S., Sun, Y., He, C., ... **Luitel NP**, . . Benedetti, A. (2024). Data-Driven Cutoff Selection for the Patient Health Questionnaire-9 Depression Screening Tool. *JAMA Netw Open*, 7(11), e2429630. doi:10.1001

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Luitel NP, Pudasaini K, Pokhrel P, Lamichhane B, Gautam K, Adhikari S, Makhmud A, Taylor Salisbury T, Votruba N, Green E, Thornicroft G and Carswell K (2023). Development and functioning of the mobile app-based mh-GAP intervention guide in detection and treatment of people with mental health conditions in primary healthcare settings in Nepal. *Cambridge Prisms: Global Mental Health*, 10, e90, 1–9

Lund C, Jordans MJD, Garman E, Araya R, Avendano M, Bauer A, Bahure V, Dua T, Eleftheriou G, Evans-Lacko S, García Rodríguez JF, Gautam K, Gevonden M, Hessel P, Kohrt BA, Krabbendam L, **Luitel NP**, Roy S, ..., Yarrow P. Strengthening self-regulation and reducing poverty to prevent adolescent depression

and anxiety: Rationale, approach and methods of the ALIVE interdisciplinary research collaboration in Colombia, Nepal and South Africa. *Epidemiol Psychiatr Sci.* 2023 Dec 13;32:e69

Laurenzi CA, Toit SD, Mawoyo T, **Luitel NP**, Jordans MJD, Pradhan I, Westhuizen C, Melendez-Torres G.J, Hawkins J., Moore G., Evans R., Lund C., Ross D.A, Lai J., Servili C., Tomlinson M., Skeen S. (2023), Development of a school-based programme for mental health promotion and prevention among adolescents in Nepal and South Africa, *SSM - Mental Health*, Volume 5, 100289,

Pedersen, G. A., Gautam, N. C., Pudasaini, K., **Luitel, N. P.**, Long, M. W., Schafer, A., & Kohrt, B. A. (2023). Incremental cost analysis of training of trainers and helpers in Problem Management Plus (PM+) using an Ensuring Quality in Psychological Support (EQUIP) competency-based approach in Nepal. *Intervention*, 21(2), 116-126.

Dhital R, Yoeli H, Adhikari A, **Luitel NP**, Nadkarni A, van Teijlingen E, Sin J. Participatory asset mapping and photovoice interviews to scope cultural and community resources to reduce alcohol harm in Chitwan, Nepal. *Perspect Public Health.* 2023 Jun 25:17579139231180744.

Pedersen, G., Shrestha, P., Akellot, J., Sepulveda, A., **Luitel, N.**, Kasujja, R., . . . Kohrt, B. (2023). A mixed methods evaluation of a World Health Organization competency-based training package for foundational helping skills among pre-service and in-service health workers in Nepal, Peru and Uganda. Cambridge Prisms: *Global Mental Health*, 10, E55.

Dhungana, R., Pandey, A., Joshi, S., **Luitel, N.**, Marahatta, K., Aryal, K., & Dhimal, M. (2023). The Burden of Mental Disorders in Nepal between 1990-2019: Findings from the Global Burden of Disease Study 2019. Cambridge Prisms: *Global Mental Health*, 1-20.

Rose-Clarke, K., Rimal, D., Morrison, J., Pradhan, I., Jaoude, G. A., Moore, B., . . . **Luitel, N. P.** (2023). Development and testing the feasibility of a sports-based mental health promotion intervention in Nepal: a protocol for a pilot cluster-randomised controlled trial. *Pilot Feasibility Stud*, 9(1)

Laurenzi, C. A., Mamutse, S., Marlow, M., Mawoyo, T., Stansert Katzen, L., Carvajal-Velez, L. **Luitel, N.**, . . . Skeen, S. (2023). Critical life course interventions for children and adolescents to promote mental health. *Glob Ment Health (Camb)*, 10, e4

Aldridge, L., **Luitel, N.**, Jordans, M., Bass, J., & Patenaude, B. (2022). Cost-effectiveness of psychological intervention within services for depression delivered by primary care workers in Nepal: Economic evaluation of a randomized control trial. *Global Mental Health*, 1-9

Mezzanotte, K. S., Bhardwaj, A., Kim, Y., Rimal, D., Lee, J. K., Shrestha, A., . . . **Luitel, NP**; Surkan, P. J. (2022). Social determinants of impaired functioning among Nepali widows: A mixed methods study. *Global Public Health*, 17(12), 3853-3868

Kohrt, B. A., Turner, E. L., Gurung, D., Wang, X., Neupane, M., **Luitel, N. P.**, . . . Jordans, M. J. D. (2022). Implementation strategy in collaboration with people with lived experience of mental illness to reduce stigma among primary care providers in Nepal (RESHAPE): protocol for a type 3 hybrid implementation effectiveness cluster randomized controlled trial. *Implement Sci*, 17(1), 39

- Rose-Clarke K., BK, Magar J., Pradhan I., Shrestha P., Hassan E., Jordans MJD, **Luitel NP** (2022). School-based group interpersonal therapy for adolescents with depression in rural Nepal: a mixed methods study exploring feasibility, acceptability, and cost. *Global Mental Health* 1–13. <https://doi.org/10.1017/gmh.2022.46>
- Kaiser, B. N., Gurung, D., Rai, S., Bhardwaj, A., Dhakal, M., Cafaro, C. L., . . . , **Luitel N.P.**; Kohrt, B. A. (2022). Mechanisms of action for stigma reduction among primary care providers following social contact with service users and aspirational figures in Nepal: an explanatory qualitative design. *Int J Ment Health Syst*, 16(1), 37. doi: 10.1186/s13033-022-00546-7
- Bhardwaj, A., Gurung, D., Rai, S., Kaiser, B. N., Cafaro, C. L., Sikkema, K. J., . . . **Luitel N. P.**, Kohrt, B. A. (2022). Treatment Preferences for Pharmacological versus Psychological Interventions among Primary Care Providers in Nepal: Mixed Methods Analysis of a Pilot Cluster Randomized Controlled Trial. *Int J Environ Res Public Health*, 19(4)
- Hall, J., Jordan, S., van Ommeren, M., Au, T., Sway, R. A., Crawford, J. Ghalayani H. Hamdani S.U., **Luitel N.P.** . . . Carswell, K. (2022). Sustainable Technology for Adolescents and youth to Reduce Stress (STARS): a WHO transdiagnostic chatbot for distressed youth. *World Psychiatry*, 21(1), 156-157
- Dhimal, M., Dhakal, S., Adhikari, K., Koirala, P., Bista, B., **Luitel N.**Jha A.K. (2021). A Nationwide Prevalence of Common Mental Disorders and Suicidality in Nepal: Evidence from National Mental Health Survey, 2019-2020. *Journal of Nepal Health Research Council* 19 (53): 740-7
- Kim, Y., Ghimire, A., Lasater, M. E., Kohrt, B. A., Surkan, P. J., & **Luitel, N. P.** (2021). Feasibility of implementing a culturally adapted Prolonged Grief Disorder scale in the mental healthcare system in Nepal. *Glob Ment Health (Camb)*, 8,
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Conference presentation

Bold Ideas for Brighter Futures 2026: 2nd Global Conference on Child and Adolescent Mental Health
May 18-20, 2026, Cape Town, South Africa.

23rd World Congress of Psychiatry, 28 September to 1 October 2023, Vienna, Australia

World Health Organization (WHO), mhGAP forum 2017, 2018, 2019, in Geneva Switzerland

High level International Conference on Mental Health and Psychosocial Support in Crisis Situations on 7 and 8 October 2019, in Amsterdam

27th European Congress of Psychiatry (EPA 2019) taking place in Warsaw, Poland 6-9 April 2019

5th National Summit of Health and Population Scientists in Nepal, 11-12 April 2019, in Kathmandu

The 21st World Congress of Epidemiology (WCE), Saitama Japan, August 19-22, 2017

4th International Conference on Practice Research (ICPR2017), 22-24 May 2017, Hong Kong

World Psychiatrists Association (WPA) Annual conference, 19-23 November 2016, Cape Town South Africa

The 12th Biennial Asia Pacific (AsPac) International Mental Health Conference, 24-26 October 2016 Australia

The 8th International Conference on Social Work in Health and Mental Health (ICSW 2016), 19-23 June 2016 Singapore

International Conference on Nurturing University Community Engagement: Integration, Innovation, and Impact, 25-27 April 2016 in Kathmandu

The 8th International Conference on Social Work in Health and Mental Health (ICSW 2016), 19-23 June 2016 in Singapore

Second National Summit of Health and Population Scientists in Nepal, 11-12 April 2016, In Kathmandu

3rd Indo-Global Summit and Expo on Health Care, 5-7 October 2015, in New Delhi India

68th Annual National Conference of Indian Psychiatric Society 21-24 January 2016 Bhopal India

First National Summit of Health and Population Scientists in Nepal, 11-12 April 2015, In Kathmandu

Workshops and training

Global Forum on Bioethics in Research on 28 & 29 November 2023 in Montreux, Switzerland

“Survey Research: Statistical Analysis and Estimation” organized by Utrecht Summer School, Utrecht University, 26 August 2019 - 30 August 2019, in Utrecht, the Netherlands

“Health Service, Health Systems and Implementation Research in Mental Health” organized by King’s College London, 11-13 July 2018, London UK

“Leadership in Mental Health” organized by SANGATH, London School of Hygiene & Tropical Medicine (LSHTM), 14 - 25th November, 2011 Goa, India

“Development of Complex Health Care Intervention” organized by SANGATH, London School of Hygiene & Tropical Medicine (LSHTM) and the Society for Education, Action and Research in Community Health (SEARCH), 2 - 6th November, 2009 Goa, India

“Evaluation of Complex Health Care Intervention through Randomized Controlled Trial (RCT)” a Short Course on Clinical Trial, organized by SANGATH, and London School of Hygiene & Tropical Medicine (LSHTM) 9 - 13th November, 2009 Goa, India

Workshop on application of **“Respondent Driven Sampling Analysis Tools (RDSAT)”** for analyzing high risk population data, organized by Family Health International/Nepal, 2005

PHD students

Dissertation Advisor	Luke Aldridge	Global Mental Health/John Hopkins University 2020 – 2023
	Gloria Pedersen	George Washington University 2019 to 2023
PhD Supervisor	Prasansa Subba	Liverpool University 2021
	Sujan Shrestha	University College London 2023
PhD Examiner	Katie Atmore	University College London 2023
	Miriam Sinethemba Mkhize	University of Cape Town 2026

Masters/MPhil students

Supervisor Dissertation	Angela KC	MSc Global Mental Health/Johns Hopkins University 2016-2017
Supervisor Dissertation	Yoona Kim	MSc Global Mental Health/Johns Hopkins University 2018-2019
Supervisor Dissertation	Megan Ramaiya	MSc Global Mental Health/Duke University 2014-2015
Supervisor	Prasansa Subba	MPhil in Public Mental Health/Cape Town University 2016-2017
Mentor Research	Parbati Shrestha	ESSENCE Implementation Science Research Fellowship on Global Mental Health 2019-2021
Mentor Research	Vibha Neupane	ESSENCE Implementation Science Research Fellowship on Global Mental Health 2020-2022
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References

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