

## **Kamonporn Wannarit, M.D., MSc, FRCPsychT**

**Gender** Female

**Date of Birth** 1 March 1982

**Place of Birth** Thailand

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### **Education**

**2015:** Master of Science in Organisational Psychiatry and Psychology (Merit), Institute of Psychiatry, Psychology and Neuroscience, King's College London, UK

**2013:** Certificate in the Beck Institute Supervision Program, Beck Institute for Cognitive Behavior Therapy, USA

**2010:** Diploma of the Thai Medical Board of Psychiatry, Medical Council of Thailand

**2010:** Higher Graduate Diploma Program in Clinical Science in Psychiatry, Chiang Mai University, Chiang Mai, Thailand

**2006:** Doctor of Medicine (M.D.) (second class honor), Faculty of Medicine, Chiang Mai University, Chiang Mai, Thailand

### **Academic Position**

**July 2010-2018:** Instructor, Department of Psychiatry, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand

**2018-2021; 2022-2025:** Chairman for International Affairs, the Psychiatric Association of Thailand

**July 2018-present:** Assistant Professor, Department of Psychiatry, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand

**October 2021-present:** Assistant Dean for Academic Affairs, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand

## Short international training courses

**January 20, 2020:** Staff Burnout in Mental Health Services: Bringing about Change at an Organisational Level and through CBT Supervision, Warneford Hospital, Oxford Cognitive Therapy Centre, Oxford, UK

**March 23-24, 2019:** CBT for substance use disorders presented by Prof. John Marsden and Prof. Robert Ali, Smart classroom, M floor, Aor Por Ror building, Faculty of Medicine, Chulalongkorn University, Bangkok, Thailand

**July 23-24, 2018:** Achieving competency as a CBT therapist and supervisor workshop presented by Prof. Cory F. Newman, Chulalongkorn research building, Bangkok, Thailand

**March 15-17, 2017:** Bangkok international CBT-I workshop 2017: Cognitive Behavioral Therapy for Insomnia, The Sukosol Hotel Bangkok, Thailand

**March 26-27 & May 7, 2015:** EMCC Foundation Level Coaching Skills for Leaders, Managers & Supervisors, Institute of Psychiatry, Psychology and Neuroscience, King's College London, UK

**August 16-19, 2013:** Course on leadership and professional skills in psychiatry for Young Asian Psychiatrists (YAP) presented by Prof. Norman Sartorius, The Emerald Hotel Bangkok, Thailand

## Major Interests

Psychotherapy: CBT  
Mood and anxiety disorders  
Stress and burnout management

## Publications

- Khanngern N, Ratta-apha W, **Wannarit, K.** Burnout among Mental Health Professionals in a Tertiary University Hospital. *Siriraj Medical Journal* 2022, 74(3), 185–192. DOI: 10.33192/Smj.2022.23
- Hathaisaard C, **Wannarit K**, Pattanaseri K. Mindfulness-based interventions reducing and preventing stress and burnout in medical students: A systematic review and meta-analysis. *Asian J Psychiatr.* 2022;69:102997. DOI: 10.1016/j.ajp.2021.102997
- Pukrittayakamee P, Ratta-apha W, Sirirat C, Singhakant S, Wannachavee U, Satra T, **Wannarit K.** Prevalence and Associated Factors of Suicidal

Ideation among Patients with Major Depressive Disorder. J Med Assoc Thai 2022;105:85-90. DOI: 10.35755/jmedassothai.2022.02.13230

- Wongprommate D, Wongpakaran T, Pinyopornpanish M, Lertrakarnnon P, Jiraniramai S, Sathapisit S, Saisavoey N, **Wannarit K**, Nakawiro D, Tantrarungroj T, Wongpakaran N. Predictors for quality of life among older adults with depressive disorders: A prospective 3-month follow-up cohort study. Perspectives in Psychiatric Care. 2021;1–8.
- Lortrakul J, Pukrittayakamee P, Chantakarn S, Saisavoey N, **Wannarit K**. Factors associated with improvement in the severity of major depressive disorder 5 to 11 weeks after initiating treatment with antidepressants. Chiang Mai Medical Journal 2020;59(2):45-51.
- Dajpratham P, Pukrittayakamee P, Atsariyasing W, **Wannarit K**, Boonhong J, Pongpirul K. The validity and reliability of the PHQ-9 in screening for post-stroke depression. BMC Psychiatry. 2020;20: 291. <https://doi.org/10.1186/s12888-020-02699-6>
- Nimmawitt N, **Wannarit K**, Pariwatcharakul P. Thai psychiatrists and burnout: A national survey. PLoS ONE. 2020;15(4): e0230204. <https://doi.org/10.1371/journal.pone.0230204>
- Dajpratham P, Pukrittayakamee P, Atsariyasing W, **Wannarit K**, Boonhong J, Pongpirul K, Suesuwan O, Chatdharmmaluck S. Prevalence and potential associated factors of poststroke depression. ASEAN J Rehabil Med. 2019;29(3): 85-89.
- Chaiyasingh P, Jeerasitkul U, **Wannarit K**. Development of a clinical tracer information system for patients diagnosed with major depressive disorder in psychiatric outpatient department at Siriraj Hospital. Siriraj Med Bull 2018;11(3): 167-173.
- Sitdhiraksa N, Sanguanpanich N, Natithamkul P, **Wannarit K**, Saisavoey N, Ratta-apha W, Pariwatcharakul P. Cognitive effects in psychiatric in patients treated with electroconvulsive therapy. J Med Assoc Thai 2018;101;Suppl. 1: S24-S27.
- Chantakarn S, Thana-udom K, **Wannarit K**, Satra T. How polarity of the first episode affects clinical characteristics and the course of illnesses of Bipolar I disorder patients. J Med Assoc Thai 2018;101;Suppl. 1: S7-S12.

- Pukrittayakamee P, Bussaratid S, Hosiri T, **Wannarit K**. Use of 5 A's model for Smoking-Cessation by Residents in Siriraj Hospital. J Psychiatr Assoc Thailand 2017; 62(2): 157-66.
- Satthapisit S, Wongpakaran T, Nakawiro D, Hiranyatheb T, Wongpakaran N, Bookkamana P, Pinyopornpanish M, Lueboonthavatchai P, Apisiridej N, Saisavoey N, **Wannarit K**, Srichan T, Ruktrakul R, Temboonkiat A, Tubtimtong N, Rakkhajeekul S, Wongtanoi B, Tanchakvaranont S, Srisutasanavong U, Nivataphand R, Petchsuwan D. Insomnia subtypes in depressive disorders and their relationship to clinical outcomes. J Psychiatr Assoc Thailand 2017; 62(1): 47-58.
- Hiranyatheb T, Nakawiro D, Wongpakaran T, Bookkamana P, Saisavoey N, **Wannarit K**, Satthapisit S, Tanchakvaranont S. The impact of residual symptoms on relapse and quality of life among Thai depressive patients. Neuropsychiatric Disease and Treatment 2016; 12: 3175–81.
- Wongpakaran T, Wongpakaran N, Tanchakvaranont S, Bookkamana P, Pinyopornpanish M, **Wannarit K**, Satthapisit S, Nakawiro D, Hiranyatheb T, Thongpibul K. Depression and pain: testing of serial multiple mediators. Neuropsychiatric Disease and Treatment 2016; 12: 1849-60.
- Bussaratid S, Atsariyasing W, **Wannarit K**, Pukrittayakamee P, Hosiri T, Wiwatwararom N, Pornnoppadol C. Reliability and Validity Study of Adult ADHD Self-Report Scale (ASRS) Screener v1.1 Thai Version. J Psychiatr Assoc Thailand 2016; 61(2): 145-54.
- Wongpakaran N, Wongpakaran T, **Wannarit K**, Saisavoey N, Pinyopornpanish M, Lueboonthavatchai P, Apisiridej N, Srichan T, Ruktrakul R, Satthapisit S, Nakawiro D, Hiranyatheb T, Temboonkiat A, Tubtimtong N, Rakkhajeekul S, Wongtanoi B, Tanchakvaranont S, Bookkamana P, Srisutasanavong U, Nivataphand R, Petchsuwan D. Level of agreement between self-rated and clinician-rated instruments when measuring major depressive disorder in the Thai elderly: a 1-year assessment as part of the THAISAD study. Clin Interv Aging 2014; 9: 377–82.
- Wongpakaran T, Wongpakaran N, Pinyopornpanish M, Srisutasanavong U, Lueboonthavatchai P, Nivataphand R, Apisiridej N, Petchsuwan D, Saisavoey N, **Wannarit K**, Ruktrakul R, Srichan T, Satthapisit S, Nakawiro D, Hiranyatheb T, Temboonkiat A, Tubtimtong N, Rakkhajeekul S, Wongtanoi B, Tanchakvaranont S, Bookkamana P.

Baseline characteristics of depressive disorders in Thai outpatients: findings from the Thai Study of Affective Disorders. *Neuropsychiatric Disease and Treatment* 2014; 10: 217-23.

- Ketumarn P, Sitdhiraksa N, Sittironnarit G, Limsricharoen K, Pukrittayakamee P, **Wannarit K**. Mental health problems of medical students retired from the Faculty of Medicine, Siriraj hospital, 1982-2007. *J Psychiatr Assoc Thailand* 2013; 58(3):271-82.
- Ketumarn P, Sitdhiraksa N, Sittironnarit G, Limsricharoen K, Pukrittayakamee P, **Wannarit K**. Psychiatric Disorders and Personality Problems in Medical Students at Faculty of Medicine, Siriraj Hospital, 1982-2007. *J Psychiatr Assoc Thailand* 2012; 57(4): 427-38.
- Pariwatcharakul P, Saisaveoy N, Ratta-apha W, Singhakant S, Sitdhiraksa N, **Wannarit K**, Pukrittayakamee P, Ketumarn P. Psychotherapy training in Thailand: psychiatry residents' perspective. *J Psychiatr Assoc Thailand* 2012; 57(2): 199-212.
- Wongpakaran T, Wongpakaran N, **Wannarit K**. The validity and reliability of the Thai version of the Experiences of Close Relationships - Revised (Thai ECR-R). *Singapore Med J* 2011; 52(2):100-6.
- Wongpakaran T, Petcharaj K, Wongpakaran N, Sombatmai S, Boripuntakul T, Intarakamhaeng D, **Wannarit K**. The effect of telephone-based intervention (TBI) in alcohol abusers: a pilot study. *J Med Assoc Thai* 2011; 94(7):849-56.

### Books (in Thai)

- **Wannarit K**. Stress in Psychiatrist. In: Ittasakul P , editor. Thai Society for Affective Disorders Academy (e-book). Bangkok; 2019. p. 18-24.
- **Wannarit K**. Suicide patients. In: Chantakarn S, Ratta-apha W, **Wannarit K**, Saisavoey N, editors. Siriraj Consultation-Liasion Psychiatry:Psychiatry in the Medically Ill. Bangkok: Prayoonsanthai; 2016. p. 92-100.
- **Wannarit K**. Hyperventilation syndrome. In: Sitdhiraksa N, Wannasewok K, **Wannarit K**, Pukrittayakamee P, Apinuntawed S, Ketumarn P, editors. Psychiatry Siriraj DSM-5. Bangkok: Prayoonsanthai; 2015. p. 135-144.

- Bussaratid S, Ngamthipwatthana T, Hosiri T, **Wannarit K**, editors. Points and Pearls for Psychiatrists. Bangkok: Ruen Kaew Printing; 2013.
- Saisavoey N, **Wannarit K**, Pariwatcharakul P, Ratta-apha W, Sitdhiraksa N, Singhakant S, Pukrittayakamee P, Chantakarn S, editors. Manual for medical assistance during flood disaster: Media Press Partnership; 2012.

## **Presentations**

- **Wannarit K**. E-Poster presentation: The psychometric properties of the Maslach Burnout Inventory-General Survey Thai version, 20<sup>th</sup> WPA World Congress of Psychiatry, Virtual Congress, March 10-13, 2021.
- **Wannarit K**. History of Psychiatry in Thailand: 130 Years of Achievements, Symposia, 20<sup>th</sup> WPA World Congress of Psychiatry, Virtual Congress, March 10-13, 2021.
- **Wannarit K**. The impact of technological development to urban mental health: the good, the bad, and the ugly, State of the art symposia, 20<sup>th</sup> WPA World Congress of Psychiatry, Virtual Congress, March 10-13, 2021.
- **Wannarit K**. E-Poster presentation: Prevalence and associated factors of depression in patients with psoriasis at psoriasis clinic in a university hospital in Thailand, 19<sup>th</sup> World Congress of Psychiatry, Lisbon, Portugal, August 21-24, 2019.
- Sitdhiraksa N, **Wannarit K**, Sumalrot T. Core mental health problems in the workplace. Siriraj Psychiatric Practice 2019, Faculty of Medicine Siriraj Hospital, Mahidol University, March 8, 2019.
- **Wannarit K**. Stress in Psychiatrist. Thai Society for Affective Disorders (TSAD), the Riverie by Katathani Hotel, Chiang Rai, Thailand, January 19, 2019.
- **Wannarit K**, Tangjittiporn T. Behavioral activation workshop: simple and practical way to raise your mood. CBT Academic Conference 2018. Cognitive Behavior Therapy Alliance of Thailand (CAT), Eastin Hotel Makkasan, Bangkok, Thailand, October 25, 2018.
- **Wannarit K**. Behavioral activation and activity scheduling. Cognitive Behavior Therapy workshop for Psychiatric residents. The Royal College of Psychiatrists of Thailand, Nakornpathom, Thailand, October 4-6, 2017.

- **Wannarit K.** Online cognitive behavioral therapy. Joint lecture. The Royal College of Psychiatrists of Thailand, Bangkok, Thailand, March 10, 2017.
- **Wannarit K.** Cognitive behavioral therapy in chronic medical illness. Siriraj Psychiatric Practice 2017: Consultation-Liaison Psychiatry. Department of Psychiatry, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand, February 24, 2017.
- **Wannarit K.** Suicide patients. Annual Psychiatric Conference 2016. Department of Psychiatry, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand, February 25, 2016.
- **Wannarit K.** Behavioral Activation: An active ingredient in CBT. Annual Psychiatric Conference 2014. Department of Psychiatry, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand, March, 2014.
- **Wannarit K.** Can we prevent dementia? Annual Psychiatric Conference: Siriraj Psychiatric Practice 2013. Department of Psychiatry, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand, March 1, 2013.
- Muangpaisan W, Srinonprasert V, **Wannarit K.** Management of behavioral and psychological symptoms of dementia for caregivers. Department of Preventive and Social Medicine, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand, August 22, 2012.
- **Wannarit K.** Postpartum depression. Annual Psychiatric Conference: Siriraj Psychiatric Practice 2012: Return to Holistic Approach. Department of Psychiatry, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand, March 14, 2012.
- Charoensak S, Sittironnarit G, **Wannarit K.** Insomnia in elderly. Department of Psychiatry, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand, September 15, 2011.
- Charoensak S, **Wannarit K.** Behavioral and Psychological Symptoms of Dementia. Lecture supported by Novartis, Bangkok, Thailand, May 22, 2011.
- **Wannarit K.** Dementia Prevention. Department of Psychiatry, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand, March 14, 2011.

- Wongpakaran T, Wongpakaran N, **Wannarit K**. The effect of providing feedback on psychotherapy outcome. Annual Psychiatric Meeting 2009. The Royal College of Psychiatrists of Thailand, Bangkok, Thailand, October 15, 2009.
- Wongpakaran T, Pariyanupap P, **Wannarit K**. Psychotherapy in depressed elderly. The Psychiatric Association of Thailand, Somdet Chaopraya Hospital, Bangkok, Thailand, April, 2009.
- **Wannarit K**. Poster presentation: A dream interpretation in the control-mastery theory. The 11<sup>th</sup> Congress of the ASEAN Federation of Psychiatry and Mental Health (AFPMH), Bangkok, Thailand, August 26-29, 2008.
- Wongpakaran T, Srisutasanavong U, **Wannarit K**. The unconscious control hypothesis. Annual Psychiatric Meeting 2007. The Royal College of Psychiatrists of Thailand, Bangkok, Thailand, October 12-14, 2007.



