

Dr. Bharath Holla,
 MBBS, MD, PDFAM, PhD
 Assistant Professor of Psychiatry,
 Department of Integrative Medicine,
 National Institute of Mental Health and Neurosciences (NIMHANS),
 Bengaluru, KA, India

EDUCATION/TRAINING			
INSTITUTION AND LOCATION	DEGREE	MM/YY	FIELD OF STUDY
Bangalore Medical College and Research Institute, Bengaluru, KA, India	Bachelor of Medicine, Bachelor of Surgery; (M.B., B.S.)	03/10	Medicine
National Institute of Mental Health and Neurosciences, Bengaluru, KA, India	Doctor of Medicine (M.D.) in Psychiatry	04/14	Psychiatry
National Institute of Mental Health and Neurosciences, Bengaluru, KA, India	Post-Doctoral Fellowship in Addiction Medicine	06/15	Addiction Psychiatry
National Institute of Mental Health and Neurosciences, Bengaluru, KA, India	Doctor of Philosophy (Ph.D.) in Psychiatry	01/22	Psychiatry, Brain Imaging and Genomics

A. POSITIONS AND HONORS

A1. Position and Employment:

POSITION, INSTITUTION AND LOCATION	FROM (MM/YY)	TO (MM/YY)	Duration
Senior Resident and Clinical Post-Doctoral Fellow in Centre for Addiction Medicine, Dept. of Psychiatry, NIMHANS, Bengaluru, India	07/14	06/15	1 y
Senior Resident and PhD scholar, Wellcome Trust / DBT India Alliance Research Training Fellow, Dept. of Psychiatry, NIMHANS, Bengaluru, India	07/15	07/17	2 y
Assistant Professor of Psychiatry , Clinician Scientist, Accelerator program for Discovery in brain disorders using stem cells (ADBS), NIMHANS, Bengaluru, India	07/17	08/19	2 y
Assistant Professor of Psychiatry , Department of Integrative Medicine, NIMHANS, Bengaluru, India	08/19	Till date	Till date

A2. Awards & Honours

INSA Medal for Young Scientists from Indian National Science Academy, New Delhi on October 6th, 2021.	2021
Early Career Investigator Award from the International Society of Psychiatric Genetics at the Virtual World Congress of Psychiatry Genetics, October 11-15, 2021	2021
Poona Psychiatrists Association Award (PPA-II) - for the best-published article by an IPS member at the 72 nd Annual National Conference of Indian Psychiatric Society, 22-25th January 2020, Kolkata, WB, India	2020
Funding Scholarship Award by University of Bristol, UK to attend Mental health intergenerational transmission: Epidemiological methods for global mental health research workshop, Negombo, SL, 12-14 Feb'19.	2019
Poona Psychiatrists Association Award (PPA-II) - for the best-published article by an IPS member at the 71st Annual National Conference of Indian Psychiatric Society, 31st January to 03rd February, 2019, Lucknow, UP, India	2019
Junior Investigator Merit Award Research Society on Alcoholism (RSA) 41st Annual Scientific Meeting Jun 16 - 20, 2018. San Diego, USA	2018
International Society for Magnetic Resonance in Medicine - Educational Stipend at the 25th Annual Meeting of the ISMRM, April 22-27, 2017, Honolulu, HI USA	2017
Wellcome Trust / DBT India Alliance Research Training Fellowship Grant Award	2015
ISBRA International Travel Award at 37th Annual RSA Scientific Meeting and 17th Congress of ISBRA to be held in June 21-25, 2014, Bellevue, Washington, USA	2014

B. RESEARCH PUBLICATIONS

<http://scholar.google.co.in/citations?user=ystafgIAAAAJ>

Selected Pubmed-indexed Journal Publications

Population Neuroscience:

1. Bethlehem, R.A.I., Seidlitz, J., White, S. R., Vogel, J. W., Anderson, K. M., Adamson, C., Adler, S., Alexopoulos, G. S., Anagnostou, E., Areces-Gonzalez, A., Astle, D. E., Auyeung, B., Ayub, M., Ball, G., Baron-Cohen, S., Beare, R., Bedford, S. A., Benegal, V., Beyer, F., ... Alexander-Bloch, A. F. (2021). Brain charts for the human lifespan. *Nature*. <https://doi.org/10.1101/2021.06.08.447489>
Open-source Software Web Tool: www.brainchart.io
2. **Holla, B.** †, Seidlitz, J., Bethlehem, R.A.I., & Schumann, G. (2020). Population normative models of human brain growth across development. *Science Bulletin*, 65(22), 1872–1873. <https://doi.org/10.1016/j.scib.2020.08.040>
3. **Holla, B.** †, Taylor, P. A., Glen, D. R., Lee, J. A., Vaidya, N., Mehta, U. M., Venkatasubramanian, G., Pal, P. K., Saini, J., Rao, N. P., Ahuja, C. K., Kuriyan, R., Krishna, M., Basu, D., Kalyanram, K., Chakrabarti, A., Orfanos, D. P., Barker, G. J., Cox, R. W., ... Benegal, V. (2020). A series of five population-specific Indian brain templates and atlases spanning ages 6-60 years. *Human Brain Mapping*, 41(18), 5164–5175. <https://doi.org/10.1002/hbm.25182>

Addiction Psychiatry

4. **Holla, B.**, Biswal, J., Ramesh, V., Shivakumar, V., Bharath, R. D., Benegal, V., Venkatasubramanian, G., Chand, P. K., & 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 Neuro-Psychopharmacology & Biological Psychiatry*, 102, 109950. <https://doi.org/10.1016/j.pnpbp.2020.109950>
5. **Holla, B.** †, Gowda, G. S., Prabhu, L., Baby, S., Viswanath, B., Chand, P., & Murthy, P. (2015). High doses of Baclofen as suicide attempt in patients with alcohol use disorders—A serious concern. *Asian Journal of Psychiatry*, 17, 99–100. <https://doi.org/10.1016/j.ajp.2015.06.015>
6. **Holla, B.**, Karthik, S., Biswal, J., Viswanath, B., Jayarajan, D., Bharath, R. D., Venkatasubramanian, G., & Benegal, V. (2018). Brain Functional Magnetic Resonance Imaging Cue-reactivity Can Predict Baclofen Response in Alcohol Use Disorders. *Clinical Psychopharmacology and Neuroscience: The Official Scientific Journal of the Korean College of Neuropsychopharmacology*, 16(3), 290–301. <https://doi.org/10.9758/cpn.2018.16.3.290>
7. **Holla, B.**, Viswanath, B., Agarwal, S. M., Kalmady, S. V., Maroky, A. S., Jayarajan, D., Bharath, R. D., Venkatasubramanian, G., & Benegal, V. (2014). Visual Image-Induced Craving for Ethanol (VICE): Development, Validation, and a Pilot fMRI Study. *Indian Journal of Psychological Medicine*, 36(2), 164–169. <https://doi.org/10.4103/0253-7176.130984>
8. Narasimha, V. L., Arvind, B. A., **Holla, B.**, Tadepalli, R., Kandasamy, A., & Murthy, P. (2022). Practice and attitude of doctors towards patients with substance use: A study from south India. *Asian journal of psychiatry*, 77, 103247. Advance online publication. <https://doi.org/10.1016/j.ajp.2022.103247>
9. Oomer, F., Ghosh, A., Ahuja, C. K., Basu, D., **Holla, B.**, & Avasthi, A. (2022). Resting-state network connectivity in cannabis-induced psychosis: Is it different from first episode schizophrenia with heavy cannabis use?. *Asian journal of psychiatry*, 75, 103201. <https://doi.org/10.1016/j.ajp.2022.103201>
10. Shukla, S., Ghosh, A., Ahuja, C. K., Basu, D., & **Holla, B.** (2021). An instrument for visual cue associated craving of Heroin (IV-CACHE): A preliminary functional neuroimaging-based study of validity and reliability. *Indian Journal of Psychiatry*, 63(5), 448–455. https://doi.org/10.4103/indianjpsychiatry.indianjpsychiatry_1391_20

The Consortium on Vulnerability to Externalizing Disorders and Addictions (c-VEDA):

www.cveda-project.org

11. Sharma, E., Vaidya, N., Iyengar, U., Zhang, Y., **Holla, B.**, Purushottam, M., Chakrabarti, A., Fernandes, G. S., Heron, J., Hickman, M., Desrivieres, S., Kartik, K., Jacob, P., Rangaswamy, M., Bharath, R. D., Barker, G., Orfanos, D. P., Ahuja, C., Murthy, P., ... cVEDA Consortium. (2020). Consortium on Vulnerability to Externalizing Disorders and Addictions (cVEDA): A developmental cohort study protocol. *BMC Psychiatry*, 20(1), 2. <https://doi.org/10.1186/s12888-019-2373-3>
12. Zhang, Y., Vaidya, N., Iyengar, U., Sharma, E., **Holla, B.**, Ahuja, C. K., Barker, G. J., Basu, D., Bharath, R. D., Chakrabarti, A., Desrivieres, S., Elliott, P., Fernandes, G., Gourisankar, A., Heron, J., Hickman, M., Jacob, P., Jain, S., Jayarajan, D., ... c-VEDA consortium. (2020). The Consortium on Vulnerability to Externalizing Disorders and Addictions (c-VEDA): An accelerated longitudinal cohort of children and adolescents in India. *Molecular Psychiatry*, 25(8), 1618–1630. <https://doi.org/10.1038/s41380-020-0656-1>
13. Basu, D., Ghosh, A., Naskar, C., Balachander, S., Fernandes, G., Vaidya, N., Kumaran, K., Krishna, M., Barker, G. J., Sharma, E., Murthy, P., **Holla, B.**, Jain, S., Orfanos, D. P., Kalyanram, K., Purushottam, M., Bharath, R. D., Varghese, M., Thennarasu, K., Chakrabarti, A., ... Benegal, V. (2022). Risk clustering and psychopathology from a multi-center cohort of Indian children, adolescents, and young adults. *Development and psychopathology*, 1–9. <https://doi.org/10.1017/S0954579422000050>

14. Fernandes, G. S., Spiers, A., Vaidya, N., Zhang, Y., Sharma, E., **Holla, B.**, Heron, J., Hickman, M., Murthy, P., Chakrabarti, A., Basu, D., Subodh, B. N., Singh, L., Singh, R., Kalyanram, K., Kartik, K., Kumaran, K., Krishnaveni, G., Kuriyan, R., ... Benegal, V. (2021). Adverse childhood experiences and substance misuse in young people in India: Results from the multisite cVEDA cohort. *BMC Public Health*, 21(1), 1920. <https://doi.org/10.1186/s12889-021-11892-5>
15. Fernandes, G., Fernandes, M., Vaidya, N., De Souza, P., Plotnikova, E., Geddes, R., **Holla, B.**, Sharma, E., Benegal, V., & Choudhry, V. (2021). Prevalence of child maltreatment in India and its association with gender, urbanisation and policy: A rapid review and meta-analysis protocol. *BMJ Open*, 11(8), e044983. <https://doi.org/10.1136/bmjopen-2020-044983>
16. Gazula, H., **Holla, B.***, Zhang, Z., Xu, J., Verner, E., Kelly, R., Jain, S., Bharath, R. D., Barker, G. J., Basu, D., Chakrabarti, A., Kalyanram, K., Kumaran, K., Singh, L., Kuriyan, R., Murthy, P., Benega, V., Plis, S. M., Sarwate, A. D., ... Calhoun, V. D. (2021). Decentralized Multisite VBM Analysis During Adolescence Shows Structural Changes Linked to Age, Body Mass Index, and Smoking: A COINSTAC Analysis. *Neuroinformatics*, 19(4), 553–566. <https://doi.org/10.1007/s12021-020-09502-7>
17. **Holla, B.**†, Bharath, R. D., Venkatasubramanian, G., & Benegal, V. (2019). Altered brain cortical maturation is found in adolescents with a family history of alcoholism. *Addiction Biology*, 24(4), 835–845. <https://doi.org/10.1111/adb.12662>
18. **Holla, B.**, Panda, R., Venkatasubramanian, G., Biswal, B., Bharath, R. D., & Benegal, V. (2017). Disrupted resting brain graph measures in individuals at high risk for alcoholism. *Psychiatry Research. Neuroimaging*, 265, 54–64. <https://doi.org/10.1016/j.psychres.2017.05.002>

Accelerator Program for Discovery in Brain Disorders using Stem Cells (ADBS):
www.adbsnimhans.org

19. Parekh, P., Bhalerao, G. V., Rao, R., Sreeraj, V. S., **Holla, B.**, Saini, J., Venkatasubramanian, G., John, J. P., Jain, S., & ADBS Consortium. (2021). Protocol for magnetic resonance imaging acquisition, quality assurance, and quality check for the Accelerator program for Discovery in Brain disorders using Stem cells. *International Journal of Methods in Psychiatric Research*, 30(3), e1871. <https://doi.org/10.1002/impr.1871>
20. Someshwar, A., **Holla, B.***, Pansari Agarwal, P., Thomas, A., Jose, A., Joseph, B., Raju, B., Karle, H., Muthukumar, M., Kodancha, P. G., Kumar, P., Reddy, P. V., Kumar Nadella, R., Naik, S. T., Mitra, S., Mallappagiri, S., Sreeraj, V. S., Balachander, S., Ganesh, S., ... ADBS Consortium. (2020). Adverse childhood experiences in families with multiple members diagnosed to have psychiatric illnesses. *The Australian and New Zealand Journal of Psychiatry*, 54(11), 1086–1094. <https://doi.org/10.1177/0004867420931157>
21. Sreeraj, V. S., **Holla, B.**, Ithal, D., Nadella, R. K., Mahadevan, J., Balachander, S., Ali, F., Sheth, S., Narayanaswamy, J. C., Venkatasubramanian, G., John, J. P., Varghese, M., Benegal, V., Jain, S., Reddy, Y. J., ADBS Consortium, & Viswanath, B. (2021). Psychiatric symptoms and syndromes transcending diagnostic boundaries in Indian multiplex families: The cohort of ADBS study. *Psychiatry Research*, 296, 113647. <https://doi.org/10.1016/j.psychres.2020.113647>
22. Sreeraj, V. S., Puzhakkal, J. C., **Holla, B.**, Nadella, R. K., Sheth, S., Balachander, S., Ithal, D., Ali, F., Viswanath, B., Muralidharan, K., Venkatasubramanian, G., John, J. P., Benegal, V., Murthy, P., Varghese, M., Reddy, Y. J., Jain, S., & Accelerator Program for Discovery in Brain disorders using Stem cells (ADBS) Consortium. (2021). Cross-diagnostic evaluation of minor physical anomalies in psychiatric disorders. *Journal of Psychiatric Research*, 142, 54–62. <https://doi.org/10.1016/j.jpsychires.2021.07.028>
23. Sukumaran, S. K., Paul, P., Guttal, V., **Holla, B.**, Vemula, A., Bhatt, H., Bisht, P., Mathew, K., Nadella, R. K., Varghese, A. M., Kalyan, V., Purushottam, M., Jain, S., Consortium, A., Sud, R., & Viswanath, B. (2022). Abnormalities in the migration of neural precursor cells in familial bipolar disorder. *Disease Models & Mechanisms*, 15(10), dmm049526. <https://doi.org/10.1242/dmm.049526>
24. Ali, F., Sreeraj, V. S., Nadella, R. K., **Holla, B.**, Mahadevan, J., Ithal, D., Balachander, S., Viswanath, B., Venkatasubramanian, G., John, J. P., Reddy, Y. C. J., & Jain, S. (2021). Estimating the familial risk of psychiatric illnesses: A review of family history scores. *Asian Journal of Psychiatry*, 56, 102551. <https://doi.org/10.1016/j.ajp.2021.102551>
25. Balachander, S., Meier, S., Matthiesen, M., Ali, F., Kannampuzha, A. J., Bhattacharya, M., Kumar Nadella, R., Sreeraj, V. S., Ithal, D., **Holla, B.**, Narayanaswamy, J. C., Arumugham, S. S., Jain, S., Reddy, Y. J., & Viswanath, B. (2021). Are There Familial Patterns of Symptom Dimensions in Obsessive-Compulsive Disorder? *Frontiers in Psychiatry*, 12, 651196. <https://doi.org/10.3389/fpsy.2021.651196>
26. Lakkireddy, S. P., Balachander, S., Dayalamurthy, P., Bhattacharya, M., Joseph, M. S., Kumar, P., Kannampuzha, A. J., Mallappagari, S., Narayana, S., Alexander, A. C., Muthukumar, M., Sheth, S., Puzhakkal, J. C., Ramesh, V., Thatikonda, N. S., Selvaraj, S., Ithal, D., Sreeraj, V. S., Mahadevan, J., **Holla, B.**, ... Viswanath, B. (2022). Neurocognition and its association with adverse childhood experiences and familial risk of mental illness. *Progress in neuro-psychopharmacology & biological psychiatry*, 119, 110620. <https://doi.org/10.1016/j.pnpbp.2022.110620>
27. Bhalerao, G. V., Parekh, P., Saini, J., Venkatasubramanian, G., John, J. P., & ADBS consortium. (2021). Systematic evaluation of the impact of defacing on quality and volumetric assessments on T1-weighted MR-images. *Journal of Neuroradiology = Journal De Neuroradiologie*, S0150-9861(21)00055-9. <https://doi.org/10.1016/j.neurad.2021.03.001>

28. Mahadevan, J., Pathak, A. K., Vemula, A., Nadella, R. K., Viswanath, B., Jain, S., Accelerator Program for Discovery in Brain disorders using Stem cells (ADBS) Consortium, Purushottam, M., & Mondal, M. (2021). Analysis of whole exome sequencing in severe mental illness hints at selection of brain development and immune related genes. *Scientific Reports*, *11*(1), 21088. <https://doi.org/10.1038/s41598-021-00123-x>
29. Balachander, S., Thatikonda, N. S., Kannampuzha, A. J., Bhattacharya, M., Sheth, S., Ramesh, V., Chandy Alexander, A., Muthukumar, M., Joseph, M. S., Selvaraj, S., Ithal, D., Sreeraj, V. S., John, J. P., Venkatasubramanian, G., Viswanath, B., Reddy, Y. J., Jain, S., & ADBS consortium (2022). Familial risk of psychosis in obsessive-compulsive disorder: Impact on clinical characteristics, comorbidity and treatment response. *Journal of psychiatric research*, *156*, 557–563. <https://doi.org/10.1016/j.jpsychires.2022.10.001>

Integrative Medicine

30. Mukhopadhyay, S., Abraham, S. E., **Holla, B.** †, Ramakrishna, K. K., Gopalakrishna, K. L., Soman, A., Chikkanna, U. C., Bharath, M. M. S., Bhargav, H., Varambally, S., & Gangadhar, B. N. (2021). Heavy Metals in Indian Traditional Systems of Medicine: A Systematic Scoping Review and Recommendations for Integrative Medicine Practice. *Journal of Alternative and Complementary Medicine (New York, N.Y.)*, *27*(11), 915–929. <https://doi.org/10.1089/acm.2021.0083>
31. Bhargav, H., **Holla, B.**, Ramakrishna, K. K., Shivakumar, V., Gokulakrishnan, K., Varambally, S., & Gangadhar, B. N. (2022). Yoga and Integrative Healthcare: Lessons from the National Institute of Mental Health and Neurosciences (NIMHANS) in India. *International journal of yoga*, *15*(2), 150–157. https://doi.org/10.4103/ijoy.ijoy_56_22

Clinical Psychiatry and Neurology:

32. **Holla, B.**, & Thirthalli, J. (2015). Course and outcome of schizophrenia in asian countries: Review of research in the past three decades. *Asian Journal of Psychiatry*, *14*, 3–12. <https://doi.org/10.1016/j.ajp.2015.01.001>
33. **Holla, B.**, Viswanath, B., Neelaveni, S., Harish, T., Kumar, C. N., & Math, S. B. (2013). Karnataka state telemedicine project: Utilization pattern, current, and future challenges. *Indian Journal of Psychological Medicine*, *35*(3), 278–283. <https://doi.org/10.4103/0253-7176.119492>
34. Kumar, D., Viswanath, B., Sebastian, A., **Holla, B.**, Konduru, R., Chandrashekar, C. R., & Math, S. B. (2014). Profile of male forensic psychiatric inpatients in South India. *The International Journal of Social Psychiatry*, *60*(1), 55–62. <https://doi.org/10.1177/0020764012461334>
35. Kumar, S., Narasimha, A., **Holla, B.**, Viswanath, B., Narayanaswamy, J. C., Math, S. B., & Chandrashekar, C. R. (2013). Reversible dementia in young persons due to cobalamin deficiency. *The Journal of Neuropsychiatry and Clinical Neurosciences*, *25*(1), E62-63. <https://doi.org/10.1176/appi.neuropsych.12040083>
36. Rao, M. G., **Holla, B.**, Varambally, S., Raveendranathan, D., Venkatasubramanian, G., & Gangadhar, B. N. (2013). Piracetam treatment in patients with cognitive impairment. *General Hospital Psychiatry*, *35*(4), 451.e5-6. <https://doi.org/10.1016/j.genhosppsy.2012.05.009>
37. Sadananda, S. K., **Holla, B.**, Viswanath, B., Narasimha, A., Sebastian, A., Math, S. B., & Chandrashekar, C. R. (2013). Effectiveness of electroconvulsive therapy for drug-induced parkinsonism in the elderly. *The Journal of ECT*, *29*(1), e6-7. <https://doi.org/10.1097/YCT.0b013e3182611563>
38. Saraf, G., Viswanath, B., Narayanaswamy, J. C., **Holla, B.**, & Math, S. B. (2013). Modafinil for the treatment of antipsychotic-induced excessive daytime sedation: Does it exacerbate tics? *The Journal of Neuropsychiatry and Clinical Neurosciences*, *25*(4), E35-36. <https://doi.org/10.1176/appi.neuropsych.12100246>
39. Sivaram, S., Chandra, S. R., Venkatasubramanian, G., **Holla, B.**, & Bhat, M. (2021). A Neural Substrate for Mirror Agnosia and Mirror Image Agnosia—Is it a Network disorder? *Neurology India*, *69*(4), 931–936. <https://doi.org/10.4103/0028-3886.325339>

Book Chapter(s)

1. Gangadhar, B. N., Thirthalli, J., **Holla, B.**, & Viswanath, B. (2015). Electroconvulsive Therapy in Women with Psychiatric Disorders. In S. Kulkarni & M. Kishor (Eds.), *Essentials of Psychiatry for OBG Practitioners* (1/e). https://doi.org/10.5005/jp/books/12597_31
2. **Holla, B.**, Bhargav, H., & Ramakrishna, K. K. (2021). From Many to One to Many – The Wheel Completes a Cycle for Integrative Approaches in Mental Health. In S. Varambally, S. George, T. M. Srinivasan, & H. Bhargav (Eds.), *The Science and Art of Yoga in Mental and Neurological Healthcare* (1/e). Jaypee Brothers Medical Publishers Pvt. Limited. <https://books.google.co.in/books?id=WMdUEAAAQBAJ>
3. Narasimha, V. L., Venugopal, S., **Holla, B.**, & Bhargav, H. (2021). Yoga for Substance Use Disorders. In S. Varambally, S. George, T. M. Srinivasan, & H. Bhargav (Eds.), *The Science and Art of Yoga in Mental and Neurological Healthcare* (1/e). Jaypee Brothers Medical Publishers Pvt. Limited. <https://books.google.co.in/books?id=WMdUEAAAQBAJ>
4. Sumana, V., Shivakumar, V., **Holla, B.**, Varambally, S., & Gangadhar, B. N. (2022). Yoga and Neuro-imaging: Current Status of Evidence. In I. Basu Ray & D. Mehta (Eds.), *The Principles and Practice of Yoga in Cardiovascular Medicine* (1/e). Springer Nature Singapore. https://doi.org/10.1007/978-981-16-6913-2_13