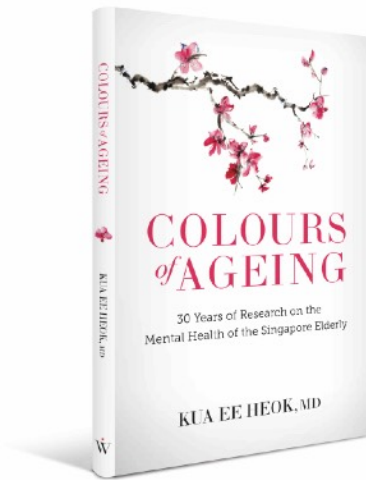


RELEASE 2017



## COLOURS *of* AGEING

### 30 Years of Research on the Mental Health of the Singapore Elderly

Ageing is not all grey. Elderly people are often portrayed in grim statistics as a faceless population. This book is not about arid facts but explores the mind of a generation who survived the Second World War and witnessed the dramatic rise of Singapore from third world to first. The 30 years of research on the mental health of the Singapore elderly is a tapestry of myriad colours of people from different ethnicities, cultures and social hierarchies. The book documents the social transformation of medical research, from epidemiological surveys to interventional studies of translational relevance, with the tagline 'preventive medicine in the community by the community for the community'. A distillate of five epidemiological studies, this book is written from a longitudinal perspective, viewed through the lens of time by a doctor who conducted the research with his team. It will interest not only health professionals and policy makers but also the elderly, family caregiver and young people – just about everyone!

Recommended Retail Price S\$35.00 [excluding GST] | Singapore  
Recommended Retail Price US\$24.99 | Rest of the World  
ISBN: 978-981-11-1946-0 [hardcover] | Specs: 180 pages | 210mm x 140mm  
ISBN: 978-981-11-1947-7 [e-book]  
Enquiry: [publisher@writeeditions.com](mailto:publisher@writeeditions.com)  
Published by Write Editions® 2017 | [writeeditions.com](http://writeeditions.com)  
Distributed by Select Books | Available at all major bookstores from March 2017

## ABOUT THE AUTHOR



PROFESSOR KUA EE HEOK is the Tan Geok Yin Professor of Psychiatry and Neuroscience at National University of Singapore (NUS). He graduated as a doctor from the University of Malaya in Kuala Lumpur and received his training in Psychiatry at Oxford University and Geriatric Psychiatry at Harvard University. A member of the WHO Research Team for the Global Study of Dementia, he was previously Head, Department of Psychological Medicine at NUS, and CEO and Medical Director at the Institute of Mental Health, Singapore. His research interests are ageing, depression and psychotherapy. His novel, *Listening to Letter from America*, is used in Harvard University for a course on anthropology.

## PRAISE FOR COLOURS OF AGEING

“This book is a testimony of the wisdom and humanity of the author, who has brought together memories of a time, scientific facts and sunny optimism about ageing.”

PROFESSOR NORMAN SARTORIUS  
Former Director of Mental Health, World Health Organization

“Professor Kua has given us a poetic and profound work. A scientific memoir written in his characteristic literary style that brings a new vision of ageing.”

PROFESSOR HELEN HERRMAN  
President, World Psychiatric Association

“An excellent and thoughtful book that is full of Asian wisdom and new knowledge on ageing.”

EMERITUS PROFESSOR NAOTAKA SHINFUKU  
Founding President, Asian Federation of Psychiatric Associations