
BIOGRAPHICAL SKETCH

NAME: Justus Uchenna Onu

Email Address: just20002006@gmail.com, ju.onu@unizik.edu.ng, uchenna.onu@npmcn.edu.ng

POSITION TITLE: Consultant Psychiatrist

EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
1. Ebonyi State University, Abakaliki, Ebonyi State Nigeria.	MBBS	August, 2008	Medicine and Surgery
2. West African Postgraduate Medical College, Lagos, Nigeria	FWACP	October, 2016	Psychiatry
3. National Postgraduate Medical College of Nigeria, Ijanikin, Lagos, Nigeria	FMCPsych	April, 2017	Psychiatry

A. Personal Statement

I completed my residency training in psychiatry at Federal Neuropsychiatric Hospital, Enugu, Nigeria (2012 – 2017), passed each of the required examinations at first sitting, and thereby obtained the Fellowship of the West African Postgraduate Medical College and the Fellowship of the National Postgraduate Medical College of Nigeria in 2016 and 2017, respectively. In recognition of my qualities, the hospital has recently (July 2018) appointed me as a Consultant Psychiatrist, the only one in my set to receive such an appointment.

My interest in research deepened during my years in residency, thanks to the guidance of a father figure and mentor, Professor Jude Uzoma Ohaeri, MD, FRCPsych, DSC, FAS. He encouraged me to carve out a niche for myself and make relevant contributions to the development of biological psychiatry in our resource-challenged country, Nigeria.

Based on his advice, I developed interest in the area of biological psychiatry, specifically in the genetics of severe mental disorders, in addition to outcome studies of mental illness and other chronic medical conditions in Africa. My interest in psychiatric genetics was strongly influenced by the finding that, whereas the allelic variation in African populations is thought to be richer than in other populations (Campbell & Tishkoff, 2008), which in theory might suggest different heritability and molecular genetic patterns from the Western and Asian worlds, there is a paucity of psychiatric genetic studies from Africa. In addition, attitudes to mental illness are strongly driven by belief in supernatural causation (Ohaeri & Fido, 2001). Hence, I consider it important to generate psychiatric epidemiological and molecular genetic data from my country, in order to make the needed African input in this field, to help drive public mental health education on the biological basis of mental disorders, and to encourage policy makers to invest in research in biological psychiatry and provide the necessary infrastructure for related clinical practice.

Accordingly, my career plan is to start with genetic epidemiological studies and progress to molecular and translational studies, possibly by articulating research grant proposals that will attract the funding to

sponsor such endeavors. In view of this, I have successfully carried out and published studies on the morbid risk of mood disorders and schizophrenia in my community (Onu & Ohaeri, 2018a, Onu et al., 2018b).

I am particularly skilled in research methods especially in statistical analyses. These I achieved after many years of tutelage by my mentor and involvement in collaborative research. This knowledge of the rigors of research methodology, I hope to bring to the team.

B. Positions and Honors

Positions:

1. General Secretary Association of Resident Doctors Federal Neuropsychiatric Hospital, Enugu, Nigeria (2011-2013).
2. Chief Resident Federal Neuropsychiatric Hospital, Enugu, Nigeria (2014-2016).
3. Acting Academic Coordinator Federal Neuropsychiatric Hospital, Enugu, Nigeria (2017-2018).
4. Consultant Psychiatrist, Federal Neuropsychiatric Hospital, Enugu, Nigeria (2018- till date).
5. Visiting Consultant Psychiatrist, Federal Medical Centre, Owerri, Nigeria (2017 - 2019)
6. Lecturer/Honorary Consultant Psychiatrist, Nnamdi Azikiwe University/Nnamdi Azikiwe University Teaching Hospital, Nnewi, Anambra State (2019 – till date)
7. Member Nigeria Medical Association
8. Member Association of Psychiatrist of Nigeria
9. International Member American Psychiatric Association
10. International Member Royal College of Psychiatry

Honors:

1. Early Career Psychiatrists Award of the American Psychiatrist Association 2018
2. International Travel Grant of the Society of Biological Psychiatry 2020
3. International Travel Grant of the United Nations Office on Drug and Crimes 2018
4. Reviewer of the year Award of the Nigeria Journal of Medicine 2019/2020

C. Contribution to Science

1. Familial Aggregation of Mood Disorders Among Relatives of Schizophrenia Probands Admitted in a Hospital in South-Eastern Nigeria: A Family Comparative Study. *Nigerian Postgraduate Medical Journal*, 2018; 25(1):1-7.

Background: The debate on the current nosological status of schizophrenia and mood disorders as distinct entities is very active among scholars. There is paucity of genetic epidemiological data to contribute an African Perspective to this date. The study aimed to determine the morbid risk of mood disorders in the relatives of schizophrenia probands, in comparison with the families of a sample of healthy controls.

Key Finding: The risk of mood disorders is significantly higher among relatives of schizophrenia patients, compared with healthy controls and that they could be familial relationship between the predisposition to schizophrenia and mood disorders.

Role: Primary Investigator

2. Morbid risk of schizophrenia amongst relatives of schizophrenia probands: a family controlled study. *South African Journal of Psychiatry*, 2018; 24(0):a1173.

Background: There is dearth of data on heritability of schizophrenia in Africa. The few African studies that addressed familial psychiatric morbidity in schizophrenia involved relatively small sample sizes and addressed psychiatric morbidity only in the first-degree relatives. This study improved upon

the methodology of previous African studies and widen the scope to second- and third-degree relatives with a view to enriching the field of genetic epidemiology in Africa.

Key Finding: Schizophrenia significantly aggregate in families of schizophrenia probands more than healthy controls and that the risk of the disease in the relatives is directly related to genetic-relatedness.

Role: Primary Investigator

3. Pattern of substance abuse at the drug de-addiction unit of a Nigerian Psychiatric Hospital. *African Journal of Drug and Alcohol Studies*, 2017; 16(1):23-31.

Background: Substance abuse is a complex challenge of modern society with significant public health importance. Understanding the repertoire of substances used in a particular locality is necessary in planning primary prevention strategies. The aim of the study was to identify the common drugs of abuse, socio-demographic and clinical characteristics of individuals with substance use disorders in a drug de-addiction unit of a South-Eastern Nigeria psychiatric hospital.

Key Findings: The primary substances of abuse in this locality is cannabis and alcohol and that the mean age of initiation of substance is decreasing. Indices of social disadvantage were seen among people with substance use disorders.

Role: Co-Investigator

4. Handedness and schizophrenia: any familial difference? Published in *EC Neurology*, 2017; 5.6:216-222.

Background: The search for possible endophenotypes in schizophrenia research is a focus for many researchers in the field of biological psychiatry. This study sought to assess the handedness differences in the familial risk of schizophrenia.

Key Findings: handedness was not significantly associated with the family history of schizophrenia.

Role: Primary Investigator

Other Publications:

1. Okoro JN, Ezeonwuka CN, Onu JU. Socio-demographic characteristics as correlates of psychosocial distress in a Nigerian Prison. *International Journal of Prisoner's Health*, 2018; 14(3):210-219. Doi:10.1108/IJPH-10-2017-0042
2. Igwilo RI, Onwuekwe IO, Odimegwu CI, Onu JU, Onwuekwe CJ. Survey of Physician Self-reported Sexual Satisfaction in a Tertiary Hospital at Enugu, South East Nigeria: A Preliminary Report. *International Journal of Medicine and Health Development*, 2019; IP: 10.232.74.27. DOI: 10.4103/ijmh.IJMH_5_19
3. Osuji PN, Onu JU. Feeding behaviors among incident cases of schizophrenia in a psychiatric hospital: Association with dimensions of psychopathology and social support. *Clinical Nutrition ESPEN*, 2019; 34: 125-129 <https://doi.org/10.1016/j.cinesp.2019.08.001>
4. Onu JU, Ohaeri JU. Naturalistic clinical and psychosocial outcome of incident cases of schizophrenia in Enugu Federal Neuropsychiatric Hospital: A preliminary report at 4-month follow-up. *Nigerian Postgraduate Medical Journal*, 2020; 27(1): 21. DOI: 10.4103/npmj.npmj_127_19
5. Aluh DO, Onu JU. The Need for Psychosocial Support Amid COVID-19 Crises in Nigeria. *Psychol Trauma* 2020; 12(5) 557-558. doi.10.1037/tra0000704.
6. Akabuilo UC, Iloh KK, Onu JU, Ayuk AC, Ubesie AC, Ikefuna AN. Academic performance and intelligence quotient of primary school children in Enugu. *Pan African Medical Journal*, 2020; 36: 129. doi:10.11604/pamj.2020.36.129.22901.
7. Onu JU, Ohaeri JU. Using data from schizophrenia outcome study to estimate the time to treatment outcome and the early-response cut-off score that predicts outcome at week 16. *Archives of Clinical Psychiatry*, 2020; 47(3):65-70. DOI:10.1590/0101-60830000000234
8. Ohuche IO, Ayuk AC, Ubesie AC, Onu JU, Ibe BC. Soil-transmitted helminthiasis: A neglected tropical disease among urban slum dwelling school-aged children of a sub-Saharan African city. *Nigerian Postgraduate Medical Journal*, 2020; 27:184-189. DOI:10.4103/npmj.npmj_38_20
9. Onu JU, Ohaeri JU. Association of Family History of Schizophrenia and History of Obstetric Complications at Birth: Relationship with Age at Onset and Psychopathology Dimensions in a Nigerian Cohort. *African Health Sciences*. 2020; 20(2): 697-708. <https://doi.org/10.4314/ahs.v20i2.21>.

10. Nwankwo TO, Umeh UA, Aniebue UU, Onu JU, Umeh CR. Impact of neoadjuvant chemotherapy in improving operative intervention in the management of cervical cancer in low resource setting: a preliminary report. *The Pan African Medical Journal*, 2020; 36:210. Doi:10.11604/pamj.2020.36.210.24141.
11. Onu JU, Unaogu NN, Ohaeri JU, Onwukwe JU. Handedness and schizophrenia: any familial difference? *EC Neurology*, 2017; 5.6:216-222. Corpus ID: 212477397
12. Unaogu NN, Onu JU, Obiora I, Tukur K, Oka IQ. Pattern of substance abuse at the drug de-addiction unit of a Nigerian Psychiatric Hospital. *African Journal of Drug and Alcohol Studies*, 2017; 16(1):23-31. <https://www.ajol.info/index.php/ajdas/article/view/170763>
13. Onu JU, Oriji SO, Iyidobi TO, Chinawa FO, Ohaeri JU. Bridging the gap on early identification and treatment of mental, neurological and substance use disorders in sub-Saharan Africa. *EC Neurology*, 2020; 12(9):11-16.
14. Akubuilu UC, Iloh KK, Onu JU, Iloh ON, Ubesie AC, Ikefuna AN. Nutritional status of primary school children: association with intelligence quotient and academic performance. *Clinical Nutrition ESPEN*, 2020, <https://doi.org/10.1016/j.clnesp.2020.09.019>.
15. Ohuche IO, Chikani UN, Onyenusi EE, Onu JU, Oduwole A. Correlates of fasting blood glucose among children living with HIV in a Nigerian tertiary hospital: a cross-sectional study. *BMC Pediatrics*, 2020; 20 (1):1-7. <https://doi.org/10.1186/s12887-020-02335-y>
16. Onu JU, Igwe MN, Nduanya UC, Uwakwe R. Pornography and Mental Health: is there any Relationship? A Review and Update. *Nigerian Journal of Psychiatry*, 2019; 17(2):36-45.
17. Onu JU, Osuji PN. Double burden of malnutrition amongst patients with first-episode schizophrenia in a psychiatric hospital: A 1-year follow-up study. *South African Journal of Psychiatry*, 2020; 26:a1564. <https://doi.org/10.4102/sajpsy.2020.1564>
18. Onyeka TC, Iloanusu N, Namisango E, Onu JU, Okunade KS, Mohammed AD. Project OPUS: Development and evaluation of an electronic platform for pain management education of medical undergraduates in resource-limited settings. *Plos One* 15(12),e0243573, 2020.
19. Amadi KU, Nduanya UC, Odinka JI, Onu JU, Muomah CR, Odinka PC et al. Religion and adherence to antiretroviral medication: is there a link? *American Journal of Humanities and Social Sciences Research*, 2020; 4(12):425-433
20. Onu JU, Iyidobi TO, Chinawa FC, Nduanya UC, Igwe MN, Onu NN. Availability and barriers to the utilization of harm reduction services in Enugu, South-Eastern Nigeria: service providers' perspective. *African Journal of Drug and Alcohol Studies*, 2020; 19(1):1-10
21. Amadi KU, Aguocha CM, Attama MC, Onu JU, Odinka PC, Nduanya CU et al. Religiosity and treatment adherence among out-patients with schizophrenia. *Mental Health, Religion and Culture*, 2021; 24(5) <https://doi.org/10.1080/13674676.2020.1826916>
22. Oriji SO, James BO, Erohubie PO, Onu JU, Iyidobi TO, Nwiyi OK et al. Suicidality in Major Depressive Disorder in a Nigerian Psychiatric Hospital: Is there any relationship? *Open Journal of Depression*, 2021; 10(2): 90-102.
23. Onyeka TC, Ijoma UN, Nwatu CB, Onyekonwu CL, Unaogu NN, Onu JU et al., Health-Related Quality and its Determinants in Cancer Patients in a Low-resource Setting. *Journal of Advances in Medical and Medical Research*, 2021; 33(16):92-102.
24. Onu JU, Igwe NN, Onu NN, Ohaeri JU. Morbid risk of alcohol and cannabis use disorders among relatives of probands in a Nigerian Psychiatric Hospital. *African Journal of Drug and Alcohol Studies*, 2020; 19(2): 89-99.
25. Onu JU, Chinawa FC, Nduanya UC, Maduka NB, Iyidobi TO, Igwe MN. Awareness and acceptance of harm reduction services in a Nigerian psychiatric hospital: Patients' and family caregivers' perspective. *Niger J Med* 2021; 30(4):458-63.
26. Chikani UN, Bisi-Onyemaechi A, Ohuche I, Onu JU, Ugege S, Ogugua C. The effect of sickle cell anaemia on the linear growth of children. *Journal of Pediatric Endocrinology and Metabolism*, 2021, pp. 000010151520210232. <https://doi.org/10.1515/jpem-2021-0232>
27. [Onu JU, Oriji SO, Aluh DO, Onyeka TC](#). Aftermath of COVID-19: Forestalling Irreparable Medical Brain Drain in Sub-Saharan Africa. *Journal of Healthcare for the Poor and Underserved*, 2021;

28. Uwakwe R, Onu JU, Oriji SO. Malariaization and typhoidization of psychological disorders in Anambra State, Nigeria: How can psychotherapy be employed? *International Journal for Psychotherapy in Africa*, 2021; 6(1):126-134.
29. Bakare MO, Onu JU, Bello-Mojeed MA, Okidegbe N, Onu NN, Munir KM. Picture of Autism Spectrum Disorder (ASD) Research in West Africa—A scoping Review. *Research in Autism Spectrum Disorders*, 2022; (90): <https://doi.org/10.1016/j.rasd.2021.101888>
30. Onu JU, Oriji SO, Uwakwe R. Medical and Nonmedical Fainting: Separating the Sheep from the Goats. *Nigeria Journal of General Practice*, 2021; 19: 45–49.

D. Additional Information: Research Support and/or Scholastic Performance

Research Support

Editorship (Papers Peer Reviewed)

1. Reviewer to the journal *Clinical Schizophrenia and Related Psychoses*. Manuscript ID: CSRP-05-18-0509.R1, submitted 07-08-2018.
2. Reviewer to the *Journal of Advances in Medical and Pharmaceutical Sciences*. *See certificate*.
3. Reviewer to the *Journal of Substance Use*. *See Publon*
4. Reviewer to *Nigeria Journal of Medicine*. *See certificate*
5. Member of the editorial board, Nigeria Medical Association, Enugu, Chapter Journal