

# 1st NATIONAL CONFERENCE of

APSWP

7, 8 & 9 - February - 2024

## BOOK OF ABSTRACTS

Mental Health for All: Transcending Boundaries



Published By:

Institute of Mental Health and Neurosciences (IMHANS)

English language:

Mental Health for All: Transcending Boundaries

Published in January 2024

Cover design: adbro designs

Patron: Dr. P Krishnakumar, Director, IMHANS

**Editors** 

Dr. Seema P Uthaman, Asst. Professor & Head, Department of Psychiatric Social Work,

IMHANS, Kozhikode.

Dr. Renjith R Pillai, Associate Professor (PSW), Department of Psychiatry, PGIMER,

Chandigarh

Dr. Shabeesh Balan, Principal Investigator DHR grant, Scientist D (DHR NRI Fellow), Center

of Interdisciplinary Brain Science, IMHANS, Kozhikode.

Dr. Jobin Tom, Asst. Professor, Department of Psychiatric Social Work, IMHANS, Kozhikode.

Dr. Ragesh G, Lecturer, Psychiatric Social Worker, IMHANS, Kozhikode.

Ms. Philia Varghese, Lecturer, Psychiatric Social Worker, IMHANS, Kozhikode.

Ms. Neethumol Xaviour, PhD Scholar, Department of Psychiatric Social Work, IMHANS,

Kozhikode.

**Published By:** 

Institute of Mental Health and Neurosciences (IMHANS), Kozhikode-673008, Kerala, India

ISBN Number: 9788194772897

Although utmost care has been taken in the preparation of this book, neither the publishers nor the editors/ compliers can accept any liability for any consequence arising from the information

contained therein. The publisher will be grateful for any information, which will assist them in

keeping future edition up to date.

No part of this publication may be reproduced, or transmitted in any form or by any means,

without prior written permission of the publisher.

Design & Layout: www.adbro.in



It gives me immense pleasure that IMHANS is hosting the First National Conference of Association of Psychiatric Social Work Professionals, India. Psychiatric Social Workers play a vital role in the multi-disciplinary team, dealing with the psychosocial aspects of persons with mental health concerns and their family. IMHANS is Kerala's premier institute to start the M Phil programme in Psychiatric Social Work. This conference with its

theme "Mental Health for all: Transcending boundaries" enhance the professional expertise of each and every participant. Our faculty, students and staff are wholeheartedly taking efforts to make the conference a mega event with participation of an array of experts from across the country. I hope that interaction with these experts will benefit our students immensely and help them to become better professionals. I congratulate our faculty, staffs and students who have worked hard and taken all efforts to realize this unique event and wish all the success for the conference. I wish all the delegates a pleasant and productive stay at Calicut with a humble request to bear with us for minor lapses.

Dr. P Krishnakumar

Director Institute of Mental Health and Neurosciences, Kozhikode

It is my privilege to pen a message on the occasion of the 1<sup>st</sup> National Conference of Association of Psychiatric Social Work Professionals. This conference to be held at IMHANS, Kozhikode on the 8<sup>th</sup> and 9<sup>th</sup> of February 2024 on the theme Mental Health for All: Transcending Boundaries.

As a member of the multi-disciplinary mental health team, psychiatric social work professionals offer myriad of services that are remedial, preventive, promotional and recovery. Typically, the work we do is not (and should not be) confined to the four walls of a mental health institution. We work with individuals, diverse groups, families and communities that live with mental disorders and with diverse groups whose needs interweave with the nature of services offered by the psychiatric social work profession. The nature of our work, has the potential to take us beyond the conventional boundaries and work for the mental health and wellbeing of human kind.

The theme of the conference reflects the potential of psychiatric social work. I am happy that PSW trainees, research scholars, faculty, PSW practitioners, NGO personnel and other stake holders in mental health have the opportunity to exchange knowledge through the presentations and learn new skills through the workshops this conference has to offer.

At a time when the profession of Psychiatric Social Work is in a flux, the National Conference of Association of Psychiatric Social Work Professionals is a welcome event.

I congratulate the Organizing Committee of IMHANS Kozhikode for organising a conference of this scale where about 300 participants will confluence for two days and a half!!!

I wish the Organizing Committee all the very Best

**Dr. Sobhana H** President, APSWP



The profession of Psychiatric Social Work is more than 5 decades old. There are currently twenty-one institutions currently offering the M. Phil in Psychiatric Social Work course which was initially offered by two or three institutes a few decades back. This shows the enormous growth of the Psychiatric Social Work profession in India. The need for Psychiatric Social Workers is further emphasized by the existing laws and policies in the country.

In this scenario, the Association of Psychiatric Social Work Professionals (APSWP) was formed in the year 2019 Currently, there are 232 life members in the Association and we have taken a small step forward to develop the Psychiatric Social Work Profession in India. APSWP is actively representing PSW professionals in various forums for their professional recognition. The association also focuses on continuous psychiatric social work academic activities where lectures and symposiums are periodically organized for Psychiatric Social Workers and Psychiatric Social Work trainees across the country.

In this background, I am very glad that the Institute of Mental Health and Neuro Sciences (IMHANS), Kozhikode is hosting the 1<sup>st</sup> National Conference of APSWP. The Theme of the Conference is "Mental Health for All: Transcending Boundaries". The theme resonates with UNICEF's call for an inter-sectoral response to strengthen mental health support with the caption 'Mental Health is Everyone's Business". I am sure the conference will be a good platform for budding Psychiatric Social Work professionals to enhance their knowledge and skills in integrating the intersectoral approach into their professional practice.

I thank the organisers of the 1<sup>st</sup> National Conference of the Association of Psychiatric Social Work Professionals (APSWP), IMHANS, Kozhikode for organizing this national endeavor. Let us all march forward with new vigour and vitality towards the growth of the Psychiatric Social Work Profession in India.

I wish the conference a grand success!

Dr. E. Aravind Raj

General Secretary, APSWP,

E. ducy.

Additional Professor,

Department of Psychiatric Social Work,

NIMHANS, Bengaluru - 560 029



I deem it an absolute privilege to write a message that is to be published in relation to the very first National Conference of the Association of Psychiatric Social Work Professionals (APSWP), being organised between 7-9 th February 2024, collaboratively with the Institute of Mental Health and Neurosciences, (IMHANS), Kozhikode, Kerala.

As a member of the APSWP, it is with pride that I state that 2024 is a year that will go down in history for several reasons. The reason however that will hold a special significance for all mental health

professionals, specifically Psychiatric social workers, will be the APSWP- IMHANS conference with its' very probing and contemporary theme 'Mental Health for All: Transcending Boundaries'.

It has taken an entire pandemic in 2020 to bring into sharper focus and awareness of all, that mental health is an important resource and one that cannot be ignored. The APSWP was registered just before the pandemic began and members were ably led into contributing their services pro bono during the two years following the pandemic. In a short but decisive time the APSWP has many milestones that are covered. Members of the association have taken the lead to organise the very successful continuing education for PSWs. Other members have harnessed the talent across the association through the successful publications of newsletters that feature articles with the aim to include members across the length and breadth of the country. Against these modest yet stalwart achievements, the conference is organised to bring together professionals to discuss issues and concerns in relation to the theme. If our collective voice continues to transcend boundaries, we would have had a successful conference.

I add my congratulations to the very first office bearers and team at APSWP that has worked tirelessly over the last few years and contributed to developing a feeling of unity. Their leadership is what makes this association stand tall. In equal measure I must add my deepest appreciation to the team at IMHANS for the initiative in organising the first ever conference of the association. The very professional team deserves highest of praise for successfully drawing social work professionals from across the country to Kozhikode which will hold a place in all our hearts forever as the first venue of the national conference.

I wish all the organisers, conference attendees and the members of the APSWP all success in this event.

Kalpana Sarathy, PhD,

Professor, Centre for Public Health, & Dean, School of Social Work, Tata Institute of Social Sciences, Guwahati off-Campus, Jalukbari, Guwahati, Assam



As the organizing secretary of the First National Conference of the Association of Psychiatric Social Work Professionals (APSWP), I consider this a moment of pleasure and pride that we could host such a big event. I take this opportunity to thank the office bearers of APSWP for trusting us with this responsibility. It's thrilling to see that Psychiatric Social Work Professionals, Psychologists, and Psychiatrists nationwide

are interested in participating. This two-and-a-half-day national conference will throw light into its theme 'Mental Health for All: Transcending Boundaries". I appreciate the cooperation and support of the team IMHANS, who stood with me to make this event a success and I wish the delegates an enriching intellectual experience.

Dr. Seema P Uthaman

Organising Secretary Assistant Professor and Head Department of Psychiatric Social Work IMHANS, Kozhikode

#### CONTENTS

SL.NO.	TITLES AND AUTHORS
	KEYNOTE AND PLENARIES
1.	
	Need for transcending boundaries in mental health
	Shalini K Sharma
2.	Public Health: Transcending boundaries of care
	Dr. Anita Rego, MSW, MPhil, PhD
	PRECONFERENCE WORKSHOPS
1.	Elevating Social Work Practice: Clinical Supervision in India
	Dr. Kala Chakradhar M.A(SW)., M.Phil., Ph. D &
	Ms. Deborah Horowitz, MSW, LICSW <sup>2</sup>
2.	Screening and Brief Interventions (SBI) for Substance Misuse in Social
	Work Practice.
	Dr. Abhishek Ghosh, Dr. Shinjini Choudhury & Dr. Renjith R Pillai,
	MPhil, PhD
3.	Assessments and Interventions with Sexually Abused Children and
	Adolescents.
	Dr. Kavita V. Jangam & Dr. Priyanka P. Nambiar
4.	Life Skill Education for Substance Abuse Prevention among Adolescents
	Dr. Seema P Uthaman, MPhil, PhD
5.	Suicide Prevention
	Dr. G Ragesh, MPhil, PhD

	CONFERENCE WORKSHOPS
1.	Developing Therapeutic Skills of Listening in Social Case Work and
1.	Counselling
	Dr.V. Sayee Kumar
2.	Gender, Sexuality and Mental Health from the Margins
2.	Nafeesa Mohamed, Philia Varghese, Dr.G Ragesh
3.	Psychodermatology
<b>.</b>	Dr Abdul Latheef.EN MD, DVD, MSc Psychology
4.	Therapists in Parent-Adolescent Mental Health Interventions
	Dr Bino Thomas, MPhil, PhD
-	
5.	Mental Health Leadership: Transcending Disempowering ISMS for
	Wellbeing
	Dr. Srilatha Juvva,MPhil, PhD
6.	The Journey of setting up the Tele-Counselling and Psychotherapy
	Platform AMITA Care
	Dr. Anita Rego M. Phil, Ph.D. & Ambati Bhargav Ram
7.	The nuts and bolts of Randomized Control Trials (RCT) in Social Work
	Research
	Dr. Anish K R, MPhil, PhD
8.	Fostering Mental health in Higher Education Campuses
	Shalini K Sharma
	SYMPOSIUM
1.	Challenges and Concerns in Psychiatric Social Work Practice
	Dr. Bhupendra Singh, Kuldeep Singh, Prashant Srivastava
2.	Pediatric Palliative Care Services for Children with Chronic Neurological
	Conditions
	Dr.E.Sinu,MPhil, PhD & Ms.Chithirai Valli K

3.	Developing Indian Model of Casework and Psychotherapy
	Dr.V.Sayee Kumar
4.	Psychosocial consequences of COVID-19 related Lockdown on Persons
	with Disabilities and their Caregivers
	Dr. Sonia P Deuri, MPhil, PhD, Dr. Sobhana H, MPhil, PhD and
	Dr. Amaresha C, MPhil, PhD
5.	Expanding the Horizon of Psychiatric Social Work Practice in Clinical,
	Academic, and Developmental Settings: Opportunities and Challenges
	Dr Manjula , Dr Sukanya R, and Dr Veenashree
6.	Perinatal Social Work
	Dr. Kimneihat Vaiphei, Ms. Rigzen Angmo, Mr. Ripu Daman, Mr.
	Mohd Firoz, Mr. Manukrishnan.
7.	Non Pharmacologic Interventions in Dementia , carer perspective
	Dr Sheeba Ninan, MBBS,MD
	ABSTRACTS OF PAPERS
Sl.No.	Titles and Authors
1.	A Systematic Review of Mental Health and wellbeing of Caregivers of
	Mentally ill Patients in Indian context
	Vrinda Sankar K
2.	Child Oriented Perfectionism, Parental Burnout, and Adolescents'
	Perceptions of Parental Expectations: Role of Emotional Intelligence and
	Perceived Parental Pressure
	Shruti Jhamb $^{1}$ , Shaharban N $V^{2}$
3.	E-cigarette Dependence and Perceptions among Urban Indian Young
	Adults
	Akhila Sreekumar, Joice Steffi

4.	Exploring Non-Suicidal Self-Harm Injury Among Individuals with Body
	Image Issues
	Rithika George <sup>1</sup> and Shinto Thomas <sup>2</sup>
5.	Overcoming Hostile Family Environments in Alcohol Use Disorder: A
	Case Study
	Mr Sahadeb Panigrahi, Dr Shree Mishra
6.	The Road isn't smooth: Wheelchair experience of Spinal cord injury
	Patients
	Fiza Amana T K, Manjusha G Warrier
7.	Divided by Unscalable Iron Wall: Psychological Consequences of Botched
	Social Image among Female Commercial Sex Workers (FCSW): A
	Qualitative Study from Kolkata, India
	Srabana Bhattacharjee <sup>1</sup> , Dipanjan Bhattacharjee <sup>2</sup> & Sudeshna Saha
8.	A Quantitative Study on the Role of Parenting Styles in Emotion
	Regulation and Learned Helplessness Among Young Adults
	Athira S
9.	Relationship between perceived Parenting style, Self-esteem, and
	Compliance among Indian young adults
	Karneet Kaur
10.	Role of Religious Orientation on Social Desirability and Selfishness
	Among Adult
	Irine Saji
11.	
	Group work Interventions for Family Caregivers of Elderly Persons with
	Mental Health Problems
	Puttamaregowda R <sup>1</sup> , A Thirumoorthy <sup>1</sup> , Cicil R Vasathra <sup>1</sup> , Keshava
	Murthy $D^1$ , Sojan Antony <sup>1</sup> , P T Sivakumar <sup>2</sup> , Preeti Sinha <sup>2</sup> and Vijay
	Harbishettar <sup>2</sup>

12.	Exploring the Experiences of Sexual Socialization Among Gay
	Millennials in India
	Jitesh Madahar
13.	Birth Companion and Maternal Mental Health Review
	Sisira K
14.	The Effect of Martial Arts Training on Self-Regulation, Grit and Career
	Uncertainty Among Artists Aspiring To Be In The Indian Film Industry
	A S Nirupama
15.	Korean Drama Viewership and Its Role In Idealised Romantic Beliefs: A
	Comparative Study Between Heterosexual and LGBQ Emerging Adults
	Tushita Rana <sup>1</sup> and Dr. Santhosh K.R. <sup>2</sup>
16.	LGB Identity In India: The Role of Attachment Style and Perceived
	Social Support
	Ishika Mahajan
17.	Role Of Single Parenting On Adaptive Behaviour Of Young Adults
	Ishita Arurkar
18.	Self-Portrayal and Self-Image Amongst Gay Youth In Casual Dating
	Scenarios, A Study In Urban Bengaluru
	Kirti <sup>1</sup> , Dr. Sudha Thomas <sup>2</sup>
19.	College Students In The Realm Of Academics: Exploring Perceived
	Parenting Styles, Academic Anxiety and Competence Motivation.
	Shraddha Majumder <sup>1</sup> , Miriam Priti Mohan <sup>2</sup>
20.	Interpreting Societal Expectations of Emotional Expression Among
20.	Young Adult Males: A Qualitative Exploration.
	V Malavika
21.	Psychosocial Care Needs and Psychological Well-Being of Caregivers of
	Persons With Geriatric Mental Illness
	Thirumoorthy $A^1$ , Manjunatha $S^2$ , Anu $K N^3$ Cicil $R$ Vasathra <sup>3</sup> , Puttamaregowdo
	$R^3$ , Keshava Murthy $D^4$ , P T Sivakumar <sup>5</sup> , Preeti Sinha <sup>5</sup> and Vijay Harbishettar <sup>6</sup>
	, , , , , , , , , , , , , , , , , , ,

22.	Overcoming Hostile Family Environments In Alcohol Use Disorder: A
	Case Study
	Mr. Sahadeb Panigrahi, Dr. Shree Mishra
23.	Emotion Attribution to Movement Components: An Interventional Study
	to Improve Adolescents' Mood
	Mayuri Godbole <sup>1</sup> , Uma Krishnan <sup>2</sup>
24.	Navigating Uncharted Desires: The Experiences of Bi-Curiosity Among
	Women in Metropolitan India
	Shalmali Abhyankar <sup>1</sup> , Baiju Gopal <sup>2</sup>
25.	Overcoming Challenges: Coping Responses of Mothers in the Journey of
	Raising Children with Autism.
	Mona Alice Marbaniang <sup>1</sup> , Dr. Apurba Saha <sup>2</sup>
26.	The Effectiveness of a school-based intervention on the health cognition
	of the adolescents; quasi-experimental research from Karnataka
	Soyuz John <sup>1</sup> , Dhanasekara Pandian <sup>2</sup> , E. Aravind Raj <sup>3</sup> , Adhin Baskar
27.	Into the Psychological World of First-time Mothers: A Phenomenological
	Exploration
	Viveka $R^{1}$ , Baiju Gopal $^{2}$
28.	Lived Experiences of Surviving Siblings After Non-Normative Losses
	Akash S Kolte <sup>1</sup>
29.	Integrative psychosocial intervention for Adjustment to illness in Neuro-
	oncological disorder: Case series.
	Hubert Dan $V^l$ , L Ponnuchamy $^l$
30.	Theoretical models of Survivorship and Cancer-care: Narrative review.
	Hubert Dan $V^{l}$ , L Ponnuchamy $^{l}$
31.	Caregiver burden during hospitalization of adults in Neurosurgery in an
	<b>Urban Tertiary Care Center: Case series.</b>
	Hubert Dan $V^l$ , L Ponnuchamy $^l$
32.	'I Wanna Die' Era: Analysing the Social Media Discourse on Suicide-
	Related Content on Twitter
	Thryaksha Ashok Garla <sup>1</sup> , Rajeshwari Muthukumaran <sup>2</sup>

33.	Spiritual Intelligence and Suicidal Ideation – Influence of Employment
	Status
	Ketan Maheshwari <sup>1</sup>
34.	Attachment Styles & Relationship Satisfaction Among Long-Distance
	Romantic Couples: Role of Relationship Maintenance Behavior
	Anwayee Samanta <sup>1</sup> , Shaharban NV <sup>2</sup>
35.	Life of women with Autoimmune Diseases: An Exploration
	Prajna A <sup>1</sup> , Dr Rituparna Chakraborty <sup>2</sup>
36.	Veterinarian Well-Being: Navigating Occupational Stress, Self-
	Destructiveness and Social Support in Animal Healthcare.
	Ananya Ganeriwala <sup>1</sup> , Dr Rituparna Chakraborty <sup>2</sup>
37.	Exploring Existential Anxiety, Religiosity and Hope in Indian Emerging
	Adults
	Porkothai $V^{l}$ , Dr Sherin P Antony <sup>2</sup>
38.	Spiritual Well-Being, Quality 0f Life, and Feelings of Emptiness among
	Middle-Aged Adults
	Soundarya Mahalakshmi A ¹, Dr Sherin P Antony²
39.	The Social Perception Towards Male Psychologists Among University
	Students in India.
	Sushmitha $K^1$ , Dr Sherin P Antony <sup>2</sup>
40.	Role of Helicopter Parenting, Religiosity, and Peer Norms in Young Adult
	Substance Use: The Indian Context
	Sruthi S <sup>1</sup> , Dr. Aiswarya V.R. <sup>1</sup>
41.	Queer and Conflicted: Navigating the Tug of War Between Identity and
	Tradition among Queer Individuals from Joint Families in India.
	Siddhi Harlalka
42.	DISC Behavioral Profile as a Predictor of Performance Anxiety and
	Resilience among Sports Professionals
	Tanisha Sanjay
43.	How Pornography Usage Contributes to Sexual Identity Development in
	LGBTQIA+ Individuals.
	Kriti Subramanian <sup>1</sup> , Miriam Priti Mohan <sup>2</sup> .

44.	Lived Experience of Parasuicide Among Christian Youth
	Jaison Kurian <sup>1</sup> , Dr Arun Sadasivan <sup>2</sup>
45.	Bidirectionality of Field Work with Theory in Social Work Education
	Under N.E.P.
	Dr. Simon Joseph M <sup>1</sup> , Prof. H. Kirubakaran <sup>2</sup> , Prof. Keth Gomez <sup>3</sup>
46.	Family Environment and Co-dependency in Wives of Persons with
	Alcohol Dependence Syndrome" - A Comparative Study
	Sweta Baruah <sup>1</sup> , Sonia P. Deuri <sup>2</sup> , Sobhana H. <sup>3</sup>
47.	Early Parental Death and Quality of Marital Relations in Adults With
	Recurrent Depressive Disorders on Their Quality of Life.
	Srabana Bhattacherjee <sup>1</sup> , Mrs. M.M. Varghese <sup>2</sup> , Dr. Sunil Suryavanshi <sup>3</sup>
48.	Understanding Occupational Stress Among the PSWs- A Path To
	Resilience
	Debanjana Ghatak <sup>1</sup> , Dr Srilatha Juvva <sup>2</sup>
49.	Impact of Workplace Harassment, Perceived Gender Inequality and
	Occupational Stress on Family-Work Balance and Subjective Well-Being
	of Auxiliary Nurse-Midwife (ANM), Accredited Social Health Activist
	(ASHA) & Anganwadi Workers (AWW) in Ranchi District, Jharkhand.
	Ms Jiti Anna Chathamala1 <sup>1</sup> , & Dr Dipanjan Bhattacharjee <sup>2</sup> , Dr. Sunil
	R. Suryavanshi³
50.	Minds in Crisis: A Research Exploration on Prevalence and Factors of
	Suicide in Indian Adolescents.
	Shital Pardhi <sup>1</sup> , Satish Wadd <sup>2</sup> , Chandrakanti Nayak <sup>3</sup>
51.	Psychometric properties of Depression, Anxiety, and Stress Scale-21 Hindi
	Version
	Bhupendra Singh <sup>1</sup> , Sidharth Arya <sup>2</sup>
52.	Unraveling the Lived Experiences of Parents of Child Sexual Abuse
	Survivors: A Qualitative Exploration.
	Veenashree <sup>1</sup> , Navaneetham Janardhana <sup>2</sup> , Kommu John Vijay Sagar <sup>3</sup>
53.	Mindfulness-Based Relapse Prevention Therapy for Alcohol Dependence
	Syndrome: A Case Study
	Monaspika Das <sup>1</sup> , Dr. Sonia P. Deuri <sup>2</sup> , Dr. Vikas <sup>3</sup>

54.	Rescued! Now What? Mental Health of Trafficking Survivors and
	Available Services" - A Qualitative Study from Khunti and Ranchi
	District of Jharkhand, India
	<sup>1</sup> Mala Kumari, <sup>2</sup> Dr. Monica Kaothala
55.	A case study of PTSD: Trauma Narrative Therapy
	Arunida Khumukcham
56.	Grief in Caregivers of Persons with Severe Mental Illness: A Systematic
	Review.
	Nibedita Sarkar <sup>1</sup> , Dr. Sobhana H <sup>2</sup>
57.	Mental Health and Wellbeing of Police Personnel – A Qualitative Study
	Jothisha $C^1$ , Prathipa Dhivya Dharshini $D^2$ , Aravind Raj $E^3$ , Kavita
	V Jangam <sup>4</sup> , Janaki Raman <sup>5</sup> , T Arul Roncalli <sup>6</sup>
58.	Brief Strategic Family Therapy-Review from Indian context
	Sukanya Rajan¹
59.	Understanding about Gender-Based Violence (GBV) among Adolescent
	<b>Boys of Government PU Colleges of North Bengaluru</b>
	Geetha C V <sup>1</sup> , Ansur Farooq Khan <sup>2</sup> , Marita K. Paul <sup>3</sup> , Annie Raichel
	Joseph <sup>4</sup> and Bino Thomas <sup>5</sup>
60.	<b>Understanding The Pattern of Nicotine Use Among Persons with</b>
	Schizophrenia: A Case Series
	Fathima Shibin C <sup>1</sup> , Dr. Sojan Antony <sup>2</sup> , Dr. Shreedevi A.U. <sup>3</sup> , Dr. Jayant
	Mahadevan⁴, Dr. Venkata Senthil Kumar Reddi⁵
61.	Psychosocial Issues in A Case of Polydrug Abuse of Emotionally Unstable
	Personality Disorder.
	Akhila V R <sup>1</sup> , Dr. Prasad Kannenkanti <sup>2</sup> , Dr. Sanjay K Munda <sup>3</sup>
62.	A Case Report on Psychosocial Intervention for Trance and Possession
	Disorder
	Ananya A K <sup>1</sup> , Mittu Muthu Varghese <sup>2</sup>
63.	Developing a Chatbot to support Frontline workers in providing
	Community-based Perinatal Mental Health Care (PMH-C): 'Shakti Didi'
	- A novel model for PMH-C interventions in LAMI settings.
	Supraja $TA^1$ , Ganjekar $S^2$ , Satyanarayana $VA^3$ , Nagendrappa $S^4$ , Shanbag $V^2$ ,
	Sakhardande $K^2$ , Shruthi $PS^2$ , Chandra $PS^2$

64.	Role and Functioning of Halfway Home in Assam: A Case Study
	Rituporna Dhar
65.	A Systematic Review on The Experience On Homelessness And Mental
	Health Issues among Adults
	Rituporna Dhar
66.	Roles of caregivers and the motivation behind caring for persons with
	severe mental illness (PSMI)
	Cathereen O'Brien
67.	A comparative study of maladaptive perfectionism and body
	dissatisfaction in female Classical dancers and non-dancers.
	Ms. Swarali Kulkarni <sup>1</sup> , Dr. Manjunatha S <sup>2</sup>
68.	Personal Recovery in Persons with Bipolar Disorder: A Systematic
	Review
	Mrinal Basumatary <sup>1</sup> , Indrajeet Banerjee <sup>2</sup>
69.	A Comprehensive Psychosocial Framework for Sports Organizations to
	Help Young Professional Athletes
	Mr. Bakka Ashok Kumar <sup>1</sup> , Dr. E.Aravind Raj <sup>2</sup> , Dr. Senthil Amudhan <sup>3</sup> ,
	Dr. Shahin Ahmed <sup>4</sup>
70.	Development of Family-Based Intervention for the Parents of
	Adolescents with Problematic Online Gaming.
	Ms. Greeshma P S <sup>1</sup> , Dr. Prasad Kannekanti <sup>2</sup> , Dr. Sanjay Kumar
	Munda <sup>3</sup>
71.	<b>Unravelling the Technoference Dilemma: Perspectives of Mental Health</b>
	Professionals on Technology's Impact on Interpersonal Relationships
	among Youth
	Neeraj M S <sup>1</sup> , Dr. B.P. Nirmala <sup>2</sup> , Dr N Janardhana <sup>3</sup> , Dr. Manoj Kumar
	Sharma <sup>4</sup>
72.	Efficacy of Affective Cognitive Behavioural Therapy in Somatoform
	Disorders and Medically Unexplained Physical Symptoms
	Rini Gogoi <sup>1</sup> , Sonia P. Deuri <sup>2</sup>
73.	Factors Associated with Employment Among Young Adult Stroke
	Survivors: A Scoping Review.
	Sinu Ezhumalai <sup>1</sup> , Srijithesh PR <sup>2</sup> , Deepak Menon <sup>3</sup> , Senthil Kumar <sup>4</sup>

74.	A pilot validation study to develop the Indian Scale for Assessment of
	Nomophobia (ISAN)
	Ayushi Bharti <sup>1</sup> , Rajeev Ranjan <sup>2</sup> , Biswa Ranjan Misra <sup>3</sup> , Sahadeb
	Panigrahi³, Yatan Pal Singh Balhara⁴, Akanksha Rajguru⁴
75.	Integrative Art Therapy (IAT) to improve Emotional and Behavioural
	Problems among Children: A Systematic Review
	Priyanka Saikia <sup>1</sup> , Sonia Pereira Deuri <sup>2</sup>
76.	Domestic Violence and Mental Health: Understanding the Mental
	Wellbeing of Violence Survivors
	N. Indira Rani1 <sup>1</sup> , Vijay Rukmini Rao <sup>2</sup>
77.	Psychosocial Intervention for an individual with Recurrent Depressive
	Episode and Concurrent Habit and Impulse Disorder, A case study.
	Eldhose Sakaria
78.	Psychosocial Intervention for an Adolescent with Obsessive-Compulsive
	disorder and Pathological Gambling: A Case Study
	Kavya Viswanath V S <sup>1</sup> , Mittu Muthu Varghese <sup>2</sup>
79.	Psychiatric social work intervention for a person with Bipolar affective
	disorder (BPAD) with multiple relapses: A case study
	Ekatta Pattanayak <sup>1</sup> , Mittu Muthu Varghese <sup>2</sup>
80.	An Ecological Perspective of the Risk and Protective Factors of Mental
	Health: A study among School going Adolescents in East Khasi Hills
	District, Meghalaya.
	Baiarbha Massar
81.	Client Experiences with the Core Conditions of Therapy: Experiential
	Markers of Client Change.
	Atri Das <sup>1</sup> , Anuradha Sathiyaseelan <sup>1</sup> ,
82.	
	Invisibility in Grief: Exploring Loss of Familial Relationship and its
	Disenfranchisement in the Hijra Community of India.
	Manjima Bhattacharjee <sup>1</sup> , Anuradha Sathiyaseelan <sup>2</sup>
83.	<b>Effectiveness of Family-Based Interventions in Addressing Substance Use</b>
	Disorders: A Systematic Review.
	Aswathy $P V^{I}$ , Renjith $R$ Pillai $^{I}$ , Junaid $K P^{2}$ , Abhishek Ghosh $^{I}$

84.	Emotional Regulation, Spirituality, Perceived Social Support and Quality
	of Life Among Caregivers of Children with Disability In Urban India.
	<sup>1</sup> Joshal Alisha Rodrigues, <sup>2</sup> Dr. Sherin Antony
85.	Associations between Adverse childhood experiences and learned
	helplessness: A study on emerging adults
	Muskan Rana <sup>1</sup>
86.	The Effect of Mindfulness on the Sleep Quality and Frustration
	Intolerance of High School Teachers.
	Flora Grace Stanley <sup>1</sup> , Dr. Sonia David <sup>1</sup>
87.	Analysing Global Mental Health Policies: A Comparative Study with focus
	on Indian Context
	Rajesh Ranjan
88.	Subjective Well-being, Quality of Life, During Post-natal Period: A
	Comparison of Post-natal mental health of Mothers in Urban and Rural
	Area.
	<sup>1</sup> Ronita Roy, <sup>2</sup> Amrita Choudhury, <sup>3</sup> Dr. Manisha Kiran
89.	Academic stress in relation to problem solving ability, quality of life among
	nursing trainees in psychiatric setting
	<sup>1</sup> Ankita, <sup>2</sup> Dr. Manisha Kiran
90.	Caregiver burden among primary caregiver of patient of cancer and
	psychiatric illness: A comparative study
	<sup>1</sup> Arpana, <sup>2</sup> Dr. Manish Kiran
91.	Adjustment of male adolescents of working and non-working mothers"
	A Quantitative study from districts of Jharkhand, India
	<sup>1</sup> Ankita, <sup>2</sup> Arpana, <sup>3</sup> Dr. Smitha Phillip
92.	Quality of Life, Social support, of Witch-Hunt Survivals: A Comparison
	of Tribal and Non-tribal Community.
	<sup>1</sup> Namita Sinha, <sup>2</sup> Dr. Manisha Kiran

93.	A Comparative Study on Social Support, Coping and Stigma in Patients
	with Tuberculosis in the Initial Stage of Treatment and Continuous Stage
	of Treatment.
	<sup>1</sup> Jyoti Joanna Kisku, <sup>2</sup> Dr. (Mrs.) Manisha Kiran
94.	Mediating Role of Anxiety and Self-Esteem in the Relationship Between
	Undiagnosed ADHD and Social Interaction Anxiety
	Jennifer Britney D <sup>1</sup> , Santhosh K. Rajan <sup>2</sup>
95.	The Role of Body Appreciation and Rejection-Sensitivity on Eating
	Behaviors and Cosmetic Usage Among Gen Z Females.
	Shamirah Aguiar <sup>1</sup> and Stephen S <sup>2</sup>
96.	Prevalence of postcoital dysphoria in sexually active men
	Aadesh Sachdeva <sup>1</sup>
97.	Examining the Role of Cognitive Distortions and Perceived Social
	Support in Predicting the Quality of Life of LGBTQ+ Individuals.
	Ms. Shikha Gandhi, Dr. Soumya RR
98.	Role Of Body Dissatisfaction on Eating Behaviours Among Mothers of
	Toddlers
	<sup>1</sup> Sancia Gloria Da Costa, <sup>2</sup> Dr. Soumya Rr
99.	Liasoning Psychiatric Social Work Services for Psychosocial and
	Safeguarding Concerns among Children with Chronic Medical
	Conditions- from clinical experience
	Dr Manjula B
100.	A Comparative Study of Stress Among Police Personnel and Police
	Counsellors.
	Anil Hemanna Doddamani <sup>1</sup> , Dr. Jayakumar C <sup>2</sup>

101.	Perceived Behavioural Changes of Child Sexual Abuse: Caretakers
	Perspective.
	Pavithra Bhat <sup>1</sup> and Stephen S <sup>2</sup>
102.	Community Mental Health and The Barriers
	Mayoosha, Erik Jomy Mathai
103.	A Semiotic Study of the Portrayals of Cancer in Indian Cinema
	Isabella Panthenal <sup>1</sup> , Patrick Jude Lucas <sup>2</sup>
104.	Challenges Faced by Nurses in Mental Health Facilities
	Sandra P
105.	Relationships among Personality type, Social Support, Coping Strategies,
	and Emotional Intelligence and Post-Traumatic Growth in Childhood
	Leukemia survivors.
	Lovlina Mohapatra, Sharbhan N.V
106.	Determinants of Marital Satisfaction in Married Persons
	Royina
107.	Exploring Queer Experiences in Polyamorous Relationships in a
	Mono-Normative World
	Ananya Samanta <sup>1</sup> , Anjali Miriam Dey <sup>2</sup>
108.	Primary methods of Social Work: Reflections from Child Protection
	Projects in Kerala
	Dr. PM Mathew
109.	Health Profile of the Rehabilitated Homeless
	Lekshisha AK, Laizamma MV, Sruthi Sivadas, Sajeer.P, Jigil.K, Ragesh.G

110.	The Perceived Gap in Psychosocial Services in Old Age Home
	Inmate's Perspective
	Manjunatha Shivarudraiah <sup>1</sup> , A Thirumoorthy <sup>2</sup> , Sojan Antony <sup>3</sup> ,
	P T Sivakumar⁴
111.	Psychosocial Status and Help Seeking Among Married Men Undergoing Marital Conflict.
	Rajkumar, Aravind Raj, Abhishikta Naik, Ajinder Walia
112.	Investigating Influential Factors and Challenges Faced by Individuals Engaged in Alcohol Abuse within Rural Regions, Karnataka, India: A Qualitative Study.
	Reeta Mithra <sup>1</sup> , Dr Lakshmana G <sup>2</sup>
113.	Psychiatric Comorbidity Among Homeless People
	Theja Suresh.A <sup>1</sup> , Deepthi, K <sup>2</sup> , Jishad, K <sup>3</sup> , Hridya PS <sup>3</sup> , Abhay.B <sup>4</sup> , Sruthi Sivadas <sup>5</sup> , Ragesh.G <sup>6</sup>
114.	Social Work Practice with Homeless People
	Arshidha Mubarak KN, Kriparaj K, Anila Antony, Anu Kurian, Nayana
	Jayan, Sajeer.P, Arya P, Ragesh.G
115.	Family Harmony or Discord? Mediating Role of Intimate Partner
	Violence between Parenthood and Isolation
	<sup>1</sup> S. Maanvi, <sup>2</sup> Dr Uma Krishnan, Professor
116.	Imposter Phenomenon, Burnout and Compassion Fatigue in Young
	Clinical Psychologists: A Qualitative Study
	Aparna Verma <sup>1</sup> and Prof. Miriam Priti Mohan <sup>2</sup>
117.	"Caught in a Tight Spot": Experiences of Women Prescribed with
	Inhaled Corticosteroids for Asthma
	Samiha Sengupta $^{1}$ , Joice Steffi $Y^{1}$
118.	Mindfulness intervention among women: A systematic review
	Amrutha S <sup>1.</sup> Sheril Elizabeth Jose <sup>2</sup>
119.	Significance of Palliative Care in the Contemporary World: Exploring
	the Experiences and Perspectives of Service Users
	Shahana V

120.	Social Support for Individuals self-identified as Gay
	Sharoan Thomas
121.	Exploring the Dimensions of Non-suicidal Self Injury Amongst Young
	Adults
	Sandra Sajeev <sup>1</sup> and Akanksha Rani <sup>2</sup>
122.	Pathways to care in children with Neurodevelopmental disorders
	Ms. Akanksha Sharma, Dr Dipanjan Bhattarcharjee, &
	Dr Varun S. Mehta
123.	Structural-Strategic Family Therapy: A Therapeutic Study to Increase
	Health and Well-Being of Adolescent Girls and Their Families
	Madhu Shravan Kumar Vanagondi
124.	Need for Adaptation of Adverse Childhood Experience International
	Questionnaire (WHO, ACE IQ) in Indian Setting
	Nifi Krishna . $T^{1}$ , Dr. Kavitha V. Jangam <sup>1</sup> , Dr. Mariamma Philip <sup>2</sup> . Dr.
	John Vijaya Sagar³, Dr. Rajendra K.M³ , Dr. Senthil Amudan⁴
125.	Gender equitable attitudes among the adolescent boys in Pre-University
	Colleges of North Bengaluru
	Annie Raichel Joseph <sup>1</sup> , Geetha C $V^2$ , Ansur Farooq Khan <sup>3</sup> ,
	Marita K. Paul <sup>4</sup> and Bino Thomas <sup>5</sup>
126.	Gender Attitudes among Teenage Boys in Bengaluru
	Marita K. Paul <sup>1</sup> , Annie Raichel Joseph <sup>2</sup> , Geetha C $V^3$ ,
	Ansur Farooq Khan <sup>4</sup> and Bino Thomas <sup>5</sup>
127.	Socio-demographic Profile of Survivors of Child Trafficking with Special
	Reference to Sonitpur, District of Assam
	$Mr$ . Vineesh $A^1$ and $Dr$ . Sobhana $H^2$
128.	Effectiveness of wellness programme for school teachers.
	Xavier $B^1$ , Dr. E Aravind Raj <sup>2</sup> and Sunu Merla C $J^3$
129.	Effectiveness of Gender Sensitization on children in conflict with the law
	in Special Home.
	Xavier $B^1$ , Sunu Merla $CJ^2$ , Abhishikta S Nair <sup>3</sup> and Dr. E Aravind Raj <sup>4</sup>

130.	Navigating Love in a Sex-Centric Society: A Qualitative Study on the
	Experiences of Asexual Individuals in Romantic Relationships in India
	Bharath Vasan <sup>1</sup> , Dr Veenashree Anchan <sup>2</sup> and Dr Nisha James <sup>3</sup>
131.	Food as a Therapeutic means to cope with Homesickness among Migrant
	workers
	Ishana Grace Mathew <sup>1</sup> , Dr Sherin P Antony <sup>2</sup>
132.	The need for gender sensitization among children from special homes:
	Findings from a needs assessment
	Sunu Merla C $J^{1}$ , Xavier $B^{2}$ , Abhishikta S Nair <sup>3</sup> and Dr. E Aravind Raj <sup>4</sup>
133.	Could the completed suicide of the adolescent be predicted or prevented?
	- A case study of psychological and psychosocial vulnerabilities.
	Cathy Roshini <sup>1</sup> , Harshini Manohar <sup>2</sup> , Bino Thomas <sup>3</sup> , Sowmyashree
	Narayanan <sup>4</sup>
<i>134</i> .	The need for Gender sensitization and like skills training for the
	perpetrators of Gender based violence in prison.
	Abhishikta S Naik <sup>1</sup> , Xavier B <sup>2</sup> , Sunu Merla C. J. <sup>3</sup> , E. Aravind Raj <sup>4</sup> ,
	Kavita V Jangam <sup>5</sup>
135.	Discrimination and Challenges Faced by Girls: Insights from Adolescent
	Boys in South and North PU Colleges in Bangalore
	Amrita Menon <sup>1</sup> and Sudarshan K, <sup>2</sup> Geetha C V, <sup>3</sup> Ansur Farooq Khan, <sup>4</sup>
	Marita K. Paul, <sup>5</sup> Annie Raichel Joseph <sup>6</sup> and Bino Thomas <sup>7</sup>
<i>136</i> .	Freshmen' Orientation Programme with the active involvement of Senior
	student volunteers - A success story of fostering mental health in a higher
	education' campus
	Shalini k. Sharma <sup>1</sup> , Ankith S. Kumar <sup>2</sup>
137.	Effectiveness of Structured Family Psycho-Education Programme for
	Caregivers of Women with Postpartum Psychosis: A Systematic Review
	Rupa Sanadi <sup>1</sup> , E. Aravind Raj <sup>1</sup> , Chithirai Valli K <sup>2</sup> , Prabha Chandra <sup>2</sup>
138.	Patterns of Domestic Violence Among Perinatal Women from The
	BCHADS Cohort - A Longitudinal Analysis
	Rupa Sanadi <sup>1</sup> , Prabha Chandra <sup>1</sup> , Supraja T A <sup>2</sup> , Chaitra Holla <sup>2*</sup> ,
	Laura Bozicevic³, Helen Sharp³

139.	Uncovering the Unspoken: Exploring the Emotional Landscape of Male
	and Female Caregivers of Alzheimer's Patients
	N Sindhu <sup>1</sup> , Padmakumari <sup>1</sup>
140.	Exploring the Experiences of Young Adults with Sociotropy: A
	Qualitative Inquiry
	Dolcy Pandey <sup>1</sup> , Samridhi Ahuja Bakshi <sup>1</sup>
141.	Normalisation Due to Low Stigma and It's Influence on Mental Health
	Care Among Tribal Communities
	Ms. Krishna Prabha S <sup>1</sup> , Dr. Treesa T Pulickal <sup>2</sup>
142.	The Role of Metacognitive Beliefs in Decisional Procrastination:
	Analysing the Moderating Role of Perseverative Cognitions and Mind
	Wandering
	Ms. Aditi Rastogi <sup>1</sup> , Dr. Palanisamy V. <sup>2</sup>
143.	The Influence of Imposter Phenomenon on the Experience of Intimacy in
	Non-Binary Young Adults
	Ms. Muskan Jain <sup>1</sup> , Dr. Baiju Gopal <sup>2</sup>
144.	Unveiling the Efficacy of Montessori Education for Differently-Abled
	Children
	Mrs. Liana Treesa Topson
145.	Level of Mental Wellbeing Among Adolescents with Special Reference to
	KESS Vocational Training Institute, Thrissur District, Kerala
	Ginto Chirayath <sup>1</sup> , Dr.K. Premamalini <sup>2</sup> , Anna P B <sup>3</sup>
146.	The Intersection of Autonomy and Sociotropy: The Quest of Life in
	Women with Depression
	Anindita Audhkhasi <sup>1</sup> , Baiju Gopal <sup>1</sup>

147.	Cyberbullying among Indian Transgender Youth: Challenges and
	Protective Mechanisms
	Prarthana Rehan <sup>1</sup> , Dr. Rituparna Chakraborty <sup>2</sup>
148.	Sensitivity to Not-Just-Right-Experiences Among Young Adults
	Soumya Gupta <sup>1</sup> , Dr. Deepakkumar S. <sup>1</sup>
149.	Perception and Attitude towards Gender among teenage boys in
	Government PU Colleges of South Bengaluru
	Ansur Farooq Khan <sup>1</sup> , Marita K. Paul <sup>2</sup> , Annie Raichel Joseph <sup>3</sup> , Geetha C V <sup>4</sup> and Bino Thomas <sup>5</sup>
	C v ana bino inomas
150.	<b>Examining the impact of Gratitude and Existential Meaning on</b>
	Psychological well-being among Prisoners and Non-prisoners
	Aishwarya Mandapakala <sup>1</sup> , Rajeshwari Muthukumaran <sup>2</sup>
151.	Understanding the Conscious Suppression and Unconscious Expression
	of Perceived Emotional Trauma among young adults
	Amola Vipul Jagirdar <sup>1</sup> , Dr Uma Krishanan <sup>2</sup>
152.	Impact of Caregiving on the Older Adult Caregivers of Persons with
	Severe Mental Illness: A Scoping Review
	Ananya Bordoloi¹, Dr Sobhana H.²
153.	Group work interventions for family caregivers of elderly persons with
	mental health problems
	Puttamaregowda $R^1$ , Thirumoorthy $A^2$ , Cicil R Vasathra <sup>1</sup> , Keshava
	Murthy <sup>3</sup> , Sojan Antony <sup>4</sup> , P T Sivakumar <sup>5</sup> , Preeti Sinha <sup>5</sup> and Vijay
	Harbishettar <sup>6</sup>
154.	A Touchy Issue: Need for Touch, Addictive Scrolling and Smartphone
	Addiction
	Rohit.K. Raj <sup>1</sup> , Dr. Shaharban <sup>2</sup>

155.	Constructing Parental Identity: A Dyadic Journey with Parents of
	Children with Neurodivergence
	Swara Shah <sup>1</sup> , Dr. Anuradha Sathiyaseelan <sup>2</sup>
156.	Mental Health Status and Alcohol Consumption among Women working
	in a Tea Estate in Assam: A Cross-Sectional Study
	Parishma Das <sup>1</sup> , Indrajeet Banerjee <sup>2</sup>
157.	Mindfulness Intervention in Family Caregivers; A Systematic Review
	Adhithya R Krishna <sup>1</sup> Sheril Elizabeth Jose <sup>2</sup>
158.	Exploring Non-Suicidal Self-Harm Injury Among Individuals with Body
	Image Issues
	Rithika George <sup>1</sup> , Shinto Thomas <sup>2</sup>
159.	Burden of care, life satisfaction and social adjustment among caregivers
	of patients with alcohol use disorder (AUD) and bipolar affective
	disorder (Mania)
	<sup>1</sup> Sangeeta, <sup>2</sup> Sonakshi Sinha
160.	Normalisation, low stigma and it's influence on mental health care
	among tribal communities
	$Ms.\ Krishna\ Prabha\ S^I$ , $Dr.\ Treesa\ T\ Pulickal^2$
161.	Impostor Phenomenon among Practicing Clinical Psychologists
	Rasha Salam
162.	` Mental illness: A Predictor of Marital Quality
	Ankit Kajal <sup>1</sup> , Ankita Sharma <sup>2</sup> , Prashant Srivastava <sup>3</sup>
163.	"Comprehensive Perinatal Mental Health Care: A Study on Maternal
	Well-being at IMCH Hospital Kozhikode''
	<sup>1</sup> Chithrangatha VC, <sup>2</sup> Sisira K, <sup>3</sup> Dhanya George, <sup>4</sup> G Ragesh, <sup>5</sup> Jyoti S Chandra
164.	Gender sensitization for children in observation homes and special
	homes and perpetrator training programs in prisons
	Dr. Aravind Raj

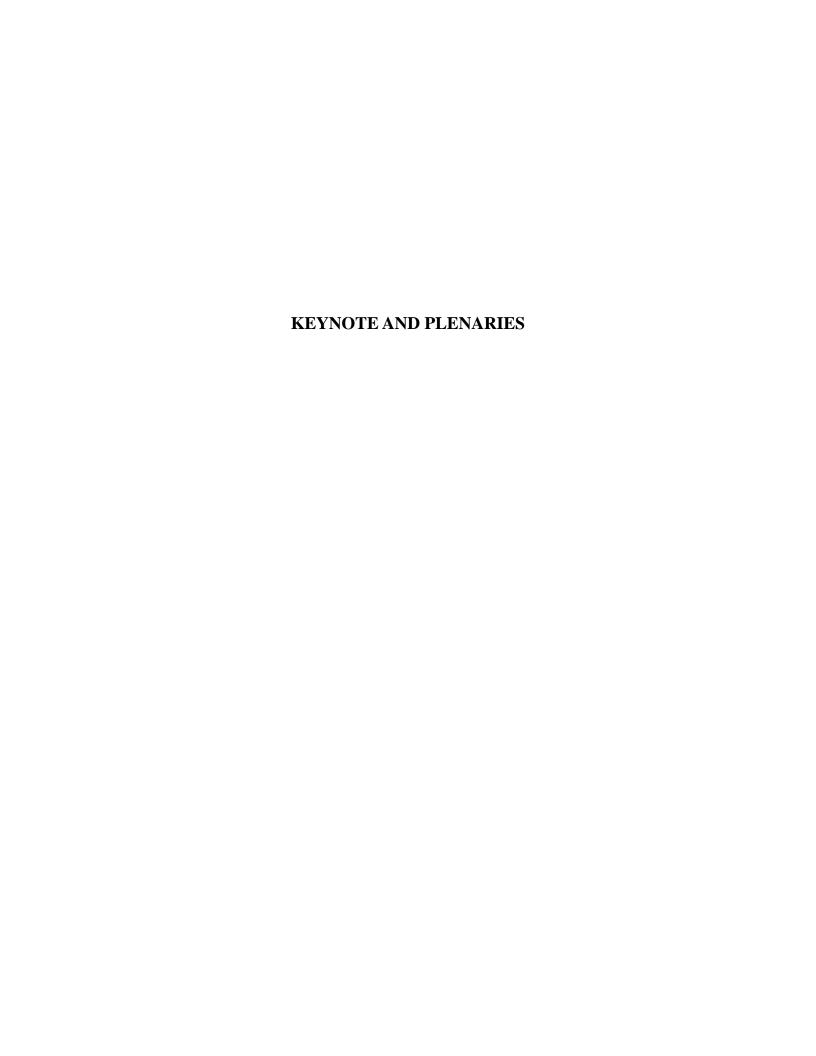
165.	Nomophobia and its impact on health and quality of life
	Rashtra Saharan <sup>1</sup> , Manjeet <sup>1</sup> , Prashant Srivastava <sup>2</sup>
166.	Psychosocial Factors Associated with Employed and Unemployed Stroke
	Survivors during COVID-19: A Cross-Sectional Study
	<sup>1</sup> Dr.Sinu Ezhumalai, <sup>2</sup> Dr.Srijithesh Rajendran, <sup>3</sup> Ms. Apurva Kamalraj
167.	Street to household: the route of homeless persons with mental illness
	<sup>1</sup> Janaki Raman Kalyanasundaram, <sup>2</sup> Roniyamol Roy, <sup>3</sup> Chethan B,
	<sup>4</sup> Madhu AS, <sup>5</sup> Amit Kuma, <sup>6</sup> Naynee Singh, <sup>7</sup> Sinu Jesin T
168.	The years in your life or, the life in your years? Exploration of
	Therapeutic relationship between young therapists and geriatric
	population
	Nasika Yadav
169.	Lived Experiences of Rejection Sensitivity among Young adults with
	ADHD
	Kaustubh Ramanujan
170.	Wake Up! Exploring the Indian Version of Woke Culture: A Study of
	<b>Gen-Z Perceptions and Practices</b>
	Vartika Jhajharia
171.	Association between masculinity and emotional expression: The
	moderating role of adverse childhood experiences
	<sup>1</sup> Jai Arora, <sup>2</sup> Ammu Elizabeth
172.	Relationship of parental conflict with child mental health outcomes in an
	urban cohort- the Bangalore Child Health and Development Study
	<sup>1</sup> Afreenbanu A Khadirnavar, <sup>2</sup> Laura Bozicevic, <sup>3</sup> Chaithra Holla,
	<sup>4</sup> Supraja T A, <sup>5</sup> Helen Sharp, <sup>6</sup> Prabha Chandra
173.	Value Prioritisation and Career Decision Making: The Experiences of
	Young Adults
	Yusra Zubair Sait
174.	The Hidden Challenges of Animal Care: A Qualitative Exploration of
	Compassion Fatigue in Veterinary Medicine in India
	<sup>1</sup> Ashmika Shrivastava, <sup>2</sup> Dr. Uma Krishnan

<i>175</i> .	Knowledge on Autism Spectrum Disorders, among the Primary and Pre-
	primary teachers in Mangaluru city
	<sup>1</sup> Sangeetha U M, <sup>2</sup> Dr. Loveena Lobo
176.	Relationship of Perceived Helicopter Parenting with Maladaptive
	Perfectionism and Meaning in Life among Young Adults
	<sup>1</sup> Ayushi Kenia, <sup>2</sup> Dr. Deepakkumar S.
177.	Factors associated with employment among young adult stroke
	survivors: a scoping review
	<sup>1</sup> Sinu Ezhumalai, <sup>2</sup> Srijithesh P R, <sup>3</sup> Deepak Menon, <sup>4</sup> Senthil Kumar
178.	Perceived Emotional Invalidation, Emotion Regulation Strategies and
	Social Behaviours of Indian College Students
	<sup>1</sup> Keertana Nagrajan, <sup>2</sup> Dr Deepakkumar S
179.	The Effect of Affirmative Subliminal Messaging on Body Appreciation
	through Instrumental Music
	<sup>1</sup> Saloni Shiny George, <sup>2</sup> Dr. Anuradha Sathiyaselan, <sup>3</sup> Dr. Sampurna
	Charabothy
180.	Cyberchondria, Internet Addiction and Intolerance of Uncertainty
	among Health Science and Non-Health Science Students in India
	<sup>1</sup> Snigdha Sinha, <sup>2</sup> Dr Samridhi Ahuja Bakshi
181.	Understanding Stress among Spouses of Alcohol Dependent person of ex-
	tea garden workers, Dibrugarh District Assam: A qualitative approach.
	Edlina Kerketta <sup>1</sup> & Apurba Saha <sup>2</sup>
182.	Affect, Psychological Well-being, and Personal Meaning: A Study Among
	Young Adults
	Anisha Bhatia
183.	Associations between Adverse childhood Experiences and Learned
	Helplessness: A study On Emerging Adults
	Muskan Rana <sup>1</sup> , Dr. Palanisamy V <sup>2</sup>
184.	Intergenerational Transmission of Psychological In-Law Abuse and its
	Role in the Mother-in-Law and Daughter-in-Law Relationship
	Ishita Srivastava <sup>1</sup> , Miriam Priti Mohan <sup>2</sup>

185.	Exploring Psychosocial Risk Factors and Depression Among Perinatal
	Women
	Nikhitha Vinod K V <sup>1</sup> , <sup>1</sup> , G. Ragesh <sup>2</sup> , Mini C H <sup>3</sup>
186.	Perception and Experiences of Transmen and Transwomen about the
	Mental Health and Mental Health Services; an Exploratory Study.
	Ms S.J. Sangeeta, Dr. Manisha Kiran
187.	Maternal Foetal attachment: the association with stress, depression,
	pregnancy specific anxiety, violence and social support
	Chaithra Holla, Laura Bozicevic, Afreen A. Khadirnavar, Rupa
	Sanadi, Supraja T. A., Helen Sharp, Prabha Chandra
188.	'Impact of Masculine Gender Role Stress on Body Image Satisfaction
	and Emotional Expressivity on Men with Thyroid'
	Sakshi s Arjunagi
189.	Understanding Stress among Spouses of Alcohol Dependent of ex-tea
	garden workers, Dibrugarh District Assam: A qualitative approach.
	Edlina Kerketta <sup>1</sup> & Apurba Saha <sup>2</sup>
190.	Knowledge, Attitude and Practice towards Mental illness among Anganwadi
	workers of Rural and Semi Urban area of Jharkhand state, India: A
	Comparative study"
	<sup>1</sup> Ms. Amrutha Ravi, <sup>2</sup> Dr. Avinash Sharma, <sup>3</sup> Dr. Dipanjan Bhattacharjee
191.	Behavioural Activation Approach to Improve Abstinence in Persons with
	Alcohol Dependence Syndrome: An Intervention Study
	Bose, N. <sup>1</sup> , Gujar, M.N. <sup>2</sup> , & Juvva, S. <sup>3</sup>
192.	Understanding Aggressive Behaviour and Self-Control in People with Diabetes
	Manushi Thakur
193.	Body Dissatisfaction in Women with PCOS: The Impact of Eating Self-
	Efficacy and Eating Attitudes
	Keerthika Vijay¹, Dr. Rajeshwari Muthukumaran²
194.	Exploring the Role of Subjective Body Shape Perception and Body
	Dissatisfaction in Predicting Disordered Eating Behaviour Among Young
	Aspiring Models
	Sandra <sup>1</sup> , Aishwarya Iyer <sup>2</sup>

195.	Effect of Digital-Supported Journaling on Stress, Resilience and
	Solution- Focused Thoughts in Medical Aspirants
	Neha Flory <sup>1</sup> , Dr. Santhosh K.R. <sup>2</sup>
196.	Muscles, Masculinity, and Mindset: Exploring the Relationship of
	Gymming with Imposter Phenomenon, Narcissism, and Body Image
	Avoidance in Indian Men.
	Maria Dony <sup>1</sup> & Dr. Rajeshwari Muthukumaran <sup>2</sup>
197.	A study on mental health literacy and awareness among college-going
	students in Satara city
	Karande $\mathbb{R}^{1}$ ., Gujar M $\mathbb{N}^{2}$ ., & Ranade $\mathbb{K}^{3}$
198.	<b>Development of Community Based Mental Health Interventions</b>
	Program for Non-Government Organisation Workers
	Mr. Shivanand Yaresheemi <sup>1</sup> , Dr. Aravind Raj Elangovan <sup>2</sup>
	$Dr. \ Shreedevi \ A.U^3$
199.	Intergenerational transfer of Superstitious Beliefs: Qualitative study
	among Gen X
	Tom K Lukose <sup>1</sup> , Mr Cyril John <sup>2</sup>
200.	Exploring the lived experiences of Adults with Acute Leukaemia: A
	Phenomenological Case Study
	Hannah James Thodathil <sup>1</sup> , Dr Reena Cherian <sup>2</sup>
201.	Influence of Pornography Consumption on the Self-Perception and
	<b>Experiences of Non-Binary Individuals: A Qualitative Exploration</b>
	Tiwari $S^1$ ., Anchan $V^2$ ., James $N^3$
202.	"Leaving Behind Your Country and Courage?" A Study on Resilience
	Amongst the Indian Diaspora Community Residing in Kuwait
	Aparna Prasanth
203.	Mental Health and Psychosocial Needs of Spouses of Women with
	Postpartum Mental Illness
	Athira K $V^{l}$ , Dr Kimneihat Vaiphei $^{2}$ , Dr Sundarnag Ganjekar $^{3}$ , Dr
	Geetha Desai <sup>4</sup> , Dr Harish Thippeswamy <sup>5</sup> , Dr Veena Satyanarayana <sup>6</sup> ,
	Prof. Prabha S Chandra <sup>7</sup>

204.	Relation between Age, Education and Attitude towards Rape Victims: A			
	Community Based Study			
	Juri Saikia <sup>1</sup> , Dr. P. Abhishek <sup>2</sup> & Dr. Sobhana H <sup>3</sup>			
205.	Quality of life and determining its relationship with cessation of			
	menstruation <sup>1</sup> Perimenopausal Women: A Community Based Study			
	Sarbani Borkotoky¹, Dr. Sonia Pereira Deuri², Dr. Sobhana H³,			
	Dr. P. Abhishek <sup>4</sup>			
206.	<b>Experiences and Perspectives of Sexual Practices Among Gay Men in</b>			
	Metropolitan Cities in India			
	Robith Varghese <sup>1</sup> , Vigneshwaran S. A <sup>2</sup>			



Keynote	Date	Time	Hall No.	
1	08/02/2024	9AM-9.45 AM	Main Hall	
Title	Need for transcending boundaries in mental health			
Facilitator	Shalini K. Sharma Ex Head, Counselling, Welfare, Training & Placement, NMAMIT, Nitte, Udupi, Karnataka Visiting counselling consultant, MIT, Manipal Practising MH professional & trainer			
Abstract	In this keynote address at APSWP's first National Conference, the speaker delves into the theme of 'Mental Health for All: Transcending Boundaries.' Recognizing the pivotal role played by the IMHANS PSW department, the speaker emphasizes the need to challenge the self-imposed boundaries within our minds that hinder mental health understanding and acceptance.  The address navigates through the societal conditioning and stereotypes surrounding mental health, highlighting the role of mental health professionals, especially Psychiatric Social Workers, in adopting a holistic approach. The speaker discusses the multifaceted responsibilities of these professionals, ranging from crisis intervention to community outreach and education.  Sharing personal and professional experiences, the speaker emphasizes the importance of transcending physical, geographical, and societal boundaries to address mental health challenges collectively. The narrative weaves through various initiatives and programs implemented in an educational institution and industry, showcasing the impact of an unhindered comprehensive approach to mental health.  It also stresses the significance of awareness, access to resources, and community support in promoting mental well-being. It calls for a concerted effort to erase stigmas, ensure accessibility to quality mental health services, and build supportive communities.			

The speaker provides real-life case illustrations, addressing challenges faced by her, and the success achieved through community service and collaborative efforts. The abstract concludes with a call to action, urging attendees to be catalysts of change, break down walls surrounding mental health discussions, and nurture a world where mental health is openly embraced.

As the conference unfolds, the speaker anticipates a rich exchange of diverse perspectives, in-depth discussions on mental health topics, and exploration of strategies for stigma reduction. The conference aims to address cultural nuances, intersectionality, and practical strategies for mental health promotion, involving attendees in interactive workshops and activities.

In essence, the keynote sets the stage for a dynamic and inclusive conference focused on transcending boundaries in mental health, fostering collaboration, and advocating for a mentally healthier and more inclusive world.

#### Duration

#### 45 Minutes

### About the Facilitator

Shalini K. Sharma is a psychiatric social worker, specializing in adolescent and young adult mental health. Alumna of St. Agnes College, Roshni Nilaya, and, NIMHANS, Bangalore, she has held permanent positions in NIMHANS, L & T Bangalore works and in NMAMIT, Nitte, the last as head, counselling, welfare, training & placement. She holds an M.Phil in Psychiatric Social work from NIMHANS. Shalini has three decades of joyful experience of designing and implementing successful training modules for a 'happy campus' creating and engaging student leaders. She trains teachers to fulfil the essentials of a happy, compassionate campus. Her annual four day' Learning & development intervention, "Understanding our adolescents, prevention of suicide and introduction to basic therapeutic counselling skills" university professos interested in student well being.

Shalini is a Master facilitator at the College of Leadership and HRD, Mangalore and engages in employability readiness and enhancement training programmes. She is a visiting counselling consultant at MIT, Manipal from 1996 where she works with faculty and students who have MH concerns.

	She is a mentor for IASF 24, IUCEE and is a mental health arm of WICCI, personal branding, Bangalore.		
	shaliniksharma@rocketmail.com		
<b>Contact Details</b>	9448000507		
	https://www.linkedin.com/in/shalini-k-sharma-1a356922		

Pleanary	Date	Time	Hall No.
1	09/02/2024	2.30PM-3 PM	Main Hall
Title	Public Health: Transcending boundaries of care		
Facilitator	<b>Dr. Anita Rego, MSW, MPhil, PhD</b> Founder and CEO, AMITA Care		
Abstract	In the recent past, there is a graphealth that consider the social of a quity and equality. In additional health interventions that are transfer of cost-effective measures for a interventions are built within prevention and promote mention impacts of mental illnesses. professionals, the approach implementing prevention, and assist individuals and communiorganized efforts and informing government and non-government communities, and individuals.  The public mental health approach by expanding traditional efforts beyond familial and contain and factors crucial for preventions, even for those recovering public health interventions in lexplore how individuals with community can experience impact.	determinants and consideration, there is an increasing inscending and opens doctreating mental disorders. It is social norms and culturated wellbeing as well as the As psychiatric social well will consider elementated elementation and culturated the social well consider elementates to address mental head choices at various dependent organizations, publication of the proach surpasses the control community levels. It incorpating mental disorders and the social community levels are the third and AIDS, there's are mental health concerns	relements of social justice and focus on public mental fors to incorporate a variety. The public mental health are practices that address a respond to the negative forkers and public health ants of advocating for, reventions that allows us to ealth issues. This involves levels, including society, and private partnerships, cand private partnerships, community mental health treatments and prevention for orates social determinants and promoting mental well-res. Drawing insights from an opportunity to study and and their families in the

	Engaging in public mental health interventions involves a thoughtful integration of traditional community mental health interventions that focus on risks and behavioral choices at the community level. This is complemented by structural interventions that address external factors influencing risk and behavioral choices beyond individual control.
Duration	30 Minutes
About the Facilitator	<b>Dr. Anita Rego</b> is a Public Health & Mental Health Professional with an M. Phil and Ph.D in Psychiatric Social Work (NIMHANS, Bangalore), and a PGCBM (MICA). She operates a tele-mental health platform which is available both offline and online through AMITA. The platform is fully automatised end to end with client management, digital therapy interface and electronic health records built within mandated compliance requirements. As a clinical therapy practitioner, she is an on-board psychotherapist for perinatal mental health at Fernandes Hospital and Sanctum. She brings integrated approaches for therapy within the social justice and human rights lens to the work. Her 3-decades of long-standing professional experience spans across projects of the central and state government, International and National NGOs, CSRs and Corporate bodies on mental health, public health and gender based violence
<b>Contact Details</b>	ceo@amitacare.com



Workshop	Date	Time	Hall No.	
1	07/02/2024	2 Pm to 4.30 pm	B 203	
Title of the Workshop	Elevating Social Work Practice: Clinical Supervision in India			
	Dr. Kala	Chakradhar M.A(SW).	., M.Phil., Ph.D <sup>1</sup>	
	Ms	Deborah Horowitz, MS	W, LICSW <sup>2</sup>	
Facilitator	<ol> <li>Independently Licensed practioner, Four Rivers Behavioral Health;         Professor Emerita (Social Work), Murray State University</li> <li>Consultant &amp; Clinical Training Specialist, Sunstone Evolutionary</li> </ol>			
	Professional Social w	Coaching and Consumork in India has had a lon	g reign since its beginnings in	
	1946. Along with a cumulative growth in schools of social work country-wide			
	and the wide range of practice contexts that cater to the recognized social			
	needs, is the phenomenal expansion of the social work workforce. While most			
	of the academic training offered in the schools are known for their rigor,			
	particularly their supervision in the field, supervision in the practice context			
	is limited and yet to gain ground. For a profession that is experiencing an			
	identity crisis, supervision would be a means to clarify certain societal and			
	educational misconceptions, ensure practice quality and competency, and			
About the	promote gatekeeping and professional integrity. <i>Method:</i> This workshop aims			
Workshop	to offer participants a framework for initiating/establishing clinical			
,, oz 225p	supervision within the Indian context, governed by the socio-ecological and			
	biopsychosocial-spiritual model. With a focus on clinical supervision, the			
	rationale for, who can offer to whom, in what formats and contexts will be			
	discussed. Participants will have the opportunity to share their supervisory			
	experiences and needs, as well as work with case examples demonstrating			
	how the supervision process works. The presentation includes a preliminary			
	needs assessment for clinical supervision in India with guidance on structure			
	and documentation of supervisory sessions.			

	1. Acquire/ enhance their knowledge for the need for clinical/other		
E	forms of supervision for social work practitioners in the Indian		
Expected learning	context and what exists today		
outcomes	2. Discuss the the socio-ecological and biopsychosocial-spiritual model		
	in developing a framework for clinical supervison		
	3. Learn about the supervision structure, process and format		
Workshop is intended for	Practising Social Work Professionals		
Duration	150 Minutes		
	Dr.Kala Chakradhar earned her social work, mental health and doctoral		
	credentials in India alongwith practice experience in mental health and		
	substance use and Master's level teaching. After migrating to the US her work		
	has included teaching bachelor's level social work for about two decades,		
	research and publishing, and macro social work. Her clinical licensure and		
	practice opened her to clinical supervision. Her work also includes a focus on		
	peace and conflict resolution at various levels.		
About the			
Facilitator	<b>Deborah Horowitz, MSW, LICSW</b> is a highly skilled Clinical Social Worke		
	with more than 30+ years' experience as a clinician, coach, and educator in		
	the health care field. In addition to her extensive experience in		
	psychodynamic, cognitive-behavioral, and Dialectical Behavioral Therapy		
	(DBT) treatment modalities, Ms. Horowitz has always been very actively		
	involved in providing leadership, support, and training for staff across settings		
	and populations. She has supervised clinicians at all stages of their career		
	development.		
Contact Detect	sphinxddh@yahoo.com or +16176990252		
Contact Details	dr_kala@hotmail.com or +12702264751(same number on Whatsapp)		

Pre Conference Workshop No.	Date	Time	Hall No.
2	07/02/2024	2 Pm to 4.30 pm	B201
Title of the workshop	Screening and Brief Interventions (SBI) for Substance Misuse in Social Work Practice		
	Abhishek Gh	osh <sup>1</sup> , Shinjini Choudhu	ry², Renjith R Pillai¹
Facilitator	1 Associate Professor, Drug Deaddiction and Treatment Centre, Department of Psychiatry, PGIMER, CHnadigarh, India 2 Assistant Professor, Department of Psychiatry, AIIMS, Patna		
About the Workshop	of Psychiatry, PGIMER, CHnadigarh, India		

	How to screen for drug and alcohol misuse?		
	2. The know-how of brief interventions for harmful/hazardous		
Expected learning outcomes	alcohol/drug use		
outcomes	3. Application and adaptation of screening and brief intervention (SBI)		
	in social work practice		
Workshop is intended for	Everyone		
Duration	150 Minutes		
	Ghosh and Chudhury are Addiction Psychiatriatrists. Pillai is a Psychiatric Social Work Professional.		
About the Facilitator	All three of them have extensive research and clinical experience in screening and brief intervention for substance misuse in various settings. Ghosh is a member of the International Network on Brief Interventions for Alcohol and other drugs. He is also a member of the commission to support the WHO's Global Alcohol Action Plan- with specific focus on brief interventions.		
Contact Details	ghoshabhishek12@gmail.com cjini2584@gmail.com		
	renjithpsw@gmail.com		

Pre Conference Workshop No.	Date	Time	Hall No.
3	07/02/2024	2pm to 4.30 pm	B113
Title of the workshop	Assessments and Interventions with sexually abused children and adolescents.		
Facilitator	Dr. Kavita V. Jangam <sup>1</sup> Dr. Priyanka P. Nambiar <sup>2</sup> 1. Additional Professor, 2. Psychiatric Social Worker, Department of Psychiatric Social Work, NIMHANS, Bengaluru		
About the Workshop	2. Psychiatric Social Worker,		

Expected learning outcomes	<ul> <li>Development of systematic and nuanced understanding of child sexual abuse, its dynamics and processes</li> <li>Skill acquisition in communication techniques for interviewing children who are victims of CSA</li> <li>Development of skills in the delivery of short and long-term psychosocial interventions for recovery and healing.</li> </ul>		
Workshop is intended for	Mental health professionals especially social workers and psychiatric social workers working with children and adolescents		
Duration	150 Minutes		
About the Facilitator	Dr. Kavita V Jangam is an Additional Professor at the Department of Psychiatric Social Work, National Institute of Mental Health and Neurosciences (NIMHANS). Her doctoral research and specialization in clinical practice for over a decade has been in the area of child sexual abuse. She has been a key facilitator at many national-level training programs for stakeholders from mental health, child welfare and judicial systems.  Dr. Priyanka P Nambiar is a Psychiatric Social Worker at the Department of Psychiatric Social Work, National Institute of Mental Health and Neurosciences (NIMHANS). The key areas of her clinical practice and training for over 6 years have been in the area of children in difficult circumstances, child safety and protection particularly in the area of child sexual abuse.		
Contact Details	kavita.nimhans@gmail.com 9880496431		

Workshop No.	Date	Time	Hall No.
4	07/02/2024	2 Pm to 4.30 pm	A124
Title of the workshop	Life Skill Education for Substance Abuse Prevention among Adolescents		
Facilitator	Dr. Seema P Uthaman  Asst.Professor and Head,  Department of Psychiatric Social work,IMHANS,Kozhikode.		
About the Workshop	of the WHO as an ir diverse psychosocial abuse, unplanned presuicide, etc. It is a valuation with strategies to make It helps adolescents to and areas of development and adjust with thus, Life skill education like decision making interpersonal skills etc. The main objective of concept of oneself as a through this workshow and techniques propose effective communication interpersonal relations coping with stress and and learning process. The office of the communication with the coping with stress and and learning process. The office of the whole with the workshow and techniques propose effective communication with stress and and learning process. The office of the workshow and techniques propose effective communications are the workshow and techniques propose effective communications and learning process. The office of the workshow are the workshow and techniques propose effective communications and learning process. The workshow are the workshow and the workshow are the workshow and the workshow are the workshow and the workshow are the workshow as the workshow and the workshow are the workshow and the workshow are the workshow and the workshow are the workshow as the workshow and the workshow are the workshow as the workshow and the workshow are the workshow as the workshow and the workshow are the workshow and	nternational initiative for and health problems in a regnancy, sexually transulue added program which the healthy choices that continue the he	ne ten core life skill strategies blem solving, critical thinking, making, creative thinking, so building skills, empathy, and o involves a dynamic teaching will be used during the session:  Demonstration and guided

Expected learning outcomes	<ul> <li>Understand the concept of life skill and application of these skills in day to day life.</li> <li>Understand different methodologies through which adolescents can be trained in using these skills</li> </ul>		
Workshop is intended for	Everyone		
Duration	150 Minutes		
About the Facilitator	Dr Seema P. Uthaman  With more than a decade's experience in teaching and research in mental health, Dr. Seema P Uthaman heads the Department of Psychiatric Social Work at the Institute of Mental Health and Neurosciences (IMHANS) Kozhikode. She completed her M Phil and PhD degree from National Institute of Mental Health and Neurosciences, Bengaluru. Her areas of expertise include child and adolescent mental health, life skills education and school mental health. She is a member of the Kerala State Mental Health authority and a winner of the Best Teacher Award in allied health science discipline under Kerala University of Health Sciences, Thrissur.		
Contact Details	seemapradeepk@gmail.com Ph: 9074277506		

Pre-Conference Workshop	Date	Time	Hall No.
5	07/02/2024	2 Pm to 4.30 pm	B 105
Title of the Workshop	Suicide prevention		
Facilitator	Dr G Ragesh  Lecturer , Dept. of Psychiatric Social Work  Institute of Mental Health and Neurosciences (IMHANS)		
About the Workshop	Suicide prevention is an essential public mental health need. This workshop will help to understand the concept of suicide and self-harm, warning signs of suicide, risk factors, suicide risk assessment, and immediate interventions.		
Expected learning outcomes	<ul><li>4. Knowing the warnng sign, Risk factors</li><li>5. Kmow how to do the assessment</li><li>6. Timely interevnetion for the high risk group.</li></ul>		
Workshop is intended for	Everyone		
Duration	150 Minutes		
About the Facilitator	Dr G Ragesh is a trained and registered psychiatric social worker. He has been involved in suicide prevention training for more than ten years.		
Contact Details	Rageshpsw@gmail.com		



Workshop No.	Date	Time	Hall No.
1	08/02/2024	11am to 1.30 pm	B203
Title of the workshop	Developing Therapeutic Skills of Listening in Social Case Work and  Counselling		
Facilitator	Consultant, Cas	<b>Dr.V.Sayee Kuma</b> se Work, Counselling & F	
About the Workshop	Everybody knows that chronic skin diseases located on visible areas of the skin may lead to considerable emotional and psychosocial stress in the affected patients, especially if the lesion is disfiguring or tends to heal with scars. Almost all dermatological conditions have some amount of psychological issues. So all conditions have to be considered as psycho dermatological disease unless otherwise proved. There are common cases and rare cases in this area. I am running a psycho dermatology clinic in Government medical college, Kozhikode for last 14 years where I have encountered many interesting cases. For eg. Delusional parasitosis, Skin picking syndrome, Factitious dermatitis, Trichotillomania,, Factitious chelitis, Lichen amyloidosis, Alopecia areata, Hansen's disease (neuralgia, ENL,phobia), Acne / Acne excoriee, Prurigonodularis, Psoriasis, Lichen simplex chronicus. A brief description of these clinical conditions with photo illustration will be done during the presentation.		
Expected learning outcomes	<ul> <li>Experiential learning of listening</li> <li>Incresing confidence level to practice</li> <li>Skills in using verbal and non verbal communciation for therapy</li> </ul>		
Workshop is intended for	MSW, M.Phil PSW, Ph.D scholars, young MSW teachers, field work agency supervisors, mid, senior level professionals / teachers and social work practitioners		
Duration	150 Minutes		

	Dr.Kumar has nearly 35 years of experience in the field of Case work, Counselling & Psychotherapy in various domains such as active clinical work, academic work - training, research, HRD and consultancy. After his formal		
	training at NIMHANS, Bangalore, he has got added his academic qualifications and trained continuously in Psychotherapy, Behaviour therapy & CBT.		
About the Facilitator	He has participated in hundreds of International, National and Regional Conferences - Workshops in Mental Health, Psychotherapy and Counselling apart from conducting workshops on Listening Skills in Psychotherapy.		
	He is a Life Member of various Professional bodies in Mental Health such as Indian Psychiatric Society, Indian Association for Child & Adolescent Mental Health, Indian Association of Social Psychiatry, Indian Society of Professional Social Work, Association of Psychiatric Social Work Professionals and Council for Sex Education and International Parenthood (India). He also served as an EC Member in IASP. He is also the life member of many HR Bodies like NIPM< ISTD and NHRD.		
Contact Details	E mail: dr.sayeekumar@gmail.com  Mob: 9840471232		

Workshop No.	Date	Time	Hall No.
2	08/02/2024	11 am to 1.30 pm	B201
Title of the workshop	Gender, Se	exuality and Mental Hea	alth from Margins
Facilitator	Nafeesa Mohamed <sup>1</sup> , Philia Varghese <sup>2</sup> , Dr. G Ragesh <sup>3</sup> <sup>1</sup> Clinical Psychologist, IQRAA Mind, Calicut <sup>2</sup> Psychiatric Social Worker, Dept. of PSW, IMHANS, Calicut  3Psychiatric Social Worker, Dept. of PSW, IMHANS, Calicut		
About the Workshop	Objectives  Reflecting on Normative ideas of gender and sexuality  Understanding Human sexual and gender diversities  Understanding Intersectionality, Intersection of Gender/ Sexuality and mental health		
Expected learning outcomes	<ol> <li>To understand the queer lens</li> <li>To get an orientation on how to manage clients belonging to queer community</li> </ol>		
The workshop is intended for	Everyone		
Duration	150 Minutes		
About the Facilitator	Nafeesa Mohamed - Nafeesa Mohamed is a RCI licensed clinical psychologist and psychotherapist who has completed her Master of Philosophy (MPhil) from the Institute of Human Behaviour and Allied Sciences (IHBAS) in Delhi.  Nafeesa takes a psychosocial approach to therapy and believes the therapeutic relationship is critical in helping clients achieve positive outcomes. Nafeesa is heavily influenced by acceptance and commitment therapy (ACT) and narrative therapy principles, which guide her approach to therapy. She is committed to helping clients reclaim their narratives and develop empowering stories that promote healing and growth.		

	Philia Varghese: She is working as a Psychiatric social worker in the
	Department of Psychiatric Social Work at the Institute of Mental Health and
	Neurosciences (IMHANS) Kozhikode from the last one year. She completed
	her M Phil in PSW from Central Insitute of Psychiatry(CIP), Ranchi. Her areas
	of expertise include child and adolescent mental health, Couple and Family
	Therapy and school mental health. She is a trained Queer affirmative
	practitioner.
	Dr. G Ragesh: Dr G Ragesh is a trained and registered Psychiatric Social
	Worker. He has been involved in suicide prevention training for more than
	ten years. He is a trained Queer Affirmative Counseling Practitioner.
Contact Details	E- Mail: philia@imhans.ac.in Ph: 8289847899

L

Workshop No.	Date	Time	Hall No.
3	08/02/2024	11am to 1.30 pm	B113
Title of the workshop		Psychodermatolog	gy
Facilitator	Dr Abdul Latheef.EN MD, DVD, MSc Psychology Professor & In-charge Division of Psycho Dermatology Dept. of Dermatology & Venereology, Govt. Medical College, Kozhikode		
About the Workshop	skin may lead to co affected patients, espe- scars. Almost all of psychological issues. dermatological disease rare cases in this ar Government medical encountered many into picking syndrome, leading syndrome,	nsiderable emotional and exially if the lesion is displayed dermatological condition. So all conditions have a unless otherwise proved the area. I am running a percentage of the college, Kozhikode for the exercitions dermatitis, Tooidosis, Alopecia areata, and Acne excoriee, Prurige	ocated on visible areas of the d psychosocial stress in the figuring or tends to heal with ms have some amount of to be considered as psycho. There are common cases and sycho dermatology clinic in last 14 years where I have Delusional parasitosis, Skin richotillomania, Factitious Hansen's disease (neuralgia, onodularis, Psoriasis, Lichen clinical conditions with photo m.

Expected learning outcomes	➤ To sensitize those who are working in the field of mental health regarding importance of this psychodermatology		
Workshop is intended for	Everyone		
Duration	150 Minutes		
About the Facilitator	<ul> <li>President- south Asian Association of Psychodermatology</li> <li>Past President- Psychodermatology Association of India</li> <li>Member Association for Psychoneurocutaneous Medicine of North America</li> <li>Fellow of International Medical Sciences Academy Member European society for dermatology and psychiatry Former National coordinator - psychodermatology SIG -India.</li> <li>IADVL Kerala Oration Award 2020</li> <li>Publications; Editor in chief – Hand Book Of Psychodermatology</li> <li>Authored chapters in IADVL Text book, ACS(I) text book</li> <li>Published articles in National and International journals</li> <li>Speaker Invited speaker in National and International conferences</li> </ul>		
Contact Details	drlatheef90@gmail.com phone 9447262170		

Workshop No.	Date 08/02/2024	Time 11am to 1.30 pm	Hall No. B124
Title of the workshop	Therapists in Parent-Adolescent Mental Health Interventions		
Facilitator	Dr Bino Thomas  Additional Professor, Dept. Of PSW  NIMHANS,Bangalore		
About the Workshop	The number of adolescents with mental health concerns who seek professional help is increasing due to enhanced awareness as well as diverse problems. This workshop is intended to help the psychiatric social work professionals to enhance their therapist capacities in parent adolescent mental health interventions. This will cover how psychiatric social workers could make their therapeutic presence with parents of adolescents with compassion, empathy and humility. The methodology of the workshop will also enable professionals in fine-tuning their clinical assessments, conceptualisation and plan of intervention strategies especially in parenting interventions. The methodology of the workshop will be a mix of experiential and interactive activities.		
Expected learning outcomes	<ul> <li>Increased intropection and self awareness in parenting interventions.</li> <li>Enhanced professional qualities in engaging with parents in clinical settings.</li> <li>Enhanced professional competencies in parenting interventions.</li> </ul>		
Workshop is intended for	Practising mental health professionals ( Psychaitric social workers, clinical psychologists, child and adolescent psychiatristis and psychiatrists.		
Duration	150 Minutes		

About the Facilitator	Dr Bino Thomas is a consultant at NIMHANS who works with the Child and Adolescent Psychiatry with more than 18 years of practicise, research and training experience in child, adolescent, marital, parental and family mental health interventions. His work families is well reflected in international and national publications.
Contact Details	binonimhans@gmail.com

Workshop No.	Date	Time	Hall No.
5	08/02/2024	11am to 1.30 pm	B105
Title of the workshop	Mental Health Leadership: Transcending Disempowering ISMS for Wellbeing		
Facilitator	Professo		
About the Workshop	•		

	principles, purpose and practice to generate concrete results that benefit all of humanity.
	The focus is on interrupting/shifting disempowering structures, systems and cultural norms a missing part in praxis that underlie and complicates mental health recovery and wellbeing. Thus the RTL mental health workshop offers a new way of thinking / and doing offers a new path for today's leaders in the mental health sector to experience the deeper convergence of principles, purpose and practice to generate concrete results that benefit all of humanity. The workshop will include experiential exercises that will include inner
	capacities, identifying unworkable systems and cultural norms, and desiging strategies for sustainable and equitable results for wellbeing for all through robust mental health leadership.
Expected learning outcomes	<ul> <li>To design for mental health leadership in daily tasks</li> <li>To interrupt disempowering "isms" related to stigma to realise full potential of people living with mental illness and their families</li> <li>To undertake full spectrum interventions for wellbeing of all</li> </ul>
Workshop is intended for	Everyone
Duration	150 Minutes
About the Facilitator	Srilatha Juvva is a social work educator with a Ph.D. in Psychiatric Social Work. She is currently Professor of Social Work, Tata Institute of Social Sciences, Mumbai, India. She has 30 years of teaching and clinical practice experience. She cares deeply about manifesting full potential and fairness in self and others and is a trained practitioner coach in Radical Transformational Leadership, based on cutting neuroscience & psychology.
Contact Details	juvva.srilatha@gmail.com
	1

Workshop No.	Date 08/02/2024	Time 11am to 1.30 pm	Hall No.	
Title of the workshop	The Journey of setting up the Tele-Counselling and Psychotherapy Platform AMITA Care			
Facilitator		Dr. Anita Rego¹ Ambati Bhargav Ram²  1. Founder and CEO, AMITA Care  2. CTO AMITA Care		
About the Workshop	COVID-19 opened the doors for practice using digital technology and it created an increase interest as well as guidelines for practice. Mental health professionals including Psychiatric Social Workers developed policy documents to govern the space of digital therapy and these guidelines have become the benchmark for practice. PEARLSS 4 Development, a start-up, took the initiative to build a web-based platform where various mental health professionals could practise online. As this was a newer space, the journey led us to plan, design, organise, register, and abide by the compliances applicable for digital practice. The journey has been promising and has opened learning and challenges that will be shared. This will be useful for other mental health professionals, especially Psychiatric Social Workers, who wish to establish and operate tele-mental health platforms within a social enterprise space.			
Expected learning outcomes	<ul> <li>Understanding processes for establishing robust digital platform</li> <li>Understanding compliances for digital spaces within the country</li> </ul>			
Workshop is intended for	Everyone			
Duration	150 Minutes			

**Dr. Anita Rego** is a Public Health & Mental Health Professional with an M. Phil and Ph.D in Psychiatric Social Work (NIMHANS, Bangalore), and a PGCBM (MICA). She operates a tele-mental health platform which is available both offline and online through AMITA. The platform is fully automatised end to end with client management, digital therapy interface and electronic health records built within mandated compliance requirements. As a clinical therapy practitioner, she is an on-board psychotherapist for perinatal mental health at Fernandes Hospital and Sanctum. She brings integrated approaches for therapy within the social justice and human rights lens to the work. Her 3-decades of long-standing professional experience spans across projects of the central and state government, International and National NGOs, CSRs and Corporate bodies on mental health, public health and gender based violence.

## About the Facilitator

Mr.Ambati Bhargav Ram is the Chief Technology Officer at PEARLSS 4 Development and has put together the web platform for AMITA Care. He completed his B. Tech from IIT Guwahati in Electronics and Electrical Engineering. He is the Co-Founder and CTO of LOGOJECH Technologies Private Limited CTO of Revelec Automotive - an Electric Two-Wheeler Company. He is instrumental in developing an innovative Edu-Tech Product for which he received 'Futurpreneur Award' in the year 2019 from Tata Institute of Social Sciences. He pioneered the development of low cost IoT Device in Vehicle to Vehicle Communication for electric two wheelers. He is specialised in Machine Learning, Artificial Intelligence, Embedded Systems, Internet of Things (IoT) Domain.

## **Contact Details**

ceo@amitacare.com; 9849882788; www.amitacare.com

Workshop No.	Date	Time	Hall No.
7	09/02/2024	10 am to 12.00 pm	B201
Title of the workshop	The nuts and bolts of Randomized Control Trials (RCT) in Social Work Research		
Facilitator	Dr Anish K R  Associate Professor, Rajagiri College of Social Sciences (Autonomous)  Kochi, India		
About the Workshop	Associate Professor, Rajagiri College of Social Sciences (Autonomous)		
Expected learning outcomes	<ol> <li>At the end of the workshop, the workshop participants will be able.</li> <li>Reflect on the concept, prospects, and challenges of the methodology of randomized control trials in social work practice</li> <li>Demonstrate a basic idea of designing a randomized control trial</li> <li>Enlist the methodological considerations in RCTs</li> </ol>		

Workshop is intended for	Everyone			
Duration	150 Minutes			
About the Facilitator	Associate Professor and Former Head, Rajagiri College of Social Sciences  Positions Held Chairman Board of Studies  • Mahatma Gandhi University, Kottayam  • Kannur University  • Rajagiri College of Social Sciences (Autonomous)  Member BoS – Sree Shankaracharya University & MGU, and 7 autonomous colleges in Kerala  Major Research Grants & Fellowships  • Finnish National Agency for Education, Finland  • German Academic Exchange Programme (DAAD-Germany),  • Australia India Council, DFAT, Australia  • World Association of Psychosocial Rehabilitation,  • International Association of Schools of Social Work,  • UGC Minor and Major Projects, ICSSR- IMPRESS and Major Project  • Ministry of Social Justice and Empowerment,  • Govt. of Kerala  Consultancy Services - NACO, NISD, NIRDPR, NTPC, Habitat India, Muthoot Finance  Professional Contribution: Founding member of KAPS and KAPS Skills Academy  Editorial Board Member			
	<ul> <li>Children and Youth Services Review (CYSR), Elsevier</li> <li>Indian Journal of Health Social Work (AIAMSWP)</li> <li>The Indian Journal of Social Work Education &amp; Practice, DU</li> </ul>			
Contact Details	Anish@rajagiri.edu Ph: 9447200702			

Workshop No.	Date	Time	Hall No.
8	09/02/2024	10.30am to 12 pm	B113
Title of the workshop	Fostering Mental health in Higher Education Campuses		
Facilitator	N Visitin Pr	Shalini K. Sharm Counselling, Welfare, Tra MAMIT, Nitte, Udupi, In actising MH professional	ining & Placement, Karnataka MIT, Manipal & trainer
About the Workshop	Fostering mental health in a higher education' campus through a Freshmen Orientation Programme: Students in Higher education institutes, face MH challenges during their academic journey. Several, adopt unhealthy coping. Adjustment to the new environs disturbs especially those straitjacketed during 10+2. The sudden freedom, multiple distractions, peer pulls, relationships, lack of clarity on expectations, fear of ragging, self- perception of not being as smart as the peers, not having a favourite caring teacher to turn to, makes many a student anxious, fearful and, perform below his capabilities. Apart from the prevalent psychiatric disorders, more than 50% of students experience social dysfunction resulting in academic failure, low self-esteem, parental anguish, and loss of life. A MHP/ Counsellor can play a significant role in an educational campus to handle these issues creatively. One such, is a Freshmen Orientation Programme run with the help of Trained senior student volunteers.  The following steps are mandated after ensuring the co-operation of the management:  1. An in-depth study of common problems of youngsters on campus 2. Designing a neat day' long programme schedule to be carried out for freshmen at entry 3. Identification of Caring senior student volunteers & training them rigorously		

	In this workshop we shall delve into the basics of designing a shorter		
	version of such a programme to introduce mentoring by seniors who would stay in touch with the MHP to refer or seek guidance/ to handle issues of		
	·		
	concern as they come up, right through the year. A memorable event with		
	participatory activities to make the freshmen feel welcome to begin their		
	academic journey with enthusiasm will be attempted.		
	> It is possible to generate a methodology of connecting with freshmen		
	➤ It is possible to Customize & Design an appealing programme that		
Expected learning	provides anticipatory guidance to be delivered through Senior student		
outcomes	volunteers		
	<ul> <li>Usefulness of providing role models to freshmen to turn to, creating an</li> </ul>		
	efficacious 'win-win' for all concerned		
Workshop is	Any Counsellor, mental health professional, keen to work with young people		
intended for	in Higher Education institutes		
	150 Minutes		
Duration	150 Minutes		
Duration	Shalini K. Sharma is a psychiatric social worker, specializing in adolescent		
Duration			
Duration	Shalini K. Sharma is a psychiatric social worker, specializing in adolescent		
Duration	Shalini K. Sharma is a psychiatric social worker, specializing in adolescent and young adult mental health. Alumna of St. Agnes College, Roshni Nilaya,		
Duration	Shalini K. Sharma is a psychiatric social worker, specializing in adolescent and young adult mental health. Alumna of St. Agnes College, Roshni Nilaya, and, NIMHANS, Bangalore, she has held permanent positions in NIMHANS,		
Duration	Shalini K. Sharma is a psychiatric social worker, specializing in adolescent and young adult mental health. Alumna of St. Agnes College, Roshni Nilaya, and, NIMHANS, Bangalore, she has held permanent positions in NIMHANS, L & T Bangalore works and in NMAMIT, Nitte, the last as head, counselling,		
Duration  About the	Shalini K. Sharma is a psychiatric social worker, specializing in adolescent and young adult mental health. Alumna of St. Agnes College, Roshni Nilaya, and, NIMHANS, Bangalore, she has held permanent positions in NIMHANS, L & T Bangalore works and in NMAMIT, Nitte, the last as head, counselling, welfare, training & placement. She holds an M.Phil in Psychiatric Social work		
	Shalini K. Sharma is a psychiatric social worker, specializing in adolescent and young adult mental health. Alumna of St. Agnes College, Roshni Nilaya, and, NIMHANS, Bangalore, she has held permanent positions in NIMHANS, L & T Bangalore works and in NMAMIT, Nitte, the last as head, counselling, welfare, training & placement. She holds an M.Phil in Psychiatric Social work from NIMHANS. Shalini has three decades of joyful experience of designing		
About the	Shalini K. Sharma is a psychiatric social worker, specializing in adolescent and young adult mental health. Alumna of St. Agnes College, Roshni Nilaya, and, NIMHANS, Bangalore, she has held permanent positions in NIMHANS, L & T Bangalore works and in NMAMIT, Nitte, the last as head, counselling, welfare, training & placement. She holds an M.Phil in Psychiatric Social work from NIMHANS. Shalini has three decades of joyful experience of designing and implementing successful training modules for a 'happy campus' creating		
About the	Shalini K. Sharma is a psychiatric social worker, specializing in adolescent and young adult mental health. Alumna of St. Agnes College, Roshni Nilaya, and, NIMHANS, Bangalore, she has held permanent positions in NIMHANS, L & T Bangalore works and in NMAMIT, Nitte, the last as head, counselling, welfare, training & placement. She holds an M.Phil in Psychiatric Social work from NIMHANS. Shalini has three decades of joyful experience of designing and implementing successful training modules for a 'happy campus' creating and engaging student leaders. She trains teachers to fulfil the essentials of a		
About the	Shalini K. Sharma is a psychiatric social worker, specializing in adolescent and young adult mental health. Alumna of St. Agnes College, Roshni Nilaya, and, NIMHANS, Bangalore, she has held permanent positions in NIMHANS, L & T Bangalore works and in NMAMIT, Nitte, the last as head, counselling, welfare, training & placement. She holds an M.Phil in Psychiatric Social work from NIMHANS. Shalini has three decades of joyful experience of designing and implementing successful training modules for a 'happy campus' creating and engaging student leaders. She trains teachers to fulfil the essentials of a happy, compassionate campus. Her annual four day' Learning & development		
About the	Shalini K. Sharma is a psychiatric social worker, specializing in adolescent and young adult mental health. Alumna of St. Agnes College, Roshni Nilaya, and, NIMHANS, Bangalore, she has held permanent positions in NIMHANS, L & T Bangalore works and in NMAMIT, Nitte, the last as head, counselling, welfare, training & placement. She holds an M.Phil in Psychiatric Social work from NIMHANS. Shalini has three decades of joyful experience of designing and implementing successful training modules for a 'happy campus' creating and engaging student leaders. She trains teachers to fulfil the essentials of a happy, compassionate campus. Her annual four day' Learning & development intervention, "Understanding our adolescents, prevention of suicide and		
About the	Shalini K. Sharma is a psychiatric social worker, specializing in adolescent and young adult mental health. Alumna of St. Agnes College, Roshni Nilaya, and, NIMHANS, Bangalore, she has held permanent positions in NIMHANS, L & T Bangalore works and in NMAMIT, Nitte, the last as head, counselling, welfare, training & placement. She holds an M.Phil in Psychiatric Social work from NIMHANS. Shalini has three decades of joyful experience of designing and implementing successful training modules for a 'happy campus' creating and engaging student leaders. She trains teachers to fulfil the essentials of a happy, compassionate campus. Her annual four day' Learning & development intervention, "Understanding our adolescents, prevention of suicide and introduction to basic therapeutic counselling skills" university professos		

	programmes. She is a visiting counselling consultant at MIT, Manipal from		
	1996 where she works with faculty and students who have MH concerns.		
	She is a mentor for IASF 24, IUCEE and is a mental health arm of WICCI,		
	personal branding, Bangalore.		
Contact Details	shaliniksharma@rocketmail.com		
	9448000507		
	https://www.linkedin.com/in/shalini-k-sharma-1a356922		
	•		



Symposium	Date	Time	Hall No.
1	09/02/2024	10.30 AM to 12 PM	B203
Title of the Symposium	Challenges and Concerns in Psychiatric Social Work Practice		
Facilitator	<ol> <li>Bhupendra Singh¹, Kuldeep Singh², Prashant Srivastava³</li> <li>Associate Professor, Dept. of Psychiatric Social Work, UHS, Rohtak</li> <li>Psychiatric Social Worker, Kalpana Chawla Government Medical College and Hospital, Karnal, Haryana.</li> <li>Psychiatric Social Worker, Kalpana Chawla Government Medical College and Hospital, Karnal, Haryana.</li> </ol>		
About the Symposium	Medical College and Hospital, Karnal, Haryana.  There is an increasing trend toward greater inclusion of inter professional collaborative care models in the health care system. Collaborative models bring various health care providers together such as physicians, psychiatrist, nurses, psychiatric/medical social workers, psychologists, pharmacists, dietitians, and others to provide team-based care. Key factors can help influence or deter successful collaboration. Social work has historical experience in team based care and brings a unique perspective to health care environments. The psychiatric social worker provides individual, family, and group social work counseling and other social work treatment interventions to psychiatric hospital patients, in community and assumes primary responsibility for discharge planning. Psychiatric social work practice is both challenging and rewarding. Heavy caseloads, struggling clients, less recognitions and impoverished neighborhoods are examples of the problems facing psychiatric social workers today.  Keywords: Concerns, Challenges, Psychiatric Social Work		
Duration		150 Minutes	

Symposium
2
Title of the
Symposium
Facilitator
About the Symposium

Expected learning outcomes	<ol> <li>knowledge about palliative care</li> <li>How to communicate prognosis, models of breaking bad news.</li> <li>Application of palliative care in clinical setting .</li> </ol>	
Symposium is intended for	Everyone	
Duration	150 Minutes	
About the Facilitator	Dr Sinu is the associate professor in psychiatric social work and PSW consultant in neurology at Nimhans. Dr Sinu has completed his MPhil in PSW and PhD in PSW from Nimhans, Bangalore. and has a doctoral fellowship in Non-Communicable Disorders across Life Span from the University of Florida, USA. His PhD thesis was titled Family-centred Social Casework Intervention for Persons with Alcohol Dependence Syndrome guided under dr D Muralidhar and Dr Prathima Murthy. he has worked as a Psychiatric social work consultant in many places as well as held a position as an academician in several places. Dr Sinu is part of more than 40 publications and has written various chapters for several books. he also holds the role of principal investigator as well as co-investigator for many projects and studies.	
<b>Contact Details</b>	esinu27@gmail.com,	

Symposium	Date	Time	Hall No.
3	09/02/2024	1 Pm to 2.30 pm	B203
Title of the Symposium	Developing Indian Model of Casework and Psychotherapy		
Facilitator	Dr.V.Sayee Kumar  Consultant: Case Work, Counselling & Psychotherapy- Chennai		
About the Symposium	facilitate a change in have several theories. Theories like Psychoad Maslow 's Need Hier decades. Significance in Indian setting as the conditions. Sigmund nuclear family and limbut Ego, in India is individual aims to intermoksha through social impact on one's adjust of good mental he understanding of philipapart from innumeral mainstream thoughts conduct. 2) To bring and addressing concernavailable practices in critical anlaysis. Cont., Social Work / Case practice. It exmine	numan as well as social be to understand, explain ar analysis, Behavioural Moarchy Theory etc. are best: Often, the existing theory ey were developed in Ware of the structure of mind considered as a part of the grate oneself with Universal, religious and spiritual timent with self and envirously and the structure of mind the structure of mind oneself with Universal, religious and spiritual timent with self and envirously alth. Objectives: 1) cosophical foundations under Indian traditions which there is a significant in out the limitations of We are of Indian patients and case work and psychothems: It reviews the work of Work and makes an effort the arguments of Welf and the arguments of Welf a	chaviour for good. For that we had modify human behaviours. Odels, Client centred therapy, eing used by practitioners for ries are considered inadequate destern and European cultural moanalysis in the context of did with Id, Ego and Super Ego. The larger supreme ego and the resal Supreme Self by attaining means. These things have an conment which are hall marks. To have a comprehensive mader astik and nastik schools are not recognised under mpact on ones behaviour and stern models in understanding families. 3) To observe the merapy in Indian context for done on Indian Psychotherapy rt to relate some concepts for destern authors and theories pendence for adjustment and

	recovery, raising the question whether it is ideal for India, or for that may to the oriental culture where the outcome is weighed with dependency a inter-dependency.		
	· · ·		
<b>5</b>	1. To become aware and appreciate all the traditions of indian schools		
Expected learning	of thought from all regions of India.		
outcomes	2. Learning the differences between Indian and Western theories and		
	techniques to be used in counselling - psychotherpy		
Symposium is intended for	Students - Teachers - Practitoners - Researchers		
Duration	150 Minutes		
About the Facilitator	Dr.Kumar has nearly 35 plus years of experience in the field of Case work, Counselling & Psychotherapy in various domains such as active clinical work, academic work - training, research, HRD and consultancy. After his formal training at NIMHANS, Bangalore, he has got added his academic qualifications and trained continuously in Psychotherapy, Behaviour therapy and CBT. He has done his Ph.D on developing a Indian model of Social Case Work, that is considered to be the first of its kind in India. He has participated in hundreds of International, National and Regional Conferences - Workshops in Mental Health, Psychotherapy and Counselling apart from conducting workshops on Listening Skills in Psychotherapy. He is a Life Member of various Professional bodies in Mental Health such as Indian Psychiatric Society, Indian Association for Child & Adolescent Mental Health, Indian Association of Social Psychiatry, Indian Society of Professional Social Work, Association of Psychiatric Social Work Professionals and Council for Sex Education and International Parenthood (India). He also served as an EC Member in IASP and life member of many HR Bodies like NIPM, ISTD and NHRD.		
Contact Details	Email: dr.sayeekumar@gmail.com  Mob: 9840471232		

Symposium No.	Date	Time	Hall No.
4	09/02/2024	1.00 pm to 2.30 pm	B201
Title of the Symposium	•	quences of COVID-19 th Disabilities and the	related Lockdown on Persons ir Caregivers
Facilitator		,	I <sup>2</sup> and Dr. Amaresha C <sup>3</sup> and Associate Professor <sup>3</sup>
About the Workshop	Professor <sup>1.</sup> Associate Professor <sup>2</sup> , and Associate Professor <sup>3</sup> Department of Psychiatric Social Work, LGBRIMH, Tezpur, Assam  Brief Introduction and Significance The psychosocial consequences of any pandemic in general and the lockdown in particular during COVID-19 have the ability to make vulnerable groups further vulnerable.  Objectives Through this mixed methods research, we aimed to uncover these aspects related to COVID-19 and create field based data for policy intervention and generate relevant affirmative programs and results on the field.  Content The environment domain of ICF, WHODAS 2.0 and Revised Connor Davison Resilience Scale were administered to understand the barriers and facilitators of the disability and resilience. In-depth interview was conducted with 10 PWDs and 9 caregivers and 4 focus group discussions with 29 participants comprising of PWDs, caregivers, association members, health and mental health professionals, government official, NGO representatives and media representatives were conducted. Difficulties were found in the cognition, mobility, self-care, getting along, life activities, household activities and work activities, participation in society. Prevalence of total disability in PWDs during COVID-19 related lockdown was 7.6%. PWDs reported high difficulties in life activities including house and work activities. PWDs reported complete barrier in products and technology, natural environment and human made changes to the environment  Conclusion: The existing vulnerabilities of persons with disability became		
Expected learning outcomes	Covid-19 relations  Covid-19 relations	ated lockdown	PWD and their caregivers during and caregivers during pandemic and policy

Workshop is intended for	Everyone	
Duration	150 Minutes	
	Dr. Sonia Pereira Deuri, Head and Professor at LGBRIMH, Tezpur, Assam. Current Prof & Head of Psychiatric Social Work Dept., LGBRIMH, and Dean at Gauhati University. Actively involved in research projects on mental health, with numerous publications. PI in NMHS, 2016. Guided several PhD and MPhil scholars in PSW.	
About the Facilitator	Dr. Sobhana H is an Associate Professor in the Department of Psychiatric Social Work, LGBRIMH, Tezpur. Member of SMHA Assam and President of the APSWP. Involved in research projects and guided several PhD and MPhil scholars in PSW. Co-PI in NHMS 2016. Peer reviewer in a couple of peer reviewed journals.	
	Dr. Amaresha, an Associate Professor of PSW at LGBRIMH, Tezpur, works in adult and child psychiatry. Formerly he was a faculty of Social Work at Christ University, Bangalore. Has several publications and mental health projects, serving as a distinguished section editor and peer reviewer for a few peer reviewed journals.	
Contact Details	Dr. Sonia Periera Deuri- soniadeuri28@gmail.com 9435080843 Dr. Sobhana H – sobhana@gmail.com 9435183606	
	Dr. Amaresha C <u>-amarmsw@gmail.com</u> 9449603952	

Symposium	Date	Time	Hall No.
5	09/02/2024	1 Pm to 2.30 pm	B113
Title of the Symposium	Expanding the Horizon of Psychiatric Social Work Practice in Clinical, Academic, and Developmental Settings: Opportunities and Challenges		
Facilitator	<ol> <li>Psychiatric Soo Health, Bangal</li> <li>Assistant Profe University, Soo</li> </ol>	ore. essor, Department of Psyc S Campus, Bangalore. essor, Department of Psyc	eenashree <sup>3</sup> opt of Psychiatry, Narayana chology, Jain (Deemed to be) chology, Christ (Deemed to
About the Symposium	The Psychiatric Social Work (PSW) profession has a wide range of scope, which often has been unexplored or underexplored. Amidst the ongoing debates on the scope of PSWs and its recognition across the stakeholders, including the PSW fraternity, it's a high time to expand the horizon and gain visibility through the dynamic practice from the experiential account of the authors this symposium aims to enhance the insight of the participants on the emerging opportunities and challenges in the academic, clinical, and developmental sectors.  **Keywords: Psychiatric Social Work**		
Expected learning outcomes	for the practice 8. The symposium students of PS' strategies to strategies to strategies. 9. The facilitative and provides a	e of PSW in different field in also would brainstorm W on the process of explorengthen and expand the	the budding professionals and pration of the new avenues, PSW services in different a mutual learning experience personal plan of action to

Symposium is	From the hands-on experience of the authors in the respective fields, case		
intended for	studies, and success stories will be discussed to enable the reflective learning		
	of the participants to explore the new avenues for PSWs		
Duration	150 Minutes		
About the Facilitator	Dr Manjula B, has 12 yrs. of experience in the field of Mental Health-psychosocial interventions, training and manual development, community interventions. She has published research articles in National and International journals and written chapters in books. She has made presentation in National and International conferences (won a Best paper Award under Social work Practitioner Category). Has conducted several workshops/ webinars for Corporate Companies, PSU, School Teachers and Radio programmes on Mental Health. She also has Professional Memberships in ISPSW and IACAM. She has inclination in Spirituality.  Dr Sukanya, is a dedicated professional with a strong academic background and extensive experience in the field of psychology and psychiatric social work. Currently serving as an Assistant Professor in the Department of Psychology at Jain (Deemed to be) University, School of Sciences in Bangalore since October 2022, her commitment lies in contributing significantly to academia, clinical practice, and research. Her journey in academia began with a Research Fellow position in the IMPACT Project at the Department of Psychiatry, NIMHANS, where she worked from October 2019 to September 2022. During this period, she actively engaged in research activities, gaining valuable insights and experience in the realm of mental health.  Dr Veenashree, has 8+ years of diverse work experience as clinician,		
	researcher, academician, trainer, and project manager in prestigious institutes like NIMHANS, Bengaluru, Carers Worldwide India, and Christ (deemed to		
	be University, Bengaluru. Her primary areas of specialty and interest includes		
	child sexual abuse survivors and their families, psychosocial support in		
	disaster management, women mental health, community mental health, and		
	qualitative research. For her academic credits, she has received 6 prestigious		

	awards at the international and national forums. She has been actively engaged in peer reviewing the research articles in high impact journals, writing research papers, and doing scientific deliberations at the international and national forums.
Contact Details	manjulab.manju@gmail.com (9972389423)  veenashreeanchan@gmail.com (8453668504)  rajankanya@gmail.com (9686122432)

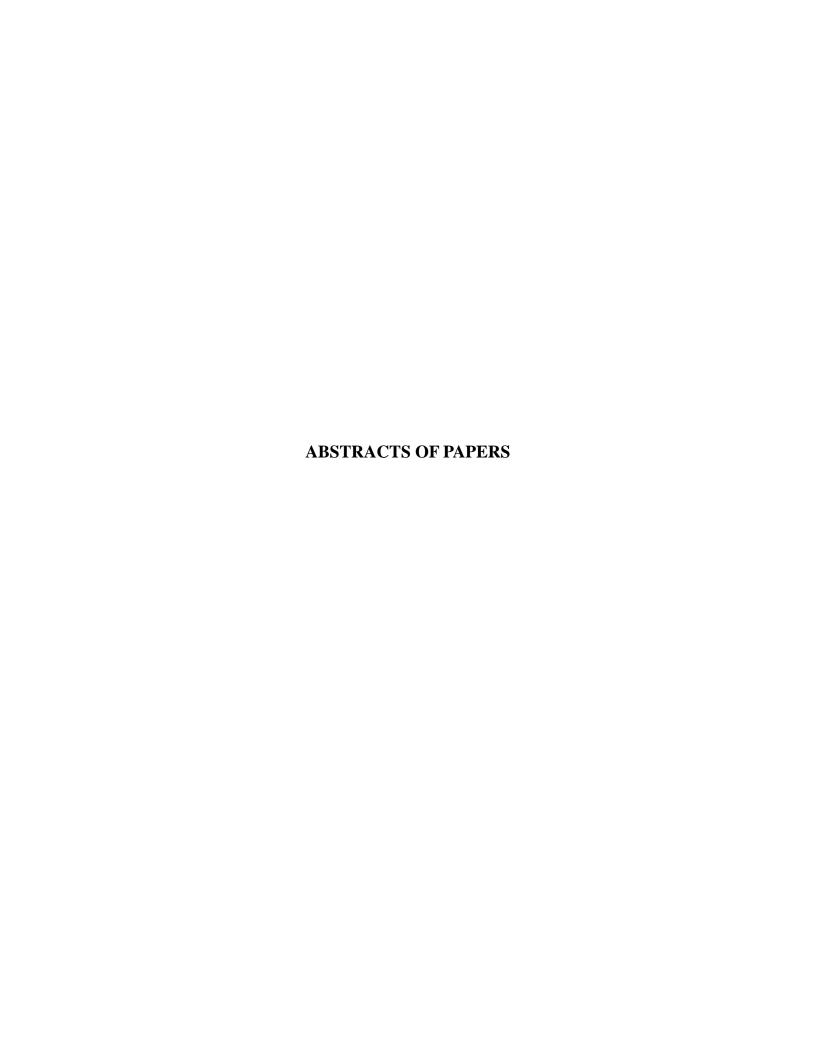
Symposium	Date	Time	Hall No.
6	09/02/2024	1 Pm to 2.30 pm	A124
Title of the Symposium		Perinatal Social Wo	ork
Facilitator	Mr. 1. Associate Prof Karnataka 2. Ph.D. Scholar, 3. Ph.D. Scholar,	Taiphei <sup>1</sup> , Ms. Rigzen Ang Mohd Firoz <sup>4</sup> , Mr. Man Tessor, Dpt. of PSW, NIM Dpt. of PSW, NIMHAN Dpt. of PSW, NIMHAN Dpt. of PSW, NIMHAN	HANS, Bengaluru-29, S
About the Symposium	Introduction  Perinatal social work perinatal period, to a challenges, assist in crand advocate for the wain the community also where needed. (NAPS Significance  There is emerging expsychiatric disorders adverse neonatal, infance health, a multifaceted and rehabilitative complemented by pha Objectives  This symposium aim	ameliorate the effects of reating healthy and nurture woman and her family with assisting them to access W, 1988).  Additional of the control	women and families during of psychosocial and medical ring parent-child relationships hin the health care setting and long term supportive services in the prevalence of perinatal rnal mortality, as well as to in the realm of perinatal mental rentive, promotional, curative, ons is deemed essential, at the scope, objectives, and

	<u>Content</u>	
	Scope, objectives of perinatal social work	
	2. Psychiatric social work interventions in Perinatal mental health	
	3. Mother – baby dyads and bonding	
	4. Paternal Mental health	
	<b>Keywords</b> : Perinatal – Postpartum - Mental Illness - Psychosocial	
	interventions - Bonding disorder - Paternal mental health - Maternal	
	wellbeing - Quality of life	
	10. Scope, Role and Interventions of Social Workers in the field of	
Expected learning	Perinatal Mental Health	
outcomes	11. Mother-Infant dyads and Bonding	
	12. Fathers/ Spouse Mental health during Perinatal Mental Health	
Workshop is intended for	PSWs trainees and faculty, Mental Health professionals who are interested in the field of Perinatal Mental health, Men's Mental Health, women mental health and Social Work Intervention.	
Duration	150 Minutes	
	Dr Kimneihat Vaiphei is an Associate Professor at NIMHANS and works	
	in the field of Perinatal Psychiatric Services as well as Women and Mental	
	Health	
	Ms. Rigzen Angmo, PhD Scholar, and her doctoral work is on Psychosocial	
	Determinants of Suicidal and Self-Harm Behavior among Women with	
	Perinatal Mental Illness.	
About the Facilitator	Mr. Ripudaman Singh, Ph.D. Scholar, interested in the field of Father's mental health in the perinatal social work context and currently pursuing his Ph.D. titled "Efficacy of M Health Interventions for Spouses of Women with Postpartum Psychiatric Disorders- A Randomized Control Trial"	
	Mr. Md Firoz, PhD Scholar and his doctoral work is on Men's Mental Health	
	during Perinatal Period	
	<b>Mr. Manukrishnan,</b> Ph.D. Scholar, is interested in Perinatal Mother Mental health and tribal mental health. He is Pursuing his Ph. D titled "A Study on the Effectiveness of a Gender-Transformative Intervention with Male Partners	

	to Improve the Mental Health and Quality of Life of the Women in Perinatal Period among Tribal Population".	
Contact Details	Kim3478@nimhans.ac.in Vaiphei1@gmail.com	

Symposium No.	Date	Time	Hall No.
7	09/02/2024	1pm to 2.30 pm	B105
Title of the workshop	Non Pharmacolo	l gic Interventions in Den	nentia , carer perspective
Facilitator	Tele M	Dr Sheeba Ninar Geriatric Psychiatr Asst.Professor / Senior Co ental Health Programme Mental Health and Neuro	ist onsultant (Tele MANAS)
About the Workshop	Caregivers form the basis of of care and support. Support of a person with Dementia is not possible without a family member. Family as care givers take the responsibility of meeting all the needs of the patient. Majority of caregivers are women and those above the age of 65. In this process caregiveers themselves experience a range of emotions and challenges. Therefore it is important to understand the challenges faced by them when dealing with PWD. This can be understood by various models. In addition to medication non pharmacological management is vital to help the behavioural and psychological symptoms in Dementia.		
Expected learning outcomes	<ul> <li>Caregiver role in Dementia</li> <li>Impact of Caregiver on Person with Dementia</li> <li>Non pharmacalogical approaches of behavioural and psychological symptoms of Dementia</li> </ul>		
Workshop is intended for	Carers and pr	ofessionals dealing with	Persons with Dementia

Duration	150 Minutes		
About the Facilitator	Dr Sheeba Ninan has trained and worked in psychiatry for the last 20 years .She has specialized in Old Age Psychiatry and worked in the United Kingdom till 2019. Her expertise includes Assessment and Management of:Dementia, Young-Onset Dementia, Behavioral and psychological symptoms seen in Dementia (BPSD), Functional disorders in the elderly, Psychosis including Late-Onset Psychosis, Acute Mental Health presentations in Older Adults. She is passionate about wopkring for the older adults.		
Contact Details	Sheebaninan@imhanc.ac.in		



TD*41 C.41	A Systematic Review of Mental Health and wellbeing of Caregivers of		
Title of the paper	Mentally ill Patients in Indian context		
Author	Vrinda Sankar K		
	Introduction:		
	A caregiver, carer or support worker is a paid or unpaid person who helps an		
	individual with activities of daily living. According to Dr. Bruce Finke		
	"Caregiving is a critical issue for the Indian Health System". In India it is		
	culturally anticipated that the family will care for the chronically sick patients.		
	In their study, Cox and Monk (1993), observed that 29% of caregivers said that		
	providing care had negatively impacted their health. In the study by Juster and		
	Marin (2011), it was discovered that a lot of problems are facing by the		
	caregivers related to the long-term caregiving. <b>Methodology:</b> The aim of this		
	review is to provide a unique summary of the last 10 years of literature focusing		
	on the mental health and wellbeing of family caregivers of patients with mental		
A In manus and	disorder in India through searching of five databases, including MedLine, Web		
Abstract	of Science, Google Scholar, PsycInfo, Clinical key and Embase, using		
	keywords related to mental disorder caregiving, well-being and mental health.		
	Aim: This study aims to understand how family carer's in India develop		
	consequences for their role as caregivers in the context of mental disorders.		
	Result: The results showed that increasing load, increased emotional and		
	physical stress, poorer quality of life owing to dwindling social lives, safety		
	worries, and a lack of formal and informal support had an impact on carer's		
	mental health and wellbeing. <b>Discussion:</b> The results of this study strengthen		
	the argument that caregivers' mental health and wellbeing must be improved by		
	expanding programs and interventions that target the stress and burden of		
	caregiving, mobilizing official and informal support, and enhancing coping		
	mechanisms and resilience.		
Affiliation (s)	Research Scholar, Department of Psychiatry, SRM Medical College and Research Center, Chennai		

	Child Oriented Perfectionism, Parental Burnout, and Adolescents'
Title of the paper	Perceptions of Parental Expectations: Role of Emotional Intelligence
	and Perceived Parental Pressure
Author	Shruti Jhamb <sup>1</sup> , Shaharban N V <sup>2</sup>
Abstract	
	Conclusion:  The results of this study illustrate that child-oriented perfectionism is directly
	positively correlated with parental burnout and that perceived parental

	expectations are directly negatively correlated with parent-adolescent
	relationship. While emotional intelligence and perceived parental pressure
	were not found to moderate the respective relationships, the findings of the
	present study add to the existing literature in the field and form a setting stone
	for future research and policy makers working in the field of child and
	adolescent psychology.
	Keywords: Child-oriented perfectionism, parental burnout, emotional
	intelligence, perceived parental expectations, perceived parental pressure,
	parent-adolescent relationship
	<sup>1</sup> Student, School of Social Sciences, Department of Psychology, Christ
	(Deemed to be) University
Affiliation (s)	
	<sup>2</sup> Assistant Professor, School of Social Sciences, Department of Psychology,
	Christ (Deemed to be) University

Title of the paper	E-cigarette Dependence and Perceptions among Urban Indian Young  Adults
Author	Akhila Sreekumar, Joice Steffi
Abstract	Background: The rise of e-cigarettes among young Indian adults has transformed smoking habits. This study explores awareness and dependence levels of 80 Indian adults aged 18-26, who purchased e-cigarettes in the last three months.  Methodology: This quantitative study utilized online surveys, employing the CEAC and e-WISDM scales.  Results: The analysis showed a significant relationship between traditional tobacco smoking and two factors: perception and e-cigarette dependence (p-values > 0.05). Notably, a positive correlation (Pearson's R = -0.341) emerged between favorable e-cigarette perceptions and increased e-cigarette usage. Conversely, a negative correlation (Pearson's R = -0.011) was found between tobacco smoking levels and e-cigarette dependence, indicating favorable e-cigarette views may reduce tobacco consumption. There was also a significant negative correlation (Pearson's R = -0.007) between tobacco smoking levels and e-cigarette dependence, suggesting higher e-cigarette reliance reduces tobacco use.  Conclusion: This study underscores the potential of e-cigarettes as harm-reduction tools for combating traditional tobacco smoking. It emphasizes the need for safer, FDA-approved e-cigarettes with reduced nicotine content and healthier ingredients. This research opens avenues for using commercial e-cigarettes as interventions in psychology, medicine, or law to comprehend their adverse effects.
Affiliation (s)	<ol> <li>MPHW, Department of Psychology, CHRIST (Deemed to be University), Bangalore</li> <li>Assistant Professor, Department of Psychology, CHRIST (Deemed to be University)</li> </ol>
Correspondence	akhila.pallayil@psy.christuniversity.in

Title of the paper	Exploring Non-Suicidal Self-Harm Injury Among Individuals with
	Body Image Issues
Author	Rithika George <sup>1</sup> and Shinto Thomas <sup>2</sup>
Abstract	Background: While there has been research on body image issues and non-suicidal self- injury (NSSI), a link between the both haven't been yet established. Understanding the causes or functions of why people with body image indulge in NSSI can further help in intervention planning and understanding risk factors. This study aimed to understand the etiological/causal factors, ie, why people with body image issues indulge in NSSI through a qualitative research study. Additionally, the study also explored the different techniques individuals with body image issues indulged in. Methodology: The sample size included of 8 adults between the age group of 18-25. Participants were screened using Body Self Image Questionnaire (BSIQ-SF) and NSSI-AT questionnaire. Participants were interviewed using semi-structured interview. Subsequently, Interpretative Phenomenological Approach was carried out for analysis. Results: The results of the study indicate the main factors for indulging in NSSI included temperament, locus of control, body dissatisfaction, irrational thoughts. Further the study also revealed that external factors like societal and familial pressure, cultural shift and romantic relationship concerns also act as causal factors. The different NSSI techniques the individuals engage in, included cutting wrists and inner thigh, burning inner thigh and hitting face. Conclusion: The findings highlight and emphasizes on the link between NSSI and body image, and why people with body image issues indulge in NSSI. further, the findings can assist counsellors when engaging with individuals who engage in NSSI and can also be valuable in creating and executing treatment strategies.  Keywords: NSSI, body image, causal factors, techniques
Affiliation (s)	Final Year Postgraduate Student, 2 Associate Professor     Department of Psychology, Christ (Deemed to be University),     Bengaluru
Correspondence	rithikageorge@science.christuniversity.in

Title of the paper	Overcoming Hostile Family Environments in Alcohol Use Disorder: A
True or the paper	Case Study
Author	Mr Sahadeb Panigrahi, Dr Shree Mishra
Abstract	Background: Alcohol use disorder (AUD) is a complex condition requiring comprehensive intervention. This case study explores the impact of a hostile family environment on a 34- year-old man with AUD and highlights the challenges in managing addiction amidst adverse psychosocial conditions. Despite familial hostility, distorted perceptions of illness, and counterproductive interventions, the individual's resilience, combined with holistic management, resulted in a positive outcome. Alcohol use disorder (AUD) is a multifaceted bio-psycho-social illness, often complicated by external attributions and poor motivation for treatment. This case study presents a 34-year-old man with AUD, motivated to quit but facing significant challenges within a hostile family environment.  Methodology: The case describes the hurdles encountered during the recovery process, emphasizing the impact of a hostile family environment.  Results: The patient struggled to find effective de-addiction treatments, ultimately resorting to voluntary admission due to suicidal ideation. Diagnosed with AUD, recurrent depressive disorder, and borderline personality traits, the patient faced severe cravings, with family criticism triggering relapses. Family hostility, distorted perceptions, and reliance on faith healing impeded recovery efforts. Stigma prevented admission to a local de-addiction center. Strength and network building, emotional regulation, and addressing distorted thinking were integral components of the holistic approach. Despite family opposition, the patient remained alcohol-free for 8 months. The family's liquor shop closure facilitated their acknowledgment of the patient's issues. With ongoing support from Alcoholics Anonymous (AA) meetings, medication adherence, and abstinence, the patient achieved a positive outcome.  Conclusion: In countries where addiction management heavily relies on family support, cases of hostile family environments pose significant

	challenges. This case demonstrates that, despite familial adversity, individual resilience and comprehensive management strategies can lead to successful outcomes in AUD. Recognizing the importance of addressing psychosocial factors is crucial for navigating complex cases and promoting sustained
Affiliation (s)	recovery.  AIIMS Bhubaneswar
Correspondence	sahadebpanigrahi18@gmail.com

Title of the paper	The Road isn't smooth: Wheelchair experience of Spinal cord injury Patients
Author	Fiza Amana T K, Manjusha G Warrier
Abstract	Background: Spinal cord injury (SCI) presents intricate challenges encompassing physical, emotional, and social dimensions. This qualitative study delves into the experiences of individuals grappling with SCIs in Kerala, India. It seeks to illuminate their utilization of wheelchairs for mobility and the associated challenges and triumphs. Methodology: Employing convenient sampling, the study recruited a diverse group of 5 participants ranging from 25 to 35 years of age, all males with varying injury severities and ethnic backgrounds. In- depth interviews, conducted online, were used for data collection. Narrative analysis was the chosen method to extract findings, ensuring a comprehensive understanding of the participants' experiences. Results: The narratives of individuals showcased remarkable resilience in adapting to life-altering circumstances and demonstrated how they redefine their boundaries and thrive. This underscored the significance of social support from friends and family as pivotal for coping with the emotional and practical challenges of SCIs. Wheelchairs emerged as symbols of autonomy empowering individuals to lead life on their terms. The narratives converged emphasizing the urgency of healthcare awareness, accessible infrastructure, accommodations, and societal attitude shifts. Conclusion: This research emphasizes the need for more empathetic healthcare, accessible infrastructure, and inclusive societal attitudes. The findings provide a foundation for informed interventions and policies, ultimately aiming to create a society where individuals with SCIs continue to thrive, adapt, and redefine their boundaries.  Keywords: spinal cord injury, wheelchair experience, resilience, social support
Affiliation (s)	<ol> <li>MPCPO, Department of Psychology, CHRIST (Deemed to be University)</li> <li>Assistant Professor, Department of Psychology, CHRIST (Deemed to be University)</li> </ol>
Correspondence	fiza.amana@psy.christuniversity.in

Title of the paper	Divided by Unscalable Iron Wall: Psychological Consequences of Botched Social Image among Female Commercial Sex Workers
A. dha a	(FCSW): A Qualitative Study from Kolkata, India
Author	Srabana Bhattacharjee <sup>1</sup> , Dipanjan Bhattacharjee <sup>2</sup> & Sudeshna Saha <sup>3</sup>
	Background:  Despite the longstanding history of commercial sex workers, Indian culture still struggles to embrace them as part of their community fully. In recent decades, the clandestine sex trade has significantly increased; however, commercial sex workers face marginalization and ostracism. This negative attitude towards them from society puts them at risk of oppression, violations, and denial of their rights. At the same time, a botched and denigrated social image exposes them to experiencing psychological problems. The focus of this study is to conduct a qualitative assessment of the psychological consequences of deprivation and social isolations of FCSWs.
	Methodology:  This qualitative research was conducted in Kolkata, the third largest city in
Abstract	India and the administrative capital of West Bengal State. The study took place in Sonagachhi, a well-known red-light area located in the city's northern suburbs. To collect data, focused group discussions (FGDs) and in-depth interviews were conducted with selected subjects, namely female sex workers (FCSWs) based in Sonagachhi, Kolkata, West Bengal. The study randomly selected 20 FCSWs aged between 23 and 45 years from the list provided by the NGO. Four focus group discussions were conducted in four separate groups, comprising five women and five case studies.
	Results:  The FCSWs interviewed felt bitter towards society and lacked hope in India's civic and judiciary systems. Many reported mental health issues, including stress, anxiety, depression, and even suicidal thoughts. Some turned to alcohol to cope with their emotional distress.

	Conclusion:
	Female commercial sex workers (FCSWs) often experience feelings of deprivation and anguish towards mainstream society and its components. They may also face significant psychological problems and issues due to the hazardous nature of their profession and the potential for abuse.  *Keywords: Sex Work, prostitution, sex trade, society, taboo
Affiliation (s)	<ol> <li>Psychiatric Social Work Tutor at the Department of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi, India</li> <li>Associate Professor and Head, Department of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi, India.</li> <li>Assistant Professor, Department of Social Work, Sriniketan, Visva Bharati University, Shantiniketan, West Bengal, India.</li> </ol>
Correspondence	srabanabhattacherjee29@gmail.com

Title of the paper	A Quantitative Study on the Role of Parenting Styles in Emotion Regulation and Learned Helplessness Among Young Adults
Author	Athira S
Abstract	This quantitative study investigates the connections between parenting styles, learned helplessness (LH), and emotion regulation (ER) among young adults aged 18-25. Drawing on a diverse participant pool, this research contributes fresh insights into the role of parenting in shaping crucial facets of psychological well-being. Three predominant parenting styles—authoritarian, permissive, and authoritative—were assessed in relation to LH and ER. The findings reveal that authoritative parenting emerged as a pivotal factor, while authoritarian and permissive parenting styles demonstrated no substantial associations with LH or ER.  Young adults raised in authoritative environments displayed a statistically significant negative correlation with LH. This suggests that authoritative parenting, characterized by warmth and appropriate control, may protect against the development of learned helplessness behaviors. Moreover, authoritative parenting exhibited a significant positive relationship with ER, indicating that those exposed to this parenting style tend to possess superior emotion regulation skills. They underscore the pivotal role of nurturing and supportive family environments, where young adults receive emotional warmth and reasonable boundaries.  This study advances knowledge of how parenting styles can shape young adults' emotional well-being and psychological resilience. The findings highlight the significance of authoritative parenting practices and lay the foundation for future investigations considering cultural variations and other contextual factors, providing a more comprehensive understanding of the intricate interplay between parenting styles and young adult psychological well-being.  **Keywords**: Parenting styles, learned helplessness, emotion regulation, authoritative parenting, permissive parenting, authoritarian parenting.
Affiliation (s)	CHRIST (Deemed to be University), Bangalore

Title of the paper	Relationship between perceived Parenting style, Self-esteem, and
	Compliance among Indian young adults
Author	Karneet Kaur
Abstract	Background: The present research explored the relationship between perceived parenting style, self-esteem, and compliance among Indian young adults aged 18-25.  Methodology: Using purposive and snowball sampling techniques, 224 responses were collected by sending out RED Cap forms on various social media platforms. The Short-Version of the Parental Authority Questionnaire (2014) was used to assess perceived parenting style, the Rosenberg Self-Esteem Scale (1965) for self-esteem, and the Gudjonsson Compliance Scale (1989) for measuring compliance. Correlation, simple linear regression, and mediation analysis were conducted.  Results: The results suggested that authoritarian parenting style has a significant negative relationship with self-esteem and a positive correlation with compliance, and authoritative parenting style has a significant positive correlation with compliance and a negative correlation with self-esteem. Permissive parenting style did not find statistically significant results with either self-esteem or compliance. Self-esteem has been found to mediate the relationship between authoritarian parenting style and compliance; however, there exists a partial mediation suggesting the presence of other variables mediating the relationship between perceived parenting style and compliance among Indian young adults. All the ethical considerations were upheld during all stages of research. Future research may be conducted exploring the variables mediating between perceived parenting style and compliance.  Keywords: Perceived parenting style, Self-Esteem, Compliance
Affiliation (s)	CHRIST (Deemed to be University)

Title of the paper	Role of Religious Orientation on Social Desirability and Selfishness  Among Adults
Author	Irine Saji
Abstract	<b>Background:</b> This study intends to investigate how religious orientation affects social desirability and selfishness in middle-aged adults (aged 45 to 64). <b>Methodology:</b> A quantitative study methodology was used to gather information from 70 participants using online surveys employing convenient and snowball sampling methods. The Alport Religious Orientation Scale, the Marlowe-Crowne Social Desirability Scale (MCSDS), The Selfishness Questionnaire, and were the three assessments used in the study. The analysis used JAMOVI and included correlation and regression techniques. <b>Results:</b> The findings show that religious orientation negatively correlates with social desirability ( $r = -0.108$ , $p = 0.376$ ) and a positive correlation with selfishness ( $r = 0.382$ , $p = 0.001$ ). Selfishness strongly predicts religious inclination according to regression analysis ( $t = 3.75$ , $p = 0.001$ ), although gender differences are not significant ( $p = 0.135$ ). <b>Conclusion:</b> Overall, this study contributes to our understanding of the relationship between religious orientation and selfishness and social desirability in middle adulthood by emphasizing the complex relationship between these variables in determining individual beliefs and behaviours. <i>Keywords: Religion, religious orientation, social desirability, selfishness</i>
Affiliation (s)	Student, Masters in psychology, Christ Deemed university, Banglore

Title of the paper	Group work Interventions for Family Caregivers of Elderly Persons
2100 or one puper	with Mental Health Problems
Author	Puttamaregowda R <sup>1</sup> , A Thirumoorthy <sup>1</sup> , Cicil R Vasathra <sup>1</sup> , Keshava Murthy D <sup>1</sup> , Sojan Antony <sup>1</sup> , P T Sivakumar <sup>2</sup> , Preeti Sinha <sup>2</sup> and Vijay Harbishettar <sup>2</sup>
Abstract	Background: Geriatric mental health is the foundation for the wellness and optimum functioning of an elderly person. Physical, psychological, social, cultural and spiritual factors are interrelated with mental health in elderly. Loneliness, disability, family structure, support system, social security and resilience factors influences and encounters the essence of psychosocial interventions to enhance the psychological and social well-being of the elderly persons. Family caregivers of elderly persons with mental health problems face various adversities in their life due to the nature of symptoms and associated psychosocial issues such as caregiver burden, lack of information about the illness, inadequate social support, delay in seeking treatment and poor quality of life. Hence, psychosocial interventions are important to empower the family caregivers of elderly persons with mental health problems. This study aims to to understand the multifactorial aspects of psychosocial interventions and to present themes noted in reducing caregiver burden, ensuring treatment adherence, accessing social support and improving the quality of life in geriatric mental health. Methodology: The study focuses on review of comprehensive group work care interventions offered for elderly persons with mental health problems and their family caregivers who accessed a Geriatric Clinic at a tertiary care centre in a cosmopolitan city of India starting from January 2022 to June 2023. Results: Elderly persons with mental health problems and their family caregivers were provided group work session of psychosocial support ranging from psychoeducation, supportive work, home care strategies, home visits, psychosocial follow up, welfare benefits, alternative care options such as day care, formal home-care, institutionalization, palliative care and unique case-based queries including bank and legal aid. Time-bound brief-psychosocial interventions were

	offered. Further results will be presented. <b>Conclusion:</b> Psychosocial needs of
	the persons with mental health problems and their families are varied and
	cannot be addressed by one intervention package. Hence, augmenting the
	psychosocial interventions would enable the caregivers to provide better care,
	enhance the well-being, manage behavioural issues and decrease the burden
	of care. In short, psychosocial interventions would enhance the quality of life
	for family caregivers of persons with mental health problems.
	Keywords: Elder, Family caregivers, Group work, Psychosocial, Mental
	Health, Quality of Life
	Department of Psychiatric Social Work, NIMHANS, Bengaluru,
	India,
Affiliation (s)	2. Department of Psychiatry, Geriatric Clinic & Services, NIMHANS,
Airmation (3)	Bengaluru, India.
Correspondence	pmg4pmg@gmail.com

Title of the paper	Exploring the Experiences of Sexual Socialization Among Gay
	Millennials in India
Author	Jitesh Madahar
Abstract	Background: This study adds to ongoing discussions about LGBTQIA+rights and wellbeing by amplifying the voices and experiences of gay millennials in India. It encourages the creation of mental health interventions, supportive communities, and inclusive sexual education to foster a more equitable and compassionate society. Methodology: This qualitative study focuses on a comprehensive exploration of sexual socialization experiences, focusing on gay millennials in India. Through in-depth interviews with eight gay men from India, ranging from 28 to 39 years old, this research delves into the unique aspects of their sexual socialization journeys. Their narratives shed light on the complexities and nuances of sexual socialization. Employing thematic analysis, the study uncovers and elucidates the following key themes. "Knowledge and Awareness" explores how participants access sexual information, including online sources and LGBTQIA+ support groups. "Identity Exploration and Self-Discovery " highlights self-acceptance complexities, internal conflicts, and stages of coming out. "Challenges and Strategies" delves into family and relationship challenges and coping mechanisms. "Media Influence and Societal Norms" reveals the impact of societal expectations and media on individual aspirations. "Emotional Wellbeing and Self-Image" addresses emotional and psychological challenges tied to sexual orientation, such as STI concerns, body image issues, and cultural attitudes. Results: The results highlight the significant influence of societal expectations and media representations on forming personal experiences, underscoring the pivotal role of accurate information in fostering self-awareness and acceptance. Conclusion: This study highlights the ongoing significance of comprehending and empowering people in their sexual socialization journeys in a world that is constantly changing.  Keywords: Sexual Socialization, Gay Millennials, LGBTQIA+, Identity Exploration, Media Influence

Affiliation (s)	Student, CHRIST (Deemed to be University), Bengaluru
Correspondence	jitesh.madahar@psy.christuniversity.in jitesh.madahar@gmail.com

Title of the paper	Birth Companion and Maternal Mental Health Review
Author	Sisira K
Abstract	Background: The core objective of this review to determine the critical role of birth companions, or doulas in the context of maternal mental health during labour and childbirth. Methodology: Data for this review was taken from Google Scholar. A total of 20 literature from 2000 to 2023 were retrieved. The review draws from various studies investigating different aspects of support during labour and childbirth. The research design varies from randomised controlled trials to qualitative investigations, providing a comprehensive view of the impact of support systems on maternal mental health. The collected data were analysed using MS-EXCEL. Results: Key findings from the review indicate that the presence of birth companions or doulas, or birth supporters significantly reduces maternal stress and anxiety during labour and childbirth, empowering mothers and fostering informed decision-making. This support is also associated with a reduction in postpartum mental illness. Birth companion programs emerge as effective strategies for enhancing maternity care, driving patient satisfaction, and gaining acceptance among health professionals. Conclusion: A comprehensive review highlights the transformative impact of support systems during labour and delivery. Emotional and physical support provided by birth companions or doulas can help to improve maternal mental health, create positive birth experiences, and promote overall well-being. These findings provide valuable contributions to health professionals, care providers, and policymakers in their continued efforts to improve maternal care.  Keywords: Birth companion, Doula, Birth support person, Maternal mental health, Labour and childbirth
Affiliation (s)	PhD Scholar, Department of Psychiatric Social Work, Institute of Mental Health and Neurosciences (IMHANS), Kozhikode,
Correspondence	sisirasurjithk@gmail.com,

Title of the paper	The Effect of Martial Arts Training on Self Regulation, Grit and Career Uncertainty Among Artists Aspiring To Be In The Indian Film Industry
Author	A S Nirupama
Abstract	Background: This study investigates the relationship between self-regulation, grit, and career uncertainty in emerging artists aspiring to enter the mainstream Indian film industry. It examines the influence of martial arts training on these psychological attributes and their potential impact on career decisions. Methodology: A sample of 62 participants who met specific inclusion criteria was divided into two groups: those with martial arts training and those without. Self-regulation and grit were measured using the Short Form Self-Regulation Questionnaire Scale (SSRQ) and the 17-Item Three-Dimensional Grit Scale (17 3D-GS), respectively. Career uncertainty was assessed using the Career-Decision Ambiguity Tolerance Scale (CDAT). Results: The findings revealed significant differences in self-regulation, grit, and career uncertainty between the two groups. Artists trained in martial arts demonstrated higher self-regulation, grit, and career uncertainty levels, challenging the hypothesis that these psychological attributes are significant predictors of career uncertainty in the mainstream film industry. Correlational analysis indicated significant relationships between self-regulation, grit, years of training and career uncertainty among aspiring artists. Hierarchical regression indicated that, self-regulation, grit and years of training are significant predictors of career uncertainty and that grit is a mediator between the relationship of self-regulation and career uncertainty. Conclusion: This study provides valuable insights into the role of martial arts training in shaping the career-related decisions and psychological attributes of emerging artists, highlighting the need for further research in this dynamic field.  Keywords: Self-regulation, Grit, Career Uncertainty, Martial arts, Aspiring artists, Filmmaking Industry.
Affiliation (s)	Department of Psychology, CHRIST (Deemed to be) University, Bengaluru.

Title of the paper	Korean Drama Viewership and Its Role In Idealised Romantic Beliefs:  A Comparative Study Between Heterosexual and LGBQ Emerging  Adults
Author	Tushita Rana <sup>1</sup> and Dr. Santhosh K.R. <sup>2</sup>
Abstract	Background: The present study aimed to examine the role of Korean drama (K-drama) viewership in idealised romantic beliefs (IRB) in emerging adults of different sexualities. The role of parasocial relationships was also explored. Methodology: The sample included 188 emerging adults from India belonging to diverse sexualities who watch K-dramas. Results: Independent sample t-test and Cohen's d indicated that sexuality has an effect on romantic relationship belief, however no significant difference in parasocial interaction. Correlation analysis showed that IRB were associated with instrumental television motives like information-seeking. Parasocial interaction, too, had a weak positive relationship with IRB. Furthermore, one-way ANOVA analysis indicated a higher endorsement of dysfunctional beliefs among people watching Kdramas on the weekends. Parasocial interaction among those who have watched more than 20 K-dramas was higher compared to other groups who watched lesser. Conclusion: These findings indicate that K-drama has differential impact on endorsing IRB among emerging adults of different sexualities. Additionally, IRB, television motives and parasocial interaction are positively associated. Limitations, directions for future research, and practical implications of the study are discussed.  Keywords: Korean drama, romantic beliefs, sexuality, parasocial interaction, emerging adults
Affiliation (s)	<ol> <li>M.Sc Psychology (Clinical), Department of Psychology, CHRIST (Deemed to be University), Bangalore Central Campus.</li> <li>Associate Professor, Department of Psychology, CHRIST (Deemed to be University), Bangalore Central Campus.</li> </ol>
Correspondence	tushita.rana@psy.christuniversity.in

Title of the paper	LGB Identity In India: The Role of Attachment Style and Perceived Social Support
Author	Ishika Mahajan
Abstract	Background: Sexual identity is critical for personal development and psychological well-being. Attachment experiences and a sense of social support have important implications for the development of sexual identity. The present study aimed to explore the interconnecting patterns that link sexual identity, attachment style, and social support in a population of LGB individuals in India. Methodology: A total of 126 people (Mean age = 24.72 years ± 6.3) who self-identified as lesbian, gay or bisexual were recruited by snowball sampling from India. An online survey was conducted to collect data through the administration of three questionnaires, i.e. Lesbian, Gay, and Bisexual Identity Scale (LGBIS), Measure of Attachment Style (MOAS) scale, and Multidimensional Scale of Perceived Social Support (MSPSS). Informed consent was taken before the participant's involvement in the study. The data was analysed using Jamovi and expressed through descriptives (mean and standard deviation), reliability and normality testing, ANOVA, analysis of correlation and linear regression. Results: The study found positive correlations between negative LGB identity and both avoidant and ambivalent attachment styles. Negative LGB identity negatively correlated with social support. Lesbian, gay, and bisexual subgroups exhibited differences in attachment styles and perceived social support. Conclusion: These findings emphasise the importance of tailored support for LGB individuals and cultural sensitivity. Future research could explore causality and longitudinal impacts. Keywords: LGB identity, secure, avoidant and ambivalent attachment style, perceived social support
Affiliation (s)	MSc. Psychology (Clinical), Department of Psychology, CHRIST (Deemed to be University), Bangalore, India
Correspondence	ishika.mahajan@psy.christuniversity.in

Title of the paper	Role Of Single Parenting On Adaptive Behaviour Of Young Adults
Author	Ishita Arurkar
Abstract	Background: The contemporary rise in single parenting has raised concerns regarding its potential implications on the adaptive behaviour of young adults, essential for their holistic development. Previous research has linked single parenting to various challenges in children's adaptive behaviour. Yet, there's a lack of clarity in understanding the relationship between single parenting and adaptive behaviour in the specific context of Mumbai. The study aimed to differentiate the adaptive behaviour of young adults raised by single parents from those raised by both parents. Specifically, the study aimed to compare their communication, socialization, and daily living skills. Methodology: A descriptive research design was employed with a sample size of 40 young adults (20 from single-parent families and 20 from both-parent families), aged 18-26. Participants were selected from colleges in Mumbai using convenience sampling. The Vineland Adaptive Behavior Scales, Third Edition (VABS-3) was utilized to measure three domains of adaptive behaviour: communication, socialization, and daily living skills. Results: Using the Mann-Whitney U test, a significant difference was found in the 'Daily Living Skills' domain (p=0.005) between the two groups. This indicates that single parenting might influence certain adaptive behaviours in young adults. However, 'Communication' (p=0.501), 'Socialization' (p=0.133), and the overall 'Adaptive Behaviour Composite' score (p=0.076) showed no significant differences. Conclusion: Single parenting affects young adults' daily living skills, but not other adaptive behaviours. Targeted interventions are crucial for these individuals. Broader future research is recommended for validation and deeper insights.  Keywords: Parenting, behaviour, socialisation, communication, young adults
Affiliation (s)	MSc. Clinical Psychology, Department of Psychology CHRIST (Deemed to be University) Bengaluru, India

Title of the paper	Self-Portrayal and Self-Image Amongst Gay Youth In Casual Dating Scenarios, A Study In Urban Bengaluru
Author	Kirti <sup>1</sup> , Dr. Sudha Thomas <sup>2</sup>
Abstract	Background: Tradition, conventions, and customs hold a strong hold on Indian society. As a result, there is constant social reaction when an individual chooses the kind of relationship they desire or gets as personal as disclosing their sexual identity. Methodology: The study focuses on understanding the patterns and practices of casual dating among gay men in the Urban Bengaluru, examining how they present themselves on geosocial networking apps, and exploring the impact of these experiences on their lives. The sample size of the study is four and qualitative study is conducted using purposive and snow ball sampling method. Conclusion: This research aims to explore how college students in Urban Bengaluru engage in casual dating using social media.  Keywords: Casual Dating, Geosocial networking apps, Social-Media, Gay men
Affiliation (s)	Student- MSW, CHRIST (Deemed to be University)     Assistant professor, CHRIST (Deemed to be University)

Title of the paper	College Students In The Realm Of Academics: Exploring Perceived Parenting Styles, Academic Anxiety and Competence Motivation
Author	Shraddha Majumder <sup>1</sup> , Miriam Priti Mohan <sup>2</sup>
Abstract	Background: Academics play a cardinal role in the lives of college students as it carves out theirfuture path. This all-encompassing aspect of a student's life is often swayed by overpowering waves of several factors. Perceived parenting has a multidimensional impact on multiple facets of the lives of college students who are in the transitional phase between being a teenager and an adult. Additionally, college students are frequently impacted by waves of academic anxiety and competence motivation. However, fewer research examined these aspects concurrently, especially in an Indian scenario. The current study seeks to establish a relationship between Perceived Parenting Styles, Academic Anxiety and Competence Motivation in the purview of an educational setting and subsequently provides a regression analysis. Methodology: A correlational study was conducted incorporating 106 undergraduate students between 18 to 21 years of age from non-vocational courses. The study adopted the Perceived Parenting Style Scale, Academic Anxiety Scale and Perceived Competence Scale (PCS) to measure the variables of the study. Spearman's Rank Correlation and Regression analysis was conducted to find the outcomes. Results: A significant correlation was found to exist among the variables of the study. Positive correlation was found between Academic Anxiety and Perceived Authoritarian Parenting (r=0.488, p=<.001), as well as Academic Anxiety and Perceived Permissive Parenting (r=0.407, p=<.001). Competence Motivation and Perceived Authoritative Parenting were positively correlated (r=0.575, p=<.001), while a negative correlation was found between Competence Motivation and Perceived Authoritarian Parenting (r=-0.432, p=<.001), Competence Motivation and Perceived Authoritarian Parenting (r=-0.432, p=<.001). Competence Motivation and Perceived Authoritarian Parenting (r=-0.432, p=<.001), Competence Motivation and Perceived Permissive Parenting were negatively correlated (r=-0.320, p=<.001).

	Competence Motivation and Academic Anxiety were noted to be significantly
	negatively correlated (r=-0.535, p=<.001). Regression analysis showed
	Perceived Authoritarian Parenting to be a significant positive predictor ( $\beta$ =
	0.4170, p<0.001) of Academic Anxiety and Perceived Authoritative Parenting
	to be a significant positive predictor ( $\beta$ = 0.437, p<0.001) of Competence
	Motivation whereas Academic Anxiety is found to be a significant negative
	predictor ( $\beta$ = -0.571, p<0.001) of Competence Motivation. <b>Conclusion:</b>
	College students perceiving their parenting as dictatorial or lenient undergo
	heightened academic anxiety and diminished competence motivation and
	conversely when parents were perceived as appreciative and supportive.
	Consequently, students with lesser academic anxiety also experienced
	increased competence motivation. The findings underscore the long-term
	manifestation of parenting styles.
	Keywords: Perceived Parenting, Academic Anxiety, Competence Motivation,
	AcademicPerformance, Achievement
	<sup>1</sup> Student, Department of Psychology, CHRIST (Deemed to be University),
	Bengaluru, India
Affiliation (s)	
	<sup>2</sup> Assistant Professor, Department of Psychology, CHRIST (Deemed to be
	University), Bengaluru, India
Correspondence	shraddha.majumder@psy.christuniversity.in

Title of the paper	Interpreting Societal Expectations of Emotional Expression Among Young Adult Males: A Qualitative Exploration
Author	V Malavika
	Background: It is always considered male do not express their emotions.
	Anger is the only emotion normalized for them. These distinctions, however,
	are markedly influenced by societal and cultural expectations, where cultural
	values, religious beliefs, and social norms intricately shape the acceptance and
	regulation of emotional experiences and expressions. By understanding this
	complex interplay, we gain insights into the multifaceted nature of emotional
	responses across diverse contexts and among individuals The aim of this
	study is to explore how societal expectations shape male emotional expression
	among young adults aged 18 to 25. Methodology: A sample of 10 male
	participants was chosen via convenience sampling, and data were collected
	through in-depth semi-structured interviews. Data analysis followed Braun
	and Clark's analysis method, leading to the identification of four key themes:
Abstract	the evolution of emotional expression norms, mindful emotional disclosure,
Abstract	societal influence on emotional expression, and hidden anger struggles.
	<b>Results:</b> This research highlights the transformative journey of young adult
	males as they seek to redefine their emotional expression norms, underscoring
	the importance of creating an environment that values and respects the
	emotional experiences of young adult males, enabling them to navigate their
	feelings within more flexible societal norms. <b>Conclusion: The</b> outcome of the
	study gives valuable guidance for the development of strategies and
	interventions that promote healthy emotional expression, enhance mental
	health, deepen our comprehension of the intricate interplay between gender,
	emotions, and societal expectations.
	Keywords: Societal Expectations, Emotional Expression, Gender Norms,
	Masculinity, Male Emotional Expression.
Affiliation (s)	Student (MSc Counselling Psychology), Christ (Deemed to be university), Hosur road, Bangalore.
Correspondence	v.malavika@psy.christuniversity.in

Title of the paper	Psychosocial Care Needs and Psychological Well-Being of Caregivers of Persons With Geriatric Mental Illness
Author	Thirumoorthy A <sup>1</sup> , Manjunatha S <sup>2</sup> , Anu K N <sup>3</sup> Cicil R Vasathra <sup>3</sup> , Puttamaregowda R <sup>3</sup> , Keshava Murthy D <sup>4</sup> , P T Sivakumar <sup>5</sup> , Preeti Sinha <sup>5</sup> and Vijay Harbishettar <sup>6</sup>
Abstract	Background: Psychosocial care plays an important role in maintaining psychological well-being and mental health of individuals. Caregivers of elderly persons with mental illnesses need psychosocial support, information and skills to cope with the burden associated with caregiving. Psychosocial support groups for caregivers aim to allow them to provide ideal support for the elderly. The caring of an elderly person is a challenging task as they are prone to experience stress and burden. Hence Geriatric Clinic and Services of NIMHANS aims to provide a psychosocial support for family caregivers for building their capacity in caring. Methodology: The process recording of support group Programme carried out at an In-Patient and Out-Patient Geriatric Mental Health Clinic and qualitatively assessed for themes (Braun & Clarke, 2006;2017). Results: Three broader themes were brought out as a result of the analysis including the lived experience of the caregivers, problems with managing challenging behaviors in elderly due to the mental illness and obtaining respite from the responsibility of caregiving through means of institutional care and home-based formal care providers. Conclusion: As we noticed, taking care of elderly people who are having Geriatric Mental Health problems is a challenging task. It requires supportive environment and professional guidance from multi-disciplinary team. This paper contributes towards providing an overview of the psychosocial concerns and appropriate psychosocial interventions pertinent to their needs.  Keywords: Psychosocial care needs, psychosocial support, Geriatric mental
Affiliation (s)	<ol> <li>Professor, Department of Psychiatric Social Work, NIMHANS, Bengaluru, India.</li> <li>Assistant Professor, Department of Psychology, Christ Deemed to be University, Yeshwanthpur Campus, Bengaluru, India.</li> </ol>

	3. Ph.D. Scholar, Department of Psychiatric Social Work, NIMHANS,
	Bengaluru, India
	4. Psychiatric Social Worker, Department of Psychiatric Social Work,
	NIMHANS, Bengaluru, India
	5. Professor of Psychiatry, NIMHANS, Bengaluru, India.
	6. Assistant Professor of Psychiatry, NIMHANS, Bengaluru, India.
Correspondence	thirumoorthia04@yahoo.co.in

Title of the paper	Overcoming Hostile Family Environments In Alcohol Use Disorder: A	
Title of the paper	Case Study	
Author	M Clibb the State	
	Mr. Sahadeb Panigrahi, Dr. Shree Mishra	
	<b>Background:</b> Alcohol use disorder (AUD) is a complex condition requiring	
	comprehensive intervention. This case study explores the impact of a hostile	
	family environment on a 34-year-old man with AUD and highlights the	
	challenges in managing addiction amidst adverse psychosocial conditions.	
	Despite familial hostility, distorted perceptions of illness, and	
	counterproductive interventions, the individual's resilience, combined with	
	holistic management, resulted in a positive outcome. Alcohol use disorder	
	(AUD) is a multifaceted bio-psycho-social illness, often complicated by	
	external attributions and poor motivation for treatment. Methodology: This	
	case study presents a 34-year-old man with AUD, motivated to quit but facing	
	significant challenges within a hostile family environment. The case describes	
	the hurdles encountered during the recovery process, emphasizing the impact	
	of a hostile family environment. Results: The patient struggled to find	
	effective de-addiction treatments, ultimately resorting to voluntary admission	
Abstract	due to suicidal ideation. Diagnosed with AUD, recurrent depressive disorder,	
	and borderline personality traits, the patient faced severe cravings, with family	
	criticism triggering relapses. Family hostility, distorted perceptions, and	
	reliance on faith healing impeded recovery efforts. Stigma prevented	
	admission to a local de-addiction center. Strength and network building,	
	emotional regulation, and addressing distorted thinking were integral	
	components of the holistic approach. Despite family opposition, the patient	
	remained alcohol-free for 8 months. The family's liquor shop closure	
	facilitated their acknowledgment of the patient's issues. With ongoing support	
	from Alcoholics Anonymous (AA) meetings, medication adherence, and	
	abstinence, the patient achieved a positive outcome. <b>Conclusion:</b> In countries	
	where addiction management heavily relies on family support, cases of hostile	
	family environments pose significant challenges. This case demonstrates that,	
	despite familial adversity, individual resilience and comprehensive	
	management strategies can lead to successful outcomes in AUD. Recognizing	

	the importance of addressing psychosocial factors is crucial for navigating complex cases and promoting sustained recovery.  *Keywords: Hostile family environment, Alcohol use disorder, Case study, recovery, addiction*
Affiliation (s)	AIIMS Bhubaneswar
Correspondence	sahadebpanigrahi18@gmail.com

Title of the paper	Emotion Attribution to Movement Components: An Interventional
The of the paper	Study to Improve Adolescents' Mood
Author	Mayuri Godbole <sup>1</sup> , Uma Krishnan <sup>2</sup>
Abstract	Introduction: Adolescents are prone to emotional dysregulation owing to their developmental phase. Hormonal changes and increasing stressors can result in negative emotional appraisal. As adolescents are unaware of the methods of coping with such emotions, they engage in unhealthy coping. Thus, providing them with ways to regulate emotions is essential. This study examines which of the Navrasas are attributed to specific movement components and studies the effect of using positively attributed emotions in a movement-based intervention on the mood states of adolescents. Methodology: The study used a pre-test and post-test design to examine the said effect. From 125 participants hailing from Pune, (mean age 15.76, convenience sampling), 60 participants were randomly divided into EG and CG (purposive sampling). Using PANAS-C, a post-test was conducted for both groups. Data was analysed using the student's t-test on Jamovi. Results: Results indicate that PA in the EG was significantly higher after the intervention. (t=-4.83, p<0.00, d= 0.883) The CG showed no significant difference (t=0.344, p=0.734). NA in the EG was significantly lower after the intervention (t=6.26, p<0.001, d= 1.14). Results showed no significant difference in the CG (t=0.417, p=0.68). Conclusions: The movement intervention regulated adolescents' mood states by increasing PA and decreasing NA. Thus, it proves to be an adaptive coping mechanism for emotional regulation in adolescents.  Key Words: Adolescents, mood, affect, emotion attribution, movement intervention.
Affiliation (s)	<sup>1</sup> Department of Psychology, Christ University, Bangalore, Karnataka, India) <sup>2</sup> Department of Psychology, Christ University, Bangalore, Karnataka, India)
Correspondence	mayurigodbole03@gmail.com

Affiliation (s)	<sup>1</sup> Department of Psychology, Christ University, Bengaluru, India
	<sup>2</sup> Department of Psychology, Christ University, Bengaluru, India

Author  Mona Alice Marbaniang¹, Dr. Apurba Saha²  Introduction:Despite the growing prevalence of ASD and its profound impact on family dynamics, there exists a notable gap in the literature regarding the coping strategies employed by mothers and their subsequent resilience. This study seeks to fill this void by delving into the coping experiences of mothers raising a child with autism. It is important to note that this study is part of a larger effort aiming to assess the overall needs of mothers raising children with autism, with a central objective of developing a psychosocial intervention module. This investigation thus contributes valuable insights to enhance the overall understanding of the broader research. The aim of this study is to explore the diverse coping responses employed by mothers in handling the stress associated with raising a child with autism, and to understand how these coping strategies contribute to maternal resilience.  Methodology: The study, conducted in NGOs in Kamrup Metropolitan district of Assam, employed purposive sampling to select twelve mothers (ages 18-45) as primary caregivers for children diagnosed with Autism Spectrum Disorder (ASD). In-depth interviews with a semi-structured approach informed data collection, which was analysed through thematic analysis, encompassing transcription, coding, categorization, and theme derivation. Results: The findings revealed a predominant inclination towards emotion-focused approaches. Noteworthy coping responses included confiding in friends and family, accepting the situation, reframing thoughts to highlight positive aspects, seeking comfort in religious beliefs, and resorting to distraction or avoidance during stressful situations. Conclusion: The
Introduction:Despite the growing prevalence of ASD and its profound impact on family dynamics, there exists a notable gap in the literature regarding the coping strategies employed by mothers and their subsequent resilience. This study seeks to fill this void by delving into the coping experiences of mothers raising a child with autism. It is important to note that this study is part of a larger effort aiming to assess the overall needs of mothers raising children with autism, with a central objective of developing a psychosocial intervention module. This investigation thus contributes valuable insights to enhance the overall understanding of the broader research. The aim of this study is to explore the diverse coping responses employed by mothers in handling the stress associated with raising a child with autism, and to understand how these coping strategies contribute to maternal resilience.  Methodology: The study, conducted in NGOs in Kamrup Metropolitan district of Assam, employed purposive sampling to select twelve mothers (ages 18-45) as primary caregivers for children diagnosed with Autism Spectrum Disorder (ASD). In-depth interviews with a semi-structured approach informed data collection, which was analysed through thematic analysis, encompassing transcription, coding, categorization, and theme derivation. Results: The findings revealed a predominant inclination towards emotion-focused approaches. Noteworthy coping responses included confiding in friends and family, accepting the situation, reframing thoughts to highlight positive aspects, seeking comfort in religious beliefs, and resorting
impact on family dynamics, there exists a notable gap in the literature regarding the coping strategies employed by mothers and their subsequent resilience. This study seeks to fill this void by delving into the coping experiences of mothers raising a child with autism. It is important to note that this study is part of a larger effort aiming to assess the overall needs of mothers raising children with autism, with a central objective of developing a psychosocial intervention module. This investigation thus contributes valuable insights to enhance the overall understanding of the broader research. The aim of this study is to explore the diverse coping responses employed by mothers in handling the stress associated with raising a child with autism, and to understand how these coping strategies contribute to maternal resilience.  Methodology: The study, conducted in NGOs in Kamrup Metropolitan district of Assam, employed purposive sampling to select twelve mothers (ages 18-45) as primary caregivers for children diagnosed with Autism Spectrum Disorder (ASD). In-depth interviews with a semi-structured approach informed data collection, which was analysed through thematic analysis, encompassing transcription, coding, categorization, and theme derivation. Results: The findings revealed a predominant inclination towards emotion-focused approaches. Noteworthy coping responses included confiding in friends and family, accepting the situation, reframing thoughts to highlight positive aspects, seeking comfort in religious beliefs, and resorting
findings underscore the need for personalized support programs that acknowledge individual preferences. These findings advocate for a holistic

Affiliation (s)	<ol> <li>Ph.D. Scholar, Social Work Department, Tezpur University</li> <li>Asst. Professor, Head of Department, Social Work Department, Tezpur University</li> </ol>
-----------------	--

Title of the paper	The Effectiveness of a school-based intervention on the health cognition
The of the paper	of the adolescents; quasi-experimental research from Karnataka
Author	Soyuz John <sup>1</sup> , Dhanasekara Pandian <sup>2</sup> , E. Aravind Raj <sup>3</sup> , Adhin Baskar <sup>4</sup>
Abstract	Background: The major modifiable risk factors of Non-Communicable Diseases are physical activity, food habits, alcohol and smoking. The risk factors typically start during adolescence and extend to the later part of life. Even though several structural and proximal elements decide these health-related behaviours, the thoughts and feelings attributed to the behaviour mediate between the external environment and behaviours and are amenable to change. Meta-analysis has shown that other than knowledge about the advantages and disadvantages of a behaviour, Intention, self-efficacy, and perceived behaviour control explain more than 50 per cent of the change in health behaviours. Methods: The study adopted a quasi-experimental research design. One hundred ninety-six (196) students from four schools were recruited for the study. The researchers selected one division from each school's 8th and 9th standards, and one school gave two divisions for the survey. One hundred-eight students were in the intervention group, and 84 were in the wait-listed group. Out of 196, 182 students completed the study. The researcher developed questionnaires to assess knowledge, self-efficacy and Intention and used the Multi-Dimensional Health Locus of Control Scale (MDHLCS) to evaluate the participants' locus of control. Outcomes were assessed at baseline, one month and three months after the intervention. Results: Even though both groups showed improvement, the analysis showed that the intervention group had a higher quantum of changes than the wait-listed group over time. Conclusion: The school-based intervention effectively changed the adolescents' health cognition.  Key words: Adolescent, Health related behaviours, Health cognition.

	Assistant Professor of Psychiatric Social work, Department of
	Psychiatry, Kasturba Medical College, Manipal, Manipal Academy
	of Higher Education, Manipal, India.
	2. PhD, Professor, Department of Psychiatric Social Work, National
	Institute of Mental Health and Neuro Sciences (NIMHANS),
Affiliation (s)	Bengaluru India
	3. PhD, Additional Professor, Department of Psychiatric Social Work,
	National Institute of Mental Health and Neuro Sciences
	(NIMHANS), Bengaluru India
	4. PhD, Scientist 'C', Department of Statistics, ICMR - NIRT, ICMR-
	NIRT (ICMR-NATIONAL INSTITUTE FOR RESEARCH IN
	TUBERCULOSIS), CHENNAI.
Correspondence	soyuzjohn@gmail.com

Title of the paper	Into the Psychological World of First-time Mothers: A
Title of the paper	Phenomenological Exploration
Author	Viveka R <sup>1</sup> , Baiju Gopal <sup>2</sup>
Abstract	Introduction: Keeping in mind the intricate experiences brought along with the inhilarating journey of First-time motherhood, this study aimed to delve into the realm of first-time motherhood, explore the maternal preoccupations and mental representations that play a paramount role in molding this significant period in a woman's life. Despite the abundant research on motherhood, there is a dearth of knowledge and understanding of the nuances that are intertwined with the journey of first-time motherhood, which when shed light upon can empower women with the insight they require to understand and be empathetic towards themselves. The findings from this research can inform healthcare providers and policymakers on the appropriate interventions and policies required to support new mothers and promote their well-being. Methodology: The study used a purposive sampling method, selecting nine first-time mothers who had given birth in the past year. Data collection involved semi-structured in-depth interviews, analyzed using Interpretative Phenomenological Analysis. Results: What emerged from this exploration was that women primarily constructed the following representations about motherhood. Motherhood is a metamorphic experience characterized by self-discovery and profound personal transformation. It is a realm of indescribable wonder. The intuitive compass of maternal instinct (preoccupation) plays a pivotal role in guiding them through this unfamiliar territory. It also acts as a catalyst of identity for a mother and a phenomenon that strengthens the connection with their child. Conclusion: Motherhood therefore is not a singular experience; rather, it is plural by nature. It becomes pertinent to tap into such plural maternities, to gather, explore and understand this individualized psychological space of first-time mothers, highlighting the importance of a personalized approach to maternal preoccupations, mental representations.
Affiliation (s)	<sup>1</sup> Department of Psychology, CHRIST (Deemed to be) University <sup>2</sup> Department of Psychology, CHRIST (Deemed to be) University

Title of the paper	Lived Experiences of Surviving Siblings After Non-Normative Losses
Author	Akash S Kolte <sup>1</sup>
Abstract	Introduction: This study explores the lived experiences of surviving siblings coping with the loss of a brother or sister. Western research indicates that it impacts individuals emotionally, psychologically and even mentally. Social support, psychological sources, and continuing bonds are strong protective factors. This paper aimed to develop a pilot understanding of this phenomenon.  Methodology: Nine participants aged 21 to 40 were interviewed to understand the impact of the loss and their coping mechanisms. These interviews were conducted in a hybrid way using a semi-structured interview, constructed from previously established frameworks.  Results: Three organizing themes emerged from the data: "Incomplete Grieving", "Isolation in Grief", and "Indispensable Networks". The study highlights the complexity of the grieving process, including feelings of isolation, unmet needs for safe spaces to express grief, and the influence of cultural and societal factors, especially within the Indian context.  Conclusion: The results indicate a need for more support groups, psychological supports, and care for surviving siblings. Future research could adopt a longitudinal methodology and expand the sample size for a more comprehensive understanding of sibling bereavement experiences.  Keywords: Sibling Bereavement, Loss, Coping, Indian Siblings, Social Support
Affiliation (s)	<sup>1</sup> Department of Psychology, Christ (Deemed to be University)

TP*41 C41	Integrative psychosocial intervention for Adjustment to illness in Neuro-
Title of the paper	oncological disorder: Case series.
Author	Hubert Dan V <sup>1</sup> , L Ponnuchamy <sup>1</sup>
Abstract	Introduction: Difficulty in adjustment since the initial phases of disclosure of diagnosis to treatment is known to give rise to a state of psychological distress. Sustained distress becomes a risk factor for further severe psychiatric disorders in future. Psychiatric Social workers are engaged in offering speciality interventions in Neurosurgery, a pristine field in medicine. Integration of mental health and social work in medical setting works on both preventive and promotive aspect. Methodology: Case series design was employed to study the effects of an integrative psychosocial intervention on 7 patients with primary brain tumour admitted in the Neurosurgery department in pre-surgery phase. Psychosocial assessment was carried out for intake. Integrative intervention was delivered in-person with short-term client-professional engagement, consisting of 4 components – i. patient education, ii. relaxation techniques, iii. behavioural activation, iv. supportive psychotherapy. NCCN Guidelines Version 2 was administered before and after the intervention. Results: Distress of most of the patients was found to be reduced due to the intervention. The intervention was easy to administer for the researcher and convenient for patients in the IP setting. The expected adherence to the sessions was not optimum, duration of client-professional engagement was also varied. Clinical presentations, unexpected symptoms and complications could account for distress in other patients. Conclusion: Client-professional flexibility and low-intensity of intervention is desired to address distress and adjustment issues. Pedagogy and field work training for social workers in medical settings need to develop a standardized module for training for further evidence-based research.  Keywords: Primary brain tumour, Distress, Adjustment, Psychosocial intervention, Neurosurgery.
Affiliation (s)	1 Department of Psychiatric Social Work, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, Karnataka, India

Title of the paper	Theoretical models of Survivorship and Cancer-care: Narrative review.
Author	Hubert Dan V <sup>1</sup> , L Ponnuchamy <sup>1</sup>
Abstract	Introduction: Cancer-care and survivorship are constructs in the emerging field of psych-oncology which delve into the realm of psychosocial services for persons with terminal or serious illnesses. The theoretical models proposed for the integration of various concepts under public health and mental health are sundry and need to be incorporated in the field of psychiatric social work.  Methodology: Narrative review methodology was followed with adherence to the SANRA guidelines regarding the studies available in medical and social science literature. Research articles, not limiting to academic articles, were included from search engines like PubMed, Medline, Scopus, Semantic Scholar, Google Scholar and other journal websites.  Results: There are multiple theories of visualization and theorization of survivorship and cancer care in the literature. While most of the theories are based on the western context, there is a paucity of theories which incorporate findings or socio-cultural experiences from indigenous settings and healthcare systems. Theories are specific to types of cancer, wherein applicability to different cancers are not unified. Psychosocial perspectives from various schools of thoughts have been selectively integrated, presenting limited scope for specific application in clinical practices.  Conclusion: The theoretical models of survivorship and cancer care from the domain oof psycho-oncology are on the developing stages, where synthesis of evidence and application in health systems is to be carefully judged. Novel approaches in theory-building and testing with empirical research on larger scale is deemed essential for modification or generation of the theories.  Keywords: Survivorship, Cancer-care, Psycho-oncology, Psychosocial interventions, Theoretical models.
Affiliation (s)	<sup>1</sup> Department of Psychiatric Social Work, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, Karnataka, India

Title of the paper	Caregiver burden during hospitalization of adults in Neurosurgery in an
Title of the paper	<b>Urban Tertiary Care Center: Case series</b>
Author	Hubert Dan V <sup>1</sup> , L Ponnuchamy <sup>1</sup>
Abstract	Introduction: From the onset of symptoms till recovery, patients having neurological disorders face multiple challenges. Caregivers accompanying patients from the day of admission till discharge in neurosurgery face various issues, distinct from other medical settings. Strain on personal and role-based domains are varied in pre-surgery and post-surgery phases. Literature focuses prominently on palliative care encompassing long-term caregiving at home or community-based settings. However, distress and challenges faced in surgical settings is not adequately understood in tertiary care settings. Methodology: Case series design was employed to study the nature of caregiver burden on 10 patients with various disorders admitted in Neurosurgery division. Psychosocial assessment was carried out for intake. Zarit Burden Interview and WHOQOL-BREF scales were administered for caregivers twice, i.e., once at pre-surgery stage and post-surgery phase. Interviews were conducted in two phases for all caregivers. GCS scores of the patients were recorded for analysis. Results: Caregiver burden show remarkable changes in pre-surgery and post-surgery phases, along with status of patient, duration of hospital stay, and prognosis as disclosed at the time of discharge. Quality of life also showed changes in some domains at the two time-points. Aspects of burden and quality of life discussed in the interviews provide crucial understanding to the phenomenon experienced uniquely by each caregiver. Conclusion: Caregiver burden is significant and different for the disorders in hospital settings. Nursing care is essential in relieving most issues, however crucial domains require specialized psychosocial interventions. Multiple methods of social work may be used to address psychosocial issues.  Keywords: Caregiver burden, Quality of Life, Hospitalization, Recovery, Psychosocial intervention, Neurosurgery.
Affiliation (s)	<sup>1</sup> Department of Psychiatric Social Work, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, Karnataka, India

Title of the paper	'I Wanna Die' Era: Analysing the Social Media Discourse on Suicide-
The of the paper	Related Content on Twitter
Author	Thryaksha Ashok Garla <sup>1</sup> , Rajeshwari Muthukumaran <sup>2</sup>
Abstract	Introduction:Suicide is one of the chief causes of death. Social media is a haven for individuals contemplating suicide and gives them the space to share their feelings and struggles and express suicidal thoughts. Twitter also prompts open discussions and provides a space for users to have cathartic discussions they normally would not have. It is imperative to study the patterns present in the suicide-related content posted on social media and understand the types of content. Methodology: 1050 tweets were chosen using stratified random sampling from a dataset obtained through Snscrape. The keywords were adapted from several studies consisting of validated terms used concerning suicide. James Gee's Building Tasks Theory guided the discourse analysis. Results: The tweets were divided into four themes: discussions of specific cases, suicidal ideation and experiences, the humor aspect, and discussing suicide. Semiotic, cultural, and communicative components shape this online discourse. Diverse sign systems such as emojis, hashtags and tone indicators, linguistic patterns such as swearing, capitalization and informality, and power dynamics influence this discourse. Most of the tweets were aimed at the expression of emotions and opinions, self-disclosure, acting as a distraction, spreading awareness, and preventing suicides. Conclusion:Twitter emerged as a dynamic environment for identity creation, political engagement and relationship building. Implications of studying this discourse stretch across mental health, communication studies, online platform management, identifying at-risk individuals, informing targeted interventions, promoting mental health resources, and helping guide content moderation.  Keywords: suicide, social media, discourse analysis, Twitter
Affiliation (s)	<ul> <li>Postgraduate student, Christ (Deemed to be) University,</li> <li>Assistant Professor of Psychology, Christ (Deemed to be) University</li> </ul>
Correspondence	thryaksha@gmail.com

Title of the paper	Spiritual Intelligence and Suicidal Ideation – Influence of Employment
Title of the paper	Status
Author	Ketan Maheshwari <sup>1</sup>
riutioi	
	<b>Introduction:</b> The present study aimed to understand the relationship
	between spiritual intelligence and suicidal ideation, and the influence of
	employment status. <b>Method:</b> A correlational study using purposive sampling
	was done with a sample of 164 adults between the ages of 21 and 30, residing
	in Delhi NCR, India. The sample comprised 95 employed and 69 unemployed
	participants who had been employed or unemployed for at least 3 months. The
	Spiritual Intelligence Self Report Inventory 24 (SISRI-24) and Beck's Scale
	for Suicidal Ideation (BSSI) were used. Data were analyzed using the Mann-
	Whitney U test, Spearman's correlation, and linear regression. Results:
	Results showed that spiritual intelligence ( $\rho = 0.172$ , p < 0.05) and two of its
	dimensions, critical existential thinking ( $\rho = 0.24$ , $p < 0.01$ ) and transcendental
Abstract	awareness ( $\rho = 0.157$ , p < 0.05) had a significant relationship with suicidal
And act	ideation. Spiritual intelligence was found to not act as a predictor of suicidal
	ideation ( $\beta = 0.121$ , p (0.123) > 0.05) and there was no significant difference
	in levels of spiritual intelligence (U=3166, p (0.71) > 0.05) or suicidal ideation
	(U=3044, p (0.417) > 0.05) between employed and unemployed participants.
	Conclusion: Further longitudinal, culture-specific studies accounting for
	temporality, a mixed method approach to understand the 'how' and 'why' as
	much as the 'how much' may be explored. Possible cultural, religious, and
	associated spiritual elements contributing to clients' suicidal ideation may
	further be explored by practicing mental health professionals.
	Keywords: Spiritual Intelligence, Suicidal Ideation, Employment Status,
	Suicidality, Suicide Prevention
	<sup>1</sup> Department of Psychology, Christ (Deemed to be) University, Central
Affiliation (s)	Campus, Bengaluru, India

Title of the paper	Attachment Styles & Relationship Satisfaction Among Long-Distance
Title of the paper	Romantic Couples: Role of Relationship Maintenance Behavior
Author	Anwayee Samanta <sup>1</sup> , Shaharban NV <sup>2</sup>
Author  Abstract	Romantic Couples: Role of Relationship Maintenance Behavior
	< .001). As hypothesized, attachment style predicted relationship satisfaction. Secure attachment was found to be a significant direct predictor ( $\beta$ = 0.21, t = 2.44, p < .05), and anxious preoccupied type was found to be a significant
	negative predictor ( $\beta$ = -0.16, t = -2.09, p < .05). Routine and strategic maintenance behavior was also found to be a significant positive predictor of relationship satisfaction ( $\beta$ = 0.26, t = 2.64, p < .05). The researchers also
	explored a mediation model of the indirect pathway Secure $\Rightarrow$ RMB $\Rightarrow$ RS. Relational maintenance behavior was found to partially mediate between

	secure attachment and relationship satisfaction. Conclusion: Evidence
	supported the present research. Secure attachment enhances intimacy,
	commitment, trust, and better communication between partners, reflecting on
	their enhanced relationship satisfaction. Maintenance behavior works as a
	protective factor in their relationship and partially mediates between secure
	attachment and relationship satisfaction. However, anxious and avoidant
	attachment types did not show promising results, which can be a potential area
	for further research.
	Keywords: Long Distance Relationship, Relationship Satisfaction, Attachment Styles, Relational Maintenance Behavior, Secure Attachment.
Affiliation (s)	<sup>1</sup> Student, Department of Psychology, School of Social Sciences, Christ
	(Deemed to be) University, Bengaluru, India <sup>2</sup> Assistant Professor, Department of Psychology, School of Social Sciences, Christ (Deemed to be) University, Bengaluru, India

Title of the paper	Life of women with Autoimmune Diseases: An Exploration
Author	Prajna A <sup>1</sup> , Dr Rituparna Chakraborty <sup>2</sup>
Abstract	Introduction: Comprehending the distinct obstacles encountered by individuals battling Autoimmune Diseases (ADs) is crucial in understanding the intricate system of women's health, particularly in a country like India. This study explores the immediate and long-term psychosocial effects of three specific ADs—multiple sclerosis, rheumatoid arthritis, and alopecia areata in Indian women. The study explores the intricate landscape of the lives they lead, examining the nuances of cultural norms, professional dynamics, and family support whilst maintaining an emphasis on socioemotional difficulties faced by these women. By examining these dimensions, the study sheds light on the protective components woven into the fabric of their experiences, providing a comprehensive analysis of the lives of women with ADs in India.  Methodology: The study comprised 12 Indian women with Autoimmune Diseases (ADs) who followed Glaser and Strauss' (1967) protocols for sampling. Participants had to be between the ages of 23 and 43, have MS, RA, or Alopecia for at least a year, and live in India. Indian women who did not reside in the country and those suffering from psychiatric conditions were not included in the study. Diversity in socioeconomics, education, and occupation was ensured through purposeful sampling. Participants' experiences were investigated through semi-structured interviews that were conducted using expert validated questions. The average participant age was 35.42 years, and 41.67% of them had MS. Participants validated transcripts through a "member check" process. The data was analyzed using Braun and Clark's Reflexive Thematic Analysis, a method for identifying patterns in qualitative data to comprehend participants' thoughts, feelings, and actions connected to the investigated the phenomenon. Results: The reflexive thematic analysis, following Braun and Clarke's methodology (2013), identified five overarching themes encapsulating the experiences of Indian women with Autoimmune Diseases. These themes provide a comp

Burdens: Gender and Illness," explores the challenges of navigating societal and gendered expectations, coupled with the emotional labor of invisibility. The third theme, "Psychological Fortitude Amidst Illness," encompasses strategic emotional coping and cognitive and functional adjustments. Moving to the fourth theme, "Socio-Emotional Fabric of Chronicity," it unravels the nuances of nurturing socio-emotional support, along with social comparison and advocacy. Finally, the fifth theme, "Emotional Landscape of Acceptance and Change," unfolds the emotional reactions to diagnosis and disease progression, intertwined with identity reassessment and life reappraisal. This thematic framework provides a nuanced perspective on the complex interplay of psychological, social, and emotional dimensions in the lives of women grappling with Autoimmune Diseases in the Indian context. Conclusion: The present study concludes by exploring the complex lives of Indian women who suffer from autoimmune diseases, including rheumatoid arthritis, alopecia, or multiple sclerosis. The results shed light on the complex interactions between agency, gender dynamics, psychological toughness, socio-emotional fabric, and the emotional terrain in the context of their chronic illness journeys through a reflective thematic analysis. These findings highlight the need for focused support and awareness in the Indian setting and add to a more nuanced knowledge of the difficulties and coping mechanisms encountered by this subsection of the population.

**Keywords:** Autoimmune Disease, Women's Health, Autoimmune Diseases in India, Women with Autoimmune Diseases

## Affiliation (s)

<sup>&</sup>lt;sup>1</sup> Department of Psychology, Christ (Deemed to be University), Bengaluru, Karnataka, India

<sup>&</sup>lt;sup>1</sup> Department of Psychology, Christ (Deemed to be University), Bengaluru, Karnataka, India

	Veterinarian Well-Being: Navigating Occupational Stress, Self-
Title of the paper	Destructiveness and Social Support in Animal Healthcare
Author	Ananya Ganeriwala <sup>1</sup> , Dr Rituparna Chakraborty <sup>2</sup>
Author	
	Introduction: Mental health challenges are prevalent among animal
	healthcare workers in India, a sector often overlooked due to its diminished
	societal regard. Prior research indicates the heightened vulnerability of these
	professionals to occupational stress, which might lead to self-destructive
	behaviours. The study aimed to explore the mediating role of social support
	and the influence of demographic details on these outcomes. <b>Methodology:</b> In
	this study, we evaluated 121 animal healthcare professionals from Tamil
	Nadu, focusing on the relationship between occupational stress, social
	support, and self-destructiveness. Participants, ranging from veterinarians,
	assistants and animal caregivers, completed three surveys: the Occupational
	Stress Index, the Multidimensional Scale of Perceived Social Support, and the
	Chronic Self-Destructiveness Questionnaire. Data analysis, conducted using
	Jamovi software, included correlation and regression analyses, Mann-
	Whitney's U test, and the Kruskal-Wallis test, with a special focus on social
Abstract	support as a mediator. Results: In this study, the relationship between
Austract	occupational stress, social support, and self-destructiveness among animal
	healthcare professionals was extensively analyzed. The correlation between
	occupational stress and social support was significantly negative ( $r = -0.655$ ;
	p < .001), indicating that higher occupational stress is associated with lower
	social support. Occupational stress and self-destructiveness were strongly
	positively correlated ( $r = 0.841$ ; $p < .001$ ), suggesting that increased stress is
	linked with higher self-destructiveness. Social support and self-
	destructiveness showed a significant inverse relationship (r = -0.770; p <
	.001), indicating that higher social support is associated with lower self-
	destructiveness. Regression analysis revealed that self-destructiveness
	significantly predicts occupational stress ( $\beta = 0.857$ ; p < .001) and social
	support ( $\beta$ = -0.0303; p < .001). When examining predictors for self-
	destructiveness, both occupational stress ( $\beta = 0.896$ ; p < .001) and social
	support ( $\beta = -8.303$ ; p < .001) emerged as significant. Mediation analysis
	showed that social support significantly mediates the relationship between

occupational stress and self-destructiveness, with a direct effect of b = 0.715(p < .001) and an indirect effect of b = 0.229 (p < .001). Demographic data analysis indicated that age, sex, education, and years of experience did not significantly correlate with the psychological variables. However, being unmarried was associated with higher occupational stress, lower social support, and increased self-destructiveness. Veterinary assistants exhibited higher stress, lower social support, and more self-destructiveness compared to other roles. Participants working 13-16 hours a day showed heightened stress, reduced social support, and increased self-destructive behaviors. Conclusion: The study on animal healthcare practitioners in Tamil Nadu reveals a crucial link between high occupational stress and selfdestructiveness, moderated by social support. Key factors like long work hours and challenging work conditions significantly impact their mental health. The findings highlight the need for focused policy interventions to improve their work environment and mental well-being.

**Keywords:** Occupational stress, veterinarian mental health, social support, self-destructiveness, animal healthcare workers

## Affiliation (s)

- <sup>1</sup>Department of Psychology, Christ (Deemed to be University), Bengaluru, Karnataka, India
- <sup>2</sup> Department of Psychology, Christ (Deemed to be University), Bengaluru, Karnataka, India

Title of the paper	Exploring Existential Anxiety, Religiosity and Hope in Indian Emerging
	Adults
Author	Porkothai V <sup>1</sup> , Dr Sherin P Antony <sup>2</sup>
Abstract	<b>Introduction:</b> This study aimed to explore the relationship between Existential Anxiety, Religiosity, and Hope and the corresponding dimensions/subscales (Fate and Death, Emptiness and Meaninglessness, Guilt and Condemnation, Agency and Pathway Hope) of the variables among Indian emerging adults. This study also explored how the variables would vary with different demographics like socio-economic status, gender, place of residence (rural or urban), level of education, and employment status. <b>Methodology:</b> A correlational study was conducted using the Existential Anxiety Questionnaire by Weems et al. (2004), Centrality of Religiosity Scale by Huber and Huber (2012), and Adult Hope Scale by Snyder et al. (1991) on 314 emerging adults from India ages 18 to 25. <b>Results:</b> The results show that there is a positive correlation between Religiosity and both Agency ( $r = 0.186$ , p<0.01) and Pathway Hope ( $r = 0.169$ , p<0.01). Only a weak negative correlation was obtained between the Guilt and Condemnation dimension of Existential Anxiety and Agency Hope ( $r = -0.114$ , p<0.05). Religiosity was found to be significantly different in males and females, with women having a higher mean score. Other demographic variables were not significantly different. <b>Conclusion:</b> The results suggest that there is a relationship between hope and religiosity but existential anxiety doesn't have any relationship with these variables. Hope and religiosity are interrelated which explains the relationship obtained. The limitations associated with the existential anxiety scale and the characteristics of the sample might have contributed to the present results. <b>Keywords:</b> Existential Anxiety, Religiosity, Hope, Emerging Adults
Affiliation (s)	<ul> <li>Department of Psychology, Christ (Deemed to be University), Bangalore, India.</li> <li>Department of Psychology, Christ (Deemed to be University), Bangalore, India.</li> </ul>

Author  Soundarya Mahalakshmi A¹, Dr Sherin P Antony²  Introduction: This study investigates the relationship between quality of life and spiritual well-being in middle-aged adults with migrated children during the pandemic. It aims to determine if there are significant differences in QoL across socioeconomic statuses and if spiritual well-being significantly contributes to overall QoL. The research also examines differences in spiritual well-being based on age, SES, gender, and quality of life. Methods: A correlational study design was conducted using the Quality-of-life scale, Spiritual Well Being scale and OP Agarwal's Socioeconomic status scale by Agarwal on 300 middle aged adults, from the age range 35-55. Results: Results show that there are no significant correlations between Quality of life and Spiritual well-being (P> .05, r = .787). From Kruskal Wallis test, it was found out that overall, there is a significance difference between the means. (p< .05) In order to check for the individual differences, a post hoc test was conducted. The test indicated that mean score for upper middle and upper high was significant (p= .034), as well as upper middle – lower middle (p< .011), lower middle- high (p<002) and lower middle-upper high (p=0.001). From Mann Whitney U, we can say that there is in fact, a difference between the means (p< .05). Conclusion: Results suggest that there is no correlation between quality of life and spiritual well-being. The other hypotheses taken into consideration did not yield expected results as well. The conclusion can be explained by the fact that resilience as a mediating variable was not taken into consideration.  Keywords: Spiritual Well Being, Quality of life, Socio-economic status  1 Department of Psychology, Christ (Deemed to be University), Bangalore, India.	Title of the paper	Spiritual Well-Being, Quality 0f Life, and Feelings of Emptiness among
Introduction: This study investigates the relationship between quality of life and spiritual well-being in middle-aged adults with migrated children during the pandemic. It aims to determine if there are significant differences in QoL across socioeconomic statuses and if spiritual well-being significantly contributes to overall QoL. The research also examines differences in spiritual well-being based on age, SES, gender, and quality of life. Methods: A correlational study design was conducted using the Quality-of-life scale, Spiritual Well Being scale and OP Agarwal's Socioeconomic status scale by Agarwal on 300 middle aged adults, from the age range 35-55. Results: Results show that there are no significant correlations between Quality of life and Spiritual well-being (P> .05, r = .787). From Kruskal Wallis test, it was found out that overall, there is a significance difference between the means. (p< .05) In order to check for the individual differences, a post hoc test was conducted. The test indicated that mean score for upper middle and upper high was significant (p= .034), as well as upper middle – lower middle (p< .011), lower middle- high (p<002) and lower middle- upper high (p=0.001). From Mann Whitney U, we can say that there is in fact, a difference between the means (p< .05). Conclusion: Results suggest that there is no correlation between quality of life and spiritual well-being. The other hypotheses taken into consideration did not yield expected results as well. The conclusion can be explained by the fact that resilience as a mediating variable was not taken into consideration.  **Keywords: Spiritual Well Being, Quality of life, Socio-economic status**  1 Department of Psychology, Christ (Deemed to be University), Bangalore, India.	Title of the paper	Middle-Aged Adults
and spiritual well-being in middle-aged adults with migrated children during the pandemic. It aims to determine if there are significant differences in QoL across socioeconomic statuses and if spiritual well-being significantly contributes to overall QoL. The research also examines differences in spiritual well-being based on age, SES, gender, and quality of life. Methods: A correlational study design was conducted using the Quality-of-life scale, Spiritual Well Being scale and OP Agarwal's Socioeconomic status scale by Agarwal on 300 middle aged adults, from the age range 35-55. Results: Results show that there are no significant correlations between Quality of life and Spiritual well-being (P> .05, r = .787). From Kruskal Wallis test, it was found out that overall, there is a significance difference between the means. (p< .05) In order to check for the individual differences, a post hoc test was conducted. The test indicated that mean score for upper middle and upper high was significant (p= .034), as well as upper middle – lower middle (p<.011), lower middle- high (p<002) and lower middle- upper high (p=0.001). From Mann Whitney U, we can say that there is in fact, a difference between the means (p< .05). Conclusion: Results suggest that there is no correlation between quality of life and spiritual well-being. The other hypotheses taken into consideration did not yield expected results as well. The conclusion can be explained by the fact that resilience as a mediating variable was not taken into consideration.  **Keywords: Spiritual Well Being, Quality of life, Socio-economic status**  1 Department of Psychology, Christ (Deemed to be University), Bangalore, India.	Author	Soundarya Mahalakshmi A <sup>1</sup> , Dr Sherin P Antony <sup>2</sup>
India.  Affiliation (s)	Abstract	and spiritual well-being in middle-aged adults with migrated children during the pandemic. It aims to determine if there are significant differences in QoL across socioeconomic statuses and if spiritual well-being significantly contributes to overall QoL. The research also examines differences in spiritual well-being based on age, SES, gender, and quality of life. <b>Methods:</b> A correlational study design was conducted using the Quality-of-life scale, Spiritual Well Being scale and OP Agarwal's Socioeconomic status scale by Agarwal on 300 middle aged adults, from the age range 35-55. <b>Results:</b> Results show that there are no significant correlations between Quality of life and Spiritual well-being (P> .05, r = .787). From Kruskal Wallis test, it was found out that overall, there is a significance difference between the means. (p< .05) In order to check for the individual differences, a post hoc test was conducted. The test indicated that mean score for upper middle and upper high was significant (p= .034), as well as upper middle – lower middle (p<.011), lower middle- high (p<002) and lower middle-upper high (p=0.001). From Mann Whitney U, we can say that there is in fact, a difference between the means (p< .05). <b>Conclusion:</b> Results suggest that there is no correlation between quality of life and spiritual well-being. The other hypotheses taken into consideration did not yield expected results as well. The conclusion can be explained by the fact that resilience as a mediating variable was not taken into consideration.
	Affiliation (s)	

Title of the paper	The Social Perception Towards Male Psychologists Among University
	Students in India
Author	Sushmitha K <sup>1</sup> , Dr Sherin P Antony <sup>2</sup>
Abstract	Introduction: This study investigates social perception towards male psychologists among university students in India. It aims to understand associations with gender stereotypes, attributes and differences in perceptions towards male psychologists between psychology and non-psychology students. This study sheds light on the intricate social perceptions towards male psychologists in India, with the aim of offering insights into strategies for altering the negative perceptions, increasing diversity and inclusivity, and reducing stereotypes in the field of psychology. Methodology: The research uses a qualitative design, comprising two phases: a self-report question filled by 273 psychology and non-psychology student participants and 8 semi-structured interviews for in-depth exploration. Results: Thematic analysis revealed four global themes, which include positive attributes along warmth and competence dimensions, negative stereotypes, creating a paradigm shift in perception and role of male psychologists in dyads. Exploration of In-group and out-group differences show that both groups reported highest in envious prejudice while in-group reported more admiration and out-group reported more paternalistic prejudice. Conclusion: The study contributes to a broader understanding of how sociocultural, economic and, media influences, gender roles and expectations, shape perceptions. The findings offer insights into strategies for changing these perceptions fostering a more inclusive and supportive environment for male psychologists in India.  Keywords: Male psychologists, social perception, Stereotypes, Gender roles, India.
Affiliation (s)	<ul> <li>Department of Psychology, Christ (Deemed to be University), Bangalore, India.</li> <li>Department of Psychology, Christ (Deemed to be University), Bangalore, India.</li> </ul>

Title of the paper	Role of Helicopter Parenting, Religiosity, and Peer Norms in Young
	Adult Substance Use: The Indian Context
Author	Sruthi S <sup>1</sup> , Dr. Aiswarya V.R. <sup>1</sup>
Abstract	<b>Background:</b> The prevalence of substance use among young adults has increased substantially in the Indian population. The period of young adulthood is especially crucial amid numerous life transitions. Several social factors exert influence on an individual's substance use behaviors. This study examines the relationship between helicopter parenting, religiosity, peer descriptive and injunctive norms, and young adult substance use (tobacco, alcohol, and cannabis) in India. <b>Methodology:</b> The participants included 187 young adults recruited through convenience sampling across various regions in India. The study employs a correlational research design. An online questionnaire composed of sociodemographic details, the Helicopter Parenting Inventory, the Centrality of Religiosity Scale, Peer Norms and Tolerance scale, and the Alcohol, Smoking, and Substance Involvement Screening Test (ASSIST) was administered to the participants. <b>Results:</b> Correlation and regression analyses were performed. Peer injunctive and descriptive norms had an effect of $\beta = 0.39(p<.001)$ on tobacco, $\beta = 0.46(p<.001)$ on alcohol, and $\beta = 0.34(p<.001)$ on cannabis use. There was no correlation with helicopter parenting and a significantly weak correlation between religiosity and alcohol use ( $\alpha =20$ , p < .01). <b>Conclusion:</b> The findings suggest that substance use by peers and peer tolerance towards substance use have the greatest influence on substance use among young adults. Thus, interventions for substance abuse and addiction and prevention plans should take peer circles into consideration.  Keywords: helicopter parenting, peer injunctive norms, peer descriptive norms, religiosity, substance use
Affiliation (s)	<ul> <li>Student of M.Sc Clinical Psychology, Christ Deemed-To-Be University,</li> <li>Bengaluru, Karnataka, India</li> <li>Assistant Professor, Department of Psychology, Christ Deemed-To-Be University, Bengaluru, Karnataka, India</li> </ul>
Correspondence	sruthi.s@psy.christuniversity.in

Title of the paper	Queer and Conflicted: Navigating the Tug of War Between Identity and Tradition among Queer Individuals from Joint Families in India
Author	Siddhi Harlalka
Abstract	Background: Queer individuals face a profound conflict as they grapple with the tension between their authentic identities and the expectations imposed by their cultural, familial, and religious backgrounds. This study employs a social constructivist lens to understand the multifaceted nature of this struggle, particularly among queer individuals from joint families in India. It seeks to deconstruct the values, traditions, expectations, and notions upheld by Indian joint family systems that often conform to a heteronormative societal structure, thereby deepening the conflict. The significance of this research extends to both the personal well-being of queer individuals and the broader conversation on diversity and inclusion. Methodology: To explore this complex issue, the research employs a narrative thematic analysis of interviews with nine queer individuals from diverse backgrounds who come from joint families in India. Results: The findings of this study reveal the substantial emotional toll that this conflict exacts on queer individuals from joint families, resulting in heightened stress, feelings of isolation, and strained relationships. Additionally, the research highlights the resilience and coping strategies employed by these individuals, illuminating the potential for self-discovery amidst adversity. Conclusion: In conclusion, this research offers valuable insights for the development of support systems, advocacy initiatives, and informed policymaking.  Keywords: LGBTQIA+, intersectionality, socio-cultural context, queer narratives
Affiliation (s)	M.Sc. Counselling Psychology, Christ (deemed to be) University, Bangalore, India

Title of the paper	DISC Behavioral Profile as a Predictor of Performance Anxiety and
Title of the paper	Resilience among Sports Professionals
Author	Tanisha Sanjay
Abstract	Background: This research study aims to categorize sports professionals based on the DISC behavioral profile, assessing their personality behavior types (Dominance, Influence, Steadiness, and Conscientiousness), and measuring the sports-related anxiety and resilience among these types. The study contributes to sports psychology by shedding light on coping styles and techniques that athletes, coaches, and psychologists can utilize to enhance training and overall performance. Methodology: The study employs the DISC behavioral profile as an independent variable, categorizing sports professionals into distinct behavior types. Sports-related performance anxiety and resilience serve as dependent variables. The research explores the relationships between athletes with different DISC profiles and their performance anxiety and resilience levels. Results: This study uncovers significant insights into sports professionals' resilience levels with varying DISC profiles. The results reveal no significant differences in performance anxiety related to DISC profiles. However, there are statistically significant differences in resilience among the DISC profiles, with influence profiles scoring the highest. Conclusion: Existing literature often explores behavior traits and stress without delving into the reasons behind high pressure or low resilience in different behavior types. This research introduces the novel perspective of DISC profiles, offering a comprehensive understanding of Dominance, Influence, Steadiness, and Conscientiousness concerning resilience, anxiety, and performance levels. Such insights provide a unique tool for sports professionals, coaches, and psychologists to enhance performance and well-being.  Keywords: DISC behavioral profile, sports professionals, performance anxiety, resilience, coaching techniques.
Affiliation (s)	Masters of Science in Psychology (Clinical), Christ (Deemed to be University), Bengaluru

Title of the paper	How Pornography Usage Contributes to Sexual Identity Development in
Title of the paper	LGBTQIA+ Individuals
Author	Kriti Subramanian <sup>1</sup> , Miriam Priti Mohan <sup>2</sup> .
Abstract	Background: A critical aspect of identity formation for LGBTQ adolescents is their sexual identity development. The aim of the study was to understand the role of pornography in the sexual identity development of LGBTQIA+ individuals, along with the way pornography consumption facilitates this process, and to understand the significance of pornography in the context of other sources. Methodology: The study focused on a sample of 15 queer individuals between the ages of 20 and 25 residing in various regions of India, all with various sexual identities, and used a qualitative procedure and was analyzed using thematic analysis. Results: Various factors affect the way LGBTQIA+ individuals perceive their sexual identity development, the first being The Various Consequences of Pornography Usage, along with the second group of Social Factors Associated with Pornography. Conclusion: The study shows that pornography directly had a crucial role in the development of an LGBTQIA+ member's sexual identity. Pornography also indirectly slows down the process of an individual's sexual identity development by affecting certain aspects of an individual, like self-esteem and body image. Both of these were due to certain major factors, including identity formation, mainstream pornography being unsafe, negative and positive feelings associated with pornography consumption, peer and friend group influence, the role of the internet and social media, and environmental factors.  Keywords: Sexual Identity, Pornography usage, LGBTQIA+ community.
Affiliation (s)	<sup>1</sup> Department of Psychology, Christ (Deemed to be) University, Bangalore <sup>2</sup> Department of Psychology, Christ (Deemed to be) University, Bangalore

	stigma. It advocates for culturally sensitive interventions addressing both
	spiritual and psychological aspects.
	Keywords: Lived experience, suicide, parasuicide, thematic analysis
Affiliation (s)	<sup>1</sup> Assistant professor in Navajeevan physiotherapy, counsellor in Bethany
	naturopathy Hospital, Nalanchira, <sup>2</sup> Professor of Montfort college, Bangalore
Correspondence	Email: jaisonkurianv@gmail.com

Author	Dr. Simon Joseph M <sup>1</sup> , Prof. H. Kirubakaran <sup>2</sup> , Prof. Keth Gomez <sup>3</sup>
Abstract  Solve Post of the control	The latest global definition of 'Social Work is a practice-based profession and an academic discipline'highlights the bidirectionality of field work with theory in the social work curriculum. Hence the focus of this paper is to develop a structured, sequential and chronological evolution of supervised asks, activities and assignments, contextual to the field work agency and appropriate to the levels of course outcome ranging from 4 years B.S.W to 3 year full-time Doctoral Research. The methodology adopted include content analysis of the field work manual, focused group discussion with agency supervisors and in-depth structured interview with senior faculties and practioners. Both at the B.S.W and M.S.W. level, title of the papers and field assignments during the field work practicum could include Foundational (3 anguage formula; Regional, National and English or other foreign anguages), Core papers including history, philosophy, fields and methods) Allied subjects (such as Psychology, Sociology, Anthropology, Economics and political science), Electives , Soft/Core skills, Extension activities and Requirement for course completion. During the First Year, Human Lab Sessions to familiarize with Personality Traits and related Group Dynamics will form part of Field Work Practicum with thrust on Reflective Social Work will form part of Field Work Practicum with thrust on Reflective Social Work Practice during the year along with introduction to Transactional Analysis. In the Second Year, structured observation visits and interaction with diverse agencies engaged in different Field s of Social Work will be the content of Field Work Practicum. Third Year focus will be Project Work on direct methods of social works. Fourth Year, concurrent field work practicum with focus on indirect methods of social work will form the content of practice component. The 1-year M.S.W will have exclusive focus on any one of the three specializations; namely Community Development (C.D), Human Resource Management (HRM) and Medial and Ps

	completion. 3 Year full-time Research, the focus should be on qualitative or
	longitudinal interventional assessment, generating new knowledge in the
	realm of Social Work/Welfare Administration, ensuring minimum standards
	in basic services for the vulnerable population, towards the realization of
	Sustainable Development Goals (SDG).
	Managing Trustee, ICT, Uzhavoor <sup>1</sup> . Registered Mental Health Professional
Affiliation (s)	(Reg.No.PSW0035) Tamil Nadu Mental Health Authority, Chennai <sup>2</sup> .
	Psychoanalyst and Advisor to ICT, Cochin, Kerala <sup>3</sup> .
Correspondence	Email; simmon.simon@gmail.com
P	

Title of the paper	Family Environment and Co-dependency in Wives of Persons with
Title of the paper	Alcohol Dependence Syndrome" - A Comparative Study
Author	Sweta Baruah <sup>1</sup> , Sonia P. Deuri <sup>2</sup> , Sobhana H. <sup>3</sup>
Abstract	Introduction: Alcohol dependence syndrome (ADS) is commonly seen as a family disorder as it has an adverse effect on the family significantly, so the term "co-dependency" first came in the context of describing some particular characteristics of spouses of persons with ADS. Therefore, we assessed the level of family environment and co-dependency in wives of persons with alcohol dependence syndrome (ADS) and the normal group. Methodology: This is a cross-sectional descriptive research study using quantitative approach. Sample size consisted of 100 samples, among which 50 participants from the wives of persons with alcohol dependence syndrome and 50 participants from the normal group. Purposive sampling was used to identify participants. Socio-demographic data sheet, McMaster Family Assessment Device, and Spann-Fischer Co-dependency, were administered. Statistical analysis was performed by using the SPSS programme. Results: It indicated a higher prevalence of "unhealthy functioning" in all the domains of family environment, while the normal group primarily demonstrated "healthy functioning." Also, level of co-dependency indicated that participants in the ADS group tend to have a higher prevalence of moderate (28%) and high co-dependency levels (21%) compared to the normal group, where moderate co-dependency levels (40%) are more prevalent. Conclusion: The wives of persons with ADS showed a significant poor score in family environment and co-dependency than the wives of normal group. One of the major findings from the study is that co-dependency is not only related to any pathology but it is also present in normal population to some extent, highlighting the need for attention.  Keywords: Alcohol dependence syndrome, Wives of persons with alcohol
	dependence syndrome, Family environment, Co-dependency
Affiliation (s)	M.Phil Trainee in Psychiatric Social Work <sup>1</sup> , professor and head <sup>2</sup> , Associate Professor <sup>3</sup> Department of Psychiatric Social Work, LGB Regional Institute of Mental Health, Tezpur, Assam,
Correspondence	Email: baruahsweta0609@gmail.com <sup>1</sup> , soniadeuri28@gmail.com <sup>2</sup> , sobhana@gmail.com <sup>3</sup> .

Title of the paper	Early Parental Death and Quality of Marital Relations in Adults With
Title of the paper	Recurrent Depressive Disorders on Their Quality of Life
Author	Srabana Bhattacherjee <sup>1</sup> , Mrs. M.M. Varghese <sup>2</sup> , Dr. Sunil Suryavanshi <sup>3</sup>
Author	
	which used convergent parallel design of mixed method research. In the study, concurrently, the quantitative and qualitative elements in the same research process phase weigh the methods equally, analyze the two components independently, and interpret the results together.  Results –Research has shown that individuals who have experienced early parental loss may face significant challenges in their romantic relationships and overall marital satisfaction. Specifically, they may struggle with deficits in multiple aspects of their spousal relationships, ultimately impacting their overall quality of life.  Conclusion –The study suggests that parental death affects marital quality which in turn, has a significant correlation with quality of life.  Key Words –Parents, Death, Depression, Marital Quality, and Dyad
	<sup>1</sup> Psychiatric Social Work Scholar, Department of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi, India, <sup>2</sup> Assistant Professor,

Affiliation (s)	Department of Psychiatric Social Work, Central Institute of Psychiatry,
	Ranchi, India, <sup>3</sup> Associate Professor, Department of Psychiatry, Central
	Institute of Psychiatry, Ranchi, India.
Correspondence	Email: srabanabhattacherjee29@gmail.com

Title of the paper	Understanding Occupational Stress Among the PSWs-A Path To
T. T.	Resilience
Author	Debanjana Ghatak <sup>1</sup> , Dr Srilatha Juvva <sup>2</sup>
Abstract	Introduction: Occupational stress has been a major concern in the last few years because of its harmful consequences, especially in the mental health of an individual, causing various mental health concerns. Social workers in the field of mental health reported to face high level of stress in the workplace which resulted into various consequences in their physical and mental health. Methodology: This paper investigates the perception of occupational stress and workplace challenges experienced by PSWs. It also aims to understand how these challenges are overcame by the PSWs. This paper uses a qualitative research design with a phenomenological approach, using non-probability purposive sampling for choosing the participants, and data was collected using interview guide. The participants consisted of psychiatric social workers with ten and above years of work experience. Results:The study found out there are various challenges faced by the PSWs in respect to their occupation, such as role recognition, interpersonal relationships among the multidisciplinary team members, workload, etc. It was also found in the study that the participants accepted the adverse situations and were eager to take up those challenges instead of avoiding them. The study was conducted maintaining privacy and confidentiality, and with informed consent and voluntary participation of the participants.  Conclusion: In conclusion, this study talks about how the PSWs, even after facing so many challenges, view them and make an effort to manage the stressors they faced by developing a sense of coherence and thus being resilient. It shows how the challenges faced helped the participants to grow as a professional as well as in their personal lives.  Key words: occupational stress, resilience, psychiatric social worker
Affiliation (s)	<sup>1</sup> PhD Scholar, Department of Psychiatric Social Work, Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH), Tezpur, Assam, India, <sup>2</sup> Professor, Centre for Equity and Justice for Children and Families, School of Social Work, Tata Institute of Social Sciences (TISS), Mumbai, Maharashtra, India

	Impact of Workplace Harassment, Perceived Gender Inequality and
	Occupational Stress on Family-Work Balance and Subjective Well-
Title of the paper	Being of Auxiliary Nurse-Midwife (ANM), Accredited Social Health
	Activist (ASHA) & Anganwadi Workers (AWW) in Ranchi District,
	Jharkhand
Author	Ms Jiti Anna Chathamala1¹, & Dr Dipanjan Bhattacharjee², Dr. Sunil
7 Tutiloi	R. Suryavanshi <sup>3</sup>
	Introduction: ANMs, AWWs and ASHAs play a key role in disseminating
	the benefits of public health services at the grassroots level. Enactment of new
	national health policy increases their scope of work and at the same time also
	brings complexities in their lives. They are now held as the wheels of running
	the public healthcare services for common people. They are often exposed to
	some undesirable events and conditions which can intimidate them greatly,
	e.g., occupational stress and perceived gender biasness, which in turn diminish
	their work productivity and adjustments with the demands of work and family.
	This study will be an endeavour to assess the impact of workplace harassment,
	occupational stress and gender inequality on their subjective well-being and
Abstract	work-family balance. Aim: To assess the impact of workplace harassment,
110001400	perceived gender inequality and occupational stress on family-work balance
	and subjective well-being of ANM, AWW and ASHA workers.
	<b>Methodology:</b> This study was conducted with 50 AWW, 50 ASHA and 50
	ANM from Kanke Block of the District of Ranchi, Jharkhand. They were
	selected through a set of criteria and whosoever fulfilling those criteria were
	included as 'subjects'. Appropriately valid measures were applied on them to
	assess the focal areas of the study. The analysis was carried out by using the
	Statistical Package for Social Sciences © IBM Inc, USA. Results &
	<b>Conclusion:</b> Results & conclusion would be shared at the time of presentation
	Keywords: Work-family balance, Quality of Life, Job burnout, Work place
	stress, and ASHA Workers
	MPhil (PSW) Scholar, Department of Psychiatric Social Work, Central
	Institute of Psychiatry (CIP), Ranchi, Jharkhand, India <sup>1</sup> . Associate Professor
Affiliation (s)	and Head, Department of Psychiatric Social Work, Central Institute of
	Psychiatry (CIP), Ranchi, Jharkhand, India <sup>2</sup> . Associate Professor, Department
	of Psychiatry, Central Institute of Psychiatry (CIP), Ranchi, Jharkhand, India <sup>3</sup>

Title of the paper	Minds in Crisis: A Research Exploration on Prevalence and Factors of
True of the paper	Suicide in Indian Adolescents
Author	Shital Pardhi <sup>1</sup> , Satish Wadd <sup>2</sup> , Chandrakanti Nayak <sup>3</sup>
	<b>Introduction:</b> Suicide among adolescents is a pressing public health concern,
	and understanding its prevalence and associated factors is crucial for effective
	prevention strategies. This study aims to synthesize the existing literature on
	the prevalence of suicide and its contributing factors among Indian
	adolescents. Methodology: A qualitative systematic search was conducted
	across major databases, identifying studies published up to 2023. Inclusion
	criteria encompassed research focused on suicide prevalence and associated
	factors in Indian adolescents. <b>Results:</b> Twenty-six studies met the inclusion
	criteria, offering insights into suicide prevalence and associated factors among
	Indian adolescents. The prevalence rates varied across regions, highlighting
Abstract	the need for context-specific interventions. Factors contributing to adolescent
	suicide included psychosocial stressors, academic pressure, family dynamics,
	and mental health issues. Gender differences and regional variations in risk
	factors were also explored. Conclusion: This qualitative systematic review
	underscores the significance of addressing adolescent suicide in the Indian
	context. The synthesis of prevalence rates and contributing factors provides a
	foundation for targeted prevention efforts. The findings emphasize the
	necessity of multidimensional intervention and prevention strategies to
	effectively reduce suicide rates among Indian adolescents.
	<b>Keywords:</b> Suicide, Adolescents, Prevalence, Psychosocial Stressors,
	Prevention Strategies.
	<sup>1</sup> Institute of Psychiatry and Human Behavior, Bambolim, Goa. <sup>2</sup> Institute of
	Psychiatry and Human Behavior, Bambolim, Goa. <sup>3</sup> Institute of Psychiatry and
Affiliation (s)	Human Behavior, Bambolim, Goa.
Correspondence	

Title of the paper	Psychometric properties of Depression, Anxiety, and Stress Scale-21
The of the paper	Hindi Version
Author	Bhupendra Singh <sup>1</sup> , Sidharth Arya <sup>2</sup>
	<b>Introduction:</b> Based on tripartite model of anxiety and depression, Lovibond and Lovibond developed a Self-report 42 item tool to measure Depression,
	anxiety, and Stress (DASS). A briefer version, 21-Item DASS was developed
	with similar structure and properties but with a reduction in completion time.
	Due to excellent internal consistency, reliability, and ease of use, DASS-21 has
	been widely used in various settings among non-clinical and clinical
	populations to assess psychological distress and symptoms of depression,
	anxiety, and stress. The 21-Item DASS has been translated, adapted, and
	validated in multiple languages. <b>Methodology:</b> Purposive sampling technique
	was used, with a standard protocol, the scale was translated into Hindi language
Abstract	and distributed to 500 bilingual adults proficient in English and Hindi language
	who filled out both versions of DASS-21 over a period of 2 weeks. <b>Result:</b> The
	factor loadings for 21 items were between 0.712 and 0.888 with grouping in
	three sub domains similar to original DASS-21 version. Cronbach's alpha for
	individual subscales indicated good internal consistency (0.890 $-$ 0.804). The
	test-retest reliability between the two versions was fair to good as all sub
	domains were between 0.54-0.75. <b>Conclusion:</b> Results suggest fair to good test-
	retest validity, internal consistency, and strong correlation for the Hindi version.
	DASS-21 Hindi version was found to be a valid standard tool for assessing
	Depression anxiety and stress in Hindi-speaking adult nonclinical population.
	Keywords: Depression, Anxiety, Stress, Hindi
	Department of Psychiatric Social Work, Institute of Mental Health, Pt B D
A PP*1* - 4* - 7 \	Sharma University of Health Sciences, Rohtak Haryana, India <sup>1</sup> , SDDTC,
Affiliation (s)	Institute of Mental Health, Pt B D Sharma University of Health Sciences,
	Rohtak Haryana, India <sup>2</sup>
Correspondence	

Title of the paper	Unraveling the Lived Experiences of Parents of Child Sexual Abuse Survivors: A Qualitative Exploration
Author	Veenashree <sup>1</sup> , Navaneetham Janardhana <sup>2</sup> , Kommu John Vijay Sagar <sup>3</sup>
Abstract	Introduction: Child sexual abuse (CSA) being a major public health concern at the global level has its ramifications equally on the parents of CSA survivors. Therefore, this study aimed to explore the lived experiences of the parents of CSA survivors. Methodology: Qualitative exploratory research design was adopted for the study. 20 families of CSA survivors whose cases were registered under the Protection of Children from Sexual Offences (POCSO) Act, 2012 in the urban part of Bengaluru, Karnataka, India were recruited for the study. The data was gathered using an interview guide developed by the researcher. Interpretative Phenomenological Analysis (IPA) approach was used for the data analysis. Results: From the analysis 4 major themes have emerged, i.e emotions specific to the event; experiences post-disclosure; life at present; and life changes in the process. These themes highlight the lived experiences of the parents from the time of abuse disclosure to moving forward with life amidst the challenges. Conclusion: Despite all the limitations the current study has its strong implication for the mental health professionals, researchers, and policy makers.  Keywords: Parents of child sexual abuse survivors; Lived experiences; POCSO Act, 2012; Qualitative research
Affiliation (s)	Assistant Professor of Psychiatric Social Work, Department of Psychology, Christ (Deemed to be University), Hosur Road, Bengaluru <sup>1</sup> . Professor, Department of Psychiatric Social Work, National Institute of Mental Health & Neuro Sciences (NIMHANS), Bengaluru, India <sup>2</sup> .Professor & Head, Department of Child & Adolescent Psychiatry, National Institute of Mental Health & Neuro Sciences (NIMHANS), Bengaluru, India <sup>3</sup> .
Correspondence	

Title of the paper	Mindfulness-Based Relapse Prevention Therapy for Alcohol  Dependence Syndrome: A Case Study
Author	Monaspika Das <sup>1</sup> , Dr. Sonia P. Deuri <sup>2</sup> , Dr. Vikas <sup>3</sup>
Abstract	Alcohol dependence syndrome (ADS) poses a significant public health challenge, affecting over 16.3 million adults nationwide. This case study explores the efficacy of Mindfulness-Based Relapse Prevention (MBRP) as a therapeutic intervention for a 34-year-old man diagnosed with ADS. The study spans in three phases: pre-test, post-test at one month, and a follow-up at three months. ADS is characterized by mental and physical dependence on alcohol, with diagnostic criteria including a strong desire to drink, difficulties in control, withdrawal symptoms, tolerance, neglect of pleasures, and harmful consequences. MBRP, an innovative approach, combines elements of Relapse Prevention (RP) with mindfulness practices derived from Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT). Central to MBRP is the identification of high-risk situations, empowering individuals to recognize triggers, monitor internal reactions, and make skilful behavioural choices. The 8-week intervention consisted of weekly sessions and homework assignments aligned with the MBRP module. The primary focus was on increasing awareness of triggers, promoting acceptance and tolerance of both positive and negative states, and diminishing the need to resort to substance use for alleviating discomfort. Throughout the treatment, patient's progress was tracked, with assessments revealing a notable reduction in alcohol craving, improved stress management, enhanced psychological flexibility, and an overall better quality of life. The case study findings suggest that MBRP can be a valuable tool in addressing ADS, offering insights into its potential benefits in real-world applications. Further research and larger-scale studies are warranted to validate and generalize these promising results.  **Keywords: Alcohol dependence syndrome, Mindfulness-Based Relapse Prevention Therapy, case study.**  1-Ph.D Scholar, Department of Psychiatric Social Work, LGB Regional
Affiliation (s)	Institute of Mental Health, Tezpur, Assam, India.

	<sup>2</sup> Prof. & Head, Department of Psychiatric Social Work, LGB Regional
	Institute of Mental Health, Tezpur. Dean of Faculty of Medicine & Allied
	Health Sciences, Gauhati University, Assam, India.
	<sup>3</sup> Assistant Professor, Department of Clinical Psychology, LGB Regional
	Institute of Mental Health, Tezpur, Assam, India.
Correspondence	

T:41 641	
Title of the paper	Available Services" – A Qualitative Study from Khunti and Ranchi
	District of Jharkhand, India
Author	<sup>1</sup> Mala Kumari, <sup>2</sup> Dr. Monica Kaothala
	Introduction: The victims of human trafficking endure extreme stress, and
	even if they are saved, the ordeal has a lasting effect on their mental health,
	making recovery challenging. They often become psychologically unstable due $% \left( 1\right) =\left( 1\right) \left( 1\right$
	to their traumatic experiences during the captivity. They need a multipronged
	rehabilitative and corrective measure to realign themselves in the mainstream
	society. Therefore, we need to have factual data and empirical evidences
	describing their stories for providing necessary help. This study was an
	endeavor to collect factual data and their narratives related to their sufferings
	and its psychological sequelae. $ \textbf{Aim:} \ \ \text{To understand the psychological requisite} $
	of child trade survivors and to study and analyze the hurdles in accessing the
	required mental health services. Materials And Methods: This qualitative
	study was carried out in Jharkhand's Ranchi and Khunti districts. The goal of
	this study is to explain the human trafficking phenomena, issue, and condition
Abstract	as it exists on the ground. The study's respondents were chosen using purposive $\frac{1}{2}$
120002000	sampling. In-depth interviews were conducted with eight state-level experts in
	the field of countering human trafficking—CWC officers, DCPOs, social
	workers, counselors from informants from non-governmental organizations,
	and children's homes. Thematic analysis has been employed to assess the
	qualitative data obtained from in-depth interviews followed by inductive
	Analysis. <b>Results:</b> Results of the investigation suggest that the rehabilitation
	programs have been poorly implemented and are only on paper, indicating that
	the psychological requirements of the child trading survivors were not
	addressed. Details related to the facts and information of the study will be
	shared at the time of presentation. <b>Conclusion:</b> The research's findings suggest
	that trafficking occurs frequently in disguise, and its incidents are underreported
	in Jharkhand. The majority of survivors experience coercion, abuse, and
	exploitation, which has an impact on their general personality and mental
	health.

Affiliation (s)	Mala Kumari, MPhil Scholar (Psychiatric Social Work), Central Institute of
	Psychiatry, Ranchi, Jharkhand <sup>1</sup> , Dr. Monica Kaothala, Assistant Professor
	(Social Work and Counselling, Tata Institute of Social Sciences, Guwahati
	Campus, Assam <sup>3</sup>

Title of the paper	A case study of PTSD: Trauma Narrative Therapy
Author	Arunida Khumukcham
Abstract	Introduction: Trauma is a powerful emotional response to a distressing event such as humanitarian crisis, conflict, war, disaster, accident, unexpected loss of loved ones, abuse etc. Trauma can cause severe lasting impact on the physical and mental health over a period of time. Aim and Objectives: The present case study aimed to assess psychosocial problems faced due to Traumatic event and to provide Trauma narrative intervention to the client.  Methods and materials: The single-subject case study design was used and the pre-post baseline assessment was done. Semi-structured clinical and sociodemographic data sheet, PTSD symptom scale (PSS) were administered before and after the intervention. Intervention was provided by adopting a Trauma Narrative approach. Results: Trauma Narrative case work intervention turned out to be effective in dealing with Trauma. Conclusion: Trauma Narrative Case Work can be effective in dealing with cases of Trauma and PTSD. The intervention can be carefully carried out under supervision with clients who have experienced Trauma.  Key Words: Trauma, PTSD, Conflict, Trauma Narrative
Affiliation (s)	Mental Health Practitioner, Ya_All: the Youth Network, Imphal, Manipur

Title of the paper	Grief in Caregivers of Persons with Severe Mental Illness: A Systematic Review
Author	Nibedita Sarkar <sup>1</sup> , Dr. Sobhana H <sup>2</sup>
Abstract	Background: Grief is an emotional reaction of persons to the loss of someone or something important to them. Family members experience a deep sense of loss when one of their family members becomes mentally ill. It has been demonstrated that caregivers also experience the loss of a person, since the person they have known, loved, and raised has been replaced with a stranger exhibiting the symptoms of a severe mental illness. Aim: To understand nature of grief experienced by caregivers of Persons with Severe Mental Illness. Methodology: Systematic Review was done where articles were sourced from Google Scholar, PubMed, MEDLINE, PsycINFO databases, searching the terms 'Grief', 'Tools' and 'Caregivers of Persons with Severe Mental Illness' following the PRISMA guidelines. Fifty papers were shortlisted from the databases and 13 papers were chosen for review. Results: Caregivers experience personal, internal and external losses. Personal losses include the loss of a child's personality, role in family and society, potential future, potential talents; internal losses include factors such as loss of spiritual beliefs, loss of parental competence, loss of security and faith in the world and loss of hope for dreams of the future; some external felt losses include loss of family and social support, financial resources, privacy and a predictable family system. Conclusions: Review indicates that most of the studies were done in
	Western Countries focusing on parental grief, whose adolescent children were diagnosed with severe mental illness but there is lack of tools to measure the level of grief experiences by the caregivers.  *Keywords: Grief, Caregiver, Severe Mental Illness, Tools*
Affiliation (s)	<sup>1</sup> PhD Scholar, Department of Psychiatric Social Work, LGB Regional Institute of Mental Health, Tezpur, Assam, India, <sup>2</sup> Associate Professor, Department of Psychiatric Social Work, LGB Regional Institute of Mental Health, Tezpur, Assam, India
Correspondence	Email: sarakarn186@gmail.com

,

Title of the paper	Mental Health and Wellbeing of Police Personnel –  A Qualitative Study
Author	Jothisha C <sup>1</sup> , Prathipa Dhivya Dharshini D <sup>2</sup> , Aravind Raj E <sup>3</sup> , Kavita V
	Jangam <sup>4</sup> , Janaki Raman <sup>5</sup> , T Arul Roncalli <sup>6</sup>
Abstract	Introduction: Recent research has indicated that as much as 73% of police personnel had poor psychological health and 54% of personnel indicated work-life conflicts. Training programs on mental wellbeing among the police personnel would be beneficial in identifying the mental health concerns and enhancing their mental wellbeing. Methodology: The study aimed to understand the mental wellbeing and mental health concerns of police personnel at individual, family, and work levels. It adopts an exploratory design and qualitative methodology to analyse the findings. The study includes 21 police training officers of six police training schools across Karnataka state. An interview guide was used to conduct in-depth interviews. The data gathered was analyzed manually and themes were generated according to the phenomenological approach. Results: The major themes that emerged from the in-depth interviews were on knowledge and awareness, adaptability, decision making, psychosocial problems, support system, emotional factors, social, environmental factors, and occupational dimension. Conclusion: The findings of the study indicate that police personnel face psychosocial issues at individual, family and work levels. Awareness of mental health is limited among police personnel. They face high level of stress and found it difficult to cope up with stress most of the time. Their social life is disrupted and willing to work in a better working environment. Tis This indicates the need for well being and Mental health programs for overall promotion of mental health among police personnel.
	Key Words: Police, Mental health, Wellbeing Senior Project Associate, NIMHANS-HSF Project, Department of Psychiatric
Affiliation (s)	Social Work, National Institute of Mental Health and Neurosciences <sup>1</sup> ,Project consultant, NIMHANS-HSF Project, Department of Psychiatric Social Work, National Institute of Mental Health and Neurosciences <sup>2</sup> ,Additional Professor, Department of Psychiatric Social Work, National Institute of Mental Health and Neurosciences

	<sup>3</sup> ,Additional Professor, Department of Psychiatric Social Work, National
	Institute of Mental Health and Neurosciences
	<sup>4</sup> ,Associate Professor, Department of Psychiatric Social Work, National
	Institute of Mental Health and Neurosciences
	<sup>5</sup> , Programme Manager, Hanns Seidel Stiftung e.V <sup>6</sup>
Correspondence	Email: Jothisha1003@gamil.com

Title of the paper	Brief Strategic Family Therapy-Review from Indian context
Author	Sukanya Rajan <sup>1</sup>
	therapy is found effective in families with adolescents (behavioral issues) due to change in family structure and communication pattern.  Keywords: strategic family therapy, behavior problem, family intervention

Γ

Affiliation (s)	<sup>1</sup> Assistant Professor, Department of Psychology, SoS campus, Jain (Deemed
Aiiiiation (s)	to be) University, JC Road, Bangalore -560027

Title of the	Understanding about Gender-Based Violence (GBV) among Adolescent
paper	Boys of Government PU Colleges of North Bengaluru
Author	Geetha C V <sup>1</sup> , Ansur Farooq Khan <sup>2</sup> , Marita K. Paul <sup>3</sup> , Annie Raichel Joseph <sup>4</sup>
	and Bino Thomas <sup>5</sup>
	<b>Introduction:</b> Gender-Based Violence (GBV) is a serious problem for both
	human rights and public health. Adolescents, especially boys, can be influenced
	by maladaptive behaviours they witness and ultimately develop in the same
	manner. This affects every member of a society and may result in Gender-Based
	Violence (GBV). <b>Methodology:</b> The sample of 321 boys from two Government
	run Pre-University Colleges of North Bengaluru from a pool of 5000 was taken
	for the assessment of their perspectives on gender based violence. The
	researchers used GEM Scale in order to assess their understanding about the
	GBV. Results: According to the findings, while 18% of the boys somewhat
	agreed with the idea that a woman should occasionally be beaten, 48% of the
Abstract	teenagers disagreed. Of the boys, only 33% expressed partial agreement with
Abstract	beating women occasionally, while the remaining 1% held off on answering. 37%
	of the boys unequivocally expressed their disapproval with the idea that a woman
	must put up with violence in order to keep her family intact, but interestingly,
	35% of teenagers agreed with this idea. Furthermore, 26% of the boys partially
	agreed with it, and 2% of the boys did not reply to this question. Conclusion:
	The findings clearly show that working with teenagers is necessary to help them
	comprehend the detrimental consequences of gender-based violence and how it
	impairs a family system, society's prosperity as well as progression. For
	adolescent boys to behave in a courteous and respectful manner towards others,
	they must experience a positive attitude change.
	<b>Keywords:</b> Adolescents, Behaviours, Gender-Based Violence (GBV), India.
	<sup>1</sup> Assistant Manager (Project), Department of Psychiatric Social Work,
	NIMHANS, Bengaluru,
	<sup>2</sup> Senior Officer (Project), Department of Psychiatric Social Work, NIMHANS,
	Bengaluru,
Affiliation (s)	<sup>3</sup> Senior Officer (Project), Department of Psychiatric Social Work, NIMHANS,
	Bengaluru,
	<sup>4</sup> Assistant Manager (Project), Department of Psychiatric Social Work,
	NIMHANS, Bengaluru,
	1

	<sup>5</sup> Additional Professor, Department of Psychiatric Social Work, NIMHANS,
	Bengaluru
Correspondence	Email: geethacv.psw@gmail.com

Title of the paper	Understanding The Pattern of Nicotine Use Among Persons with
	Schizophrenia: A Case Series
Author	Fathima Shibin C <sup>1</sup> , Dr. Sojan Antony <sup>2</sup> , Dr. Shreedevi A.U. <sup>3</sup> , Dr. Jayant
	Mahadevan⁴, Dr. Venkata Senthil Kumar Reddi <sup>5</sup>
	Introduction: There is a high prevalence of nicotine use in persons with
	schizophrenia, which is estimated to be around five times that of the general
	population. Nicotine use in schizophrenia increases the chances of nicotine
	dependence and other comorbid substance use. This study aims to understand
	the pattern of nicotine use in schizophrenia. Methodology: Using
	convenience sampling, five male patients with schizophrenia and nicotine use,
	who sought treatment from NIMHANS were selected and interviewed. Those
	who did not have active nicotine use and had comorbid psychiatric conditions
	and intellectual disability were excluded. Fagerstrom Test for Nicotine
	Dependence and Smokeless Tobacco was administered and interviewed
	participants regarding their pattern of nicotine use. Consent was collected
	from the participants. Results: Participants started using nicotine in their
Abstract	young adulthood and the reasons for first use were mainly peer pressure, need
	for belongingness, and curiosity, while the reasons for the continued use were
	craving, psychological dependence, boredom, loneliness, pleasure, family
	factors and not engaging in a job. All the participants were unemployed and
	had a history of aggression. Attempts and motivation to quit varied in
	participants based on the level of nicotine dependence (1- low dependence, 2-
	moderate dependence, 2- high dependence). 3 participants had a history of
	comorbid substance use. <b>Conclusion:</b> Poor knowledge about the illness and
	treatment, loneliness and boredom, and inadequate socio-occupational
	functioning influenced the increased use of nicotine use in schizophrenia.
	Comprehensive assessment and tailor-made psychosocial interventions are
	needed to address the same.
	Keywords: Schizophrenia, nicotine use, nicotine dependence

	<sup>1</sup> Department of Psychiatric Social Work, National Institute of Mental Health
	and Neurosciences Bengaluru. <sup>2</sup> Department of Psychiatric Social Work,
	National Institute of Mental Health and Neurosciences Bengaluru.
	<sup>3</sup> Department of Psychiatric Social Work, National Institute of Mental Health
Affiliation (s)	and Neurosciences Bengaluru. <sup>4</sup> Department of Psychiatry, National Institute
	of Mental Health and Neurosciences Bengaluru. <sup>5</sup> Department of Psychiatry,
	National Institute of Mental Health and Neurosciences Bengaluru.
Correspondence	Email: shibinakku23@gmail.com

Title of the	Psychosocial Issues in A Case of Polydrug Abuse of Emotionally Unstable
paper	Personality Disorder.
Author	Akhila V R <sup>1</sup> , Dr. Prasad Kannenkanti <sup>2</sup> , Dr. Sanjay K Munda <sup>3</sup>
	Introduction: Polysubstance abuse is prevalent and contributed to and
	maintained by various psychosocial factors including individual, familial,
	societal, and environmental. Emotionally Unstable Personality Disorder, in
	particular, has been linked to an increased risk of polysubstance abuse due to its
	characteristics such as emotional dysregulation and impulsivity. The study aims
	to explore the various psychosocial factors in a case of polysubstance
	dependence. <b>Methodology:</b> This case report demonstrates a 45-year-old female
	with a 12-year history of ingesting tramadol, hydrocodone tablets, and
	alprazolam tablets. The patient experienced three episodes of loss of interest, a
	negative view of self, reduced interaction, and sleep disturbances. A
	comprehensive psychosocial assessment was conducted and formulated using
	assessment tools such as the McMaster Family Assessment Device, Family
Abstract	Environment Scale, WHOQOL-BREF, Level of Expressed Emotion Scale,
	Family Attitude Scale. Result: The findings of this case report highlight a
	complex interplay of multiple psychosocial factors such as family environment,
	economic factors, accessibility of substances, and exposure to adverse life events
	such as divorce, and unemployment, have collectively shaped the trajectory of
	her condition. That has been addressed with appropriate need-based psychosocial
	interventions as per short-term and long-term management of the case.
	<b>Conclusion:</b> Detailed psychosocial assessments help in tailoring interventions to
	the specific needs of the individual and addressing the underlying psychosocial
	problem that has potential impacts on outcomes such as emotional dysregulation
	and substance abuse.
	Keywords: Opioids, Benzodiazepine, Dependence, Emotionally Unstable
	Personality, Psychosocial factors.
	<sup>1</sup> Department of Psychiatric Social Work, Central Institute of Psychiatry,
	Jharkhand, India, <sup>2</sup> Department of Medical Social Work, AIIPMR, Mumbai,
Affiliation (s)	India, <sup>3</sup> Department of Psychiatry, Central Institute of Psychiatry, Jharkhand,
	India

Title of the paper	A Case Report on Psychosocial Intervention for Trance and Possession  Disorder
Author	Ananya A K <sup>1</sup> , Mittu Muthu Varghese <sup>2</sup>
Abstract	Introduction: According to ICD 10 trance and possession disorders are classified under dissociative (conversion) disorders—disorders in which there is a temporary loss of the sense of personal identity and full awareness of the surroundings. There is an understanding that cultural factors impact these states, stemming from the cultural shaping of beliefs about individual self-boundaries and reliance on other cultural assumptions. Along with considerable distress in personal, family and social aspects, assuming the role of someone 'possessed' can also be a potential source of various gains. Methodology: This study focusses on a 45-year-old Muslim male diagnosed with Trance and possession disorder. Psychosocial assessments and cultural formulation have been done at inpatient department of CIP, Ranchi. Interventions has been carried out for patient and the family, based on the assessment findings. Result: Significant improvement has been observed in the knowledge regarding illness, caregiver burden and lifestyle of the patient thus contributing to symptom relief. Conclusion: Dealing with dissociative disorders becomes more complicated due to cultural and socio-spiritual beliefs. Psychosocial assessments and interventions are significant to consider how the patient and their family interpret the situation and help address these challenges effectively.  Keywords: trance; possession; dissociation; socio-spiritual; cultural
Affiliation (s)	<sup>1</sup> Department of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi, Jharkhand, India, <sup>2</sup> Department of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi, Jharkhand, India

	Developing a Chatbot to support Frontline workers in providing
Title of the paper	Community-based Perinatal Mental Health Care (PMH-C): 'Shakti Didi'
	- A novel model for PMH-C interventions in LAMI settings
A41	Supraja TA <sup>1</sup> , Ganjekar S <sup>2</sup> , Satyanarayana VA <sup>3</sup> , Nagendrappa S <sup>4</sup> ,
Author	Shanbag V <sup>2</sup> , Sakhardande K <sup>2</sup> , Shruthi PS <sup>2</sup> , Chandra PS <sup>2</sup>
	<b>Introduction:</b> Studies estimate that 10-35% of women globally have mental
	health problems during pregnancy and postpartum (Jungari,2020; Upadhyay
	et.al.,2017). To address these concerns, Chatbots can be an effective
	mechanism to provide mental health care services, especially in resource-poor
	settings in low- and middle-income countries, and can be easily adapted for
	therapeutic purposes (Abd-alrazaq et al.,2019). Objectives: To develop an
	android-based chatbot for frontline workers involved in perinatal care, in order
	to access healthcare information, assess maternal mental health, and provide
	referral services. Methods: A chatbot 'Shakti Didi' is being developed
	through a 4-phase process, to improve maternal mental health and nutrition
	among rural and tribal communities in India. Phase1 - A team of perinatal
	mental health experts from the National Institute of Mental Health and
Abstract	Neurosciences (NIMHANS), Bangalore, developed the initial script and
	resource materials for the chatbot. Phase2 - The script and resources were
	reviewed by chatbot experts for conversational flow and design. <i>Phase3</i> – A
	Beta version of the chatbot was reviewed by an experts panel of 25
	stakeholders (field program managers). Phase4 - Field testing of the chatbot
	in 5 different Indian languages. <b>Conclusion:</b> The Shakti Didi android-based
	bot can be used in community perinatal psychiatry services for screening and
	identifying maternal mental health and nutrition issues even in remote rural
	areas and providing necessary resources at their doorstep. Using GPS
	technology, referral services can be offered by locating the nearest mental
	health team. This model of care can be successfully replicated in LAMI
	countries.
	Keywords: Perinatal mental health, Community, Rural, India

	<sup>1</sup> Assistant Professor of Psychiatric Social Work, Department of Psychiatry,
	Kasturba Medical College, MAHE, Manipal, <sup>2</sup> Department of Psychiatry,
Affiliation (s)	NIMHANS, Bengaluru, <sup>3</sup> Department of Clinical Psychology, NIMHANS,
	Bengaluru, <sup>4</sup> Department of Psychiatry, St. John's Medical College and
	Hospital, Bengaluru
Correspondence	Email: supraja.t.a@gmail.com

Title of the paper	Role and Functioning of Halfway Home in Assam: A Case Study
Author	Rituporna Dhar
Abstract	Homeless persons with mental illness (HPMI) often live in the fringes of the society. This is the least served and often neglected sector in the mental health field. The findings of (National Mental Health Survey, 2016) reveals that the prevalence of mentally ill persons who became homeless is 1% and is as high as 15,000 in some states. Halfway homes play a significant role in providing care and facilities to HPMI. Government of Assam has published a Standard Operating Procedure which needs to be followed in order to treat and reintegrate HPMI in the mainstream society. In Assam, currently there are 17.
	reintegrate HPMI in the mainstream society. In Assam, currently there are 17 NGOs known as halfway homes working for the welfare of the HPMIs. There is no empirical study on understanding the profile of halfway homes in Assam and its functioning. Therefore the study aim explore the role and functioning of halfway home. <b>Methodology:</b> Single case study method has been used. Both qualitative and quantitative method has been used to collect data. <b>Result:</b> Result finding will be discussed after analysing it. <b>Practical Implications:</b>
	This study would help in contributing to the existing literature and also to help in policy making.  Keywords: Halfway Home, Homelessness, Mental Illness, Homeless Persons
	with Mental Illness
Affiliation (s)	PhD Scholar, Department of Psychiatric Social Work , LGBRIMH
Correspondence	Email: dharrituporna968@gmail.com

,

Title of the paper	A Systematic Review on The Experience On Homelessness And Mental
Title of the paper	Health Issues among Adults
Author	Rituporna Dhar
Abstract	Rituporna Dhar  Homelessness increases an individual's risk to serious health conditions and multiple barriers in everyday life. When the physical health conditions of people who are homeless is compared to the general population, the rates of nearly all chronic illnesses and physical ailments among the population experiencing homelessness are higher, particularly higher prevalence of hepatitis, diabetes, heart and lung disease, cancer, psychiatric conditions and infectious diseases are found. Along with physical illness they suffer from mental illness. People who are homeless and have mental illness are mostly taken to the emergency departments and more hospitalizations than the general population. Aim of the study is to understand the need and barrier of the people experiencing homelessness when they meet health care providers. The review studies included research articles that ranged from quantitative designs such as quasi experimental designs, longitudinal, case-control, descriptive and correlation studies, as well as qualitative studies. The study population covers people experiencing homelessness which involves men, women, children, youth, adult and elderly who resided in shelters, street, parks, bridges. Studies were excluded if they were on the opinions of health service providers. Search strategy: conducted detailed search from following electronic databases: Medline, Psycinfo, Cochrane Library, Scopus, PROQUEST, Eric, Sociological Abstract and Sociological Index. Searches were taken from articles published from 2000 to 2020. Quality assessment Out of the six articles that met the inclusion criteria, four were qualitative studies, and two quantitative designs, methodological quality was assessed by three independent reviewers using the critical appraisal skills programme (CASP) for qualitative research The JBI-Meta analysis of statistics Assessment and
	review instrument for descriptive/correlation studies was used for the quantitative design. <b>Results:</b> The result of the study will be discussed once analysis is done. <b>Implication:</b> This study would help in adding more into the field of literature related to homeless population and their need
Affiliation (s)	PhD Scholar, Department of Psychiatric Social Work , LGBRIMH

Title of the paper	Roles of caregivers and the motivation behind caring for persons with
True of the paper	severe mental illness (PSMI)
Author	Cathereen O'Brien
	<b>Objective:</b> This paper aims to explore and understand the association between
	the carer's roles, their socio-demographic variables, and obligations towards
	persons with severe mental illnesses, namely Schizophrenia, Psychosis, and
	affective disorder. Methodology: This paper is an exploratory study with
	concurrent quantitative analysis in order to study the primary carer's role in
	both the acute and the remission phase and qualitative method to understand
	their motivation to care. Datas were collected from caregivers above 18 years
	of age using purposive sampling from the Adult Psychiatry unit of Nimhans,
	and a total of 100 respondents selected for the study. <b>Results:</b> The roles of
	the carers during the acute phase were relatively higher compared to the
Abstract	remission phase of the illness and amongst which medical care had a
	significant higher mean in both phases (11.30 vs 9.00, p=0.00). This were in
	accordance with the obligation to maintain contact and family rituals with the
	patient in both the phases (21.37 vs 22.53, p=0.5). Overall, 11 factors were
	identified among carer's for being motivated to care for the PWMI.
	Conclusion: The study mainly observed that caregivers were engaging in
	caregiving across all four domains of care during both phases of the illness.
	Carers expressed a sense of obligation to their family members and
	demonstrated a high level of motivation to actively contribute to their
	recovery.
	Keywords: Roles, PWMI, caregiving, obligation, motivation, phases of illness

Title of the paper	A comparative study of maladaptive perfectionism and body
Title of the paper	dissatisfaction in female Classical dancers and non-dancers
Author	Ms. Swarali Kulkarni <sup>1</sup> , Dr. Manjunatha S <sup>2</sup>
	<b>Introduction:</b> The present study aimed to compare the levels of body dissatisfaction and maladaptive perfectionism between dancers and non-dancers. It takes into account the socio professional contexts that dancers
	navigate. Indian Classical Dance, a respected cultural art form combines
	emotional and spiritual elements. While cultural and aesthetic value is widely
	acknowledged its impact, on well-being in relation to body dissatisfaction and
	maladaptive perfectionism is not extensively explored. <b>Methodology:</b> Data
	was collected using snowball sampling from 200 hundred individuals between
	18-35 years. Two questionnaires- Body Dissatisfaction Questionnaire and
	Almost Perfect Scale- Revised were administered. The difference in means of
	both groups was calculated using the T-test. The correlation between both
	variables in both groups was calculated using Pearson product moment test.
Abstract	<b>Results:</b> The findings revealed no difference in levels of body dissatisfaction
	and maladaptive perfectionism between the two groups. However there was a
	correlation between body dissatisfaction and maladaptive perfectionism
	among non-dancers compared to the group of dancers. Conclusion: This
	study highlights the relationship between body dissatisfaction, maladaptive
	perfectionism and Indian Classical Dance. While dancers navigate their set of
	societal standards their involvement in this art form may offer protective or
	therapeutic elements, against certain psychological challenges. Further
	research is needed to understand the underlying mechanisms and explore how
	Indian Classical Dance can contribute positively to well-being.
	Keywords: Body dissatisfaction, Maladaptive perfectionism, Indian classical
	dancers, Societal standards, Psychological well-being
	Masters of Science in Clinical Psychology, (2nd year) Department of
A ppers	Psychology Christ (Deemed to be University), Bangalore <sup>1</sup> , Assistant Professor
Affiliation (s)	Department of Psychology Christ (Deemed to be University), Bangalore <sup>2</sup>
Correspondence	swarali.kulkarni@science.christuniversity.in,
Correspondence	manjunatha.shivarudraiah@christuniversity.in.

Title of the paper	Personal Recovery in Persons with Bipolar Disorder: A Systematic
	Review
Author	Mrinal Basumatary <sup>1</sup> , Indrajeet Banerjee <sup>2</sup>
Abstract	Background: The goal of the treatment in mental illness has gradually shifted from a symptom-based approach to a personal recovery-based approach. Personal recovery is understood as a way of living a satisfying, hopeful and contributing life even with limitations caused by illness. It is increasingly recognized as important outcome for people with bipolar disorder (BD), but research addressing associated factors of personal recovery in this group remains scarce. Aim: This review aimed to providing an overview of the evidence from published literature focusing on personal recovery of persons with bipolar disorder. Methodology: A systematic review was conducted following PRISMA guideline, focusing on studies exploring personal recovery in bipolar disorder. To identify all relevant publications, the study used PubMed and Google Scholar. Relevant articles were selected based on the English language with the full text available that were published until November 2023 and focused on Personal Recovery in persons with Bipolar Disorder. Results: The presence of employment was a significant independent predictor of personal recovery for each individual. Satisfaction with social roles, anxiety symptoms, manic symptoms, and emotion-focused positive rumination were independently associated with personal recovery. Being in later stage of personal recovery was linked to several factors, including older age, a history of binge drinking, early first diagnosis, respect, hope and self-directed empowerment, as well as significant role. The results suggested that social factors (support, work and housing and functioning) showed small positive correlations. Bipolar recovery was significantly associated with better functioning, better mental health, quality of life and personal growth. Conclusion: The review indicated that most studies for bipolar disorder often focus on clinical recovery outcomes rather than personal recovery outcomes.
Affiliation (s)	<sup>1</sup> PhD Scholar, <sup>2</sup> Assistant Professor, Department of Psychiatric Social Work, LGB Regional Institute of Mental Health, Tezpur, Assam, 784001
Correspondence	mrinalbasu99@gmail.com

Title of the paper	A Comprehensive Psychosocial Framework for Sports Organizations to
Title of the paper	Help Young Professional Athletes
Author	Mr. Bakka Ashok Kumar <sup>1</sup> , Dr. E.Aravind Raj <sup>2</sup> , Dr. Senthil Amudhan <sup>3</sup> ,
Author	Dr. Shahin Ahmed <sup>4</sup>
	Recent sports-related mental health research articles suggest that young
	professional athletes are at risk of experiencing a wide range of psychosocial
	problems compared to the general population, and their nature of play and
	growth can have a negative impact on physical, psychological/emotional, and
	overall wellbeing. It involves personal, familial, sports, academic, and social
	functioning. Current existing frameworks are insufficient to address the
	psychosocial and mental health issues of young athletes and nothing specific
	to the sports training organizations. Adapting a mentally healthy workplace
	framework to sports specific organization will help young athletes' mental
	health issues, this sports specific framework will guide administrators and
	sports organization to design interventions for young, healthy athletes at risk,
	prevention and early interventions, athletes with mental illness, and
	recovery—return to training/play. It include various self-management skills
Abstract	that can be used in dealing with emotional distress through team-level
	interventions and to help key stakeholders in elite sport environments (e.g.,
	coaches, athletes, health support staff, and administrators) better understand
	and respond to concerns. Sports organizations can help them in designing and
	managing training/play to minimize harm through managing training and play
	and academics effectively. Promoting protective factors at a sports
	organizational level to maximize resilience with psychosocial competence,
	enhancing personal resilience activities such as stress management,
	Promoting and facilitating early help-seeking, supporting young athlete's
	recovery from mental illness by increasing knowledge on sports related
	mental health literacy, increasing awareness of mental illness, reducing
	stigma, and other interventions will be discussed in this paper.
	Keywords: Psychosocial Framework, Sports Organization, Young Athletes.
	<sup>1</sup> PhD Scholar, Department of Psychiatric Social Work, Additional Professor
Affiliation (s)	of Department of Psychiatric Social Work, National Institute of Mental Health
Aiimation (8)	and Neurosciences (NIMHANS), Bengaluru, Karnataka, India <sup>3</sup> Professor of

	Department of Epidemiology, National Institute of Mental Health and
	Neurosciences (NIMHANS), <sup>4</sup> Professor of Department of Sports
	Management, Sports Psychology and Sociology, Tamilnadu Physical
	Education Sports University, Chennai, Tamilnadu, India
Correspondence	Email: ashokkumar44639@gmail.com

Title of the namer	Development of Family-Based Intervention for the Parents of
Title of the paper	Adolescents with Problematic Online Gaming
Author	Ms. Greeshma PS <sup>1</sup> , Dr. Prasad Kannekanti <sup>2</sup> , Dr. Sanjay Kumar Munda <sup>3</sup>
	<b>Introduction:</b> The rise of problematic online gaming among adolescents
	poses significant concerns for mental health and family dynamics. With the
	multifaceted impact of excessive gaming on various aspects of adolescent life,
	especially in the family context, a focused family-based intervention becomes
	imperative to address the intricate familial influences contributing to
	problematic gaming behaviours. The literature shows a huge gap in family
	based culturally appropriate treatment and, need to identify an intervention
	plan to reduce problematic online gaming. The study intends to identify the
	components of intervention and develop an intervention plan accordingly.
	<b>Methodology</b> : The study uses exploratory research design with qualitative
	research approaches. Extensive literature search, one focus group discussion
	conducted with teachers $(n = 3)$ , counsellors $(n = 5)$ , and one with mental
	health professionals (n = 12), and 10 in-depth interviews with adolescent
	having problematic gaming disorders $(n = 5)$ and parents $(n = 5)$ were
Abstract	conducted. A thematic analysis was done. Intervention strategies were
	identified based on themes. Experts' feedback about the content and structure
	of the module was also taken. Result: 4 themes are identified from the in-
	depth interview which are factors leading to online gaming, problems due to
	gaming, dysfunctional family factors, and measures adopted by both parents
	and adolescents to control/reduce gaming behaviour. Eight major themes
	emerged from the qualitative data. The identified themes are family factors
	leading to adolescent problematic online gaming behaviour, intervention on
	family aspects, intervention in parental aspects, addressing problematic online
	gaming behavioural issues, engagement in alternative activities, self-
	validation, other interventions for addressing comorbidities, and structure of
	the session. The brief intervention module integrates several areas, including
	Psycho education, behaviour management, negotiation and communications
	kill training, and improving family cohesion and parent-child relationship.
	Family based intervention module comprised 8 sessions, the duration being

	45 to 60 min per session, twice in a week and one follow-up session after two
	weeks. Conclusion: The family based intervention module has been
	developed, keeping with all stakeholders' perspectives. Further study is on the
	way to assess its acceptability, feasibility, and effectiveness.
	Keywords: Problematic online gaming, adolescent, family, intervention for parents
	Lecturer in psychiatric social work, Department of Psychiatry, Yenepoya
	Medical College, Mangalore <sup>1</sup> , Lecturer in medical social work, All India
Affiliation (s)	Institute of Physical Medicine and Rehabilitation, Mumbai <sup>2</sup> , Associate
	Professor, Department of Psychiatry, Central Institute of Psychiatry, Ranchi <sup>3</sup> .
Correspondence	

	<b>Unravelling the Technoference Dilemma: Perspectives of Mental Health</b>
Title of the paper	Professionals on Technology's Impact on Interpersonal Relationships
	among Youth
Author	Neeraj M S <sup>1</sup> , Dr. B.P. Nirmala <sup>2</sup> , Dr N Janardhana <sup>3</sup> , Dr. Manoj Kumar
Author	Sharma <sup>4</sup>
	This study delves into the intricate web of technoference, a phenomenon
	where the intrusion of digital technology affects interpersonal relationships,
	with a specific focus on the youth. Due to technology use, McDaniel and
	Coyne (2016) coined "technoference" for everyday interruptions in
	conversations, activities, and time spent with loved ones. Individuals who
	experience more technoference in their relationships also reported more
	conflict regarding the use of technology, lower relationship and life
	satisfaction, and more depressive symptoms. Leveraging in-depth key
	informant interviews with mental health professionals, we sought to unravel
	their perspectives on the evolving landscape shaped by technology. From the literature review, it is clear that the Researchers resort to custom
	questionnaires for their studies, needing a universal measure to
	comprehensively assess the nature, pattern, and severity of technology's
Abstract	impact. As part of the study, the researcher has done a narrative review on
	technoference among youth and interviews with young adults (18-29) to
	develop a key informant schedule. This key informant schedule has been used
	to conduct interviews with mental health professionals with a minimum of
	five years of experience in the area of problematic technology usage. In
	conclusion, this research sheds light on the pressing need for a standardized
	scale to quantify the impact of technology on interpersonal relationships,
	particularly among the youth. By addressing this gap, we aim to develop
	targeted interventions to strengthen interpersonal connections in an era
	dominated by digital advancements.
	Keywords: Technoference, Youth, Interpersonal relationship, Problematic
	technology usage.

	Ph.D. Scholar <sup>1</sup> , HOD, Professor <sup>2</sup> , Professor <sup>3</sup> , Department of Psychiatric social
	work, Professor of Clinical Psychology, SHUT clinic (Service for Healthy use
Affiliation (s)	of Technology) <sup>4</sup> , National Institute of Mental health & Neurosciences, Bengaluru, Karnataka, India <sup>1,2,3,4</sup> .
Correspondence	neerajkoottukaran@gmail.com

Title of the paper	Efficacy of Affective Cognitive Behavioural Therapy in Somatoform
Tivic of the puper	Disorders and Medically Unexplained Physical Symptoms
Author	Rini Gogoi¹, Sonia P. Deuri²
Abstract	Background: Somatoform disorders involve the manifestation of physical symptoms without an identifiable organic cause, leading to significant psychological distress. Affective Cognitive Behavioural Therapy (ACBT) is an emotionally focused cognitive-behavioural intervention designed to address somatization and related somatic syndromes. This systematic scoping review aims to provide an updated overview of the evidence regarding the efficacy of Cognitive Behavioural Therapy (CBT) in managing somatoform disorders and medically unexplained physical symptoms (MUPS). Methodology: The review adopted a scoping approach based on the methodological framework by Arksey & O'Malley (2005). The literature search encompassed various databases, including Google Scholar, PubMed, and Medline, covering the period from 2010 to November 2023. The Preferred Reporting Items for Systematic Reviews flow diagram (Moher et al., 2009) guided the four-phase process, including a comprehensive selection criteria-based review. Results: CBT demonstrates effectiveness in treating somatoform disorders and MUPS by reducing physical symptoms and psychological distress. It was found to alleviate somatic symptoms, anxiety, and depressive symptoms, with sustained efficacy observed during follow-up. However, CBT may not be as effective in reducing doctor visits or improving social functioning. Conclusion: While CBT has proven effective in addressing somatoform disorders and MUPS, the review identifies substantial research gaps. These gaps include a lack of exploration into the impact of severity of illness, physical functioning, perceived stress, marital communication, and quality of life in individuals with somatoform disorders.  Keywords: Somatoform disorders; Somatic symptom disorder; Somatization disorder; Interventions; CBT= Cognitive Behavioural Therapy; and Medically Unexplained Physical Symptoms (MUPS).
Affiliation (s)	Ph.D Scholar <sup>1</sup> , Professor and Head of Department of Psychiatric Social work <sup>2</sup> , LGB Regional Institute of Mental Health, Tezpur, Assam, India <sup>1,2</sup>
Correspondence	Email: rinigogoi010@gmail.com.

T:41 £41	Factors Associated with Employment Among Young Adult Stroke
Title of the paper	Survivors: A Scoping Review
Author	Sinu Ezhumalai <sup>1</sup> , Srijithesh PR <sup>2</sup> , Deepak Menon <sup>3</sup> , Senthil Kumar <sup>4</sup>
Abstract	Background: Stroke is a major global public health problem and is the second highest cause of morbidity and mortality in India as well as worldwide. There has been a significant increase in incidence of stroke in low and middle-income countries. There is a risk for long term unemployment after stroke. Young adults with stroke have 2-3 times higher risk of being unemployed. Despite excellent functional outcome, a large proportion of young stroke survivors do not resume work after stroke. Hence, there is a need for identifying factors associated with employment and unemployment among young stroke survivors. Methods: Retrospective research design was used. Articles were retrieved using search engine in PubMed, Google Scholar, and Research Gate. Scoping review guidelines were used for reporting. Data was collated and described using narrative and tables. Studies from 2002-2022, abstract, full articles, unpublished dissertations in English were considered as inclusion criteria. Results: Younger age, independence in activities of daily living after 28 days of stroke, functionally independence, previous employment, white-collar occupation, fewer neurological deficits (agnosia, apraxia, speech) and better cognitive ability, milder physical disabilities, functioning hemiplegic hand and walking ability and speed, type of stroke (TIA), were associated with resumption of paid employment after stroke. Psychosocial factors associated with reemployment were acceptance of their disability, adjustability, reasonable career aspirations, perceived importance of work, not perceiving themselves as a burden on others, support from others for return to work, retaining the ability to run a short distance, and higher socioeconomic status. Stroke severity, female sex, older age, psychological distress, depression, recurrent stroke, diabetes and ADL dependence (Barthel Index < or = 19) in the acute phase were independently associated with lower odds of return to work.
Affiliation (s)	<sup>1</sup> Additional Professor, Department of Psychiatric Social Work, <sup>2</sup> Additional Professor, <sup>3</sup> Associate Professor, <sup>2,3</sup> Department of Neurology, <sup>4</sup> Senior Physiotherapist, <sup>1,2,3,4</sup> NIMHANS, Bangalore.
Correspondence	Email: esinu27@gmail.com

Title of the paper	A pilot validation study to develop the Indian Scale for Assessment of
The of the paper	Nomophobia (ISAN)
Author	Ayushi Bharti <sup>1</sup> , Rajeev Ranjan <sup>2</sup> , Biswa Ranjan Misra <sup>3</sup> , Sahadeb
Author	Panigrahi <sup>3</sup> , Yatan Pal Singh Balhara <sup>4</sup> , Akanksha Rajguru <sup>4</sup>
	<b>Introduction:</b> Nomophobia is a situational phobia that is the fear of being out
	of contact with own smartphone or staying away from/losing it. Currently used
	instruments for assessment of severity of smartphone use offers challenges of
	administration and have limited or no applicability in the Indian setting.
	Therefore, the study was done to develop and assess the reliability of Indian
	scale for assessment of Nomophobia in the undergraduate students.
	Methodology: Undergraduate students were selected based on a cut-off score
	more than 90 (NMP-Q) and in-depth interviews were conducted. Contents
	analysis was done to derive themes and pool of 27 items to finalise after expert
	review. For pilot study Indian Scale for Assessment of Nomophobia (ISAN)
	was applied on 120 undergraduate students of different streams. Along with the
Abstract	reliability analysis the scale underwent an exploratory factor analysis (EFA) to
	identify latent dimensions of nomophobia. <b>Results:</b> Indian Scale for assessment
	of Nomophobia (ISAN) contained 27 items comprising of six domains. Pilot
	test was done to assess the reliability of the items, the internal consistency was
	found to be good ( $a = 0.95$ ). The maximum likelihood method and varimax
	rotation were used with factor structure to improvise item loading around
	factors and Eigenvalue of more than 1 was considered relevant. A factor loading
	cutoff of 0.4 was employed to determine the meaningfulness of loadings.
	<b>Conclusion:</b> This study reports the instrument to be a brief (27 item) and
	reliable for assessment of Nomophobia in youth.
	Vanuanda, Namanhakia, Cantant Anghaia, Namanhakia Quastiannaina (NMP)
	Keywords: Nomophobia, Content Analysis, Nomophobia Questionnaire (NMP-
	Q), Indian Scale for assessment of Nomophobia (ISAN), Reliability
	<sup>1</sup> Department of Psychiatry, All India Institute of Medical Sciences, Patna, India. <sup>2</sup> Department of Psychiatry, All India Institute of Medical Sciences,
Affiliation (s)	Bhubaneswar, India. <sup>3</sup> Department of Psychiatry, NDDTC, All India Institute of
	Medical Sciences, New Delhi
Correspondence	Email: bhartiayushi0707@gmail.com

Title of the paper	Integrative Art Therapy (IAT) to improve Emotional and Behavioural
The of the paper	Problems among Children: A Systematic Review
Author	Priyanka Saikia <sup>1</sup> , Sonia Pereira Deuri <sup>2</sup>
Abstract	Background: Children with emotional and behavioral difficulties can be better intervene through the integration of medical and psychosocial treatment modalities. Integrative art therapy has been using various art forms like painting, sculpture, clay, dance, music, drama, digital art, etc. as a means of expression to address inner conflicts and to improve wellbeing. This review aims to provide an overview of the specific elements of art therapy interventions that were shown to be effective in reducing emotional and behavioural problems in children. Methodology: This systematic review searched major databases such as Google Scholar, PubMed, PsycINFO, ProQuest and Scopus articles from the year January 2013 to November 2023, and conducted a detailed review based on selection criteria. The searches used keywords like "creative therapy", "art therapy", "Integrative art therapy", "art therapy for children with behavioral and emotional problems" and child* or adolescent or teen*. The searches were further scrutinized following PRISMA guidelines. Results: Studies found the use of integrative art therapy benefits emotional and behavioral issues, depressive mood, anxiety, and distress tolerance. However, the varying methodologies and limited sample sizes in the reviewed studies call for further investigation to establish clearer efficacy and delineate optimal therapeutic practices. Conclusion: Integrative art therapy is establishing a base to become an integral part of psychosocial interventions to address emotional and behavioral difficulties and the well-being of children. This review underscores the potential of art therapy as a valuable intervention within children, emphasizing the need for more robust research to strengthen its evidence base and inform clinical practice.  Keywords: Art therapy, Psychosocial Problems, Emotional, Mental health, Behavioural problems.
Affiliation (s)	<sup>1</sup> Ph.D Scholar, Department of Psychiatric Social Work, LGB Regional Institute of Mental Health, Tezpur, Assam, India. <sup>2</sup> Professor & Head, Department of Psychiatric Social Work, LGB Regional Institute of Mental Health, Tezpur, Assam, India.
Correspondence	Email: priyankasaikia187@gmail.com

Title of the paper	Domestic Violence and Mental Health: Understanding the Mental
Title of the paper	Wellbeing of Violence Survivors
Author	N. Indira Rani1 <sup>1</sup> , Vijay Rukmini Rao <sup>2</sup>
	Introduction: Domestic violence or intimate partner violence is a public
	health issue across the globe. There is longitudinal evidence from high- and
	lower-income countries that exposure to violence and abuse across the life
	course can increase the risk of subsequent mental ill health (World Psychiatry,
	2022). It has been well established that domestic violence faced by women
	impacts their mental health/wellbeing negatively. <b>Methodology:</b> The major
	objective of the present study is to understand the impact of violence on the
	mental health of women who face violence. The study sample consisted of
	fifty (50) women, selected randomly from the violence survivors who reported
Abstract	to Sakhi Centre (One Stop Crisis Centre) in Nalgonda, Telangana State.
	Survey was done using a semi-structured schedule along with DASS 21 to
	measure the mental health of the women facing domestic violence. Results:
	The three subscales of DASS 21 focusing on depression, anxiety, and stress
	administered on the women have shown that the symptoms of depression,
	anxiety and stress were significant. Conclusion: The mental well-being of
	women who come and report abuse to Sakhi centres is not attended to
	systematically at present. The need for professional mental health services in
	the Sakhi Centres will be advocated with the Department of Women and Child
	Development.
Affiliation (s)	<sup>1</sup> Gramya Resource Centre for Women and Mahila Kisan Adhikar Manch,
Ailmation (8)	<sup>2</sup> Gramya Resource Centre for Women and Mahila Kisan Adhikar Manch
Correspondence	Email: nindira9@gmail.com

Title of the paper  Author	Episode and Concurrent Habit and Impulse Disorder, A case study
Author	
	Eldhose Sakaria
Abstract  Abstract  Abstract  Ke	troduction: The adolescent phase plays a crucial role in shaping a resilient divell-adjusted personality for the future. Their well-being and day-to-day actioning can be greatly impacted when depression and habitual disorders are present. It is imperative to support young individuals in overcoming pression, fostering an enhancement in self-esteem, and promoting self-areness. Aims & Objective: To identify the psychosocial factors causing inficant influence on the course of illness (Individual, Family, and socio-vironment factors) and to plan proper psychiatric social work management. ethodology: This single-subject case study was conducted within the patient department of the Centre for Child and Adolescence at CIP, Ranchi. e study focused on a case diagnosed with Recurrent Depressive Disorder, the current episode classified as severe without psychotic symptoms, appled with Other Habit and Impulse Disorders as per the ICD-10 criteria. e assessment process involved psychiatric social work, utilizing a range of ressment scales and a semi-structured clinical interview. Interventions were sen implemented based on the findings of the assessment. Results: provement was found in the post-assessment and intervention. Conclusion: sychosocial assessment and intervention help the individual with depression improve their individual, familial, and social functioning.

Title of the paper	Psychosocial Intervention for an Adolescent with Obsessive-Compulsive
	disorder and Pathological Gambling: A Case Study
Author	Kavya 114iswanath V S <sup>1</sup> , Mittu Muthu Varghese <sup>2</sup>
Abstract	Introduction: Obsessive-compulsive disorder (OCD) and pathological gambling (PG) are accompanied by deficits in behavioural flexibility. The untreated symptoms of OCD may wax and wane but typically follow a chronic course and cause marked functional impairment across multiple domains, including at home, school and socially. Epidemiological studies have found an estimated prevalence of 0.25%—4% among children and adolescents. Adolescent appears to be a particularly important developmental period and gambling is a popular and prevalent behaviour that leads to high risk taking behaviour which need to clinical attention. Both OCD and Pathological Gambling need extensive psychosocial interventions to deal with the symptoms and for a positive prognosis. Aim & objectives: To assess psychosocial problems related to OCD and Pathological gambling and to provide psychosocial interventions at individual and family levels. Methodology: A single-subject case study design was used in the inpatient department of CIP, Ranchi. Psychosocial assessment was done by using various assessment scales and semi-structured interviews. Interventions have been done based on the assessments. Result: Considerable improvement has seen in the areas of adolescent's behaviours, care giver burden of mother and in the family functioning. Conclusion: Psychosocial interventions can reduce suffering and can help to restore lost psychosocial functioning of patient and family.  Keywords: Obsessive-Compulsive disorder, Pathological Gambling, Adolescent, family functioning, psychosocial intervention.

Title of the paper	Psychiatric social work intervention for a person with Bipolar affective
	disorder (BPAD) with multiple relapses: A case study
Author	Ekatta Pattanayak <sup>1</sup> , Mittu Muthu Varghese <sup>2</sup>
	Ekatta Pattanayak¹, Mittu Muthu Varghese²  Introduction: Bipolar affective disorder is a chronic mental disorder with frequent relapses. Major depressive episodes alternating with mania and/or hypomania represent the domain of bipolar affective disorders. Bipolar affective disorders can significantly reduce the productive years of the patient, can disrupt family dynamics and can negatively affect the overall quality of their life. A combination of Pharmacotherapy, psychotherapies, Psychiatric social work interventions and lifestyle modifications can help many patients to control relapses. Aim and Objectives: To assess the psychosocial factors influencing the course and progression of the illness and to implement the short- and long-term intervention plans for the client's overall recovery. Methodology: This was a single-subject case study done in the inpatient department of CIP, Ranchi. The casework approach was used to investigate and understand the various aspects of the client's demography, psychological well-being, social environment, and genetic risk factors. The patient was diagnosed with Bipolar affective disorder, current episode of mania with psychotic symptoms (3rd episode) according to ICD-10. Psychiatric social work assessment was done using various assessment scales and semi-
	structured clinical interviews. Based on the assessment psychiatric social work interventions were provided. <b>Results</b> : The intervention's outcomes were
	satisfactory and Significant improvement was seen in the post-assessment.
	Conclusion: Psychosocial interventions are vital in patients with BPAD to prevent relapses.
	Keywords: Bipolar affective disorder, relapse, Psychiatric social work intervention.

TOTAL BAIL	An Ecological Perspective of the Risk and Protective Factors of Mental
Title of the paper	Health: A study among School going Adolescents in East Khasi Hills  District, Meghalaya
A 4h	, 5
Author	Baiarbha Massar
	<b>Background:</b> The adolescence phase is marked by developmental challenges that make adolescents at higher risk for mental health problems. An ecological
	that make adolescents at higher risk for mental health problems. An ecological
	approach to their mental health would therefore elucidate the multi layers or systems that influence adolescents' behaviour and mental health. This paper,
	emphasises on the multifaceted interactive effects of risk and protective
	factors prevailing within the social structures that school going adolescents in
	Meghalaya interacted. <b>Methodology:</b> Data was collected in 2022 from a
	sample of 211 school adolescents (51.7% females and 48.3% males) aged 15
	to 18 years. Strengths and Difficulty Questionnaire (SDQ) was used to assess
	the mental health problems of the study group, while qualitative enquiry
	including FGDs and in-depth interviews were used to explore the risk and
	protective factors. <b>Results:</b> Abnormal total difficulty was reported at 37%
Abstract	and female adolescents scored higher on emotional symptoms than male
	adolescents while there was no gender-based difference in other sub-scales.
	Family conflict, high expectation, socio-economic disadvantage, lack of
	autonomy, academic difficulty, bullying and body shaming, alcohol abuse in
	the family and the dwindling role of Khasi social structures were associated
	risk factors found in the study. On the other hand, social support, religious
	ritual, school satisfaction, conducive home environment and resilience were
	identified as protective factors of mental health. Conclusion: The risk and
	protective factors intertwined within the structure of family, school, peer
	relationships, religion and particularly the intricate Khasi culture need further
	exploration for better understanding of the mental health needs of adolescents
	in this region.
	Variable manufal hardely will forest an except of first the second of th
	Keywords: mental health, risk factors, protective factors, school going
	adolescents, ecological perspective
	Ph.D. Scholar
Affiliation (s)	Department of Social Work, University of Delhi
(-)	Department of Boeiar Work, University of Delin

Title of the paper	Client Experiences with the Core Conditions of Therapy: Experiential
Total of the Purpos	Markers of Client Change
Author	Atri Das¹, Anuradha Sathiyaseelan¹,
Abstract	Background: This exploratory qualitative study delves into the nuanced realm of client experiences within therapeutic relationships, focusing on the central constructs of Empathy, Unconditional Positive Regard, and Congruence as experienced by clients. Drawing from an Interpretivistic paradigm, the research aims to provide a deeper understanding of the intricate dynamics between the core conditions and the therapeutic process as experienced by clients. Methodology: Utilizing a phenomenological approach, data was gathered through in-depth semi-structured interviews with 6 participants engaged in various counselling based interventions who were recruited via therapist referrals. Thematic analysis revealed multifaceted patterns in participants' transcripts, highlighting experiential markers of these conditions on their therapeutic journeys. Results: Findings underscored the focal role of empathetic attunement, transformative unconditional positive regard, and therapist's genuineness in inducing an Transformation in self, conceptualised as 'Personal Metamorphosis'. Conclusion: Implications for practice emphasize the need for inclusion of clients in Psychotherapy process research to design effective intervention models, therapists to continually cultivate these conditions even in highly structured interventions, and for training programs to prioritize the development of therapists' interpersonal competencies.  Keywords: Empathy, Unconditional Positive Regard, Congruence, Core Conditions, Psychotherapy Process Research.
Affiliation (s)	<sup>1</sup> Post Graduate Student, Department of Psychology, CHRIST (Deemed to be University) Central Campus, Bangalore. <sup>2</sup> Professor, Department of Psychology, CHRIST (Deemed to be University) Central Campus, Bangalore.

Author  Manjima Bhattacharjee <sup>1</sup> , Anuradha Sathiyaseelan <sup>2</sup> Background: The Hijra community continues to be socially excluded being the 'third gender', which goes beyond the male-female diction prevalent in heteronormative Indian society. Experiences of social excrejection, and abuse begin in the family of origin, leading to abandom the family or forcing members of the Hijra community to leave their factors and grief research on the LGBTQIA+ community has primarily on death-related, age-related, and romantic relationship-related loss exploration into the experiences of familial loss and the disenfranching	
Background: The Hijra community continues to be socially excluded being the 'third gender', which goes beyond the male-female dice prevalent in heteronormative Indian society. Experiences of social excrejection, and abuse begin in the family of origin, leading to abandon the family or forcing members of the Hijra community to leave their factors and grief research on the LGBTQIA+ community has primarily on death-related, age-related, and romantic relationship-related loss	
Background: The Hijra community continues to be socially excluded being the 'third gender', which goes beyond the male-female dice prevalent in heteronormative Indian society. Experiences of social excrejection, and abuse begin in the family of origin, leading to abandon the family or forcing members of the Hijra community to leave their factors and grief research on the LGBTQIA+ community has primarily on death-related, age-related, and romantic relationship-related loss	
being the 'third gender', which goes beyond the male-female dice prevalent in heteronormative Indian society. Experiences of social excrejection, and abuse begin in the family of origin, leading to abandon the family or forcing members of the Hijra community to leave their factors and grief research on the LGBTQIA+ community has primarily on death-related, age-related, and romantic relationship-related loss	
prevalent in heteronormative Indian society. Experiences of social excrejection, and abuse begin in the family of origin, leading to abandon the family or forcing members of the Hijra community to leave their factors and grief research on the LGBTQIA+ community has primarily on death-related, age-related, and romantic relationship-related loss	notomy
rejection, and abuse begin in the family of origin, leading to abandom the family or forcing members of the Hijra community to leave their factors and grief research on the LGBTQIA+ community has primarily on death-related, age-related, and romantic relationship-related loss	
the family or forcing members of the Hijra community to leave their factors and grief research on the LGBTQIA+ community has primarily on death-related, age-related, and romantic relationship-related loss	clusion,
Loss and grief research on the LGBTQIA+ community has primarily on death-related, age-related, and romantic relationship-related loss	nent by
on death-related, age-related, and romantic relationship-related loss	amilies.
	ocused
exploration into the experiences of familial loss and the disenfranch	ses. An
	sement
of the loss due to the imposed social invisibility of the Hijra commo	ınity in
India remains scarce. Methodology: The present study adop	ted an
interpretative epistemology to conduct a phenomenological inquiry	nto the
meanings of familial loss and the mechanisms of its disenfranchisen	ent for
Abstract the Hijra community of India. Eight semi-structured interview	s were
conducted with members of the Hijra community, between 20 to 50 y	ears of
age, in New Delhi. The qualitative data was analysed using Bra	un and
Clarke's thematic analysis. Results: Through analysis, various me	eanings
ascribed to the loss of family emerged: loss of protection, inevitable n	ature of
loss, ambivalent loss, newfound empowerment, and desire for normal	family
life. Mechanisms of disenfranchisement took the form of self-in	nposed
inhibition of grief, societal invisibility of grief, and invisibility of	of grief
perpetuated by the Hijra community. Conclusion: A Based on the re-	sults, a
systemic approach to grief intervention and policy-level recommen	dations
addressing structural disenfranchisement are proposed for fostering a	healthy
course of grief resolution for the Hijra community.	
Keywords: Disenfranchised Grief, Familial Loss, Hijra Community	
<sup>1</sup> Department of Psychology, Christ (Deemed to be University), Ber	galuru,
Karnataka, India	
Affiliation (s)  2 Department of Psychology, Christ (Deemed to be University), Ber	galuru,
Karnataka, India	

T:41 £41	Effectiveness of Family-Based Interventions in Addressing Substance
Title of the paper	Use Disorders: A Systematic Review
Author	Aswathy P V <sup>1</sup> , Renjith R Pillai <sup>1</sup> , Junaid K P <sup>2</sup> , Abhishek Ghosh <sup>1</sup>
	Background: Substance use disorders represent a pervasive global health
	concern, impacting individuals, families, and communities across diverse
	socio-cultural contexts. Amidst various intervention strategies, family-based
	interventions have gained recognition as pivotal elements in the holistic
	management and treatment of SUDs. To examine the scientific literature
	published between 2012 and 2022 concerning the efficacy of family based
	interventions for substance use disorders. <b>Methodology:</b> A comprehensive
	search was conducted across the databases Pubmed, Scopus, and Web of
	Science, utilizing a refined search strategy centered on "substance use
	disorder" and "family-based intervention". Screening, data extraction, and
	quality appraisal were performed by two reviewers, resolving any
	discrepancies through discussion with a third reviewer. To ensure a thorough
	and comprehensive assessment of the evidence, Cochrane Risk of Bias tool
Abstract	used. Results: Out of 3012 articles screened, 21 studies were selected and
	integrated into a narrative synthesis. The outcomes revealed a variety of
	results, with 14 studies demonstrating a favorable effect of family-based
	interventions in reducing substance use outcomes. Among these, three
	specifically centered on multidimensional family therapy targeted at
	adolescents. Conclusion: A The data gathered over the past decade, as
	reviewed in this study, suggests that involving family members in treatment
	yields positive effects by reducing substance consumption and enhancing
	family dynamics. Nevertheless, further high-quality randomized trials are
	essential to precisely measure these outcomes and establish these findings
	with greater certainty.
	Keywords: Systematic review, substance use disorders, family based
	interventions
	<sup>1</sup> Department of Psychiatry, Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh
Affiliation (s)	<sup>2</sup> Department of Community Medicine and School of Public Health, Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh

Title of the paper	Emotional Regulation, Spirituality, Perceived Social Support and Quality of Life Among Caregivers of Children with Disability In Urban
	India
Author	<sup>1</sup> Joshal Alisha Rodrigues, <sup>2</sup> Dr. Sherin Antony
Abstract	Caregivers of children with disabilities shoulder unique responsibilities that surpass conventional parenting duties, continually adapting to the evolving needs of their child. This intricate and demanding role remains underexplored, particularly in India, where limited research exists on the interplay between emotional regulation, spirituality, perceived social support, and the quality of life among these caregivers. To address this gap, the research investigates the relationships between these variables using a correlational research design with a sample of 54 caregivers recruited from organizations providing therapeutic interventions to children with disabilities ages 2-17 years in urban Indian cities. The participants were administered questionnaires, including the Emotion Regulation Questionnaire, Interpersonal Support Evaluation List, Spiritual Well-Being Scale, and World Health Organization-Quality of Life BREF Scale. Employing Spearman's rank correlation tests, the findings reveal that perceived social support is significantly and positively correlated with all domains of quality of life. Meanwhile, spirituality demonstrates weak but significant positive correlations with the Psychological Health and Environment domains of Quality of life. The study highlights the crucial role of perceived social support in enhancing the quality of life for caregivers of children with disabilities in India, while suggesting a limited impact of spirituality and a minor role for emotional regulation. These insights underscore the need for further research to support this vulnerable population better and effectively.  Keywords: Caregivers, Children with Disabilities, Emotional Regulation, Spirituality, Perceived Social Support, Quality of life.
Affiliation (s)	<sup>1</sup> Psychology postgraduate student Institutional, Christ (Deemed to be University), Bangalore <sup>2</sup> Assistant Professor Institutional Christ (Deemed to be University), Bangalore
Correspondence	joshal.rodrigues@science.christuniversity.in

Title of the paper	Associations between Adverse childhood experiences and learned
	helplessness: A study on emerging adults
Author	Muskan Rana <sup>1</sup>
Abstract	Background: Despite extensive research in high-income countries, a significant research gap exists in the Indian context, particularly focusing on emerging adults. The absence of comprehensive studies addressing the relationship between ACEs and learned helplessness highlights the need for further exploration in this critical area. The purpose of the study was to systematically highlight the association between adverse childhood experiences and learned helplessness in emerging adults. Furthermore we aimed to explore any potential gender differences in experiencing learned helplessness. Methodology: This study adopted a quantitative and correlational research design to investigate the relationship between adverse childhood experiences (ACEs) and learned helplessness in emerging adults. Utilizing questionnaires as a quantitative data collection method, the research employed correlational techniques for data interpretation. The sample size comprised 234 individuals aged 18-24, selected through convenient non-probability sampling. The ACE International Questionnaire (ACE-IQ) by WHO, encompassing 36 items, measured ACEs, while the Learned Helplessness Questionnaire (LHQ), with 20 items, assessed learned helplessness and adverse childhood experiences, indicated a lack of normal distribution (p<0.05). Consequently, non-parametric inferential statistical methods were employed in the study. A Spearman correlation analysis revealed non-significant results (p=0.315, p>0.05), indicating no significant relationship between learned helplessness and adverse childhood experiences. This led to the rejection of the alternate hypothesis proposing a significant difference between the variables. Furthermore, a Mann Whitney U test was conducted to assess gender differences in perceiving learned helplessness, yielding a non-significant result (p=0.679), suggesting no significant difference in means between genders. Overall, the findings suggest a lack of statistically significant associations in the study variables. Conclusion: A The

complex and influenced by various factors, including individual resilience,
coping strategies, personality traits, and social support systems. Individuals
are unique, and their responses to trauma and adversity vary. Some may be
more predisposed to learned helplessness due to their personality or cognitive
style, while others may not exhibit this response despite experiencing ACEs.
The study doesn't establish a direct correlation between ACEs and learned
helplessness still holds significant implications for mental health, education,
and policy. It emphasizes the importance of effective coping mechanisms and
interventions aimed at bolstering resilience and coping strategies to prevent
the development of learned helplessness in emerging adults who have
experienced ACEs.
Keywords: Adverse Childhood Experiences (ACE), Learned Helplessness,
Resilience
<sup>1</sup> Master of Science in Clinical Psychology, Christ University, Bangalore,
Karnataka, India

Title of the paper	The Effect of Mindfulness on the Sleep Quality and Frustration Intolerance of High School Teachers
Author	Flora Grace Stanley <sup>1</sup> , Dr. Sonia David <sup>1</sup>
Abstract	Background: Existing literature elucidates how teachers frequently have to handle administrative tasks and attend to the academic needs of students and their guardians. Together, these factors have an impact on a teacher's amount and quality of sleep. Moreover, one of the most frequent feelings teachers feel is frustration; the overwhelming majority of educators believe that their coping mechanisms and classroom behavior are impacted by frustration. In this study, the moderating factor between frustration intolerance and sleep quality is mindfulness. Teachers in educational contexts have also been observed to benefit from mindfulness programs.  Methodology: The purpose of the study was to understand the moderating effect of mindfulness on the frustration intolerance and sleep quality of high school teachers. 108 high school teachers from south India filled the Mindfulness in Teaching Scale, Pittsburgh Sleep Quality Index and Frustration Discomfort Scale. The quantitative research followed a Correlational Research Design.  Results: Data collected showed that although mindfulness did not moderate the relationship between frustration intolerance and sleep quality, certain subdimensions of the three variables were correlated such as between intrapersonal mindfulness and sleep disturbance (P < .001, rs = -0.4), entitlement and sleep quality (P 0.031, rs = -0.207), emotional intolerance and needing medication to sleep (P 0.018, rs = -0.227). Furthermore, since all the subdimensions of frustration intolerance and sleep quality were not correlated, regression analysis could not be done indicating that sleep quality does not predict every aspect of frustration intolerance. The results also showed that high school teachers in South India experience very high levels of frustration intolerance and have poorer quality of sleep.  Conclusion: Based on the results, it could be inferred that high school teachers experience immense levels of frustration and have poor quality of
	dulity of

	sleep, and mindfulness interventions would be beneficial for both teachers and
	schools to improve the well-being, overall performance and functioning of
	teachers.
	Keywords: Mindfulness, sleep quality, frustration intolerance, high school,
	teachers
	<sup>1</sup> M.Sc. Counselling Psychology, CHRIST (Deemed to be University),
	Bengaluru, Karnataka, India
Affiliation (s)	<sup>2</sup> Department of Psychology, CHRIST (Deemed to be University), Bengaluru.
	Karnataka, India

Title of the paper	Analyzing Global Mental Health Policies: A Comparative Study with focus on Indian Context
	Tocus on Indian Context
Author	Rajesh Ranjan
Abstract	Mental health is increasingly becoming a global challenge. Globally, 970 million people are affected by mental disorders, in which anxiety and depression are prevalent. One out of eight people are affected by mental disorders in the year 2019 (WHO, 2019). This study explores mental health policies and programs in different countries, including the United States, the United Kingdom, Australia, South Africa, and Japan. It compares them with the policies implemented in India. This study focuses on the Mental Healthcare Act 2017 and compares it with other countries' policies.  This paper explains the different aspects like community-based care, early intervention, and the integration of mental health services in a healthcare setting, focusing on Stigma, limited resources, and disparities in access. This paper also explores the cultural aspects, healthcare infrastructure, and socioeconomic factors in preparing mental health policies in India and globally. This study looks at India's mental health policies. It compares this with other countries about certain aspects related to mental health problems like depression, anxiety, trauma, Stigma, and other mental health policies within different countries. This research helps to provide insight and in-depth analysis of mental health policies, programs, and Acts at both international and National levels.  Keywords: Mental Health Policies & Programme, India, Global
Affiliation (s)	Research Scholar (Ph.D), Tata Institute of Social Sciences
Correspondence	turajesh95@gmail.com

	Subjective Well-being, Quality of Life, During Post-natal Period: A
Title of the paper	Comparison of Post-natal mental health of Mothers in Urban and Rural
	Area.
Author	<sup>1</sup> Ronita Roy, <sup>2</sup> Amrita Choudhury, <sup>3</sup> Dr. Manisha Kiran
Abstract	Background: The postnatal period is a significant phase in the lives of mothers and babies. It is a time of adaptation to parenthood, of the development of secure attachment for the neonate and young infant, and a time where bonds can develop within the family and with the community. Subjective well-being (SWB) has a protective role in mental health maintenance and is prone to change during short stressful moments, such as pregnancy, child birth etc. Having good Quality of Life (QOL) is essential, particularly for women after childbirth. Giving birth and caring for a new infant mark an important transition in life. Aims & Objectives: To study the subjective wellbeing, quality of life of mothers during postnatal period in rural area and urban area. Methodology: The mothers from rural area were selected from Kanke Community Health Center and nearby maternal clinics in Kanke area. The mothers from urban area were selected from Ranchi Sadar Hospital and nearby maternal clinics in Ranchi City. Based on purposive sampling technique a sample consisting of 60 subjects was selected, of which 30 mothers were from rural area and 30 mothers were from urban area. The study is a Cross- Sectional Study. Subjective Well-being Inventory (SUBI), Maternal Postpartum Quality of Life (MAPP-QOL) questionnaire were used for the study. Result and Conclusion will be discussed on the time of presentation.  Keywords: Subjective Well-being, Quality of Life, Post-natal Period, Post-natal mental health of Mothers
Affiliation (s)	<ul> <li><sup>1</sup>PhD Scholar (Psychiatric Social Work), Ranchi Institute of Neuro-psychiatry and Allied Science. [Presenting Author].</li> <li><sup>2</sup>M.Phil Scholar(Psychiatric Social Work), Ranchi Institute of Neuro-Psychiatry and Allied Science.</li> <li><sup>3</sup>Associate Professor and Head of the Department of Psychiatric Social Work,</li> </ul>
	Ranchi Institute of Neuro-psychiatry and Allied Science.

Title of the paper	Academic stress in relation to problem solving ability, quality of life
	among nursing trainees in psychiatric setting
Author	<sup>1</sup> Ankita, <sup>2</sup> Dr. Manisha Kiran
Abstract	Background: Nursing is a profession within the healthcare sector focused on the care of individuals, families, and communities so they may attain, maintain, or recover optimal health and quality of life. Nurses collaborate with other healthcare providers such as physicians, nurse practitioners, physical therapists, and psychologists. Nursing trainees experience many crises and are faced with a large number of problems because of the technological advancements and the increasingly complex healthcare system. Academic stress is defined as a student's psychological state resulting from continuous social and self-imposed pressure in a school environment that depletes the student's psychological reserves. In the traditional classroom setting nursing students often are exposed to problem solving application lectures in a contextual situation. Problem-solving is a complex process involving a series of cognitive, emotional and behavioral activities that an individual displays in order to solve problems creating obstacles, stressing out, waiting for solution, she/he may encounter during his/her life. During study of nursing makes the student-patient relationship guided often by intense emotional stressors. Nursing students face many mental health challenges. Aim & objective: To study and assess academic stress in relation to problem solving ability among nursing trainees in psychiatric setting. Methodology: Nursing trainees coming for academic training to Psychiatric setting (RINPAS) from different institute/college. 30 GNM and 30 BSC nursing trainees will be selected with purposive sampling. Cross-sectional research design will be used. Assessment of Academic Stress scale, Assessment of Problem solving Inventory will be applied for this study. Results: Finding will be discussed on the time of presentation
Affiliation (s)	<sup>1</sup> M.Phil Scholar (Psychiatric social work), Ranchi Institute of Neuro-Psychiatry and Allied Sciences, Kanke, Jharkhand (Presenting Author) <sup>2</sup> Associate professor and Head of the Department of Psychiatric Social Work, Ranchi Institute of Neuro-Psychiatry and Allied Sciences

Title of the paper	Caregiver burden among primary caregiver of patient of cancer and
True of the paper	psychiatric illness: A comparative study
Author	<sup>1</sup> Arpana, <sup>2</sup> Dr. Manish Kiran
Abstract	Background: Caregiver is an important member of the patient treatment team but many times the caregiver has been ignored or overlooked group. Primary caregivers of the persons with illness are mostly families and most places, families bare financial burden of the treatment of the illness. It is usually seen that family provides care without sufficient knowledge of medical procedures and training in home-based care. Patients and caregivers both are stigmatized by the society. Negative thoughts for the people who suffer from the cancer are attributed by many to stigma. When a person is diagnosed with mental illness or cancer, lives of all family members are affected in multiple ways such as health, leisure time, family, and social relations. AIM: The aim of study is to assess the caregiver burden among primary caregiver of patient of cancer and psychiatric illness. OBJECTIVES: To assess and compare the Burden among primary caregiver of patient of cancer and psychiatric illness.  Methodology: Purposive sampling techniques will be used for data collecting from RJSP Cancer hospital and RINPAS. For this study 60 sample size will be selected, then participants will divide into two groups 30 will be primary caregiver of cancer patients (diagnosed by the medical practitioner) and 30 will be primary caregiver of psychiatric ill patients (diagnosed on the basis of ICD-10 DCR criteria). This study will be cross-sectional study and assessment tools will be applied on basis of the inclusion and exclusion criteria of the selected samples of target group. Conclusion: Findings will be discuss on the time of presentation.  Keywords: Caregiver Burden, Primary Caregiver, Cancer Patient, Psychiatric ill Patient.
Affiliation (s)	<sup>1</sup> M. Phil Scholar (Psychiatric Social Work), Ranchi Institute of Neuro-Psychiatry and Allied Sciences, Kanke, Jharkhand (Presenting Author) <sup>2</sup> Associate Professor & Head of Department of Psychiatric Social Work, Ranchi Institute of Neuro-Psychiatry and Allied Sciences, Kanke, Jharkhand.

"Adjustment of male adolescents of working and non-working mothers"
A Quantitative study from districts of Jharkhand, India
<sup>1</sup> Ankita, <sup>2</sup> Arpana, <sup>3</sup> Dr. Smitha Phillip
Background: Adolescence is a transitional period in one's life. A person at this stage no longer regarded as a child but at the same time he is still not given the adult status. So, the person is in two minds, whether he or she is still a child or an adult. That is why this period is the most crucial one in an individual's life and so is the need to study this age group. There is a need to understand the male adolescence of working and non- working mother. A healthy home atmosphere and the factors that produce it are very important to influence the adolescent's outlook of life. A calm and happy home tends to produce both the good emotional adjustment and cooperative behavior. The traditional role of a woman as a home-maker and socialize of the young remains unaltered inspire of the fact that she adds to her role a new dimension of an economic earner. AIM: The present study is aimed at providing some insight into the impact of mothers' employment and adjustment level of male adolescent of working and non-working mother. Methodology: Data The sample of the study comprised of 60 male adolescents of working mothers and non-working mothers selected from districts of Jharkhand. Indian adaptation of Bell's Adjustment Inventory will be used to collect the information on the male adolescents' adjustmental levels. The collection of data and t-test was used for the analysis of data. Results: Findings will be discussed on the time of Presentation.  Keywords: Adjustment, children of working mothers and non- working mothers
<sup>1</sup> M. Phil Scholar (Psychiatric social work), Ranchi Institute of Neuro-Psychiatry and Allied Sciences, Kanke, Jharkhand (Presenting Author) <sup>2</sup> M. Phil Scholar (Psychiatric social work), Ranchi Institute of Neuro-Psychiatry and Allied Sciences, Kanke, Jharkhand <sup>3</sup> Associate Professor (Department of Social Work), CMR University, Bangalore

Title of the paper	Quality of Life, Social support, of Witch-Hunt Survivals: A Comparison of Tribal and Non-tribal Community.
	of Tribar and Ivon-tribar Community.
Author	<sup>1</sup> Namita Sinha, <sup>2</sup> Dr. Manisha Kiran
Abstract	Background: In Jharkhand, the witch hunt is known as Dayan Bisahi. The community believes that witch/ Dayan carry out witchcraft rituals to cause illness and death to people. As a result, they project their aggression through abuse and violence, later kill those targeted women is witch hunting. Social support shows individual's support from family, friends and community, it also act as a protective factor against stressors in life. Better Quality of Life is important for the witch hunt survivals to maintain long-term health and wellbeing. Aims & Objectives: To study the quality of life, social support of witch hunt survivals in tribal and non-tribal community. Methodology: The survivals from both communities were selected from Simdega, Gumla, Lohardaga and Ranchi districts of Jharkhand state. Based on purposive sampling technique, sample size of 300 were selected,150 survivals were from tribal community and 150 survivals from non-tribal community. The study is Cross- Sectional. Multidimensional scale of perceived social support (MPSSS), Quality of life scale (WHOQOL-BREF) scale were used for the study. Results: Result and Conclusion will be discussed on the time of presentation  Keywords: Quality of Life, Social support, Witch hunt survivals, Tribal community, Non-tribal community.
Affiliation (s)	<sup>1</sup> M.Phil. Scholar (Psychiatric Social Work), Ranchi Institute of Neuro-psychiatry and Allied Science. [Presenting Author]. <sup>2</sup> Associate Professor and Head of the Department of Psychiatric Social Work, Ranchi Institute of Neuro-psychiatry and Allied Science.

	A Comparative Study on Social Support, Coping and Stigma in Patients
Title of the paper	with Tuberculosis in the Initial Stage of Treatment and Continuous
	Stage of Treatment
Author	<sup>1</sup> Jyoti Joanna Kisku, <sup>2</sup> Dr. (Mrs.) Manisha Kiran
Abstract	Background: Tuberculosis (TB) is defined as an infectious disease caused by bacillus Mycobacterium tuberculosis and in the category of infectious disease cases that are a challenge to global public health problems (CDC, 2016). Until the coronavirus (COVID-19) pandemic, TB was the leading cause of death from a single infectious agent, ranking above HIV/AIDS. (WHO,2022). The number of new TB cases is increasing every year and is estimated to reach 10.0 million (range, 9.0-11.1 million) in 2018 (WHO Global Tuberculosis Report, 2019). The contributing factor is non-compliance or treatment failure. Treatment failure in TB patients appears to be influenced by several factors, including lack of knowledge, feeling cured, drug side effects, long treatment duration, stigma and lack of social support (Gebreweld et al., 2018). Social support, in contrast, refers to the function and quantity of relationships, such as the perceived availability of help and support actually received. It occurs through an interactive process and can be related to altruism, a sense of obligation, and the perception of reciprocity. Stigmatization is a social determinant of health. Stigma occurs because of community and institutional norms about undesirable or disvalued behaviors or characteristics. When diseases are stigmatized, the fear of the social and economic consequences following diagnosis can make individuals reluctant to seek and complete medical care. Aim of the study: Aim of the present study was to assess and compare the social support, coping and stigma in patients with Tuberculosis in the initial stage of treatment and final stage of treatment.  Objectives  *To assess the social support of Tuberculosis patient's during the initial and continues stage of treatment.

	•To assess the stigma among the Tuberculosis patients during the initial and continues stage.  Methodology: Setting: This study was carried out at Community Health Center Kanke which is a Block-Level Health Centre at Kanke, Ranchi. Design: Purposive sampling with a cross-sectional design was used. Sample Size:60 patients were selected with a purposive sampling. Tools Used for Assessment:1)Socio-Demographic Data Sheet 2)General Health Questionnaire GHQ-12 3)Ways of coping Questionnaire 4)PGI-Social Support Questionnaire 5)Stigma in Tuberculosis. Results: Findings will be discussed on the time of presentation.  Keywords: Tuberculosis (TB), Social Support, Coping and Stigma
Affiliation (s)	<sup>1</sup> M.Phil in psychiatric social work, Ranchi Institute of Neuro-Psychiatry and Allied science. (Presenting author) <sup>2</sup> Associate Professor & Head Department of Psychiatric Social Work RINPAS, Kanke

Title of the paper	Mediating Role of Anxiety and Self-Esteem in the Relationship Between
Title of the paper	Undiagnosed ADHD and Social Interaction Anxiety
Author	Jennifer Britney D¹, Santhosh K. Rajan²
Abstract	Background: While ADHD (Attention-Deficit Hyperactivity Disorder) is often seen as a childhood disorder, longitudinal studies reveals its persistence into adulthood. However, it is often undiagnosed, misdiagnosed, or undertreated when diagnosed. The persistent and underdiagnosed presence of ADHD in adults has significant adverse consequences on their social and emotional functioning. This study aimed to understand the complex relationship between undiagnosed ADHD, state-trait anxiety, social self-esteem and social interaction anxiety among adults. Additionally, it also explored potential gender differences and the mediating roles of state-trait anxiety and social self-esteem in the relationship between undiagnosed ADHD and social interaction anxiety. Methodology: The sample included 206 adults above 18 years of age. Participants completed an online survey through Google Forms. Subsequently, t-test, Spearman's correlation, and mediation analysis were carried out using JAMOVI to test the hypotheses. Results: Undiagnosed ADHD was found to have a significant positive correlation with state-trait anxiety and social interaction anxiety, and a significant negative correlation with social self-esteem. Social self-esteem was found to be a partial mediator in the relationship between undiagnosed ADHD and social interaction anxiety. Gender differences were seen only in state anxiety. Conclusion: The findings highlight the strong associations between undiagnosed ADHD and anxiety and the pivotal role of social self-esteem as a mediator. It also reaffirms the underdiagnosis and misdiagnosis of adult ADHD, emphasizing its substantial impact on mental health and daily functioning.  Keywords: undiagnosed ADHD, state-trait anxiety, social self-esteem, social interaction anxiety
Affiliation (s)	<sup>1</sup> Department of Psychology, Christ (Deemed to be University), Bengaluru, Karnataka, India <sup>2</sup> Department of Psychology, Christ (Deemed to be University), Bengaluru, Karnataka, India

Title of the paper	The Role of Body Appreciation and Rejection-Sensitivity on Eating
	Behaviors and Cosmetic Usage Among Gen Z Females
Author	Shamirah Aguiar <sup>1</sup> and Stephen S <sup>2</sup>
Abstract	Background: This study addresses the interplay between body appreciation, appearance-based rejection sensitivity, eating behaviors, and cosmetic usage among Generation Z. In a world where media and influencers perpetuate unrealistic beauty standards, young adults often grapple with body image insecurities that lead to social isolation and diminished well-being. The research explores these intricate connections and their collective impact on young adults. Methodology: The study included 279 Indian young adult females (18-23 years old) using a descriptive correlational design and multiple linear regression analysis. Data were collected through the Body Appreciation Scale (BAS), Appearance-Based Rejection Sensitivity Scale (Appearance-RS), Eating Attitudes Test (EAT-26), and Modified Cash Cosmetic Use Inventory (CCUI). Results: The study shows a strong negative correlation between body appreciation and appearance-based rejection sensitivity, indicating lower anxiety about external judgments for those with higher body appreciation. Additionally, a significant negative correlation with healthier eating behaviors suggests a positive relationship with food for those with greater body appreciation. However, no significant correlation is found between body appreciation and cosmetic usage, underscoring the impact of societal standards and peer pressure. Appearance-based rejection sensitivity predicts disordered eating behaviors and cosmetic usage, highlighting its influential role in these outcomes. Conclusion: Promoting body appreciation enhances mental well-being and fosters healthier eating behaviors in young adults, emphasizing the need for further research on these dynamics and the drivers of cosmetic product use across diverse populations.  Keywords: Body Appreciation, Appearance-Based Rejection Sensitivity, Eating Behaviors, Cosmetic Usage, Gen Z Females
Affiliation (s)	<ul> <li><sup>1</sup> Final Year Postgraduate Student,</li> <li><sup>2</sup>Assistant Professor</li> <li>Department of Psychology, Christ (Deemed to be University), Bengaluru</li> </ul>
Correspondence	shamirah.aguiar@science.christuniversity.in

Title of the paper	Prevalence of postcoital dysphoria in sexually active men
Author	Aadesh Sachdeva <sup>1</sup>
Abstract	Background: Postcoital dysphoria (PCD) is the experience of negative affect following otherwise satisfactory sexual intercourse. Little attention has been given to physiological or emotional expressions and disturbances occurring post-coitally. Previous research has mostly on women's postcoital symptoms, failing to explore postcoital symptoms in male. Aim-The aim of this study was to estimate the prevalence of postcoital dysphoria in sexually active men from a metro city in north India. Methodology: A sample of 100 sexually active men were recruited in the study by means of online survey. Detailed sociodemographic and Post sex experience scale (P-SES) was utilised. Results: Of all the participants in our study, 34% reported at least one of the postcoital symptoms and 28.88% reported experiencing more than one negative emotion after sex in their life time for no apparent reason. Patients experiencing PCD report a sense of regret after intercourse, have a thought which they don't like, feel depressed, feel irritable, feel a sense of loneliness, feel like they should cry, feel a sense of emptiness and feel rejected. Conclusion: Our study indicates that a good proportion of males experienced PCD. According to the good enough sex model, PCD which occurs intermittently may represent natural variation in the human experience of the resolution phase rather than a sexual dysfunction.  Keywords: Postcoital dysphoria, sexually active, male
Affiliation (s)	MA clinical psychology, scholar, Indra Gandhi Open National University
Correspondence	Aadeshsachdeva9@gmail.com

Title of the paper	Examining the Role of Cognitive Distortions and Perceived Social Support in Predicting the Quality of Life of LGBTQ+ Individuals
Author	Ms. Shikha Gandhi, Dr. Soumya RR
Abstract	Background: Navigating the process of coming out within the LGBTQ+ community poses a significant challenge. Often, the societal norms and expectations can be deeply ingrained, creating a barrier for individuals seeking to share their authentic identities with others around them. This study aims to investigate the potential predictive role of cognitive distortions and perceived social support on the quality of life among the LGBTQ+ individuals. Methodology: Employing non-probability methods, specifically snowball and convenience sampling, a sample of 146 participants identifying as lesbian, gay, bisexual, transgender or Q+ were selected. Participants completed three measures – CD-Quest, MSPSS and WHOQOL-BREF. Results: Using SPSS and data analysis, the study aimed to establish an interaction effect, a goal that, proved to be elusive. Conclusion: Despite this, the findings carry implications for understanding the interplay between cognitive distortions, perceived social support and the mental health of the LGBTQ+ population. The potential practical application lies in the development of targeted interventions to address the unique challenges faced by the individuals within this community, ultimately contributing to improved mental well-being. The study emphasizes the importance of addressing cognitive distortions and improving social support structure to foster a more supportive environment for the LGBTQ+ population.  Keywords: cognitive distortions, perceived social support, quality of life, LGBTQ+
Affiliation (s)	<sup>1</sup> Student MSc. In Clinical Psychology (2nd Year) Department of Psychology CHRIST (Deemed to be) University, Bengaluru <sup>2</sup> Assistant Professor Department of Psychology CHRIST (Deemed to be) University, Bengaluru
Correspondence	gandhi.vikas@science.christuniversity.in, soumya.rr@christuniversity.in

Title of the paper	Role Of Body Dissatisfaction on Eating Behaviours Among Mothers of Toddlers
Author	<sup>1</sup> Sancia Gloria Da Costa, <sup>2</sup> Dr. Soumya Rr
Abstract	Background: The complex interrelation between postpartum dissatisfaction with body image and perfectionistic tendencies significantly molds a mother's dietary habits. The convergence of discontentment with one's physical appearance after childbirth and perfectionist traits has the potential to trigger the onset of disordered eating patterns, consequently influencing the holistic quality of life for these individuals. The study aimed to understand the intricate relationship between body dissatisfaction and perfectionism on eating behaviors among Indian mothers of toddlers. Methodology: By employing a descriptive correlational research design, a total of 81 participants were chosen by purposive and snowball sampling. The Body Shape Questionnaire (BSQ-16B), The Almost Perfect Scale–Revised (APS-R), and the Eating Attitudes Test (EAT-26) were administered. Results: The study shows a moderate positive correlation between body dissatisfaction and eating behaviors. While it also shows a lack of a significant association between perfectionism and eating behaviors in this population. This highlights the need for in-depth exploration into the unique caregiving context, shedding light on how it may influence the interplay between perfectionism and eating behaviors. Conclusion: The findings of this study emphasize the importance of tailored interventions addressing body image concerns to mitigate the risk of disordered eating among mothers with toddlers, and necessitating further research for a comprehensive understanding within this specific demographic. Keywords: Body Dissatisfaction, Perfectionism, Eating Behaviors, Mothers of Toddlers.
Affiliation (s)	<sup>1</sup> Master of Science in Clinical Psychology <sup>2</sup> Assistant Professor  Department of Psychology  School of Social Sciences  CHRIST (Deemed to be University), Bengaluru
Correspondence	sancia.costa@science.christuniversity.in

Title of the paper	Liasoning Psychiatric Social Work Services for Psychosocial and Safeguarding Concerns among Children with Chronic Medical Conditions- from clinical experience
Author	Dr Manjula B
Abstract	Background: Chronic medical conditions, such as Type 1 diabetes, chronic kidney disease, Asthma, congenital heart disease, etc., affect both children and their families, and many studies have identified significant psychosocial issues that require careful identification and treatment. A meta-analytic review reported higher risk of developing both internalizing and externalizing mental health problems. Academic difficulties, low self-esteem, non-adherence to treatment advice, financial difficulties and neglect of child care are the most commonly reported psychosocial issues in this population. Methodology: The present paper is written based on the experience from clinical practice and working with various departments in the Mult-speciality hospital. Examples from cases seen will be discussed Results: Key During clinical practice, following concerns found among children with chronic medical conditions-Non-compliance, poor follow up, parental and family discord leading to refusal and non-cooperation towards treatment, at times in the context of gender of the child are few instances of child neglect. They have significant impact on overall wellbeing and course and prognosis of children with medical conditions. Child neglect requires attention and safeguarding plays a crucial role. Psychiatric Social worker as a multidisciplinary team member plays a crucial role in comprehensive assessment and interventions. Conclusion: Involving family members and significant others to address these issues is a challenging process as not many caregivers prioritize mental health and wellbeing of children. Interventions focuses on empowering parents to ensure compliance, active engagement, to prevent further neglect, resource mobilization and involving the child protection system wherever required.  Keywords: Children, Chronic medical condition, safeguarding
Affiliation (s)	Psychiatric Social Worker, Department of Psychiatry, Mazumdar Shaw Medical Center, Narayana Health, Bangalore, Karnataka, India

Title of the paper	A Comparative Study of Stress Among Police Personnel and Police
Title of the paper	Counsellors
Author	Anil Hemanna Doddamani <sup>1</sup> , Dr. Jayakumar C <sup>2</sup>
Abstract	Background: Stress occurs in many forms and affects people of all ages and all walks of life. Stress was always present and will be present, regardless of age, gender, social status, economic and professional background. Stress is a widespread problem because of its numerous negative effects on individuals, families, and organizational structure. The study was carried out to assess the perceived stress level, psychological distress level, and stressful life event among Police and Police counsellors and compare the stress level of Police personnel and Police counsellors. Methodology: This study was used a cross-sectional research design among 231 participants (127 – police personnel and 104 - police counsellors) working in police, the Government of Tamil Nadu Police, and Police counsellors associated with the Tamil Nadu police Wellbeing program. Socio-demographic Profile, Perceived Stress Scale, Self-Reporting Questionnaire, and Presumptive Stressful Life Events Scale were used to evaluate the participants' stress levels. Statistical we used Mann Whitney-U test, Kruskal Wallis test, and Spearmen correlation analysis. Results: The study finds no significant difference in perceived stress level and stressful life events between groups. Psychological distress was found higher among police personnel. A significant positive correlation was found between perceived stress & psychological distress level and stressful life events. Conclusion: The study's findings reaffirmed the need for immediate and concerted action plan and structured programs to mitigate and prepare police personnel.  Keywords: Police, Counselors, Stress, Psychological distress, and Wellbeing.
Affiliation (s)	<sup>1</sup> Mr. Anil Hemanna Doddamani, Ph.D. Scholar in the Department of Psychosocial Support in Disaster Management, National Institute of Mental Health and Neurosciences

	<sup>2</sup> Dr. Jayakumar C, Additional Professor of PSW, Department of Psychosocial
	Support in Disaster Management, National Institute of Mental Health and
	Neuro Sciences
Correspondence	doddamanianil98@gmail.com, jaipsy@gmail.com.

Title of the paper	Perceived Behavioural Changes of Child Sexual Abuse: Caretakers
Title of the paper	Perspective
Author	Pavithra Bhat <sup>1</sup> and Stephen S <sup>2</sup>
Abstract	In India Child Sexual Abuse (CSA) is an ongoing and underreported crime. The effects of CSA on a child are traumatic, but also leaves a perennial effect on the child's cognitive and emotional development. The long-term impact of CSA affects an individual's personality, and manifests into PTSD, low self-esteem, and emotional dysregulation to name a few. This research tries to explore the manifestation and persistence of Submissiveness in children, developed due to the impact of CSA with the help of exploratory Constructivist approach. After careful consideration of inclusion and exclusion criteria, 8 caretakers of sexual abuse victims (children aged between 10- to 16-year-old) were interviewed using in-depth interviews. Further, inductive thematic analysis was used to analyse the responses of the caretakers. The analysis revealed that the impact of CSA developed a strong sense of submissiveness which was seen to be internalised with the characteristics of children developmentally, due to the abuse. Some of the key findings of the research were difficulty trusting, extreme fear/hatred toward the opposite gender, emotional isolation, and difficulty expressing emotions. These findings can help develop new strategies in avoiding the negative manifestation of such experiences into the victims further holistic development.  **Keywords: caretakers, child sexual abuse, submissiveness**
Affiliation (s)	<sup>1</sup> MSc Clinical Psychology, Department of Psychology, CHRIST (Deemed to be University), Bangalore <sup>2</sup> Assistant Professor, Department of Psychology, CHRIST (Deemed to be University), Bangalore
Correspondence	pavithra.bhat@science.christuniversity.in stephen.s@christuniversity.in

Title of the paper	Community Mental Health and The Barriers
Author	Mayoosha, Erik Jomy Mathai
Abstract	Background: This study aims to provide a view on the community mental health status and the measures to overcome the barriers and provide a good and better mental health to all in the community together. Methodology: Data This study is designed as descriptive research to facilitate and understand the current community mental health stat and provide better suggestion for the improvement. Data was collected from 20 mental health professionals. Data collected was subjected to a Descriptive analysis. The sample design adopted in the study was Convenience sampling. Results: The collected data shows the main barriers in community mental health they are financial barriers, lack of mental health professionals and service, Limited availability of mental health education and awareness, social stigma of mental health treatment and condition these are causing a huge back pull in the case community mental health. Urban population are mostly unable to access to mental health service causing stress and then suicide. Conclusion: The way to solve these barriers is, upgrading the mental health policies, budget funds for the mental health sectors, a dedicated mental health workforce, the availability of psychotropic medications is important in the initial treatment; improving the treatment
	environment, providing gradual and in-depth awareness on metal health and placing a mental health professional/ medical social worker various institutions and other rural sectors.  *Keywords: Mental Health, Community Mental Health, Barriers.*
	Reywords. Menta Heatin, Community Menta Heatin, Darriers.
Affiliation (s)	2nd Year MSW- LISSAH
Correspondence	mayooshathankachan@gmail.com erikjomymathai@gmail.com

Title of the paper	A Semiotic Study of the Portrayals of Cancer in Indian Cinema
Author	Isabella Panthenal <sup>1</sup> , Patrick Jude Lucas <sup>2</sup>
Abstract	Background: Film is a salient medium in the mass dissemination of information and is a major influence in shaping opinions, reflecting & forming social responses to a subject. The sensitive subject of cancer with morbid connotations of pain, suffering & death make an opportunity for promoting biliteracy, awareness for a wider audience and a representation for those afflicted with the illness. In the fluid boundaries between real and reel life, there is potential for insensitive/stigma inducing portrayals of cancer, making it crucial to understand the contemporary representations of cancer in cinema. Methodology: 5 Indian language films ranging from Hindi, Bengali and Malayalam were analysed for their content using the Saussure's Dyadic Model. Saussure emphasized the study of signs and symbols in conveying messages and how people interpret them in the context of culture and society. The use of semiotic analysis yielded the common themes showcased through signs. Results: These results show that a few recent films capture themes of vulnerability after diagnosis, physical and mental health manifestations of the disease & treatment, body image issues, importance of psychosocial support & supportive healthcare professionals, resilience, shift in roles and identities. Conclusion: Cinematic portrayals can influence behavior, attitudes, sensitize and psycho educate an audience. In the modality of film, the nuanced portrayal of certain themes in the cancer trajectory such as stigma and treatment side effects can promote awareness; spurning the demystification of 'cancer' - the mental & psycho-social health of those afflicted with the disease.  Keywords: Cancer, Mental health, Indian Cinema, Representation
Affiliation (s)	<sup>1</sup> Department of Psychology, CHRIST (Deemed to be University), Bangalore, Karnataka, India
	<sup>2</sup> Department of Psychology, CHRIST (Deemed to be University), Bangalore, Karnataka, India
Correspondence	isabella.panthenal@psy.christuniversity.in

Title of the paper	Challenges Faced by Nurses in Mental Health Facilities
Author	Sandra P
Abstract	Background: Nurses play a crucial role in psychiatric health centers. There are certain challenges which the nurses in the present healthcare system face. The research aimed to investigate challenges encountered by nurses in mental health facilities. The research questions sought to determine specific challenges and explore potential gaps between academic training and practical experience. Methodology: Participants – The study used a purposive sampling. The sample consisted of 5 participants with more than 5 years experience in the mental health field. Tool – A semi-structure interview was used. Procedure – After obtaining consent, the interview was conducted at their preferred time. The data were transcribed and analyzed using content analysis. Results: The three themes are listed out: The context of turmoil and unrest, Organizational challenges and Stigma toward mental illness. The context of turmoil and unrest is described by lack of safety, high levels of stress, difficulty managing psychiatric symptoms, increased responsibility towards patients, inadequate support. Organizational challenges are described by lack of resources, theory and practice disruption, inter-professional challenges. Lack of resources includes shortage of staffs, poor learning opportunities and old infrastructure. The data generated demonstrated a significant lack of public and health professionals' awareness of, plus considerable social stigma towards, mental illness. This was partly due to a lack of 'raising awareness' programs. There is stigma at home, stigma from the public people etc. Conclusion: The study pointed out that nurses working in mental health facilities face a lot of challenges which needs to be addressed well for smooth functioning of the mental health field.  Keywords: Nurses, Mental health facilities
Affiliation (s)	Post Graduate University Of Calicut
Correspondence	sopanamsandra@gmail.com

	Relationships among Personality type, Social Support, Coping
Title of the paper	Strategies, and Emotional Intelligence and Post-Traumatic Growth in
	Childhood Leukemia survivors
A41	Larling Mahamatus Chaubhan N.V.
Author	Lovlina Mohapatra, Sharbhan N.V
	<b>Background:</b> This study investigates the relationship between personality
	type, social support, coping strategies, emotional intelligence and PTG to
	determine if social support and coping strategies mediate between personality
	type and posttraumatic growth. We resolved to address two research
	questions: 1) is there a relationship between emotional intelligence and PTG?
	2) Do coping strategies and social support mediate the relationship between
	personality type and PTG in children leukaemia cancer survivors.
	<b>Methodology:</b> The study investigated personality type, social support, coping
	strategies, emotional intelligence and post-traumatic growth (PTG) in 50
	children with leukaemia who have survived cancer. These children are
	currently taking chemo in the hospital and are aged between 10 and 16. The
	data was collected through the Big Five inventory, the Schutte Emotional
	Intelligence Scale, the multidimensional scale of perceived social support, the
	brief coping inventory and the post-traumatic growth inventory scale.
	Descriptive statistics, correlations, regressions, and mediation analysis were
Abstract	employed to do the research. Results: A weak negative correlation exists
	between the New possibilities dimension in the post-traumatic growth
	inventory and emotional intelligence (r=-0.03, p=0.915). There is also a very
	weak negative correlation between IR(relating to others) and EI with a
	Pearson's value of -0.136 and p= 0.16; There is a weak negative correlation
	between SG and EI with a Pearson's value of -0.007 and p= 0.153; There is
	a low positive correlation between PS and EI with a Pearson's value of 0.016
	and p=0.915; There is an extremely weak negative correlation between AFL
	and EI with Pearson's value of -0.013 and p value= 0.927.
	Regression analysis indicated that emotional intelligence significantly
	predicts post-traumatic growth with a beta value of 73.8316, p=<0.05.
	Mediation analysis indicated the mediating role of positive, emotional and
	avoidant coping strategies and social support between the personality factor
	neuroticism and PTG, and it showed there is no mediation of coping strategies
	or social support between neuroticism and PTG. Mediation analysis assessed

	the mediating role of positive, emotional, avoidant coping and social support
	in the relationship between conscientiousness, openness, extraversion and
	PTGI and found no mediation analysis. Conclusion: The approach to
	conducting this study was to help the children with cancer and provide
	additional help to mental health practitioners. The research will also help
	many general people understand the role of psychological traits in cancer
	survivors and how they can grow positively with the help of these traits. Some
	current findings challenged existing personality, social support, and coping
	strategies theories. Based on these conclusions, the practitioner should
	consider conducting more qualitative studies for a detailed elaboration.
	Keywords: Personality type, Posttraumatic growth, Emotional Intelligence,
	Coping strategies, Social Support
	<sup>1</sup> Department of Clinical Psychology, Christ University, Bengaluru, Karnataka,
	India.
Affiliation (s)	<sup>2</sup> Department of Clinical Psychology, Christ University, Bengaluru, Karnataka,
	India.

Title of the paper	Determinants of Marital Satisfaction in Married Persons
Author	Royina
Abstract	several diverse factors. Through an extensive literature review, this study has identified some key factors that contribute to or impede marital satisfaction, with a focus on both individual and relational dimensions. Aim: The study aims to offer practical insights for individuals, couples, and therapists by identifying modifiable factors that can be targeted for intervention to enhance marital satisfaction. The study seeks to understand whether the levels of any of these factors are associated with marital satisfaction. The individual-level determinants emotional intelligence and general or overall health exploring how these factors shape an individual's capacity to navigate the challenges inherent in a marital relationship. The relational dimensions of marital satisfaction are explored through an analysis of overall marital quality,
	communication patterns, conflict resolution styles, and the degree of intimacy and companionship. <b>Methodology:</b> Methodologically, this research adopts a purely quantitative approach and a cross-sectional descriptive research design. <b>Conclusion:</b> The findings of this research will contribute to the growing body of knowledge on marital relationships and provide a nuanced understanding of the interconnected factors that influence marital satisfaction. This integrated analysis is essential for developing targeted interventions and support systems that can strengthen marriages, ultimately promoting the well-being of individuals and families.  **Keywords: Marital satisfaction**

Title of the paper	Exploring Queer Experiences in Polyamorous Relationships in a
	Mono-Normative World
	1/1010 1/011111/1/01/10111
Author	Ananya Samanta <sup>1</sup> , Anjali Miriam Dey <sup>2</sup>
Abstract	Background: This research, framed by critical theory, delves into the intricate dynamics of boundaries and communication within polyamorous relationships among queer individuals. Amid evolving societal norms, our study aims to deepen understanding of how queer individuals navigate polyamory. Methodology: Utilizing Interpretative Phenomenological Analysis (IPA), we qualitatively explore the lived experiences of 5 queer individuals in polyamorous relationships. Through in-depth interviews, thematic analysis uncovers the impact of power dynamics, societal norms, and systemic structures on boundary negotiation. IPA elucidates manifestations of societal heteronormativity, homonormativity, and intersecting oppressions in the experiences of queer individuals practicing polyamory. Results: Findings, derived from IPA, illuminate communication strategies employed by queer individuals to articulate, redefine, and renegotiate boundaries within polyamorous relationships. A queer- informed critical perspective highlights resistance to normative expectations, fostering alternative relational dynamics that cater to the unique needs of the queer community. Conclusion: This research, employing IPA within a critical framework, contributes nuanced insights into the interplay of critical theory, queer identity, and polyamorous relationships. By revealing lived experiences, it challenges normative assumptions and advocates for the recognition of diverse expressions of queer relationships within evolving societal landscapes.  Keywords: Polyamorous, queer, mono-normativity, boundaries, stigma
Affiliation (s)	<ol> <li>M.Sc. Counselling Psychology, Christ (deemed to be) University, Bangalore, India</li> <li>Department of Psychology, Christ (deemed to be) University, Bangalore, India</li> </ol>
Correspondence	ananya.samanta@psy.christuniversity.in

Title of the paper	Primary methods of Social Work: Reflections from Child Protection Projects in Kerala
Author	Dr. PM Mathew
Abstract	This paper focuses on how primary methods of social work are being practised in child protection projects implemented by NGOs in Kerala. A systematic and structured methodology is developed in the state of Kerala to support Children in Conflict with Law (CCL), Children in Need of Care and Protection (CNCP) and Survivors of Child Sexual Abuse (CSA). The psycho social intervention of children is done by using the professional knowledge and scientific methods of social work. Identifying children at high risk at a young age and supporting them by providing holistic care through psychosocial intervention would help children to keep away from un-lawful activities. The interventions at individual level is carried out through individual and group sessions aiming at curative and preventive aspects of mental health through structured activities. Interventions at the family level is provided for the family members as well as for the child to ensure better family atmosphere. As an outcome of case work and group work intervention, children are enabled with social rehabilitation and reintegration with family and society.  **Keywords: child protection, case work, group work, psychosocial intervention*
Affiliation (s)	Associate Professor, Department of Social Work, Christ University, Bengaluru - 560029
Correspondence	mathew.pm@christuniversity.in

Title of the paper	Profile of the Rehabilitated Homeless
Author	Lekshisha AK, Laizamma MV, Sruthi Sivadas, Sajeer.P, Jigil.K, Ragesh.G
Abstract	Udayam project is a comprehensive rehabilitation program under district administration. There are around 240 people in the community. There are some physical health issues are present in the population. Mainly non communicable diseases like Diabetes mellitus (40 %), hypertension (45%), cardiac diseases (25%), vascular diseases (35%), and some communicable diseases like HBSAg (4%), HCV (2%), VDRL (3%) etc.  **Keywords: physical illness, rough sleepers, destitute, communicable diseases**
Affiliation (s)	Udayam Project, Kozhikode

	The Perceived Gap in Psychosocial Services in Old Age Home
Title of the paper	Inmate's Perspective
Author	Manjunatha Shivarudraiah <sup>1</sup> , A Thirumoorthy <sup>2</sup> , Sojan Antony <sup>3</sup> , P T Sivakumar <sup>4</sup>
Abstract	Background: A rise in the number of old age homes in India indicates the various psychosocial challenges experienced by the elderly in our society. Psychosocial care services are individual needs associated with the residents' health, psychological, and interpersonal problems staying in such old age homes. Hence, this study explores perceived gap in psychosocial services in old age homes inmates. Methodology: This study presents a qualitative analysis of the need assessment of old-age home inmates to develop a psychosocial care training program for the staff working in old-age homes; four old-age homes were selected in Bengaluru. A total of 20 residents from four old age homes were interviewed using socio-demographic information and an interview guide. Results: Among the respondents, there were nine males and 12 females were selected using purposive sampling. The content analysis was used to analyse the data, which resulted in themes and subthemes. The major themes and sub-themes are the expectations of old-age home staff, friendly communication, aging knowledge, volunteers, adequate human resources, sports activities, and recreation are emerged. Conclusion: There is a felt need to develop psychosocial programmes to improve geriatric mental health services in old age homes. The training program will improve the knowledge about needs and psychosocial interventions for old-age home inmates.  **Keywords: Psychosocial services, old age home, old age home inmates**
Affiliation (s)	Assistant Professor, Department of psychology, Yeshwanthpur campus, Bengaluru,     India, Christ Deemed to be University.      Professor, Department of Psychiatric social work NIMHANS,     Bengaluru, India  Additional Professor, Department of Psychiatric social work  Additional Professor, Department of Psychiatric social work
	Additional Professor, Department of Psychiatric social work     NIMHANS, Bengaluru,

	India, 4. Professor of Psychiatry, NIMHANS, Bengaluru, India
Correspondence	manjunatha.shivarudraiah@christuniversity.in

Title of the paper	Psychosocial Status and Help Seeking Among Married Men Undergoing
	Marital Conflict
Author	
	Rajkumar, Aravind Raj, Abhishikta Naik, Ajinder Walia
	Background: Marriage is a socially recognized union between individuals
	associated with both positive and negative outcomes and marital conflict can
	have negative consequences on mental health, including increased risk of
	depression and violence. Methodology: A cross-sectional descriptive study
	among 55 members of SIFF (Save Indian Family Foundation (SIFF),
	Bangalore, was conducted using simple random sampling method. The study
	aimed at exploring the nature of marital conflicts, to assess their psychological
	distress, Quality of life and level of functioning and to find out the
	respondent's attitude and intention in seeking help for psychosocial and
	mental health problems. To study these, the standardized, self-rated tools, The
	Self- Reporting Questionnaire 20 items (SRQ20) WHO, 1994, Disability
	Assessment schedule (WHO-DAS II), Utsun et al, 2010, Quality of Life Scale:
	WHO QOL-BREF (WHO, 1999), Mental help seeking attitude (MHSAS) and
Abstract	intention (MHSIS) scale (Hammer, 2018) were employed. Results: Marital
Tibstract	conflict had a direct or indirect impact on an individual's personality mostly
	the impact is psychological, like they always felt unhappy, tensed or worried,
	difficult to enjoy daily activities, disturbed sleep routine, poor appetite,
	reduced interest in previously pleasurable activities, difficulty in making a
	decision. Irrespective of the psychological distress being higher among the
	respondents seeking behavior the mental health professional's help was
	observed to be less. It was also noted that marital conflict affected the level of
	functioning of the respondents, causing disability among 34.2% respondents.
	The quality of life of men undergoing marital conflict was moderate quality
	of life in the physical, psychological, social, environment. Mental help-
	seeking attitude and intended to seek help shows that men's have positive
	responses to seek help from mental health professional for psychological
	distress. There are significant positive correlations of psychological distress
	and functional disability. There is a significant negative correlation between

psychological distress and all dimensions of quality of life. Conclusion: This study highlights those men in marital conflict experience psychological distress leading to impact on quality of life and functioning. This study emphasizes the need for social work interventions to increase awareness and help-seeking behaviour. More studies are needed in this area for better understanding of this topic.

Keywords: Marital Conflict; Social Status; Help seeking; Men.

	Investigating Influential Factors and Challenges Faced by Individuals
Title of the paper	Engaged in Alcohol Abuse within Rural Regions, Karnataka, India: A
	Qualitative Study.
Author	
	Reeta Mithra <sup>1</sup> , Dr Lakshmana G <sup>2</sup>
	<b>Background:</b> Alcohol consumption in rural areas presents a unique set of
	dynamics and challenges, distinct from urban settings. Various factors
	influence patterns of alcohol use in rural communities, and understanding
	these factors is essential for effective interventions and policies. In this context
	current study made an attempt to understand the factors that influence alcohol
	consumption and challenges encountered by individuals struggling with
	alcohol abuse. Methodology: This study uses primary data collected through
	a household survey of persons with alcohol addiction. Based on the baseline
	data collected, 30 of person with alcohol abuse using qualitative questionnaire
	from various villages have been observed in the Kalburgi district, Karnataka
	state, India. The sample purposive sampling method was used for data
	collection. The analysis was done by using thematic analysis. Results: The
	majority of the respondents are 41 to 50 years old and most of them engaged
	in daily wage work. The major promoting factors which contribute to alcohol
Abstract	dependence in the respondents were family history of substance abuse,
	withdrawal symptoms, family conflict or responsibilities, ill health, and peer
	pressure. The major challenges faced by person with alcohol abuse were lass
	of respect, deteriorating relationship, craving/withdrawal symptoms, poor
	coping stratifies, and religious myths. The ways adopted for quite alcohol
	were religious faith healers, motivation and hospital-based treatment.
	Conclusion: Recognizing the factors that influence alcohol consumption and
	challenges faces in rural areas is crucial for developing effective policies and
	interventions that promote responsible drinking and address the potential
	negative consequences associated with heavy alcohol use. It's important to
	figure out what elements influence a person's decision to become alcoholic.
	The findings assist in the identification of elements that operate as barriers to
	stopping drinking. It is essential to conduct psychosocial assessment and
	intervention with person with alcohol abuse.

	Keywords: alcohol abuse, influencing factors, challenges, psychosocial assessment, intervention
Affiliation (s)	<sup>1</sup> , <sup>2</sup> Department of Social Work, Central University of Karnataka, Kalaburgi, Karnataka, India

Title of the paper	Psychiatric Comorbidity Among Homeless People
Author	Theja Suresh.A <sup>1</sup> , Deepthi, K <sup>2</sup> , Jishad, K <sup>3</sup> , Hridya PS <sup>3</sup> , Abhay.B <sup>4</sup> , Sruthi Sivadas <sup>5</sup> , Ragesh.G <sup>6</sup>
Abstract	Homelessness' or 'Houselessness' is a particular type of living condition in which People do not 'have' or 'possess' what others 'have' or 'possess' as a secured condition of housing. This particular condition has varying levels of its degree and extent, Homelessness and psychological problems are bidirectional. Udayam is a comprehensive rehabilitation for homeless in Kozhikode. The population intricate relationship between homelessness and psychiatric comorbidity, around 20% of population was facing mental health challenges, shedding light on the multifaceted challenges faced by individuals navigating both realms. The homeless population frequently grapples with a spectrum of psychiatric disorders, including but not limited to depression, anxiety, substance use disorders, and severe mental illnesses. Drawing from a synthesis of existing literature, this review elucidates the bidirectional nature of this association – homelessness amplifies the risk of developing psychiatric disorders, while pre-existing mental health conditions can contribute to the vulnerability of homelessness. Factors such as social isolation, trauma, and
	limited access to mental healthcare further exacerbate the complexity of psychiatric comorbidity among the homeless. Moreover, the cyclical nature of these challenges presents barriers to successful intervention and sustained recovery. Efforts to address this issue require a holistic approach that integrates mental health services into homeless outreach programs, emphasizing the importance of early detection, treatment, and ongoing support. By understanding and addressing the intricate interplay between homelessness and psychiatric comorbidity, policymakers, clinicians, and communities can work collaboratively to develop effective, targeted interventions that contribute to breaking the cycle and improving the overall well-being of this vulnerable population.  **Keywords: rough sleepers, destitute, psychological illness, mental heath**
Affiliation (s)	Udayam Project, Kozhikode
Correspondence	thejasuresh477@gmail.com

Title of the paper	Social Work Practice with Homeless People
Author	Arshidha Mubarak KN, Kriparaj K, Anila Antony, Anu Kurian, Nayana Jayan, Sajeer.P, Arya P, Ragesh.G
Abstract	The Homeless faces multiple problems. They require various services. All social work methods could be applied when working with people experiencing homelessness. In their experience, the authors have applied social casework, social group work, community organization, social work research, and social welfare administration in dealing with the homeless. Trauma- informed care, prioritizing housing-first approaches, psychosocial assessment and interventions, and promoting community collaboration is critical. The experience contributes valuable knowledge to developing effective social work practices with homeless persons.  **Keywords: destitute, rough sleepers, social justice, social welfare**
Affiliation (s)	Udayam Project, Kozhikode
Correspondence	arshidhamubarakk.n@gmail.com

Title of the paper	Family Harmony or Discord? Mediating Role of Intimate Partner
	Violence between Parenthood and Isolation
Author	<sup>1</sup> S. Maanvi, <sup>2</sup> Dr Uma Krishnan, Professor
Author	, , , , , , , , , , , , , , , , , , ,
Abstract	Intimate Partner Violence (IPV) against women in India has increased by 42.7% since the covid outbreak. High levels of shame were found to undermine self-compassion as therefore leading to isolation. Recent trends focus on developmental variations contributing to an increased risk of IPV, one such factor includes parenthood. Objective of the present study is to investigate the relationship between parenthood, IPV experiences and isolation and thereby understand the mediating effects of IPV. A total of (n=74) women based in Chennai and Bengaluru, age ranging from 18-50 years of age participated in the study. A mix of purposive and snowball sampling was employed. Correlation and mediation analysis were performed using Jamovi (version 2.3.21). Results yielded a significant correlation between parenthood with IPV (r= 0.244, p=0.037) and isolation (r= -0.015, p=0.02). A significant negative correlation was observed between IPV and isolation (r= -0.612, p (r= -0.612, p<.001). Further, IPV was found to be a significant mediator of IPV between parenthood and isolation (-0.1472, p=0.02). Findings of this study will contribute to clinical practice of understanding how social mentality and family structure are influenced among women who are IPV survivors. Furthermore, this can help develop alternate models that considers intrapersonal functions of self with presence of children as a protective factor that may increase effectiveness of change in the target population.  Keywords: intimate partner violence, parenthood, isolation, intrapersonal functions.
	<sup>1</sup> Student of Master of Science in Psychology (Clinical) Christ (Deemed to be) University, Bengaluru
Affiliation (s)	<sup>2</sup> Department of Psychology Christ (Deemed to be) University, Bengaluru
Correspondence	s.maanvi@psy.christuniversity.in
_	uma.krishnan@christuniversity.in

Title of the paper	Imposter Phenomenon, Burnout and Compassion Fatigue in Young
Title of the paper	Clinical Psychologists: A Qualitative Study
Author	Aparna Verma <sup>1</sup> and Prof. Miriam Priti Mohan <sup>2</sup>
Abstract	Background: Although studies have been conducted to understand the Imposter Phenomenon, there have been fewer studies in India understanding how the experiences of the Imposter Phenomenon of Clinical Psychologists related to their experience of Burnout and Compassion Fatigue. Thus, this study aimed to understand such experiences and the strategies used by professionals to deal with such experiences. Methodology: The study involved nine participants who were Clinical Psychologists, interviewed using semi-structured interviews via online meeting platform. The interviews were then analyzed thematically using Braun and Clarke's 06 step thematic analysis technique to identify common themes related to the participants' experiences while also maintaining reflexivity to mitigate biases. Results: While understanding the experiences of clients, themes emerged to explain the interplay of Imposter Phenomenon with Burnout and Compassion Fatigue experienced by the clinicians. And how the participants used a multipronged approach to cope with such experiences. This research suggests the need to understand facets of Imposter Phenomenon and enhance of curriculum structure for equipping the in-training clinicians. Conclusion: The results pointed that feelings of Imposter Phenomenon, Burnout and Compassion Fatigue have varied origins. And despite the broad range of emotions, they have commonalities and often emerge in tandem with each other. And the need for a holistic experience to deal wih such feelings.  Keywords: Imposter Phenomenon, Clinical Psychologists, Burnout, Compassion Fatigue, Thematic Analysis
Affiliation (s)	<ul> <li><sup>1</sup> MSc Psychology (Clinical), Department of Psychology, CHRIST (Deemed to be University), Central Campus, Bengaluru, India.</li> <li><sup>2</sup>Assistant Professor, Department of Psychology, CHRIST (Deemed to be University), Central Campus, Bengaluru, India.</li> </ul>
Correspondence	aparna.verma@psy.christuniversity.in. miriam.mohan@christuniversity.in

Title of the paper	"Caught in a Tight Spot": Experiences of Women Prescribed with
The of the paper	Inhaled Corticosteroids for Asthma
Author	Samiha Sengupta <sup>1</sup> , Joice Steffi Y <sup>1</sup>
Abstract	Background: Asthma is a chronic respiratory disease that affects millions of people worldwide, and the use of medication is essential for managing the symptoms. The objective is to identify the challenges faced by women who use asthma medication, including medication side effects, and the impact of these challenges on their mood and mental health. The study will contribute to a better understanding of the impact of asthma medication on women's mental health and well-being, as well as inform healthcare professionals on the importance of providing holistic care tailored to the patient and addressing the potential impact of medication on patients' self-perception and quality of life. Methodology: This study used a qualitative research design to explore the experiences of women who use asthma medication. Utilizing thematic analysis, the research process involved iterative coding and pattern identification to uncover recurring themes. An inductive approach allowed themes to emerge organically from the data, ensuring an unbiased exploration of participants' experiences. Results: The themes vividly portrayed the complex nature of asthma management, spanning from the impact of long-term medication on individuals' dependence and need for information, to the interactions between lifestyle adjustments, and asthma triggers. It also brought forth the importance of how long-term medication for chronic illnesses can affect an individual's mental health. Conclusion: This research concludes that a holistic approach involves looking at all factors that could contribute to one's asthma, whereas conventional treatments typically isolate one. Effective asthma management should involve working in partnership with patients and families to promote good outcomes.  Keywords: asthma; inhaled corticosteroids; mental health; women's health; quality of life
Affiliation (s)	<sup>1</sup> Department of Psychology, CHRIST (Deemed to be University), Bangalore, Karnataka, India <sup>1</sup> Department of Psychology, CHRIST (Deemed to be University), Bangalore, Karnataka, India

Title of the paper	Mindfulness intervention among women: A systematic review
Author	Amrutha S <sup>1.</sup> Sheril Elizabeth Jose <sup>2</sup>
Abstract	The present study aims to systematically review the effects of mindfulness-based interventions among marginalized population. There is a need for high quality studies with adequate sample sizes in systematic reviews. A search of PsycINFO, Mendeley, Google scholar, Medline, CINAHL, SSCI, and PubMed database will collect 8 relevant studies. "Mindfulness" and "Women" will be used as search terms. This review paper will collect studies which evaluate mindfulness interventions among women who have emotional and behavioral disorders, menopausal women, women undergoing infertility treatment with sufficient control groups. Furthermore, the studies will also comprise the assessment done on mental health issues of women from all parts of the world. The data extraction included study design, participant characteristics, intervention specifics, and outcome measures. The result will be discussed in the full paper.  **Keywords: Mindfulness, Women, Symptoms, Mental health**
Affiliation (s)	<sup>1</sup> Research scholar Government women's college Vazhuthacuad <sup>2</sup> Assistant professor Government women's college, Vazhuthacaud
Correspondence	amruthasmpm@gmail.com sherilelizabethjose@gmail.com

Title of the paper	Significance of Palliative Care in the Contemporary World: Exploring the Experiences and Perspectives of Service Users
Author	Shahana V
Abstract	Background: Palliative care plays a crucial role in enhancing the quality of life for individuals with serious illness or other disabling conditions. This research aimed to investigate the significance of palliative care in the contemporary world. Service users' perceptions of the relevance of palliative care in their lives, their experiences with the availability of palliative care services, and their recommendations and suggestions for enhancing the palliative care system are key focal points of this research. Methodology: Participants- The sample consisted of 5 participants who currently use palliative care services in the Kozhikode district, Kerala, selected through snowball sampling. Tool- semi-structured interview Procedure- Firstly consent was obtained. The data were transcribed and analyzed using qualitative content analysis. Results: The four themes are listed: Services of palliative care, benefits of using palliative care services, nature of volunteering and needs and recommendations. The services of palliative care are described by regular home care, free treatment in terms of medication, consultation, assistive aids, and training for self-employment. The benefits of using palliative care services include strong interpersonal relationships and enhanced mental health. The nature of volunteering includes trained and supportive volunteers. Needs and recommendations include improve accessibility, revamp financial support, and promote volunteerism. Conclusion: The study indicates that the palliative care system offers diverse services, with the positive influence of volunteers on patient well-being; participants recommend wider recognition and celebration of the system for increased support to those in need
	Postgraduate
Affiliation (s)	University Of Calicut
Correspondence	shahanaafs@gmail.com

Title of the paper	Social Support for Individuals self-identified as Gay
Author	Sharoan Thomas
Abstract	Background: Gay: "sexually or romantically attracted to people of the same gender and not to people of a different gender." ~ Cambridge Dictionary The term gay is used to address individuals, both men and women, who are sexually or romantically attracted to people of the same gender. "Social support is the perceived or actual instrumental and/or expressive provisions supplied by the community, social networks, and confiding partners" (Nan Lin, 1986). This study explores the social support, actual and perceived, for an individual self-identified as gay and the (un)availability of instrumental and expressive support. Methodology: The qualitative study is carried out with a sample size of 7 individuals between the ages of 19 and 29 in the Ernakulam district of Kerala who are self-identified as gay, selected through judgmental sampling. Data was collected through an in-person, in-depth interview with the help of an interview guide. Results: The study identified major sources of social support for gay people as their peer group who have knowledge about same-sex relations and sexual orientation. Social relations in the community and social network are scarce, and most of the respondents are hiding their sexual orientation from their social relations. Conclusion: A This study examined the present state of social support available for a gay individual. In an academic setting where most studies on LGBTQIA+ people focus on transgender people; this study contributes to a better understanding of gay people.  Keywords: Gay, social support, confiding partners, community, social network
Affiliation (s)	2nd year MSW trainee Department of Social work, Central University of Kerala, Kasaragod DT, Kerala
Correspondence	shar.2201505028@cukerala.ac.in

Title of the name	Exploring the Dimensions of Non-suicidal Self Injury Amongst Young
Title of the paper	Adults
Author	Sandra Sajeev <sup>1</sup> and Akanksha Rani <sup>2</sup>
Abstract	Background: Amidst a global surge in deleterious physical and mental health conditions following the onset of the coronavirus disease (COVID-19), there has been a noteworthy escalation in self-injurious conduct, particularly among adolescents and young adults. This occurrence has propelled the recurring prominence of non-suicidal self-injury (NSSI), denoting the purposeful infliction of harm upon one's own body devoid of an intent to cause fatality. Regrettably, despite the prevalence of such behaviors, existing literature on NSSI has largely constrained its scope to a mere symptom of Borderline Personality Disorder (BPD), making this phenomenon enigmatic. Thus, the present research aimed to examine the dimensions of NSSI independently of its association with BPD. Moreover, this investigation endeavors to discern and explore the cultural determinants influencing NSSI and its precipitating and perpetuating elements. Methodology: To achieve a comprehensive understanding, an interpretative phenomenological approach was employed on 12 participants within the age group of 18-25, involving semi-structured interviews and an Interpretative Phenomenological Analysis (IPA) for qualitative results. Results and Conclusion: The results highlight a significant role of culture in participants' NSSI experiences, with traditional influences and cultural sanctions notably affecting NSSI behaviors. Robust determinants of NSSI include precipitating factors such as interpersonal concerns, maladaptive emotions, temperament, and a distorted self-concept. Perpetuating factors like impulsivity, maladaptive cognitions, and dysfunctional emotions explain the repetitive nature of NSSI. These findings underscore the importance of addressing NSSI, emphasizing its impact on mental health and daily functioning, and addressing underdiagnosis and misdiagnosis.  Keywords: Non-suicidal self-injury, cultural factors, precipitating factors, perpetuating factors.
Affiliation (s)	<sup>1</sup> Department of Psychology, Christ (Deemed to be University), Bengaluru, Karnataka, India <sup>2</sup> Department of Psychology, Christ (Deemed to be University), Bengaluru, Karnataka, India

Title of the paper	Pathways to care in children with Neurodevelopmental disorders
Author	Ms. Akanksha Sharma, Dr Dipanjan Bhattarcharjee, Dr Varun S. Mehta
Abstract	Background: India is the most populated country in the world where a significant chunk of population is below the age of 18 years. Due to myriad intrinsic and extrinsic reasons, there is surge in the number of children with neurodevelopmental disorders (Thenceforth NDD) and caregivers, especially parents face an excruciating challenge to provide adequate and appropriate care to them. Indian culture, parents and family members are held as the mainstay of care for these types of children and very often they find themselves in difficult position while seeking treatment. So, they tend to visit several healing and helping professionals to get treatment for their ailing children. Pathways to care is a robust and dependable mode4rl to get an idea about peoples' approach and preferences in medical treatment. Methodology: In this cross-sectional descriptive study, 100 parents of children with NDD will be selected and the WHO Encounter Form will be applied on them to gauge the pathways to care they have been following till their visit to a tertiary mental health facility (i.e., CIP, Ranchi). Results: Conclusion: Result will be shared later at the time of presentation  **Keywords: Pathways to care, children and neurodevelopmental disorder**
Affiliation (s)	MPhil (PSW) Scholar, Department of Psychiatric Social Work, Central Institute of Psychiatry (CIP), Ranchi, Jharkhand, India [*Presenting Author]  Associate Professor and Head of the Department of Psychiatric Social Work, Central Institute of Psychiatry (CIP), Ranchi, Jharkhand, India  Associate Professor, Department of Psychiatry, Central Institute of Psychiatry (CIP), Ranchi, Jharkhand, India

	Keywords: Behavioral Suicidal problem, parental Involvement, adolescents
	of alcoholic parents, care takers, divorced parents.
	Department of Psychology, Christ (Deemed to be University) Yeswanthpur
Affiliation (s)	Campus,Bangalore – Karnataka.India
Correspondence	madhu.vanagondi@christuniversity.in

Title of the paper	Need for Adaptation of Adverse Childhood Experience International  Questionnaire (WHO, ACE IQ) in Indian Setting
Author	Nifi Krishna . T <sup>1</sup> , Dr. Kavitha V. Jangam <sup>1</sup> , Dr. Mariamma Philip <sup>2</sup> , Dr. John Vijaya Sagar <sup>3</sup> , Dr. Rajendra K.M <sup>3</sup> , Dr. Senthil Amudan <sup>4</sup>
Abstract	Background: Adverse childhood experiences can have long term negative impact on individuals in adulthood. Past studies have found significant association between childhood adversities and its impact on mental health and quality of life. There is no standardised tool to assess the ACE in India. This study aims to address the gap by validating World Health Organisation's Adverse Childhood Experience International Questionnaire for children in difficult circumstances & its effect on mental health and well-being of these children. There is higher prevalence ACEs in children & adolescents across the globe with no substantial disparities in the gender. Children in difficult circumstances are exposed to multiple range of adversities in comparison with general populations. Many of the tools available to assess ACEs are limited to individual & familial level and ignore the meso-level adversities. Adverse Childhood Experiences International Questionnaire developed by WHO offers multiple advantages over the other tools. Methodology: The items in the tool will be validated by experts in the field and will be translated to Hindi and Kannada languages by appropriate procedures. Cross sectional descriptive design will be used & the sample size will be calculated by mean value of pilot testing or by 1:5-10 rule. Instruments used will be Patient Health Questionnaire, Adverse Childhood Experience Questionnaire, WHO well being index and Strength & difficult questionnaire. Test of reliability & validity will be conducted. Results: Conclusion: This study will develop a valid, reliable, culturally and linguistically appropriate scale which can be used as screening tool for Adverse Childhood Experiences in future research and the scale can be used with the smaller population for designing appropriate psychosocial interventions.  Keywords: Adverse Childhood Experiences, Mental Illness, Children in difficult circumstances, WHO ACE IQ

	<sup>1</sup> Department of Psychiatric Social Work, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, Karnataka, India
	<sup>2</sup> Department of Biostatistics, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, Karnataka, India
Affiliation (s)	<sup>3</sup> Department of Child & Adolescent Psychiatry, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, Karnataka, India
	<sup>4</sup> Department of Epidemiology, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, Karnataka, India
Correspondence	nifibala3@gmail.com

Title of the paper	Gender equitable attitudes among the adolescent boys in Pre-University Colleges of North Bengaluru
Author	Annie Raichel Joseph <sup>1</sup> , Geetha C V <sup>2</sup> , Ansur Farooq Khan <sup>3</sup> ,  Marita K. Paul <sup>4</sup> and Bino Thomas <sup>5</sup>
Abstract	Background: Foundation for both gender equality and equity needs a gender-equitable mind-set. It is commonly known that early life experiences persist into adulthood and subsequently influence an individual's personality. Adolescent boys have been observed to engage in misbehaviour and misadventures specific to gender based context, which causes their lives to diverge from their expectations. Methodology: 5000 adolescent boys were provided with one day training program on gender equitable attitudes in various parts of Bengaluru city funded by the office of Police Commissioner, Bengaluru Karnataka. The responses of 221 teenage boys from different North Bengaluru PU Colleges were extracted for analysis. These boys came from streams in arts, commerce, and science. Gender Equitable Measurement (GEM) Scale was used to collect their answers on gender equitable attitude. Results: Notably, 87 percent of the teenage boys supported equitable distribution of opportunities and resources. A mere two percent of respondents disagreed with the idea of gender equality, although 11% of the boys thought that equality was already being practised in terms of equal chances. The findings about gender equity showed 68% boys supporting it, while 13% disagreeing with the idea and 19% of the boys somewhat agreeing with the concept of gender equity. Conclusion: The study unequivocally showed that while the boys do understand the fundamentals of gender equality and equity, there is a subset of teenagers who do not personally agree with this perspective. According to the study, the inclusion of teenagers in workshops and academic conferences concerning gender equity in society will aid in the creation of a just society.  Keywords: Adolescence, gender, equality, equity, violence.
Affiliation (s)	<ul> <li>Assistant Manager (Project), Department of Psychiatric Social Work,</li> <li>NIMHANS, Bengaluru</li> <li>Assistant Manager (Project), Department of Psychiatric Social Work,</li> <li>NIMHANS, Bengaluru</li> </ul>

	<ul> <li>Senior Officer (Project), Department of Psychiatric Social Work, NIMHANS, Bengaluru</li> <li>Senior Officer (Project), Department of Psychiatric Social Work, NIMHANS, Bengaluru</li> </ul>
	<sup>5</sup> Additional Professor, Department of Psychiatric Social Work, NIMHANS, Bengaluru
Correspondence	annieraicheljoseph@gmail.com

Title of the paper	Gender Attitudes among Teenage Boys in Bengaluru
Author	Marita K. Paul <sup>1</sup> , Annie Raichel Joseph <sup>2</sup> , Geetha C V <sup>3</sup> ,
	Ansur Farooq Khan <sup>4</sup> and Bino Thomas <sup>5</sup>
Abstract	Background: Treating all genders with fairness while keeping their special needs and traits in consideration, and offering them opportunities, resources, and rewards in line with their needs, is referred to as gender equitable attitude. Its main objective is to confront and lessen the power discrepancies and imbalances that exist between men and women. The study was taken up on the context of increasing gender-based violence and slow responses towards gender equality. Methodology: 242 teenagers from two Pre-University Colleges from South and North Bengaluru were selected and given a GEM Scale with 20 objective-style questions to help gauge their understanding regarding gender attitudes. Adolescent boys from Arts, Commerce, and Science disciplines were among the students selected from South Bengaluru's Government and Aided Colleges. Results: 51% of teenagers did agree that a woman's most important role is to take care of her home and cook for her family, while 33% only somewhat agreed to it. Only 16% of teenagers were not in agreement with the idea of only woman taking care of home. Conclusion: A considerable proportion of adolescents are aware that all genders have roles to perform and that these roles shouldn't be exclusive to one gender. Accordingly, the study gives the notion that increasing young boys' participation in these kinds of programmes can result in good transformation and clear expectations for individual roles and responsibilities.  Keywords: Adolescence, Attitude, Equality, Equity, Gender.
Affiliation (s)	<ul> <li><sup>1</sup> Senior Officer (Project), Department of Psychiatric Social Work,</li> <li>NIMHANS, Bengaluru</li> <li><sup>2</sup> Assistant Manager (Project), Department of Psychiatric Social Work,</li> <li>NIMHANS, Bengaluru</li> <li><sup>3</sup> Assistant Manager (Project), Department of Psychiatric Social Work,</li> <li>NIMHANS, Bengaluru</li> </ul>

	<sup>4</sup> Senior Officer (Project), Department of Psychiatric Social Work,
	NIMHANS, Bengaluru
	<sup>5</sup> Additional Professor, Department of Psychiatric Social Work, NIMHANS,
	Bengaluru
Correspondence	maritakpaul@gmail.com

Title of the paper	Socio-demographic Profile of Survivors of Child Trafficking with Special Reference to Sonitpur, District of Assam
Author	Mr. Vineesh A <sup>1</sup> and Dr. Sobhana H <sup>2</sup>
Abstract	Background: Assam, the gateway to the north-eastern part of India, already has a high burden of missing children. Assam is now the trafficking hub of India accounting for 22% of total human trafficking cases in India. It is well established that childhood trauma leads to mental health problems in both younger age and adulthood. To study the sociodemographic profile of children who have survived child trafficking. Methodology: The socio-demographic profile of survivors rescued from trafficking by DCPU from 2021-2023 was gathered from the Social Investigation Report (SIR) - Form 22 of the JJ Act 2015 A total of 44 SIR reports were collected from DCPU Sonitpur. Missing data from Form 22 was collected from parents during home visits. Results: The mean age of survivors was 15.13±1.622 years, majority were female (84.1%), schedule tribe (72.7%), Hindu (79.5%), from rural areas (95.5%), staying in Kuccha house (90.9%) and from lower socio-economic background (97.7%). Most of parents were daily labourers in tea estate. There was substance use in parents. Conclusion: The findings indicate that survivors of child trafficking came from socio-economically vulnerable sections of society. Many of the children also came from dysfunctional families. The need to address issue of trafficking with a multi-sectoral approach is underscored by the results of this study.
Affiliation (s)	<ul> <li>M Phil Scholar, LGBRIMH Tezpur</li> <li>Associate Professor, Dept of Psychiatric Social Work, LGBRIMH Tezpur</li> </ul>

Title of the paper	Effectiveness of wellness programme for school teachers.
Author	Xavier B <sup>1</sup> , Dr. E Aravind Raj <sup>2</sup> and
	Sunu Merla C J <sup>3</sup>
	<b>Background:</b> According to WHO, well-being is a positive state experienced
	by individuals and societies. Similar to health, it is a resource for daily life and
	is determined by social, economic, and environmental conditions. The success
	of students' academic and social-emotional development may be facilitated by
	improving teacher well-being. The present study has attempted to develop and
	assess the effectiveness of wellness programs for school teachers. The
	Indivisible Self Model for wellness was used to develop the activities. It
	consists of five domains: creative self, coping self, physical self, social self,
	and essential self. To develop and assess the effectiveness of wellness
	programs for school teachers. To study the socio-demographic profile of
	school teachers. to develop a wellness program for school teachers, and to
	study the effectiveness of wellness programs among school teachers.
	<b>Methodology:</b> Based on purposive sampling, 37 teachers were recruited from
Abstract	Royal Public School and Royal School, Bengaluru. The tools used for the
	study were a socio-demographic data sheet, a semi-structured questionnaire,
	and a behavioural change questionnaire prepared by the researcher. The well-
	being of the participants was measured using the semi-structured
	questionnaire before and after the training program to understand its
	effectiveness and the behavioural change questionnaire was administered one
	month later. <b>Results:</b> Statistical tests were performed to understand the
	difference in the domain scores. There were no statistically significant
	changes observed in the median scores. The findings indicate a strong positive
	connection between the wellness questionnaire's overall score and its sub-
	domain scores in both the pre and post-testing phases (p 0.05). Though the
	correlation between the behavioural change assessment and the post-well-
	being score was not statistically significant, there was a positive change in the
	behavior as the knowledge increased in the post-assessment. <b>Conclusion:</b> The

	study attempts to state understanding the well-being of teachers and delivering
	programs are important for teachers.
	Keywords: Well-being, Teachers' well-being, Indivisible self-model
	Effectiveness of wellness programme
	<sup>1</sup> Project Officer, Dept of PSW, NIMHANS
	<sup>2</sup> Additional Professor & Principal Investigator, Dept of PSW NIMHANS
Affiliation (s)	<sup>3</sup> Project Officer, Dept of PSW, NIMHANS
Correspondence	sisirasurjithk@gmail.com

Title of the paper	Effectiveness of Gender Sensitization on children in conflict with the law in Special Home.
Author	Xavier B <sup>1</sup> , Sunu Merla C J <sup>2</sup> , Abhishikta S Nair <sup>3</sup> and Dr. E Aravind Raj <sup>4</sup>
Abstract	Background: Gender sensitization is about changing behavior and instilling empathy into the views that we hold about the other gender. According to the Juvenile Justice (Care and Protection) Act 2015, "child in conflict with law" means a child who is alleged or found to have committed an offence and who has not completed eighteen years of age on the date of commission of such offence. The project Gender Sensitization for children in observation home and special home and perpetrator training program in prisons provided a six day training program for the children from the observation homes and special homes to deepen awareness about gender and gender-based violence, to strengthen life skills, enabling emotional regulation, decision making and understanding of consequences of one's behaviour in general, with a focus on gender and gender-based violence for children in conflict of law. Aim: To understand the effectiveness of the Gender Sensitization program. Objectives: To understand the children's attitude towards gender roles, to understand the change in attitude after the training program. Methodology: A training module was developed and pre and post-assessment was conducted before and after the training. 30 children took part in the training program and all of them were part took part in the assessment. The module consisted of eight sessions designed using a participatory methodology. The tools used for the pre and post-assessment were the Gender Roles Attitude Scale' which has 20 item measured on Likert scale and a semi-structured questionnaire designed by the researchers. Results: The difference between the mean of the total scores was statistically analysed and a p value of 0.000 was obtained showing a significant change in the mean scores concluding that there is a change in the attitude towards gender roles after the training program. There was a significant difference in transcendent attitude and the stereotypical attitude after the training program has helped the

	children by bringing in a change in attitude; Gender sensitization training
	program is important specially for the children in conflict with law, as it can
	help them treat women equally.
	Keywords: Children in Conflict with Law, Special Homes Gender
	Sensitization, Gender roles
	<sup>1</sup> Project Officer, Dept of PSW, NIMHANS
	J / 1 /
	<sup>2</sup> Project Officer, Dept of PSW, NIMHANS
	<sup>3</sup> Project Co-ordinator, Dept Of PSW, NIMHANS
Affiliation (s)	
	<sup>4</sup> Additional Professor & Principal Investigator, Dept of PSW NIMHANS

Title of the paper	Navigating Love in a Sex-Centric Society: A Qualitative Study on the Experiences of Asexual Individuals in Romantic Relationships in India
Author	Bharath Vasan <sup>1</sup> , Dr Veenashree Anchan <sup>2</sup> and Dr Nisha James <sup>3</sup>
Abstract	Background: As the complexity of human sexuality continues to gain recognition, there is an evident gap in understanding the experiences of asexual individuals in romantic relationships, particularly within the context of a culture that places significant importance on procreation, marriage, and traditional family norms. This qualitative study explores the experiences of asexual individuals in romantic relationships in Bengaluru, India. Methodology: This study used a qualitative research design, with a constructivist approach involving eight participants, comprising non-binary and female individuals aged 18 to 24, who self-identified as asexual individuals and had experience in romantic relationships. The data was analysed using the thematic analysis approach. Results: The study identified five major themes: Navigating Identity and Community, Experiences in Romantic Relationships, Coping and Self-Understanding, Navigating within their romantic relationships, and Societal Perceptions and Expectations. These themes offer insights into the unique challenges faced by asexual individuals in the realm of romantic relationships, emphasizing the importance of identity navigation, communication, and societal acceptance. Drawing from these insights, we propose an intervention model focusing on awareness, education, supportive communities, and relationship skills training. Conclusion: In summary, while this study significantly contributes to our understanding of asexual individuals' experiences in romantic relationships, it is essential to recognize that asexuality is a multifaceted phenomenon. Contradictory findings and perspectives within the literature underscore the need for ongoing research and a commitment to inclusivity within both scientific research and broader societal contexts.  Keywords: Asexuality; Romantic Relationships; Attachment Dynamics; LGBTQ+ Challenges; Inclusivity; Intersectionality
Affiliation (s)	<sup>1</sup> Presenting Author, 2nd year student of M.Sc. in Counselling Psychology, CHRIST (Deemed to be) University, Hosur Road, Bengaluru

	<sup>2</sup> Dr Veenashree Anchan, Assistant Professor, Christ (Deemed to be University), Hosur Road, Bangalore <sup>3</sup> Dr Nisha James, Assistant Professor, Christ (Deemed to be University), Hosur Road, Bangalore
Correspondence	Bharath.vasan@psy.christuniversity.in

Title of the paper	Food as a Therapeutic means to cope with Homesickness among Migrant workers
Author	Ishana Grace Mathew <sup>1</sup> , Dr Sherin P Antony <sup>2</sup>
Abstract	Background: This study examined whether food acts as a therapeutic means among migrant workers that suffer from homesickness . It investigates the experiences with regard to their thoughts and emotions that accompany homesickness and how food is used as therapy towards it .With an estimated 169 million migrant workers that make up 62 percent of the international migrant stock in 2019. There is a need to explore experiences. This paper aims at offering insights and traces some salient aspects of how food acts as a therapeutic means to cope up with homesickness, To understand their experiences with regard to homesickness and to find out what the emotions and thoughts attached to food. Methodology: The research design for this study was qualitative research in which the data was analyzed through a thematic analysis using a conventional approach (Hsieh & Shannon,2005). A group of individuals was found that match the criteria that show a high range in the UHS scale Utrecht Homesickness Scale (UHS). The validated questionnaire was then used to interview the participants individually. Results: Transcribed data was examined to identify similar patterns in the experiences of the individuals that have been selected for the study and then draw results out from it. Qualitative analysis of open-ended responses identified 4 themes among the 10 interviews which were Challenges due to migration, Emotions, Sensory cues, Rituals and traditions. Conclusion: The study contributes to a broader understanding of the emotional and psychological challenges that homesickness presents but also promotes cultural preservation, social integration, and a sense of belonging. As the world continues to witness increasing migration and globalization, recognizing and harnessing the therapeutic potential of food is vital for supporting the well-being of migrant workers and helping them find comfort in their new surroundings.  Keywords: Homesickness, Migration, Food
Affiliation (s)	<sup>1</sup> Department of Psychology, Christ (Deemed to be University), Bangalore, <sup>2</sup> Department of Psychology, Christ (Deemed to be University), Bangalore,

Title of the paper	The need for gender sensitization among children from special homes: Findings from a needs assessment
Author	Sunu Merla C J <sup>1</sup> , Xavier B <sup>2</sup> , Abhishikta S Nair <sup>3</sup> and Dr. E Aravind Raj <sup>4</sup>
Abstract	Background: According to the Juvenile Justice (Care and Protection) Act 2015, "child in conflict with law" means a child who is alleged or found to have committed an offence and who has not completed eighteen years of age on the date of commission of such offence. The project Gender Sensitization for children in observation home and special home and perpetrator training program in prisons provided a six day training program for the children in special homes. Before the training, an assessment was conducted to understand the children's needs in terms of gender sensitization. Aim: This paper aims to report the findings of needs assessment among children in conflict with law. Methodology: A semi-structured interview schedule was designed and used among 25 children from a special home in Bengaluru.  Results: The mean age of the boys was 17.9. Their mean education background was 7th grade and around 60% of the children were school dropouts. 76% of children believe that women should be treated equally as men. 32% of children have not heard about the POCSO act, only 28% of children have an approximate idea what the POCSO act means. Around 68% of children are unaware of sexually transmitted diseases and mode of transmission. Children's expectations from the program were mostly regarding relationships, POCSO rules, etc. Conclusion: This shows that majority of children in conflict with law have a stereotypical attitude towards gender roles. Their knowledge on physical, legal and social consequences of gender-based violence is limited. The results of the study necessitate the importance of GS programs. Based on the assessment, a module was developed and the training program was conducted. Such programs can help in changing the attitude thereby preventing many gender based crimes.
Affiliation (s)	<sup>1</sup> Project Officer, Dept of PSW, NIMHANS <sup>2</sup> Project Officer, Dept of PSW, NIMHANS <sup>3</sup> Project Co-ordinator, Dept Of PSW, NIMHANS <sup>4</sup> Additional Professor & Principal Investigator, Dept of PSW NIMHANS

	Could the completed suicide of the adolescent be predicted or
Title of the paper	prevented? - A case study of psychological and psychosocial
	vulnerabilities.
	Codbar Doobles! Househard Manachard Directly and Scanners have
Author	Cathy Roshini <sup>1</sup> , Harshini Manohar <sup>2</sup> , Bino Thomas <sup>3</sup> , Sowmyashree Narayanan <sup>4</sup>
Abstract	Background: Suicide is one of the leading causes of death among youth worldwide. Interplay of psychological and social factors between an individual's first thought of suicide and the actual act calls for early identification and treatment. We describe a case of a 14-year-old boy, with depression in the background of complex family issues, who had completed suicide. Methodology: This case study retrospectively analyzes the psychosocial vulnerabilities and therapeutic processes that could have potentially aided in prediction or prevention of suicide. The adolescent presented with depressive symptoms, defiance in the family context, school absenteeism and suicidal ideations for one year. Death of mother, uninvolved father, low warmth, and constant criticality in the family were key factors. He received regular mental health support both as an in-patient and out patient for 2 months. Results: Psychotherapy with a person-centered approach was the mainstay, alongside medications. An attachment framework was taken to address the parent-child relationship and to foster re-attachment. Significant 'hopelessness' hindered progression in therapy. Other indicators of hopelessness' being wilful non-adherence to medications and constant reassurance seeking regarding the therapist's safety in the event of his suicide. Improvement was noted in certain domains, however minor. The adolescent completed suicide after a brief period of active refrainment from treatment. Conclusion: Completed suicides among children/adolescents alarm the need for creating a nurturing environment and secure attachment relationships that could act as a strong protective factor. Supervision and reflective discussions will help trainee therapists to maintain objectivity in psychotherapy. Postvention is equally important for the family and therapist.
Affiliation (s)	Psychiatric Social Worker <sup>1</sup> , Assistant Professor <sup>2</sup> Additional Professor <sup>3</sup> , Senior Resident <sup>4</sup> Department of Psychiatric Social Work <sup>1,3</sup> , Department of Child and Adolescent Psychiatry. <sup>2,4</sup> National Institute of Mental Health and Neurosciences (NIMHANS)
Correspondence	cathyroshini@gmail.com

Title of the paper	The need for Gender sensitization and like skills training for the perpetrators of Gender based violence in prison.
Author	Abhishikta S Naik <sup>1</sup> , Xavier B <sup>2</sup> , Sunu Merla C. J. <sup>3</sup> , E. Aravind Raj <sup>4</sup> , Kavita V Jangam <sup>5</sup>
Abstract	Background: Gender based violence (GBV) is a gross violation of an individual's right to equality and dignity. NCRB reported that violence against women in 2021 has increased by 15.3%. Gender inequality, attitudes built by patriarchal structures and lack of life skills create environment for a perpetrator to thrive. Methodology: An assessment was conducted to understand the inmates' attitude towards gender roles and to understand the need for life skills training. This paper aims to report the findings of needs assessment conducted among the perpetrators of GBV in the prison. A semistructured interview schedule was designed and used to interview 20 inmates of Bangalore Central prison accused(N=5) and convicted(N=15) for GBV. This study used qualitative methods to understand the attitude towards gender roles and their life skills and coping mechanisms to deal with situations in life. Results: The study revealed that, the mean age of the perpetrators interviewed was 32 and the mean of their formal education was 9 years. Majority of the participants described that men were more powerful than women. The thematic analysis brought out the themes for individual common triggers for stress included family issues, interpersonal conflicts, helplessness, financial difficulties., coping mechanisms; a variety of approaches to manage stress-induced emotions, both positive and negative while positive were expressed by a fewer participants as taking time alone for reflection engaging in hobbies, seeking social support practicing mindfulness, religious practices and negative coping like withdrawal and isolation, substance use, aggression, seeking unhealthy social interactions was extensively described. Conclusion: This shows that majority of inmates' attitude towards gender roles were non egalitarian. Their coping mechanisms and reactions to trigger raises concerns about the negative consequences of uncontrolled anger and the need for effective anger management strategies. The results of the study implicate the significance of G

	programs can help in changing the attitude thereby preventing many gender
	based crimes.
	Keywords: Gender sensitization, Gender based violence, Perpetrators.
Affiliation (s)	<sup>1</sup> Project Coordinator NIMHANS – Govt of Karnataka Collaborative Project on Gender Sensitization For Children in Observation & Special Homes And Perpetrator Training Program In Prisons Department of Psychiatric Social Work, NIMHANS, Bengaluru-560029
Correspondence	abhishiktasnaik@gmail.com

Title of the paper	Discrimination and Challenges Faced by Girls: Insights from Adolescent
Title of the paper	Boys in South and North PU Colleges in Bangalore
	Amrita Menon <sup>1</sup> and Sudarshan K, <sup>2</sup> Geetha C V, <sup>3</sup> Ansur Farooq Khan, <sup>4</sup>
Author	Marita K. Paul, <sup>5</sup> Annie Raichel Joseph <sup>6</sup> and Bino Thomas <sup>7</sup>
	<b>Background:</b> Girls encounter several challenges ranging from imposed stereotypes to restrictions in education as well as employment. Understanding
	the perspective of adolescent boys regarding these issues is a crucial step
	towards fostering empathy and addressing the root causes of gender
	disparities. <b>Methodology:</b> A one day training program was conducted on the
	promotion of gender equitable attitude in the Pre-University (PU) colleges of
	Bangalore (Govt. & Aided) for adolescent boys of 1st and 2nd PUC from
	commerce, science as well as arts background. Out of 5000, 191 samples were
	taken from the first two colleges of North and South wherein the training
	program was conducted. The selection was done in order to assess and
	understand their viewpoints regarding the major problems and discrimination
	faced by girls. <b>Results:</b> The findings highlight key concerns among adolescent
	boys in Northern and Southern Bangalore colleges. In the North, 42% express
Abstract	worry about sexual harassment, while 14% emphasize upon lack of
	employment and educational opportunities. In the South, safety concerns are
	notable at 24%, and 23% express concerns about educational and employment
	opportunities. Both regions share concerns about gender-based disparities
	(22%), and in the South, 21% expressed about the lack of freedom for girls.
	The study also reveals a lack of awareness regarding menstrual periods and pregnancy, emphasizing the need for targeted educational programs.
	Conclusion: The present study emphasizes the importance of discussing
	concerns regarding gender discrimination with adolescent boys. By
	addressing their perspectives, the research further contributes to developing
	interventions to promote gender equality. The findings suggest
	comprehensive initiatives that can encourage empathy, respect, and equality
	among young individuals.
	Keywords: Adolescents, Challenges, Discrimination, Gender, Girls.

Affiliation (s)	Christ University, Bengaluru
	<sup>2</sup> CMR University, Bengaluru
	<sup>3</sup> Assistant Manager (Project), Department of Psychiatric Social Work,
	NIMHANS, Bengaluru
	<sup>4</sup> Senior Officer (Project), Department of Psychiatric Social Work,
	NIMHANS, Bengaluru
	<sup>5</sup> Senior Officer (Project), Department of Psychiatric Social Work,
	NIMHANS, Bengaluru
	<sup>6</sup> Assistant Manager (Project), Department of Psychiatric Social Work,
	NIMHANS, Bengaluru
	<sup>7</sup> Additional Professor, Department of Psychiatric Social Work, NIMHANS,
	Bengaluru
Correspondence	amritamenon22@gmail.com

	Freshmen' Orientation Programme with the active involvement of
Title of the paper	Senior student volunteers - a success story of fostering mental health in
	a higher education' campus
Author	Shalini k. Sharma <sup>1</sup> , Ankith S. Kumar <sup>2</sup>
	<b>Background:</b> Karnataka boasts of over 600 engineering colleges with lakhs
	of students getting admitted to engineering with or without aptitude, but with
	aspirations of having a job on hand while still on campus. Many face
	challenges as they go through engineering school adopting unhealthy methods
	to cope. Adjustment to the new environs poses a challenge to many, who have
	been straitjacketed for two years during 10+ 2. Dealing with sudden freedom,
	distractions, peer pulls and lack of clarity on expectations, are major forces
	that a young person faces. Fear of torment by seniors makes many a student
	anxious and fearful. Apart from the prevalent major /minor psychiatric
	disorders, we observe that at any given point of time more than 50% of our
	students have problems that affect their social functioning as adolescents. If
	not identified promptly and intervened, it may result in academic failure, low
	self-esteem, parental anguish and disrepute to the institute. Methodology:
A b store at	The efforts of a psychiatric social worker, after keen observation of common
Abstract	problems she dealt with as a counsellor, with many an experiment over a
	period of the first five years, to design and implement a schema of working
	with young people successfully to create a healthy, progressive campus is
	presented here. An exciting day filled with interactive, participatory activities
	providing anticipatory guidance sans lectures, with the active involvement of
	compassionate, trained student volunteers@1:10 ratio, to create a relaxed, fun,
	learning atmosphere to make the freshmen feel welcome to begin their
	academic journey with enthusiasm, is possible. <b>Results:</b> The excitement of
	juniors who look up to their seniors with admiration, aspiring to be like them
	as seen in the 99.6% feedback; students of the 2nd year thronging to take on
	volunteering as Senior volunteers; students largely abiding by guidelines
	provided and seeking help readily and being an active part of a club or
	association and the institute adopting Freshmen' orientation as a flagship
	essential programme, annually. <b>Conclusion:</b> Primary prevention by
	T 18 a. , a sa ya zazzazza z zazzazy postatou es

rimary
imary
;

Title of the paper	Effectiveness Of Structured Family Psycho-Education Programme For Caregivers Of Women With Postpartum Psychosis: A Systematic Review
Author	Rupa Sanadi <sup>1</sup> , E. Aravind Raj <sup>1</sup> , Chithirai Valli K <sup>2</sup> , Prabha Chandra <sup>2</sup>
Abstract	Background: Postpartum psychosis is one of the common perinatal psychiatric disorders and its serious mental condition that requires immediate attention. There is evidence that perinatal disorders have adverse outcomes for the baby, impact on mother herself and on the family system. The purpose of the review was to explore the components of the psycho-educational approach and evidence of the effectiveness of a structured family psycho-education programme for the caregivers of women with postpartum psychosis. Methodology: This review was searched from PubMed, ProQuest, Scopus, and Google Scholar between January 2002 and December 2022. The PRISMA Guidelines have been followed and studies published only in the English language were considered. Selection of studies and extraction of the data, assessment of study quality were undertaken by two investigators independently. The cross-sectional, prospective or retrospective cohort, randomised controlled trials, quasi-randomized controlled trials have been considered and narrative reviews, research protocol, meta-analyses, case reports and series, conference abstracts and posters and Grey Literature were excluded Results: A total 5 studies met the criteria and suggest that psychoeducation interventions to treat postpartum psychosis, including education on illness and management, communication skills, problem-solving skills, education on breastfeeding, contraceptive & birth spacing, addressing stress & burden and handling emotions were considered in the individual and group setting. Conclusion: The outcome of the reviewed studies to maintain treatment adherence, reduce the relapse of illness and caregiver burden and stresses. Further studies can focus on need of an integrative approach, incorporates long-term psychosocial intervention and need of family involvement in treatment loop
Affiliation (s)	<ul> <li>Department of Psychiatric Social Work, National Institute of Mental Health and Neurosciences, Bangalore, India.</li> <li>Department of Psychiatry, National Institute of Mental Health and Neurosciences, Bangalore, India.</li> </ul>

Title of the paper	Patterns Of Domestic Violence Among Perinatal Women from The
Title of the paper	BCHADS Cohort – A Longitudinal Analysis
Author	Rupa Sanadi <sup>1</sup> , Prabha Chandra <sup>1</sup> , Supraja T A <sup>2</sup> , Chaitra Holla <sup>2*</sup> , Laura
Author	Bozicevic³, Helen Sharp³
	<b>Background:</b> Domestic violence is the most common violence against women, which adversely impacts the perinatal period. To study longitudinal
	patterns of Domestic Violence among women during pregnancy and the first
	2 years after childbirth. <b>Methodology:</b> The pregnant women (N=909) were
	interviewed twice during pregnancy and 6 months, 1 and 2 years after
	childbirth. Domestic violence was assessed using the Indian Council of
	Medical Research questionnaire. <b>Results:</b> The mean age of the women was
	23 years (SD 3.5) and 56.1% of women lived in joint/extended families.
	During the perinatal period, 38.4% (349/908) of women reported at least one
	form of violence. In trimester 1 or early trimester 2 psychological violence
	was reported by 15.1% (136/902), physical by 6.3% (57/902) and sexual
	violence by 1.2% (11/902) of women. Rates decreased by trimester 3
	(psychological 8.5%; physical 2.6%; sexual 0.4%) but escalated to 33.9%,
Abstract	14.7%, and 4.7% respectively during the first two years after childbirth. One-
	third of mothers reported multiple forms of concurrent abuse. Antenatal
	violence strongly predicted ongoing postnatal abuse and also a substantial
	number of new-onset cases after birth. Women living in joint/extended
	families experienced significantly higher levels of psychological violence
	during late pregnancy and after childbirth and other family members
	perpetrated it. Rates of physical violence did not differ by family type.
	Conclusion: The prevalence of pregnancy and clear escalation in violence
	after childbirth in this longitudinal urban cohort emphasises the need for
	repeated sensitive enquiry and the need for support services for women
	experiencing domestic violence.
	Keywords: Domestic violence, perinatal, longitudinal
	<sup>1</sup> Department of Psychiatry, National Institute of Mental Health and
Affiliation (s)	Neurosciences, Bangalore, India. <sup>2</sup> Department of Psychiatry, Kasturba Medical College, Manipal, India. <sup>2*</sup> Department of Psychiatry, National Institute of Mental Health and Neurosciences, Bangalore, India.
	<sup>3</sup> Institute of Population Health, University of Liverpool, UK.

Title of the paper	Uncovering the Unspoken: Exploring the Emotional Landscape of Male
	and Female Caregivers of Alzheimer's Patients
Author	N Sindhu <sup>1</sup> , Padmakumari <sup>1</sup>
	Background: Alzheimer's disease is a progressive neurodegenerative
	disorder that is the leading cause of dementia in the elderly (Kumar, 2022).
	As the disease progresses, individuals with Alzheimer's disease require
	increasing levels of care (DeTure & Dickson, 2019). Previous studies have
	shown that caregivers often experience negative emotions and are primarily
	centered around female caregivers. However, the role of these emotions on
	the caregivers' well-being and cognition, as well as the role of gender in India,
	remains unclear. Therefore, the present study tried to study the above, along
	with understanding the aspects that make the caregiver's experience rewarding
	and unpleasant. <b>Methodology:</b> This study utilized a qualitative methodology
	involving 11 in-depth interviews conducted both face-to-face and over the
	phone with family members providing care for individuals with Alzheimer's
	disease. The participants, both male and female, between the ages of 30-50,
	were selected from metropolitan areas in India using a purposive sampling
Abstract	technique. The interviews were recorded and transcribed for further
	understanding using thematic analysis. <b>Results:</b> The results centered around
	three main themes, "the complex terrain of caregiving." The second theme
	was the "transformative journey of caregiving," and lastly, the "Gendered
	Nature of Caregiving." The results emphasize the importance of
	understanding the complex aspects of caregiving and the need for specialized
	support systems to enhance the well-being of caregivers. Conclusion: Given
	the significant impact of cultural and societal norms in India, it is crucial to
	comprehend the emotional experiences of male and female caregivers. As
	such, this study offers valuable insights into the intricacies of caregiving,
	which can enhance the standard of care for persons afflicted with Alzheimer's
	disease in India.
	Keywords: Alzheimer's disease; caregiving; emotional experiences;
	transformative journey; gender-specific interventions.

	<sup>1</sup> Department of Psychology, Christ (Deemed to be) University, Bangalore (Central Campus) <sup>1</sup> Professor, Department of Psychology, Christ (Deemed to be) University,
Affiliation (s)	Bangalore (Central Campus)

Title of the paper	Exploring the Experiences of Young Adults with Sociotropy: A  Qualitative Inquiry
Author	Dolcy Pandey <sup>1</sup> , Samridhi Ahuja Bakshi <sup>1</sup>
	<b>Background:</b> Scholars from a variety of schools of thought have attempted
	to understand the personality traits that precipitate and mediate depression and
	other maladaptive behavioural patterns and one of these traits is sociotropy,
	coined by Beck (1983). Therefore, it becomes increasingly important to
	understand its origins and how it gets manifested in young adults. Therefore,
	the present study aims to explore the experiences of young adults with
	sociotropy. <b>Methodology:</b> The study is based on a qualitative methodology
	and results from 12 in-depth interviews were analysed and presented in the
	article from participants belonging to the age group of 18-25 years including
	both males and females having different birth orders (firstborns and
	secondborns). The participants were chosen through convenient sampling
	who were screened for sociotropy and then shortlisted for interviews.
	Results: Results highlight that there exist differences between the way
Abstract	sociotropic traits manifest in males and females and different birth orders in
	terms of involvement in decision-making, affiliative processes and need for
	feedback. It was also found that sociotropy can be traced back to aspects of
	parental authoritarianism and overprotection, and lack of emotional
	availability of the father. There were also perceived differences in the way
	participants from different birth orders sought validation from their parents
	and the expectations they had in terms of parents' responses to negative
	emotional expressions. <b>Conclusion:</b> Considering the importance of parenting
	and family dynamics in the personality development of a child, it is important
	to trace the origins of sociotropy and the present study has found significant
	aspects of the same in terms of how sociotropic traits can be traced back to
	perceived parenting and how they manifest differently in different individuals.
	Keywords: Birth order, Perceived Parenting, Qualitative Methodology,
	Sociotropy, Young Adults
	Department of Psychology, Christ (Deemed to be) University, Bangalore
A ppers	(Central Campus) <sup>1</sup> Assistant Professor, Department of Psychology, Christ (Deemed to be)
Affiliation (s)	University, Bangalore (Central Campus)

Title of the money	Normalisation Due to Low Stigma and It's Influence On
Title of the paper	Mental Health Care Among Tribal Communities
Author	Ms. Krishna Prabha S <sup>1</sup> , Dr. Treesa T Pulickal <sup>2</sup>
	Introduction: This concept paper, based on one-month fieldwork involving field visits, clinical practice, and community engagement in the Attappady tribal community, examines normalisation and low stigma associated with mental health problems and its impact on their mental health care. Methodology: The study utilised a combination of methods that included field visits for direct observation, clinical practice involving mental health consultations, and community engagement. The hamlets visited in Attappady were Kuravankandi, Kavara ooru, Kukkumpalayam, Adikandiyur, Chathanpadam, Kollankadavu, Osathiyur, Mutti Colony, Parappanthara,
Abstract	Narassimukku, Kottamedu, Kavundikkal, Anaikkatti, Thekkala Ooru, Anaikkatti Manthiyamman, Dassannur, Vattalakki, Mattathukad, Kallakkara, Vannanthara, Kaarayur, Kottathara Arogyamatha and Vannantharamedu. A total of fifty-four patients with mental health issues and their families were visited. As for clinical practice, a total eighteen patients were seen. It was made sure to be culturally sensitive towards the community members and no
	individuals were in any way harmed. <b>Results:</b> It has been found that community members have normalised an environment where individuals have mental health problems, which has further led to low stigma within the community. The major reasons are the significant number of cases, the attitudes of tribal community members, and the cultural practices among the tribal population. Though low stigma and normalisation of mental health problems are a blessing, they are also a potential challenge. The significant benefits of normalising mental health problems are that it develops a supportive environment for individuals dealing with such issues within the community, open discussions regarding mental health issues, and awareness generation among community members. On the other hand, overlooking the severity of mental health issues, poor health-seeking attitudes,increased risky behaviours, and a lack of access to proper mental health care are the negative consequences of normalisation due to low stigma.

	<b>Conclusion:</b> These findings highlight the need for a balanced approach. While
	it is crucial to have an environment where stigma is absent, there is also a
	necessity to ensure that mental health care resources are accessible and utilised
	appropriately. Therefore, this paper calls for need for an attention to specific
	intervention that helps maintain the positive aspects of low stigma while
	addressing the potential downsides of normalisation.
	Key words: Normalisation, low stigma, mental health care, tribal
	communities
	<sup>1</sup> MSW student, Department of Social Work, Vimala College
	(Autonomous), Thrissur
Affiliation (s)	<sup>2</sup> Assistant Professor, Department of Social Work, Vimala College
7 mination (s)	(Autonomous), Thrissur
	krishnaprabhasheeja4@gmail.com
Correspondence	ttpulickal@gmail.com

	The Role of Metacognitive Beliefs in Decisional Procrastination:
Title of the paper	Analysing the Moderating Role of Perseverative Cognitions and Mind
	Wandering
Author	Ms. Aditi Rastogi <sup>1</sup> , Dr. Palanisamy V. <sup>2</sup>
	Background: The study focuses on understanding the association between
	metacognitive beliefs (MCB) and decisional procrastination (DP). Research
	evidence indicates that perception of one's awareness about their cognitive
	capabilities may predict their procrastinatory tendencies. The research further
	attempts to explore the moderating role of perseverative thinking (PT) and
	mind-wandering (MW) in reference with Self-regulatory executive function
	model and MW-PT hypothesis. It was hypothesised that the significant
	relationship would exist between MCB and DP with PT and MW acting as
	moderators in the relationship. Methodology: Data was collected using
	convenience sampling from 259 individuals between 18 to 25 years. Four
	questionnaires- Metacognitive Beliefs Questionnaire- 30, The Melbourne
	Decision Making Questionnaire, The Mind-Wandering Questionnaire and
	The Perseverative Thinking Questionnaires were circulated. Pearson product
Abstract	moment was carried out to understand the relationship between MCB and DP
	between PT, MW and DP. Thereafter moderation analysis using multiple
	regression was carried out. <b>Results:</b> Low positive correlations were observed
	between MCB and DP while moderate correlations were found between MW
	and DP and PT and DP. Moderation effect of PT and MW was not observed.
	However, direct effects of MCB (lack of cognitive confidence, need to control
	thoughts, negative beliefs about uncontrollability) and dimensions of PT and
	MW on DP was observed. <b>Conclusion:</b> Through understanding of
	metacognitive beliefs behind decisional procrastination, the problematic
	beliefs can be targeted and thereby modified using metacognitive therapy. As
	PT also predicts several other psychopathologies recognizing its role in
	procrastination would be valuable.
	Keywords: Metacognitive beliefs, decisional procrastination, mind-
	wandering, perseverative thinking, metacognitive therapy

Affiliation (s)	<sup>1</sup> Masters of Science in Clinical Psychology (2 <sup>nd</sup> Year) Department of Psychology CHRIST (Deemed to be University), Bangalore <sup>2</sup> Assistant Professor Department of Psychology CHRIST (Deemed to be University), Bangalore
Correspondence	aditirastogi@science.christuniversity.in palanisamy.v@christuniversity.in

Title of the paper	The Influence of Imposter Phenomenon on the Experience of Intimacy in Non-Binary Young Adults
Author	Ms. Muskan Jain <sup>1</sup> , Dr. Baiju Gopal <sup>2</sup>
Abstract	Background: Intimacy in interpersonal relationships is integral to psychological health and everyday wellbeing, the focus is on intimacy which can be described as feelings of closeness, connection, and belonging within relationships which is influenced by an individuals gender identity as well as life experiences. The study aims to explore the experiences of intimacy of the non-binary gender, this marginalized community has increased risks of developing the imposter phenomenon. The study explores the influence of the IP on the development and sustenance of intimacy in relationships. Methodology: The present study accumulates detailed narratives from 10 non-binary young adults of ages 18 to 25 in metropolitan cities of India. Thematic analysis was used for the data analysis. Results: Seven major themes have emerged revolving around internalized criticism and self-depreciating behavior which causes distance between partners. The four themes that result in internalization of criticism are lack of social stability, invalidation by social units, adverse life experiences, and estrangement due to gender identity. Three themes that encapsulate major difficulties in relationships are limited self-disclosure, inhibition of physical needs, and fear of taking space. The findings have been critically compared and contrasted with the existing body of literature in the domain, which sets the agenda for further inquiry. Conclusion: It is important for future studies to capture the experiences of non-binary gender in India to provide better therapeutic support in order to assist them to form meaningful and authentic relationships, thus increasing overall well-being.  Keywords: Imposter phenomenon, Intimacy, Internalized criticism, Marginalized community
Affiliation (s)	<sup>1</sup> Post graduation, Clinical Psychology, Christ University <sup>2</sup> Professor, Christ University
Correspondence	muskanjain@psy.christuniversity.in

Title of the paper	Unveiling the Efficacy of Montessori Education for Differently-Abled Children
Author	Mrs. Liana Treesa Topson
Abstract	Background: This research seeks to assess the efficiency of the Montessori education system in meeting the unique needs of differently-abled children. The Montessori system is grounded in the belief that children are inherently motivated to learn and possess an innate curiosity about the world around them. The philosophy emphasizes the importance of providing an environment that fosters self-directed learning, independence, and respect for the individuality of each child. Classrooms are carefully prepared with age-appropriate, hands-on materials that allow children to explore and discover concepts at their own pace. The Montessori system, when adapted for differently-abled individuals, reflects a commitment to inclusivity and personalized learning. In such environments, educators modify and tailor the Montessori principles to accommodate the unique needs and abilities of each child. The objectives of the study are to examine social inclusion and peer interactions within Montessori classrooms, to analyze the impact of Montessori adaptations on communication, executive functioning, and self-regulation, and to explore the role of individualized learning plans and parental involvement in Montessori education. Methodology: The researcher used a qualitative approach, using secondary data sources and in-depth interviews. Results: The study found that this approach not only promotes cognitive development but also places a significant emphasis on social and emotional growth, fostering a sense of belonging and self-confidence within a supportive community. The emphasis on individualized learning plans, multi-sensory materials, and self-paced exploration aligns well with the diverse learning styles of differently-abled students. Conclusion:  Keywords: Montessori, Differently-abled children, Inclusivity
1.00	Bachelor of Social Work LISSAH College, Kaithapoyil
Affiliation (s)  Correspondence	lianatreesa@gmail.com

Title of the paper	Level Of Mental Wellbeing Among Adolescents with Special Reference to KESS Vocational Training Institute, Thrissur District, Kerala
Author	Ginto Chirayath <sup>1</sup> , Dr.K. Premamalini <sup>2</sup> , Anna P B <sup>3</sup>
Abstract	Background: Mental health is a crucial and positive aspect of an individual's overall well-being. Adolescents represents the most crucial building block of society, embodying both immense significance and vulnerability. The significance of discussing mental health among adolescents is a crucial topic that warrants careful consideration and conversation. Globally, 13% of the burden of disease among individuals aged 10-19 is attributed to mental disorders, with one in seven within this age range experiencing such conditions (WHO, 2021). The repercussions of neglecting adolescent mental health conditions extend into adulthood, compromising both physical and mental well-being while constraining opportunities for individuals to lead fulfilling lives in their adult years. Methodology: Descriptive research design is used for the study and simple random sampling method is used to collect data from 60 respondents, studying in KESS Vocational Training Institute, Thrissur District. Results: The results obtained from the Warwick-Edinburgh Mental Wellbeing Scale indicate a low level of mental wellbeing among the respondents. Significant differences in mental wellbeing were observed across various demographic factors like gender, educational qualification and religion. The results as per the Warwick-Edinburgh Mental Wellbeing Scale shows that the respondents have low mental wellbeing (mean 34.83; SD 10.08). There is a difference in mental wellbeing between genders (t-value= -25.512, p=.000). There is a difference in mental wellbeing between to their family income. There is no relationship between mental wellbeing and number of family members of the respondents There is no relationship between mental wellbeing and number of family members of the respondents. Conclusion: The study reveals a concerning trend of diminished mental wellbeing among adolescents, indicating the need for improving the same. Significantly, visible disparities in wellbeing based on gender, religion, and education underscore the

	importance of implementing targeted measures to enhance the mental health
	of adolescents.
	Keywords: Adolescents, Mental health, Stress, Psychological wellbeing
	<sup>1</sup> Ph. D Scholar, Department of Social work, Bishop Appasamy College of
	Arts and Science, Coimbatore
	<sup>2</sup> Associate Professor, Department of Social work, Bishop Appasamy
Affiliation (s)	College of Arts and Science, Coimbatore
Ailmation (s)	<sup>3</sup> Monitoring and Evaluation Officer, Kuriakose Elias Service Society,
	Thrissur

Title of the paper	The Intersection of Autonomy and Sociotropy: The Quest of Life in Women with Depression
Author	Anindita Audhkhasi <sup>1</sup> , Baiju Gopal <sup>1</sup>
Abstract	Background: In a collectivistic society such as India, relational identity is often emphasised over personal identity. There also exist predefined sex roles and hierarchies, which often push women into leading a life for others, having implications on their mental health. The study aimed to understand women's experiences of clinical depression, which has been previously related to personality inclinations of Sociotropy (people-orientedness) and Autonomy (self-orientation). Methodology: Interpretative Phenomenological Analysis (IPA) was used to analyse transcribed, semi-structured interviews of 11 Indian women with a prior diagnosis of one or more depressive disorders in the Diagnostic and Statistical Manual of Mental Disorders-V. The data was coded into subordinate, emergent and cross-case themes based on abstraction, subsumption, numeration and function principles. Results: Major themes elicited were womanhood and notions of autonomy, the weight of self-advocacy, echo chambers and living as the contrarian, and cure for depression-relational autonomy, highlighting both causes and resolution of the depressive state. A bidirectional relation web was further created between variables of Sociotropy, Autonomy, Gender and Depression. Conclusion: A two-way relationship exists between one's orientation of sociotropy or autonomy, gender and depressive state. A balanced stance, i.e relational autonomy, is proposed as the way to improve mental health. The research can add to the preexisting explanatory models of depression, which are primarily inclined towards a biomedical, within-person deficit orientation. Information can be supplemented to study social structures contributing to the depression, further enhancing its applicability to other disciplines.  Keywords: Sociotropy-Autonomy, Indian, Depression, Interpretative Phenomenological Analysis, Gender
Affiliation (s)	<ul> <li>Department of Psychology, Christ (Deemed to be University), Hosur Road, Bangalore, India</li> <li>Department of Psychology, Christ (Deemed to be University), Hosur Road, Bangalore, India</li> </ul>

Title of the paper	Cyberbullying among Indian Transgender Youth: Challenges and Protective Mechanisms
Author	Prarthana Rehan <sup>1</sup> , Dr. Rituparna Chakraborty <sup>2</sup>
Abstract	Background: In an era where social media platforms enable unparalleled opportunities for gender expression and community connection for transgender individuals, they also expose them to the harsh realities of cyberbullying. However, there is limited understanding of the cyberbullying encounters of transgender young adults within the Indian cultural context. The current study attempted to explore the multifaceted challenges encountered by Indian transgender youth in the face of cyberbullying and the protective mechanisms they employ to navigate through the digital realm. Methodology: A qualitative investigation utilizing semi-structured interviews was undertaken with a cohort comprising 12 transgender young adults aged between 18 and 29 years. Participants were recruited through a purposive sampling method. Results: Through a thematic analysis of in-depth interviews, six overarching themes and thirteen associated sub-themes were identified, shedding light on the multifaceted aspects of their experience such as online discrimination and harassment, intrapsychic turmoil, barriers to social support, community resilience and mutual support, digital literacy and safety skills and micro-level protective mechanisms. Conclusion: The findings have implications for policymakers, educators, and online platforms seeking to create safer and more inclusive digital spaces. Furthermore, the clinical implications involve the development of targeted interventions and tailored support programs for this vulnerable population, emphasizing the provision of culturally competent and gender-affirming care.  Keywords: Cyberbullying; transgender youth; challenges; minority stress; coping
Affiliation (s)	<sup>1</sup> Department of Psychology, Christ Deemed-to-be University, Bengaluru, Karnataka, India <sup>2</sup> Department of Psychology, Christ Deemed-to-be University, Bengaluru, Karnataka, India
Correspondence	prarthana.rehan@psy.christuniversity.in rituparna.chakraborty@christuniversity.in

Title of the paper	Sensitivity To Not-Just-Right-Experiences Among Young Adults
Author	Soumya Gupta <sup>1</sup> , Dr. Deepakkumar S. <sup>1</sup>
Abstract	Background: Not-Just-Right-Experiences (NJREs) have emerged as a core motivational process underlying obsessive-compulsive disorder (OCD). Most research has focused on NJRE propensity, with only one study addressing NJRE sensitivity. NJRE sensitivity refers to an intolerance of the feelings of NJREs and a tendency to overestimate their negative consequences. Addressing the growing evidence of emotional regulation difficulties in OCD, the study aimed to examine the relationship between NJRE sensitivity and various emotion regulation constructs, including anxiety sensitivity, guilt sensitivity, and disgust sensitivity, and obsessive-compulsive (OC) symptoms in a non-clinical sample. Additionally, the study aimed to examine whether NJRE sensitivity predicts OC symptoms. Methodology: The study employed a correlational design. A non-clinical Indian sample of 146 individuals completed self-report questionnaires assessing NJRE sensitivity, anxiety sensitivity, guilt sensitivity, disgust sensitivity, and OC symptoms. Results: NJRE sensitivity had a low significant relationship with guilt and disgust sensitivity and a moderately significant correlation with anxiety sensitivity. NIRE sensitivity and its subscales were significantly correlated with obsessive-compulsive symptoms. The correlation of NJRE sensitivity with obsessing and neutralizing symptoms was stronger than other symptoms. Finally, the NJRE sensitivity scale and its Cognitive and Enjoyability subscales significantly predicted OC symptoms, with NJRE sensitivity is associated with a broad range of OC symptoms. The study supports the idea that NJRE sensitivity could be a part of the broad construct of emotional regulation difficulties implicated in OCD. Incorporating adaptive emotion regulation strategies and targeting NJRE sensitivity may alleviate OC symptoms.
Affiliation (s)	Obsessive Compulsive Disorder <sup>1</sup> Department of Psychology, Christ (Deemed to be) University, Bengaluru <sup>2</sup> Department of Psychology, Christ (Deemed to be) University, Bengaluru

Title of the paper	Perception and Attitude towards Gender among teenage boys in Government PU Colleges of South Bengaluru
Author	Ansur Farooq Khan <sup>1</sup> , Marita K. Paul <sup>2</sup> , Annie Raichel Joseph <sup>3</sup> , Geetha C V <sup>4</sup> and Bino Thomas <sup>5</sup>
Abstract	Background: The stage of adolescence is important in developing perspectives and attitudes about life, relationships, work and society. Formation of right attitudes is important for this age and especially positive perception about gender when, gender disparity and gender-based violence, are very much prevalent in our society. Methodology: A one-day training programme was given to 5000 teenage boys from different Government PU Colleges in South Bengaluru on the promotion of gender equitable attitudes. Their perception and attitude towards the notion of gender was evaluated using Gender-Equitable Measurement (GEM) Scale, which consisted of 20 tick mark items. For the present study, the responses of 236 adolescent boys from two PU Colleges of South Bengaluru were assessed. Among the 236 boys, 30% belonged to Arts, 29% were Science students, and 41% were Commerce students respectively. Results: 81% of boys expressed their support for gender equality, while 16% of boys expressed only partial agreement, saying that every gender should have equal opportunities for employment and education. Remarkably, just 3 percent of the boys rejected the idea of gender equality and 11% opposed the idea of gender equity. Though only 33% of the boys partially agreed with the concept of gender equality, 56% of the boys had positive feelings about it. Conclusion: The study revealed that although the boys do have some understanding of the significance of gender equality and equity, there is proportionally significant number of boys who have not internalised the concepts completely. Workshops or seminars to impart gender sensitisation are implied.  Keywords: Adolescence, equality, equity, gender, violence.
Affiliation (s)	Senior Officer (Project), Department of Psychiatric Social Work, NIMHANS, Bengaluru <sup>2</sup> Senior Officer (Project), Department of Psychiatric Social Work, NIMHANS, Bengaluru <sup>3</sup> Assistant Manager (Project), Department of Psychiatric Social Work, NIMHANS, Bengaluru <sup>4</sup> Assistant Manager (Project), Department of Psychiatric Social Work, NIMHANS, Bengaluru <sup>5</sup> Additional Professor, Department of Psychiatric Social Work, NIMHANS, Bengaluru
Correspondence	khanansurfeb2011@gmail.com

Title of the paper	Examining the impact of Gratitude and Existential Meaning on Psychological well-being among Prisoners and Non-prisoners
Author	Aishwarya Mandapakala <sup>1</sup> , Rajeshwari Muthukumaran <sup>2</sup>
Abstract	Background: Treating prisoners is a pressing global concern, with 11.5 million individuals incarcerated worldwide, including 5,50,000 in India. Reforms aiming to improve prison conditions and reduce repeat offences are gaining traction. However, prison mental health research in India is limited, primarily focusing on psychiatric issues. Variables like psychological wellbeing, gratitude, and existential meaning remain underexplored. Understanding the relationship between these factors could shed light on inmates' mental health needs and help evaluate the effectiveness of interventions. Previous studies indicated that higher psychological well-being may lower recidivism (reoffending) rates. This study investigates the differences in gratitude, existential meaning, and psychological well-being among prisoners and non-prisoners. Methodology: 96 male prisoners were selected from two central jails using the purposive sampling method and were administered three questionnaires: GQ-6 (Gratitude Questionnaire), MLQ (Meaning in Life Questionnaire) and RPWBS (Ryff's psychological well-being scale). Non-prisoners were selected accordingly. Results: The Mann-Whitney U test results reveal significant differences in all three dimensions (gratitude: U = 4.41, p < .001, meaning in life: U = 6.21, p < .001, and psychological well-being: U = 7.09, p < .001) between prisoners and non-prisoners. Conclusion: Prisoners scored significantly low in gratitude, existential meaning and psychological well-being compared to non-prisoners. Implications. Providing interventions to inculcate gratitude and unwavering existential meaning can increase psychological well-being among prisoners which can reduce recidivism rates. Limitations. However, for future research, mediation studies with a much larger sample and simplified questionnaires are advised.  Keywords: psychological well-being, gratitude, existential meaning, prisoners.
Affiliation (s)	<sup>1</sup> Department of Psychology, CHRIST (Deemed to be University), Central Campus, Bengaluru, Karnataka, India <sup>2</sup> Assistant Professor, Department of Psychology, CHRIST (Deemed to be University), Central Campus, Bengaluru, Karnataka, India

Title of the paper	Understanding the Conscious Suppression and Unconscious Expression of Perceived Emotional Trauma among young adults
Author	Amola Vipul Jagirdar <sup>1</sup> , Dr Uma Krishanan <sup>2</sup>
Abstract	Background: Adhering to psychodynamic perspective, the study aims to elicit the subjective experience/s of emotional trauma encountered by young adults, and to understand the impact of the conscious and unconscious responses to the perceived emotional trauma on their physical and psychological well-being. Methodology: The quantitative study across 149 young adults (aged 18 to 25 years) through non-randomized sampling. Four variables, namely perceived emotional trauma, emotional suppression, dream manifestation, and psychosomatic pains were measured using standardized tool of International Trauma Questionnaire (Cloitre et al., 2018), Mental Suppression Questionnaire (Settineri et al., 2016), Mannheim Dream Questionnaire (Schredl et al., 2014) and Psychosomatic Symptom Scale (Vulié-Prtorié, 2021). Results: Data was analysed using Microsoft excel and Jamovi, suggesting a significant positive correlation between perceived emotional trauma, dream manifestation and psychosomatic pain, and a significant negative correlation of them with emotional suppression. A predictive relationship is established between perceived emotional and dreams, and between perceived emotional trauma, emotional suppression, dream manifestations and psychosomatic pains. Conclusion: The study suggests that there is a predictive relationship between perceived emotional trauma, emotional suppression, dream manifestations and psychosomatic pain. Further research is necessary to understand the longitudinal impact of the variables, for its implicational in clinical settings.  Keywords: perceived emotional trauma, emotional suppression, dream manifestation, psychosomatic pains, young adults.
Affiliation (s)	<sup>1</sup> Student, MSc. in Clinical Psychology, Department of Psychology, CHRIST (Deemed to be University), Bangalore, Karnataka, India. <sup>2</sup> Associate Professor, Department of Psychology, CHRIST (Deemed to be University), Bangalore, Karnataka, India.

Title of the paper	Impact of Caregiving on the Older Adult Caregivers of Persons with
Title of the paper	Severe Mental Illness: A Scoping Review
Author	Ananya Bordoloi <sup>1</sup> , Dr Sobhana H. <sup>2</sup>
	<b>Background:</b> Older adults, aged 60 & above are the hidden human resources and less researched population that involve in caregiving. Severe mental illness has debilitating effect on the caregivers but compared to younger caregivers, little is known about the older adult caregivers. Hence, the present review aims at providing an overview on the impact of caregiving on the older adult caregivers of persons with severe mental illness (PSMI). <b>Methodology:</b> A scoping review approach was adopted to synthesize the primary research
Abstract	evidence. The present review adopted the methodological framework given by Arksey & O'Malley (2005). The search engine Google scholar, National Medical Library's Electronic Resources in Medicine (NML- ERMED- India) Consortium, Wiley Online Library, PubMed, Science Direct were searched to identify the relevant primary research studies. Combinations of MeSH (Medical Search Headings) terms were used to search for relevant studies. The keywords that appeared in the title of the articles were first selected and then the abstracts were screened out for the full review. The primary research articles were searched up to October 2023. The process of the scoping review was presented in a four phase Preferred Reporting Items for Systematic Reviews flow chart. <b>Results:</b> Results will be discussed at the time of presentation. <b>Conclusion:</b> There is a research gap in addressing the impact of caregiving on the older adult caregivers of PSMI. More research is required on the older adult caregivers who are providing care to the PSMI with reference to Indian context.  **Keywords: Older adults, caregiving, severe mental illness.**
	<sup>1</sup> Ph D Scholar, Department of Psychiatric Social Work, LGB Regional Institute of Mental Health, Tezpur, Assam, India.
Affiliation (s)	<sup>2</sup> Associate Professor, Department of Psychiatric Social Work, LGB Regional Institute of Mental Health, Tezpur, Assam, India.
Correspondence	bordoloi.ananya@yahoo.in

Title of the paper	Group work interventions for family caregivers of elderly persons with mental health problems
Author	Puttamaregowda R <sup>1</sup> , Thirumoorthy A <sup>2</sup> , Cicil R Vasathra <sup>1</sup> , Keshava Murthy <sup>3</sup> , Sojan Antony <sup>4</sup> , P T Sivakumar <sup>5</sup> , Preeti Sinha <sup>5</sup> and Vijay Harbishettar <sup>6</sup>
Abstract	Background: Loneliness, disability, family structure, support system, social security and resilience factors influence the psychological and social wellbeing of the elderly persons. Family caregivers of elderly persons with mental health problems face various adversities in their life due to the nature of symptoms and associated psychosocial issues such as caregiver burden, lack of information about the illness, inadequate social support, delay in seeking treatment and poor quality of life. Hence, psychosocial interventions are important to empower the family caregivers of elderly persons with mental health problems. Methodology: The study focuses on review of comprehensive group work care interventions offered for elderly persons with mental health problems and their family caregivers of Geriatric Clinic at a tertiary care center in a cosmopolitan city of India starting from January 2022 to June 2023. Results: Elderly persons with mental health problems and their family caregivers were provided group work session of psychosocial support ranging from psychoeducation, supportive work, home care strategies, home visits, psychosocial follow up, welfare benefits, alternative care options such as day care, formal home-care, institutionalization, palliative care and unique case-based queries including bank and legal aid. Time-bound brief-psychosocial interventions were offered. Further results will be presented. Conclusion: This study highlights the role of a multidisciplinary team in holistic-care for persons with mental health problems and their families. Hence, augmenting the psychosocial interventions would enable the caregivers to provide better care, enhance the well-being, manage behavioral issues and decrease the burden of care.  Keywords: elderly, family caregivers, group work, psychosocial, mental health, quality of life
Affiliation (s)	<sup>1</sup> Ph.D. Scholar, Department of Psychiatric Social Work, Geriatric Clinic & Services Unit, NIMHANS, Bengaluru, India <sup>2</sup> Professor, Department of Psychiatric Social Work, Geriatric Clinic & Services Unit, NIMHANS, Bengaluru, India

<sup>3</sup> Pyschiatric Socail Worker, Department of Psychiatric Social Work,
Geriatric Clinic & Services Unit, NIMHANS, Bengaluru, India
<sup>4</sup> Additional Professor, Department of Psychiatric Social Work, Geriatric
Clinic & Services Unit, NIMHANS, Bengaluru, India
<sup>5</sup> Professor, Department of Psychiatry, Geriatric Clinic & Services Unit,
NIMHANS, Bengaluru, India
<sup>6</sup> Asistant Professor, Department of Psychiatry, Geriatric Clinic & Services
Unit, NIMHANS, Bengaluru, India

Title of the paper	A Touchy Issue: Need for Touch, Addictive Scrolling and Smartphone Addiction
Author	Rohit.K. Raj <sup>1</sup> , Dr. Shaharban <sup>2</sup>
Abstract	Background: Research indicates that around 84% of the global population and 38-44% of the Indian population is addicted to smartphones. A major form of interaction with smartphones is through the touch interface. The at-risk population of Indian adolescents and young adults spend between 3.78 and 6.8 hours a day scrolling through content from different apps on their smartphones. It has been theorized that the act of scrolling through smartphones is unconscious, impulsive and pleasure-oriented, making it an endless and repeated process to the point of addiction. Methodology: This empirical study examined the relationship between addictive scrolling, the need for touch, and smartphone addiction among a population of (n=201) university students from Bangalore and Chennai. Results: Correlation analysis revealed that the need for touch was strongly correlated to addictive scrolling and moderately correlated with smartphone addiction Likewise, addictive scrolling was observed to be strongly correlated with smartphone addiction. Further analysis revealed that addictive scrolling mediated the relationship between the need for touch and smartphone addiction. Conclusion: These findings deepen the understanding of smartphone addiction as a pathology, focusing on the psychological aspect of need for touch as a significant factor in promoting and maintaining this addiction. Approaching this concept with the aforementioned perspective will advance the existing preventive and interventional strategies, ensuring better application, adherence, and efficacy.  Keywords: smartphone addiction, scrolling, need for touch, psychological factors
	<sup>1</sup> Student of Master of Science in Clinical Psychology (Clinical), Christ
	(Deemed to be) University, Bengaluru
Affiliation (s)	<sup>2</sup> Assistant Professor, Department of Psychology, Christ (Deemed to be) University, Bengaluru
Correspondence	rohitkraj@gmail.com shaharban.nv@christuniversity.in

Title of the paper	Constructing Parental Identity: A Dyadic Journey with Parents of
Title of the paper	Children with Neurodivergence
Author	Swara Shah <sup>1</sup> , Dr. Anuradha Sathiyaseelan <sup>2</sup>
	<b>Background:</b> Children with autism spectrum disorder (ASD) and intellectual
	disability disorder (IDD) experience a range of debilitating conditions,
	including impaired language and speech requiring lifetime support by the
	family, thus posing a great number of challenges among parents. As there is a
	barrier for communication due to the manifestation of disorder, parent's
	experience great deal of emotions and try to negotiate and re-negotiate their
	identities. This study aims to shed light on the lived experiences of changes in
	communication that both male and female parents of children with neuro-
	divergence voice out during their experience of parenting. <b>Methodology:</b> The
	study followed a descriptive qualitative research design by conducting in-
	depth interviews with 12 parents (6 dyads) of children with NDD (3 to 14
	years) who were availing therapeutic services. All interviews were conducted
Abstract	face to face and data obtained were subjected to thematic analysis. The six-
	step analysis was used to identify codes and themes. Results: The results
	showed two major themes, viz., expression of self and perceived evolution in
	parental identity. The study revealed the, transformative journey of parents,
	from emotional responses and adaptive strategies to a profound evolution of
	self-identity in relation to their communication. The data further unveil related
	parenting challenges specific to the Indian context. Conclusion: While
	limitations exist, these insights illuminate the resilience and adaptation of
	parents in the face of adversity Further, implications for service providers,
	caregivers and policymakers are discussed.
	Keywords: Neurodevelopmental disorders, Parenting, Communication
	barriers, coping strategies.
	<sup>1</sup> CHRIST (Deemed to be University) Bengaluru
	<sup>2</sup> Professor, Department of Psychology, CHRIST (Deemed to be University) Bengaluru, India.
Affiliation (s)	Dengarara, mara.
Correspondence	shah.kanchan@psy.christuniversity.in
Correspondence	shah.kanchan@psy.christuniversity.in

Title of the paper	Mental Health Status and Alcohol Consumption among Women working in a Tea Estate in Assam: A Cross-Sectional Study
Author	Parishma Das <sup>1</sup> , Indrajeet Banerjee <sup>2</sup>
Abstract	Background: Mental health of women is effectively essential for the wellbeing of individuals, families, and society as a whole. Women who experience violence are more likely to experience depression, anxiety, and psychosomatic symptoms. Numerous factors are contributing to the mental well-being of women in India. To assess the prevalence of mental health status, alcohol consumption and pattern of drinking among women working in a tea estate in Assam. Methodology: A cross-sectional and descriptive research study was conducted among Women Working in a Tea Estate in Assam. A total of 98 respondents aged between 18 to 55 years were recruited for the study through simple random sampling. Socio-demographic Datasheet, The Depression Anxiety Stress Scale (DASS-21), and The Alcohol Use Disorders Identification Test (AUDIT) were administered. The data was analyzed with the help of the Statistical Package of Social Sciences version 25. Ethical clearance was obtained from the Institutional Ethical Committee. Results: The findings of the study revealed that there is a higher percentage of participants who had mild level of depression (15.3%), anxiety (38.8%), and moderate level of stress (18.4%). A substantial majority of the participants, specifically 74.5%, reported consuming alcohol, and notably, the majority of these women (74.5%) exhibited a non-harmful pattern of drinking. Conclusion: The prevalence of mental health issues among women may be due to the demanding nature of their work and the associated stress. There is a need for mental health support and intervention programs to address and improve the mental well-being of these women.  Keywords: Working Women, Mental Health, Alcohol Use, & Prevalence
Affiliation (s)	<sup>1</sup> M. Phil Trainee, Department of Psychiatric Social Work, LGB Regional Institute of Mental Health (Govt. of India, Ministry of Health & Family Welfare), Tezpur, Assam. Pin- 784001.

Welfare), Tezpur, Assam. Pin- 784001.		Welfare), Tezpur, Assam, Pin- /84001.
		<sup>2</sup> Assistant Professor, Department of Psychiatric Social Work, LGB Region Institute of Mental Health (Govt. of India, Ministry of Health & Fam.

Title of the paper	Mindfulness Intervention in Family Caregivers; A Systematic Review
Author	Adhithya R Krishna <sup>1</sup> Sheril Elizabeth Jose <sup>2</sup>
Abstract	Background: Caring for a family member with an illness and disability is physically and emotionally demanding. Mindfulness; the practice of awareness and living in the moment without judgement is linked with the positive psychological aspects of living. Whether mindfulness benefits the caregivers in dealing with their physical and emotional demands. The main objective of the study is to do a systematic review of the effectiveness of mindfulness-based intervention on the psychological variables of caregivers.  Methodology: This systematic review synthesises the current literature on mindfulness intervention targeting family caregivers. A systematic literature search was conducted across various databases; Google Scholar, Mendeley, PubMed and Shodhganga encompassing articles published from 2019 to 2023. "Mindfulness-based intervention" and "family caregiver" were used as search terms. Data extraction included study design, participant characteristics, intervention specifics, and outcome measures. Outcome measures included psychological variables psychological well-being, stress level, coping, caregiver burden, expressed emotion and other relevant outcomes. Results: This systematic review enriches our knowledge of mindfulness therapies' efficacy and variability in family caregiving. Conclusion: Preliminary findings indicate a growing body of literature on mindfulness interventions tailored for family caregivers.  Keywords: Mindfulness, Mindfulness-based intervention, Family caregiver, caregiving, mental health, Systematic review.
Affiliation (s)	<sup>1</sup> Research Scholar Government Women's College, Vazhuthacaud <sup>2</sup> Assistant Professor Government Women's College, Vazhuthacaud
Correspondence	adhithyarkrishna@gmail.com, sherilelizabethjose@gmail.com

Title of the paper	<b>Exploring Non-Suicidal Self-Harm Injury Among Individuals with Body</b>
Time of the purpor	Image Issues
Author	Rithika George <sup>1</sup> , Shinto Thomas <sup>2</sup>
	<b>Background:</b> While there has been research on body image issues and non-
	suicidal self-injury (NSSI), a link between the both haven't been yet
	established. Understanding the causes or functions of why people with body
	image indulge in NSSI can further help in intervention planning and
	understanding risk factors. This study aimed to understand the
	etiological/causal factors, ie, why people with body image issues indulge in
	NSSI through a qualitative research study. Additionally, the study also
	explored the different techniques individuals with body image issues indulged
	in. <b>Methodology:</b> The sample size included of 8 adults between the age group
	of 18-25. Participants were screened using Body Self Image Questionnaire
	(BSIQ-SF) and NSSI-AT questionnaire. Participants were interviewed using
	semi-structured interview. Subsequently, Interpretative Phenomenological
Abstract	Approach was carried out for analysis. Results: The results of the study
	indicate the main factors for indulging in NSSI included temperament, locus
	of control, body dissatisfaction, irrational thoughts. Further the study also
	revealed that external factors like societal and familial pressure, cultural shift
	and romantic relationship concerns also act as causal factors. The different
	NSSI techniques the individuals engage in, included cutting wrists and inner
	thigh, burning inner thigh and hitting face. Conclusion: The findings
	highlight and emphasizes on the link between NSSI and body image, and why
	people with body image issues indulge in NSSI. further, the findings can assist
	counselors when engaging with individuals who engage in NSSI and can also
	be valuable in creating and executing treatment strategies.
	Keywords: NSSI, body image, causal factors, techniques
	<sup>1</sup> Final Year Postgraduate Student <sup>2</sup> Associate Professor
A ##12_42 (a)	Department of Psychology, Christ (Deemed to be University), Bengaluru
Affiliation (s)	
Correspondence	rithikageorge@science.christuniversity.in

	Burden of care, life satisfaction and social adjustment among caregivers
Title of the paper	of patients with alcohol use disorder (AUD) and bipolar affective
	disorder (Mania)
Author	Sangeeta <sup>1</sup> , Sonakshi Sinha <sup>2</sup>
	Background: Alcohol is one of the most used substances in most western
	society. The use of alcohol is so common in all the societies across world, and
	it has become a normal phenomenon and socially acceptable in some cultures.
	Alcohol dependence is enormous, societal problem due to individual suffering
	as well as associated disruption of families and communities through
	criminality and violence, lost productivity and health care costs. Bipolar
	disorder (formerly called manic-depressive illness or manic depression) is a
	mental illness that causes unusual shifts in a person's mood, energy, activity
	levels, and concentration. These shifts can make it difficult to carry out day-
	to-day tasks. In India, more than 90% of patients with chronic mental illness
	live with their families. The family caregiver (Parents, spouses, children and
	siblings) plays multiple roles including taking day-to-day care, supervising
	medications, taking the patient to the hospital and looking after the financial.
	Methodology: The study was conducted at indoor and outdoor unit of Ranchi
Abstract	institute of Neuro-psychiatry and allied sciences (RINPAS), Kanke, Ranchi.
	The sample was selected from various wards and outside patient department
	of the Institute. The study was hospital based comparative study among the
	caregivers of patient with alcohol use disorder and bipolar affective
	disorder(mania). Selection of the subjects was done using purposive sampling
	technique. The study was conducted at OPD level and word at Ranchi institute
	of Neuro-psychiatry and allied sciences (RINPAS). This study was conducted
	on sample of 60 caregivers, which included 30 caregivers of patients with
	bipolar affective disorder and caregivers of alcohol dependence syndrome.
	The sample was matched for socio demographic variables and duration of
	illness. Tools used for assessment:1) Socio demographic data sheet (self-
	prepared) 2) General health questionnaire-12. (GHQ) (Goldberg, D and
	William, P,1978. 3) Family burden interview schedule (FBIS) developed by
	Shila Pai and R.L. Kapur 4) Social adjustment inventory (SAI) developed by
	DR.R.C.Deva (1990) 5) Life satisfaction scale: Hindi version, Alam (1971).

	<b>Keywords:</b> Alcohol dependence, bipolar affective disorder (Mania) and caregiver
	1.M.Phil in psychiatric social work, Ranchi Institute of Neuro-Psychiatry and
Affiliation (s)	Allied science. (Presenting author)
	2.M.Phil Scholar (Psychiatric Social Work), Ranchi Institute of Neuro-
	Psychiatry and Allied Science

Title of the paper	Normalisation, low stigma and it's influence on mental health care
	among tribal communities
Author	Ms. Krishna Prabha S <sup>1</sup> , Dr. Treesa T Pulickal <sup>2</sup>
	<b>Introduction:</b> This concept paper, based on one-month fieldwork involving
	field visits, clinical practice, and community engagement in the Attappady
	tribal community, examines normalisation and low stigma associated with
	mental health problems and its impact on their mental health care.
	<b>Methodology:</b> The study utilised a combination of methods that included
	field visits for direct observation, clinical practice involving mental health
	consultations, and community engagement. The hamlets visited in Attappady
	were Kuravankandi, Kavara ooru, Kukkumpalayam, Adikandiyur,
	Chathanpadam, Kollankadavu, Osathiyur, Mutti Colony, Parappanthara,
	Narassimukku, Kottamedu, Kavundikkal, Anaikkatti, Thekkala Ooru,
	Anaikkatti Manthiyamman, Dassannur, Vattalakki, Mattathukad, Kallakkara,
	Vannanthara, Kaarayur, Kottathara Arogyamatha and Vannantharamedu. A
	total of fifty-four patients with mental health issues and their families were
	visited. As for clinical practice, a total eighteen patients were seen. It was
	made sure to be culturally sensitive towards the community members and no
Abstract	individuals were in any way harmed. Results: It has been found that
	community members have normalised an environment where individuals have
	mental health problems, which has further led to low stigma within the
	community. The major reasons are the significant number of cases, the
	attitudes of tribal community members, and the cultural practices among the
	tribal population. Though low stigma and normalisation of mental health
	problems are a blessing, they are also a potential challenge. The significant
	benefits of normalising mental health problems are that it develops a
	supportive environment for individuals dealing with such issues within the
	community, open discussions regarding mental health issues, and awareness
	generation among community members. On the other hand, overlooking the
	severity of mental health issues, poor health-seeking attitudes, increased risky
	behaviours, and a lack of access to proper mental health care are the negative
	consequences of normalisation due to low stigma. Conclusion: These
	findings highlight the need for a balanced approach. While it is crucial to have
	an environment where stigma is absent, there is also a necessity to ensure that

	mental health care resources are accessible and utilised appropriately.
	Therefore, this paper calls for need for an attention to specific intervention
	that helps maintain the positive aspects of low stigma while addressing the
	potential downsides of normalisation.
	<b>Key words:</b> Normalisation, low stigma, mental health care, tribal communities.
	<sup>1</sup> Department of Social Work, Vimala College (Autonomous), Thrissur, Kerala,
Affiliation (s)	India
	<sup>2</sup> Department of Social Work, Vimala College (Autonomous), Thrissur, Kerala,
	India

Title of the paper	Impostor Phenomenon among Practicing Clinical Psychologists
Author	Rasha Salam
	Introduction: Mental health professionals face several challenges in their
	profession. Among these, clinical psychologists, face several challenges. Like
	many high-achieving individuals, they may grapple with feelings of
	inadequacy and the belief that they are not as competent as their credentials
	and accomplishments suggest. Methodology: The present study was
	undertaken to identify the impostor phenomenon among clinical psychologists
	and its relationship with the professional quality of life and depression,
	anxiety, and stress among clinical psychologists. Clinical psychologists
	practicing in India were invited to take part in the study. The following
	questionnaires were circulated to all the participants in the online mode:
	Sociodemographic Sheet, Clance Impostor Phenomenon Scale (CIPS),
	Depression, Anxiety and Stress Scale-21 (DASS-21), and Professional
	Quality of Life (ProQoL). <b>Results:</b> The results indicated that the average
	score (49.14) of the participants on the Clance Impostor Phenomenon Scale
Abstract	indicated that they experienced moderate levels of the Impostor Phenomenon.
	The participants were found to experience average levels of compassion
	satisfaction (39.45, S.D. 4.931), burnout (21.48, S.D. 4.630), and secondary
	traumatic stress (18.35, S.D. 5.296). The findings also revealed correlations
	between higher levels of the Impostor Phenomenon and lower levels of
	compassion satisfaction (-0.275, p $<$ 0.05) as well as higher levels of burnout
	(0.591, p < 0.01) and secondary traumatic stress $(0.375, p < 0.05)$ . Moreover,
	higher levels of the Impostor Phenomenon were also associated with elevated
	levels of depression (0.535, p $<$ 0.01), anxiety (0.413, p $<$ 0.01), and stress
	(0.522, p < 0.01). <b>Conclusion:</b> Clinical psychologists, akin to professionals
	in various fields, are susceptible to experiencing the Impostor Phenomenon
	(IP). This vulnerability among clinical psychologists can be attributed to the
	demanding and high-stress nature of their work. To ensure that psychologists
	can maintain their capacity to deliver effective care to their clients and protect
	their mental well-being, it is crucial to recognize and confront the impostor

	phenomenon, effectively manage stress, and foster a supportive work
	environment.
	Keywords: Professional Quality of Life, Burnout, Depression, Anxiety, Stress.
Affiliation (s)	M.Phil Scholar, Department of Clinical Psychology, IMHANS, Kozhikode

Title of the paper	Mental illness: A Predictor of Marital Quality
Author	Ankit Kajal <sup>1</sup> , Ankita Sharma <sup>2</sup> , Prashant Srivastava <sup>3</sup>
Abstract	Background: A spouse with mental illness can provide difficulties in a marital quality of life. Married life is caused by mental illness because the partner who is not mentally ill assumes greater responsibility. There are several concerns for the partner who is not mentally ill, such as stress and having to take care of others. The marital quality of life where one partner is diagnosed with a mental illness is an under- researched area of mental health. Aims & Objectives: To assess the marital quality of male and female where one partner is diagnosed with a mental illness. Method: 60 individuals from the state of Haryana (Kalpana Chawla Government Medical Hospital) have been purposefully involved-30 males and 30 Females. Following the Marital Quality scale by Shah, A (1995), a semi - structured demographic data sheet was employed. Statistical Package for Social Sciences (SPSS-20 version) was used to examine the gathered data. Results and Conclusions: The result shows that couples experienced that presence of mental illness adversely affect their relationships and women reported lower marital quality than men when her partner diagnosis with mental illness.  Keywords: Predictors, Mental Illness, Marriage
	<sup>1</sup> Post Graduate Diploma in Guidance and Counselling, Dev Samaj College,
Affiliation (s)	Chandigarh <sup>2</sup> Post Graduate Diploma in Guidance and Counselling, Jamia Millia Islamia,  New Delhi
	<sup>3</sup> Psychiatric Social Worker, Dept. of Psychiatry, Kalpana Chawla Govt. Medical College, Karnal, Haryana

Title of the name	"Comprehensive Perinatal Mental Health Care: A Study on Maternal
Title of the paper	Well-being at IMCH Hospital Kozhikode''
Author	<sup>1</sup> Chithrangatha VC, <sup>2</sup> Sisira K, <sup>3</sup> Dhanya George, <sup>4</sup> G Ragesh, <sup>5</sup> Jyoti S
Author	Chandra
	Introduction: Pregnancy is a complicated interplay of physiological and
	psychological changes. It significantly impacts both maternal and fetal well-
	being. IMCH Hospital Kozhikode, in collaboration with IMHANS, addresses
	perinatal mental health challenges through a screening system, the Perinatal
	Mental Health Clinic (MANASAM), established in 2018. It prioritizes
	comprehensive maternal mental health care and recognizes the impact of
	mental health on the overall perinatal experience. <b>Methodology:</b> A thorough
	mental health screening was conducted using the Edinburgh Postnatal
	Depression Scale, evaluating 11,038 antenatal and 1,638 postnatal mothers.
	The screening aimed to assess the prevalence of mental health issues,
	particularly focusing on symptoms related to postnatal depression in the
	studied populations. This methodological approach ensures a comprehensive
	understanding of mental health issues during both the antenatal and postnatal
	periods. The collected data were analysed using MS Excel through basic
Abstract	descriptive statistics. Results: During the antenatal period, 12.38% of
	pregnant women exhibited a high depression score, characterized by prevalent
	mental conflicts, anxiety, and depression, with 11% reporting suicidal
	ideation. Partner and Family support demonstrated a positive correlation with
	maternal mental health, emphasizing the crucial role of a supportive
	relationship. In the postpartum period, 1276 cases were screened, with 30.4%
	of patients showing high depression scores. Major issues demonstrated in the
	postpartum period are anxiety related to the care of the baby and
	breastfeeding, family issues, and mood irritability. Conclusion: The study
	highlights challenges faced by pregnant women during the antenatal and
	postpartum periods, emphasizing mental health issues, physiological changes,
	insufficient family support, and suicidal ideation. The perinatal mental health
	clinic at IMCH Hospital plays a pivotal role in addressing these concerns,
	showcasing a model for comprehensive support systems to enhance maternal
	well-being and fetal outcomes.

	<b>Keywords:</b> Antenatal period, postpartum period, perinatal mental health, Physiological changes, mental health issues.
	<sup>1</sup> Department of Perinatal Mental Health, Institute of Maternal and Child
	Health (IMCH) Kozhikode, Kerala, India.
	<sup>2</sup> Department of Psychiatric Social Work, Institute of Mental Health and
	Neurosciences (IMHANS), Kozhikode, Kerala, India.
	<sup>3</sup> Department of Perinatal Mental Health, Institute of Maternal and Child
Affiliation (s)	Health (IMCH) Kozhikode, Kerala, India.
	<sup>4</sup> Department of Psychiatric Social Work, Institute of Mental Health and
	Neurosciences (IMHANS), Kozhikode, Kerala, India.
	<sup>5</sup> Department of Obstetrics and Gynaecology, Institute of Maternal and Child
	Health (IMCH) Kozhikode, Kerala, India.

Title of the paper	Gender sensitization for children in observation homes and special
	homes and perpetrator training programs in prisons.
Author	Dr. Aravind Raj
	The pillars to prevent domestic violence include continuous public awareness
	about the consequences of domestic violence, identification, and efficient
	prosecution of perpetrators, ensuring timely assistance and support to victims
	tailored to their needs and finally, perpetrator programs (PP) that effectively
	help stop violent and abusive behaviours or the reoccurrences of such events
	in future. This paper focuses on the project that proposed a two-branched
	approach to combat gender-based violence: a gender sensitization program for
	children in observation homes and a perpetrator training program for men
	convicted of violence against women and children in prisons. The children's
	program employed life skills training and restorative circles to deepen
	awareness about gender equality and prevent future violence. The perpetrator
	program utilized psychoeducation and peer support groups to address the root
	causes of violence and equip men with positive coping strategies. The
	program was conducted at observation home and special home among 50
Abstract	children. The training module used among children in conflict with the law
	included Gender, sex and relationships along with skills education. The
	perpetrator training, held in the central prison Bangalore was conducted for
	730 inmates accused of GBV. The PTP module included sensitizing gender
	issues, life skills training, harmonizing personal and family life, ways to deal
	with substance abuse and common mental health issues-identification and
	management. Both programs incorporated staff sensitization, and capacity
	building for facilitators and peer leaders to ensure sustainability. The project
	emphasized assessment and evaluation to measure effectiveness and inform
	program refinement. Conclusion: Prevention of violence and education
	regarding the same should start early in life, by educating and working with
	the youth promoting respectful relationships and gender equality. Sensitizing
	individuals on gender equality would help reduce the repeat of such violence.
	Working with the men in prisons who are under-trials and convicts of violence
	against women and children forms a significant part of the larger framework
	<u> </u>

	of programs related to the prevention of further violence against women, children, and gender equality.  **Keywords: Gender sensitization, Gender based violence, Perpetrator Training.**
Affiliation (s)	Additional Professor, Department of PSW, NIMHANS.
Correspondence	aravind.nimhans@gmail.com

Title of the paper	Nomophobia and its impact on health and quality of life
Author	Rashtra Saharan <sup>1</sup> , Manjeet <sup>1</sup> , Prashant Srivastava <sup>2</sup>
Abstract	Background: When a person-fears losing mobile phone connectivity, their psychological condition is referred to as NOMOPHOBIA, or NO mobile phone phobia. The term NOMOPHOBIA has been defined as a "phobia for a particular or specific things" When someone uses their phone excessively, several psychological issues are at play, such as low self-esteem and an outgoing personality. Aim- Present study aims to know the level of nomophobia and its impact on health and quality of life of individuals. Methodology: 100 samples were included who were qualified the inclusion and exclusion criteria based on Purposive Sampling technique. They were evaluated on tools such as Nomophobia questionnaire, WHO Quality of life and- BREF and GHQ-12 Revised- Short Form. Result and Conclusion: Result and Conclusion suggests that mostly individual found severely affected with nomophobia and they have positively correlated with health and quality of life.  Keyword – Nomophobia, Well Being and Health
Affiliation (s)	<sup>1</sup> M. A Psychology, Kurukshetra University, Kurukshetra, Haryana <sup>2</sup> Psychiatric Social Worker, Dept. of Psychiatry, Kalpana Chawla Govt.  Medical College and Hospital, Karnal, Haryana.

Psychosocial Factors Associated with Employed and Unemployed Stroke
Survivors during COVID-19: A Cross-Sectional Study
<sup>1</sup> Dr.Sinu Ezhumalai, <sup>2</sup> Dr.Srijithesh Rajendran, <sup>3</sup> Ms. Apurva Kamalraj
Background: Many stroke survivors, experience difficulty in their functioning. There is a risk for long term unemployment after stroke. Adult stroke survivors have 2-3 times higher risk of being unemployed. Stroke survivors have poorer employment rate. The factors associated to successful employment after strokes were less studied and there is limited information on psychosocial factors associated with return to work after stroke. Aim: To assess the psychosocial factors associated with unemployment and employment among stroke survivors. Objectives: To assess the functionality, depression, anxiety and stress and activities of daily living and to examine factors associated with unemployment and employment among the stroke survivors. Methods: Cross-sectional research design was used. 30 samples were recruited using purposive sampling procedure from Neurology OPD, Neuro-rehabilitation ward from NIMHANS, Bangalore (Tertiary care teaching hospital). Data was collected from Oct 2022 to Nov 2022 using interview method. Tools used: DASS-21, Modified Rankin Scale (mRS), Barthel index. Data analysis: Descriptive Statistics, 't' test, One-Way ANOVA and Correlational analysis were used. Ethical clearance obtained from the Institute Ethics Committee. Results: Stroke survivors mean age was 41 years ±11. Their age ranged from 18 to 56 years. Most 84% of them were male respondents(n=21). Nearly half of them 48% (n= 12) were educated up to PUC. 60% were unemployed (n=15). 56% belong to urban domicile and lower socio-economic status respectively. 64% were married and 68% are from nuclear family. One-third (32%) were diagnosed with transient ischemic stroke followed by the ischemic stroke (20%). 40% had illness duration of the illness ranging from 6 months to one year and 32% are having hemiplegia in the left side of the body followed by right side hemiplegia (20%). Most do not have any other neurological and psychiatric comorbidities; few people are diagnosed with seizure disorder (28%), depression (4%) and other medical comorbid

	use (12%). Assessment of Grief found that 44% of the respondents are in a
	depressive stage and 36% accepted their illness and disability. Majority (64%)
	were independent and 32% were partially dependent for feeding and bathing.
	60% of respondents are independent for dressing and toilet use and 48%
	respondents are independent in using the stairs. Their mean score on social
	well-being was 43 (±7) indicating moderate social well-being. There is no
	significant difference between employed and unemployed stroke survivors
	regarding level of stress, anxiety, depression and social well-being. However,
	modified ranking score was 3 in unemployed whereas it was 2 in most of the
	employed. Employed stroke survivors had more stress and anxiety whereas
	unemployed had score more in depression. Interestingly, unemployed stroke
	survivors had more employability score than employed.
	<b>Keywords:</b> return-to-work, cerebrovascular accident, brain attack.
	<sup>1</sup> Associate Professor, Dept. of Psychiatric social work,
	Associate Floressor, Dept. of Psychiatric social work,
·>	NIMHANS.

<sup>2</sup>Additional Professor, Dept. of Neurology, NIMHANS. <sup>3</sup>MPhil Scholar, Dept. of Psychiatric social work, NIMHANS.

**Affiliation (s)** 

Title of the paper	Street to household: the route of homeless persons with mental illness
Author	<sup>1</sup> Janaki Raman Kalyanasundaram, <sup>2</sup> Roniyamol Roy, <sup>3</sup> Chethan B,
	<sup>4</sup> Madhu AS, <sup>5</sup> Amit Kuma, <sup>6</sup> Naynee Singh, <sup>7</sup> Sinu Jesin T
	<b>Introduction:</b> Homeless women are considered "one of the most vulnerable
	subpopulations among the homeless," which is attributable to many
	interrelated factors such as a woman's vulnerability to violence, exploitation
	and marginalization and higher rates of poverty often lacking the necessary
	resources when escaping violence. Much of the homeless literature indicates
	that women have a higher vulnerable to mental illness due to the victimization
	that emerges from the sexual and physical violence that they face in the
	shelters or on the streets. <b>Methodology:</b> The study adopted Single Case Study
	Design (SCSD). A 47-year-old, married female from lower socio-economic
	background with 8-year history of homelessness, 12-year history of mental
	illness and sexual assault in the public space presented with symptoms of
	muttering to self, wandering behaviour secondary to intimate partner violence,
	ADS in husband, inadequate social support with significant bio-socio-
Abstract	occupational dysfunction has been identified for the study. <b>Results:</b> The client
Abstract	was treated by multidisciplinary team with pharmacological and non-
	pharmacological treatment methodologies. Behavioral interventions were
	initiated along with antipsychotics, which has improved the psychotic
	symptoms and patient has become able to provide contact details in writing.
	With the contact details the team has used social case work approach of
	networking with community-based organizations (CBOs) and NGOs. Family
	members were traced after multiple attempts by psychiatric social workers and
	successfully reintegrated her with the family. Conclusion: There is an
	inseparable relation between abuse, homelessness and mental illness. Women
	being the largest victims of all these, and in view of challenges in reintegrating
	them back to family standard operating procedures could be way forward at
	the policy level to address the vicious circle of abuse, homelessness and
	mental illness.
	Key words: Homelessness, Mental illness, Sexual abuse, Rehabilitation
Affiliation (s)	<sup>1</sup> Associate Professor <sup>2</sup> Ph.D. Scholar <sup>3</sup> Psychiatric Social Worker –
Aimauon (8)	NIMHANS, Bengaluru-560029

	The years in your life or, the life in your years? Exploration of
Title of the paper	Therapeutic relationship between young therapists and geriatric
	population
Author	Nasika Yadav
Abstract	The therapeutic relationship between a client and a therapist is one aspect of therapy that transcends all treatments, approaches, and individual differences. The therapeutic alliance is the mutual collaboration between the client and the therapist who settle on common goals and treatment plans. The current study explores the therapeutic relationship between young therapists and older clients, and the manner in which preconceived notions about the geriatric population impact the therapeutic alliance. Additionally, the phenomena of perceived transference and countertransference have also been investigated. The participants were selected through purposive sampling with the sample size of 7, and were later interviewed on a video conference. The results were compiled and analysed using thematic analysis. Three themes centring around the common beliefs held about the geriatric population, role of therapeutic alliance, and the challenges faced by therapists, emerged from these analyses. Most therapists were found to believe that the geriatric population tended to be rigid, unchanging, experienced, and wise. Therapists were often intimidated and questioned their competency during the therapeutic period. However, these emotions did not affect the therapeutic process or the alliance. The therapists also faced positive transference and superimposition of parents on clients on more than one occasion. The therapists prioritised the therapeutic alliance as the holy grail, indicated in their therapeutic approach, focusing more on a solution-oriented approach as opposed to an insight-oriented one. Lastly, for a mutually healthy and beneficial therapeutic alliance, therapists designate certain key factors of implicit trust of client, willingness to attend sessions, and social support.  **Keywords: Young therapists, geriatric population, counter transference, therapeutic alliance, therapeutic relationship.**
Affiliation (s)	CHRIST (Deemed to be) University Bengaluru, India

Title of the paper	Lived Experiences of Rejection Sensitivity among Young adults with
Title of the paper	ADHD
Author	Kaustubh Ramanujan
Abstract	Background: When a person suffers from rejection sensitivity (RS), they go through a lot of emotional suffering as a result of failing or feeling rejected. It has been suggested that rejection and ADHD are related because of variations in brain architecture. Due to these variations, our brain is unable to control the intensity of rejection-related emotions and behaviours (Dodson & Saline, 2023). adults with ADHD frequently report psychological and psychosocial difficulties that can affect functioning, wellbeing, and health-related quality of life in adulthood. therefore, this paper aims to explore the lived experiences of rejection sensitivity among young adults with ADHD and how do these experiences impact their overall well-being and functioning in daily life. Method: Participants were five individuals diagnosed with ADHD between the age of 20-23. Semi structured interviews were conducted and the data was analysed according to the principles of Interpretative Phenomenological Analysis (IPA). Results: Four superordinate themes emerge from the analysis namely, Social Interactions and Relationships, Communication and Interaction Patterns, personal evaluation and perception, and coping styles. Participants shared their experiences and reflected on how these domains impacted their overall wellbeing in their daily life. Conclusion: The study illustrates that how rejection sensitivity in young adults with ADHD has a profound effect on the participants' views of themselves in social situations and their difficulty in expressing themselves. Addressing rejection sensitivity in young adults with ADHD may contribute to their long-term well-being and quality of life, as they develop skills for managing emotional reactions and building healthier relationships.
A 60% - 4 - 7 - 7	Keywords- ADHD, Rejection Sensitivity, Young Adults., Well-being
Affiliation (s)	CHRIST (Deemed to be) University Bengaluru, India

Title of the paper	Wake Up! Exploring the Indian Version of Woke Culture: A Study of
	Gen-Z Perceptions and Practices
Author	Vartika Jhajharia
Abstract	From its origins in the political consciousness and the Black grassroots activist raising spaces, the term 'woke' has evolved in its significance. Widely associated with expressions on social media reflecting a commitment to addressing social inequalities, woke culture has concurrently become the subject of heated critique. In light of this emerging cultural phenomenon, this study employed a qualitative research methodology and a social constructivist approach to thoroughly investigate the determinants and perceptions of woke culture within the context of the Indian Gen-Z population and how they practice being woke. According to research, woke culture in India has elicited a dual response. While woke culture is a powerful tool for raising awareness and campaigning for social justice, it has also unintentionally exacerbated divisions, making it crucial to strike a balance between opposing repressive structures and protecting cultural traditions. These nuanced findings set this study apart by shedding light on the interaction of global forces with India's complex political and cultural landscape.  **Keywords: Woke culture, Wokeism, Gen-Z, India, Indian landscape, determinants, perceptions, woke practices**
Affiliation (s)	Master of Psychology (Clinical), Department of Psychology CHRIST  (Deemed to be) University Bengaluru, India
Correspondence	vartika.jhajharia@psy.christuniversity.in vartikajhajharia@gmail.com

Title of the paper	Association between masculinity and emotional expression: The moderating role of adverse childhood experiences
Author	<sup>1</sup> Jai Arora, <sup>2</sup> Ammu Elizabeth
Abstract	Introduction: Men following the dominant masculine social norms are known to be emotionally inexpressive. But there is a dearth of quantitative data examining which emotions (positive or negative) and the role of Adverse Childhood Experiences in this relationship, especially in the Indian context. This study examined the association between masculinity and emotional expression (positive and negative) in emerging adult Indian men and identified if this relationship was moderated by the presence of adverse childhood experiences (ACEs) and its range. 212 emerging adult Indian men with mean age of 20.816 (SD= 2.119), with at least one ACE participated in the study and provided self-reports on ACEs, masculinity, positive and expressivity. Methodology: Correlation was performed, followed by linear regression and moderation analysis. Results: Findings revealed that masculinity was weakly correlated (spearman rho= -0.162, p< 0.05) to positive expressivity and not negative expressivity. Masculinity was a significant (p<0.001) predictor of positive emotional expression with 2.55% variance (r² = 0.0255). But ACEs did not moderate the relationship between masculinity and positive expressivity (p= 0.258, SE=0.141, z= -1.13). The range of ACEs in the sample was 1-10 (out of 13 total ACEs). Conclusion: Our findings show that as the masculinity in emerging adult Indian men increases, it is followed by a decrease in the positive expression of emotions. The current study shall also be able to assist in employing more effective and targeted interventions and precautions, for boys as well as adult males in the impending future.  Keywords: Adverse Childhood Experiences, Emotional-Expression, Positive-expressivity, Negative-expressivity, Masculinity.
Affiliation (s)	<ol> <li>Department of Psychology, CHRIST (Deemed to be University), Bangalore, India</li> <li>Department of Psychology, CHRIST (Deemed to be University), Bangalore, India</li> </ol>

Title of the paper	Relationship of parental conflict with child mental health outcomes in
	an urban cohort- the Bangalore Child Health and Development Study
Author	<sup>1</sup> Afreenbanu A Khadirnavar, <sup>2</sup> Laura Bozicevic, <sup>3</sup> Chaithra Holla,
	<sup>4</sup> Supraja T A, <sup>5</sup> Helen Sharp, <sup>6</sup> Prabha Chandra
	<b>Introduction:</b> Parental conflict, even at an early age, may have long-term
	effects on a child's socioemotional development. This data from the
	Bangalore Child Health and Development Study (BCHADS) Cohor
	examines association between parental conflict, indexed by psychological and
	physical abuse at 1 year of age, with child mental health outcomes at 2 years
	Method: Parental conflict including bidirectional violence when the infant
	was 1 year old was measured by the Conflict Tactics Scale. The Brief Infant-
	Toddler Social and Emotional Assessment (BITSEA) measured child mental
	health outcomes at 2 years. Data was provided by 540 mothers when the child
	was 1 year and 2 years old. Results- Mother to partner psychological abuse
	was reported by 137/540 (25 %) and partner to mother by 168/540 (31 %)
	Rates of physical violence were 6.4 % from partner to mother and 1 % from
	mother to partner with 41.7 % of couples reporting some psychological
Abstract	conflict, and 11.7 % reporting physical parental conflict. Externalising
	behaviours in child were significantly correlated with Psychological Abuse
	Association between Internalising behaviours and Psychological Abuse was
	also significant but weaker. The BITSEA total problem subscale score was
	significantly associated with all three forms of psychological violence
	Physical abuse was not significantly correlated with child mental health
	Conclusion - Parental conflict, especially psychological violence, even as
	early as infancy, appears to have an impact on child's socio-emotiona
	problems at a later age. Identification of family violence and providing early
	appropriate interventions may help in preventing an impact on an infant's
	emotional health.
	Keywords: Domestic Violence, Parental Conflict, Child development, Infan
	mental health
Affiliation (s)	<sup>1</sup> Ph.D. Scholar, Department of Psychiatric Social Work

Correspondence	banu17khadirnavar@gmail.com
	8892450167
Title of the paper	Value Prioritisation and Career Decision Making: The Experiences of Young Adults
Author	Yusra Zubair Sait
Abstract	This study aims to elucidate the intricate interplay between values and career decisions among young adults, specifically focusing on intrinsic and extrinsic values. The objective is to explore the factors influencing value development, investigate the synchronization of values across generations, and examine the impact of personality traits on the career decision-making process. Design Employing qualitative thematic analysis, our research delves into the lived experiences of young adults as they navigate career decisions based on their perceived values. This design allows for a nuanced exploration of value development's complexities, considering socio-cultural influences, generational effects, and the role of personality traits. Model The study reveals a dynamic model wherein socio-cultural factors, gender, religion, and societal expectations significantly influence values. Notably, the findings underscore a shifting trend among young adults, prioritizing intrinsic values over extrinsic ones in their career choices. Results The research uncovers a discernible shift in value prioritization, indicating a growing emphasis on intrinsic values and balance. Socio-cultural factors, including gender and religion, play a substantial role in shaping values, with young adults increasingly valuing personal fulfillment over external expectations. Conclusion This study contributes significantly to the literature by unveiling the nuanced relationship between values and career decisions among young adults. Introducing novel themes adds a unique dimension to the field, offering valuable insights for career counseling, educational institutions, organizations, and mentorship programs. The findings stress the importance of aligning personal values with career choices for enhanced well-being and a more engaged workforce. The study concludes by outlining future research directions and practical implications, fostering a deeper understanding of this intricate interplay. <i>Keywords: Intrinsic goals; Extrinsic goals; Values; generation</i>
Affiliation (s)	MSC Psychology student, Christ College, Bangalore

Correspondence	yusra.sait@psy.christuniversity.in
Title of the paper	The Hidden Challenges of Animal Care: A Qualitative Exploration of Compassion Fatigue in Veterinary Medicine in India
Author	<sup>1</sup> Ashmika Shrivastava, <sup>2</sup> Dr. Uma Krishnan
Abstract	Veterinarians are exposed to several stressful situations and are vulnerable to vicarious traumatization. The animal-care profession is emotionally fulfilling; however, its hidden side is usually ignored and not acknowledged, which has led to higher instances of distress and psychological problems among the professionals. This study aims to broaden the understanding of the experiences of Indian veterinarians and to explore the manifestation of compassion fatigue among veterinary doctors and the factors contributing to it by using Thematic Analysis to analyze 10 semi-structured interviews with veterinarians working in India. The results indicated that factors like occupational stressors, occupational hierarchy, and negative client interactions contributes to the development of compassion fatigue and it manifests in personal factors, health repercussions and relational impact. The personal variables along with external factors like governmental overlook, cultural differences, client interactions, and political influences specific to the Indian context have also been induced from the study.  **Keywords: compassion fatigue, veterinary, occupational health, compassion**
	satisfaction, vicarious trauma
Affiliation (s)	<ol> <li>M.Sc. Psychology (Clinical), Department of Psychology, Christ         (deemed to be University), Bengaluru, India</li> <li>Assistant Professor, Department of Psychology, Christ (deemed to be University), Bengaluru, India</li> </ol>
Correspondence	ashmika.shrivastava@psy.christuniversity.in uma.krishnan@christuniversity.in

Title of the paper	Knowledge on Autism Spectrum Disorders, among the Primary and
Title of the paper	Pre-primary teachers in Mangaluru city.
Author	<sup>1</sup> Sangeetha U M, <sup>2</sup> Dr. Loveena Lobo
	Introduction: Autism Spectrum Disorder (ASD) is the third most common
	Developmental disorder globally and with around 18 million people with ASD
	in India. It was further revealed that there is rapid growth in the number of
	children diagnosed with autism. The introduction of the inclusive education
	policy served as a ray of hope to these children and their families. Teachers
	play a key role in the promotion of an inclusive community and to promote
	the educational rights of the children. Therefore, the objectives of the study
	were to assess the respondent's knowledge on ASD, to learn about the
	teacher's role in responding to children with ASD and to know the teacher's
	recommendation for better management of children with ASD in the school
	and home environment. <b>Methodology</b> : The participants included 51 primary
	and pre-primary teachers from 5 different schools in Mangaluru city using
	convenience sampling method. The tool used was Knowledge on Childhood
Abstract	Autism among health workers (KCAHW) questionnaire to assess the
	knowledge of the respondents on ASD and self-prepared questionnaire based
	on teacher's role in the management of ASD and their recommendations for
	better management. Result: The findings revealed that majority of the
	respondents have an average knowledge on ASD and its management. 84% of
	the teachers had knowledge about the impairment in communication and
	language development. Majority of the teachers responded the need for ABA
	training, parental counselling, and educational assistance in class room.
	<b>Conclusion</b> : There is a gap in knowledge of teachers and need of training to
	equip the teachers with knowledge and skills to manage differently able
	children in an inclusive classroom.
	<b>Key words:</b> Autism Spectrum Disorders, Teacher's knowledge, Inclusive
	Education, Classroom Management

Title of the paper	Relationship of Perceived Helicopter Parenting with Maladaptive
	Perfectionism and Meaning in Life among Young Adults
Author	<sup>1</sup> Ayushi Kenia, <sup>2</sup> Dr. Deepakkumar S.
Abstract	Introduction: This study aimed to investigate the relationship between perceived helicopter parenting, maladaptive perfectionism and meaning in life among young adults (21- 30 years) in India. The current study builds on a growing body of research on parenting styles and their impact on a child's well-being. Previous studies predominantly focus on a relatively younger population to offer data on the negative consequences of helicopter parenting on their overall sense of well-being. However, the young adult population, especially of a collectivistic culture, has received little attention in this area of research. To address this gap, the current study conceptualized this broad topic through the participants' perception of their parents' parenting style along with assessing their perceptions of perfectionism and meaning in life to develop an understanding of these variables from a subjective standpoint using an objective rating method. Methodology: This study employed the snowball sampling technique, and the data was procured from 203 participants from different parts of the country. The online survey consisted of the Helicopter Parenting Scale, the Perfectionistic Cognitions Inventory and the Meaning in Life Questionnaire. Results: Correlation analysis showed that perceived helicopter parenting has a positive but weak relationship with the three dependent variables. Linear regression analysis showed that helicopter parenting is a significant but weak predictor of maladaptive perfectionism and the presence of meaning and search for meaning in life.  Keywords: Helicopter parenting, maladaptive perfectionism, meaning in life, young adults, collectivism
Affiliation (s)	MSc Psychology (Clinical), Department of Psychology, CHRIST (Deemed
	to be University), Bangalore- 29
Correspondence	ayushi.kenia@psy.christuniversity.in.

Title of the paper	Factors associated with employment among young adult stroke
	survivors: a scoping review
Author	<sup>1</sup> Sinu Ezhumalai, <sup>2</sup> Srijithesh P R, <sup>3</sup> Deepak Menon, <sup>4</sup> Senthil Kumar
	<b>Background:</b> Stroke is a major global public health problem and is the second
	highest cause of morbidity and mortality in India as well as worldwide. There
	has been a significant increase in incidence of stroke in low and middle-
	income countries. There is a risk for long term unemployment after stroke.
	Young adults with stroke have 2-3 times higher risk of being unemployed.
	Despite excellent functional outcome, a large proportion of young stroke
	survivors do not resume work after stroke. Hence, there is a need for
	identifying factors associated with employment and unemployment among
	young stroke survivors. <b>Methods:</b> Retrospective research design was used.
	Articles were retrieved using search engine in PubMed, Google Scholar, and
	Research Gate. Scoping review guidelines were used for reporting. Data was
	collated and described using narrative and tables. Studies from 2002-2022,
	abstract, full articles, unpublished dissertations in English were considered as
	inclusion criteria. <b>Results:</b> Younger age, independence in activities of daily
Abstract	living after 28 days of stroke, functionally independence, previous
	employment, white-collar occupation, fewer neurological deficits (agnosia,
	apraxia, speech) and better cognitive ability, milder physical disabilities,
	functioning hemiplegic hand and walking ability and speed, type of stroke
	(TIA), were associated with resumption of paid employment after stroke.
	Psychosocial factors associated with reemployment were acceptance of their
	disability, adjustability, reasonable career aspirations, perceived importance
	of work, not perceiving themselves as a burden on others, support from others
	for return to work, retaining the ability to run a short distance, and higher
	socioeconomic status. Stroke severity, female sex, older age, psychological
	distress, depression, recurrent stroke, diabetes and ADL dependence (Barthel
	Index $<$ or $= 19$ ) in the acute phase were independently associated with lower
	odds of return to work.
	Keywords: Return-to- work, vocational intervention, brain attack
Affiliation (s)	Additional Professor, Department of Psychiatric Social Work,     NIMHANS, Bangalore.

	<ol> <li>Additional Professor, Department of Neurology, NIMHANS,</li></ol>
Correspondence	4. Senior Physiotherapist, NIMHANS, Bangalore. esinu27@gmail.com

Title of the paper	Perceived Emotional Invalidation, Emotion Regulation Strategies and
	Social Behaviours of Indian College Students
Author	<sup>1</sup> Keertana Nagrajan, <sup>2</sup> Dr Deepakkumar S
Abstract	Introduction and Aim: Perception of emotional experiences and their effects on emotion regulation techniques and social behavioral patterns have been studied extensively in young children and pre-adolescents. This study aimed to evaluate the relationship between perceived emotional invalidation and its effects on young adults' social behaviors (relational aggression, social aggression and interpersonal maturity) while examining the mediating effects, if any, of emotion regulation techniques (emotional suppression and cognitive reappraisal) in a sample Indian college-going youth between the ages of 18-25. Methodology: Online questionnaires were circulated among 210 young adults, and data was analyzed using the Spearman correlation test. Results: Results indicated that relational and social aggression had a significant positive relationship with expressive suppression and significant negative correlations with cognitive reappraisal strategy. Interpersonal maturity was negatively associated with perceived emotional invalidation, while social aggression was positively correlated with emotionally invalidating experiences. No correlation was found between perceived emotional invalidation among adults and emotion regulation strategies, thus negating the presence of any mediating effects of emotion regulation between the invalidation and social behavior. Conclusions: The implications of the study are elaborated in the context of adolescent and young adult counselling and therapy interventions in schools and colleges to regulate emotions better to reduce socially maladaptive behavioural patterns.  Keywords: Emotional invalidation, aggression, social behavior, emotion regulation
Affiliation (s)	<ol> <li>M.Sc. in Clinical Psychology, Department of Psychology, Christ         (Deemed to be University), Bangalore.</li> <li>Assistant Professor, Department of Psychology, Christ (Deemed to be University), Bangalore.</li> </ol>
Correspondence	keertana.nagrajan@outlook.com deepakkumar.s@christuniversity.in

Title of the paper	The Effect of Affirmative Subliminal Messaging on Body Appreciation
	through Instrumental Music
Author	<sup>1</sup> Saloni Shiny George, <sup>2</sup> Dr. Anuradha Sathiyaselan, <sup>3</sup> Dr. Sampurna
Author	Charabothy
	Subliminal messaging has acquired a disdainful connotation, rendering it to
	be viewed with disregard within contemporary discourse. Subliminal
	messaging can be understood as sending hidden or indirect messages to a
	person's subconscious mind without his/her conscious awareness. These
	messages are usually conveyed through visual or auditory stimuli below the
	threshold of conscious perception. The study investigated the impact of
	affirmative subliminal messaging, embedded within video content,
	particularly to the modulation of body Appreciation perceptions, within the
	contextual prism of cultural influence in particular through instrumental
	music. Employing a Pilot experimental study, diverse cohorts were subjected
	to subliminal visual stimuli, conditioned by variances in cultural and auditory
	components—namely, Western, Indian, non- instrumental music, or control
Abstract	conditions. The outcomes unveiled a discernible and constructive influence
	on body appreciation within the non-musical condition with a statistics value
	of 15 <sup>a</sup> and a p value of <.001, whereas the other two conditions yielded
	outcomes of negligible statistical significance, with a statistical value of 165
	and 83.5a and a p value of 0.157 and 0.097 in Western and Hindustani
	instrumental music. This empirical substantiation lends credence to the
	pragmatic utilization of subliminal messaging within clinical settings, thereby
	positioning it as a potentially invaluable therapeutic instrument in the
	forthcoming clinical landscape. Subsequent research endeavors should delve
	into the exploration of both visual and auditory modalities for clinical
	application, affording a comprehensive assessment of the efficacy of these
	potent tools. Keywords: Subliminal messaging, music, body appreciation,
	affirmative messages.
Affiliation (s)	Christ (deemed to be university) Bangalore
Correspondence	saloni.george@psy.christuniversity.in
- Correspondence	anuradha.sathiyaselan@christuniversity.in

Title of the paper	Cyberchondria, Internet Addiction and Intolerance of Uncertainty
	among Health Science and Non-Health Science Students in India
Author	<sup>1</sup> Snigdha Sinha, <sup>2</sup> Dr Samridhi Ahuja Bakshi
Abstract	Introduction: Cyberchondria is the phenomenon of repetitive online health-related queries that leads to increased health anxiety. This study aims to demonstrate whether formal health education, as with health science students, or lack of awareness regarding health, as with non-health science students, impact cyberchondria. It studies levels of cyberchondria, internet addiction, and intolerance of uncertainty between the groups, and cyberchondria between genders and past COVID-19 infection. To our knowledge, no study has compared cyberchondria between health science and non-health science students, leaving a gap in understanding whether formal health education or lack thereof impacts cyberchondria. We compared the two groups in cyberchondria levels, correlated cyberchondria with internet addiction and intolerance of uncertainty in each group, and compared cyberchondria between genders and past COVID-19 infection. Methodology: This comparative quantitative questionnaire-based, non-randomised study used Jamovi for descriptive statistics, Pearson's correlation, regression analysis, and independent samples t-test. Results: The results demonstrate that the two variables correlate with and predict cyberchondria only among health science students, cyberchondria does not significantly differ between health science and non-health science students, cyberchondria and intolerance of uncertainty are significantly higher among females, and no significant difference between those infected or uninfected by COVID-19. Conclusions: The presence or absence of formal health education and awareness regarding health does not affect cyberchondria susceptibility, factors such as internet addiction and intolerance of uncertainty increase and predict cyberchondria only among health science students, and that women have a higher susceptibility to cyberchondria and the factor of intolerance of uncertainty.  Keywords: cyberchondria, internet addiction, intolerance of uncertainty, health education
Affiliation (s)	MSc Clinical Psychology student Department of Psychology,     CHRIST (Deemed to be University), Bangalore, Karnataka, India

	2. Assistant Professor, Department of Psychology, CHRIST (Deemed to be University), Bangalore, Karnataka, India
Correspondence	snigdhasinha2001@gmail.com

	Understanding Stress among Spouses of Alcohol Dependent person of
Title of the paper	ex-tea garden workers, Dibrugarh District Assam: A qualitative
	approach.
Author	Edlina Kerketta <sup>1</sup> & Apurba Saha <sup>2</sup>
Abstract	Introduction: Stress is the conditions of mental pressures/tension where an individual experience or perceives from stressors caused by environmental, social and psychological factors that affects an individual's ability to manage the situations or the problems. Methodology: The objective of the study is to understand the stress among spouses of alcohol dependent person of ex-tea garden workers. Method: qualitative approach; In-depth interview by using semi-structured interview guide is conducted among spouses of alcohol dependent of ex-tea garden workers. Analysis: Thematic analysis approach is of the study are 10 their age ranges from the age group of adopted to analyse the data. The recorded data is transcribed, coded and themes and sub-themes are developed. Results: The total participants 22-45 years. The major cause of stress is results from the spouses drinking and drinking behaviour, financial, family problems and children's education. Conclusions: The finding of the study will help in developing intervention plans for stress managements among spouses of alcohol dependent person of ex-tea workers.  Key words: Stress, spouses of alcohol dependent, ex-tea garden workers.
Affiliation (s)	<ul> <li><sup>1</sup> PhD Scholar, Department of Social Work, Tezpur University Assam.</li> <li><sup>2</sup> Assistant Professor &amp; Head, Department of Social Work, Tezpur University, Assam.</li> </ul>

Title of the paper	Affect, Psychological Well-being, and Personal Meaning: A Study
Title of the paper	Among Young Adults
Author	Anisha Bhatia
Abstract	The current quantitative study explores the association between personal meaning, positive affect, negative affect, psychological well-being, and demographics. Further, it also tried to understand whether positive affect, negative affect, and psychological well-being can contribute to a change in personal meaning. This analysis aims to help any practicing clinician working with a population exposed to trauma or any existential issue to help them find their lost sense of purpose and existence using presented variables. The correlational study aims to find possible contributors to changes in personal meaning using the population of young adults (n = 260). The sample completed a self-report questionnaire of study variables. Results showed a significant positive change in personal meaning with positive affect and wellbeing and a negative change with negative affect. Both the direct and interaction effect for gender and occupation was non-significant. Concluding that various factors can bring changes in the level of personal meaning of the individual, making it a considerable point for existential and humanistic practitioners. This finding can be used further by various researchers and practitioners to understand the personal meaning better and find more specific predictors for change. But, one limitation of this study is the subjective aspect of personal meaning. Considering the depth of the topic, it requires a more individualistic approach comparatively to get a better understanding.  **Keywords: affect, psychological well-being, personal meaning, existential therapy, humanistic psychology.**
Affiliation (s)	CHRIST (Deemed to be) University Bengaluru, India

	coping strategies, personality traits, and social support systems. Individuals
	are unique, and their responses to trauma and adversity vary. Some may be
	more predisposed to learned helplessness due to their personality or cognitive
	style, while others may not exhibit this response despite experiencing ACEs.
	The study doesn't establish a direct correlation between ACEs and learned
	helplessness still holds significant implications for mental health, education,
	and policy. It emphasizes the importance of effective coping mechanisms and
	interventions aimed at bolstering resilience and coping strategies to prevent
	the development of learned helplessness in emerging adults who have
	experienced ACEs.
	Keywords: Adverse Childhood Experiences (ACE), Learned Helplessness,
	Resilience
	<sup>1</sup> Master of Science in Clinical Psychology, Christ University, Bangalore,
Affiliation (s)	Karnataka, India
	<sup>2</sup> PhD Assistant Professor, Christ University Bangalore

Title of the paper	Intergenerational Transmission of Psychological In-Law Abuse and its  Role in the Mother-in-Law and Daughter-in-Law Relationship
Author	Ishita Srivastava <sup>1</sup> , Miriam Priti Mohan <sup>2</sup>
Abstract	Background: The mother-in-law and daughter-in-law relationship, despite being a significant and conflictual relationship, has received fairly less research in terms of the Indian sociocultural context. the existing research focuses mostly on the experiences of caucasian women, and the perspective heavily revolves around the daughter-in-laws. Therefore, this research focuses on the perspectives of Indian mother-in-laws about their personal history of abuse and its role in their relationship with their daughter-in-laws. Methodology: Interpretative Phenomenological Analysis was used to analyse the semi-structured interviews of 6 participants taken in Hindi in online/offline mode. The participants were recruited based on the inclusion and exclusion criteria derived with the help of a sociodemographic tool made by the researcher. The tool was made using the Indian Family Violence and Control Scale (IFVCS) as a reference. Results: The results revealed that three superordinate themes namely (1) adherence contract (which explains the perosnal history of psychological in-law abuse of the mother-in-law), four emergent themes were found under this superordinate theme; (2) contradictory behavior under which three emergent themes were found and (3) efforts towards a better future (which explains the role of the personal history of abuse on relationship with daughter-in-law) under which two emergent themes were found. Conclusion: The results implied that the participants carried a lot of baggage and learnings from their previous relationship, yet all the participants wanted a better relationship with their daughter-in-laws as they understood the long-term consequences of their actions.  Keywords: Mother-in-Law, Daughter-in-Law, Psychological In-Law Abuse
Affiliation (s)	<sup>1</sup> Department of Psychology, Christ (Deemed to be) University <sup>2</sup> Department of Psychology, Christ (Deemed to be) University

Title of the paper	Exploring Psychosocial Risk Factors and Depression Among
	Perinatal Women
Author	Nikhitha Vinod K V <sup>1</sup> , <sup>1</sup> , G. Ragesh <sup>2</sup> , Mini C H <sup>3</sup>
Abstract	Background: Perinatal depression is a prevalent mental health issue among pregnant and postpartum women. Despite its prevalence, women tend to resist acknowledging psychiatric illness during this period, likely due to fear, denial, and stigma associated with mental health problems. This reluctance often leads to delayed recognition and treatment, posing considerable health risks for both mother and baby. Methodology: This study aimed to develop a Perinatal Psychosocial Risk Checklist (PPRC) to identify psychosocial risk factors among perinatal women and explore their association with depression. Utilizing a Cross-sectional descriptive design, the researcher employed the PPRC to identify psychosocial risk factors and the Edinburgh Postnatal Depression Scale (EPDS) to assess perinatal depression. The study involved 120 perinatal women from the Institute of Maternal and Child Health, Kozhikode, over a six-month period. Results: The mean age of the antenatal and postnatal women was 26.3 (±5) years. A majority (63.3%) belonged to a lower socioeconomic status, 34.2% had education up to higher secondary level, and 12.5% had a history of perinatal mental illness. The study identified antenatal depression at 26.7% and postnatal depression at 11.7%. The major psychosocial risk factors observed were history of abortion (29%), concerns about child/baby's health (23.3%), grief (22.5%), health concerns (21.7%), family history of mental illness (14.2%), concerns about the baby's gender (13.3%), and concerns about fetus health (16.7%). Conclusion: The study underscores the significant psychosocial stressors and prevalence of depression among antenatal and postnatal women, emphasizing the critical need for support and interventions during the perinatal period.  Keywords: Severe Mental Illness, Quality of Life, Rehabilitation
Affiliation (s)	<sup>1</sup> District Mental Health Programme, District Hospital (DH), Kannur, Kerala, India

<sup>2</sup> Department of Psychiatric Social Work, Institute of Mental Health and
Neurosciences (IMHANS), Kozhikode, Kerala, India
<sup>3</sup> Department of Gynaecology, Institute of Maternal and Child Health
(IMCH), Kozhikode, Kerala, India

Title of the paper	Perception and Experiences of Transmen and Transwomen about the
	Mental Health and Mental Health Services; an Exploratory Study.
Author	Ms S.J. Sangeeta, Dr. Manisha Kiran
Abstract	Background: Transgenders are the people whose gender identity or gender expression differs from that usually associated with their birth sex and considered one of the most vulnerable groups in the community with poor mental health outcomes. Though they are suffering but still their approach to mental health care is low and creates a gap for them to achieve good mental health. This paper discusses a pilot work conducted in preparation of a PhD synopsis. Aim: The aim of the pilot work was to explore the issues related to the transgenders with respect to the mental health and its services by identifying domains to develop an in-depth interview guide. Methodology: The Purposive sampling was used to contact 'UTTHAN' organisation which is the only registered community-based organisation of Jharkhand to establish rapport with community people. Further, with help of snowball sampling other respondents were reached out. The process comprised of 10 transgenders (3 transmen and 7 transwomen). Results: The pilot work fulfilled the aim of domain identification by establishing rapport with the respondents which helped in the development of the interview guide for carrying out in-depth interviews in the future. Conclusion: With the development of the interview guide the in-depth interviews and analysis of the perception and experiences of the transgenders seems possible. This may help us to have better understanding of gender spectrum which can further be helpful to provide support in forming a more inclusive, tolerant and supportive society for all.  Keywords: perception, experiences, transgender, mental health, in-depth interview
Affiliation (s)	PhD Research Scholar, Psychiatric Social Work Ranchi Institute of Neuro-Psychiatry and Allied Sciences     Associate Professor and Head of Department, Psychiatric Social Work Ranchi Institute of Neuro-Psychiatry and Allied Sciences
Correspondence	sangeetasankujalla25@gmail.com

Title of the paper	Maternal Foetal attachment: the association with stress, depression, pregnancy specific anxiety, violence and social support
Author	Chaithra Holla, Laura Bozicevic, Afreen A. Khadirnavar, Rupa Sanadi, Supraja T. A., Helen Sharp, Prabha Chandra
	Background: Psychological distress and social factors among pregnant
	women may affect their attachment to the foetus. <b>Methodology:</b> Using data
	from 420 pregnant women in the Bangalore Child Health and Development
	Study (BCHADS), the relationship between several psychosocial factors
	(stress, social support, depression, anxiety and domestic violence) and
	maternal foetal attachment were studied. Tools included were Maternal
	Foetal Attachment Scale (MFAS), Assessment of Stress Scale,
	Multidimensional Scale of Perceived Social Support, Perinatal Anxiety
	Scoring Scale, Patient Health Questionnaire 9, and ICMR Domestic
	Violence tool. <b>Result:</b> The subscale scores of MFAS revealed several
	associations. Severity of anxiety was significantly associated with a low
	ability to 'differentiate from the foetus'. Higher scores on depression,
	anxiety and social support, increased mothers' behaviour towards
Abstract	'assigning characteristics to the foetus'. While higher depression and stress
	scores were associated with lower maternal behaviours related to 'giving
	yourself to the foetus' (p>0.001). There was a significant group difference
	between foetal attachment subscale 'giving yourself to the foetus' and
	psychological violence, indicating that mothers who reported psychological
	violence attached less with their foetus (p>0.001). Mothers who
	reported physical violence showed lesser attachment behaviours towards
	their foetus in these two subscales - 'giving yourself to the foetus' and
	'playing a role'. Conclusion: There is a strong need to address
	psychosocial stress and mental health in pregnant women, especially
	domestic violence to ensure self-care and the care of the foetus as well as
	preventing future mother infant bonding problems.
	Key words: maternal-foetal attachment, antenatal, pregnancy, pregnancy
	specific anxiety
Affiliation (s)	Senior Scientific Officer, BCHADS Project, Department of Psychiatry
Ailliauoli (8)	NIMHANS, Bengaluru
Correspondence	chaithrahollak@gmail.com

Title of the paper	'Impact of Masculine Gender Role Stress on Body Image Satisfaction
	and Emotional Expressivity on Men with Thyroid'
Author	Sakshi s Arjunagi
Abstract	Background: The paper titled 'Impact of Masculine Gender Role Stress on Body Image Satisfaction and Emotional Expressivity on Men With Thyroid' is a cross-sectional research study aimed to compare the levels of body image satisfaction and emotional expressivity in men with thyroid conditions and men without thyroid conditions while considering the influence of masculine gender role adherence. Methodology: A sample of 100 male participants, including 50 with thyroid conditions and 50 without thyroid conditions, aged between 30 and 60 years, completed standardized questionnaires assessing adherence to masculine gender role stress, body image satisfaction, and emotional expressivity. The presence of thyroid conditions was verified through medical records or clinical evaluations. Results: The findings revealed significant differences in the impact of masculine gender role on body image satisfaction and emotional expressivity between the two groups, rejecting the null hypothesis that posited no significant difference. The study demonstrated that thyroid conditions have a noteworthy influence on the interplay between masculine gender role stress, body image satisfaction, and emotional expressivity in men. These results emphasize the importance of considering thyroid health in understanding the psychological experiences of men. This knowledge can guide healthcare professionals in providing tailored support and interventions, ultimately contributing to improved quality of life and psychological well-being for men with thyroid conditions. The study underscores the significance of holistic care that accounts for the psychological aspects of health in addition to medical factors.  Keywords: Mental health, Knowledge-Attitude-Practice (KAP), Anganwadi Workers
Affiliation (s)	Master of Science in Clinical Psychology

Title of the paper	Understanding Stress among Spouses of Alcohol Dependent of ex-tea garden workers, Dibrugarh District Assam: A qualitative approach.
Author	Edlina Kerketta <sup>1</sup> & Apurba Saha <sup>2</sup>
Abstract	Background: Stress is the conditions of mental pressures/tension where an individual experience or perceives from stressors caused by environmental, social and psychological factors that affects an individual's ability to manage the situations or the problems. Methodology: qualitative approach; In-depth interview by using semi-structured interview guide is conducted among spouses of alcohol dependent of ex-tea garden workers. Thematic analysis approach is adopted to analyse the data. The recorded data is transcribed, coded and themes and sub-themes are developed. Results: The total participants of the study are 10 their age ranges from the age group of 22-45 years. The major cause of stress is results from the spouses drinking and drinking behaviour, financial, family problems and children's education. Conclusion: The finding of the study will help in developing intervention plans for stress managements among spouses of alcohol dependent person of ex-tea workers.  Keywords: Stress, spouses of alcohol dependent.
Affiliation (s)	PhD Scholar, Department of Social Work, Tezpur University Assam.  Assistant Professor & HOD, Department of Social Work, Tezpur University,  Assam.
Correspondence	edlinromi@gmail.com

	Knowledge, Attitude and Practice towards Mental illness among
Title of the	Anganwadi workers of Rural and Semi Urban area of Jharkhand state,
paper	India: A Comparative study"
Author	<sup>1</sup> Ms. Amrutha Ravi, <sup>2</sup> Dr. Avinash Sharma, <sup>3</sup> Dr. Dipanjan Bhattacharjee
	Background: Ancillary grass root healthcare support staffs like Anganwadi workers have a significant role to play in keeping the basic healthcare service operational as well as making basic healthcare service available to each individual, even to the most marginalized and downtrodden one. Mental illness is a highly stigmatized issue and even educated and well-informed people are not fully aware about of the various facets of it. Therefore, ground level ancillary support staffs like Anganwadi workers can be used to raise the awareness level about mental illness among common people. Therefore, it is necessary to assess how they understand and view mental illness. This aimed to assess the knowledge, attitude and practice of Anganwadi workers about mental illness and mentally ill people. Methodology: This was a cross-sectional exploratory study
Abstract	and subjects (Anganwadi workers) from an administrative block of the district of Ranchi were selected purposively. Sample size was 100 Anganwadi workers. The socio-demographic data sheets and semi-structured interview schedules were used for data collection. The number of Anganwadi workers having more than the 10th standard of education is significantly higher among the semi-urban group than the rural group. Statistical analysis was done using SPSS version 25.0.  Results: Significant difference was seen between these two groups of Anganwadi workers in the areas of education. Significant deficits were found between these two groups in three items: a mentally healthy person is defined as someone who has normal intelligence, interpersonal skills, high adaptability, and a stable mood. Poor communication is not a sign of mental illness/disorder in children and Epilepsy is a form of mental disorder/mental illness. In the case of the item, 'mentally healthy person has normal intelligence, interpersonal skills, high adaptability and stable mood Anganwadi workers of semi-urban locality endorsed a significantly higher number of 'yes' responses than Anganwadi workers of rural domicile. In the area of attitude, a significant difference was noted between them in one item of the questionnaire, i.e., People with mental illness should not be given any responsibility. In the area of practice, significant differences were noted between these two groups in three items meant for

	assessing the practice of Anganwadi workers about mental illness, treatment of
	mental illness, and mentally ill people. The results from the study points to the
	fact that there is a shortage of sufficient training for Anganwadi workers, there
	for providing access to better education and giving Anganwadi workers sufficient
	training will enable them to improve the services they provide.
	Keywords: Mental health, Knowledge-Attitude-Practice (KAP), Anganwadi
	Workers
	M.Phil in Psychiatric Social Work, CIP Ranchi.
Affiliation (s)	2. Associate Professor, Dept. of Psychiatry, CIP Ranchi.
	3. Associate Professor, Dept. of PSW, CIP Ranchi.
	ı

Title of the paper	Behavioural Activation Approach to Improve Abstinence in Persons with Alcohol Dependence Syndrome: An Intervention Study
Author	Bose, N. <sup>1</sup> , Gujar, M.N. <sup>2</sup> , & Juvva, S. <sup>3</sup>
	Background: Behavioural activation (BA) is a therapeutic approach that
	focuses on increasing engagement in positive, rewarding activities to improve
	mood and reduce negative behaviours. When applied in persons with alcohol
	dependence syndrome (ADS) treatment, it can help persons learn to manage
	their cravings and reduce their alcohol consumption. Research has shown that
	BA approach can be an effective treatment for persons with ADS. BA
	approach can also help persons develop better coping skills, improve their
	self-esteem, and strengthen social support networks. This can lead to
	improved mental health and a greater sense of overall well-being.
	<b>Methodology:</b> The present study will use a mixed method research approach.
	A quantitative approach will use quasi-experimental design to see BA
	approach to increase abstinence in persons with ADS with pre and post
	assessment and for qualitative approach detailed process recording will be
	used to see process of recovery from the participants' perspective. A total of
	30 persons with ADS (15 treatment group and 15 treatment as usual group)
Abstract	will be taken up for the study. Persons diagnosed with ADS and admitted in
	de-addiction ward of Indian Naval Hospital Ship (INHS), Colaba, Mumbai,
	for the inpatient treatment, ageing between 18-55 years without any
	comorbidities and available for follow up and knows (read, write and
	understand) Hindi, English and Bengali will be included in the study. Socio-
	demographic and clinical datasheet, Penn Alcohol Craving Scale (PACS),
	Self-Regulation Questionnaire (SRQ), Alcohol Use Disorders Identification
	Test (AUDIT), Readiness to Change Questionnaire (RCQ), Alcohol Relapse
	Risk Scale (ARRS), Alcohol Abstinence Self-Efficacy Scale (AASE) and
	Psychological Wellbeing Scale (PWB) will be used. After the approach of BA,
	for about 8 sessions, post assessment to be done after 3 months. Written
	informed consent will be sought from the participants prior to the study.
	<b>Results:</b> Overall, the results of using BA approach among persons with ADS
	is expected to suggest that it can be a feasible treatment for reducing alcohol
	consumption and improving mental health outcomes like decreased craving,
	relapse risk, increased motivation and wellbeing. Conclusion: BA approach

	can be a valuable tool in the treatment of persons with ADS by helping to find
	alternative sources of pleasure and reward, decreased craving, relapse risk,
	increased motivation and wellbeing.
	Key words: Alcohol dependence syndrome, behaviour activation, craving, abstinence, relapse
	<sup>1</sup> M.Phil.PSW Scholar, Centre of Excellence of Mental Health (CEMH), INHS Asvini, Colaba, Affiliated to Tata Institute of Social Sciences, Mumbai
	<sup>2</sup> Associate Professor, Centre of Excellence of Mental Health (CEMH), INHS
Affiliation (s)	Asvini, Colaba
Allination (8)	<sup>3</sup> Professor, Centre for Health and Mental Health, School of Social Work, Tata
	Institute of Social Sciences, Mumbai

Title of the paper	Understanding Aggressive Behaviour and Self-Control in People with Diabetes
Author	Manushi Thakur
Abstract	Background: The current study aims to explore the perception of aggressive behaviour in individuals with diabetes and analyse their facets of self-control. The relationship between aggressive behaviour and self-control in people with diabetes also needs possible explanations that previous studies have not provided, which is why a grounded theory methodology and analysis are employed. In separate studies, several hypotheses and theories have discussed how self-control, glucose levels and aggression are connected, but there has been no discussion. Not only are the studies that talk about how self-control, glucose levels and aggression dated, but no correlation has been established of this relationship in people with diabetes. Methodology: Data was collected from 12 participants through semi-structured Hindi and English interviews. As expected, not everyone with diabetes expressed aggressive behaviour. However, through constant comparison, iterative questioning, and coding, this study identified patterns in self-control and related aggression in people with diabetes. Results: The findings reveal the emotional challenges often accompanying a diabetes diagnosis, with anger emerging as a common coping mechanism. The emerging themes were ambiguity, knowledge and fear, how people and information influence the same, which is followed up by the different coping strategies that people practice, such as anger, control and regretting unneeded anger, turning the anger inward, helplessness and extension of that, a loss of control – most of the maladaptive coping strategies are accompanied with social support from family and friends. Finally, an individual's environment and genetics also predicts how they behave which is identified in the data here too. Conclusion: This study advances the comprehension of the nuanced experiences of those with diabetes, paving the way for tailored interventions and improved healthcare practices. Its broader significance highlights the need to integrate emotional well-being and self-regulation i
Affiliation (s)	Department of Psychology, Christ (Deemed to be) University, Bengaluru, Karnataka, India.

	Body Dissatisfaction in Women with PCOS: The Impact of Eating Self-
Title of the paper	Efficacy and Eating Attitudes
Author	Keerthika Vijay <sup>1</sup> , Dr. Rajeshwari Muthukumaran <sup>2</sup>
Abstract  Abstract  Abstract  Abstract  Abstract	Background: Polycystic Ovary Syndrome (PCOS) is a prevalent endocrine isorder impacting the metabolic, endocrine, reproductive, and mental well-leing of women. The primary objective of this study was to investigate the ssociation and predictive role of Eating Self-Efficacy and Eating Attitudes in elation to Body Dissatisfaction among women diagnosed with PCOS. Methodology: This study included women (n=145), 18-45 years, across India with a self-reported PCOS diagnosis between April and July 2023. Eating lelf-Efficacy Brief Scale (ESEBS), Eating Attitudes Test (EAT-26), and Body thape Questionnaire-16B (BSQ-16B) and demographics were completed by ll participants through online platforms. Spearman correlation analyses, egression analyses and independent sample t-test were performed to obtain the results. Results: The results revealed a significant and strong positive correlation between body dissatisfaction and eating attitude ( $r = 0.627$ , $p = 0.001$ ). A significant strong negative correlation was found between eating tititude and eating self-efficacy ( $r = -0.506$ , $p < 0.001$ ). A significant moderate ositive correlation was found between body dissatisfaction and body mass nadex ( $r = 0.426$ , $p < 0.001$ ). Linear Regression analysis showed that 50.7% of the total variance in body dissatisfaction can be better explained by eating tititude, eating self-efficacy, and body mass index together. Although the redictors individually did contribute to the variation in body dissatisfaction, sing all the three predictors was the best model. Furthermore, supplementary nalyses revealed an absence of a significant difference in Body Mass Index BMI) between women with PCOS who embrace a particular lifestyle or lietary regimen for self-management and those who don't, challenging the onventional perspectives. This underscores the potential influence of expchological factors in molding body perception. Conclusion: This study ontributes to a more nuanced understanding of the psychological elements of PCOS, emphasizing the neces

	Key words: Polycystic Ovary Syndrome, Eating Attitude, Eating Self-Efficacy, Body Mass Index, Lifestyle or Dietary Pattern
	<sup>1</sup> Master of Science in Psychology (Clinical), Department of Psychology, CHRIST (Deemed to be) University, Bengaluru, Karnataka
Affiliation (s)	<sup>2</sup> Assistant Professor, Department of Psychology, CHRIST (Deemed to be) University, Bengaluru, Karnataka

Title of the paper	Exploring the Role of Subjective Body Shape Perception and Body Dissatisfaction in Predicting Disordered Eating Behaviour Among Young Aspiring Models
Author	Sandra <sup>1</sup> , Aishwarya Iyer <sup>2</sup>
Abstract	<b>Background:</b> The modeling industry has been criticized for fostering unrealistic beauty standards in young models, leading to body dissatisfaction and eating disorders. This study looks at how subjective body shape perception and body dissatisfaction affect disordered eating behavior in young models. While previous research has addressed the topic broadly, there has been lack of studies specifically on aspiring models who face unique pressures. This study bridges that gap by examining the obstacles young aspiring models encounter. It aims to fully appreciate the elements contributing to this population's disordered eating behaviors and identify the industry's powerful influence when paired with societal and familial pressures. <b>Methodology:</b> A sample of (n=150) aspiring models aged 18 to 30 across India performed the Body Shape Questionnaire (BSQ), Eating Disorder Examination Questionnaire (EDE-Q), and Body Dissatisfaction Scale (BDS) through online platforms. A correlation analyses and regression analyses were performed to obtain the results. <b>Results:</b> Descriptive analysis calculated mean, standard deviation, and reliability coefficients, utilizing nonparametric tests due to normality assumptions. Preliminary investigation revealed pronounced body dissatisfaction and disordered eating behavior in the sample. Spearman Correlational Analysis highlighted a strong relationship between body shape perception(r= 0.356, $p$ <0.001), body dissatisfaction(r=0.420, $p$ <0.001), and eating disorders(r=0.740, $p$ <0.001). Linear regression analyses showed that there is a positive correlation between body shape perception and the dependent variable, disordered eating behaviour, and 54.4% of the variance (r=0.738, Adjusted $r$ <sup>2</sup> = 0.541, F(1,147)= 175, $p$ <0.001), which indicated that the model is an adequate fit. There is a positive correlation between body dissatisfaction and disordered eating behaviour, and 14.5% of the variance (r=0.381, Adjusted $r$ <sup>2</sup> = 0.145, F(1,147)=24.9, $p$ <0.001), which indicated that the model

	the predictor variables, has a moderate positive correlation with disordered
	eating behaviour. Approximately 56.4% of the variance (r=0.751, Adjusted
	$r^2$ =0.559, F (2,146) =94.6, $p$ <0.001), which indicated that the model is an
	adequate fit. Thus, body shape perception and body dissatisfaction
	significantly predicted disordered eating behaviour among aspiring young
	models. Conclusion: The fashion and entertainment sectors significantly
	promote diverse and healthy body image norms. The present study's findings
	can remind these industries to be more responsible in their portrayal of beauty
	ideals. The findings provide insights that could guide industry practices,
	potentially mitigating the adverse effects of unrealistic beauty standards on
	this vulnerable population.
	Key words: Body Shape Perception, Body Dissatisfaction, Disordered Eating
	Behaviour.
	<sup>1</sup> Master of Science in Psychology (Clinical), Department of Psychology,
	CHRIST(Deemed-to-be) University, Bengaluru, Karnataka
Affiliation (s)	<sup>2</sup> Assistant Professor, Department of Psychology, CHRIST(Deemed-to-be)
, ,	University, Bengaluru, Karnataka

Title of the paper	Effect of Digital-Supported Journaling on Stress, Resilience and
	Solution- Focused Thoughts in Medical Aspirants
Author	Neha Flory <sup>1</sup> , Dr. Santhosh K.R. <sup>2</sup>
	<b>Background:</b> This study investigated the effects of a two-week intervention
	involving digital-supported journaling on stress levels, resilience, and
	solution-focused thoughts in a sample of 60 medical aspirants. <b>Methodology:</b>
	The experimental group (n=30) engaged in daily journaling, while the control
	group (n=30) followed standard routines. Stress, Resilience and Solution
	Focused Thoughts were measured using the Perceived Stress Scale, Brief
	Resilience Scale and Solution Focused Inventory respectively. Results:
Abstract	Results of paired sample t-tests revealed a significant reduction in stress levels
1105tl act	(p < .001) and an increase in resilience $(p < .001)$ and solution-focused
	thoughts (p < .001) among the intervention group. Conclusion: These
	findings suggest that digital-supported journaling may be a valuable tool for
	improving the psychological well-being and readiness of medical aspirants.
	However, further research with larger samples and longer intervention periods
	is recommended.
	Key words: Digital-supported journaling, Stress, Resilience, Medical Education, Mental well-being
	<sup>1</sup> Master of Science in Psychology (Clinical), CHRIST (Deemed to be)
	University, Bangalore
	<sup>2</sup> Professor, Department of Psychology, CHRIST (Deemed to be) University
Affiliation (s)	Bangalore
	Dungmore
Correspondence	neha.flory@psy.christuniversity.in

Title of the paper	Muscles, Masculinity, and Mindset: Exploring the Relationship of Gymming with Imposter Phenomenon, Narcissism, and Body Image Avoidance in Indian Men.
Author	Maria Dony <sup>1</sup> & Dr. Rajeshwari Muthukumaran <sup>2</sup>
Abstract	<b>Background:</b> Our study aimed to explore Imposter phenomenon and its relationship to Body Image Avoidance with the help of the pre-established relationship of both variables with narcissism in gym-going and non-gym going Indian men, as to date the complex effects of gym-going on men's psyche were relatively unexamined. <b>Methodology:</b> The study sample consisted of 164 Indian men (i.e., N=164), 90 active gym goers, and 74 nongym goers between the age of 18-26. The scales used in the study include Clance's impostor phenomenon Scale for imposter phenomenon, narcissistic personality inventory (NPI -16) for overt narcissism, hypersensitive narcissism scale (HSNS) for covert narcissism, and body image avoidance questionnaire (BIAQ) for body image avoidance. Additional demographic variables of hours spent at the gym weekly and BMI were used. <b>Results:</b> Results revealed a significant positive correlation between hours spent at the gym weekly and overt narcissism levels ( $r$ = .272, $p$ < .01), whereas it was inversely related to imposter phenomenon ( $r$ =207, $r$ < .05). Although the study could not establish a significant difference between the study groups; covert narcissism was found to significantly predict imposter phenomenon ( $r$ = 0.481, $r$ = 6.98, $r$ < .001), and body image avoidance ( $r$ = 0.425, $r$ = 4., $r$ < .01). Additionally, BMI positively correlated with body image avoidance in gym-going men ( $r$ = .21, $r$ <.05). <b>Conclusion:</b> As body image concerns are on the rise, it would be beneficial to explore further with the aim of adding more to the literature on muscularity and masculinity with an added focus on common masculine traits.  **Key words:* imposter phenomenon, overt narcissism, covert narcissism, gym-going.**
Affiliation (s)	<sup>1</sup> Master's in clinical psychology student 2 Professor/Research Guide, PhD Department of Psychology, CHRIST (Deemed to be University), Bengaluru, India.
Correspondence	mariadony007@gmail.com

Title of the paper	A study on mental health literacy and awareness among college-going students in Satara city
Author	Karande R <sup>1</sup> ., Gujar M N <sup>2</sup> ., & Ranade K <sup>3</sup>
Abstract	Background: Mental health literacy is a critical aspect of understanding and addressing mental health issues, yet it often goes unnoticed. These issues can have significant implications for both individuals and society, underscoring the importance of improving mental health awareness. Given that collegegoing students require particular attention, it is essential to understand their mental health literacy and help-seeking behavior. Methodology: Employing a descriptive research design, a representative sample will be randomly selected from various colleges in the city, and data will be collected through self-reported questionnaires. The Orientation towards Mental Illness Scale and the General Help Seeking questionnaire will be utilized to measure knowledge, awareness, and help-seeking behaviour. Ethical approval will be obtained to ensure participant confidentiality and anonymity, acknowledging potential limitations, such as self-reported data and limited generalizability. Results: The study's results will offer valuable insights into mental health literacy, help-seeking behaviour, and community awareness among collegegoing students in Satara city. Utilizing descriptive and inferential statistics, the findings will contribute to existing knowledge and inform evidence-based mental health interventions and policies, not just locally but potentially in other regions as well. Conclusion: This research aims to foster mental health literacy, promote acceptance of mental disorders, and encourage help-seeking behaviour among college-going students in Satara city. By raising community awareness about early warning signs and symptoms, this study holds the potential to improve overall mental well-being in this vulnerable population. Key words: Mental health literacy, college-going students, Satara city, knowledge, demographic variables.
Affiliation (s)	<sup>1</sup> MPhil PSW Scholar, Centre of Excellence of Mental health (CEMH), INHS Asvini, Colaba, Mumbai, Affiliated to Tata Institute of Social Sciences, Mumbai <sup>2</sup> Associate Professor Centre of Excellence of Mental health (CEMH), INHS Asvini, Colaba, Mumbai. <sup>3</sup> Assistant Professor, Centre for Health and Mental Health, Tata Institute of
Correspondence	Social Sciences, Mumbai  rutujakarande04@gmail.com

Title of the paper	Development of Community Based Mental Health Interventions
	Program for Non-Government Organisation Workers
Author	Mr. Shivanand Yaresheemi <sup>1</sup> , Dr. Aravind Raj Elangovan <sup>2</sup> Dr. Shreedevi A.U <sup>3</sup>
	<b>Background:</b> Mental health problems are a substantial public health issue in
	India. In the Indian context, the majority of people live in rural communities,
	where many have multiple mental health issues that go unaddressed. In this
	scenario, Non-governmental organisations (NGOs) play an important role in
	rendering services to unreachable populations in the community. NGOs have
	significantly contributed to the field of mental health over the past few
	decades by delivering mental health services as well as helping patients and
	their families. This paper describes the findings of the Focus Group
	discussions for the development of community-based mental health
	interventions for non-governmental organisations (NGOs) workers.
	<b>Methodology:</b> Qualitative Focus Group Discussions (FGDs; n = 3) were
	conducted in the Haveri district of North Karnataka to assess the knowledge
	of NGO workers on the promotion, prevention and curative aspects of mental
	health through a predesigned and reviewed questionnaire. A total of 30
	respondents participated in 3 FGDs, with group sizes ranging between 5 and
Abstract	10 respondents in each group. The method of group discussion was used and
	homogeneity was observed in terms of occupation and location. Qualitative
	data was coded using the Framework Analysis Method employing ATLAS.ti
	software. Results: Respondents reported having limited knowledge of the
	prevention and promotion of mental health activities; however, in terms of
	mental disorders in the community, they were able to identify features of
	mental illness based on their observations. NGO workers reported that
	traditional healers are often the first treatment of choice. Overall, it was
	observed that the knowledge on psychosocial interventions for mental illness
	was still not adequate, while they attributed "the persons with mental illness
	were dangerous" and "it's very difficult to manage and interact with them"
	although they recognized that medications help in treating mental health
	issues. A few workers reported that they were able to refer them to the nearby
	government hospitals for treatment. Conclusion: NGO workers cooperated
	adequately in the focus group discussion and shared their current knowledge,
	gaps, and barriers related to mental health services. They were generally

	supportive of developing community-based mental health services to address
	the mental health issues in rural communities.
	Key words: Mental health, non-governmental organisations (NGOs), Focus
	Group Discussion
	1 Dh D. Cabalar Danartment of Dayahiatria Cocial World NIMITANG
	1. Ph.D. Scholar Department of Psychiatric Social Work, NIMHANS
Affiliation (s)	2. Additional Professor Department of Psychiatric Social Work, NIMHANS
	3. Assistant Professor Department of Psychiatric Social Work, NIMHANS

Title of the paper	Intergenerational transfer of Superstitious Beliefs: Qualitative study
The state of the s	among Gen X
Author	Tom K Lukose <sup>1</sup> , Mr Cyril John <sup>2</sup>
	<b>Background:</b> People's belief systems vary from generation to generation.
	Similarly, Superstitious beliefs are widespread in all land and people. The
	prevalence of these superstitions has become a concern due to many problems
	caused by these beliefs. Therefore, this study seeks to understand the
	intergenerational transmission of superstitious beliefs from one generation to
	another using Strauss and Howe's the Generational theory. Methodology:
	Gen X population is considered as samples since they have access to the
	previous generation, the Boomers, and the subsequent generations, the
	Millennials and the Gen Z. The study examines the intergenerational transfer
Abstract	down from each of these generations. It focuses on the reason for and rate of
Tibbliact	transfer of these beliefs from Boomers till Gen Z. Samples were collected
	from different districts of Kerala and was analysed using Thematic analysis.
	<b>Results:</b> Thematic analysis was conducted, revealing themes such as oral
	traditions and antiquated beliefs, rationalisation and growing scepticism, faith,
	non-scientific beliefs, Dissociation from superstitious traditions. <b>Conclusion:</b>
	The discussion and results of the study shed light on Generational theory,
	which points to the evolution in beliefs and thoughts of each generation. Study
	also explored the implications of social work in this area of study.
	Key words: Superstitious beliefs, Intergenerational transfer, Rationalisation, Scepticism, Antiquated beliefs, Dissociation, Generational theory.
	<sup>1</sup> Student, MSW CCP (2 <sup>nd</sup> year)
	<sup>2</sup> Assistant Professor, Department of Sociology and Social Work, CHRIST
Affiliation (s)	(Deemed to be University)
Correspondence	tomsalimon15@gmail.com

Title of the paper	Influence of Pornography Consumption on the Self-Perception and Experiences of Non-Binary Individuals: A Qualitative Exploration				
Author	Tiwari S <sup>1</sup> ., Anchan V <sup>2</sup> ., James N <sup>3</sup>				
	<b>Experiences of Non-Binary Individuals: A Qualitative Exploration</b>				
	underscore the early exposure to explicit content and the impact on non-binary individuals, revealing a pervasive curiosity-driven initiation. The study has its strong implication for the inclusive and realistic production of media content in promoting the healthy sexuality, especially for the young adults who are in the exploration phase of their sexual identity.  *Key words: Non-binary individuals, Pornography, Subjective Experiences,				
	Self-Perception, and Inclusivity				

Affiliation (s)	1. Shubhangi Tiwari (Presenting Author), 2 nd year student of MSc in Counselling Psychology, Christ (Deemed to be University), Hosur Road, Bangalore – 26 2. Dr Veenashree Anchan, Assistant Professor, Christ (Deemed to be University), Hosur Road, Bangalore – 26 3. Dr Nisha James, Assistant Professor, Christ (Deemed to be University), Hosur Road, Bangalore – 26
Correspondence	shubhangi.tiwari@psy.christuniversity.in

Title of the paper	"Leaving Behind Your Country and Courage?" A Study on Resilience Amongst the Indian Diaspora Community Residing in Kuwait				
Author	Amongst the Indian Diaspora Community Residing in Ruwait  Aparna Prasanth				
Abstract	Background: The Indian diaspora, rapidly growing in numerous nations, often faces discrimination and challenges in their host countries. This experience, along with potential biases from the local population, can hinder integration and lead to feelings of alienation. While previous studies have explored adolescent resilience in India, there is a pressing need to examine the resilience of the Indian diaspora community in Kuwait, given the distinct social and educational environments they encounter. This study aims to fill this research gap by assessing whether these factors affect the resilience of this particular community. Methodology: The study incorporated a cross-sectional research design with data collected over two months between various Indian schools across India and Kuwait. A total of 167, ranging from 14-17 years old, Indian citizens from the upper middle socioeconomic status have been selected for the study. The Adolescent Resilience Questionnaire assessing adolescent resilience and the Kuppuswamys scale of socioeconomic status was circulated, and the data was entered and analysed using statistical software. Results: The study suggests a higher level of resilience in the Indian Diaspora Community in the Individual Domain (p=<0.001, t= 3.36, M= 129.0) and Family Domain (p=<0.001, t=3.96, M= 38.3). Conclusion: In conclusion, the study reveals a significantly higher resilience in the Indian Diaspora community in the Individual and Family Domains. The findings from these studies bear implications for reinforcing the mental well-being of the youth. It is recommended to prioritise the enhancement of resilience and the facilitation of integration-focused acculturation as integral facets within public health strategies tailored to this particular, growing demographic.  Key words: Resilience, Adolescents, Indian Diaspora, Individual, family				
Affiliation (s)	CHRIST Deemed to be university, Bangalore				

Title of the paper	Exploring the lived experiences of Adults with Acute Leukaemia: A Phenomenological Case Study				
Author	Hannah James Thodathil <sup>1</sup> , Dr Reena Cherian <sup>2</sup>				
Abstract	Background: The rapid increase in cancer cases around the globe raises concerns regarding the living conditions of cancer patients and their social functioning. This study aims to explore the lived experiences of two participants with acute leukaemia and the implications of social work using the interpretive phenomenological approach. Methodology: Heidegger's Interpretative Phenomenological Approach was used in this qualitative research to analyze the data collected from two adults with Acute Leukaemia who were selected through purposive sampling. Themes developed: 1. Work life and financial factors 2. Response to cancer: acceptance, adaptability, and hope 3. Strengths and supporting elements: family and spirituality. 4. Risk exposure and diminished family responsibilities 5. treatment satisfaction. Results: Dr Martin Seligman's Learned Optimism theory and Patterson's Family Adjustment and Adaptation Response theory were used to examine the life experiences of two cancer patients. This study has explored the protective factors contributing to adaptability and acceptance in the pursuit of resilience, and the implications of social work models, including casework, group work, and family work in similar scenarios are also discussed. Conclusion: The IP approach and methodology has helped in effectively understanding their lives and the role of social workers during the course of the study.  Key words: Family, finance, cancer, adaptability, acceptance, hope, spirituality, Acute Leukaemia, Interpretative Phenomenological Approach.				
Affiliation (s)	<sup>1</sup> Student, MSW CCP (2 <sup>nd</sup> year) <sup>2</sup> Assistant Professor & Faculty Co-ordinator, Department of Sociology and Social Work, CHRIST (Deemed to be University)				
Correspondence	hannahjamesthodathil@gmail.com				

TF'41 C41	Mental Health and Psychosocial Needs of Spouses of Women w		
Title of the paper	Postpartum Mental Illness		
	Athira K V <sup>1</sup> , Dr Kimneihat Vaiphei <sup>2</sup> , Dr Sundarnag Ganjekar <sup>3</sup> , Dr		
Author	Geetha Desai <sup>4</sup> , Dr Harish Thippeswamy <sup>5</sup> , Dr Veena Satyanarayana <sup>6</sup> ,		
	Prof. Prabha S Chandra <sup>7</sup>		
Abstract	Background: Men are an integral part of women's lives, especially during the transition to motherhood. Women's vulnerability to postpartum mental illness can have a major impact on their spouses' mental health. The study aims to explore the mental health and psychosocial needs of the spouse of a woman with postpartum mental illness. Methodology: Thirty spouses of women with postpartum psychiatric illness were recruited from perinatal psychiatry outpatient services through purposive sampling. A semi-structured interview schedule prepared by the researcher, Depression Anxiety Stress Scale 21, Caregiver burden scale, and WHO Quality of Life Scale (BREF) were used to collect the data. Results: The prevalence of stress, anxiety and depression were 10%, 6.6% and 10% among spouses during the period of their partner's postpartum mental illness respectively. About 40 % of the spouses had mild to severe caregiver burden. The overall quality of life varied from moderate to good for most spouses. The study shows that 40 per cent of the spouses used substances in which 42% use them as negative coping. There was an association between stress, depression, caregiver burden and substance use. Psychosocial needs such as support systems issues, poor knowledge attitude and practice about perinatal mental health were identified. Conclusion: The study highlights the relevance of addressing spouses' mental health too. Psychosocial intervention among spouses of women with postpartum mental illness at the individual and family level is essential.  Key words: Postpartum Mental illness, Women, Spouse, Quality of life,		
Affiliation (s)	<ol> <li>MSW (Central University of Karnataka), MPhil. In Psychiatric Social Work (NIMHANS), Psychiatric Social Worker</li> <li>Associate Professor, Department of Psychiatric Social Work, National Institute of Mental Health and Neurosciences (NIMHANS)</li> <li>Additional Professor, Department of Psychiatry, National Institute of</li> </ol>		
	Mental Health and Neurosciences (NIMHANS)		

4.	Professor,	Department	of	Psychiatry,	National	Institute	of	Mental
	Health and	l Neuroscienc	es	(NIMHANS	)			

- 5. Professor, Department of Psychiatry, National Institute of Mental Health and Neurosciences (NIMHANS)
- 6. Additional Professor, Department of Clinical Psychology, National Institute of Mental Health and Neurosciences (NIMHANS)
- 7. Professor, Department of Psychiatry, National Institute of Mental Health and Neurosciences (NIMHANS)

Title of the paper	Relation between Age, Education and Attitude towards Rape Victims: A Community Based Study		
Author	Juri Saikia <sup>1</sup> , Dr. P. Abhishek <sup>2</sup> & Dr. Sobhana H <sup>3</sup>		
Abstract	Background: Sexual violence such as rape has a profound impact on physical and mental health of the rape survivors. The impact of sexual violence on mental health can be as severe and as long lasting as its physical effects. Poor acceptance and understanding from the community can become a barrier for provision of adequate care and in the recovery. Aim: To study attitude of people in the community towards rape victims. Methodology: This is a cross sectional descriptive research using quantitative approach. The sample size consisted of 200 participants from Ward No. 2, Tezpur Municipality Board. Simple random sampling was used to identify households. All household members aged above 18 years fulfilling study criteria and willing to give consent were interviewed. Attitudes toward Rape Victim Scale (ARVS) was used to assess participants' attitude. Results: It was found that with increase in age the participants' attitude towards rape victims was found to have more unfavourable attitude towards rape victims. Increase in the years of education facilitated a favourable attitude towards rape victims. Conclusion: Despite increase in education and awareness about social evils such as rapes, there exist rape negative attitudes towards rape victims. Understanding the community's perception towards rape victim needs attention in order to carry out rape prevention programs.		
Affiliation (s)	<ol> <li>PhD Scholar, Department of Psychiatric Social Work, LGB Regional Institute of Mental Health, (Govt. of India, Ministry of Health &amp; Family Welfare), Tezpur, Assam, Pin-784001.</li> <li>Assistant Professor, Department of Clinical Psychology, LGB Regional Institute of Mental Health (Govt. of India, Ministry of Health &amp; Family Welfare), Tezpur, Assam, Pin-784001.</li> <li>Associate Professor, Department of Psychiatric Social Work, LGB Regional Institute of Mental Health, (Govt. of India, Ministry of Health &amp; Family Welfare), Tezpur, Assam, Pin-784001.</li> </ol>		
Correspondence	saikiajuri1998@gmail.com		

TF*41 (241	Quality of life and determining its relationship with cessation of					
Title of the paper	menstruation <sup>5</sup> Perimenopausal Women: A Community Based Study					
A41	Sarbani Borkotoky <sup>1</sup> , Dr. Sonia Pereira Deuri <sup>6</sup> , Dr. Sobhana H <sup>7</sup> ,					
Author	Dr. P. Abhishek <sup>8</sup>					
Abstract	Background: Perimenopause or menopausal transition is a major transitional period that women undergo during middle age which can affect their quality of life. Aim and Objectives include: To assess quality of life and determine its relationship between with cessation of menstruation in perimenopausal women. Methodology: The research approach adopted for the present study was quantitative in nature. The study was conducted in the urban area of Tezpur Municipality. Ward No 6 was selected using purposive sampling technique. Using simple random sampling, households were selected and sixty women aged between 40-60 years were interviewed. Quality of Life was measured with Menopause Specific Quality of Life. Results: The age was found to be 47.86±3.69. There was significant negative correlation between the months since cessation of menses and quality of life. Conclusion: Perimenopausal woman experience better quality of life after cessation of menstruation.  Key words: Menopausal transition, Perimenopause, Middle aged women, Quality of life.					
Affiliation (s)	<ol> <li>M.Phil. in Psychiatric Social Work, LGB Regional Institute of Mental Health, (Govt. of India, Ministry of Health &amp;Family Welfare), Tezpur, Assam. Pin- 784001.</li> <li>Professor and HOD, Department of Psychiatric Social Work, LGB Regional Institute of Mental Health, (Govt. of India, Ministry of Health &amp;Family Welfare), Tezpur, Assam, Pin- 784001.</li> <li>Associate Professor, Department of Psychiatric Social Work, LGB Regional Institute of Mental Health, (Govt. of India, Ministry of Health &amp;Family Welfare), Tezpur, Assam, Pin- 784001.</li> <li>Associate Professor, Department of Clinical Psychology, LGB Regional Institute of Mental Health, (Govt. of India, Ministry of Health &amp;Family Welfare), Tezpur, Assam, Pin- 784001.</li> </ol>					

Title of the paper	Experiences And Perspectives of Sexual Practices Among Gay Men in			
	Metropolitan Cities in India			
Author	Robith Varghese <sup>1</sup> , Vigneshwaran S. A <sup>2</sup>			
Abstract	Background: The idea of homosexuality is still not accepted in different parts of India. Individuals who identify as LGBTQIA++ are dealing with difficulties, especially in the field of sexual health and in society. There are many misconceptions and false views about sexual practices in the community as a result of ignorance. This study focuses on the experiences and perspectives of sexual practices and to find out the contributing factors that are affecting their sexual and mental health. Methodology: The research was carried out in metropolitan cities in India. The methods of in-depth interviewing and snowball sampling are used to gather the data. There are six people in the study's sample. Both in-person and phone interviews were conducted. Results: The result shows the different perspectives and beliefs about sexual practices, which are developed because of some social factors. This study will also help us to understand the difficulties faced by gay men in their sexual well-being and mental well-being. The study also addresses the impact of societal ignorance on the mental health of participants. Conclusion: The study provides a great deal of insight into the various sexual practices and viewpoints. It also discovers the various problems that arise from India's anti-homosexuality culture within their own group.  Keywords: Sexual Practices, Government, Sexual preferences, Sex education, Mental health			
Affiliation (s)	<ol> <li>MSW Student of Department of Sociology and Social Work,         CHRIST (Deemed to be University) Bangalore</li> <li>Assistant Professor of Department of Sociology and Social Work,         CHRIST (Deemed to be University) Bangalore</li> </ol>			





Published By:

Institute of Mental Health and Neurosciences (IMHANS)

