

# CURRICULUM VITAE



**Dr. Hita Claudia Rao**

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## Mailing Address

DOS in Psychology, Manasagangothri,  
University of Mysore, Mysore-570006,  
Karnataka, India

## Personal Data

Religion : Christian

Nationality : Indian

Marital Status : Married

## Languages Known

English, Kannada, Hindi, Konkani

## Computer Knowledge

MS-Office, SPSS

## References

Prof. Sampathkumar,  
Chairman, DOS in Psychology  
University of Mysore, Mysore  
Ph. No. +91 9480443269  
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chairmanpsyuom@gmail.com

Dr. Preethi Shanbhag  
Director, Manasa Nursing Home  
J.P.N. Road Shimoga  
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## WORK EXPERIENCE

- 1) Working as Guest Faculty at the Department of Studies in Psychology, University of Mysore since September 2014.
- 2) Worked as Resource person for NCERT Manodarpan and DCGC program.
- 3) Worked as Resource Person for Extramarks EdTech Company.
- 4) Worked as Educational Psychologist (Guidance & Counselor) in Kendriya Vidyalaya, Mysore, Karnataka, India.
- 5) Worked as Member in the Syllabus Committee for Manasa Educational Foundation for Mental Health, Shimoga, Karnataka, India.
- 6) Worked as Resource Person for Manasa Education Foundation for Mental Health, Shimoga.
- 7) Worked as Asst. Professor in Clinical Psychology, Kuvempu University, Shimoga, Karnataka, India.
- 8) Worked as Clinical Psychologist in Manasa Nursing Home, Shimoga, under Dr. Ashok Pai.
- 9) Worked as Counselor in All India Women's Conference, Family Counseling Center, Mysore.

## ACHIEVEMENTS

- ✓ Member of American Psychological Association (Membership No. C20021309007).
- ✓ Former Member of International Council of Psychologist.
- ✓ Trained Facilitator for Character Solutions International, USA.
- ✓ Passed UGC-NET (National Eligibility Test for Asst. Professor) in July 2018.
- ✓ Passed K-SET (Karnataka State Eligibility for Lecturer/Asst. Professorship) in December 2013.
- ✓ Secured VI rank in MS Counseling and Psychotherapy, MEFFMH, Kuvempu University.
- ✓ Secured 1st rank and was awarded gold medal in MSc-Psychology, University of Mysore.
- ✓ Secured 8th rank during graduation (B.A), St. Philomena's College, Mysore.
- ✓ Underwent Counselors Training at Karnataka State AIDS Prevention Society, Bengaluru.

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## ACADEMICS

DEGREE	SCHOOL/COLLEGE	YEAR OF PASSING	UNIVERSITY
Ph.D.	Department of Studies in Psychology	2018	University of Mysore
M.S. (Counseling & Psychotherapy)	Manasa Educational Foundation for Mental Health	2015	Kuvempu University, Shimoga
M.Sc (Clinical Psychology)	University of Mysore, Mysore	2005	University of Mysore, Mysore
B.A (Opt. English, History, Psychology)	St. Philomena's College, Mysore	2003	University of Mysore
XII	Demonstration Multipurpose School, Mysore	2000	A.I.S.S.C.E/ C.B.S.E
X	Demonstration Multipurpose School, Mysore	1998	A.I.S.S.E/ C.B.S.E

## RESEARCH INTEREST

Clinical Psychology, Counseling Psychology, Health Psychology, Positive Psychology, Developmental Psychology.

## ACADEMIC PROJECT DETAILS

1. Title: "Job Satisfaction among Medical Doctors" – A project work carried out as a part of the curriculum to report the level of Job Satisfaction and its correlates among medical professionals in and around the city of Mysore.
2. Title: "Family Counseling" – A Field Work Report submitted to the University of Mysore detailing the mental health concerns, familial conflicts, interpersonal difficulties, marital discord and divorce in families, along with suggestions for effective measures to resolve conflict and build cohesion.
3. Title: "The Effects of Occupational Stress on the Health and Well-Being of Call Center Employees and Software Professionals" – A Master's Thesis containing a comparative study between Call Center employees and IT professionals, outlining the ill-effects of job stress on physical health and psychological wellbeing of male and female employees.

## Ph.D. THESIS

**Title:** "Effectiveness of Life Skills Training on Emotional Distress, Problem Behavior and Social Competence among Adolescent Students."

**Description:** The research, with a pre and post test experimental design, basically focused on identifying and assisting adolescent students experiencing high emotional distress, high problem behavior and low social competence. From the selected sample of 160 adolescents (with 80 boys and 80 girls) those in the experimental group were trained on six (problem solving skills, decision making skills, communication skills, interpersonal skills, coping with emotions and coping with stress) out of the ten life skills outlined by the WHO. The intervention consisted of 10 sessions, scheduled twice a week, lasting for 10 weeks and implemented using an activity-based module prepared by the

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researcher. Post test assessment revealed a significant improvement in the participants of the intervened group when compared to those in wait-list control group. The study asserts the utility of life skills training in decreasing emotional distress, problem behavior and increasing social competence among adolescent students.

The entire research study was completed within three years from the date of registration.

## PUBLICATIONS

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### Research Publication

1. Hita, C., R., & Ekata, S. B. (2023). Emotional well-being, health, and life satisfaction in call center employees and software professionals. *Journal of Organization and Human Behavior*, 12(3), 24-29.
2. Hita, C., R., & Keerthi G., P. (2023). Perceived parental bonding: a comparative study between adults growing up in single parent and both parent homes. *Asian Journal of Interdisciplinary Research*, 6(2), 17-24. DOI: <https://doi.org/10.54392/ajir2323>
3. Hita, C. R. (2022). Adolescent emotions: Relationship between positive and negative emotions. *International Journal of Scientific Research*, 11(10). DOI: 10.36106/ijsr
4. Hita, C., R., & Keerthi G., P. (2022). Influence of Parenting Conditions on Emotional Intelligence: A Comparative Study between Male and Female Adults. *International Journal of Indian Psychology*, 10(1). DOI: 10.25215/1001.110
5. Hita, C., R., & G., VenkateshKumar. (2020). Effectiveness of Life Skills Training on Adolescent Social Competence: An Intervention Study. *Indian Journal of Psychological Science*, 13(1), 130-137.
6. Hita, C., R. (2018). Life Skills for Enhancing Social Competence during Adolescence. *International Journal of Basic and Applied Research*, 8(6), 526-535.
7. Hita, C., R., & G., VenkateshKumar. (2018). Life Skills Training for Adolescents with Problem Behavior: An Empirical Study. *ACME International Journal of Multidisciplinary Research*, 6(1), 20-27.
8. Hita, C., R., & G., VenkateshKumar. (2017). Effect of Life Skills Training On Emotional Distress: A Comparative Study between Adolescent Boys and Girls. *International Journal of Indian Psychology*, 5(1), 145-155. DOI: 10.25215/0501.018.

### Book Publication

1. Rao & Kumar. (2020). *Life Skills for Adolescents: Dealing with Emotional Distress, Problem Behavior and Low Social Competence*. Latvia: LAP LAMBERT Academic Publishing.
2. Hita, C., R., & G., VenkateshKumar. (2016). Need for counseling in the 21<sup>st</sup> century for adolescents. *Behavioral Transformation in Applied Psychology*. New Delhi: Global Vision Publishing House.
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## PARTICIPATION AND PAPER PRESENTATION

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1. Presented research paper titled "*Emotional Well-being, Health, and Life Satisfaction in Call Centre Employees and Software Professionals*", at the International Conference on Health, Wellbeing and Technology, organised by Department of Psychology, Central University of Karnataka, January 2023
2. Presented research paper titled "*Levels of Occupational Stress among Call Centre Employees and Software Professionals: A Comparative Study*", at the 4<sup>th</sup> International Conference on Developing New India Through Science, Social Science, Humanities & Research, organised by Indian Mental Health and Research Centre and Shia P.G. College, Lucknow, October 2022.
3. Presented technical paper titled "*Perceived Parental Attachment: A Comparative Study between Adults with Single Parents and Both Parents*" at the International Conference on Role of Counseling in Dealing with Mental Health Issues, organized by Student's Counseling Center, Aligarh Muslim University, September 2022.

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4. Presented an empirical paper titled “*Adolescent Emotions: Relationship between Positive and Negative Emotions and the mediating Role of Gender*” at the 57<sup>th</sup> National and 26<sup>th</sup> International Conference of Indian Academy of Applied Psychology, January 2022, organized at Mizoram University.
5. Presented research paper titled “*Impact of Parenting Conditions On Emotional Intelligence: A Comparative Study Between Male And Female Adults*”, at the National e-Conference on ‘Mental Health in an Unequal World’ Oct 2021, organized by School of Behavioural Science (SBS), National Forensic Sciences University (NFSU), Gandhinagar, Gujarat.
6. Presented a research paper titled “*Emotional Intelligence in Individuals with Single and Both Parents*” at 2 days International Conference on Narratives, Self, and Identities: Traditions and Innovations, conducted by REVA University, iSPELL, and Liverpool John Moores University, August 2021 (ISBN:9788193110188).
7. Presented an empirical paper titled “*Adolescent Emotion: The Mediating Role of Gender on Positive and Negative Emotions*” at 2 days International Virtual Conference on Psychological Wellbeing in the Pandemic Era, conducted by Kateel Ashok Pai Memorial College, Kuvempu University & Bharatiya Vidya Bhavan, August 2021.
8. Presented a scientific paper titled “*Effectiveness of Life Skills Training on Adolescents’ Social Competence: An Intervention Study*” at 2 days International Virtual Conference on Life Competences of Children and Adolescents of the 21<sup>st</sup> Century, conducted by The School of Arts and Humanities, REVA University, May 2020.
9. Presented technical paper titled “*Life Skills Training for Adolescents with Problem Behavior*” in the 7<sup>th</sup> INSPA International Conference on School Psychology: School Counseling and Skill Development, conducted by InSPA, November 2017.
10. Participated in Workshop on “*Research Data Analysis using SPSS and R*” and trained on using statistical analysis for research data in February 2017.
11. Participated and worked as a Rapporteur for Symposiums, Invited Lectures and Oral Presentations in the section of Anthropology and Behavioral Sciences in 103<sup>rd</sup> Indian Science Congress in January 2016.

### TECHNICAL PROFICIENCIES

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Participated as Resource Person in Seminars, Workshops, Invited Lectures, Symposiums and Webinars conducted by various organizations at different levels to address specific and diverse groups of people to sensitize them on explicit aspects of Mental Health and the functioning of human mind. The details of the same are furnished below:

1. “Memory in Old Age” – Presentation dealt with various problems related to memory and the deterioration of memory in old age. Also, the techniques to improve memory were discussed.
2. “Human Motivation - To Eat, Drink and be Daring” – Wherein the various primary and secondary factors that motivate human beings to live and progress was talked about.
3. “The Placebo Effect” – Was conducted to clarify how certain mechanisms and beliefs within the human mind help individuals to recover from illness.
4. “Human Memory - Mechanisms & Techniques to Improve Memory” – Was carried out as a part of the Workshop conducted for college students to help them understand how human memory functions and learn ways to improve memory.
5. “Study Skills - Effective Ways to Study and Excel in Exam” – Presented in a workshop organized by the NCC Unit, Kuvempu University, for students to orient them towards study skills, performance anxiety, and ways to handle academic pressure.
6. “Stop Stressing and Start Living” – Workshop arranged for Nursing College Staff on the occasion of Mental Health Week celebration in BGS Apollo Hospital.
7. “Understanding Your Students Better - Identification and Interventions at Primary Level” – Workshop organized for government school teachers to help them identify, deal with, or refer pupils having developmental disorders and learning disabilities.

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8. "Terrorism, Violence and Modern-Day Society" – Symposium arranged by the Department of Research and Studies in Clinical Psychology, Kuvempu University, Shimoga.
9. "Adolescence - A Period of Transition" – Lecture series in Adolescence Education Program, conducted for teachers of Kendriya Vidyalaya.
10. "Suicide - Risks, Identification, and Prevention" – Conducted in Department of Studies in Psychology, University of Mysore, as a part of Suicide Prevention Week Program.
11. "Mental Health - Current Trends and Issues" – Conducted in the Department of Studies in Psychology, University of Mysore, as a part of Suicide Prevention Week Program.
12. "Counseling Skills" – Workshop conducted for postgraduate students, counselors and mental health workers to impart knowledge and hands-on experience on counseling skills through case presentation, group discussion and role-play.
13. "Being an Adolescent - How Well Do You Know Yourself?" – Presentation for students of class VIII, IX and X in Royale Concord International School, Mysore.
14. "Dealing with Emotional Distress: A Life Skills Approach" – Webinar conducted at REVA University for under graduate students to sensitize them about emotional stress and its causes, with a main focus on developing skills to effectively handle emotional distress.
15. "Effective Parenting Practices and their Influence on Children's Behavior" – A talk for parents at schools across Karnataka, organized by Extramarks EdTech Company.
16. "Need for and Importance of Hybrid Learning in the Post-pandemic Era" – An informative interaction with parents and students of primary and secondary school levels, organized by Extramarks EdTech Company.
17. "Intellectual Wellbeing" – Presented an online interactive session for adolescent students on Manodarpan, an initiative by NCERT.
18. "Dealing with Exam Result Stress" – A presentation for X and XII grade students via Manodarpan, organized by NCERT.
19. "Role of Teachers and Counsellors in Discovering your Career Calling" – A talk on Manodarpan of NCERT for career guidance to young students aspiring for various vocations.
20. "A Guide to Effective Exam Preparation" – For X students at Good Shepherds School, Mysore.
21. "Parents! A Support System through Stages of Life" – Orientation delivered at St. Mary's School, T. Narsipur, Mysore.
22. "Mental Health Concerns during Adolescence" – A talk for teenage students, conducted at St. Mary's School, T. Narsipur, Mysore.
23. "Mind Your Mind" – A talk for teenage students, conducted at St. Norbert's School, T. Narsipur, Mysore.
24. Conducted "Parent Orientation Program" at Good Shepherds School, Mysore.