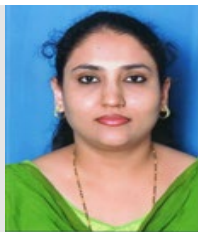


CURRICULUM VITAE

Dr. Hita Claudia Rao



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Mailing Address

W/O Mr. Deepak S. Sunder, #931, 6th cross, 6th main, New Kanthraj Urs Road, Saraswathipuram
Mysore-570009, Karnataka, India

Personal Data

Mother's Name: Mrs. Angela Rodrigues

Religion : Christian

Nationality : Indian

Marital Status : Married

Languages Known

English, Hindi, Kannada, Konkani

Computer Knowledge

MS-Office, SPSS

Reference

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

Dr. Preethi Shanbhag
Director, Manasa Nursing Home
J.P.N. Road Shimoga
Ph. No – +91 9900495001
Email:preethishanbhag1979@gmail.com

WORK EXPERIENCE

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

ACHIEVEMENTS

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

CURRICULUM VITAE

ACADEMICS

DEGREE	SCHOOL/COLLEGE	YEAR OF PASSING	UNIVERSITY	PERCENTAGE
Ph.D.	Department of Studies in Psychology	2018	University of Mysore	Coursework 81.5%
M.S. (Counseling & Psychotherapy)	Manasa Educational Foundation for Mental Health	2015	Kuvempu University, Shimoga	64.62 % (VI Rank)
M.Sc. (Clinical Psychology)	University of Mysore, Mysore	2005	University of Mysore, Mysore	79.5% (I Rank, Gold medal)
B.A. (Opt. English, History, Psychology)	St. Philomena's College, Mysore	2003	University of Mysore	67.6% (8th Rank)
XII	Demonstration Multipurpose School, Mysore	2000	A.I.S.S.C.E/ C.B.S.E	67.5%
X	Demonstration Multipurpose School, Mysore	1998	A.I.S.S.E/ C.B.S.E	54.5%

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 well-being 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."

The research, which used a pre- and post-test experimental design, primarily focused on identifying and helping adolescent students experiencing high emotional distress, problematic behavior, and low social skills. From the selected sample of 160 adolescents (80 boys and 80 girls), those in the experimental group received training in six life skills (problem-solving, decision-making, communication, interpersonal skills, emotional coping, and stress management) out of the ten life skills outlined by WHO. The intervention included 10 sessions, held twice a week over 10 weeks, using an activity-based module created by the researcher. Post-test results showed significant improvements in the experimental group compared to the wait-list control group. The study demonstrates the effectiveness of life skills training in reducing emotional distress and problematic behavior while improving social competence among adolescent students.

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

CURRICULUM VITAE

PUBLICATIONS

Research Publication

1. Sanjana N., Hita C. R., Sampathkumar. (2025). Influence of learned helplessness on emotional regulation among college students: Moderating role of gender. *INSPA Journal of Applied and School Psychology*, 7(1), 341-48. (UGC Care List Journal).
2. Hita, C. R. (2025). Levels of occupational stress in call center employees and software professionals: a comparative analysis. *International Journal of Indian Psychology*, 13(1), 2499-509.
3. 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.
4. 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. (Scopus Indexed).
5. Hita, C. R. (2022). Adolescent emotions: Relationship between positive and negative emotions. *International Journal of Scientific Research*, 11(10).
6. 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).
7. 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. (UGC Care List Journal).
8. Hita, C. R. (2018). Life Skills for Enhancing Social Competence during Adolescence. *International Journal of Basic and Applied Research*, 8(6), 526-535. (UGC Care List Journal).
9. 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. (UGC Care List Journal).
10. 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. (UGC Care List Journal).

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. Venkatesh Kumar. (2016). The Need for Counseling in the 21st Century for Adolescents. *Behavioral Transformation in Applied Psychology*. New Delhi: Global Vision Publishing House.

PARTICIPATION AND PAPER PRESENTATION

1. Presented research paper titled "*Grit as a Predictor of Psychological Well-being among Civil Service Aspirants*" at the International Conference on Frontiers of Behavioural Sciences: Addressing Contemporary Social Challenges, organized by Mar Theophilus Training College, Thiruvananthapuram, Kerala, August 2025.
2. Presented research paper titled "*Influence of Learned Helplessness on Emotional Regulation among College Students: The moderating Role of Gender*" at the International Conference on CogniSENSE+ 2025, organized by JSS Academy of Higher Education & Research, Mysuru, July 2025 (**Best Paper Award**).
3. Presented research paper titled "*Influence of Humor Styles on Psychological Wellbeing among College Students*" at the International Conference on CogniSENSE+ 2025, organized by JSS Academy of Higher Education & Research, Mysuru, July 2025.
4. Presented research paper titled "*Risk-taking Behaviors among Millennials and Gen-Z: The Role of Gender*" at the International Conference on CogniSENSE+ 2025, organized by JSS Academy of Higher Education & Research, Mysuru, July 2025.

CURRICULUM VITAE

5. Presented research paper titled "*Influence of Age on the Levels of Religiosity among the Tibetan Communities in Karnataka*" at the International Conference on CogniSENSE+ 2025, organized by JSS Academy of Higher Education & Research, Mysuru, July 2025.
6. Presented research paper titled "*Psychological Well-being and Grit among Civil Service Aspirants*" at the International Conference on CogniSENSE+ 2025, organized by JSS Academy of Higher Education & Research, Mysuru, July 2025.
7. Presented research paper titled "*Influence of Religious Orientation on Gratitude among College Students*" at the International Conference on CogniSENSE+ 2025, organized by JSS Academy of Higher Education & Research, Mysuru, July 2025.
8. Presented a review paper titled "*Addiction Reexamined: An Interdisciplinary Review of Neurobiological, Diagnostic, and Therapeutic Perspectives*" at the National Conference on Holistic Well-being in Higher Education: Strengthening Faculty for Viksit Bharat@2047, organized by REVA University in association with the Indian Council of Social Science Research (ICSSR), Bengaluru, June 2025.
9. Presented a research paper titled "*Relationship between Psychological Well-being and Grit among Civil Service Aspirants*" at the National Conference on Holistic Well-being in Higher Education: Strengthening Faculty for Viksit Bharat@2047, organized by REVA University in association with Indian Council of Social Science Research (ICSSR), Bengaluru, June 2025.
10. Presented research paper titled "Levels of Perceived Stress in Civil Service Aspirants: Role of Age, Gender, and Preparation Time" at the National Conference on Mental Health: Exploring Digital Dependency, Family Dynamics, and their Impact on Mental Well-being, organized by Prajna, in association with Yuva Sangha and Chanakya University, Bengaluru, May 2025 (**First Place in Best Paper Presentation**).
11. Presented research paper titled "*Levels of Perceived Stress in Civil Service Aspirants: An Analytical Study*" at the National Conference on Inclusive Social Development: Advancing Health and Wellness through Holistic and Tech-enabled Intervention organized by the School of Liberal Arts and Sciences (SoLAS), RV University, Bengaluru in association with Indian Council of Social Science Research (ICSSR), April 2025.
12. Presented research paper titled "*Navigating the Pressure: Evaluating Perceived Stress among Civil Service Aspirants*" at the Two-day International Conference on 100 Plus Years of Psychology: Reflections and Moving Forward, organized by the Department of Studies in Psychology, University of Mysore, March 2025 (**Best Paper Award**).
13. Presented research paper titled "*Emotional Well-being, Health, and Life Satisfaction in Call Centre Employees and Software Professionals*" at the International Conference on Health, Well-being and Technology, organized by the Department of Psychology, Central University of Karnataka, January 2023.
14. Presented research paper titled "*Levels of Occupational Stress among Call Centre Employees and Software Professionals: A Comparative Study*" at the 4th 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.
15. 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 Students' Counseling Center, Aligarh Muslim University, September 2022 (**Best Paper Award**).
16. Presented an empirical paper titled "*Adolescent Emotions: Relationship between Positive and Negative Emotions and the mediating Role of Gender*" at the 57th National and 26th International Conference of the Indian Academy of Applied Psychology, organized at Mizoram University, January 2022.
17. 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, organized by the School of Behavioural Science (SBS), National Forensic Sciences University (NFSU), Gandhinagar, Gujarat, October 2021.
18. Presented a research paper titled "*Emotional Intelligence in Individuals with Single and Both Parents*" at the 2-day International Conference on Narratives, Self, and Identities: Traditions and Innovations, conducted by REVA University, iSPELL, and Liverpool John Moores University, August 2021 (ISBN:9788193110188).
19. Presented an empirical paper titled "*Adolescent Emotion: The Mediating Role of Gender on Positive and Negative Emotions*" at the 2-day International Virtual Conference on

CURRICULUM VITAE

Psychological Wellbeing in the Pandemic Era, conducted by Kateel Ashok Pai Memorial College, Kuvempu University & Bharatiya Vidya Bhavan, August 2021.

20. Presented a scientific paper titled "*Effectiveness of Life Skills Training on Adolescents' Social Competence: An Intervention Study*" at the 2-day International Virtual Conference on Life Competences of Children and Adolescents of the 21st Century, conducted by The School of Arts and Humanities, REVA University, May 2020.
21. Presented technical paper titled "*Life Skills Training for Adolescents with Problem Behavior*" in the 7th INSPA International Conference on School Psychology: School Counseling and Skill Development, conducted by InSPA, November 2017.
22. Participated in Workshop on "*Research Data Analysis using SPSS and R*" and trained on using statistical analysis for research data in February 2017.
23. Participated and worked as a Rapporteur for Symposiums, Invited Lectures, and Oral Presentations in the section of Anthropology and Behavioral Sciences at the 103rd Indian Science Congress in January 2016.

TECHNICAL PROFICIENCIES

Participated as a 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 the 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, techniques to improve memory were discussed for geriatric groups and their families in Shimoga.
2. "Human Motivation - To Eat, Drink and be Daring" – Wherein the various primary and secondary factors that motivate human beings to live and progress were discussed for Nursing Students from various colleges in Shimoga.
3. "The Placebo Effect" – Was conducted to clarify how certain mechanisms and beliefs within the human mind help individuals to recover from illness, for healthcare professionals from Government Hospitals in Shimoga.
4. "Human Memory - Mechanisms & Techniques to Improve Memory" – Was carried out as a part of the Workshop conducted in Sagara, Shimoga, 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 Exams" – 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 in Shimoga for government school teachers to help them identify, deal with, or refer pupils having developmental disorders and learning disabilities.
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 the Department of Studies in Psychology, University of Mysore, as a part of the 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.

CURRICULUM VITAE

12. "Counseling Skills" – Workshop conducted at the Department of Studies in Psychology, University of Mysore, 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 classes 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 undergraduate students to sensitize them about emotional stress and its causes, with a main focus on developing skills to handle emotional distress.
15. "Effective Parenting Practices and their Influence on Child 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 in Hassan District, organized by Extramarks EdTech Company.
17. "Intellectual Well-being" – 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 Counselors in Discovering 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. "Psychological Wellbeing" – A talk for B.Ed. Students of St. Joseph's College of Education, Mysore.
25. "Effective Parenting: The Need of the Hour" Orientation delivered at St. Mary's School, T. Narsipur, Mysore.
26. "Mind over Marks", a talk for students of classes IX and X of Edify World School, Kurnool District, Andhra Pradesh.
27. "De-stressing Education: Making Academics Stress-Free for Teachers and Students Alike" Teacher Seminar for Educators from around Mysuru conducted by Pushpashrama Institute of Philosophy and Religion, Mysuru.

DECLARATION

I, Dr. Hita Claudia Rao, hereby affirm that the information provided above is true to the best of my knowledge, and I take responsibility for the accuracy of the details mentioned.

CURRICULUM VITAE

Date:

Place: Mysore

Signature

(HITA CLAUDIA RAO)