

## BIO-DATA

1. **Name** : **HARPRIT KAUR**
2. **Designation** : **Associate Professor**
3. **Department** : **Psychology**
4. **Date of Birth** : **08-09-1971**
5. **Address for Correspondence** : **P-4 ,Punjabi University Campus,  
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- 6 **Areas of Specialisation** : **Clinical Psychology, Applied Counselling,  
Psychopathology**

## 7. Academic Qualifications :

Examination	Name of the Board/University	Year of Passing	Percentage of Marks obtained	Division Class/Grade	Subject
Matric	CBSE	1988	353 / 500	71 % (I)	Science, Maths., Social studies, Eng., Hindi
10+2	PSEB	1990	232 / 450	52% (II)	Physics, Chem., Maths., Eng., Punjabi
B.A Psychology Honours	Punjab University, Chandigarh	1993	1571 / 2400 570 / 800	65% (I) 71%(I)	Psychology, Socio. Eco., Eng., Punjabi Psych. Honours.
M.A./M.Sc/M.Com/Other	Punjab University,	1995	503 / 800	63%( I)	Clinical, social, systems,

PG Course	Chandigarh				experimental, research, statistics, developmental.
PG Diploma in Management & Training of Learning Disability	AICTE, Delhi	2001	50 / 100	50% (II)	
JRF- NET	UGC	1998			

### Research Degrees (s)

Degree	Title	Date of Award	University
M.Phil (Clinical Psychology)	Cognitive Behaviour Therapy For Generalized Anxiety Disorder	Sept. 1997	NIMHANS, Bangalore
Ph.D..	Alexithymia in Somatoform Disorders in relation to Social Support, Life events, Coping, Family, & Verbal Fluency	2003	Punjab University, Chandigarh

### 8. Membership of Professional Bodies/Organisations

- Life Member: Indian Association of Clinical Psychology(PLM 72)
- Life Member: Association of Clinical Psychologists, Delhi(LM239)
- Life Member: Indian Academy of Applied Psychology(LM916)
- Life Member: Somatic Ink Blot Society
- Life Member: International Association of Holistic Psychology India(JA09AMF016)
- Life Member: Indian Psychiatric Association – N.Z.
- Regular Member: National Academy of Psychology(20090002)
- Life Member: Bharat Psychological Association(LNo.58-8/2008)
- Professional Member: Rehabilitation Council of India
- Indian Association for Child and Adolescent Mental Health

**9. Medals/Awards/Honours/Received**

**TTTTI-IAAP Award by *Indian Association of Applied Psychology* for  
PhD thesis (2004)**

**10. Scholarships:**

- i) JRF-UGC in Jan 1998**
- ii) PGI Fellowship for PhD in Dec. 1997**

**11. Details of Experience:**

S.	Name of the Inst./Employer	Position Held	Duration	Major Job Responsibilities and Nature of Experience
1.	GMCH -32 Chandigarh	Clinical Psychologist	30-3-1998 to 4-11-2003	Teaching , Clinical Services, Research
2.	Punjabi Univ Patiala	Assistant Professor  Associate Professor	4-11-2003 to 3-11-2015  4-11-2015 to date	Teaching , supervision of research & counselling, Research, Counselling

Period of Teaching Experience (in Years)		Subjects/Papers Taught	Period	FROM
<b>TO</b>				
<b>(i) Postgraduate Classes (MSc Psychology, Punjabi University, Patiala)</b>		Clinical (Child & Adult), Schools, Social, Motivation, Personality, Practical work, Counselling Cases. -	<b>(Nov.2003</b>	<b>Till Date)</b>
<b>(ii) Degree Class ( MBBS, DVTE , GMCH-32 &amp; GIMRC, Chandigarh)</b>		General Psychology, Psycho-diagnostics, Psycho-therapeutics, Psychological Management of Disabilities.	<b>(March 1998</b>	<b>Nov.2003)</b>
<b>(iii) Regular Resource Person for Short Courses for (a) Primary school teachers (b) Anganwari workers (c) Community Based Rehabilitation Workers ( NPRPD-State Resource Centre, Chandigarh Administration)</b>		Series of lectures related to various Psychological issues in assessment & management, & social acceptance of persons with disabilities.	<b>( Between 2001</b>	<b>2003)</b>
<b>(iv) Regular Resource Person for G. F. Training for Counsellors and Nurses of State of Punjab (Punjab State AIDS Control Society)</b>		Series of lectures related to various Psychological issues in assessment & management, & social acceptance of persons with HIV-AIDS	<b>(Oct. 2009</b>	<b>March 2010)</b>

Professional member of *Chandigarh Mental Health Authority, Chandigarh* Administration, Chandigarh. (2000-2003)

Psychologist Member of *Disability Board (Psychiatric), Chandigarh Administration, Chandigarh.*

(2000-2003)
Consultant psychologist for <b>Infosys, Mohali</b> for conducting regular Workshops and individual counseling for employees and their families. (2001-2003)
<i>Coordinator</i> in-charge of annual psychological testing & counseling event ( <b>PSYCHOFEST</b> ) for Punjabi university students and employees; and rural counseling camp ( <b>RURALFEST</b> ) for village-Dehla Sian, for three years (2008, 2009, 2010).
Honorary Counseling at <b>Women Counseling Cell of Punjab Police Patiala</b> (2012 to 2014)
Certified UN- <b>Advanced trained Mental Health Professional</b> in Asia Pacific and Eastern Europe by <b>UNDSS/CISMO</b> (2016)
Conducting trainings for “ <b>Peer Support Volunteers</b> ” for Preventing Farmer Suicides In Punjab at Punjabi University Patiala(2017)

## 12. Published Work:

- a. Research Papers : 51
  - i) National =41
  - ii) International =10
- b. Conference/Seminar Presentation 66
  - i) National = 29
  - ii) International =32
  - iii) Regional: 07
- c. Books
  - i) Chapters in books: 08

## 11. R & D Projects

- i) Department of Science & technology, Chandigarh (2000):  
‘Study of Reasons for Not Seeking Treatment for Substance Abuse in Community’
- ii) ICAR- National Agricultural Science Fund (2016):  
‘Addressing farmers’ suicide issue through Capacity Building of Farming Families’

## 12. Invited Talks/Articles

Fifty nine (at Mussourie, Chandigarh, Patiala, Delhi, Nahan, Ropar, Samana, Pathankot, Mysore, Udhampur, Fatehgarh Sahib, Rajpura, Mohali, Ludhiana)

Talks on AIR (2015) , FM Chicago (2015) and on ZEE Punjabi (2013)

**13. Ph.D. Students guided/under guidance:**

	Name of the Student	Title of Thesis	Year of Completion
1.	Mahinder Paul Sharma	Insight and motivation for change in obsessive-compulsive disorder.	2012
2.	Monica Dutta	Fear of Death : Cognitive, Emotional and Behavioural Correlates.	2012
3.	Usha	Hardiness, self Esteem and Learned Helplessness in relation to Alcohol Use.	2012
4.	Rahiba Sultana	Mental Health of Women with Premenstrual Syndrome in relation to their Body Image and Quality of Marital Life	2013
5.	Parminder Kaur	Emotional And Parental Correlates Of Obesity In Children	2015
6.	Swati	Moral Identity And Moral Judgement In Relation To Dark Triad Of Personality	2017 submitted
7.	Kavneet Kaur	Role Of Personal Correlates Of Wellness In Narcissism	Ongoing
8.	Navjeet Kaur	The Personal Correlates Of Impostor Syndrome	Ongoing
9.	Tilahun Gidey Gebremeskal	Psychosocial Predictors Of Bullying Among Adolescents In Ethiopia	Ongoing
10.	Diksha Sachdeva	Efficacy of Mindfulness Based Cognitive Therapy in Patients with Depression	Ongoing
11.	Navneet Kaur	Efficacy of Social Cognition and Interaction Training Program in Patients with Schizophrenia	Ongoing

**14. M.Phil Students guided:**

S.	Name of the	Title of Thesis	Year of
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No.	Student		Completion
1.	Sherrain Rattan	(a) A study of expressed emotions and cognitive distortion in OCD.	2010
2.	Sherry Brar	Psycho-Social Correlates of Postpartum Depression	2011
3.	Misha Dhawan	Effect Of Medical Profession On Fear Of Death And Hypochondriasis	2014
4.	Kiranpal	Relationship of Puberty with Depression and Alexithymia in Adolescent Girls	2015
5.	Sandeep Kaur	Social Anxiety in relation to Alexithymia and Family Environment in Adolescents	2015
6.	Kulwant Kaur	Role of Sexual Preferences on Social Anxiety and Alienation	2017
7.	Amandeep Kaur	Relationship of Internet Addiction with Emotional Health and Wellbeing among Young Adults	2017

### 15. List of Papers/Courses taught at P.G. and U.G. Level

S. No.	Paper	Class
1.	General Psychology	UG – MBBS
2.	Psycho diagnostics	MBBS
3.	Psychotherapeutics	MBBS
4.	Psychology in disability management	UG-DVTE
5.	Business Psychology	BSc(MCM)
6.	Schools in Psychology	MSc
7.	Social Psychology	MSc
8.	Applied Social Psychology	MSc
9.	Clinical Psychology	MSc

10.	Personality theories	MSc
11.	Child Psychopathology	MSc
12.	Practical work	MSc
13.	Health Psychology	MSc
14.	Cognitive Psychology	MSc
15.	Research in motivation	MPhil – PhD
16.	Psychology of Human Resources	MPhil – PhD
17.	Counselling Applications	PGDCP
18.	Guidance and counselling	PGDCP
19.	Ethical and Legal Issues	PGDCP
20.	Psychopathology	PGDCP
21.	Field Work	PGDCP
22.	Practicum	PGDCP

## 16. Technical Proficiency

Psycho diagnostics- Clinical use of tests ranging from Wechsler's to TAT to Rorschach.

Psychotherapeutics- Application of CBT, BT, Supportive psychotherapy, marital and sex therapy, play therapy, and counselling.

Rehabilitation and Management of Addiction, chronic illness' & Disabilities

Training, Research and Teaching in applied psychology

## 17. List of Papers Published

### **International**

1. Sarkar, R, Lokraj, **Kaur, H.**, Basu S., Kanwar A., Jain, R. (2004): Psychological disturbances in Indian children with atopic eczema. *Journal of Dermatology*, 31(6), 448-454.
2. **Kaur, H.**, Prasada Rao, P.S.D.V., Kumaraiah,V.(2008): A Comprehensive Cognitive Behavioural Intervention in Generalized Anxiety Disorder. *Pakistan Journal of Social and Clinical Psychology*. 6, 3-21.
3. **Kaur, H., Mishra, J.** (2010): Alexithymia and parent –child relationships in children with dissociative convulsions . *FWU Journal of Social Sciences*, 4(1), 78-89.
4. **Kaur, H.,Kaur, J.**(2011): Perfectionism and Procrastination: Cross Cultural Perspective. *FWU Journal of Social Sciences*, 5(1),34-50.
5. **Kaur, H.**, Sharma, M.P., Sidhu, B. S.(2010): Relationship between Severity of OCD and Motivation for Change. *IJBS* 25(1-2): 73-82.
6. **Kaur, H.,Sidhu, A.**(2011). Loneliness and General Mental Health in Geriatric Females. *International Journal Of Behavioural Sciences*, 26(1-2),45-55.
7. **Kaur, H.**, Singh,V., Singh, P.(2012).Emotional Intelligence: Significance of Psychology and Spirituality. *Pakistan Journal of Social and Clinical Psychology*, 9(2), 32-36.
8. **Kaur, H.**, Anu(2013)Anger in relation to Alienation in young adults of Punjab. *International Journal of Education and Management Studies*, . 3(4),476-478.
9. **Kaur, H.**, Dutta, M (2014). Death anxiety in females with and without exposure to death and dying: differential dimensions. *Sri Lanka Journal of Social Sciences*, 37 (1 & 2), 33-39.
10. **Kaur, H., Kaur, P.**(2015) Relationship of Alexithymia with Obesity in Children. *International journal of Social Sciences Review*, 3(3), 336-342.

### **National**

1. Verma, S.K. and **Kaur, H.** (1998): Ethics and clinical psychology. *Indian Journal of Clinical Psychology*, 25(2), 120-123.
2. Verma, S.K. and **Kaur, H.** (1998): Ethics in health psychology. *Psychological Studies*, 45(3), 136-138.



3. Verma, S.K., Bhargava, R. and **Kaur, H.** (1999): Under utilized human resources of mental health of the community. *Journal of personality and clinical studies*, 15(1-2), 56-59.
4. Verma, S.K. and **Kaur, H.** (1999): Human values and mental health. *Indian Journal of Clinical Psychology*, 26(2), 144-147.
5. Verma, S.K. and **Kaur, H.** (1999): Clinical psychologists' oath of sacrifices (O.S.S.) for maintenance of high ethical standards. An open invitation and challenge *Indian Journal of Clinical Psychology*, 26(1), 10-12.
6. Verma, S.K. and **Kaur, H.** (1999): EA proposed model for quantification of abnormal somatic concern on SIS-II. *SIS Journal of projective Personality and clinical studies*, 15(1-2), 56-59.
7. Verma, S.K. and **Kaur, H.** (2000) Is this the only right way? A projective psychotherapist's ethical dilemma. *Indian Journal of Clinical Psychology*, 27(2), 290-292.
8. Verma, S.K., **Kaur, H.** and Bhargava, R. (2000): Distortion of Body Image on SIS-II and draw-a-person test. *SIS Journal of projective Personality and mental Health*, 7, 39-43.
9. Priti,A and **Kaur, H.** (2002): Psychological treatment of impulse control disorders of childhood. *Indian Journal of Clinical Psychology*, 29(1), 54-59.
10. Priti,A ., Chavan ,B.S., **Kaur , H.**(2004): A Study of Reasons for Not Seeking Treatment for Substance Abuse in Community, *Indian Journal of Psychiatry*, 46(3), 256-260.
11. **Kaur, H.**, Chavan, B.S., Lokraj (2005): Management of Trichotillomania, *Indian Journal of Psychiatry*, 47, 235-237.
12. **Kaur H.** (2005): Parent Training for Child Conduct Problems. *Personality Study and Group Behaviour*, 258, 131-139.
13. Kaur, P., Sharma, KC, Sidhu, BS, **Kaur, H.** (2006): Urban married women: Subjective well being in relation to family structure. *Journal of Mental Health and Human Behavior*, 11(1), 44-48.
14. **Kaur, H.**, Singh, P , Singh, V. (2007): Emotional Maturity: Therapeutic Implications, *Journal of Mental Health and Human Behavior*, 12(2), 81-87.

15. **Kaur, H.,** and Monica (2009): Life Satisfaction and Spiritual Wellbeing. Indian Journal of Psychology and Mental Health, 3(4), 15-21.
16. **Kaur, H.** (2010): Psychological Interventions for Management of Female Foeticide and Female Infanticide. Indian Journal of Psychology and Mental Health, 4(6), 189-195.
17. **Kaur, H.**(2009): The Sikh Model of Mental Health: A Road Beyond Addiction. NPP Journal of Sikh Studies, 63-71.
18. **Kaur, H.,** Lokraj and Jojanjit (2010): The Frustration-reactions and Psychopathology in the Children of Victims of Violence. Journal of Indian Health Psychology, 5(1), 19-26.
19. **Kaur, H.** and Usha (2010): A Comparative Study of Hardiness and Adjustment among Nursing Students. Indian Journal of Psychology and Mental Health 4(2),177-181.
20. **Kaur, H.** and Sharma, M. P.(2010): Relationship between Severity of OCD and Motivation for Change. International Journal Of Behavioural Sciences, 25(1-2), 73-82.
21. **Kaur, H.** and Usha (2011): A Comparative Study of Self- Esteem of Alcoholics and Non- Alcoholics. Indian Journal of Psychology and Mental Health 5(1),142-145.
22. **Kaur, H.,**Kaur, J.(2011): Perfectionism and Procrastination: Cross Cultural Perspective. FWU Journal of Social Sciences, 5(1),34-50.
23. **Kaur, H.** (2012): Management of Writer's Cramp. Psychological Studies, 57(1), 37-39.
24. **Kaur, H.,**Neeru,(2012) Impact of adherence to medication and gender on family pathology in HIV patients. Indian Journal of Health and Wellbeing, 3(4),974-977.
25. **Kaur, H.,**Kaur, J,(2012) Gender Differences in Perfectionism and Resilience. Indian Journal Of Psychology And Education, 2(2),81-96.
26. **Kaur, H.** and Sachdeva, D (2012) A Study of Adolescent Mental Health in Relation to Alienation. Indian Journal of Health and Wellbeing , 3(1), 144-146.
27. **Kaur, H.,** Sultana,R. (2013)Body Image and Mental Health in Relation to Menstrual Cycle in Young Females. Indian Journal of Psychology and Education, 3(2), 20-27.

28. **Kaur, H., Swati** (2013). Dark Triad of Personality: A Theoretical Review. *Indian Journal of Health and Wellbeing* , 4(1),95-98.
29. **Kaur, H & Swati** (2013). Socio-Cultural Basis for Gender Differences in Mental Health in South East Asia, 7(2), 181-186.
30. **Kaur, H & Swati** (2013) Gender differences in Hardiness and Psychological Resilience in Adolescents. *Behavioural Scientist*, 4(2),111-116.
31. **Kaur, H., Sultana,R.** (2013) Effect of Premenstrual Syndrome on Mental Health of Women. *Indian Journal of Psychology and Mental Health*, 7(2),187-192.
32. **Kaur, H.,Kaur, M** (2013) Gender Bias in Parent-Child Relationship. *Indian Journal of Health and Wellbeing*, 4(2).
33. **Kaur, H.,Kaur, K**(2014) A Study of Adolescent's Strengths and Difficulties and Academic Self- Regulation. *Indian Journal of Health and Wellbeing*, 5(8),913-917.
34. **Kaur, H & Kaur, S** (2015). Social Anxiety in Relation to Alexithymia among Adolescents. *Journal of Psychosocial Research*, 10, 421-429.
35. **Kaur, H.**(2014) Efficacy of Brief Counseling for enhancing adjustment in Children. *Indian Journal of School Health & Wellbeing*, 2, 30-35.
36. **Kaur, H., Sultana,R.**(2015) Relationship between marital relations and mental health in women suffering from premenstrual syndrome. *Indian Journal of Psychology and Education*, 5(1), 74-82.
37. **Kaur, H. and Sachdeva, D.**(2015). Relationship of Alexithymia and Mental Health in Adolescents. *Indian Journal of School Health & Wellbeing*, 2, 42-45.
38. **Kaur, H & Kaur, A** (2017). Relationship of emotional health with internet addiction. *IAHRW International Journal of Social Sciences Review*, 5 (3), 385-390.
39. **Kaur, H & Kaur, A** (2017). Relationship of well-being with Internet addiction. *International Journal of Research in Social Sciences*, Vol. 7 Issue 7, pp. 392-407.
40. **Kaur, H., & Verma, A.** (2017). Emotional intelligence and personality: A correlational analysis. *IAHRW International Journal of Social Science Review*, 5(2), 148-153.
41. **Kaur, H & Kaur, N** (2017) Relationship of Perfectionism with Impostor Phenomenon: A Study of Managers. *Indian Journal of Psychology and Education*, 7(1).

### **Chapters in Books**

1. **Kaur, H. (2008)**: Play therapy and Behaviour Modification. In Sharma,N.,R., Kalia, A., K ., Husain, A. (2010) *Counseling: Theory, Research and Practice*. New Delhi: Global Vision Publication House. 257-274.
2. **Kaur, H.,** Kaur, J., Kaur, S. **(2009)**: Childhood Disorders and Interventions. In Shyam, R., Khan, A. (2009) *Clinical Child Psychology*. Delhi : Kalpaz Publications. 295-330.
3. **Kaur, H.,** Singh, P, Dutta, M **(2010)**: Role of Meaningfulness in Life in Health Promoting Behaviors. In Shyam, R., Khan, S., R. (2010) *Psychology and Health Promotion*. New Delhi: Global Vision Publication House.225-246.
4. **Kaur, H.,** Kaur, J. **(2010)**: Self Esteem, Alexithymia, and Coping in Normal and Overweight Females. In Shyam, R., Khan, S., R. (2010) *Psychology and Health Promotion*. New Delhi: Global Vision Publication House.127-140.
5. **Kaur, H.,** Sharma, M. P.**(2010)**: Counseling for Stress related problems. In Kumar, U., Mishra, N., Parkash, V. (2010) *Counseling: A Practical Approach*. Delhi: Academic Excellence. 75-102.
6. **Kaur, H. (2011)**: Internet Addiction. In *Information Technology and Data Networks: Prospects and Challenges*. 330-352.
7. **Kaur, H.,** Kaur, P. **(2014)**: Relationship of Obesity with Physical activity(Indoor & Outdoor Games) in Children. *Wellness Through Physical Activity: Future Perspective*. 179-184. ISSN: 978-93-8014-512-9
8. **Kaur, H. (2017)**: Psychological preparation for marriage. *Sadde Viah Sadde Bhog*,66-68. ISBN: 978-93-86267-4-9