

Dr. Sindu Padmanabhan
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PROFESSIONAL SUMMARY

A highly skilled researcher in Education & Health Psychology with experience in educational institutions and organizations and possessing a strong interest in health and cognitive psychology. I have a proven track of various research work, and education delivery, as well as outstanding analytical and observational skills. Reviewer for International Journals. Highly proficient in using industry research software packages. Now seeking to advance my research career and take on further responsibilities with a role in research organizations/ universities.

INTERNATIONAL MEMBERSHIP

- Australian Counseling Association- Membership Number: 23707
- Counsellor Council of India (The National Advisory Body)- CRN1315916
- International Association of Applied Psychology – IAAP ID -6223
- American Board of Professional Psychology (ABPP) – Member Number- C2002404680

CITATIONS

- Google Scholar: 68
- ResearchGate: 28
- Scopus: 9

EDUCATION & RESEARCH

- ***Doctor of Psychology***; Research & Development Centre, Bharathiar University, India | 2014 – 2019
Thesis Topic: Management of Depression with Behavior Therapy
Supervisor: Dr. S. Azmal Basha, Associate Professor & Head, Department of Psychology, S.V. Arts UG & PG College, Tirupati, India
The study focuses on the management of depression, anxiety, and stress among undergraduate students. The Psychoeducation training program helped in the improvement of the mental well-being of the students and can be used under any circumstances where low mental health has been noted. It is suggested that psycho-educational programs made an integral part of any educational course for the healthy mental and emotional state of students. Considering the multicultural and diverse socio-demographic profile of the society and competitiveness in people, these programs can also be given at competitive coaching centers where the students are pressurized to achieve the best score and rank in exams.
- ***Master of Philosophy Psychology***; Research & Development Centre, Bharathiar University, India | 2015 – 2016
Research Topic: Impact of Depression, Anxiety, and Stress on Academic Achievement among Engineering Students.
Supervisor: Dr. S. Azmal Basha, Associate Professor & Head, Department of Psychology, S.V. Arts UG & PG College, Tirupati, India
The study is aimed to find the relationship between Depression, Anxiety, and Stress with Academic achievement among engineering students. The in-depth investigation of the findings obtained through this study reveals that there exists a relationship between Depression, Anxiety, and Academic score of students. The level of Stress was found high for both Low and High scorers. The findings of the study will be useful in assisting Educators, Counselors, Psychologists, and Researchers to develop strategies to enhance students' psychological well-being.
- ***Research & Development Centre, Bharathiar University, India***
Research Topic: A Theoretical Approach to Management of Examination Phobia among High School Students
Supervisor: Dr. S. Azmal Basha, Associate Professor & Head, Department of Psychology, S.V. Arts UG & PG College, Tirupati, India
The research focused on exam phobia among students. The main objective of this paper is to introduce interventions for the Management of Examination Phobia and to assess the results of the same among High school students using Cognitive Behavioral Therapy (CBT), Progressive Muscular Relaxation Technique, Benson's Relaxation Response, Guided Imagery and Recommendations for administrators, teachers, parents, school counselors and students themselves.
- ***Research & Development Centre, Bharathiar University, India***
Research Topic: Impact Of Negative Emotions on Academic Scores Among Undergraduates Students
Supervisor: Dr. S. Azmal Basha, Associate Professor & Head, Department of Psychology, S.V. Arts UG & PG College, Tirupati, India
The research was conducted to determine the effects of negative emotions caused due to depression on the academic performance of undergraduate students.

- **M.Sc. Applied Psychology;** Annamalai University, India | 2011
- **Post Graduate Diploma in Guidance and Counseling;** Annamalai University, India | 2011
- **Post Graduate Certificate in Counselling Psychology;** Christian Counselling Centre, India | 2010
- **Diploma in Information Technology;** Human Resource Development Centre for Computer Science, India

CERTIFICATIONS

- **Recent Trends in Research Article Writing;** REST Society for Research International Certificate No: ADP047.
- **Recent Trends Data Analysis in SPSS software;** REST Society for Research International Certificate No: ADY010.
- **Recent Trends in Research Methodology;** REST Society for Research International Certificate No: ADT027.
- **Certified Peer Reviewer Course;** Certificate of Excellence by Elsevier
- **An Introduction to Peer Review;** Clarivate Web of Science Academy
- **Reviewing in The Humanities;** Clarivate Web of Science Academy
- **An Introduction to Ethical Publishing Behavior;** Web of Science Academy
- **An Editor;** Iterative International Publishers (IIP)

ACADEMIC SERVICE CERTIFICATIONS

- **Certificate of Appreciation as Reviewer;** APA 2023 Division 1, Washington D.C.
- **International Journal Reviewer;** International Journal of Applied Behavioral Economics, IGI Global Publisher, February 2023
- **Peer Reviewer Certificate;** Asian Business and Economic Studies, October 2022
- **Manuscript Evaluation Certificate;** African Journal of Business Management (AJBM), July 2022
- **Peer Reviewer Certificate;** Journal of Asian Business and Economic Studies, July 2022
- **Certificate Reviewer;** International Journal of Psychological Science (IJPS), January 2022, to January 2024
- **Certificate of Reviewing;** Current Research in Behavioral Science, March 2021
- **Reviewer Certificate;** Regional Economic Development Research

KEY SKILLSET

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| <ul style="list-style-type: none"> • Conducting eResearch • MS Office Suite (Word, Excel, PowerPoint, Access) • Highly competent in data collection and analysis tasks. • Strong Aptitude & Logical Reasoning | <ul style="list-style-type: none"> • Data Analysis & Visualization • Extensive knowledge of qualitative and quantitative research methods and their application to psychological settings. • Result-oriented | <ul style="list-style-type: none"> • Data Modelling Tools (IBM SPSS Statistics 22, Lucid Chart) • Knowledge of project and test design/ scoring • Time & Workload Management • Technical & Analytical Writing |
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RESEARCH PAPERS REVIEWED

- **Partner's Generalized Locus of Control and Domains of Job Satisfaction: Evidence from Australia;** Journal of Asian Business and Economic Studies, December 10, 2022.
- **Partners Generalized Locus of Control and Occupational Outcomes: Evidence from Australia;** Journal of Asian Business and Economic Studies October 26, 2022.
- **Examining the association between ADHD Symptoms, Social Support, and Psychological Distress: The Mediating Role of Rejection Sensitivity** 2nd August 2022 Current Research in Behavioral Science.
- **The repercussion of Compensation and Leadership on Employee Retention and Job Satisfaction with reference to academic professionals;** July 22, 2022, African Journal of Business Management.
- **Does your partner's locus of control associate with your occupational outcomes?** July 13, 2022, Journal of Asian Business and Economic Studies.
- **Employee job innovativeness in a Hospital during a covid-19 pandemic: influence of work locus of Control and**

work environment Regional Economics Development Research (REDR). March 22, 2022.

- *Task-Specific Bilingual Effects on Mandarin-English Speaking High School Students in China* 14th November 2021 Current Research in Behavioral Science.
- *Automation Process Child Safety Trackers from Water and Fire* 2nd July 2021 Current Research in Behavioral Science.
- *A Machine Learning Approach for Obesity Risk Prediction* 31st May 2021 Current Research in Behavioral Science.
- *A Theoretical Analysis of the Fear of Public Speaking: Changes in Human Behavior and Effects in Real Life* 10th May 2021 Current Research in Behavioral Science.
- *An extended state of uncertainty: A snapshot of expressions of concern in neuroscience* 23rd April 2021 Current Research in Behavioral Science.
- *How to shape academic freedom in the digital age? Are the retractions of opinionated papers a prelude to "cancel culture" in academia?* 28th March 2021 Current Research In Behavioral Science.
- *An In-Depth Analysis of Machine Learning Approaches to Predict Depression* 26th March 2021 Current Research in Behavioral Science

INTERNATIONAL & NATIONAL RESEARCH PAPER PRESENTATION

Impact of anxiety on academic achievement among engineering students; International conference on school mental health 25 & 26 October 2017, at Bharathidasan University, India.

Impact of stress on academic achievement among engineering students; National seminar on social work in mental health 24 & 25 March 2017, at Bharathidasan University, India.

Impact of mental health on academic achievement; National Seminar on social work in mental health 24 & 25 March 2017, at Bharathidasan University, India.

Impact of depression, stress, and anxiety on academic achievement among engineering students; National Conference on mental health and Well-being of Youth March 17, 2017, MGM College Pollachi, India.

Psychoanalytical Theories and Counselling; Institute for Human Relations, Counselling, and Psychotherapy, Christian Counselling Centre, Vellore, India.

Counseling an Adopted Child; Institute for Human Relations, Counselling, and Psychotherapy, Christian Counselling Centre, Vellore, India.

INTERNATIONAL RESEARCH PAPER PUBLICATIONS

Psychoeducation Intervention for the Mental Health of College Students; Science Frontiers Volume 3, Issue 1, March 2022, Pages: 17 – 24, DOI: 10.11648/j.sf.20220301.13

The impact of locus of control on workplace stress and job satisfaction. A pilot study on private-sector employees; Current Research in Behavioral Sciences, Elsevier, Volume 2, November 2021, 100026 <https://doi.org/10.1016/j.crbeha.2021.100026>.

Management of Depression with Behavior Therapy; Current Research in Behavioral Sciences, Elsevier, ISSN 2666-5182, <https://doi.org/10.1016/j.crbeha.2020.100001>, Volume 1, November 2020,100001.

Impact of Negative Emotions on Academic Scores among Undergraduate Students; PARIPEX Indian Journal of Research- International Journal, ISSN 2250- 1991, Volume 8, Issue 1, January 2019.

Impact of Depression, Anxiety and Stress on Academic Achievement among Engineering Students; International Journal of Indian Psychology, ISSN2348- 5396 (e) | ISSN: 2349- 3429 (p), Volume 5, Issue 1, October-December 2017.

Impact of Depression on Academic Achievement among Engineering Students; International Journal of Indian Psychology, ISSN 2348-5396 (e) | ISSN: 2349- 3429 (p), Volume4, Issue 1, No. 82, DIP: 18.01.142/20160401, ISBN: 978-1-365-59365-9, 26th December 2016.

Impact of Stress on Academic Achievement among Engineering Students; International Journal of Indian Psychology, ISSN2348-5396 (e) | ISSN: 2349-3429 (p), Volume 4, Issue 1, No. 81, DIP: 18.01.122/20160401, ISBN: 978-1- 365-59365-9, 25th December 2016.

Impact of Anxiety on Academic Achievement among Engineering Students; International Journal of Indian Psychology, ISSN2348-5396 (e) |ISSN: 2349-3429 (p), Volume 4, Issue 1, No. 80, DIP: 18.01.111/20160401, ISBN: 978-1-365- 57867-0, on 19th December 2016.

BOOK CHAPTER

Padmanabhan, Sindu (In Press). “**Impact of Psychoeducational Approach - Changing the Stigma of Mental Health**” In *Changing the Stigma of Mental Health Among African Americans: Moving From Denial to Acceptance*, IGI Global, DOI: 10.4018/978-1-6684-8918-5.

Padmanabhan, Sindu. “**The Effects of Locus of Control on Job Satisfaction and Stress at Work. A Study on Employees in the Private Sector**” In *Advances in Biomedical and Healthcare Science*, Volume 1, ISBN: 978-93-91768-81-2, edited by Dr. R Prabhu, Dr. Med Ram Verma, Ms. Debjani Nayak and Mr. Ajit Kumar Varma, pp 130 - 138. India: Bhumi Publishing, December 8, 2022, <https://www.bhumipublishing.com/wp-content/uploads/2022/12/Advances-in-Biomedical-and-Healthcare-Science-Volume-1.pdf>

BOOK PUBLISHED

Sindu Padmanabhan; *A Psychoeducational Approach to Improving the Mental Health of College Students*; Bhumi Publishing; India; December 2022; 1st Edition, ISBN: 978-93-91768-98-0 <https://www.bhumipublishing.com/wp-content/uploads/2022/12/A-PSYCHOEDUCATIONAL-APPROACH-TO-IMPROVING-THE-MENTAL-HEALTH-OF-COLLEGE-STUDENTS.pdf>

CONTACT INFORMATION WEBSITES

- **LinkedIn**- <https://www.linkedin.com/in/sindu-padmanabhan/>
 - **Google Scholar**- <https://scholar.google.com/citations?hl=en&user=HXjYsgIAAAAJ>
 - **ResearchGate**- <https://www.researchgate.net/profile/Sindu-Padmanabhan>
 - **ORCID**- <https://orcid.org/0000-0001-8267-1112>
 - **Scopus** - <https://www.scopus.com/authid/detail.uri?authorId=57538713300>
 - **Web of Science** <https://www.webofscience.com/wos/author/record/ADO-6122-2022>
 - **Academia.edu** - <https://independent.academia.edu/sindupadmanabhan>
 - **Figshare**: https://figshare.com/authors/Dr_Sindu_Padmanabhan/14324760
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REFERENCE

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