

Name: Paulomi M. Sudhir

Current Designation: Professor (since 2016)

Current roles and responsibilities:

Professor at the Department of Clinical Psychology,

Consultant at Behavioural Medicine Unit (Department of Clinical Psychology),

Consultant Stress and Lifestyle clinic at NIMHANS Center for well-being.

Qualifications: MA MPhil (Clinical Psychology; NIMHANS), Ph.D. (Clinical Psychology; NIMHANS)

Work experience

S.No	Organization	Position	Period
1	NIMHANS, Department of Clinical Psychology	Professor	July 2016 till date
2	NIMHANS, Department of Clinical Psychology	Additional Professor	July 2012 till 2016
3	NIMHANS, Department of Clinical Psychology	Associate Professor	2009-2012
4	NIMHANS, Department of Clinical Psychology	Assistant Professor	December 2004-2009
5	NIMHANS, Department of Clinical Psychology	Junior Scientific Officer	July 2000-2004
6	NIMHANS, Department of Clinical Psychology	Clinical Psychologist	December 1998

Research and Clinical interests

Behavioural and cognitive behavioural interventions, third-wave behaviour therapies, transdiagnostic psychological processes and treatments (rumination, perfectionism, social cognition) personality and cognitive factors in psychological conditions and specific clinical conditions such as OCD, anxiety, and mood disorders, health and health behaviours including chronic medical conditions.

Funded Research Projects

Sl. No	Title	Sponsoring Agency	Period	Status
1	NIMHANS funded project in quality of life in anxiety disorders	NIMHANS (PI)	One year	Completed
2	Project titled Parenting and Socialization processes in the development of perfectionism: An intergenerational study of Indian youth	ICSSR (PI)	2 years	Completed

3	Anger and aggression in youth driving two wheelers	CSIR (as Co-I)	3 years	Completed
4	CBT for partial responders with OCD: A randomized controlled trial	ICMR (PI)	3 years	Completed in 2018
5	Parenting Styles, Perfectionism and self-conscious emotions in Indian Youth: a socio-cultural perspective	ICSSR (PI)	2 years	Completed
6.	Strengthening the pyramid of care Development and pilot testing of a self-care intervention for depression	ICMR (Co-I)	3 years	Completed
7.	Achieving and maintaining excellence in Sports: A Positive psychological perspective	Ministry of Youth Affairs and Sports, Karnataka Co-I	1 year	completed
8.	'Development and preliminary evaluation of a multi-function technology-based platform for improving mental health care and help seeking for common mental health disorders'	Microsoft Research India Co-I	2 years	Ongoing
9.	Development and Evaluation of a Picture-cum-Activity book on Mental Health Care for Adolescents_	Intra mural Grant by NIMHANS- Dr. Aruna Kapanee Co-I	3 years	Ongoing
10.	Training of trainers' program on 'promotion of mental Health of hcp and public' during the COVID 19 pandemic	WHO	3 months	Completed

11.	Quantitative analysis of prospective data to predict the likelihood of PCOD' based on physical and psychological factors that affect young adult! Women using machine learning	Vision Group on Science and Technology under Research Grants for Scientist / Faculty		Completed
12.	MANAS- Mental Health Augmentation Normalcy System Funded by Principal Scientific Advisor, GOI	Principal Scientific Office (PSA) Govt of India	4 months	Ongoing
13.	Development and Validation of an Integrated Yoga Based Stress Reduction Program (IYBSR) for Health Care Professionals working in the context of COVID-19-	DST (as CoI)	1 year	Ongoing
14.	VR4CIMT - Virtual Reality-based compassion and integrity training platform for doctor-patient communication Proposal submitted by IIIT-Bangalore, NIMHANS, and HyperReality	Drishti iHub Co I PI: Professor Srikanth, IIIT-B	1 year 9 months	To be initiated

Non-funded projects:

Title of project	Role	Duration	The outcome of the project
Feasibility and acceptability of a mobile-based application for management of OCD: A pilot study	PI	1 year	Ongoing

Development and Validation of a Scale for Assessment of Patient Satisfaction	Co-investigator	5 years	Ongoing
Psychological Preparedness for Pandemic (COVID – 19) Management: Perception of Nurses and Nursing Students in India	Non-funded (Dept of Nursing, NIMHANS) Co I	3 months	Completed

Key publications in the last 5 years

1. Kapanee AR, Meena KS, Nattala P, Sudhir PM. Mental health orientation among ASHAs: A study from Karnataka State, India. *J Family Med Prim Care* 2021;10:3748-52
2. Kapanee ARS, Meena KS, Nattala P, Manjunatha N, Sudhir PM. Design and development of a training video for Accredited Social Health Activists (ASHAs) on brief psychological intervention for depression. *J Family Med Prim Care* 2021;
3. George RS, Mehrotra S, Paulomi MS. Treatment Acceptability and Preference for Psychotherapy and Medication in Patients with Common Mental Disorders in an Indian Tertiary Care Setting. *Online J Health Allied Scs.* 2021;20(4):7. Available at URL: <https://www.ojhas.org/issue80/2021-4-7.html>
4. Gandhi S, Sahu M, Govindan R, Nattala P, Gandhi S, Sudhir PM, et al. (2021) Psychological preparedness for pandemic (COVID-19) management: Perceptions of nurses and nursing students in India. *PLoS ONE* 16(8): e0255772. <https://doi.org/10.1371/journal.pone.0255772>
5. Rukmini S., Sudhir PM, Bhaskar A, Arumugham SS. Identifying mediators of cognitive behaviour therapy and exposure therapy for social anxiety disorder (SAD) using repeated measures *Journal of Affective Disorders Reports*, 2021, 6, 100194
6. Prathishtha P, Sudhir PM, Mehrotra SM (2021). Procrastination and self-compassion in persons with anxiety disorders *Telangana Journal of Psychiatry*, (Accepted for publication).
7. Goyal S, Sudhir PM, Sharma MP. Pathways to mental health consultations: A study from a tertiary care setting in India. *Int J Soc Psychiatry.* 2021 Mar 31:207640211003929. doi: 10.1177/00207640211003929. Epub ahead of print. PMID: 33789514.
8. Samantaraya NN, Natha N, Beheraa N, Mishraa A, Singh P, **Sudhir P**. Brief cognitive behavior group therapy for social anxiety among medical students: A randomized placebo-controlled trial. *Asian J Psychiatr*, 2021; 55, 102526 journal homepage: www.elsevier.com/locate/ajp
9. Manjula M., Kishore MT, Kumar D, Kapanee AM, Pinjarkar RG, Sudhir PM, Satyanarayana V, Mehrotra M., Online Training of Psychologists in Providing Telephone Based Psychological Support in the Context of COVID-19: An Experience from India. *Indian Journal of Clinical Psychology*; 47:1: 83-89.
10. Fathima MA, Mehrotra S., Sudhir PM (2020). Perceived norms and help seeking for depression in Indian college youth *Int J Med Sci Public Health.* 2020; 10: 4: (open access) DOI: [10.5530/ijmedph.2020.x.x](https://doi.org/10.5530/ijmedph.2020.x.x)
11. Goyal, S., Sudhir P.M., Sharma MP (2020). Illness perceptions and Health beliefs in persons with common mental disorders. *Asian J Psychiatr.* 53:102366.
12. Abraham AM, Sudhir PM, Philip M, Bantwal G. Efficacy of a Brief Self-management Intervention in Type 2 Diabetes Mellitus: A Randomized Controlled Trial from India. *Indian J Psychol Med.* 2020 Aug 10;42(6):540-548. doi: 10.1177/0253717620932250. PMID: 33354080; PMCID: PMC7735239

13. Ravindran S, P LN, Channaveerachari NK, Seshadri SP, Kasi S, Manikappa SK, Cherian AV, Palanimuthu T S, Sudhir P, Govindan R, P BR, Christopher AD, George S. Crossing barriers: Role of a tele-outreach program addressing psychosocial needs in the midst of COVID-19 pandemic. *Asian J Psychiatr*. 2020 Oct;53:102351. doi: 10.1016/j.ajp.2020.102351. Epub 2020 Aug 15.
14. Kolavarambath R, Sudhir PM, Prathyusha PV, Thirthalli J. (2020). Emotion recognition, emotion awareness, metacognition, and social functioning in persons with schizophrenia. *Indian J Psychol Med* 2020;42:147-
15. Michelson, D Malik K. Parikh, R. Weiss, HA, Doyle, AM. Bhat B.Sahu R., Chilhate, B.Mathur, S.Krishna M. Sharma, R., **Sudhir**, P., King, M. Cuijpers, P., Chorpita B., Fairburn CG, Patel V. Effectiveness of a brief lay counsellor-delivered, problem-solving intervention for adolescent mental health problems in urban, low-income schools in India: a randomized controlled trial. *Lancet Child Adolesc Health* 2020; 4: 571–82.
16. Balachander S, Bajaj A, Hazari N, Kumar A, Anand N, Manjula M, Sudhir PM, Cherian AV, Narayanaswamy JC, Jaisoorya TS, Math SB, Kandavel T, Arumugham SS, Janardhan Reddy YC. Long-term Outcomes of Intensive Inpatient Care for Severe, Resistant Obsessive-Compulsive Disorder. *Can J Psychiatry*. 2020 Nov;65(11):779-789. doi: 10.1177/0706743720927830. Epub 2020 May 26. PMID: 32452212; PMCID: PMC7564695.
17. Parikh, R, Michelson, D & Malik, Shinde, S Weiss, H., Hoogendoorn, A., Ruwaard., Krishna M., Sharma, R., Bhat., B., Sahu, R., Mathur, S., **Sudhir**, P., King, P., Cuijpers, Chorpita B. C., Fairburn C.G., & Patel, Vikram. The effectiveness of a low-intensity problem-solving intervention for common adolescent mental health problems in New Delhi, India: protocol for a school-based, individually randomized controlled trial with an embedded stepped-wedge, cluster-randomized controlled recruitment trial. *Trials*. 2019. 10.1186/s13063-019-3573-3.
18. Sudhir, P. Manjula, Munivenkatappa M. Kumar, A. Sharma, MP. Current status of cognitive behaviour therapy in India: The need to adopt a balanced view. *Asian J Psychiatr*, 2019. 44: 10.1016/j.ajp.2019.07.046.
19. Nanjundaswamy MH, Varshney P, Thanki MV, Arunya B, Rai V, Mehta UM, Arumugham SS, Sudhir PM, Chandra PS. Theta burst stimulation for tokophobia during pregnancy. *Brain Stimul*. 2019 Sep-Oct;12(5):1322-1324. doi: 10.1016/j.brs.2019.06.018.
20. Kashyap, H., Reddy, P Mandadi, S & Narayanaswamy, J., Sudhir, P. & Reddy, Y.C. (2019). Cognitive training for neurocognitive and functional impairments in obsessive-compulsive disorder: A case report. *J Obsessive Compuls Relat Disord* 23. 100480. 10.1016/j.jocrd.2019.100480.
21. Reddy YCJ, Sudhir PM, Manjula M, Arumugham SS, Narayanaswamy JC. Clinical Practice Guidelines for Cognitive-Behavioral Therapies in Anxiety Disorders and Obsessive-Compulsive and Related Disorders. *Indian J Psychiatry*. 2020 Jan;62(Suppl 2):S230-S250. doi: 10.4103/psychiatry.IndianJPsychiatry_773_19.
22. Kumar R, Sudhir PM, Michael RJ, Sharma MK, Chakrabarty N, Mehrotra S. Self-reported anger: Vulnerability for risky behaviors in two-wheeler riding young men. *Indian J Psychol Med* 2019
23. Manjula M, Sudhir PM. New-wave behavioural therapies in obsessive-compulsive disorder: Moving toward integrated behavioural therapies. *Indian J Psychiatry* 2019; 61, Suppl S1: 104-13.
24. Pinjarkar GR, Sudhir PM, Mariamma P, Bada Math S, **Wells A**. Brief Cognitive Therapy Plus Treatment as Usual for Social Anxiety Disorder: a Randomized Trial of Adults in

- India. *International Journal of Cognitive Therapy*. 2018 Sep;11(3):299-310. <https://doi.org/10.1007/s41811-018-0025-x>
25. Sudhir PM. Cognitive behavioural interventions in addictive disorders. *Indian J Psychiatry* 2018;60:479-84.
 26. Mehrotra S, Kumar S, Sudhir P, Rao GN, Thirthalli J, Gandotra A. Unguided Mental Health Self-help Apps: Reflections on Challenges through a Clinician's Lens. *IJPSYM*. 2017;39(5):707-711.
 27. Mehrotra, Seema & Sudhir, Paulomi & Rao, Girish & Thirthalli, Jagadisha & Srikanth, TK. Development and Pilot Testing of an Internet-Based Self-Help Intervention for Depression for Indian Users. *Behavioral Sciences*. 2018. 8: 36. 10.3390/bs8040036.
 28. Mary Kapanee AR, Meena KS, Nattala P, Manjunatha N, Sudhir PM. Perceptions of accredited social health activists on depression: A qualitative study from Karnataka, India. *Indian J Psychol Med* 2018;40:11-6.
 29. Manjunatha N, Agarwal PP, Shashidhara, HN Palakode M, E. Aravind Raj, Kapanee ARM, , Nattala P, Naveen Kumar C., Sudhir P. Thirthalli J, Bharath S. Sekar K. Varghese M. First 2 years of experience of "residential care" at "sakalawara rehabilitation services," National institute of mental health and neurosciences, Bengaluru, India. *Indian J Psychol Med* 2017;39:750-5.
 30. Mary Kapanee AR, Meena KS, Nattala P, Manjunatha N, Sudhir PM. Authors' Reply to comments on ASHAs' Perceptions on depression. *Indian J Psychol Med* 2018;40:196-7.
 31. Sudhir PM. Cognitive behavioural interventions in addictive disorders. *Indian J Psychiatry* 2018;60:479-84.
 32. Udayakumar SG, Sharma MK, Munivenkatappa M, Sudhir PM, Mehrotra S, Hameed NT. Felt needs for psychological training to enhance performance: Perspectives of youth engaged in competitive sports. *Ind Psychiatry J*. 2017 Jul-Dec;26(2):233-238. doi: 10.4103/ipj.ipj_8_17. PMID: 30089975; PMCID: PMC6058443.233–238. https://doi.org/10.4103/ipj.ipj_8_17
 33. Fathima MA, Sudhir PM Mehrotra S. Depression with and without preceding life event: Differential recognition and professional help seeking inclination in youth? *Ind J Soc Psychiatry* 2018 34;116-9.
 34. Sudhir P M. Advances in psychological interventions for lifestyle disorders: overview of interventions in cardiovascular disorder and type 2 diabetes mellitus. *Curr Opin Psychiatry*: 2017: 30; 5; 346–351 doi: 10.1097/YCO.0000000000000348
 35. Mehrotra S, Sudhir PM, Kumar SCR, Thirthalli J, Rao GN, Srikanth TK, Gandotra A. Profile of seekers of an internet-based self-help program for depression in India: observations and implications. *Int J Community Med Public Health* 2017;4:3202-11.
 36. Mehrotra S, Kumar SCR, Gandotra A, Sudhir PM, Thirthalli J, Rao GN. Why urban Indians are interested in an internet based self-care app for depression? A brief pilot survey. *Int J Community Med Public Health* 2017;4:2197-201.
 37. Sudhir, P. M. Sharma M., Prathyusha P.V., Philip, M. Factor structure of the Hewitt Multidimensional Perfectionism Scale (HMPS) in young Indian adults *JIAPP*. 2017: 43;2; 248-256.

Chapters in Books

1. Ashwini PK and Kishor M (Eds) *Essentials of Psychiatry for Dermatology and Aesthetic Practice* First Edition : APASARA PRAKASHANA 2021

2. Stern J Naik SS, Sudhir PM Psychotherapeutic approaches to patients presenting with physical symptoms In Psychotherapy across Epochs and Methods 2020 October NIMHANS , Bangalore
3. **Sudhir PM.** Cognitive Behaviour Therapy an introduction. In: A Practical Approach to Cognitive Behaviour Therapy for Adolescents. Mehta M. and Sagar R. (Eds). Springer, Publications, New Delhi, 2015, 21-41.
4. **Sudhir PM.** Approaches to Cognitive Behavioral Therapies. In: S. Kulkarni and M. Kishor (Eds) Essentials Psychiatry for OBG professionals Jaypee Publications, 2015 page 130.
5. **Sudhir PM.** Cognitive Behavioral Approaches to in Sexual Dysfunction. In: S. Kulkarni and M. Kishor Essentials Psychiatry for OBG professionals Jaypee Publications, 2015 page 137.
6. Coping with stress **Paulomi M. Sudhir** and Aarati Taksal. In Stress and Work: The 21st Century Perspective. S. Pandey Editors. New Delhi: Sage Publications. 2013.
7. **Paulomi M. Sudhir.** Applications of cognitive behavioural principles in traumatic brain injury. In R. Jamuna (Ed), Neuropsychological Rehabilitation-Principles and Applications (2012) Elsevier.
8. P. Majgi, M.P. Sharma & **P. Sudhir,** (2006). Mindfulness based stress reduction program for paramilitary personnel. In U. Kumar (Ed) *Recent developments in Psychology,*. Defence Institute of Psychological Research. pp115-125.

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