

HIMANI KASHYAP

Designation: Associate Professor of Clinical Psychology

Current roles and responsibilities

- Clinical Psychology Consultant, Adult Psychiatry Unit 4
- Clinical Psychology Consultant, Mother-Baby In-patient Ward
- Clinical Psychology Consultant, Psychology Care Clinic (NIMHANS Centre for Well Being -NCWB).
- Coordinator, Cognite Clinic (NCWB)
- Deputy Warden, Kabini hostel

Work experience:

1. Senior Neuropsychologist, The Victorian Rehabilitation Centre, Melbourne, Australia
2. Clinical Neuropsychologist, The Melbourne Clinic, Melbourne, Australia
3. Research fellow, Melbourne Neuropsychiatry Centre, National Neuroscience Facility, University of Melbourne

Research & clinical interests

Neuropsychology and psychotherapy in psychiatric disorders;

Intersection of psychotherapy and neuroscience;

Cognitive training for anxiety and depressive disorders (particularly obsessive-compulsive disorder);

Holistic psychological interventions for acquired brain injuries

Awards and Achievements

- Editorial Board member, Indian Journal of Psychological Medicine (July 2018-present)
- Honorary staff, Melbourne School of Psychological Sciences, University of Melbourne (July 2016 – June 2017)
- Member of the Australian Psychological Society
- Member of the International Neuropsychology Society
- Professional Life Member of the Indian Association of Clinical Psychologists (PLM 372)
- Professional Life Member of the Karnataka Association of Clinical Psychologists
- Psychology Board of Australia – Registered Psychologist with endorsement in Clinical Neuropsychology
- Psychology Board of Australia -Approved Supervisor for graduate, higher degree and registrar programs
- National Eligibility for Lectureship (2007), University Grants Commission, Government of India.
- Junior Research Fellowship (2007-2009), University Grants Commission, Government of India.

- Senior Research Fellowship (2009-2010), by the University Grants Commission, Government of India.
- Invited reviewer for several international journals including *Comprehensive Psychiatry*, *Psychiatry Research*, *Journal of Psychiatric Research*, *International Journal of Psychiatry in Medicine*, *Journal of Affective Disorders*

Research projects

- Neurocognition and metacognition in depression (Ongoing). Principal Investigator.
- Executive functions, Empathy, Insight and Quality of Life in Patients with Schizophrenia and Bipolar Disorder (Ongoing) Co-Principal Investigator.
- Validation of the Cognitive Assessment Instrument for Obsessions and Compulsions (CAIOC-13) in an Indian Sample (Ongoing). Principal Investigator.
- Manipulating levels of uncertainty in a probabilistic reasoning task in obsessive compulsive disorder (Ongoing). Co-investigator.
- PROMPT ACTION: Program for Psychologist Training to Assess and Treat post-Covid Intensified Needs (Approved). Principal Investigator.

Key publications

- Vishwanathan A, **Kashyap H***, Reddy RP, Philip M, Thippeswamy H, Desai D (In Press). Neurocognition and metacognition in anxiety disorders. *Indian Journal of Psychological Medicine*.
- **Kashyap H**, Abramovitch A (2021). Neuropsychological Research in Obsessive-Compulsive Disorder: Current Status and Future Directions. *Frontiers in Psychiatry*. 12:721601. doi: 10.3389/fpsy.2021.721601
- Arumugham S, Srinivas D, Narayanaswamy JC, Jaisoorya TS, **Kashyap H**, Domenech P, Palfi S, Mallet L, Venkatasubramanian G, Reddy YCJ. (2021). Identification of biomarkers that predict response to subthalamic nucleus deep brain stimulation in obsessive-compulsive disorder. *BMJ Open*. PMID: 34158304
- Zıblak A, Tumkaya S, **Kashyap H**. Transcranial magnetic stimulation over orbitofrontal cortex in obsessive compulsive disorder: A double-blind placebo-controlled trial. *Journal of Obsessive-Compulsive and Related Disorders*. 2021 Jan 01;31:
- Tumkaya, S., Yucens, B, Mart, M, Tezcan, D, **Kashyap, H**. (2020). Multifaceted impulsivity in obsessive-compulsive disorder with hoarding symptoms. *Nordic Journal of Psychiatry*. Doi 10.1080/08039488.2020.1838605 PMID: 33146050
- Sargunraj M, **Kashyap H***, Chandra PS. Writing Your Way Through Feelings: Therapeutic Writing for Emotion Regulation. *Journal of Psychosocial Rehabilitation and Mental Health*. 2020 Oct 07;:1-7
- **Kashyap, H***, Chandur, J., Reddy, R.P (2020). The loss of the shared space: Process issues in telepsychotherapy. *Indian Journal of Psychological Medicine*. PMID: 33414595
- **Kashyap, H***, Reddy, P., Mandadi, S., Narayanaswamy, J.C., Sudhir, P.M., Reddy, Y.C.J. (2019). Cognitive training for neurocognitive and functional impairments in obsessive compulsive disorder: a case report. *Journal of Obsessive-compulsive and related disorders*, 23: 100480
- Tümkaya, S., Karadag, F., Yenigün, E.H., Özdel, O., **Kashyap, H**. (2018). Metacognitive Beliefs and Their Relation with Symptoms in Obsessive-Compulsive Disorder. *Archives of Neuropsychiatry*.

- **Kashyap, H***, Kumar, J.K., Kandavel, T., Reddy, Y.C.J. (2017). Relationships between neuropsychological variables and factor-analysed symptom dimensions in obsessive compulsive disorder. *Psychiatry research*, 249, 58-64.
- **Kashyap H**, Kumar KJ, Kandavel T, Reddy YCJ. (2015). The dysfunctional inner mirror: Poor insight in obsessive compulsive disorder, contributions to heterogeneity and outcome. *CNS Spectrums* 20(5): 460-462. **INVITED EDITORIAL**
- Yucel M, Whittle S, Youssef GJ, **Kashyap H**, Simmons JG, Schwartz O, Lubman DI, Allen NB. (2015). The influence of sex, temperament, risk-taking and mental health on the emergence of gambling: a longitudinal study of youth. *International Gambling Studies*, 15 (1): 1-16
- **Kashyap, H**, Kumar JK, Kandavel T, Reddy YCJ. (2013). Neuropsychological functioning in obsessive-compulsive disorder: Are executive functions the key deficit? *Comprehensive Psychiatry*, 54 (5): 533-540
- **Kashyap, H.**, Fontenelle, L.F., Miguel, E.C., Ferrão, Y.A., Torres, A.R., Shavitt, R.G., do Rosário, M.C., Yücel, M. (2012) ‘Impulsive compulsivity’ in obsessive-compulsive disorder: a phenotypic marker of patients with poor clinical outcome. *Journal of Psychiatric Research*, 46(9):1146-52
- **Kashyap H**, Kumar KJ, Kandavel T, Reddy YCJ. (2012). Neuropsychological correlates of insight in obsessive compulsive disorder. *Acta Psychiatrica Scandinavica* 126 (2), 106-114
 - (See also: Fontenelle, L. F. (2012). New neuropsychological data might help build a model of poor insight in obsessive-compulsive disorder. *Acta Psychiatrica Scandinavica*, 126(2), 83-84. An editorial comment to Kashyap H, Kumar K, Kandavel T, Janardhan Reddy YC. Neuropsychological Correlates of Insight in Obsessive-Compulsive Disorder)

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