

Name: Dr. M. Manjula

Designation: Professor

**Current roles and responsibilities:**

Clinical teaching and training of M.Phil in Clinical Psychology trainees from within and outside the Institute posted in the Department. Manpower development through training programs, workshops for mental health professionals.

**Research activities** – Mentored research include guiding M.Phil and PhD research within the department and across the departments in the Institute as well as carrying out funded research projects.

**Administrative and academic roles:** Member on various boards of the institute such as Department Promotion Committee, Ethics committee, Kananda Cell, NABH committee (department representative), Member of Student support network, Academic responsibilities – course coordinator, entrance exam paper setting, member/chairperson of exam boards (within and outside the Institute). Member of review committees of funding agencies, Journals, and Academic boards of other organizations/colleges; non-official member of Karnataka State Mental Health authority.

Public engagement and outreach programs: Conducting mental health orientation, stress management and other topics of relevance for various stake holders such as students, health professionals, teachers, care providers, parents and professionals working across various settings.

Work experience:

<b>Position held</b>	<b>Duration</b>	
Clinical Psychologist	3 years (2002-2005)	NIMHANS
Lecturer	11 months (2005-2006)	Christ University
Junior Scientific Officer	5 months (2006-2007)	NIMHANS
Assistant Professor	February 2007 - June 2010	NIMHANS
Associate Professor	July 2010 – June 2013	NIMHANS
Additional Professor	July 2013 – June 2017	NIMHANS

Professor	July 2017 till date	NIMHANS
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**Research & clinical interests:** My work involves providing psychological interventions to patients referred to Behavioural Medicine Unit, supervising the clinical work/therapy of the trainees posted in the unit. My research interests are: Cognitive behavior therapies, third wave therapies and psychotherapy process research. Examining the effectiveness of the aforementioned therapies across common mental health problems, personality disorders, sexual dysfunctions and difficulties; and preventive and promotive interventions for youth.

**Awards and Achievements:** Has won best paper awards twice at NACIACP as first author and 8 best paper awards as co-author

**Research projects:**

**Mentored research:** Guided about 20 M.Phil dissertations, and 15 PhD theses.

- 1) Stress Management Programme for pre-university Students - funded by ICSSR, New-Delhi.
- 2) Suicide Prevention in youth: an awareness and stress coping based Programme- funded by ICSSR.
- 3) Family relationships, Marriage related beliefs and expectations and its association with Mental health in New Indian Middle Class: A Transgenerational approach -Funded by ICSSR
- 4) Mental health Literacy on youth Depression and Suicides for Teachers: Impact on Knowledge, Attitudes, facilitating support and help seeking – Funded by ICSSR.
- 5) Development and Validation of an Integrated Yoga Based Stress Reduction Program (IYBSR) for Health Care Professionals working in the context of COVID-19 – SATYAM, DST, New Delhi

**As Co-investigator:**

- 1) Cognitive Behaviour Therapy (CBT) in partial responders with OCD: A randomized controlled trial - funded by ICMR
- 2) Self-Injurious Behaviors and Psychopathology among Adolescents and Young Adults in Bangalore - funded by ICMR, New-Delhi.
- 3). Achieving and maintaining excellence in Sports: A positive psychological perspective, Funded by Ministry of Youth and Sports, Karnataka Government

- 4) Development, Implementation and Evaluation of a Training Programme in Mental Health Care for Central Armed Reserve Police Force (CRPF) Personnel – Funded by ICMR
- 5) Training of trainers program on promotion of mental health of healthcare providers during the COVID-19 – WHO, India
- 6) Child Careers: Experience and Needs of Adolescent Children Living and Caring Parents with Chronic Illness – ICMR, New Delhi.
- 7) VR4CIMT - Virtual Reality-based compassion and integrity training platform for doctor-patient communication - TIH-iHub Drishti Foundation Indian Institute of Technology, Jodhpur

Key publications:

Total publications: 100 (all)

Research article: 74

Books/manuals: 7

Chapters: 9

Reports: 4

Articles in newspapers: 6

### Key publications

[Manjula](#), M, [Prasadarao](#) PSDV, [Kumaraiah](#), V, [Mishra](#), H, [Raguram](#) R. Sexual dysfunction in single males: A perspective from India. *J Clin Psy*, 2003; 59(6): 701-13

Manjula, M.; Kumariah, V.; Prasadarao, P. S. D. V.; Raguram, R.<sup>1</sup> Cognitive behavior therapy in the treatment of panic disorder, *Indian Journal of Psychiatry*: Apr–Jun 2009 - Volume 51 - Issue 2 - p 108-116 doi: 10.4103/0019-5545.49450

Manjula, M., A. Raguram. “Self-Concept in Adult Children of Schizophrenic Parents: An Exploratory Study.” *International Journal of Social Psychiatry*, vol. 55, no. 5, Sept. 2009, pp. 471–479, doi:[10.1177/0020764008094732](https://doi.org/10.1177/0020764008094732).

Salam A, Manjula M, Sudhir PM, Sharma MP. Cognitive Behavior Therapy for Patients with Schizotypal Disorder in an Indian Setting: A Retrospective Review of Clinical Data. *Gernal Journal of Psychiatry*, 2013; 16(2):68-74

Manjula M, Prasadarao PSDV, Kumaraiah V, Raguram R. Temporal patterns of change in panic disorder during cognitive behavior therapy: An Indian study. *Behavioural and Cognitive Psychotehrapy* 2014; 42: 513-25.

Herbert H S, Manjula M. Philip M. ‘Growing Up with a Parent having Schizophrenia: Experiences and Resilience in the Offsprings’, *Indian Journal of Psychological Medicine*, 2013; 35(2), pp. 148–153. doi: [10.4103/0253-7176.116243](https://doi.org/10.4103/0253-7176.116243).

Singhal M, Manjula M, Sagar KJV. Development of a school-based program for adolescents at-risk for depression in India: Results from a pilot study. *Asian J Psychiatr*. 2014; 10: 56–61.

- Nisha C, Manjula M. Emotions and psychotherapy: tracing the prevailing trends. *AP J Psychol Med* 2014; 15(2):170-8
- Manjula M. Academic Stress Management: An Intervention in Pre-University College Youth. *J. Indian Acad. Appl. Psychol.* 2016; 42 (1): 105-13.
- Singhal M, Manjula M, Vijay Sagar KJ. Subclinical depression in Urban Indian adolescents: Prevalence, felt needs, and correlates. *Indian J Psychiatry* 2016;58:394-402.
- Vidhyasagar K, Manjula M. Emotion regulation therapy in social anxiety disorder with comorbid depression and anxious avoidant personality disorder: A case report. *AP J Psychol Med* 2016; 17(1): 37-41.
- Kangkana Buyan, Manjula, M. Experiences of Bullying in Relation to Psychological Functioning of Young Adults: An Exploratory Study. *Indian J Soc Psychiatry*, 2017: 33(3): 240-249.
- Prathibha A, Manjula M, Padmini P. Sexual Functioning, Beliefs About Sexual Functioning and Quality of Life of Women with Infertility Problems. *J Hum Reprod Sci*, 2017: 10: 213-20.
- Lavanya TP, Manjula M. Emotion regulation and psychological problems among Indian college youth, *Indian Journal of Social Psychiatry*, 2017: 33(4): 312- 18.
- Siddharth Dutt, M Manjula. Sexual knowledge, attitude, behaviors and sources of influences in Urban college youth: A study from India, 2017: 33(4): 319- 26.
- Wesley MS, Manjula M, Thirthalli J. Interepisodic functioning in patients with bipolar disorder in remission. *Indian J Psychol Med*, 2018: 40:52-60.
- Singh A, Manjula M. Early trauma experiences, parenting styles, and personality patterns in individuals with depression from India. *International Journal of Culture and Mental Health*, 2018: 11(2): 146-156.
- Singhal M, Manjula M, John Vijaysagar K, Philip M. Efficacy of an indicated intervention program for Indian adolescents with subclinical depression. *Asian J Psychiatr*, 2018: 33: 99-104.
- Radhika K, Manjula M, Jaisoorya TS. Ethical gaps in conducting research among adult survivors of child sexual abuse: a review. *Indian Journal of Medical Ethics*, June 2018.  
DOI: 10.20529/IJME.2018.046
- Manjula M, Roopesh BN, Philip M, Anupama R. A brief school based, awareness program for depression and suicidal behaviours in Indian youth. July 2018, *Mental Health and Prevention*. DOI: 10.1016/j.mhp.2018.07.001
- Manjula M, Sudhir PM. New-wave behavioural therapies in obsessive-compulsive disorder: moving towards integrated behavioural therapies. *Indian Journal of Psychiatry* 2019; 61 (S1): 104-13.
- Alafia J, Manjula M. Emotion Dysregulation and Early Trauma in Borderline Personality Disorder: An Exploratory Study. *Indian Journal of Psychological Medicine*. 2020;42(3):290-298.
- Reddy, Y. C. Janardhan; Sudhir, Paulomi M.<sup>1</sup>; Manjula, M.<sup>1</sup>; Arumugham, Shyam Sundar; Narayanaswamy, Janardhanan C. Clinical Practice Guidelines for Cognitive-Behavioral Therapies in Anxiety Disorders and Obsessive-Compulsive and Related Disorders, *Indian Journal of Psychiatry*: January 2020 - Volume 62 - Issue Suppl 2 - p S230-S250 doi: 10.4103/psychiatry.IndianJPsychiatry\_773\_19
- Jameel S, Manjula M, Arumugham S, Thennarasu K. Cultural adaptation of cognitive behaviour therapy for depression: a qualitative study exploring views of patients and practitioners from India. *The Cognitive Behaviour Therapist* 2022; 15(16); 1-22.  
DOI: 10.1017/S1754470X22000137

- John A, Gandhi S, Muliya KP, Manjula M. Effectiveness of IADL interventions to improve functioning in persons with Schizophrenia: A systematic review. *International Journal of Social Psychiatry* 2021; 68(4): DOI: 10.1177/00207640211060696
- Manjula M, Sudhir, PM. Psychological interventions for obsessive-compulsive and related disorders In book: *Obsessive-compulsive and related disorders*. Publisher: Indian Psychiatric Society, South Zonal Branch 2021
- Shrivastava A, Manjula M, Vijaysagar KJ, Thippeswamy H. Parenting styles in borderline personality disorder: A pilot study. *Indian J Soc Psychiatry* 2022; 38(1): 99-102. DOI: 10.4103/ijsp.ijsp\_54\_20
- Mittal P, Manjula M. Self-differentiation, Schemas, and Future Time Orientation in Romantic Relationships Among Young Adults, *Indian Journal of Clinical Psychology* 2022; 48(1):21-28.
- Ravi A, Manjula M. Relationship of Defensive Pessimism with Perceived Stress, Coping and Psychological Functioning in Youth. *Journal of the Indian Academy of Applied Psychology* 2022; 48(1):30-40
- Naidu MV, Manjula M, Janardhana N, Philip M. Quality of Marital Relationship and Sexual Interaction in Couples With Sexual Dysfunction: An Exploratory Study From India. *Journal of Psychosexual Health* 2021; 3(12):1-10. DOI: 10.1177/26318318211047547
- Krishnakumari K, Munivenkatappa, M, Hegde S, Muralidharan K. A Systematic Chart Review of Adults with Post-Traumatic Stress Disorder: Data from a Tertiary Care Psychiatry Center in India. *Indian J Psychol Med.* 2021;XX:1–6  
DOI: 10.1177/02537176211035074
- Mytrei S, Manjula M. Reasons for living and self-efficacy as Psychological Buffers against Suicidal behaviours in individuals with Depression. *Delhi Psychiatry Journal* 2021; 24(1): 95-102.
- John AP, Gandhi S, Manjula M, Krishna Prasad J. Use of Technology to Facilitate Performance of Activities of Daily Living in Persons Availing Psychiatric Rehabilitation Services During Covid-19 Pandemic *Psychosoc. Rehabil. Ment. Health* 2021;  
<https://doi.org/10.1007/s40737-021-00239-3>

**Please see the research gate link for the complete list of publications:  
<https://www.researchgate.net/profile/Munivenkatappa-Manjula/research>**

### **Contact**

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