

Name: Dr Manoj Kumar Sharma

Designation: Professor of Clinical Psychology

Current roles and responsibilities: Clinical, Research & Training

Work Experience:

1. Clinical Psychologist, National Drug Dependence Treatment Centre, Department of Psychiatry, All India Institute of Medical Sciences, New Delhi, 1997-2006.
2. Faculty of Clinical Psychology, Department of Clinical Psychology National Institute of Mental Health & Neuro Sciences, Bengaluru, Karnataka, 2006-till date.

Research & clinical interests: Internet Addiction, Gaming Disorder, Social media use, Behavioral Addiction, Psychological Test Development, Screening Tools for Behavioral Addiction, Intervention for Behavioral addiction, Behavioral management of Anger .

Awards and Achievements:

1. Expert Member of World Health Organization on Addictive Behaviors.
2. Commissioner for Lancet Group on Gambling.
3. Indian Council of Clinical Psychology Psychorotation award in area of Substance use.
4. Indian Council of Medical Research Senior Scientist International Fellowship.

Research projects:

1. Principal Investigator: Yoga as Adjuvant Modality for Intervention for Excessive Use of Internet: A Randomized Controlled Study, Funded by Science and Technology of Yoga and Meditation (SATYAM), Department of Science & Technology (DST), New Delhi.
2. Principal Investigator: Screening, Brief Intervention Treatment Model for Management of Problems Associated with Internet Use, Funded by Department of Health Research (DHR), Indian Council of Medical Research (ICMR), New Delhi.
3. Principal Investigator: Pattern and management of technology addiction among youth, Funded by Rajiv Gandhi National Institute of Youth Development, Sriperumbudur, Tamil Nadu.

Key publications:

- 1) John N, Sharma MK, Anand N, Gandhi S, Thakur PC, Sahu M, et al. Pathways of migration from gaming to gambling. *Industrial Psychiatry Journal* 2020; 29:159-61.
- 2) Sharma MK, Sunil S, Roopesh BN, Galagali PM, Anand N, Thakur PC, *et al.* Digital failure: An emerging reason of anger expression among adolescents. *Industrial Psychiatry Journal* 2020; 29:335-8.
- 3) Sharma MK, Anand N, Thakur PC, N S, Biswas A, R A, Sahu M, John N, Vishwakarma A, Tadpatrikar A, Singh P, S J A, Murthy KD. Cyber violence: Case report evidence of an emerging public health concern. *Asian Journal of Psychiatry*. 2021 Mar; 57:102017. doi: 10.1016/j.ajp.2020.102017.
- 4) Sharma MK, Anand N, Vishwakarma A, Sahu M, Thakur PC, Mondal I, Singh P, S J A, N S, John N, Biswas A, R A, Tapatrikar A, Murthy KD. Media use as a modality to cope with expressed emotion: Insight from a case with psychosis. *Asian Journal of Psychiatry*. 2020 Oct; 53:102122. doi: 10.1016/j.ajp.2020.102122.

- 5) Sharma MK, Anand N, Vishwakarma A, Sahu M, Thakur PC, Mondal I, Singh P, Sj A, N S, Biswas A, R A, John N, Tapatrikar A, Murthy KD. Mental health issues mediate social media use in rumors: Implication for media based mental health literacy. *Asian Journal of Psychiatry*. 2020 May 7; 53:102132. doi: 10.1016/j.ajp.2020.102132.
- 6) Sharma MK, Anand N, Singh P, Vishwakarma A, Mondal I, Thakur PC, Kohli T. Researcher burnout: An overlooked aspect in mental health research in times of COVID-19. *Asian Journal of Psychiatry*. 2020 Dec; 54:102367. doi: 10.1016/j.ajp.2020.102367.
- 7) Mondal I, Anand N, Sharma MK, Kohli T, Thakur PC, Kande JS, Venkateshan S, Sj A. Telephonic psychotherapy in India: A reminder of challenges in times of COVID-19. *Asian Journal of Psychiatry*. 2020 Oct; 53:102432. doi: 10.1016/j.ajp.2020.102432.
- 8) Sharma MK, Anand N, Ahuja S, Thakur PC, Mondal I, Singh P, K V, Sahu M, John N, N S, R A, Vishwakarma A. Status psychopathology: social media use mediated expression of unpleasant emotions. *Asian Journal of Psychiatry*. 2020 Oct; 53:102184. doi: 10.1016/j.ajp.2020.102184.
- 9) Sharma MK, Anand N, Kumar K, Lenin Singh R, Thakur PC, Mondal I, Kohli T. Constructing the understanding of teenager's deviant use of cyberspace. *International Journal of Social Psychiatry*. 2021 Jan 10:20764020975791. doi: 10.1177/0020764020975791.
- 10) Sharma MK, Sunil S, Anand N, Amudhan S, Ganjekar S. Webinar fatigue: fallout of COVID-19. *Journal of the Egyptian Public Health Association*. 2021 Apr 16;96(1):9. doi: 10.1186/s42506-021-00069-y.
- 11) Anand N, Sharma MK, Thakur PC, Mondal I, Sahu M, Singh P, J AS, Kande JS, Ms N, Singh R. Doomsurfing and doomscrolling mediate psychological distress in COVID-19 lockdown: Implications for awareness of cognitive biases. *Perspectives in Psychiatric Care*. 2021 Apr 20:10.1111/ppc.12803. doi: 10.1111/ppc.12803.
- 12) Sharma MK, Anand N, Amudhan S, Vashisht A. Online gaming and tilting: Psychosocial exploration for promotion of emotional regulation. *International Journal of Social Psychiatry*. 2021 Jun 29:207640211028602. doi: 10.1177/00207640211028602.

Contact:

Govindaswamy Block, Department of Clinical Psychology, Room No :305

Email:shutclinic@gmail.com;manoj.sharma@nimhans.ac.in

Tel No:08026995197