

AGNES ASHMITHA. K. A

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Education

Counseling Psychology

Ph.D. Chettinad Academy of Research and Education, Chennai,
India. (Junior Research Fellowship)

Counseling Psychology

M.Sc. Chettinad Academy of Research and Education, Chennai,
India.

Psychology

B.Sc. Patrician College of Art and science, Chennai, India

Fellowship

Junior Research Fellowship

Chettinad Academy of Research and Education, Chennai, India.

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Psychological Wellbeing Module - Registration Number from Govt. of India

L-128775/2023, Agnes Ashmitha K. A & C. N. Ramgopal. The first ever

Psychological Wellbeing Module for Family Caregiver of Substances use

Disorder Patients in Indian Context.

Publication

Ashmitha, K. A., Gopal, C. R., Sridhar, O. S., & Kancharla, K. Effectiveness of Psychosocial Intervention and Psychoeducation in Improving Psychological Well-being and Cognitive Functioning in Caregivers of Substance Use Issues: A Pilot Study. *Annals of Neurosciences*. <https://doi.org/10.1177/09727531231185925>

UG and PG Thesis Topic

UG Thesis Topic

- A study on job satisfaction and emotional maturity among physical education teachers.
- Religious attitude and superstitious belief among Christian community

PG Thesis Topic

- MINI PROJECT " A study on emotional maturity and leadership performance among higher secondary Teachers".
- MAIN PROJECT " A Comparative study on Locus of control, Resilience and Quality of life among entrepreneur and salaried employees.

Paper Presentation in National/ International Conferences

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- **Agnes Ashmitha. K. A** (April, 2023) *Effect of Psychosocial intervention on Family Caregiver of Substances use Disorder Patients*. Presented paper at an international conference themed applied Forensic Psychology in Crime and Delinquency on 31st March and 01st April 2023. by Department of Counseling Psychology, University of Madras, Chennai, India. (*International*)
 - **Agnes Ashmitha. K. A** (February 2023) *Psychosocial intervention on Family Caregiver of Substances use Disorder Patients- A Pilot Study*. Presented paper at an international conference themed Multidisciplinary Research Perspective on 16-17 February 2023 by

Research cell and Publication Cell at Bhopal School of Social Science, Bhopal, India.

(International)

- **Agnes Ashmitha. K. A** (June 2019) “*A Study on emotional Maturity and Leadership Preferences among Higher Secondary Teachers.*” Presented paper at a national conference themed Alcohol in Health, Disease and Research on 26 and 27 June 2019 by Department of Pharmacology, Chettinad Hospital and Research and Education Institute, Kelambakkam, Chennai. India. *(National)*

Teaching Experiences

Graduate Teaching Assistant

Counseling Psychology, Faculty of Allied Health Science, Chettinad Academy of Research and Education, Chennai, India

Internship experience

Intern- (Psychology)

June 2020

Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited. Training focused on Expressive Arts Based Therapy
National Institute of Empowerment of Person with

Intern (Psychology)

Sep 2019

Multiple Disabilities (Divyangjan), Kovalam, Chennai, India. Training focused on the field of Multiple disabilities.

Intern (Psychology)

August 2019

Explore Counselling, Santhome, Chennai, India. Training in Workplace Counselling.

Intern (Psychology)

July 2019

Government Stanley Medical College & Hospital, Department of Psychiatry, Chennai, India. Training on clinical patients care.

Analytical and Technical skills

Quantitative Research Methods

Survey design/sampling, hypothesis testing, Module development, clinical trial research, assessment, data analysis & report writing.

Statistical Packages

SPSS, Jamovi

Research Ethics, Publication & Grant fund writing

Open science practices, intellectual property, IRB, ethical application preparation, manuscript formatting & preparation, data management, grant proposal writing.

Professional sites

LinkedIn

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ORCID

<https://orcid.org/0000-0002-4433-4323>

Researcher ID

JZT-1916-2024