

CHAPTER 47

PSYCHOLOGY

Doctoral Theses

01. ABDUL MAJEED BHAT

Effects of Cognitive Training on Executive Functions of Children with Intellectual Disabilities.

Supervisor: Dr. S. P. K. Jena

Th 22924

*Abstract
(Not Verified)*

Children with intellectual disability have significant limitations in both general intellectual functioning and adaptive functioning. A growing body of evidence suggests that these children also have deficits in executive functions as compared to typically developing children. The primary aim of the current study was to investigate the efficacy of cognitive training in enhancing executive functions in children with mild intellectual disability. The present study comprised of 41 children who met the diagnosis for mild intellectual disability. The training tasks used in first four groups were adaptive whereas tasks used in group-E were non-adaptive. Participants in each group received 15 individualised sessions of training and the duration of single sessions lasted from 40-50 minutes. Analysis revealed that participants in adaptive training groups showed substantial progress on all practiced tasks and these training gains were sustained at six months of follow-up assessment. However, the four training groups demonstrated inconsistency in generalization of training effects on performance-based transfer measures. Comparatively, working memory training showed robust generalization as compared to other training conditions. However, none of the adaptive training conditions was instrumental in reducing executive function deficits on rating-based measures and suggests absence of ecological transfer. Thus, indicating generalization of cognitive training effects were largely limited to performance-based measures of executive functions whereas, generalizability on real life measures or outside laboratory setting was absent in this study. Clinical significance method at individual-level indicated considerable number of participants in adaptive training groups surpassed the criteria for meaningful clinical change as compared to non-adaptive training group (i.e., active control group) on performance-based transfer measures. The results of the present study are discussed and interpreted in the context of current theoretical understanding while keeping in view the limitations of study.

Contents

1. Introduction
2. Review of related literature
3. The present study
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02. AKSHAY KUMAR

Positive Psychology Based Mindfulness CBT to Overcome Anxiety.

Supervisors: Prof. Swasti S. Vohra and Prof. M. S. Bhatia

Th 22925

*Abstract
(Not Verified)*

Aim: To study the efficacy of new novel approach 'Positive Psychology based Mindfulness CBT' in adults with generalized anxiety disorder. Methods: The study was conducted to identify the new novel approach 'Positive Psychology based Mindfulness CBT' on adults with generalized anxiety disorder. It was a cross-sectional prospective study. The sample for the study was recruited from the patients attending the adult psychiatric OPD of the department of Psychiatry GTB HOSPITAL, Delhi and fulfilling the ICD-10 diagnostic criteria for assessment anxiety disorder. The study was conducted on a minimum of 120 subjects attending the psychiatric OPD of the department of Psychiatry GTB HOSPITAL, Delhi. The subjects were selected on the circumstantial ground, namely the incoming of the patient in the OPD, furthermore based on their education status the cases were either selected for CBT or mindfulness. Findings: The findings of the study conclude that both CBT and Mindfulness are positively related and reduced anxiety while increases peace. The results are more reliable as three different scales were used to analyze the efficacy of reducing panic disorder and social anxiety disorder. Conclusion: From the study it is evident that Positive Psychology based Mindfulness CBT intervention would reduce the anxiety and increases peace and less on HAM-A scale and SUDS and score high on QOL BREF questionnaire compared to CBT group, mindfulness group, and control group.

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1. Introduction to positive psychology
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03. MALIK (Lubhana)

Intimacy in Committed Relationships: Effect of Institutionalization, Role of Media, Social Conformity and Gender Upon Intimacy in Dating, Cohabiting and Married Couples.

Supervisors: Dr. Anita Ghai and Dr. Rachana Johri

Th 22926

*Abstract
(Not Verified)*

While mapping the changing processes of intimacy and marriage in the urban Indian context, this research focuses on participants' understanding and actual experience of intimacy, the role of institutionalization and culture, and the role of gender in committed relationships: dating, cohabiting and marital. For this, 45 interviews were conducted with 15 heterosexual, Delhi-based Hindu and Sikh urban, educated, and middle to upper class couples. I found that, an intimate relationship is marked by trust, commitment, mutually shared eroticism and sacrifice. Couples that experienced the most intimacy depicted highest levels of these components. Additionally, the coexistence of love and hate was evident in relationships where negotiating conflict was found to strengthen the couple's intimacy. Unless a secure base had been established between partners, they were unable to use the relationship as a basis to explore, enjoy or even protest anger, the important aspects of an intimate relationship. My research found that 22 out of 30 participants believed that society and family were their reasons for marriage, 4 others did not want to marry. Only 4 participants believed that marriage should be for love. Nonetheless, the coexistence of tradition and modernity was evident across all relationships. Gender typing was mostly evident in married couples, moderately in dating and only slightly in cohabiting. Additionally, despite increasing levels of autonomy and egalitarian values, gender roles were found to persist. The processes of identity achievement and intimacy also occurred in parallel. My findings aligned with the Freudian, Eriksonian, Attachment and Kakar's and Giddens' theoretical perspectives. The results of my study revealed that a transformation has happened but tradition continues. Furthermore, intimacy is not linked to egalitarian values. Instead, a matched understanding of gender roles has led to enhanced intimacy. My study underscores the questions of intimacy and its nuances in contemporary India.

Contents

1. Theorising intimacy 2. Intimacy in the Indian context 3. Methodology 4. Case analyses 5. Discussion 6. Conclusion. References. Appendices.

04. PANDURANG (Rangari Vijay)

"Psychological Dimensions of Karuna (Compassion) in Buddhism and its Relationship with Peace and Well-Being".

Supervisor: Dr. Karuna Mehta

Th 23171

*Abstract
(Not Verified)*

ABSTRACT This study was conducted in two parts, part one textual analysis of Tripitaka and development of theory of Karuna (Compassion) to answer the research question Psychological Dimensions of Karuna (Compassion) in Buddhism and its relationship with Peace and Well-being. The Concept of Karuna (Compassion) origin in pali language., Karuna (Compassion) defines, Karuṇā is one of the four qualities of character significant of a human being who has attained enfranchisement of heart (ceto – vimutti), the desire of removing bane and sorrow and bringing that which good and welfare to one's fellow – men as the exalted state of compassion for all beings (all that is encompassed in the sphere of one's good influence or all, directions,) . The 360 Degree Compass theory of Karuna (Compassion) has been developed after analysis of Buddhist literatures, The finding of this part one research was that Karuna (compassion) has four dimensions Wisdom, Morality, Loving Kindness, and Equanimity were lived in the day today experience of the peoples. The eighty four items was written out with reading several time jataka stories and literature review various Buddhist texts The correlation of Karuna (Compassion Scale), Cronbach's alpha for the 80-item version of the Karuna Compassion scale is .934. The value of Cronbach's alpha obtained for this sample (N=320) is quite close to the alpha value of .963 obtained on the earlier sample (N=524). Cronbach's alphas for Form A and Form B were .868 and .904 respectively. The results indicate that the main effect of Gender is statistically significant. The results further revealed that the main effect of Residential background is also significant The Karuna (Compassion) scale has correlated with the Peace of mind, Self-compassion and three of its subscales, trait anger scale/subscales, state anger scale/subscales, and Psychological well-being scale/subscales in a theoretically meaningful way.

Contents

1. Introduction 2. Literature review 3. Research method 4. Psychometric assessment of the karuna (compassion) Scale 5. Results analysis 6. Discussion 7. Limitation, future research direction and implication 8. Conclusion 9. Reference 10. Appendix.

05. SHARMA (Vikas)

Effectiveness of Cognitive Behavioural Therapy and Shavasana in Insomnia of Cancer Patients: It's Impact on levels of Anxiety, Depression and Quality of Life.

Supervisor: Prof. S. P. K. Jena

Th 23035

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1. Introduction 2. Review of literature 3. Method 4. Results 5. Discussion and conclusion. References.