

Dr Anuradha Sovani

Clinical Psychologist and Psychotherapist.

Associate Professor and Head of Department at the Mumbai University, Post Graduate Department of Applied Psychology.

M.A., M.Phil., Ph.D. , University of Mumbai.

Chancellor's Gold Medallist at Masters' level. Recipient of various scholarships and awards, including the UGC Research Fellowship, the National Talent Search Scholarship, the Mankar Prize of the University of Mumbai, and recipient of the best research paper award of the Indian Psychological Association, the award for the best paper published in Disabilities and Impairments in 2004 and best book award for Children's literature awarded by Maharashtra State. Has successfully guided six Doctoral students. Work of three more is in progress and one awaits viva voce.

She has authored six Marathi books, four on Child Mental Health and Intelligence in children, one on Quality of life, and a book on couple relationships and couple therapy. A set of three pocket books on psychological issues in children, youth and women is in press; she also has over 50 research papers in national and international journals, and book chapters to her credit.

Dr. Sovani is consultant to National and State level bodies like NIMH, Rehabilitation Council of India and HSC board for syllabus construction, the Maharashtra State Mental Health Authority, and panelist on several competitive examination boards. She is regular contributory faculty for SNTD, TISS, MIMH, MDACS, MSACS, ICSSR, etc. among others, and panelist on Thane Police cell for prevention of abuse against women.

Consultant in various research projects, and consultant, founder member and trustee of the Institute for Psychological Health, Thane, a community mental health initiative, where she is research director, new projects, in an honorary capacity. Collaborator in a number of international studies and served as India co-chair, international conference of child and adolescent mental health.

Interest areas include community awareness about mental illness and health, specifically mental health of children and women, working through the print, newspaper columns and audio-visual

media, as well as through live community based programs; also, schizophrenia and other severe mental conditions, neuropsychology and rehabilitation.

### **Research articles and papers**

- **Published**

1. A comparative study of alcoholics and non-alcoholics along the parameters of conformity and self-confidence. Indian Journal of Applied Psychology, 1989, 26(2), 23-29.
2. Attributed fault for and perceived likelihood of an accident as a function of victim's sobriety and behavioural propriety. Psychologia, 1991, 34, 69-74.
3. Detecting Childhood Depression. Indian Journal of Internal Medicine, 1991, 1 (11) , 295- 297.
4. Positive and Negative symptoms of Schizophrenia: Tips to the caregiver. Indian Journal of Internal Medicine, 1992, 2 (7), 219-221.
5. Understanding Schizophrenia: A family psycho-educational approach. Indian Journal of Psychiatry, 1993, 35(2), 97-98.
6. Anhedonia and Psychiatric illness. Disabilities and impairments, 1993,7 (1), 1-6.
7. Interpersonal interaction in groups of schizophrenics: A psychosocial intervention. Indian Journal of Clinical Psychology, 1994, 21, 33-37.
8. Knowledge about and attitudes towards substance abuse and abusers: Senior school students. Bombay Psychologist, 1995,11 (1&2), 61-67.
9. Chapters on Drug Abuse, Psychodiagnosis and Mental Health in course material for Institute of Distance Education, University of Mumbai., TYBA:Psychology. Authored and Edited.
10. An exploration of death images in children. Disabilities and Impairments, 1997, 11(2), 103- 112.
11. EDLOF: Pilot study of a test of Emotion Discrimination and Labelling of Faces. Proceedings of International Conference of Cognitive Systems, 1997, Vol.I , 929-936.
12. Can children discriminate between emotions and label them? EDLOF with children. Proceedings of ICCS '97, Vol.I , 996-1001.
13. Effects of psychosocial interventions on motor speed and accuracy of chronic Positive, Negative and Mixed symptom schizophrenics, 1998, International Journal of Social Psychiatry, 44(2), 117-126.
14. The ADD Puzzle and some cognitive Behavioural solutions. Asian Journal of Pediatric Practice, 1998, 2 (2) ,45 - 48.
15. Relevance of Cognitive Behaviour Therapy to India. Invited article for souvenir of IPS-WZ, 1998,4-6.
16. Prevocational screening using neuropsychological assessment measures. Journal of Mental Health and Human Behaviour, in press.

17. Intolerance of ambiguity, perceived stress and role demands of health professionals. *Journal of Mental Health and Human Behaviour*, October, 1999.
18. Can Thinking styles influence success on the sports field? *Asian Journal of Pediatric Practice*, January, 2000, 3 (3), 65-66.
19. Treat your adolescent : Body and Mind. Special Conference Issue, *Asian Journal of Pediatric Practice*, 2000, 3 (3), 67-68.
20. A study of perception of facial emotion in schizophrenia, *Proceedings of ICCS 1998*, Vol. I, 156-162.
21. Visual Analysis: A new concept in fine art education. *Proceedings of ICCS* , 1998, Vol II, 533-539.
22. The relationship of thinking styles to professional adjustment and success. *Proceedings of the International Conference of Cognitive Systems*, 1999. Vol I.
23. Impact of mammary carcinoma on body image and the role of religious belief in coping . *Disabilities and Impairments*, 2000, 14 (1) , 5-8.
24. Sports medicine : Can thinking styles influence success on the sports field? *Asian Journal of Pediatric Practice*, 3 (3), January-March 2000.
25. Therapeutic reinstatement of Peace in the family context. Invited paper, *Indian Psychological Review*, 54 and 55 (4) , 104-108, Special Millenium Issue on Mental Health and Peace, December, 2000.
26. Content and Process Analysis of Group Interventions for Mental Health Promotion. Invited paper for *Bombay Psychologist*, December, 2001.
27. Completed project report on comparative study of WISC norms, September, 2001.
28. The Aggressive Child : Some strategies and Solutions. A scientific update. *Proceedings of Nehru Science Centre Conference of the Counselors' Association of India*. March, 2002 .
29. "Dennis: The Menace?" The hyperactive child. Invited paper for special issue of official publication of *Child and Adolescent Psychiatry*. July, 2002.
30. Relevance of IQ testing in the assessment of learning Disabilities, *Asian Journal of Pediatric Practice*, 6(2), 45-49. December, 2002.
31. Emotion perception in special (differentially abled) children and the use of EDLOF. *Disabilities and Impairments*, Volume 4, 2004. Awarded Anima Sen best paper award.
32. Sovani, A.S., Thatte, S.S. and Apte, .A. (2004) Social disadvantage as a sequel of schizophrenia, *Indian Psychological Review*, special issue on disability.
33. Felt affect in good and poor outcome schizophrenia. *Indian Journal of Psychiatry*, (2005) 47:29-31.

34. Cognitive Retraining strategies in schizophrenia- Caregiver Perspectives. Proceedings of International Conference of Psychology in mental health: Journey of a Profession. 2007
35. Performance of high and low functioning groups of people with schizophrenia on tests of cognition. Proceedings of International Conference of Psychology in mental health: Journey of a Profession. 2007
36. Test anxiety in Indian children: a cross cultural perspective. Anxiety, Stress and Coping. Jae, Ollendick, Thomas H. and Sovani, Anuradha V. (2008) 'Test anxiety in Indian children: A cross-cultural perspective', Anxiety, Stress & Coping, 21: 4, 387 — 404.
37. Sovani, A.V., Thatte, S.S., Korde, R, Joshi K, et al (2007) Wechsler Intelligence Scale for Children, IVth edition (WISC –IV) A multi-center study. Archives of Indian Psychiatry, 9 (2) , 49-52.
38. Sovani A.V. , Thatte, S.S. , Shroff , H. Sawant, S. et al (2008) Wechsler Intelligence Scale for Children, IVth edition - An exploratory study from Mumbai. Bombay Psychologist, (1 & 2) 7-14.
39. Effect Of Semantic And Phonemic Cueing On Verbal Learning Among Older Adults With And Without Dementia .TBSI Conference, Texas, 2009. Surabhi Y. Patwardhan, Paul J. Massman, & Anuradha Sovani. (University of Houston, University of Mumbai).

**Presented as first author**

**Conference , Symposia and Workshop Presentations.**

1. Prognostic signs in Schizophrenia.(Marathi:” Schizophrenia: Aasha Nirasha” Schizophrenia Conference for patients and caregivers, Thane, May 1990.
2. Social Skills Training for schizophrenics: what can we do at home? Presentation followed by small group exercises. Schizophrenia Conference for patients and caregivers, Thane,1997.
3. A cognitive-social interface with behavioural medicine strategies in interventions with chronic schizophrenics. VIII th National Conference of the Behavioural Medicine Society of India. November,1994.
4. Stress perceptions: New personality concepts and methodological issues. ICSSR Seminar on recent trends in Experimental Personality Research, Pune University, December 1995.
5. Substance Abuse: Awareness and primary prevention. NITIE-PRAACHI National Conference on Behavioural Sciences and Effective Management. January 1996.
6. Relationships among patients. ICSSR-UDAP Seminar on Human Relationships. February 1996.
7. Innovations in teaching methodology in Clinical Psychology. Golden Jubilee convention of Bombay Psychological Association. March 1996.
8. Intolerance of ambiguity, perceived stress and role demands of health professionals.

Awarded Best Paper Award National Conference of Indian Psychological Association, November 1996.

9. Community Mental Health. Symposium Presentation at National Conference of IPA, November, 1996.
10. Youth and Suicide. Symposium presentation and panel discussion Annual Conference of International Association of Suicidology, December 1996.
11. Prevocational screening using neuropsychological assessment measures. Annual Conference of South Asian Association of Psychologists, December 1996.
12. EDLOF: Pilot study of a test of Emotion Discrimination and Labelling of Faces. Symposium paper presented at International Conference of Cognitive systems. December, 1997.
13. Prevention perspectives in student suicide. Symposium paper presented at University of Mumbai workshop on Suicide Prevention. March, 1998.
14. Emotion perception in adults and children. A pilot study of EDLOF. National Conference on Human Resource Management for the 21st century. UDAP, March 1998.
15. EDLOF : A Proposed culture fair measure of Facial Emotion Perception. National Conference of the Indian Association of Clinical Psychologists. NIMHANS, Jan. 1999.
16. Efficacy of Group interventions for mental health promotion. Second National Conference of the Indian Association of Mental Health, 27 and 28 January, 1999, Mumbai.
17. Stress perceptions of women with multiple role responsibilities. Annual Convention of the Bombay Psychological Association, SNDT University, Mumbai. 5/3/1999.
18. Adaptation of the Boston Naming Test for use in India : A preliminary study from Mumbai. Annual Convention of the Bombay Psychological Association, January, 2000.
19. Psychosocial treatment of Epilepsy : Psychological assessment and counselling. Symposium on Epilepsy Management, Lokmanya Seva Sangh, March 2000.
20. Cognitive Behaviour Therapy in Psychiatric Disorders. Invited lecture workshop for Indian Psychiatric Association : West Zone CME, June, 2000.
21. Recovery is Rediscovery. Invited talk on the occasion of World Deaddiction Day, 26/6/2000, Muktangan, Pune.
22. Perceived sources of examination anxiety among students and targeted interventions. Fourth annual conference of the Indian Association of Mental Health. September, 2000, Osmania University, Hyderabad.
23. Psychology of Adolescence: A mental health perspective. Invited lecture for Mental Health Week, October, 2000, B. Y. L. Nair Hospital, Mumbai.
24. RET in Deaddiction counselling. Training workshop for addiction counsellors from Maharashtra State , Muktangan, Pune.

25. Qualitative Research Methodology for Medical and Paramedical Professionals. Invited lecture workshop , Platinum Jubilee CME program, KEM Hospital, Mumbai. December, 2000.
26. Community based modules for tertiary prevention in schizophrenia. Annual Convention of the Bombay Psychological Association, January , 2001. Paper accepted for presentation.
27. Bringing up a special child. Symposium for Annual program at Lokmanya Seva Sangh, Mumbai.
28. Schizophrenia: Hope for the new millenium. Psychosocial interventions. Symposium of IPH, Thane, March, 2001.
29. Psychological Assessment of Personality disorders. Invited Symposium presentation for the Annual CME of the Indian Psychiatric Society, Goa, 5<sup>th</sup> to 7<sup>th</sup> October, 2001.
30. A comparative study of three versions of the WISC, Paper accepted for presentation at the Southeast Asia Regional Conference, Mumbai, December, 2001.
31. Invited lecture on "The Aggressive Child, Strategies and Solutions: A scientific Update." for First conference of Indian Association of Counselors, Nehru Science Centre, February, 2002.
32. Invited paper on Anxiety Disorders in Adolescents for Indian Academy of Paediatrics International Training Program on Adolescent Health, organized by IAP Adolescent Chapter with National Task Force on Adolescent Care and Michigan State University, Kalamazoo Centre for Medical Studies, USA. New Delhi , 2 to 7 December, 2002.
33. Invited Symposium paper on Examination Stress for Indian Academy of Pediatrics International Training Program on Adolescent Health, organized by IAP Adolescent Chapter with National Task Force on Adolescent Care and Michigan State University, Kalamazoo Centre for Medical Studies, USA. New Delhi , 2 to 7 December, 2002.
34. Invited lecture on Clinical Psychologist's role in counseling adolescents, at Indian Academy of Pediatrics International Training Program on Adolescent Health, organized by IAP Adolescent Chapter with National Task Force on Adolescent Care and Michigan State University, Kalamazoo Centre for Medical Studies, USA. New Delhi , 2 to 7 December, 2002.
35. Invited session on Stress Management for Staff Society, B.Y.L. Nair Hospital, Mumbai, November, 2002.
36. 'Parenting without tears', an invited series of talks at Childfest, Mumbai 2002.
37. 'Difficulties in diagnosis and management of problems of adolescence' Invited seminar at Bombay Psychiatric Society CME program, 2003.
38. The multiple facets of Intelligence in children, Oration at Pune, October 2004.
39. Symposium paper on Cognitive Variables as Markers for good and poor outcome schizophrenia at ICONS (International Conference on Schizophrenia) at SCARF, Chennai , January 2004
40. Poster on Rehabilitation in Schizophrenia at ICONS (International Conference on Schizophrenia) at SCARF, Chennai, January 2004.
41. Workshop on Qualitative research methodology. Occupation Therapy department, KEMH, Mumbai.

42. Symposium presentation on "Schizophrenia, cognitive and social dysfunction, caregiver and societal issues" at Annual National Conference of the Indian Psychiatric Society, January 2005.
43. Poster on Anxiety in School children presented at Annual National Conference of the Indian Psychiatric Society, January 2005.
44. Workshop on Qualitative research methodology. ICSSR, March, 2005.
45. Workshop on research in education and special education, NIMH, March 2005.
46. 'New tools, new modules'. Invited presentation on recent trends in psychological assessment and intervention at Annual program of the Bombay Psychiatric Society, April 2005.
47. Emotional and Social Issues in Geriatric Palliative care. Invited as panel discussant for 1<sup>st</sup> Geriatric Oncology Conference held at Tata Memorial Hospital, Mumbai, October, 2005.
48. Global Perspectives in Rehabilitation of Schizophrenia. Invited symposium paper at Second International Conference of Schizophrenia, October, 2006.
49. Poster on "Caregiver issues in Schizophrenia." Second International Conference of Schizophrenia, October, 2006.
50. Poster on Attention and Memory deficits in Schizophrenia. Second International Conference of Schizophrenia, October, 2006. Recipient of Best Poster award.
51. Cognitive Retraining strategies in schizophrenia- Caregiver Perspectives. Accepted as platform presentation at the International Conference of Psychology in mental health: Journey of a Profession. July 2007.
52. Conversation session on training in pedagogy and rehabilitation. International conference on Counseling and Psychotherapy, Building Bridges for Wellness through counseling and psychotherapy. Bangalore, January 2008.
53. Invited symposium paper on Novel techniques with groups less handled: 'The power of the story.' International conference on Counseling and Psychotherapy, Building Bridges for Wellness through counseling and psychotherapy. Bangalore, January 2008.
54. Dynamic meditation - An indigenous therapeutic answer to the challenge posed by adolescents in turmoil. Symposium paper at Indian Association of Child and Adolescent Mental health, November, 2007.
55. Developmental Directions Symposium paper at Indian Association of Child and Adolescent Mental health, Nvember, 2007.
56. Insights into "elegant psychosocial research"! National symposium on Research in the Social Sciences. Mithibai College, Mumbai. November 2007.
57. Temperamental traits. Invited paper presented at National Conference of Pediatrics: Theme: Growth, Development and Pediatric Practice. Sept 2008.

58. Invited lecture workshop on stress, conflict and burnout in health professionals. CMC Vellore, October, 2008.
59. Invited symposium paper on Schizophrenia Rehabilitation. "More is Better". Third International Conference on Schizophrenia. October, 2008.

- **Papers presented as joint author**

1. An epidemiological study of CGC referrals in NGOs. Marathi Manas shastra Parishad, 1992.
2. Yoga as an adjunctive therapeutic technique in cognitive behavioural medicine. VIIIth National Conference of the BMSI, November 1994.
3. Can children discriminate between emotions and label them? EDLOF with children. International Conference of Cognitive systems, December 1997.
4. "N" groups. Efficacy of cognitive behavioural therapy groups in the management of anxiety states. Annual National Conference of the Indian Psychiatric Society (ANCIPS), January, 1998.
5. Management of Schizophrenia in a Community Mental Health setting. ANCIPS, January 1998.
6. How children perceive death. Development of qualitative measures to study death perception.. National Annual Conference of the Indian Association of Clinical Psychologists (NACIACP), January, 1998.
7. Death imagery in children with leukemia. International Conference of Psychosocial Oncology. March 1998.
8. Visual Analysis: a new concept in Fine Art education.. International Conference of Cognitive Systems, December, 1998.
9. A study of perception of facial emotion in schizophrenia. International Conference of Cognitive Systems, December, 1998. Vol. I , 156-162.
10. The subjective and physiological effects of progressive relaxation tapes in pregnancy. Second National Conference of the Indian association of Mental Health, January, 1999. Mumbai.
11. The relationship of thinking styles to professional adjustment and success. International conference of cognitive systems, December, 1999.
12. Thinking Styles and Mental Health . National Conference of the Indian Association of Mental Health, November, 1999.
13. Psychosocial interventions for an epilepsy support group. Poster presentation at the Second International Congress of the Asian Oceanian Epilepsy Association, New Delhi, November, 2000
14. Influence of disclosure of epilepsy status on self esteem. Award winning Poster presentation at the Second International Congress of the Asian Oceanian Epilepsy Association, New Delhi, November, 2000.



15. Indian adaptation of neuropsychological assessment for presurgical evaluation in intractable epilepsy. Poster presentation at the Second International Congress of the Asian Oceanian Epilepsy Association, New Delhi, November, 2000.
16. Comparative evaluation of original and Indian versions of the WISC. National Annual Conference of the Indian Association of Clinical Psychologists, New Delhi, February, 2001.
17. A methodological critique of a widely used Indian version of WISC. Annual Conference of DACP, February, 2001. Selected for award session.
18. Problems of the Child: Current trends in Clinical Practice. Invited symposium paper for the International Conference of Cross Cultural Psychology, Mumbai, December, 2001.
19. A comparative study of WISC norms, a new methodology. Paper presented at International Conference of Cross Cultural Psychology, December, 2001.
20. Nature of Test Anxiety among Children in India, Poster Session of the 24<sup>th</sup> ADAA Annual Conference. (Anxiety Disorder Association of America) March 2004.
21. Performance of high and low functioning groups of people with schizophrenia on tests of cognition. Paper presented at International Conference of Psychology in mental health: Journey of a Profession. July 2007.
22. Caregivers of schizophrenia – an analysis of burden and burnout experienced. Poster presented at International Conference of Psychology in mental health: Journey of a Profession. July 2007.
23. Schizophrenia Rehabilitation: What works? Poster presented at Third International Conference on Schizophrenia, October, 2008.

- **Book chapters**

1. Chapter on Academic Underachievement, in Textbook of Adolescent Medicine, (ed) Dr Swati Bhawe. New Delhi: Jaypee Publishers, 2005.
2. Chapter on Psychosocial assessment of Adolescents, in Textbook of Adolescent Medicine, (ed) Dr Swati Bhawe. New Delhi: Jaypee Publishers, 2005.
3. Chapter on Anxiety Disorders in Adolescence, in Textbook of Adolescent Medicine, (ed) Dr Swati Bhawe. New Delhi: Jaypee Publishers, 2005.
4. A comparative study of three versions of the WISC: A new methodology for normative comparisons. Readings in Psychology: Enhancing Human Potential. Barnes et al, (ed) New Delhi: Allied Publishers, 2006. 165-172.
5. Psychological Assessment of Adolescents. Chapter 39 in Training manual for Adolescent Health, Part II Indian Perspective. pg 232. Indian Academy of Paediatrics International Training Program on Adolescent Health, organized by IAP Adolescent Chapter with National Task Force on Adolescent Care and Michigan State University, Kalamazoo Centre for Medical Studies, USA. New Delhi , 2 to 7 December, 2002.
6. Examination anxiety in adolescence. Chapter 48 in Training manual for Adolescent

- Health, Part II Indian Perspective. pg. 285. Indian Academy of Paediatrics International Training Program on Adolescent Health, organized by IAP Adolescent Chapter with National Task Force on Adolescent Care and Michigan State University, Kalamazoo Centre for Medical Studies, USA. New Delhi , 2 to 7 December, 2002.
7. Anxiety Disorders in Adolescence. Chapter 52 in Training manual for Adolescent Health, Part II Indian Perspective. pg. 298. Indian Academy of Paediatrics International Training Program on Adolescent Health, organized by IAP Adolescent Chapter with National Task Force on Adolescent Care and Michigan State University, Kalamazoo Centre for Medical Studies, USA. New Delhi , 2 to 7 December, 2002.
  8. Early Intervention and Action Research. In “Crossing Boundaries, Sharing Ideas” (ed) V. Timmons and M. Alur. NY: Sage Publications,2009.
  9. Sport Psychology In. Handbook of Sports medicine for children and adolescents. (ed) Bhave, S.Y., Patel, D.R., and Greydanus, D.E. (2008). Jaypee brothers medical publishers
  10. Performance of high and low functioning groups of people with schizophrenia on tests of cognition. Proceedings of International Conference of Psychology in mental health. Based on Findings of UGC funded Major Research project 1997-2000.
  - 11 "Shubharthis in India : De-stigmatising schizophrenia – a move towards inclusion" Invited chapter in Disabilities: Insights From Across Fields and Around the World, 3 volume book set. Marshall, C.A. Kendall, E., Gover, R.M.S. & Banks, M. (Eds.). Westport, CT: Praeger Press.2009. March 2009. pp 231-242.

- **Books and columns**

- Marathi book on Child Mental Health published by Granthali, Sept. 2001. Two Reprints
- Marathi book on Examination Stress, Unmesh Prakashan, Pune, November 2002. Second edition 2005.
- Marathi book on Quality of Life , Unmesh Prakashan, Pune, 2003.
- Marathi book on Behaviour Problems in Children.
- New book on Intelligence in press
- Served on the Editorial Board for Textbook of Adolescent Medicine. Jaypee Publishers, New Delhi, and contributed chapters to same.
- Monthly column on Parenting in ‘Maharashtra Times’ for over 2 years.
- Weekly column on Women’s issues in ‘Sakaal’, Mumbai, for over a year and a half.
- Current weekly column in ‘Sakaal’, Mumbai on couple counseling

- **Test constructed and published**

**EDLOF *A test of Emotion Discrimination and Labeling of Faces.***

Published at University Press, Mumbai. Distributed by Manasayan, New Delhi.

Translation of 16 PF into Marathi and Gujarati. Distributed by Psycho Centre, Delhi.

Working on State Trait Anger Inventory-2 (Hindi and Marathi language versions) with Dr Charles Spielberger.

Worked with Dr Ollendick, Virginia Tech, on Indian language versions of MASC, Fear Survey Schedule and CDI.

Working with Global Fund against Tuberculosis, AIDS and Malaria, 7<sup>th</sup> round. (GFTAM) as consultant for tool construction to TISS, Mumbai.

Working on psychometric tool adaptation for proposed International cross cultural study on eating disorders and body image among students with University of Ottawa, SSHRC International Opportunities Fund.

*CV to be updated*.....