**PERSONAL INFORMATION**

**Name:** Dr Maria Madiha

**Gender:** Female **DOB:** 13th November 1992

**Marital Status:** Unmarried

**Father’s Name:** Prof. Mohammad Khalid Azam **Mother’s Name:** Mrs Shahida Khalid

**Religion:** Islam **Nationality:** Indian

**Email ID:** [maria.madiha@gmail.com](mailto:maria.madiha@gmail.com) **Contact Information:** 8439894327

**ORCID ID:** 0000-0002-7329-7365

**EDUCATION QUALIFICATION**

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| **Courses** | **Board/ University** | **Subjects** | **Year of passing** | **Division** | **% of Marks** |
| High School | CBSE | English, Hindi, Mathematics, Science, Social Science. | 2009 | I | 72.8% |
| Senior Secondary | AMU, Aligarh | Psychology, English, Economics | 2011 | I | 77.5% |
| BA (Honors.) | AMU, Aligarh | Psychology (Honors.), Eng., Eco. | 2014 | I | 70.26% |
| MA Psychology | AMU, Aligarh | Psychology | 2016 | I | 71.80% |
| Ph.D. (Clinical Psychology) | Department of Psychiatry, JNMCH AMU, Aligarh | Clinical Psychology (“Evaluation and Management of Behavioral and Psychological Characteristics of Delinquent and Non-Delinquent Adolescents in India”) | Session 2017-2018 | **Degree Awarded**  **(2022)** | |

**WORK EXPERIENCE**

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| **Designation** | **Name of Employer** | **Nature of Duties** | **Date of Joining** | | **Grade Pay/ Academic Level** | **Reason for Leaving** |
| **Joining** | **Leaving** |
| Research Associate | Defence Institute of Psychological Research, DRDO | Research | 23rd January 2023 | - | 67,000/+ HRA (18,050) | - |
| Research Assistant | Department of Psychiatry, AIIMS, New Delhi | ICMR, Care Project; Recruitment of Patients, Assessment and Follow-Up; | 1st December 2022 | 20th January 2023 | 31,000/- | Appointment in DRDO |
| Part Time Teacher (Psychology) | Senior Secondary School Girls (SSSG +2), Aligarh Muslim University (AMU), Aligarh | Teaching Psychology class 11th and 12th | 1st October 2016 | 28th April 2017 | 15,000/- | Admission in Ph.D. |

**ACADEMIC EXPERIENCES**

1. **Observership:** I have undergone one month (1st July’15 to 31st July’15) observership under the supervision of Dr. Deoshree Akhouri (Associate Professor and Clinical Psychologist) in the Department of Psychiatry, Jawaharlal Nehru Medical College and Hospital (JNMCH), Aligarh Muslim University (AMU), Aligarh. During this observership I learned how to do the case workup, assessment, diagnosis and intervention & management of patients.
2. **Paper Presentation in Conference:**
3. Paper presented entitled “Effectiveness of Mindfulness (VIPASANA) On Psychosocial Factors of Elders”, 24th March 2018, National Conference on CME on Graceful Graying, Department of Community Medicine, JNMCH, AMU, Aligarh, UP.
4. Paper presented entitled “Impact of Mindfulness Meditation on Family Burden, Anxiety, Hopelessness and Quality of Life among Caregivers of Patients with Epilepsy and Intellectual Disability”, 24-25th March 2018, International Conference on Mental Health and Sustainable Human Development, Department of Psychology, AMU, Aligarh, UP.
5. Paper presented entitled “Assessment of Reproductive Health and Mental Health of Urban and Rural Muslim Teenage Girls of Aligarh District”, 26-27th October 2018, XXI Annual Conference of Indian Association of Preventive & Social Medicine, Department of Community Medicine, AMU, Aligarh, UP.
6. Paper presented entitled “Impact of Acceptance and Mindfulness-Based Intervention as an Add-on Treatment for Skin Diseases- Acne, Eczema and Psoriasis”, 1st November 2018, National Paper Presentation Competition, Daulat Ram College, New Delhi.
7. Paper presented entitled “Assessment of Psychosocial Factors of Adolescents involved in Internet Gaming”, 1st November 2018, National Paper Presentation Competition, Daulat Ram College, New Delhi.
8. Paper presented entitled “Efficacy of Meta-Cognitive Therapy on Adolescent Obsessive-Compulsive Disorder Patients”. 23-25th November 2018, 4th International Conference of Indian Academy of Health Psychology (ICIAHP) 2018, C.M.C.S. College, Nashik, Maharashtra.
9. Paper entitled “Efficacy of Meta-Cognitive Therapy on Adolescents with Social Anxiety Disorder” was presented at ANCIPS 2019, held on 31st Jan’19- 3rd Feb’19 in Lucknow, UP.
10. Paper entitled “Efficacy of Cognitive Behaviour Therapy on Defence Mechanism and Emotional Intelligence of Delinquent and Non-Delinquent Adolescents” was presented at ANCIPS 2020, held on 22nd January 2020 to 25th January 2020 in Kolkata, WB.
11. Paper entitled “Effect of Mindfulness-Based Therapy on Temperament, Defence Mechanism and Impulsivity of Delinquent Adolescents” was presented at 46th NACIACP, held on 21st February 2020 to 23rd February 2020 in Chandigarh.
12. Paper entitled “Menstrual Cycle: An Islamic Perspective” was presented at International Conference on Psychology of Religion & Spiritual Psychology, held on 24th February 2020 to 26th February 2020 in Department of Psychology, AMU, Aligarh, UP.
13. Paper entitled “COVID-19 Lockdown: Online Survey of Psychological Factors of Adolescents” was presented at 18th Annual National Conference of Association of Industrial Psychiatry of India, held on 4th March 2021 to 6th March 2021 organized by Association of Industrial Psychiatry of India & Dr. D Y Patil Medical College, Hospital and Research Centre, Pune.
14. Paper entitled “Dietary Habits of Adolescents during COVID-19 Pandemic” was presented at International Conference on Mental Health and COVID-19; Challenges and Future Prospects, held on 25th November 2022 to 26th November 2022 in Department of Psychology, AMU, Aligarh, UP.
15. Paper entitled “Impact of Habit Reversal Therapy in Alliance with Mindfulness Based Therapy for Adolescents with Trichotillomania” was presented at ANCIPS 2024, held on 18th January 2024 to 21st January 2024 in Kochi, Kerala.
16. **Best Paper Award(s):**
17. Paper entitled “Effect of Mindfulness-Based Therapy on Temperament, Defence Mechanism and Impulsivity of Delinquent Adolescents” was presented at 46th NACIACP, held on 21st February 2020 to 23rd February 2020 in Chandigarh.
18. Paper entitled “Study of Psychological Well-Being and Quality of Life of Caregivers of Patients with Head and Neck Cancer: A Comparative Study with Normal Control” was presented at National CME on Neurotherapeutics: Clinical Research and Recent Advances, held on 23rd August 2022 in JNMCH, AMU, Aligarh

**Special Mention:** The paper entitled, ‘Assessment and Management of Behavioural Problems of Delinquent and Non-Delinquent Adolescents of Aligarh’, was awarded 3rd Prize at North Zone Level held in NIFTEM, Sonopat, Haryana (paper was presented on 15th December 2018). This paper is related to Ph.D. topic, presented at ANVESHAN (2019) which was selected at University level as well as Zonal Level (North Zone) and was presented at National Level (11th–14th March 2019). This paper was awarded ‘Prize of Excellence’ by Innovation Council and University Incubation Center, AMU.

1. **Participation in Conference, Workshop, Seminar & CME:**
2. Workshop on “Cognitive Behavior Therapy”, organized by Jubilant Psyche Solution Clinic, Aligarh held at Arts Faculty Lounge, AMU, Aligarh, on 6th Sept 2014.
3. Workshop on “Application of Somatic Inkblot Series, TAT and CAT”, organized by Department of Clinical Psychology, Columbia Asia Hospital, Gurgaon, Haryana, India, from 5th Feb to 7th February, 2018.
4. National Seminar on “Accessibility & Skill Training Program with Specific Learning Disabilities”, organized by Association of Rehabilitation Professionals and Parents, New Delhi, India, from 22-23rd September 2018.
5. National Workshop on “Child Safety and Role of Psychological Assessment”, organised by Association of Clinical Psychologists, held on 30th September 2018.
6. Workshop on “Ontology Update 2018-Live Cochlear Implant and Temporal Bone Dissection Workshop” held on 24th-25th October 2018, organized by Jawaharlal Nehru Medical College, AMU, Aligarh.
7. Workshop on “Mindfulness-Based Cognitive Behaviour Interventions”, organised by M.V.P. Samaj’s A.C.S. College, Tryambakeshwar, Nashik, Maharashtra, held on 22nd November 2018.
8. Workshop on “Vineland Social Maturity Scale- Correct Administration and Scoring”, organised by Department of Clinical Psychology, NIMHANS, Bengaluru, held on 20th July 2019.
9. Workshop on “Early Identification and Intervention in Children with Special Needs: Facts and Practices”, organised by District Early Intervention Centre & Centre of Excellence (DEIC-COE), JNMCH, AMU, Aligarh under National Health Mission (NMH), Ministry of Health and Family Welfare, Govt. of India, held on 1st September 2019.
10. Workshop on “Winter School on Research Methods”, organised by Faculty of Management Studies and Research, Aligarh Muslim University, held from 7th December to 12th December 2019.
11. Attended Virtual 18th Annual National Conference of Association of Industrial Psychiatry of India, held on 4th March 2021 to 6th March 2021 organized by Association of Industrial Psychiatry of India & Dr. D Y Patil Medical College, Hospital and Research Centre, Pune.
12. Pre-Conference Workshop on Acceptance & Commitment Therapy (ACT)-Process Based Therapy in Digital Intervention, held on 27th May 2021, organized by 47th National Annual Conference of Indian Association of Clinical Psychologist, AFMC, Pune.
13. Attended Virtual Conference, “Digital Interventions, Challenges and Perspectives: Newer Frontiers in Clinical Psychology, held on 28th-30th May 2021, organized by 47th National Annual Conference of Indian Association of Clinical Psychologist, AFMC, Pune.
14. Workshop (Online) on Skills Training & Assessment, held on 1st June 2021, organized by J.N. Medical College, AMU, Aligarh
15. National CME on “ICD 11 mental, behavioural or neurodevelopmental disorders: How does it impact your Psychiatric training and practice?” conducted by the Department of Psychiatry, PGIMER, Chandigarh on 15th September 2021
16. One Week Online International Workshop on Biostatistics, held on 21st November 2021 to 27th November 2021, organized by Science Tech Institute, Lucknow, UP, India
17. Participated in 73rd Annual National Conference of Indian Psychiatric Society (ANCIPS) held on 24th March-26th March 2022, Vizag, Vishakhapatnam.
18. Participated in DIPR Platinum Jubilee Conference on Personnel Selection: Methodological & Technological Advancements held on 1st August 2024 to 2nd August 2024, DIPR, Timarpur, Delhi.
19. Workshop on Sample Size and Power Analysis held on 26th September 2024 to 28th September 2024, NIMHANS, Bengaluru, Karnataka.
20. **Publications:**
21. **Paper(s):**
22. Madiha, M. & Akhouri, D. (2018): Self-efficacy and Life Satisfaction among Adults. *International Journal of Applied Science Engineering and Management*, Vol 4, Issue 02 ISSN: 2454-9940.
23. Akhouri, D., Devi, S. & Madiha, M. (2018) Assessment and Management of Anxiety, Depression and Quality of Life among Patients of Breast Cancer. *International Journal of Scientific Research*. Print ISSN: 2277-8179.
24. Akhouri, D., & Madiha, M. (2018) Effectiveness of Mindfulness (VIPASANA) Meditation for Graceful Greying: A Follow-up Study. *Delhi Psychiatry Journal*. Vol. 21 No. 2
25. Akhouri, D., Kehksha & Madiha, M. (2018) Impact of gender and region on attitude towards gay and lesbian on adolescents. *J Psychol Clin Psychiatry*. 9(6):620‒622. DOI: 10.15406/jpcpy.2018.09.00597
26. Akhouri, D., Madiha, M. & Ansari, M. H. (2019) Anxiety, Depression and Quality of Life among Working Married and Unmarried Women: A Comparative Study, *Indian Journal of Psychiatric Social Work*, Epub Ahed of print, Feb 2019, ISSN 0302-1610
27. Akhouri, D., Soren, S., Madiha, M. & Bakhla, A.K. (2019) Efficacy of Meta-Cognitive Therapy on Adolescent Obsessive-Compulsive Disorder Patients, *International Journal of Scientific Research* Volume-8 | Issue-8 | August - 2019 | PRINT ISSN No. 2277 – 8179.
28. Akhouri, D., Madiha, M. & Akram, M. (2020) Impact of Acceptance and Mindfulness-Based Intervention as an Add-on Treatment for Skin Diseases- Acne, Eczema and Psoriasis. *SSR Institute of International Journal of Life Sciences*, 2020; 6 (5): 2652-2659
29. Madiha, M., & Akhouri, D. (2021). Impact of mindfulness-based therapy on psychological characteristics of juveniles in conflict with law in India. *Industrial Psychiatry Journal*, *30*(1), 141. (***PubMed*** Indexed)
30. Akhouri, D., Madiha, M., Imam, K., & Kumar, S. (2021) Assessment Of Psychosocial Factors Of Adolescents Involved In Internet Gaming. *Journal Of Education*: Rabindrabharati University; ISSN : 0972-7175
31. Akhouri, D., Madiha, M., & Imam, K. (2021) Assessment of Reproductive Health and Mental Health of Urban and Rural Muslim Teenage Girls of Aligarh District.*International Journal of All Research Education and Scientific Methods* (IJARESM), ISSN: 2455-6211 Volume 9, Issue 8, August -2021, Impact Factor: 7.429
32. Akhouri D, Madiha M, Ahmed J. (2021). COVID-19 lockdown: Online survey of psychosocial factors of adolescents. *Industrial Psychiatry Journal* 2021; 30:S45-51. (***PubMed*** Indexed)
33. Imam, K., Akhouri, D., Devi, S., & Madiha, M. (2022). COVID-19: In persons’ view. *International Journal of Health Sciences*, *6*(S4). (***SCOPUS*** Indexed).
34. Akhouri, D., & Madiha, M. (2022). Efficacy of meta-cognitive therapy on adolescents with social anxiety disorder. *Indian Journal of Psychiatric Social Work*, 39-44.
35. Akhouri, D., Madiha, M., Devi, S., & Chaudhury, S. (2022). Study of Psychological Well-Being and Quality of Life of Caregivers of Patients with Head and Neck Cancers: A Comparative Study with Normal Controls. The *Journal of International Medical Sciences Academy,*35(4). (***SCOPUS*** Indexed).
36. Devi, S. A., Ravi, D., Chakraborty, S., Bansal, D., Bharaty, S., Mohan, D., Selvapriya, M., & Madiha, M. (2024). Exploring Mind Wandering: A Serial Mediation Study Using Anxiety and Personality Traits. International Journal of Indian Psychology, 12(4), 072-084.
37. **Article(s):**
38. Akhouri D. & Madiha, M. (2017): Child Abuse: A Harsh Reality. Souvenir of RINPAS: 55-61.
39. Akhouri D. & Madiha, M. (2019): Non-Pharmacological Management of OCD: Past, Present & Future. Souvenir of RINPAS: 61-68
40. **Chapter(s) in Book(s):**
41. Akhouri, D. & Madiha, M. (2022). Women Movements: Of the Women, By the Women and For the Women. In Rao, M. K & Shrivastava, R. A. *Women in India: Issues & Challenges*. Harshwardhan Publication Pvt. Ltd. ISBN 978-93-92584-99-2.
42. Akhouri, D., Madiha, M., Ashraf, O., & Bhardwaj, D. (2022). How Intervention of MBSR Impacts Level of Mindfulness and Severity of IBS? In Singh, N., Yadav, R. R. S., Singh, P. & Baqri, S. S. R. *Interdisciplinary Research in Medical and Life Sciences*. (pp. 56-71) MKSES Publications. ISBN: 978-93-91248-15-4

**ADDITIONAL COURSES**

|  |  |  |  |  |
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| **Course** | **University** | **Completion** | **Mode** | **Agency** |
| Psychological Investigation of Criminals | National Forensic Science University, Delhi Campus | 1st April to 3rd April 2024 | Offline | National Forensic Science University, Delhi Campus |
| Psychological First Aid | Johns Hopkins University | 19th June 2021 | Online | Coursera |
| Foundations of Mindfulness | Rice University | 27th Jun 2021 | Online | Coursera |
| Mindfulness and Well-being: Living with Balance and Ease | Rice University | 5th July 2021 | Online | Coursera |

**EXTRA-CURRICULAR**

1. World Alzheimer’s Day Competition (2021)
2. Swatchta Pakhwadha Slogan Competition (2021)
3. Merit and Regularity (2014)
4. Hemophilia Federation (2009)
5. Child Welfare of Search Foundation (2007)
6. Bharat Jano Pratiyogita (2006)
7. Participated in Cancer Aid Society (2006)
8. Participated in Leprosy Eradication Drive

**Association with Organization(s):**

1. Life Member, Association of Rehabilitation Professionals and Parents (ARPP), ARPP/2018/LM-326
2. American Psychological Association (APA), International Status, C2001876419
3. Life Membership, Counselors Council of India, Professional Counselling, CRN9178037
4. Indian Psychiatric Society (IPS), Life Member, LAM/M01/23
5. Indian Association of Applied Psychology, Life Membership, 2091

**Thrust Areas:**

1. Assessment and Psychological Management of children and adolescents, psychiatric disorders, substance use disorder, deviant behavior, etc.
2. To explore research strategies for their better application in psychological research field.

**REFERENCES**

1. Dr. Deoshree Akhouri, Professor & Clinical Psychologist, Department of Psychiatry, JNMCH, AMU, Aligarh, (7599355114), [ddakhouri112@myamu.ac.in](mailto:ddakhouri112@myamu.ac.in)
2. Dr. Dolly Bansal, Scientist ‘F’, DIPR, DRDO, Delhi. (9868926683), [dollybansal.dipr@gov.in](mailto:dollybansal.dipr@gov.in)

**Declaration:** I hereby declare that the information provided is correct to the best of my knowledge and belief.

**Dr. Maria Madiha**