

Kashika Dangri

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EDUCATION

JSS Academy of Higher Education & Research, India

October 2022 - September 2024

Master of Science (MSc) in Clinical Psychology

GPA: 8.41/10 [3.81/4]

Relevant Coursework: Child & Adolescent Psychopathology, Adult & Geriatric Psychopathology, Advanced Cognitive Psychology, Advanced Statistics, Counseling Psychology, Neuropsychological Rehabilitation, Psychology of Addiction

Activities: Community Outreach- Suttur Jathra

The IIS University, India

July 2019 - May 2022

Bachelor of Arts in Psychology (Honors)

GPA: 9.33/10 [3.79/4]

Relevant Coursework: Biopsychology, Developmental Psychology, Social Psychology, Abnormal Psychology, Research Methods, Statistics, Health Psychology, Cognitive Psychology, Experimental Psychology

Activities: Group Lead- National Service Scheme, Placement Coordinator

The IIS University, India

July 2019 - July 2021

Diploma in Counseling and Guidance

GPA: 9.4/10 [3.8/4] | Honors: Secured 3rd Rank in class

Relevant Coursework: Introduction to Counseling, Principles & procedures of Guidance, Assessment & appraisal in Counseling, Techniques & skills of Counseling, Practicals, and Seminar based on Fieldwork

TEST SCORES

GRE- September 2024: Total= 332 | QR- 170 | VR- 162

TOEFL- October 2024: Total= 101 | L-27 | W- 26 | R-24 | S-24

RESEARCH EXPERIENCE

Clinical Research Coordinator & Psychologist

July 2025 - Present

Asha Kirana Hospital

Project: Neuropsychological functioning in vertically infected HIV Individuals

Principal Investigator: Dr. Jyotsna AS | *Collaborating Institute:* St. Jude Children's Research Hospital, Memphis

- Currently supporting scoping literature review on Neuropsychological Assessments
- Designing interventions to improve mental health outcomes of individuals perinatally infected with HIV

Research Collaborator

January 2025 - July 2025

Central Institute of Psychiatry (CIP, Ranchi) & MGMCH

Project: Psychometric properties of Borderline Personality Organisation Scale among emerging adults

Team: Dr. Sneha Nathwat & (Dr.) Mahadevaswamy M

- Supported data collection, participant coordination and data entry for the validation of the scale.
- Conducted literature reviews to contextualize the scale's theoretical foundation & psychometric research.

Research Collaborator

August 2024 - Present

Bangor University & JSSAHER

Project: ICU experiences of the individuals following self-harm: A Qualitative Study

Advisors: Dr. Anne Kraye & Mr. Sudeep PK

- Supporting narrative literature review exploring the post-ICU experiences of individuals who have self-harmed.
- Conducted preliminary literature searches and developed keyword strategies and refinement of review scope and inclusion/exclusion criteria.

Graduate Student Researcher

Jan 2024 - September 2024

JSS Academy of Higher Education & Research

Thesis: Perceived Social Response and Its Impact Among Individuals Who Have Self-Harmed: A Qualitative Study

Advisors: Ms. Trishala D and Mr. Sudeep PK

- Designed and conducted the study, interviewed 10 participants and conducted a thematic analysis
- Preparing the manuscript for submission to the Clinical Psychology Review

Undergraduate Student Researcher

Dec 2021 - May 2022

The IIS University

Thesis: The Effect of Gratitude Intervention on Well-Being, Forgiveness, Life Satisfaction, and Optimism Among Youth

Advisors: Dr Monica Sharma and Ms Rupali Ruhela

- Conducted a week-long gratitude intervention, assessing its effectiveness with psychological tests.
- Conducted data analysis in SPSS and presented findings at the university.

Undergraduate Student Researcher

May 2021 - January 2022

The IIS University

Project: Fear of Missing Out and Problematic Mobile Phone Use as Predictors of Phubbing: A Study on Emerging Adults

Advisor: Dr Megha Arya

- Conducted a study with 120 participants on predictors of phubbing behavior & performed data analysis using SPSS.
- Published findings in the Journal of the Asiatic Society of Mumbai (impact factor = 5.29)

CLINICAL EXPERIENCE

MSc Clinical Psychology Trainee, JSS Hospital, Mysore (2 Years)

October 2022 - September 2024

Conducted observations, clinical interviews, and Mental Status Examinations (MSE)

- Administered, observed, and interpreted psychological assessments for children, adolescents, and adults.
- Assisted in therapeutic interventions, enhancing counseling and therapy skills across various psychological issues.

Student Mental Health Counselor, JSS Mahavidyapeetha

January 2024 - February 2024

- Counselor (under supervision) in the tele-counseling program for grade 10 & 12 students.
- Screened students for psychological distress using standardized assessments and provided necessary interventions.

PUBLICATIONS AND PRESENTATION

Arya, M., & **Dangri, K.** (2023). *Fear of Missing Out (FoMO) and Problematic Mobile Phone Use (PMPU) as predictors of Phubbing: A study on emerging adults.* Journal of the Asiatic Society of Mumbai, 97(2), 92–101.

Mahadevaswamy, M., Nathawat, S., **Dangri, K.** & Choudhary S. *The influence of Childhood trauma on BPD, the mediating role of DERS and Distress intolerance.*

Mahadevaswamy, M., Nathawat, S., & **Dangri, K.** *The influence of Childhood Trauma on Hoarding Disorder Symptoms: A Cognitive Model Perspective on Maladaptive Beliefs.*

Dangri, K., Sudeep, P.K. & Trishala D. *Perceived Social Response and Its Impact Among Individuals Who Have Self-Harmed: A Qualitative Study.*

Sudeep, P.K., **Dangri, K.** & Karegar, A. *Exploring the ICU experiences of individuals following self-harm.*

Paper Presentation:

Dangri, K., Sudeep, P.K. & Trishala D. (2024, December). *Perceived Social Response & Its Impact Among Individuals Who Have Self-Harmed: A Qualitative Study.* Regional International Conference of The World Association for Psychosocial Rehabilitation- Indian Chapter

Dangri, K., Ajay, A.M., & Purohit, S. (2024, March). *Effectiveness of Natural Language Programming in detection of Self-harm: A Systematic Review.* International Conference on Media, Law & AI in Post-Truth Era

Mahadevaswamy, M., & **Dangri, K.** (2024, February). *The Role of Rumination as a Mediator in the Relationship Between Cyberbullying Victimization and Depression Among Adolescents.* International Conference on Mental Health at Crossroads: Contemporary Modalities and Strategies for Promotion of Health and Well-Being

Arya, M., & **Dangri, K.** (2022, October). *Fear of Missing Out (FoMO) and Problematic Mobile Phone Use (PMPU) as predictors of Phubbing: A study on emerging adults.* International Conference on Developing New India Through Science, Social Science, Humanities & Research

CERTIFICATIONS

- School Health for Children and Adolescents- **Specialization** by the University of Colorado [\[Link\]](#)
- Behavioral Finance- Certificate course offered by Duke University [\[Link\]](#)
- Integrative Health and Medicine - **Specialization** by the University of Minnesota [\[Link\]](#)
- Reign of Pain - Offered by Michigan State University [\[Link\]](#)

WORKSHOPS & TRAINING

- Wellness Within Supervision and Training Fellowship- Psychotherapeutic Skill Development, Oct 2025 - Jan 2026
- Residential Clinical Skills Training Workshop in Psychosexual Medicine by South Asian Society, February 2024
- Utilization of E-resources and Enhancing Research Visibility- Organized by JSS AHER, November 2022

SKILLS

Functional Skills: Clinical Assessments, Counseling techniques & interventions, Interviews and group discussions, Quantitative Analysis, Problem Solving, Collaboration, Leadership Development, Trust-based Relationship Building, Inclusive Teamwork.

Technical Skills: SPSS, R, NVivo, Excel, Google Sheets

Interests: Photography, Hiking, Custom GPT Training Models, IT | **Languages:** English, Hindi (Native), Punjabi (Fluent), Kannada