

## RESUME

**Dr. Saravanan Coumaravelou, PhD**  
**Assistant Professor in Clinical Psychology**  
**Department of Family and Community Medicine &**  
**Behavioural Sciences**  
**College of Medicine**  
**University of Sharjah**  
**Sharjah, UAE**  
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### PROFESSIONAL QUALIFICATION

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| 2008- 2014 | <b>PhD</b> (Psychology) specialized in <b>Clinical Psychology</b> , International Islamic University, Malaysia.                |
| 2002-2004  | <b>M.Phil</b> in <b>Clinical psychology</b> at Sri Ramachandra Medical College & Research Institute, Deemed University, India. |
| 2000-2002  | <b>M.A.</b> in Applied psychology at Annamalai University, India.  |
| 1997-2000  | <b>B.A.</b> (Psychology & Mental Health) at Pondicherry University, India.   |
| 1995-1997  | <b>Higher Secondary</b> (Psychology & Logic) Calve College, India  |

### ADDITIONAL PROFESSIONAL CERTIFICATION

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| February 2012 | Certified Cognitive Behaviour Therapist by <b>Australian Psychological Society</b> .   |
| November 2011 | Certified <b>Interpersonal Psychotherapist</b> by International Association of Interpersonal Psychotherapy, <b>USA</b> .             |
| October 2007  | <b>Certified hypnotherapist</b> , Hypnae ptd ltd, <b>Singapore</b> Affiliated with National Guild hypnosis, United States of America |

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## APPOINTMENTS AND EMPLOYMENT HISTORY

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December  
2014 until  
now

**Assistant Professor in Clinical Psychology in College of Medicine,  
University of Sharjah in UAE.**

Duties and responsibilities

- Lecture general psychology, clinical psychology, and behavioral science subjects to medical students.
- Assist and impart clinical psychology and behavioral science clinical skills to medical students during their clinical clerkship.
- Impart clinical psychology subjects to medical students during their Family and Community Medicine clinical postings.
- Facilitate for Problem Based Learning (PBL), assist Team Based Learning (TBL) and involve in PBL review sessions
- Assist for Objective Subjective Clinical Exam (OSCE)
- Involve in students evaluation, exam invigilation and unit (system) coordination
- Update behavioral science unit curriculum according to DSM-V and USMLE syllabus
- Member of the Student's Affairs committee, and Program Evaluation & Educational Quality Assurance & Accreditation committee member in the college of Medicine
- Supervise students community based research projects
- Initiate research discussion and involve in research activities.

March 2008-  
December  
2014

**Lecturer Cum Consultant Clinical Psychologist, School of Medicine,  
International Medical University(IMU), Malaysia**

**Duties and responsibilities:**

- Lecture clinical psychology, motivation and emotion, abnormal psychology, intelligence, memory, counseling and psychotherapy, behavior modification, and assessment and treatment of psychological disorders modules for undergraduate psychology students.
  - Lecture behavioural science subjects to MBBS, Nursing, Pharmacy and other health science programs
  - Facilitate for Problem Based Learning(PBL) and interprofessional learning
  - Use e-learning to teach psychology subjects
  - Semester coordinator for undergraduate program in Psychology
  - Acting coordinator for prospective Master in Clinical Psychology program
  - Involve in program evaluation and quality management
- Working as a clinic coordinator and consultant clinical psychologist at IMU Specialist Medical Clinic.**
- Provide cognitive behavior therapy for depression and anxiety disorders
  - Conduct psychological assessment such as IQ assessment, personality assessment, EQ assessment, clinical scales etc.

- Indulge in various research activities and also supervise students research projects
- Conduct stress and test anxiety management workshop for students.
- Assist for marketing activities such as education fair, road show, etc. to promote psychology program.

2006-2007

**Consultant Clinical Psychologist at the Department of Psychiatry in Zulekha Hospital (JCI accredited hospital) in Sharjah, UAE.**

Duties and responsibilities:

- Work in a multidisciplinary team to conduct both clinical and psychometric assessments for various mental disorders
- Provide cognitive behavior therapy for depression and anxiety disorders
- Parental training and behaviour therapy for children with intellectual disability, pervasive developmental disorders and other childhood disorders
- Administer various psychological and neuropsychological assessments for children and adults
- Indulge in organizational development and policies

2004-2006

**Consultant Clinical Psychologist at the Department of Psychiatry in Mahatma Gandhi Medical College & Research Institute(DU), India**

Duties and responsibilities:

- Teach introduction to psychology, motivation and emotion, abnormal psychology, counseling and behavioural science subjects to MBBS and BSc Nursing students
- Indulge in curriculum development for the M.D in Psychiatry and Masters in Clinical Psychology program
- Work in a multidisciplinary team to conduct both clinical and psychometric assessment for clients with various mental illness
- Provide cognitive behavior therapy for depression and other neurotic disorders
- Offer parental training and behaviour therapy for the parents of children with autism and intellectual disability
- Indulge in research activities
- Conduct stress and test anxiety management workshop for students

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## DISSERTATION

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**PhD Psychology** The effects of cognitive behavior therapy for depression and homesickness among international students in Malaysia.

**MPhil in Clinical Psychology** Training parents of intellectually disabled children with the aim of equipping the parents to manage them effectively

**M.A Applied Psychology** Vocational interest of higher secondary students

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## RESEARCH AND PUBLICATIONS

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### PUBLISHED JOURNAL ARTICLES:

- **Saravanan, C., Alizi, A., & Mardiana, S. (2017).** The effects of brief individual cognitive behavioral therapy for depression and homesickness among international students in Malaysia. *Journal of Affective Disorders*. Accepted for publication (IF: 3.570) \*
- Shou W.G., **Saravanan, C., Musawi, A., & Wong,C. (2017).** An experimental study of the effects of psychological interventions on adult patients with dental anxiety. *International Journal of Psychological Studies, 9(1),24-32\**
- Manaf, N.A., **Saravanan,C., & Beevi, Z. (2016).** The prevalence and inter-relationship of negative body image perception, depression and susceptibility to eating disorders among female medical undergraduate students. *Journal of Clinical and Diagnostic Research, 10(3), 1-4. (IF:0.23) \**
- **Saravanan, C., & Kingston, R. (2014).** A randomised control study of psychological intervention to reduce test anxiety, amotivation and psychological distress among medical students. *Journal of Research in Medical Sciences,19(5), 12-22. (IF:0.680)\**
- Kingston, R., & **Saravanan, C. (2014).** The effectiveness of psychoeducation and systematic desensitisation to reduce test anxiety among first-year pharmacy students. *American Journal of Pharmaceutical Education, 78(9), 163. (IF:1.21)*
- **Saravanan, C., & Heidhy, I. (2014).** Psychological problems and psychosocial predictors of cigarette smoking behavior among undergraduate students in Malaysia. *Asian Pacific Journal of Cancer Prevention, 15(18), 7629-34. (IF: 2.39)\**
- **Saravanan, C., Kingston, R., & Gin, M. (2014).** Is test anxiety a problem among medical students: A cross sectional study on outcome of test anxiety among medical students. *International Journal of Psychological studies,6(3), 24-31.\**
- Kingston, R., **Saravana, C., & Ying, O. W. (2014).** Relationship of test anxiety, psychological distress and academic motivation among first year undergraduate pharmacy students. *International Journal of Applied Psychology, 4(2), 68-72.*

- **Saravanan, C., & Wilks, R. (2014).** Medical students' experience of and reaction to stress: The role of depression and anxiety. *The Scientific World Journal*,1-8. **(IF 1.730)\***
- Shobana, M., & **Saravanan, C. (2014).** Comparative study on attitude and psychological problems of mothers towards their children with developmental disability. *East Asian Archives of Psychiatry*,24,16-22.**(IF 0.79)\***
- Nyamayaro, P. C., & **Saravanan, C. (2013).** The relationship between adjustment and negative emotional states among first year medical students. *Asian Journal of Social Sciences & Humanities*, 2(3), 27-278.\*
- **Saravanan, C., & Rangaswamy, K. (2012).** Effectiveness of counselling on the attitudes of mothers towards their children with intellectual disability. *Asia Pacific Journal of Counselling and Psychotherapy*,1,1-13. \*

#### **MANUSCRIPT UNDER REVIEW:**

Wong, C.Y, Saravanan,C., Ammar, M., & Shou, W.G., (November, 2016). An Experimental study of the effects of psychological interventions on adult patients with dental anxiety. Submitted for publication in The Journal of American Dental Association. \*

\*(star) Indicates I am the corresponding author of that article

#### **CURRENT WORKING MANUSCRIPT:**

- **Saravanan,C., Alizi, A & Mardiana, M.** Are Depression and Homesickness Managed by Self-Help Coping Strategies: A Qualitative Study on International Students?

#### **SEMINAR AND CONFERENCE PRESENTATIONS:**

- **Saravanan,C. (2015).** The relationship among test anxiety, psychological distress, and academic motivation among medical students. Paper presented in 3rd international conference on social science and business in Indonesia.
- **Saravanan, C., & Alizi, A. (2012).** An experimental study on the intervention for depression to reduce homesickness among international students in Malaysia. Paper presented in 13th Congress of ASEAN Federation of Psychiatry on Mental Health in Singapore
- **Saravanan, C., & Rangaswamy, K. (2011).** Effectiveness of counseling to modify the attitudes of mothers towards their children. This abstract is available in Malaysian Journal of Psychiatry.
- **Saravanan, C., & Alizi, A. (2011).** Importance of cognitive behaviour therapy for students with depressive disorder. Paper presented at International Islamic University Research Colloquium, Malaysia.
- **Saravanan, C., & Babu, S. (2011).** Psychological well-being of undergraduate nursing students in India. Presented at the 6<sup>th</sup> Congress of the Asian Medical Education Association in Malaysia

- **Saravanan, C., & Sathvik, B. S. (2010).** Physical, emotional, behavioural and cognitive reaction to stressors among undergraduate students in Malaysia. Paper Presentation at the International Medical Education Conference (IMEC), Malaysia.
- **Saravanan, C., & Rangaswamy. K. (2010).** An effectiveness of counseling to modify attitudes of the parents towards their intellectually disabled children. Paper presented at the Malaysia Psychology Conference, Malaysia.
- **Saravanan. C., & Sathvik, B. S.(2009).** The perception and reaction to stressors among undergraduate students in Malaysia. Paper presented at the Malaysian Psychology Conference, Malaysia.

#### **CURRENT APPROVED RESEARCH PROJECTS:**

- Saravanan,C., et al. (2017). A cross sectional study on smoking behavior and cessation: the role of precipitation factors and intention among university students. This project has been approved by **University of Sharjah, UAE.**
- Saravanan,C., et al. (2017). Beliefs, barriers, and stigma towards seeking mental health treatment among adults in Sharjah. This project has been approved by **University of Sharjah, UAE**
- Ibrahim, E., & **Saravanan,C** (2017). Use of mental health services among adult population in Sharjah. This project has been approved by **University of Sharjah, UAE**
- Individual participant data meta-analysis of the prevalence of mental health problems based on DASS-21 studies in Malaysia. This project has been approved by Ethics and Research Committee of **International Medical University, Malaysia** in November 2015.

#### **RESEARCH GRANTS AWARDED:**

- 2017-19 Saravanan et al. (2017). A cross sectional study on smoking behavior and cessation: the role of precipitation factors and intention among university students. Received grant AED 10199 from University of Sharjah, UAE
- 2017-19 Saravanan,C., et al. (2017). Beliefs, barriers, and stigma towards seeking mental health treatment among adults in Sharjah. Received REC approval and waiting for grant approval
- 2017-19 Ibrahim, E., & Saravanan,C (2017). Use of mental health services among adult population in Sharjah. Received grant AED 24300 from University of Sharjah, UAE.
- 2014-15 Individual participant data meta-analysis of the prevalence of mental health problems based on DASS-21 studies in Malaysia. (RM 3000)
- 2014-15 Saravanan et al. Body image, depression, and susceptibility of eating disorders among female students (RM 3000)
- 2014-15 Saravanan et al. Psychological well-being and quality of life among gay, lesbian, transgender and bisexual (RM 2750)

- 2014-15 Saravanan et al. The predictors and psychological problems of cigarette smoking behavior among undergraduate students(RM 3000)
- 2013-14 Saravanan et al. An experimental study of the effect of psychological interventions on patients with dental anxiety (RM 3000)
- 2013-14 Saravanan et al. An effectiveness of modeling and relaxation therapy for dental anxiety (RM 3000)
- 2013-13 Saravanan et al. A randomized control study on effectiveness of behavior therapy for test anxiety and its sequel (RM 6000)
- 2009-13 Saravanan et al. To study the reaction of stressors and healthy life style influences on academic performance of medical students at IMU(RM 11500)
- 2009 -11 Saravana et al. A comparative study on the impact of stress and psychological wellbeing of Medical and Pharmacy students in Malaysia(RM 750)

#### **Editor of the Journal /Books**

2017- Associate Editor of the International Journal of Family & Community Medicine until now

#### **RESEARCH SUPERVISION :**

- 2016-17 Saravanan,C., et al. Depression and anxiety screening among adults in the community of Sharjah, and attitudes towards seeking professional mental help
- 2015-16 Saravanan,C et al., Health anxiety and illness attitude among medical students in the University of Sharjah
- 2012-13 Saravanan, C., & Wong. J. The effect of combined psychological intervention for dental anxiety (Graduated 2014)
- 2012-13 Saravanan, C., & Shou. W. An effectiveness of psychological intervention for dental anxiety (Graduated 2014).
- 2012- 13 Saravanan, C., & Shobana. M. A comparative study on parental attitude, psychological well-being and expectations of parents of children with autism disorder, down syndrome and intellectual disability (Graduated 2014).
- 2011-12 Saravanan, C., & Mabel, L . A comparative study of social support, homophobia and depression between lesbians and gays in Malaysia (Graduated 2012).
- 2011-12 Saravanan, C., & Ying, L. A comparative study of internet addicts and non-addicts psychological problems in Malaysia (Graduated 2012).
- 2010-11 Saravanan., & Primrose, M. The relationship between adjustment problems and psychological wellbeing of the medical students in IMU (Graduated 2011).

## CONFERENCE AWARDS

Wong, C.Y., Wan, G. S., Saravanan. C., & Ammar, J. (May, 2014). Received oral presentation award in National Dental Students' Scientific Conference and Joseph Lister Award in Oral Disease Prevention

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## COMMUNITY SERVICE

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- Provided talk “is depression a serious problem among married women” on mental health day in 2006
- Provided talk to create insight and knowledge for the mothers of children with intellectual disability on mental health day in 2007
- Provided talk for the school teachers to identify the psychological and maladaptive behavioral problems among children studying in school in Sharjah, UAE in 2007
- As a part of community service, visited with various medical specialist to provide psychological counseling and assessment for the people who live in rural areas, special schools, mental health centers and old age home (from 2004 to 2007)

## OTHER SKILLS

Provided talk twice in Astro T.V. channel in Malaysia

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## MEMBERSHIP

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2010-2013	Associate member of the <b>American Psychological Association</b>
2005-2015	Registered <b>Clinical psychologist</b> at The Rehabilitation Council of India
2005-2015	Professional member of Indian Association of <b>Clinical Psychologist</b>
2008-2012	<b>Full member of the Singapore Psychological Society</b>
2006-2008	Licensed <b>clinical psychologist</b> by Ministry of Health, Sharjah, U.A.E
2006-2008	Member of the International association of <b>counseling and therapist, U.S.A</b>

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## REFEREES

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### **Professor Ray Wilks**

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Professor, School of Health Sciences, RMIT University, Australia  
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### **Professor Nabil Sulaiman**

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