

RESUME

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Assistant Professor in Clinical Psychology
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PROFESSIONAL QUALIFICATION

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

ADDITIONAL PROFESSIONAL CERTIFICATION

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

APPOINTMENTS AND EMPLOYMENT HISTORY

December
2014 until
now

Assistant Professor in Clinical Psychology in the Department of Family & Community Medicine and Behavioral Science, College of Medicine, University of Sharjah, UAE.

Duties and responsibilities

- Lecture clinical psychology, health psychology, developmental psychology, behavioral science, and assessment and treatment of psychological disorder subjects to medical (MBBS), medical post graduate (Medical Education and MSc Diabetic), and other health science students
- Impart and train the communication skills, mental health interview skills and other behavioral science clinical skills to medical students during their pre-clinical and clinical clerkship.
- Prepare behavioral science station in the Objective Subjective Clinical Exam (OSCE)
- Facilitator to the Problem Based Learning (PBL), assist Team Based Learning (TBL) and involve in PBL review sessions
- Update behavioral science and clinical psychology unit curriculum according to DSM-V and USMLE syllabus
- Developed three (Psychosocial Aspects of Diabetic, Mental Health for Health Science students and Mental Health in Family Medicine) new modules for Health Science, MSc Diabetic, and MS in Family Medicine program
- Member of the Student's Affairs committee, and Program Evaluation & Educational Quality Assurance & Accreditation committee member in the College of Medicine
- Use blackboard software to teach the lectures, and evaluate students' projects and performance through task stream software
- Coordinator of the neuropsychiatry unit and behavioral science subject
- Supervise medical and other health science students research projects
- Provide psychometric assessment and psychological therapies
- Obtain research grants, publish research articles and collaborate research projects within and outside the UAE.

Jan-2019 July
2020

Adjunct Faculty in Mohammed Bin Rashid University of Medicine and Health Sciences.

- Review the mind and behavior course for Medical Students
- Teach mind and behavior course
- Prepare the exam questions and assess the student's tutorial activities

March 2008-
December
2014

Lecturer Cum Consultant Clinical Psychologist, School of Medical Science, 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, general psychology and abnormal psychology subjects to MBBS, Nursing, Pharmacy and other health science programs
- Facilitate for Problem Based Learning(PBL) and interprofessional learning
- Train the communication skills, mental health interview skills and other behavioral science clinical skills to medical students during their pre-clinical and clinical clerkship.
- Prepare psychology (behavioral science) station in the Objective Subjective Clinical Exam (OSCE)
- 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, developmental psychology, counseling and behavioural science subjects to MBBS and BSc Nursing students

- 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

DISSERTATION

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

RESEARCH AND PUBLICATIONS

PUBLISHED JOURNAL ARTICLES:

- **Saravanan, C., & Ibrahim, M. (2021).** The Impact of Knowledge, Anxiety and Fear on Psychological Distress During COVID-19 among Residents of the United Arab Emirates. Accepted for publication in the **American Journal of Health Behavior (Q1)***
- Wiam, E., **Saravanan., C.,** Mohamed, H.T., et al. (2020). Bridging the gap in online learning anxiety: Generation X Teaching Millennial and Z Generations. **The Sultan Qaboos University Medical Journal** (accepted for publication) **Q3**
- **Saravanan, C.,** Mahmoud, I., Elshami, W., & Taha, M.H. (2020). Knowledge, anxiety, fear, and psychological distress about COVID-19 among University students in the United Arab Emirates. **Frontiers in Psychiatry**, 11, 582189 **Q1***
- Mahmoud, I., & **Saravanan, C. (2020).** The prevalence of mental disorders and the use of mental health services among the adult population in United Arab Emirates. **Asian Journal of Epidemiology**, 13(1), 12-19. **(Q4)***
- **Saravanana, C.,** Attleeb, A., & Suleiman. N (2019). Knowledge, beliefs and

predictive factors of intention and no intention to quit shisha smoking among university students in Sharjah. *Journal of Clinical and Diagnostic Research*, 13, 1-19. (Q3)*

- Sami, H.A., Saravanan.C., Ibrahim, A.M., et al. (2019). Prevalence of alexithymia and associated risk factors among medical students at King Abdulaziz University: A cross-sectional study. *Annals of Saudi Medicine*, 40(1), 55-62. (Q3)
- Saravanana, C., Attleeb, A., & Suleiman. N (2019). A cross sectional study on knowledge, beliefs and psychosocial predictors of shisha smoking among University Students in Sharjah, United Arab Emirates. *Asian Pacific Journal of Cancer Prevention* 20 (3), 903-909. (Q2)*
- Saravanan, C., Mardiana, M., & Alizi, A., (2019). Coping Strategies used by International Students who recovered from Homesickness and Depression in Malaysia. *International Journal of Intercultural Relations*, 68, 77-87 (Q1)*
- Saravanan, C., Alizi, A., & Mardiana, S. (2018). The effects of brief individual cognitive behavioral therapy for depression and homesickness among international students in Malaysia. *Journal of Affective Disorders*, 220, 108-116. (Q1) *
- Wong.C., Saravanan, C., Musawi, A., & Shou W.G., (2017). Effects of a combination of non-pharmaceutical psychological intervention on dental anxiety. *Journal of Clinical and Translational Research*, 3(3), 311-317
- 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. (Q3) *
- 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. (Q2)*
- 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.(Q1)
- 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. (Q2)*
- Saravanan, C., Kington, 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. **(Q2)***
- 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.**(Q3)***
- 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. *

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

MANUSCRIPT UNDER REVIEW:

- 'mHealth in Mental Healthcare: A Review' has been submitted to the Journal of Health Informatics
- A systematic review of the prevalence of depression and its associated factors among international University students
- **CURRENTLY PREPARING MANUSCRIPT:**
- Amitha, A., Saravanan et al., Associations of dietary inflammatory potential, lifestyle, physical and mental health among students in a University in United Arab Emirates

SEMINAR AND CONFERENCE PRESENTATIONS:

- **Saravanan**,C. (2018). Invited speaker for the Health awareness week in University of Sharjah
- **Saravanan**,C. (2017). Invited speaker for the Health awareness week in University of Sharjah
- **Saravanan**,C. (2017). Invited speaker on the World Mental Health Day

- **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 6th 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 et al.** (2020). Knowledge, anxiety, fear, and psychological distress about COVID-19 among University students and the public in the United Arab Emirates. This project has been approved by University of Sharjah and Ministry of Health and Prevention in UAE.
- **Wiam, E, Saravanan,C., et al.** (2020). Instructor and Student Experience of Online Learning during COVID 19 outbreak: Anxiety and Satisfaction This project has been approved by University of Sharjah, UAE
- **Saravanan,C., et al.** (2019). Comparative study of pregnancy complications, knowledge, impact and challenges between mothers of children with and without autism disorder in United Arab Emirates. This project has been approved by University of Sharjah, UAE
- **Amitha, A., Saravan., et al.** (2018). Associations of dietary inflammatory potential, lifestyle, physical and mental health among students in a University in United Arab Emirates. This project has been approved by University Arab Emirates University,

UAE

- **Saravanan,C.**, et al. (2018). Beliefs, barriers, and stigma towards seeking mental health treatment among adults in Sharjah. This project has been approved by University of Sharjah, UAE
- **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.
- Ibrahim, E., & **Saravanan,C** (2017). Use of mental health services among adult population in Sharjah. This project has been approved by University of Sharjah, and MOH, 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:

- 2020-22 Saravanan., et al. (2020). Comparative study of pregnancy complications, knowledge, impact and challenges between mothers of children with and without autism disorder in United Arab Emirates. Received grant AED **72000** from University of Sharjah, UAE
- 2017-19 Saravanan,C., et al. (2018). Beliefs, barriers, and stigma towards seeking mental health treatment among adults in Sharjah. Received grant AED **54200** from University of Sharjah, UAE
- 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 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

2018

Until now Associate Editor in the World Journal of Depression and Anxiety

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

2017- Associate Editor in the Journal of Addiction Therapy and Research
until now

RESEARCH SUPERVISION AND EVALUATION:

Total number of PhD thesis evaluated: 2

Total number of Master thesis evaluated: 1

Total number of undergraduate research project supervised and evaluated: 12

The sample of undergraduate thesis topics supervised and evaluated are mentioned below:

- 2019-20 **Saravanan.C et al.** Knowledge about ADHD among teachers in the United Arab Emirates
- 2018-19 Saravanan .C et al. Prevalence of depression among different colleges in University of Sharjah
- 2017-18 Saravanan,C et al. Knowledge, attitudes, and barriers towards mental health among residents in the UAE
- 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 (Graduated 2017)
- 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

COMMUNITY SERVICE

- 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

MEMBERSHIP

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

REFEREES

Will be provided upon request.