

Faculty Profile

Name: Dr. Subhasmita Panda

Qualification:

- M.A in Psychology, Centre of Advanced Study in Psychology, Utkal University
 - Specialization: Clinical Psychology
- Ph.D in Psychology, University of Delhi, Delhi



Designation: Assistant Professor in Psychology (OES-A)

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- **Area of interest:** Applied Cognitive Psychology, Developmental Psychology, Adolescent issues, Gender issues
- **Area of research:** Applied Cognitive Psychology, Developmental Psychology, Clinical Psychology, Positive Psychology, Criminal Psychology

Teaching Area:

- **UG:** Introductory Psychology, Basic Developmental Processes, Basic Psychological Processes, Processes of Human Empowerment, Statistics, Social Psychology, Environmental Psychology, Psychopathology, Educational Psychology, Psychological Assessment, Organizational Behaviour, Health Psychology, Counselling Psychology, Positive Psychology, Psychological Research and Measurement, Psychology and Social issues, Psychology of the Disability

- **PG:** Advanced General Psychology, Life Span Developmental Psychology, Social Psychology, Research Methodology, Psychological Statistics, Clinical Psychology, Organizational Behaviour, Educational Psychology, Applied Psychology, Basic Counselling Processes.

Total No. of Teaching Experience (Yrs):

- **UG: 7 Years**
- **PG: 1 Year 2 Month**

Research Supervision:

- **Ongoing (M.Phil/Ph.D):**

Name of the Student	Degree	University	Title of the Thesis	Date of Registration
Sampad Mohapatra	Ph.D	Utkal University, Bhubaneswar	Self-Efficacy among Substance Abusers: The Role of Motivational Enhancement Therapy	06/10/2020
Saswati Pragnya Sahoo	Ph.D	Utkal University, Bhubaneswar	Effectiveness of Cognitive Behavioural Therapy in Socio-Moral Reflection of Adolescents with Externalizing Behaviour	06/05/2022

Publication Profile

Research Articles Published:

- i) **Panda, S. & Verma, A.** (2023). Impact of cybervictimization on the self esteem of adolescents. Indian Journal of Criminology, 51 (2), 90-93.
https://drive.google.com/file/d/115LdHxP7f3fXA9eXf_Yj4L2cksEWsxQa/view

- ii) Mohapatra S., Mishra, S., **Panda S.** & Biswal, R. (2023). Effect of Self-efficacy, Marital Status, Duration of use on the Addiction Severity among Heroin Users. *Indian Journal of Clinical Psychology*, 50(2), 15-21.https://www.researchgate.net/publication/377815950_Effect_of_SelfEfficacy_Marital_Status_Duration_of_Use_on_the_Addiction_Severity_among_Heroin_Users
- iii) Mohapatra S. & **Panda S.** (2023). Effectiveness of Motivational Enhancement Therapy on Self-efficacy among Patients with Substance Dependency: A Quantitative Analysis. *Indian Journal of Psychological Science*, 16(2), 18-24. https://www.researchgate.net/publication/376133269_Effectiveness_of_Motivational_Enhancement_Therapy_on_Selfefficacy_among_Patients_with_Substance_Dependency_A_Quantitative_Analysis
- iv) **Panda, S.**, Sahoo, S.P. & Mohapatra, S. (2023). Juvenile delinquency in Odisha (2003 to 2021): Understanding the trend and pattern of crime rate. *Scope*, 13(02), 146-162. <https://scopejournal.com/assets/uploads/doc/8ce04-146-162.202317161.pdf>
- v) Mohapatra S. & **Panda S.** (2022). Management of substance abuse disorders using motivational enhancement therapy and self-efficacy: A brief review. *International Journal of Applied Research*, 8(5), 235-239. <https://www.allresearchjournal.com/archives/2022/vol8issue5/PartD/8-5-19-187.pdf>
- vi) Mohapatra S. & **Panda S.** (2022). A Comparative Study on The Relationship Between Self-Efficacy, Emotional Intelligence, and Perceived Social Support of Alcoholics on Relapse. *International Journal of Indian Psychology*, 10(2), 507-514. <https://ijip.in/articles/a-comparative-study-on-the-relationship-between-self-efficacy-emotional-intelligence-and-perceived-social-support-of-alcoholics-on-relapse/>
- vii) **Panda, S.**, Sahoo, S.P., & Panigrahi, P. (2022). Impact of stalking on mental health of adolescents: A thematic analysis. *Indian Journal of Psychology*, 106-109 (Print only)
- viii) **Panda, S.**, Babu, N. & Biswal, R. (2021). Development of Internal State

Language Among Hindi-Speaking Primary Grade Children. *Psychological Studies*, 66, 380–389. <https://link.springer.com/article/10.1007/s12646-021-00624-9>

- ix) Gupta, J., **Panda, S.**, & Babu, N. (2014). Construction of the social world in narratives of slum children, *Indian Journal of Health and Wellbeing*, 5(9), 1109-1114.
- x) Babu, N. & **Panda, S.** (2012). How effective are children in their social interaction: The role of theory of mind. *Indian Journal of Positive Psychology*, 3(4), 406-410.

Research Projects:

Name	Department	Type (Major/Minor)	Name of the Funding Agency	Funds Provided (Inr in Lakhs)	Title of the Project	Month and Year of Receiving Grant	Duration of the Project
Dr. Subhasmita Panda	Psychology	Minor	Odisha State Higher Education Council (OSHEC), Government of Odisha	Sanctioned Grant (Rs. 4.12 Lakh) 1 st Year Received: Rs.2,56,000 2 nd Year Received: Rs.77,037	Perspective Taking among Juvenile Delinquents of Odisha	31.05.21	2 Years

Papers presented in Conferences/Seminars:

- I. “Relationship between Emotional Intelligence and Internet Addiction among Under Graduate Students” in an International Conference on Mental Health in the Digital Age:

Response to Current Challenges from 27-28th September' 2024 organized by Department of Psychology, Utkal University.

- II. **“Externalizing and Internalizing Behaviour of Adolescents: A Gender Difference”** in the ‘International Conference on Mental Health, National Education Policy 2020 and Psychology in Practice’ on 4th October’ 2023 organized by Department of Psychology, Utkal University.
- III. **“Self-efficacy of a Substance Abuser: The Role of Motivational Enhancement Therapy and Relapse Prevention Therapy in addiction treatment”** in the ‘International Conference on Mental Health, National Education Policy 2020 and Psychology in Practice’ on 4th October’ 2023 organized by Department of Psychology, Utkal University.
- IV. **“Analysing the Gender Differences of Internalizing and Externalizing Problems of Adolescents: A Literature Review Analysis”** at International Conference cum Workshop on “People, Culture and Living Heritage” from 6th-8th August, 2023 at B.J.B (Autonomous) College.
- V. **“Mental Health Issues among Women in India: A Brief Review”** at International Conference cum Workshop on “People, Culture and Living Heritage” from 6th-8th August, 2023 at B.J.B (Autonomous) College.
- VI. **“Post-Pandemic Period: Challenges for Treatment and Prevention of Substance Use Disorder”** at International Conference on “Contemporary Economy in Post-Covid Era (CEPCE-2023)” from 17.02.2023-18.02.2023 organized by Department of Economics, B.J.B (Autonomous) College.
- VII. **“Mental Health of Students in Post-Covid-19 Period: A Systematic Review”** at International Conference on “Contemporary Economy in Post-Covid Era (CEPCE-2023)” from 17.02.2023-18.02.2023 organized by Department of Economics, B.J.B (Autonomous) College.
- VIII. **“Perspective Taking among Juvenile Delinquents of Odisha”** Poster presented at Odisha Research Conclave 2022 from 14-16 November,2022 organized by Odisha State Higher Education Council (OSHEC) & Ravenshaw University.
- IX. **“Effectiveness of Motivational Enhancement Therapy on Self-efficacy among Patients with Substance Dependency: A Quantitative Analysis”** at International Conference on “Dialogues and Deliberations in Social Sciences and Humanities (ICDDSSH-2022) from 29 – 30 July, 2022 organized by School of Humanities and Social Sciences, Sabarmati University, Ahmedabad

- X. **“Impact of Cyber Victimization on Mental Health of Adolescents: A Case Study”** at the ICSSR sponsored National Seminar on Current Trends, Techniques and Treatment Strategies for Anxiety, Depression and Stress Management from 26th March 2022 to 27th March 2022 organized by U.N. (Auto) College of Science & Technology, Adaspur, Cuttack, Odisha.
- XI. **“Impact of Stalking on Mental Health of Adolescents: A Thematic Analysis”** at the International Conference on Human Dignity and Mental Health in the New Normal (ICDMH- 2021) held during 17-18 December 2021
- XII. **“Understanding the emotional impact of stalking and coping responses of adolescents”** at 30th Annual Convention of National Academy of Psychology hosted by Indian Institute of Technology Kanpur from 19th-21st March 2021.
- XIII. **“Psychosocial impact and mental health of COVID-19 health practitioners: A systematic review”** in two days National E-Conference on “New challenges in the changing scenario 2020-21 & mental health” organised by Department of Psychology, Dhenkanal Autonomous College, Dhenkanal on November 7-8, 2020.
- XIV. **“Self-esteem of adolescents: A gender-based comparison”** in International Conference on “Psychology: The path ahead in education, health and sports” organised by Shailabala Women’s College, Cuttack on 31st January, 2020-1st February, 2020.
- XV. **“Theory of mind in classroom interaction”** in National Seminar on “Teaching methodology for tribal students: Issues and concerns” organized by KISS, Bhubaneswar on 27th September, 2019.
- XVI. **“The impact of cyberstalking on women’s mental health”** in NCW sponsored National Conference on “Cyber crimes and women: precautions and strategies” at Amity University, Chhattisgarh on March 28-29, 2019.
- XVII. **“Theory of Mind in Classroom”** in XXth Annual Conference of National Academy of Psychology (NAOP) of “Mind, Culture and Human Activities: Psychological Sciences in Twenty First Century” at Jawaharlal Nehru University, New Delhi, December, 2010
- XVIII. **“How Effective are Children in their Social Interaction: the Role of Theory of Mind”** in the National Seminar on “Holistic Paradigms in Psychology: Problems and Prospects” at Zakir Husain College, University of Delhi, Delhi, March, 2006

Invited/Special Lectures/Resource Persons or Presentations at Conferences/ Workshops:

- I. Resource person in IGNOU B.Ed Workshop-II on the topic “Stress and Stress Management” on 09.11.2024
- II. **Resource person** in YRC District Level Study cum Training Camp on the topic “Mental Health is Wealth” from 21.11. 2023 to 23.11.2023
- III. **“Invited Lecture on Positive Psychology”** at Amity Institute of Behavioural and Allied Sciences, Amity University, Chhattisgarh on 27th April, 2022.

Awards and Distinctions:

Best Poster Presentation Award in Odisha Research Conclave, 2022 by Odisha State Higher Education Council, Odisha.

Association with Professional Bodies:

- **Annual Member- National Academy of Psychology (NAOP)**