



Abinash Mishra

Lecturer | Department of Psychology

Academic Profile

- **Highest Qualification:** M.Phil. in Clinical Psychology
- **Additional Qualification:** Specialization in Health Psychology
- **Designation:** Lecturer
- **Teaching Experience:** 3+ Years
- **Courses Taught:** Undergraduate (UG)

Teaching & Pedagogical Skills

- Teaching through **PPT presentations** and **Smart Boards**
- Effective integration of **ICT tools** in classroom teaching
- Mentor of **+3 Second Year students (N = 48)**
- Guided **16 undergraduate student projects**

Research Publications (**4 Publications**)

1. *Brief Cognitive Behavior Group Therapy for Social Anxiety among Medical Students: A Randomized Placebo-Controlled Trial*
2. *Anxiety Sensitivity as a Predictor, and Non-Specific Therapeutic Factors as Predictors and Mediators of CBT Outcome for Obsessive-Compulsive Disorder in a Naturalistic Mental Health Setting*
3. *A Systematic Review of Thought Control Strategies in Obsessive-Compulsive Disorder*
4. *Meta-Cognitive Beliefs in Major Depressive Disorder: A Comparison of Individuals with Major Depressive Disorder and Healthy Controls*

Conferences & Academic Participation

- **Conference Attended:** 9
- **Seminar Papers Presented:** 9

Faculty Development Programmes

- **FDP Attended:** 1

- **Refresher Course Attended:** 1

Institutional Responsibilities

- Deputy Controller, **Autonomous Examination Cell**
- Coordinator, **Skill Development Programme (COURSERA)**
- **Mental Health Coordinator**
- Member, **Autonomous Renewal Committee**

Additional Information

- **Books Published / Reviewed:** Nil
- **Research Projects / Grants:** Nil
- **Awards / Recognitions:** Nil