BIOGRAPHICAL SKETCH

NAME: SANNET THOMAS

eRA COMMONS USER NAME (credential, e.g., agency login):

POSITION TITLE: Doctoral Research Scholar

| INSTITUTION AND LOCATION | DEGREE  (if applicable) | Completion Date  MM/YYYY | FIELD OF STUDY |
| --- | --- | --- | --- |
| University of Calicut  University of Calicut | Diploma  B.Sc. | 06/2016  04/2016 | Counselling  Psychology |
| Mangalore University | M.Sc. | 05/2018 | Psychology |
| University of Madras | M.Phil. | 08/2020 | Counselling Psychology |
| Veer Bahadur Singh Purvanchal University | Ph.D. | Pursuing | Applied Psychology |
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**A. Personal Statement**

**I am a Doctoral Research Scholar of Applied Psychology, and my research is focused on intervention based multimodal population studies among different ethnic and marginalized groups. Currently I am doing my doctoral research on the topic entitled “Uplifting the Quality of Life of Tribal Communities Living in Western Ghats: An Action Research” I have a broad background in Psychology, with specific training and expertise in intervention-based research studies among clinical population, quantitative and qualitative research, test construction and psychological statistics. I have gained training in data analysis in behavioral sciences, mathematical modelling, and intervention module development. In addiction I have done more than 50 research works within two years after the completion of post graduation in psychology. I have done more than ten invited talk about applied psychology and related areas. In addition, I effectively managed the projects, collaborated with other scholars, and published many peer-reviewed publications as a result of each one. As a consequence of my previous experiences, I understand the value of frequent communication among project members as well as developing a realistic study plan, timeframe, and budget. The current application logically builds on my earlier projects. At present I am conducting research in psychological interventions and support among tribal communities in Western ghats.**

**Ongoing and recently completed projects that I would like to highlight i**

**B. Positions, Scientific Appointments, and Honors**

**Positions**

2021- Present Doctoral Research Scholar, Veer Bahadur Singh Purvanchal University, Jaunpur, India

2021 – Present Guest Lecturer, Dept. of Psychology, Yuvakshetra Institute of Management Studies,

Mundur, Palakkad, Kerala, India

2021- Present Guest Lecturer, Dept. of Psychology, Seventh Day Adventist Hospital, College of

Nursing, Ottapalam

2020- 2021 Assistant Professor, Dept. of Psychology, Yuvakshetra Institute of Management Studies,

Mundur, Palakkad, Kerala, India

2019-2020 Guest Lecturer, Dept. of Psychology, University of Madras, Chennai, India

2018-2019- Assistant Professor, Dept. of Psychology,Nucleus Arts and Science College, Muthuthala,

Pattambi, Kerala, India

2018- Present Consultant Psychologist, St. Rita’s Hospital, Cherthala, Kerala, India

2018-2019 Psychologist and Career Coach, Bwell Mind Care Thiruvalla, Kerala, India

**Scientific Appointments**

2021- Present Associate Member Society of Industrial and Organizational Psychology, India

2021 Appointed as a ‘Question Paper Setter’ for B.Sc. Forensic sciences course at Yenepoya

University, Mangalore.

2021 Editor of Rivista Neurology Journal

2021 Review Editor Frontiers Psychology, Health Psychology Journal

2021 Reviewer of International Journal of Indian Psychology (ISSN 2349-3429 (Print), ISSN

2348 5396(Online))

2021 Editorial Board Member of International Journal of Psychological and Brain Sciences

(IJPBS) (ISSN 2575-2227 (Print), ISSN 2575-1573 (Online))

2020- Present Scientific-Member of International Center for Clinical Psychology and Psychotherapy,

Germany

2020- Present Life Member National Association of Psychological Science, India

2020- Present Associate Member of San Francisco Psychological Association San Francisco, United

States of America

2020 Reviewer of PeerScientist Journal (ISSN 2581-7221)

2020 Reviewer of American Journal of Health Behavior (ISSN 1087-3244 (Print); ISSN 1945-

7359 (Online))

**Honors**

2020 Received World Book of Records, UK for the participation in the Nation Building Project-India’s

Largest Career Guidance Digital Conference to Create 1 Million Career Coaches to address

World Employment Crisis due to Artificial Intelligence and Covid-19 organized by 3G Institute of

Research & Policy Studies, Chennai.

2020 Conferred the License to run the title the Scientific-Member of International Center for Clinical

Psychology and Psychotherapy, Germany

2021 Received India Book of Records titled “Maximum Research Papers on Psychology Published by

an Individual in a year.

2021 Selected to the list of Grand Masters by the Asian Book of Records for the contribution to the field

of Scientific Papers.

**C. Contributions to Science  
I have done more than 50 research works some of the research works has been published in the international journals and some of the works has been presented in the national and international conferences. The list of publications and presentations mentioned below. Additionally ResearchGate profile and Google Scholar Profile Mentioned below**

**ARTICLES IN JOURNALS / PUBLICATIONS**

* Thomas, S. (2018). The study on Self efficacy and Machiavellianism among Malayalee Community USA. Phonix - International Journal for Psychology and Social Sciences (PIJPS), 2(2): 211- 217, (ISSN 2456-5180).
* Thomas, S. (2018). The Study on Assertiveness and Job Satisfaction among Psychologists in Ker ala.International Journal of Indian Psychology (IJIP), 6(3): 4-14. DIP : 18.01.021/20180603, DOI: 10.25215/0603.021, ISSN 2348-5396 (e), ISSN 2349-3429 9 (p)
* Thomas, S. & Xavier, M. (2020). Depression, Anxiety, Stress and Self Efficacy among People During The Lockdown Period in Kerala. Mukt Shabd Journal, 9(8): 575-585. (ISSN NO : 2347-3150)
* Kumar A.R. & Thomas S. (2020). Study on nomophobia and anger among undergraduates duringcovid-19 pandemic. International Journal of Indian Psychology, 8(3), 1397-1403. DIP:18.01.145/20200803, DOI:10.25215/0803.145
* Unni, K. & Thomas, S. (2020). Self Concept and Social Anxiety among Adolescents. InternationalJournal of Advance Research and Innovative Ideas in Education, 6(5): 1038-1042. (ISSN(O)- 2395-4396)
* Nimisha, K.A. & Thomas, S. (2020). Body Image and Self-Compassion among Adolescents.International Research Journal of Modernization in Engineering Technology and Science, 2(10): 140-145. (ISSN: 2582-5208).
* Akhila K.V. & Thomas, S. (2020). A study on Shyness and Psychological Well-Being among Young Adult. International Journal of Research and Review. 7(10): 103-107. (ISSN: 2349-9788).
* Sabu, S.K. & Thomas, S. (2020). Personality Types, Anxiety and Stress among Young Adults.Educational Quest: An Int. J. Edu. Appl. Soc. Sci., 11(2): 125-131. (ISSN: 2230-7311). DOI:10.30954/2230-7311.2.2020.14
* Sabir, S. & Thomas, S. (2020). Emotional Intelligence and Achievement Motivation among CollegeStudents. International Journal of Trend in Scientific Research and Development (ijtsrd), 4(6): 1351-1353 (ISSN: 2456-6470).
* Thomas, M & Thomas, S. (2020). Study on Coping among Parents with Chronic Ill Child. EPRA International Journal of Multidisciplinary Research (IJMR), 6(10): 169-172. (ISSN: 2455- 3662). DOI: https://doi.org/10.36713/epra5343
* Monisha, M & Thomas, S. (2020). The Study on Depression, Anxiety and Stress among Married Women. International Journal for Innovative Research in Multidisciplinary Field, 6(10): 155- 159. (ISSN: 2455-0620).
* Munavara T. & Thomas S. (2020). A study on procrastination and achievement motivation among young adults during lockdown. International Journal of Indian Psychology, 8(4): 50-55. DIP:18.01.049/20200804, DOI:10.25215/0804.049
* Menon R., Gopika M. P. & Thomas S. (2021). Impact of COVID-19 on the Mental Health of College Students Within India and Outside India. International Journal of Research in Engineering, Science and Management, 4(1): 38-42. (ISSN: 2581-5792).
* Sivaraman A., Surendran H. & Thomas S. (2021). The Study of Internet Addiction and Self-esteem among College Students across their Gender. International Journal of Research in Engineering, Science and Management, 4(1): 149-151. (ISSN: 2581-5792).
* Menon G. V., Fathima A. R. & Thomas S. (2021). The Study on Nomophobia and Shyness Among Teenagers. International Journal of Research in Engineering, Science and Management, 4(1): 119-121. (ISSN: 2581-5792).
* Navya K., Vidhya K. & Thomas S. (2021). The Study on Shyness and Self-esteem Among Young Adults During COVID-19 Pandemic. International Journal of Research in Engineering, Science and Management, 4(1): 26-29. (ISSN: 2581-5792).
* Sheha, Rejisha S. & Thomas S. (2021). Anxiety Depression and Stress among Employees from Kerala based on their Type of Migration. International Journal of Creative Research Thoughts, 9(1): 1377- 1383. (ISSN: 2320-2882).
* Sreelakshmi M.S, Athira K. H. & Thomas S. (2021). Parental Stress among Parents during Covid-19 Pandemic. International Journal of Creative Research Thoughts, 9(1): 1201-1205. (ISSN: 2320-2882).
* Aiswarya P., Faheema T. S. & Thomas S. (2021). A Study on Personal Effectiveness Among College Students. International Journal of Research in Engineering, Science and Management, 4(1): 53-55. (ISSN: 2581-5792).
* Sreelakshmi A., Swaliha V. A. & Thomas S. (2021). Perceived Stress among Students during Covid- 19 Pandemic. International Journal of Creative Research Thoughts, 9(1): 1058-1062. (ISSN: 2320-2882).
* Aneesha Sulthana S H, Shabu A. & Thomas S. (2021). Acceptance of homosexuality among Indian youth. International Journal of Indian Psychology, 9(1): 346-361. DIP:18.01.039/20210901, DOI:10.25215/0901.039. (ISSN 2348-5396).
* Akshara K. A., Jiju J. & Thomas S. (2021). Study on Self-esteem and Communication Skills among Young Adults. International Journal for Innovative Research in Multidisciplinary Field, 7(1): 172-175. (ISSN: 2455-0620).
* Akshaya S., Ninan J., & Thomas S. (2021). Test Anxiety among College Students. International Journal of Creative Research Thoughts, 9(1): 3411-3419. (ISSN: 2320-2882).
* Geethika A., Archana M. & Thomas S. (2021). The Study on Self-Esteem and Psychological Well Being among Working and Non-Working Women. International Journal of Creative Research Thoughts, 9(2): 3327-334. (ISSN: 2320-2882).
* Reshma R, Vaishnaja S & Thomas S. (2021). Study on well-being, anxiety and depression among young adults. International Journal of Indian Psychology, 9(1), 565-571. DIP:18.01.057/20210901, DOI:10.25215/0901.057. (ISSN 2348-5396).
* Najiya F. & Thomas S. (2021). Self-esteem, empathy and introversion among adolescent readers. International Journal of Indian Psychology, 9(1), 592-602. DIP:18.01.059/20210901, DOI:10.25215/0901.059. (ISSN: 2320-2882).
* Nithya S., Farseena K.P. & Thomas S. (2021). Parental stress among parents across their parenting role. International Journal of Indian Psychology, 9(1), 611-615. DIP:18.01.061/20210901, DOI:10.25215/0901.061. (ISSN: 2320-2882).
* Shireen N. T., Abi A V & Thomas S (2021). A study on personality and happiness among college students. International Journal of Indian Psychology, 9(1), 616-622. DIP:18.01.062/20210901, DOI:10.25215/0901.062. (ISSN: 2320-2882).
* Sharief S., Shaji T. A., Soumya S. & Thomas S. (2021). The study on personality traits among youngsters based on birth order. International Journal of Indian Psychology, 9(1), 623-629. DIP:18.01.063/20210901, DOI:10.25215/0901.063. (ISSN: 2320-2882).
* Thanseera A., Nasla K. & Thomas S. (2021). Academic Stress and Study Habit among College Students. EPRA International Journal of Multidisciplinary Research, 7(1), 164-167. DOI: https://doi.org/10.36713/epra6551. (ISSN: 2455-3662).
* Aravind A., Sangeerthana S. & Thomas S. (2021). The study on social media addiction and self-esteem among college students. International Journal of Indian Psychology, 9(1), 907-911. DIP:18.01.096/20210901, DOI:10.25215/0901.096. (ISSN: 2320-2882).
* Yamuna G, Venu A. & Thomas S. (2021). Internet Addiction among Young Adults amidst Covid 19 Pandemic. EPRA International Journal of Multidisciplinary Research, 7(4), 17-20. DOI: https://doi.org/10.36713/epra6557. (ISSN: 2455-3662).
* Kumar N.S., Mariya A & Thomas S. (2021). Study on Social Media Addiction among College Students during Covid 19 Pandemic. The Investigator, 7(1), 74-77. (ISSN 2454-3314).
* Anjitha P. & Thomas S. (2021). A Study on Self-esteem and Happiness among the Young Adults of Kerala during Covid-19 Pandemic. The Investigator, 7(1), 74-77. (ISSN 2454-3314).
* Nasla V.S., Mohan N. & Thomas S. (2021). Cyber Bullying and Victimization: A Meta Analytic Review. EPRA International Journal of Multidisciplinary Research, 7(5), 317-323. DOI: https://doi.org/10.36713/epra6594. (ISSN: 2455-3662).
* Joseph B.J., Jayesh S. & Thomas S. (2021). Cinderella Complex: A Meta-Analytic Review. EPRA International Journal of Multidisciplinary Research, 7(5), 324-329. DOI: https://doi.org/10.36713/epra6596. (ISSN: 2455-3662).
* Thomas S. (2021). Neuropsychological Examination: Perspectives of a Psychologist. Rivista Neurology, 2021(1), 1-5.
* Thomas S. (2021). Nomophobia and Self Efficacy among Medical Students. Rivista Neurology, 2021(1), 1-6.
* Suhara F.K., Maneesha K.P.& Thomas S. Nomophobia: A Meta-Analytic Review. EPRA International Journal of Multidisciplinary Research, 7(5), 469-477. DOI: https://doi.org/10.36713/epra7145. (ISSN: 2455-3662).

**PUBLISHED BOOK CHAPTERS**

* Mumtaz, S. & Thomas, S. (2020). Perceived Stress, Anxiety, Job Satisfaction among IT Employees during Lockdown. Psychology: Research Innovations in Young Minds, Lulu Publications, USA, 305-314, (ISBN: 978-1-71657-064-3).

**PUBLISHED BOOKS**

* Thomas, S. (2021). Cognitive Psychology: Theory and Practice, Yuva Kshetra Institute of Management Studies, (ISBN: 978-81-950491-4-1).
* Thomas, S. (2021). An Introduction to Indian Psychology, Yuva Kshetra Institute of Management Studies, (ISBN: 978-81-950491-9-6).
* Thomas, S. (2021). Set Up Your Upset. Yuva Kshetra Institute of Management Studies, (ISBN: 978-81-950491-8-9).
* Thomas, S. (2021). Statistics in Psychology: A Complete Guide. Yuva Kshetra Institute of Management Studies, (ISBN: 978-81-950491-3-4).
* Thomas, S. (2021). Applied Psychology: Theory and Practice: Yuva Kshetra Institute of Management Studies, (ISBN: 978-81-950491-2-7).

**PAPER PRESENTATION**

* The Study on ***“Assertiveness and Job Satisfaction among Psychologists in Kerala”*** Presented in the Two Day National Seminar on **Disability and Rehabilitation: Challenges and Strategies** organized by Dept. of Psychology, Yogi Vemana University, Kadappa, Andra Pradesh on 27th & 28th December 2018
* The Study on ***“Happiness and Helping Attitude among Nurses and Nursing Students”*** Presented in the 6th International & 8th Indian Psychological Science Congress on **Sustainable Peace & Well Being** : **Integration Across Generations** jointly organized by National Association of Psychological Science – India and Punjab University Chandigarh at Punjab University, Chandigarh, Punjab from 18th to 20th October 2019
* The study on ***“Nomophobia and Self Efficacy among Medical Students”*** in the National Conference on **Internet Addiction: Challenges & Therapeutic Interventions for Millennium 2020**” organized by Dept. of Counselling Psychology, University of Madras on 13th March, 2020.
* The study on ***“Depression, Anxiety, Stress and Self Efficacy among People During Lockdown in Karnataka”*** Presented in the Two Day International Webinar on **Covid-19: Psychosocial Issues and Opportunities** organized by Dept. of Psychology, R.B.B.M. College, Muzaffarpur In collaboration with Bharatiya Manovigyan Parishad (BMP) from 31st May – 1st June, 2020.
* The Study on ***“The Psychology of Sustainability and Sustainable Development”*** Presented in the One Day Interdisciplinary Online International Conference on **Sustainable Development & Environmental Issues** Organized by Mandesh Mahavidyalaya, Junoni, and Padmabhushan Dr. Krantiveer Nagnath Anna Naikwadi Kala Mahavidyalaya, Zara, Maharashtra on 7th June 2020.
* The Study on ***“Effect of Depression, Anxiety, Stress and Self Efficacy among Rubber Farmers during Lockdown in Kerala and Karnataka”*** presented in the National Multilingual Conference on **Problems and Opportunities in Agriculture: In and after Covid-19** organized by Internal Quality Assurance Cell, Jaysingpur College, Jayasingpur, Kolhapur, Maharshtra on 25th June 2020.
* The Study on ***“Depression, Anxiety, Stress and Self Efficacy among Migrant Labours from West-Bengal During Lockdown In Kerala”*** Presented in the Online National Conference on **Migrant Labour: A Political-Economic-Social-Cultural Perspective** organized by St. Aloysius College, Jablpur, Madhya Pradesh, India from 26th to 27th June 2020.
* The Study on ***“Depression, Anxiety, Stress and Self Efficacy among People During Lockdown In Kerala”*** Presented in the International Webinar On **A Discourse on changing Scenario of Human Life: Present and Post Corona Period** organized by Department of Geography, Badri Vishal Postgraduate College Farrukhabad, Utter Pradesh from 22nd to 23rd June 2020.
* The Study on ***“Systematic Analysis about Online Education”*** Presented in the International Webinar on **Impact of Present Scenario on the Life and the World** organized by International Innovation Forum, JBG and KGK College Moradabad from 27th to 30th July 2020.
* The Study on ***“Virtual Education: A Systematic Meta Analytic Study”*** Presented in the 7th International & 9th Indian Psychological Science Congress on **Epidemic and Well Being: The Voices of Psychology** jointly organized by National Association of Psychological Science – India and Arba Minch University, Ethiopia from 28th to 29th November 2020.

Research Gate Profile: <https://www.researchgate.net/profile/Sannet_Thomas>

Google Scholar: <https://scholar.google.co.in/citations?user=_e0iQpgAAAAJ&hl=en>