



## Notice for the PhD Viva Voce Examination

Ms Tanuja Bharadwaj (Registration Number: 19244002), PhD scholar at the School of Social Sciences, CHRIST (Deemed to be University), Delhi NCR Off Campus will defend her PhD thesis at the public viva-voce examination on Thursday, 29 June 2023 at 1.00 pm in the Board Room, Ground Floor, A Block, CHRIST (Deemed to be University), Delhi NCR- 201003.

- Title of the Thesis** : **Psychosocial Risk Factors in Adolescents' Mental Health: Assessment and Intervention**
- Discipline** : **Psychology**
- External Examiner** : **Dr Indewar Misra**  
(Outside Uttar Pradesh) Associate Professor  
Department of Psychology  
Dr Bhim Rao Ambedkar College, University of Delhi  
Wazirabad Road  
Yamuna Vihar, Shahdara, New Delhi, Delhi-110032
- External Examiner** : **Dr Madhurima Pradhan**  
(Within Uttar Pradesh) Professor and Head (Rtd.)  
Department of Psychology  
University of Lucknow, Lucknow  
Uttar Pradesh - 226007
- Supervisor** : **Dr Viju P D**  
Professor  
Department of Psychology  
School of Social Sciences  
CHRIST (Deemed to be University)  
Bangalore Central Campus  
Bengaluru - 560029  
Karnataka, India

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

**Place:** Delhi

**Date:** 23 June 2023

**Registrar**

*Registrar*  
CHRIST (Deemed to be University)  
Bengaluru - 560 029

## ABSTRACT

Majority of the mental health disorders have their onset during adolescence and can contribute to a number of adverse consequences. There is a huge disease burden associated with these conditions. Early identification of these problems has been a global concern. A number of risk factors have been implicated in the mental health problems of adolescents. This study aimed at exploring the most significant and modifiable risk factors that can be assessed using a standardised tool in order to aid primary prevention. The study employed an exploratory sequential design and was divided in three phases. Phase I aimed at exploring the modifiable psychosocial risk factors via Systematic Review, Personal Interviews and Focus Group Discussions. Phase II focussed on tool construction using quantitative data and establishing reliability and validity. Phase III aimed at proposing a statistical model for intervention and highlighting important interventions. The steps involved in all three phases have been elaborated. The sample size consisted of 934 adolescents ranging in age from 12- 18 years. Apart from adolescents, data were also obtained from mental health professionals, school teachers and parents of adolescents. Content validity of the tool was established with the help of expert panellists. Exploratory and Confirmatory Factor analysis resulted in a robust five factor model. The extracted five factors were named as Parent-Child Relationship (PCR), Self-Concept (SC), Teacher-Student Dynamics (TSD), Social Media Use (SMU), and Peer Interaction (PI). The reliability of the subscales ranged from .60 to .80. The overall reliability of the scale was good ( $\alpha=.87$ ). Convergent validity of the scale was established using standard measures of risk factors and emotional and behavioural problems. Divergent validity was established using measures of life satisfaction and wellbeing. The tool was named as Multidimensional Psychosocial Risk Screen (MPRS). PI and SMU emerged as strongest predictors of mental health problems. Interventions including peer support apps, regulation of social media use by integrating various stakeholders were proposed. MPRS can be an effective tool in screening 'at-risk' students to foster early intervention since it has promising psychometric properties. Interventions can be targeted on the basis of identified risk factors.

*Keywords: psychosocial risk, adolescents, screening tool, early intervention*

### Publications:

1. **Bhardwaj, T.,** Shekhawat, L., & Viju P D (2022). Anthropophobia (Taijin Kyofusho) beyond the Boundaries of a Culture-Bound Syndrome: A Case Series from India. *Indian journal of psychological medicine*, 44(6), 615–617. <https://doi.org/10.1177/02537176211053223>
2. **Bhardwaj, T.,** Viju, P.D., & Chukkali, S. (2022). Exploring perspectives on risks to mental health problems in adolescents: A dual method approach, *Youth Voice Journal*, ISSN (online): 2056-2969
3. **Bhardwaj, T.,** & Viju P.D. (2023). Development and Validation of the Multidimensional Psychosocial Risk Screen (MPRS): An Approach towards Primary Prevention. *Indian journal of psychological medicine*, 45(3), 220–229. <https://doi.org/10.1177/02537176221140150>
4. **Bhardwaj, T.,** Peter, A., Viju P.D., Srivastava, R., & Saran, B. (2022). Cognitive Impairment and Human Figure Drawing Test Indicators in Students with and without Specific Learning Disability. *Asian Journal of Organic and Medicinal Chemistry*, 7(2), ISSN (online): 2456-8937.