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Notice for the PhD Viva-Voce Examination

Ms Jinashree R (Registration Number: 1981016), PhD scholar at the School of Psychological Sciences, CHRIST (Deemed to be University), Bangalore will defend her PhD thesis at the public viva-voce examination on Saturday, 27 July 2024 at 10.00 am in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029.

- Title of the Thesis** : **Process of Emotion Regulation in Relation to Attachment and Mindfulness Traits During Gottman's Dreams-within-Conflict Intervention**
- Discipline** : **Psychology**
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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: Bengaluru
Date: 16 July 2024


Registrar

ABSTRACT

Gottman Couple Therapy (GCT) promotes process research to comprehend how interventions function. A GCT intervention called Dreams-within-Conflict (DWC) encourages healthy emotional regulation techniques including expression and experiencing to diffuse impasses. The purpose of this study is to examine emotion regulation and experiencing changes during a single DWC session using convergent mixed methods on N=30 individuals (15 couples). The techniques for controlling emotions (Extrinsic/Intrinsic affect Worsening/Improving strategies – EW, IW, EI, II) and experiencing mode/peak scores (ESM & ESP) were measured using self assessments, observation rating and coding of video recordings, interviews, and feedback reports in relation to individual traits of emotion regulation (cognitive reappraisal & suppression), beliefs, attachment (avoidance & anxiety), and mindfulness.

Paired-samples t-test revealed that DWC significantly reduced partners' EW and boosted partners' EI and II. Both ESM and ESP significantly improved. Results from hierarchical linear modelling showed that before-DWC EI, gender, cognitive reappraisal, and suppression predicted EI and before-DWC II and avoidance predicted II. None of the variables predicted EW or IW. Gender predicted ESM. The emotional regulation strategies, experiencing and preferences for expression (over suppression) shared by Indian couples were examined using thematic analysis. Avoidance, conflict behaviours, and prioritising parents' emotions over partners' (in men) were most used strategies. Experiencing levels 1-3 used before- DWC changed to 3-4 during-DWC. Expression was unanimously preferred by Indian couples.

Keywords: Gottman couples intervention, emotion regulation strategies, expression, experiencing, HLM, thematic analysis

Publications:

1. Rajendrakumar, J., Manjula, V., George, T. S., & Wesley, M. S. (2022). The universal dimensions of change: A systematic review of couple techniques. *Contemporary Family Therapy*. <https://doi.org/10.1007/s10591-022-09645-6>
2. Rajendrakumar, J., Manjula, V., & Rajan, S. K. (2023). Process of emotion regulation in Indian couples during Gottman's dreams-within-conflict intervention: A mixed-methods design study. *Contemporary Family Therapy*. <https://doi.org/10.1007/s10591-023-09671-y>
3. Rajendrakumar, J., & Manjula, V. (2023). A Mixed-Methods Study on Experiencing in Indian Couples During Gottman's Intervention of Dreams-Within-Conflict. *Contemporary Family Therapy*. <https://doi.org/10.1007/s10591-023-09691-8>