



## Centre for Research & Development

### Research Supervisor (Guide) Profiles

#### Discipline of Supervision: **Psychology**



#### **Dr. Smitha A G**

Associate Professor  
Department of Psychology  
School of Humanities and Social Sciences

#### **Areas of Specialisation:**

Adolescent health behaviors, substance use,  
parenting dynamics,

Dr. A. G. Smitha is an Associate Professor in the Department of Psychology, specializing in Health Psychology. Her research focuses on adolescent health behaviors, substance use, parenting dynamics, and cognitive skill-based interventions. Her doctoral work involved developing and validating prevention and intervention programs to enhance cognitive and behavioral abilities among youth. She has published in reputed journals, contributed a book chapter with IGI Global, and holds a registered patent on a framework for understanding resilience pathways in indigenous children of alcoholics (COAs). Dr. Smitha actively engages in community-based projects, mentoring students, and promoting interdisciplinary solutions for adolescent well-being and preventive health.

### **Selected Publications:**

1. Moharkonda, P. S., **Smitha, A. G.**, & Vijaya, R. (2024). Cognitive Synergy. In Advances in Human Resources Management and Organizational Development (pp. 184–194). IGI Global. <https://doi.org/10.4018/979-8-3693-1858-4.ch010>
2. Lalhriatpuii, F., **Smitha A. G.** (2022). Socio-Political History of Alcohol Use in Mizoram: A Rapid Review. Journal of Positive School Psychology. <https://journalppw.com/index.php/jpsp/article/view/13751>
3. Vishal, A., and **Smitha, A. G.** (2017). Mind Wandering and Apperception: A Pilot Study. International Journal of Indian Psychology, 5(1). <https://doi.org/10.25215/0501.086>