



Centre for Research & Development

Research Supervisor (Guide) Profiles

Discipline of Supervision: **Clinical Psychology**



Dr. Anjana Sinha

Assistant Professor
Department of Psychology
School of Humanities and Social Sciences

Areas of Specialisation:

Clinical Psychology, Criminal/Forensic Psychology,
Gender studies, Personality and Mental Health Studies

Dr. Anjana Sinha is an Assistant Professor in the Department of Psychology at Kristu Jayanti (Deemed to be) University, Bengaluru. She holds a Ph.D. in Psychology from Radha Govind University, Ramgarh, Jharkhand, where her research explored academic stress, suicidal ideation, depression, and personality traits among college students. A Gold Medalist at the undergraduate level, Dr. Sinha has over 13 years of teaching and research experience, with more than 40 publications in peer-reviewed and Scopus-indexed journals, contributions to Routledge and INSPA edited volumes, and presentations at national and international conferences. Her research focuses on mental health literacy, resilience, trauma, religiosity, health psychology, and personality studies, with additional interests in applied domains such as industrial and forensic psychology. She has guided numerous postgraduate dissertations, mentors students in research methods and academic writing, and holds a granted patent for an “Audio Visual Reaction Timer” (2024). Dr. Sinha has been recognized with the Research Excellence Award 2024 at Kristu Jayanti University and serves as a reviewer for international journals, including *Neuropsychiatric Disease and Treatment* (Dove Medical Press, Taylor & Francis Group). She actively contributes to curriculum development, professional training, and international collaborations in psychology.

Selected Publications:

1. **Sinha, A.**, Seema, N., and Emmanuel, P. J. (2024). Executive Functioning Levels of Children with Dyspraxia: A Narrative Review. Routledge. <https://doi.org/10.1201/9781003567660-56>
2. Noel Ebby Murikkattu, and **Anjana Sinha**. (2025). Religiosity and attitude towards homosexuality: A comparative study on religious and non-religious young adults. *World Journal of Advanced Research and Reviews*, 25(3), 517–525. <https://doi.org/10.30574/wjarr.2025.25.3.0735>
3. Sayed, M., and **Sinha, A.** (2025). Mental Health Literacy and Depression Literacy Among Young Adults. Springer Nature Switzerland. https://doi.org/10.1007/978-3-031-86708-8_32