

Sagayaraj Kanagaraj, PhD

CHRIST (Deemed to be University),
Department of Psychology,
Bangalore (Central Campus),
Karnataka - 560029, India.
Phone: +91 72002 21780

sagayaraj.kanagaraj@christuniversity.in

Personal Website: www.sagayarajkanagaraj.com

ORCID: 0000-0002-0081-5467

Education

- Ph.D. Counseling Psychology** (Concentration: Autism Spectrum Disorder) 2023
Chettinad Academy of Research and Education, Chennai, India
Dissertation: *Development and Validation of Social Emotional Rating Scale and Emotional Enhancement Intervention for Autism Spectrum Disorder*
- M.Sc. Counseling Psychology** (University Topper and Gold Medalist) 2019
Chettinad Academy of Research and Education, Chennai, India
Thesis: *Development of Sexual Orientation Scale*
- B.Sc. Psychology** 2017
University of Madras, Chennai, India.

Professional Experience:

2023 (Dec) – Present: Assistant Professor,
Department of Psychology,
CHRIST (Deemed to be University),
Bangalore (Central Campus), Karnataka, India.

Fellowships

- Senior Research Fellowship** (ICMR-SRF) 2022 - 2023
Indian Council of Medical Research - Socio Behavioural Health System Research Division,
Department of Health Research, Ministry of Health and Family Welfare, Gov. of India.
- Junior Research Fellowship** (CARE-JRF) 2019 - 2022
Chettinad Academy of Research and Education, Chennai, India.

Intellectual property - Patents/Copyright

2022 - Emotional Enhancement Intervention Manual for Autism Spectrum Disorder – Registration number from Gov. of India: L-111362/2022, Sagayaraj Kanagaraj & C. N. Ram Gopal. A manual for planning an emotional-based intervention for children with autism spectrum disorder.

2021 - Social-Emotional Rating Scale for Autism Spectrum Disorder (SERA) - Registration number from Gov. of India: L-103900/2021, Sagayaraj Kanagaraj & C. N. Ram Gopal. Pioneer scale on social and emotional assessments for autism spectrum disorder based on the International Classification of Diseases (ICD-11) diagnostic guidelines.

2019 - Sexual Orientation Scale - Registration Number from Gov. of India: L-85143/2019, Sagayaraj K & C. N. Ram Gopal. The first-ever psychological scale on sexual orientation to be developed and standardized in the Indian context.

Peer-reviewed publications

- Kancharla, K., **Kanagaraj, S.**, & Gopal, C. N. R. (2023) Development and validation of the multi-dimensional metamemory skills (MDMS) scale for students in an Indian sample. *Cognitive Processing*. 24(3), 375-386.
<https://doi.org/10.1007/s10339-023-01135-3>
- Kanagaraj, S.**, Ramdoss, S., Sigafos, J., Kancharla, K., Lakshmi, V., Gopal, CNR., Sridhar, OTS., Karthikeyan, S. (2023). Development and validation of the social-emotional rating scale for autism spectrum disorder (SERA) in an Indian sample. *International Journal of Developmental Disabilities*, 1–9.
<https://doi.org/10.1080/20473869.2023.2170005>
- Kancharla, K., **Kanagaraj, S.**, & Gopal, C. N. R. Metamemory functioning and memory strategies used among medical students. *Journal of Education and Health Promotion*, 12: 26. https://dx.doi.org/10.4103/jehp.jehp_230_22
- Kancharla, K., **Kanagaraj, S.**, & Gopal, C. N. R. Neuropsychological evaluation of cognitive failure and excessive smart phone use: A path model analysis. *Biomedical and Pharmacology Journal*, 15(4), 2185-2191. <https://dx.doi.org/10.13005/bpj/2555>
- Kanagaraj, S.**, Kancharla, K., Sridhar, OTS. Lakshmi, V., Karthikeyan, S, Gopal, CNR., Ramdoss, S. (2022). A randomized control trial of cognitive behavior and emotional enhancement intervention for children with autism spectrum disorder. *Advances in Neurodevelopmental Disorders*. 7, 203-212.
<https://doi.org/10.1007/s41252-022-00283-5>.
- Kanagaraj, S.**, Kancharla, K., Gopal, CNR., Kathikeyan, S. (2022). Neuropsychological approach on expressed emotion in neurotypical and autism spectrum disorder: A path model analysis. *Biomedical and Pharmacology Journal*, 15(1) 453-458.
<https://dx.doi.org/10.13005/bpj/2385>
- Kanagaraj, S.**, Devishree, S., Swetha, J., Krishnapriya, B., Sankar, S., Cherian, J., Gopal, CNR., Karthikeyan., S (2021). Autism and emotion : A narrative review. *Journal of Health and Allied Sciences NU*, 12 (2) 196-207.
<https://doi.org/10.1055/s-0041-1736277>.
- Sagayaraj, K.**, Gopal, C. N. R., Karthikeyan, S. (2021). Meaning of life and emotional ventilation of mothers having children with autism spectrum disorder. *International Journal of Current Research and Review*, 13 (13), 218-221.
<http://dx.doi.org/10.31782/IJCRR.2021.131341>
- Sagayaraj, K.**, Gopal, C. N. R., Sabari Sridhar, O.T., Radhakrishnan, R., Sangeetha, D., Karthikeyan, S. (2021). Expressed attitude of mental health professionals towards children with autism spectrum disorder. *Medico-legal Update*, 21 (3), 8-12. <https://doi.org/10.37506/mlu.v21i3.2956>

- Sagayaraj, K., & Gopal, C. N. R.** (2020). Development of sexual orientation scale. *Journal of Psychosexual Health*, 2(3-4), 224-232.
<https://doi.org/10.1177/2631831820939807>
- Karthikeyan, S., Gopal, C. N. R., **Sagayaraj, K.** (2020). Psycho-social factors influencing mental illness in person with intellectual disability. *Indian Journal of Natural Sciences*, 11 (63), 28878-28883.
- Sagayaraj, K., Gopal, C. N. R., Anjali, S. N., Karthikeyan, S.** (2020). Efficacy of emotional enhancement intervention along with cognitive behaviour techniques for children with autism spectrum disorder. *Indian Journal of Public Health Research & Development*, 11 (7), 718-724.
<https://doi.org/10.37506/ijphrd.v11i7.10173>
- Sagayaraj, K., Warriar, V., Gopal, C. N. R., & Karthikeyan, S.** (2020). Bio anthropological investigation of autism spectrum disorder. *Journal of Critical Reviews*, 7 (12), 634-636. <https://dx.doi.org/10.31838/jcr.07.12.114>
- Sagayaraj, K., Gopal, C. N. R., Anjali, S. N., Karthikeyan, S., & Dhanapandian, C. K.** (2020). An observational study on cognitive, behaviour and emotional learning pattern among children with autism spectrum disorder. *Indian Journal Of Natural Sciences*, 10 (60), 19746-19751.
- Sagayaraj, K., Gopal, C. N. R., Karthikeyan, S.** (2020). The efficacy of technology and non-technology based intervention for children with autism spectrum disorder: A meta-analysis. *International journal of Innovative Science and Research Technology*, 5 (3), 863-868.
- Pavithra, G., **Sagayaraj, K., & Ranjitha, K.** (2019). A study on relationship between parenting style and personality on speech anxiety among adolescences. *Indian Journal of Applied Research*, 9 (7), 37-39.
- Sagayaraj, K.** (2019). Captive behaviour study of big four Indian snakes. *International Journal of Scientific Research*, 8 (6), 72-74.
- Sagayaraj, K., & Sivarajan, N.** (2019). The effect of direct eye contact on preoperative surgical patients and counseling intervention on postoperative anxiety, depression and post-traumatic stress disorder. *Global Journal of Research Analysis*, 8 (6), 23-25.
- Karthikeyan, S., Sivakumar, V., Gopal, C. N. R., & **Sagayaraj, K.** (2019). General well-being and self-concept of mothers having children with multiple disabilities. *Journal of Psychological researches*, 63 (1), 39-45.
- Sagayaraj, K., Sivarajan, N., & Gopal, C. N. R.** (2018). Comparison between medical & non-medical college students on the level of stress". *MedPulse International Journal of Surgery*, 6 (2), 57-61.

Awards and recognitions

- Best paper award for the paper titled, Development and validation of the multidimensional metamemory skills (MDMS) scale for students in an Indian sample in the RESONANCE-2022, an International virtual conference on cognitive approach, social ethics & sustainability, conducted by Woxsen University, Telangana, India on 23rd & 24th of November 2022.
- Best paper award for the paper titled, "Social-emotional rating scale for autism spectrum disorder (SERA) in the International E-Conference on The new normal - psychological

perspectives held on March 26 & 27, 2021, Organized by Department of Psychology, Dr. MGR Janaki College for Arts and Science for Women, Chennai, India

- Guest of Honor for presenting a research paper at the 3rd BMI International Autism Conference on 1st & 2nd Feb 2020 conducted by Behavior Momentum India Foundation, Hyderabad, India.
- Raja Muthiah Award for Proficiency (First Class with Distinction - Gold Medallist) at M.Sc. Counseling Psychology for 2017-2019 by Chettinad Academy of Research and Education, Chennai, India.

Papers presented at national / international conferences

- **Sagayaraj K.**, (2022, November). *Assessment of emotion recognition: An image-based eye gaze tracking in children with autism spectrum disorder*. Presented at interdisciplinary conference on healthcare and technical research held at Manipal Academy of Higher Education, on 25th-26th of November 2022 at Manipal, India (*International*)
- **Sagayaraj, K.**, (2022, January). *Efficacy of cognitive behaviour and emotional enhancement intervention for children with autism spectrum disorder - A randomised control trial*. Presentation at the national conference on augmenting education of persons with disabilities :trends and possibilities by Dr. MGR Janaki College for Arts and Science for Women, Chennai. (*National*)
- **Sagayaraj, K.**, (2021, March). *Social emotional rating scale for autism spectrum disorder (SERA)*. Presentation at the international e-conference on the new normal - psychological perspectives by Dr. MGR Janaki College for Arts and Science for Women, Chennai, India. (Best Paper Award). (*International*)
- **Sagayaraj, K.**, (2020, March). *The efficacy of technology and non- technology based intervention on children with autism spectrum disorders – Meta analysis*. Presentation at the national conference on mental health and technology in a changing world by Sampurna Monfort college, Bengaluru, India. (*National*)
- **Sagayaraj, K.**, (2020, February). *Efficacy of emotional enhancement intervention along with cognitive behaviour techniques for children with autism spectrum disorder*. Presentation at the 3rd BMI international autism conference by behaviour momentum India foundation in collaboration with National Institute for Empowerment of Persons with Intellectual Disabilities, Hyderabad, India. (*International*)
- **Sagayaraj, K.**, (2020, January). *An observational study on cognitive, behaviour and emotional learning pattern among children with autism spectrum disorder*. Presentation at the national conference on recent trends in the interventional approaches of autism spectrum disorders jointly organized by National Institute for Empowerment of Persons with Multiple Disabilities and Chettinad Academy of Research and Education, Chennai, India. (*National*)
- **Sagayaraj, K.**, (2020, January). *A qualitative analysis on meaning of life of mothers having children with autism spectrum disorder*. Presentation at the national conference on parenthood in the new millennium by Dr. MGR Janaki College for Arts and Science for Women, Chennai, India. (*National*)
- **Sagayaraj, K.**, (2019, March). *The effect of direct eye contact on preoperative surgical patients and counseling intervention on postoperative anxiety, depression and posttraumatic stress disorder*. Presentation at the international conference on “Challenges of workplace counselling in the new millennium-new approach towards employee assistance program by University of Madras, Chennai, India. (*International*)

- **Sagayaraj, K.**, (2018, December). *A study on general well-being and self-concept of mothers having children with multiple disabilities*. Presentation at the international conference on Frontiers of Consciousness by Sampurna Monfort College, Bengaluru, India. (*International*)
- **Sagayaraj, K.**, (2018, March). *Comparison between medical and non-medical college students on the level of stress*. Presentation at the International conference on “Emerging Trends in Psychology” by University of Madras, Chennai, India. (*International*)

Affiliates and memberships of professional associations

- International Affiliate Member of the American Psychological Association (APA).
- Member of the International Association for the Scientific Study of Intellectual and Developmental Disabilities (IASSIDD).
- Full Member of the International Society of Autism Research (INSAR).

Mentors in INSAR (C-CAP) program (2022-2023):

Dr. Cristan Farmer, National Institute of Mental Health, Bethesda, MD, USA.

Dr. Sofie Vettori, French National Centre for Scientific Research, Lyon, France.

Invited talks / presentations / lectures

- Invited resource person for the webinar organized by National Institute for Empowerment of Persons with Multiple Disabilities and delivered a talk on, The heart of parenting in children with special needs: From early identification to enhancing wellbeing on 26th Aug 2022.
- Invited speaker for the International seminar on neurodevelopmental challenges in childhood: emerging trends and delivered a talk on current perspectives in childhood neurodevelopmental challenges on 02nd Mar 2022 organized by Shri Shankarlal Sundarbai Shasun Jain College for Women, Chennai, India.
- Invited presenter at the journal club meet at Department of Speech Pathology and Audiology, The Infant Toddler Language Development and Intervention Lab (LiL'), National Institute of Mental Health and Neurosciences, Bangalore on 09th Feb 2022.
- Invited resource person for the workshop on research methodology: Psychological research - from paper to policy making organized by PG Department of Psychology, Shri Shankarlal Sundarbai Shasun Jain College for Women, Chennai on 26th Aug 2021.
- Invited guest speaker for the symposium on “World Autism Awareness Day 2021” organized by the Department of Psychiatry, Chettinad Hospital and Research Institute, on 02nd Apr 2021.
- Invited speaker for the webinar session on, “Emotional well-being of children with autism” organized by Department of Psychology, The American College, Madurai, Tamil Nadu on 11th Aug 2020.

Ad-hoc reviewer

Advances in Neurodevelopmental Disorder - Springer Nature Publications

Annals of Neurosciences - SAGE Publications

International Journal of Developmental Disabilities - Taylor & Francis Publications

Journal of Autism and Developmental Disorders - Springer Nature Publications

Journal of Psychosexual Health - SAGE Publications

Course certificates

Certificate - Psychology of Everyday
NPTEL Online course certificate by Indian Institute of Technology Kanpur, completed through
UGC - SWAYAM (Credit -1) Aug - Sep 2022

Certificate - Social Psychology
NPTEL Online course certificate by English and Foreign Languages University, completed
through UGC - SWAYAM (Credit-3) Aug - Oct 2021

Certificate - Development Research Method
NPTEL Online course certificate by Indian Institute of Technology Guwahati completed
through UGC - SWAYAM (Credit-2) Oct 2021

Certificate - Research Ethics Committee
Online course certificate by St. John's Medical College & Research Institute, Bangalore, India
Sep 2021

Certificate - Social Research Ethics
NPTEL Online course certificate by Tata Institute of Social Sciences completed through UGC
-SWAYAM (Credit-4) Jan - Jul 2021

Certificate - Managing ADHD, Autism, Learning Disabilities, and
Concussion in School
Online course certificate from the University of Colorado System completed through Coursera
Jul 2021

Certificate - ADHD : Everyday Strategies for Elementary Students
Online course certificate by the University at Buffalo & The State University of New York
completed through Coursera Jun 2021

Certificate - Parent Implemented Interventions
Online Intervention Module by Frank Porter Graham Child Development Institute, University
of North Carolina at Chapel Hill Jun 2021

Certificate - Video Modeling
Online Intervention Module by Frank Porter Graham Child Development Institute, University
of North Carolina at Chapel Hill Jun 2021

Certificate - Social Process and Behaviour Issues
NPTEL Online course certificate by Indira Gandhi National Open University completed
through UGC - SWAYAM (Credit-6) Feb - May 2021

Certificate - Animal Behaviour and Welfare
Online course certificate by the University of Edinburgh completed through Coursera
May 2021

Certificate - Great Experiments in Psychology
NPTEL Online course certificate by Indian Institute of Technology Kharagpur, completed
through UGC - SWAYAM (Credit-1) Sep - Oct 2020

Certificate - Schizophrenia Sep 2020
Online course certificate from Wesleyan University completed through Coursera

Certificate - Positive Psychology Aug 2020
Online course certificate by the University of North Carolina at Chapel Hill completed through Coursera

Certificate - Children with Developmental Challenges Sep - Oct 2020
NPTEL Online course certificate by English and Foreign Languages University, completed through UGC - SWAYAM (Credit-3)

Certified Publons Academy Peer Reviewer Jul 2020
Practical Peer Review Online Course by Publons Academy

Certificate - Functional Behavior Assessment Jul 2020
Online Intervention Module by Frank Porter Graham Child Development Institute, University of North Carolina at Chapel Hill

Certificate - Autism Spectrum Disorder Apr 2020
Online course certificate by University of California, Davis completed through Coursera

Certificate - Biostatistics and Design of Experiments Jan - Mar 2020
NPTEL Online course certificate by Indian Institute of Technology Madras, completed through UGC - SWAYAM (Credit-2)

Certificate - Cognitive Behavioral Intervention Oct 2019
Online Intervention Module by Frank Porter Graham Child Development Institute, University of North Carolina at Chapel Hill

Certificate - Psychological First Aid Dec 2017
Online course certificate from Johns Hopkins University, completed through Coursera.

Certificate - Learning Disability Nov 2016 - Mar 2017
Indian Institute of Psychology and Research, Bangalore University, Bangalore, India.

Certificate - Web Designing Mar 2012 – Jun 2012
Loyola Institute of Business Administration, Loyola College, Chennai, India.

Diploma - Diploma in Computer Applications Jul 2008 – Jan 2009
Computer Software College, Chennai, India.

Teaching experience:

Courses Taught at CHRIST University

Under graduate

- PSY641C (2023-24) Artificial Intelligence and Human-Machine Interface
- PSY201-2 (2023-24) Personality and individual differences

Post graduate

- MPS231 (2023-24) Biological Foundations of Behaviour-II
- MPS233 (2023-24) Psychological Measurement & Statistics
- 2MPHRG (2023-24) Data Analysis in Quantitative and Qualitative Research

Courses Taught at Chettinad Academy of Research and Education

Under graduate

- UCBP001 (2020-21) Basic Psychology

Post graduate

- CPY002C (2019-20) Health Psychology
- CPY009C (2019-20) Behavioral Psychology
- PCHP002 (2020-21) Health Psychology

Research experience

- Clinical Assistant** - S.N. Surgical Clinic, Chennai, India.
(Oct 2017 - May 2019) Part time - Clinical Assistant & Pre-Operative Counsellor.
Held responsibilities in pre-operative counseling and documentation of client data.
- Intern (Psychology)** - National Institute for Empowerment of Persons with Multiple
(Aug 2018 - Sep 2018) Disabilities (NIEPMD), Kovalam, Chennai, India.
Trained in the field of multiple disabilities, especially in ASD.
- Intern (Psychology)** - Government Stanley Medical College & Hospital,
(July 2018 - Aug 2018) Department of Psychiatry, Chennai, India.
Had training in clinical patient care, especially in alcohol addiction and parasuicide cases.
- Intern (Psychology)** - Schizophrenia Research Foundation (SCARF), Chennai, India.
(May 2018 - June 2018) Undergone training in documenting case histories, conducting psychological assessments, and delivering interventions to outpatient and inpatient units. Participated in various of activities as part of a vocational training program for those diagnosed with schizophrenia.

Analytical and technical skills

- Qualitative Research Methods:** Individual/group interview, content analysis, phenomenological and narrative research
- Quantitative Research Methods:** Survey design/sampling, hypothesis testing, online & lab experiments, eye tracking, scale development & validation, clinical trial research, assessment & report writing

Statistical Packages:	SPSS, Amos, Prism GraphPad, PSSP, JASP, G Power, R-Software (Jamovi)
Research Ethics, Publication & Grant fund writing:	Open science practices, intellectual property, IRB & ethical application preparation, manuscript formatting & preparation, data management, grant proposal writing.
Networking & Collaboration:	National and International

Selected research collaborations

Ashland University, USA

University of Maryland, USA

Victoria University of Wellington, New Zealand

National Institute for Empowerment of Persons with Multiple Disabilities, India

Professional sites:

Personal Website : www.sagayarajkanagaraj.com

LinkedIn : <https://www.linkedin.com/in/sagayarajk>

ORCID : 0000-0002-0081-5467

Google Scholar : <https://scholar.google.com/citations?user=JZUFjeAAAAAJ&hl=en>

Researcher ID : A-5336-2019

Personal Information:

Full Name: Sagayaraj Kanagaraj

Gender: Male

Ethnicity: Asian (Indian)

Nationality: Indian

Languages: Tamil (Mother tongue), English (fluent)

Personal Interests: Cycling, Photography, Reading

Personal Email: sagayarajkanagaraj@gmail.com