

Sagayaraj Kanagaraj, PhD
Assistant Professor and Research Coordinator
School of Psychological Sciences
CHRIST University, Central Campus,
Bangalore - 560029, India.

sagayarajkanagaraj@gmail.com

sagayaraj.kanagaraj@christuniversity.in

Contact: +91 72002 21780

Personal Research Site: sagayarajkanagaraj.com

Current Position

2023 – Present: Assistant Professor & Research Co-ordinator
School of Psychological Sciences
CHRIST University,
Bangalore (Central Campus), Karnataka, India.

Education

- Ph.D. Counseling Psychology** (Concentration: Autism Spectrum Disorder) 2024
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 Gold Medalist) 2020
Chettinad Academy of Research and Education, Chennai, India
Thesis: *Development of Sexual Orientation Scale*
- B.Sc. Psychology** 2018
University of Madras, Chennai, India.

Research Fellowships & Recognition

European Commission – Horizon Europe MSCA Postdoctoral Fellowships 2025 | Seal of Excellence Award

Awarded the **EU Seal of Excellence** by the European Commission for the high-quality research proposal titled: “Enhancing Social Wellbeing for Individuals with Autism Spectrum Disorder through Adaptive Virtual Reality Training” (Submitted under Marie Skłodowska-Curie Actions (MSCA) Postdoctoral Fellowships 2025), with Trinity College Dublin, Ireland.

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, Government of India.

Junior Research Fellowship (CARE - JRF) 2019 - 2022

Chettinad Academy of Research and Education, Chennai, India.

Intellectual property - Patents/Copyright

2025 - Sensory Processing Patterns Checklist for Persons with Autism Spectrum Disorder - Diary number: 3832/2025-CO/L, Aadya Gupta & Sagayaraj Kanagaraj. A checklist to understand the sensory processing pattern (Auditory, Visual, Tactile, Olfactory and Gustatory) for Persons with Autism Spectrum Disorder. (*Applied*)

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. Pioneerscale 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 bedeveloped and standardized in the Indian context.

Peer-reviewed publications

- Kancharla, K., **Kanagaraj, S.**, Ramdoss, 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*, 70(7), 1218–1226. <https://doi.org/10.1080/20473869.2023.2170005>
- Kancharla, K., **Kanagaraj, S.**, & Gopal, C. N. R. (2023) 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. (2022) 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

Book chapters:

- Kanagaraj, S.,** Ramdoss, S., Harbison, A., Kancharla, K., Saravana, A., Karthikeyan, S., & Gopal, C.N.R (2024). Assessment on emotion recognition: An image-based eye gaze tracking in children with autism spectrum disorder. *Manipal Interdisciplinary Health Science and Technical Reports-2023: Proceedings of the Interdisciplinary Conference on Health and Technical Research* (1st ed., pp. 11–17). Taylor & Francis. ISBN 9781032898001. <https://doi.org/10.4324/9781003545293>

In press/review:

- Charan, ML., Sivakumar, V., **Kanagaraj, S.,** Jagannarayanan, J., Kumar, K., Anandhalakshmi, S. (2025). Linguistic Adaptation and Psychometric Evaluation of the Tamil Self-Report Broad Autism Phenotype Questionnaire for Use in Clinical and Community Context. *Archives of Mental Health (In press)*.
- Gupta, A., Kanagaraj, S., Ramdoss, S., & Lang, R. (in press). Caregiver perspectives on sensory-related restricted and repetitive behaviors in autism spectrum disorder: A South Asian inquiry from India. *Research in Developmental Disabilities. (In review)*.
- Kancharla, K., **Kanagaraj, S.,** Ramdoss, S., Nelson, AR., Myrie, DN., Gopal, CNR. (2025). Counseling Skills Aptitude Scale: Development and Validation Among Indian Helping Professions Students. *International Journal for the Advancement of Counselling*, Springer Nature. (In review).
- Basu, S. P., Kanagaraj, S., Kolli, A., & Banerjee, B. (in press). Global psychometric performance of adult ADHD diagnostic measures: A systematic review and meta-analysis. *Journal of Psychopathology and Behavioral Assessment. (In review)*.

International Research Presentations & Academic Visits

- Kanagaraj, S.** (2026). *Feasibility and Efficacy of an Emotional Enhancement Intervention (EEI) for Children with Autism Spectrum Disorder in India Using the Social-Emotional Rating Scale for Autism (SERA)*. Poster presented at International Society for Autism Research (INSAR), 2026 INSAR Annual Meeting at **Prague, Czech Republic**.

Conference Presentations (National & International)

- **Kanagaraj, S.** (2024). *Pedagogical approaches for integrating statistics with psychology: An analysis*. Poster presentation, Asia PLAT Conference 2024, CHRIST University, Bengaluru, India. (International)
- **Kanagaraj, S.** (2022). *Assessment of emotion recognition: An image-based eye gaze tracking in children with autism spectrum disorder*. Interdisciplinary Conference on Healthcare and Technical Research, Manipal Academy of Higher Education, India. (International)
- **Kanagaraj, S.** (2022). *Efficacy of cognitive behaviour and emotional enhancement intervention for children with autism spectrum disorder: A randomised controlled trial*. National Conference on Augmenting Education of Persons with Disabilities, Chennai, India. (National)
- **Kanagaraj, S.** (2021). *Social Emotional Rating Scale for Autism Spectrum Disorder (SERA)*. International E-Conference on Psychological Perspectives. **Best Paper Award**. (International)
- **Kanagaraj, S.** (2020). *Technology and non-technology-based interventions for children with autism spectrum disorder: A meta-analysis*. National Conference on Mental Health and Technology, Bengaluru, India. (National)
- **Kanagaraj, S.** (2020). *Efficacy of emotional enhancement intervention with cognitive behaviour techniques for children with autism spectrum disorder*. 3rd BMI International Autism Conference, Hyderabad, India. (International)
- **Kanagaraj, S.** (2020). *Cognitive, behavioural and emotional learning patterns among children with autism spectrum disorder: An observational study*. National Conference on Recent Trends in Interventional Approaches of Autism Spectrum Disorders, Chennai, India. (National)
- **Kanagaraj, S.** (2020). *A qualitative analysis on meaning of life of mothers having children with autism spectrum disorder*. National Conference on Parenthood in the New Millennium, Chennai, India. (National)
- **Kanagaraj, S.** (2019). *Effect of direct eye contact on preoperative surgical patients and counselling intervention on postoperative anxiety, depression and PTSD*. International Conference on Workplace Counselling, University of Madras, Chennai, India. (International)
- **Kanagaraj, S.** (2018). *General well-being and self-concept of mothers having children with multiple disabilities*. International Conference on Frontiers of Consciousness, Bengaluru, India. (International)
- **Kanagaraj, S.** (2018). *Comparison between medical and non-medical college students on the level of stress*. International Conference on Emerging Trends in Psychology, University of Madras, Chennai, India. (International)

Awards and recognitions

- **Best Paper Award** – “*Development and Validation of the Multidimensional Metamemory Skills (MDMS) Scale for Students in an Indian Sample*” presented at **RESONANCE-2022: International Virtual Conference on Cognitive Approach, Social Ethics & Sustainability**, Woxsen University, Telangana, India (2022).
- **Best Paper Award** – “*Social Emotional Rating Scale for Autism Spectrum Disorder (SERA)*” presented at **International E-Conference on “The New Normal: Psychological Perspectives”**, Department of Psychology, Dr. MGR Janaki College for Arts and Science for Women, Chennai, India (2021).
- **Guest of Honour** – Recognised for research presentation at the **3rd BMI International Autism Conference**, Behaviour Momentum India Foundation, Hyderabad, India (2020).
- **Raja Muthiah Award for Proficiency** – Awarded **First Class with Distinction (Gold Medal)** for M.Sc. Counseling Psychology, Chettinad Academy of Research and Education, Chennai, India (2017–2019).

Affiliates and memberships of professional associations

- International Affiliate Member of the American Psychological Association (APA) (2020-2025)
- Full Member of the International Society of Autism Research (INSAR). (2020-Present)

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 as a guest speaker on Intellectual Property Rights for the master's students of Psychology, Department of Psychology, Women's Christian College, Chennai, on September 27, 2024.
- Invited selection panel member for the psychologist position in the Mysore Education Society, Bangalore on 28th Aug 2024.
- Invited guest speaker for the national level Symposium on "Intersectionality and Inclusive Education" organized by Delhi Public School, Bangalore North on 7th Aug 2024.
- 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.

Talks & Presentations

Intersectionality and Inclusive Education - YouTube Live Talk

Invited Talk at Annual Symposium 2024 - Delhi Public School Bangalore North

Link to the talk: <https://youtu.be/nR4btdCPPVQ?t=9>

Ad-hoc reviewer

Advances in Neurodevelopmental Disorder - Springer Nature

Annals of Neurosciences - SAGE

Behavior Research Methods - Springer Nature

BMC Pediatrics - Springer Nature

BMC Psychology - Springer Nature

BMC Psychiatry - Springer Nature

BMC Public Health - Springer Nature

Cogent Education - Taylor & Francis

Cognitive Processing - Springer Nature

Child and Adolescent Psychiatry and Mental Health - Springer Nature

Child: Care, Health and Development – Wiley

Child Neuropsychology - Taylor & Francis

Discover Public Health - Springer Nature
 Discover Psychology - Springer Nature
 Discover Mental Health - Springer Nature
 European Child & Adolescent Psychiatry - Springer Nature
 Indian Journal of Psychological Medicine - SAGE
 International Journal of Developmental Disabilities - Taylor & Francis
 International Journal for Educational and Vocational Guidance - Springer Nature
 Journal of Autism and Developmental Disorders - Springer Nature
 Journal of Indian Association for Child and Adolescent Mental Health – SAGE
 Journal of Child and Family Studies - Springer Nature
 Journal of Psychosexual Health - SAGE
 PLOS One - Public Library of Science
 Scientific Reports - Springer Nature
 Social Psychiatry and Psychiatric Epidemiology - Springer Nature

Teaching experience:

- **CHRIST University, Bengaluru, India**
Undergraduate & Postgraduate Teaching (2023–present)
 Taught undergraduate and postgraduate courses in Cognitive Psychology, Developmental Psychology, Abnormal Psychology, Personality Psychology, Artificial Intelligence, Human–Machine Interface, Clinical and Counselling Skills, Special Needs Education, Psychological Measurement, Statistics, Data Analysis, Research Methods, and Research Manuscript Writing.
- **Chettinad Academy of Research and Education, Chennai, India**
Undergraduate & Postgraduate Teaching (2019–2021)
 Taught courses in Basic Psychology, Health Psychology, and Behavioural Psychology.

Research Internships

Graduate teaching assistant (Sep 2019 – May 2023) -	Graduate Teaching Assistant in Counselling Psychology, taught undergraduate and postgraduate psychology students.
Clinical Assistant (Oct 2017 - May 2019) -	S.N. Surgical Clinic, Chennai, India Part time - Clinical Assistant & Pre-Operative Counsellor. Held responsibilities in pre-operative counseling and documentation of client data.
Intern (Psychology) (Aug 2018 - Sep 2018) -	National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD), Gov. of India, Kovalam, Chennai, India. Trained in the field of multiple disabilities, especially in ASD.
Intern (Psychology) (July 2018 - Aug 2018). -	Government Stanley Medical College & Hospital, Department of Psychiatry, Chennai, India. Had training in clinical patient care, especially in alcohol addiction and parasuicide cases.
Intern (Psychology) (May 2018 - June 2018). -	Schizophrenia Research Foundation (SCARF), Chennai, India 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.