

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) Chettinad Academy of Research and Education, Chennai, India Dissertation: <i>Development and Validation of Social Emotional Rating Scale and Emotional Enhancement Intervention for Autism Spectrum Disorder</i>	2024
M.Sc. Counseling Psychology (University Gold Medalist) Chettinad Academy of Research and Education, Chennai, India Thesis: <i>Development of Sexual Orientation Scale</i>	2020
B.Sc. Psychology University of Madras, Chennai, India.	2018

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 be developed and standardized in the Indian context.

Peer-reviewed Publications

- Charan, M. L., Sivakumar, V., **Kanagaraj, S.**, Jagannarayanan, J., Kumar, K., & Anandhalakshmi, S. K. (2025). Linguistic adaptation and psychometric validation of the Tamil self-report broad autism phenotype questionnaire for use in clinical and community context. *Archives of Mental Health*. Advance online publication. https://doi.org/10.4103/amh.amh_181_25
- 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:

- Kanagaraj, S.,** Charan, M. L., Karthikeyan, S., & Ramdoss, S. (forthcoming). Cultural derivatives of resilience and adaptive strengths of Indian caregivers of children with neurodevelopmental disorders. In *Practical applications of health psychology: Multidisciplinary case studies from the Global South*. Routledge, Taylor and Francis.
- Kanagaraj, S.,** & Dhar, M. (forthcoming). Emotional and behavioural concerns in schools: Early identification and interventions. In *Practical applications of educational psychology: Multidisciplinary case studies from the Global South*. Routledge, Taylor and Francis.
- Gupta, A., **Kanagaraj, S.,** Ramdoss, S., & Lang, R. Caregiver perspectives on sensory-related restricted and repetitive behaviors in autism spectrum disorder: A South Asian inquiry from India. *Advances in Neurodevelopmental Disorders*. (In review).
- Kancharla, K., **Kanagaraj, S.,** Ramdoss, S., Nelson, AR., Myrie, DN., Gopal, CNR. Counseling Skills Aptitude Scale: Development and Validation Among Indian Helping Professions Students. *BMC Psychology*, (In review).
- Basu, S. P., **Kanagaraj, S.,** Kolli, A., & Banerjee, B. Global psychometric performance of adult ADHD diagnostic measures: A systematic review and meta-analysis. *Journal of Psychopathology and Behavioral Assessment*. (In review).

Shukla, S., Abraham, A.S., **Kanagaraj, S.**, AI Trust, LGBTQIA+ Attitudes, and Psychological Distress Among Generative Chatbot Users: A Mixed-Methods Study. *Journal of Psychosexual Health*. (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 Organising Committee

- Organising Committee Member, *International Conference on Neurodiversity & Inclusion*, CHRIST University, Aug 2026.
- Organising Committee Member, *Behavioral Confluence: International Conference on Bridging Mind, Science and Context*, CHRIST University, Feb 2026.
- Organising Committee Member, *Asia Plat Conference: International Perspectives on Psychology Learning and Teaching*, CHRIST University, Aug 2024.
- Organising Committee Member, *National Conference on Recent Trends in Interventional Approaches to Autism Spectrum Disorder (ASD)*, National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD), Government of India, in collaboration with Chettinad Academy of Research and Education, Jan 2020.

Conference Presentations (National & International)

- **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. (International)
- **Kanagaraj, S.** (2026). *Digital Emotional Intelligence Across Contexts: systematic Review of Conceptualisation and Measurement Approaches*. International Conference on “Scholarly Confluence 2026 in Hybrid mode, the ICFAI University, India. (International)
- **Kanagaraj, S.** (2026). The Interaction of Locus of Control and Acute Cognitive Stress on Impulsivity: An Experimental Study Using the Stroop Test. 6th International Conference on Counseling and Psychotherapy, Bengaluru, India (International)
- **Kanagaraj, S.** (2025). Understanding the Influence of Parental Marital Dynamics on individuals Attitude and Readiness for Marriage. International Conference on Family and Child Protection CHRIST University, Bengaluru, India. (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)

Invited Talks, Presentations, Lectures, Training and Workshop

- **Session Chair**, Future-Ed Global Conference International Perspective in Shaping Learning for Future Generations, organized by the School of Education, Christ University, held on 28th and 29th August, 2026.
- **Resource Person**, Awareness Session on “Cybersecurity, Responsible Social Media Use, and the Legal & Ethical Aspects of Online Behaviour”, Christ School ICSE, Jul 2026.
- **Resource Person**, Two-Day Training Programme on “Psychology and Counselling Services”, Nilgiri College of Arts & Science, Jul 2026.
- **Session Facilitator**, “Integrating AI into Teaching Practices”, Faculty Development Programme I, School of Psychological Sciences, CHRIST University, May 2026.
- **Session Chair**, *Research Exchange at Behavioral Confluence*, School of Psychological Sciences, CHRIST (Deemed to be University), Oct 2025.

- **Resource Person**, “*NEP-Focused Assessments and Andragogical Strategies*”, School of Psychological Sciences, CHRIST (Deemed to be University), Oct 2025.
- **Resource Person**, Two-Day Training Programme on “*Psychology and Counselling Services*”, Nilgiri College of Arts & Science, Aug 2025.
- **Invited Guest Speaker**, National-Level Symposium on “*Intersectionality and Inclusive Education*”, Delhi Public School, Bangalore North, Aug 2024.
- **Invited Selection Panel Member**, Psychologist Recruitment Selection Process, Mysore Education Society, Bengaluru, Aug 2024.
- **Invited Guest Speaker**, Session on *Intellectual Property Rights*, Master's Programme in Psychology, Department of Psychology, Women's Christian College, Chennai, Sep 2024.
- **Invited Resource Person**, Webinar on “*The Heart of Parenting in Children with Special Needs: From Early Identification to Enhancing Wellbeing*”, National Institute for Empowerment of Persons with Multiple Disabilities, Gov. of India, Aug 2022.
- **Invited Speaker**, International Seminar on “*Neurodevelopmental Challenges in Childhood: Emerging Trends*”; delivered a talk on “*Current Perspectives in Childhood Neurodevelopmental Challenges*”, Shri Shankarlal Sundarbai Shasun Jain College for Women, Chennai, Mar 2022.
- **Invited Presenter**, Journal Club Meeting, Department of Speech Pathology and Audiology, The Infant Toddler Language Development and Intervention Lab (LiL’), National Institute of Mental Health and Neuro Sciences, Bengaluru, Feb 2022.
- **Invited Resource Person**, Workshop on “*Research Methodology: Psychological Research-From Paper to Policy Making*”, PG Department of Psychology, Shri Shankarlal Sundarbai Shasun Jain College for Women, Chennai, Aug 2021.
- **Invited Guest Speaker**, Symposium on “*World Autism Awareness Day 2021*”, Department of Psychiatry, Chettinad Hospital and Research Institute, Apr 2021.
- **Invited Speaker**, Webinar on “*Emotional Well-being of Children with Autism*”, Department of Psychology, The American College, Madurai, Tamil Nadu, Aug 2020

Academic Service and External Academic Responsibilities

- Research Advisory Committee member: 4 PhD scholars, Christ University – 2024 – Present
- External PhD Review Committee Member, Alliance University, India. 2026 - Present

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>

Editorial Board Appointments

- Associate Editor, ***Cogent Education*** (Taylor and Francis), 2026 - Present
- Editorial Board Member, ***BMC Psychology*** (Springer Nature), 2026 - Present
- Editorial Board Member, ***PLOS One***, 2026 - Present
- Editorial Board Member, ***Youth Work: Theory and Practice***, ((Liverpool John Moores University), 2026 – Present

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.

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, Psychometrics, eye tracking, scale development & validation, intervention, clinical trial research, assessment & report writing
Statistical Packages:	SPSS, 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