

Sagayaraj Kanagaraj, PhD
Assistant Professor,
Department of Psychology,
School of Psychological Sciences,
CHRIST University, Central Campus,
Bangalore - 560029, India.

sagayarajkanagaraj@gmail.com
sagayaraj.kanagaraj@christuniversity.in

Contact: +91 72002 21780
Research Site: sagayarajkanagaraj.com

Current Position:

01/12/2023 – Present: Assistant Professor of Psychology,
Department of Psychology, School of Psychological Sciences,
CHRIST University, Bangalore (Central Campus), Karnataka, India.

Additional Responsibilities:

Research Co-ordinator - Department level (Psychology)
Campus Co-ordinator - Centre for Digital Learning (CDL), CHRIST University.
Faculty Co-ordinator - Soul Sync - Music Psychology Club
Research member - Centre for Neurodiversity Research and Innovation (CNRI)
A Binghamton University, NY, USA & CHRIST University, India.
(Jan 2024-Feb 2025)

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 Topper and 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.

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, 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 - Registration number from Gov. of India: 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.

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.**, & 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 memorystrategies 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 influencingmental 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 OfNatural Sciences*, 10 (60), 19746-19751.
- Sagayaraj, K.**, Gopal, C. N. R., Karthikeyan, S. (2020). The efficacy of technology andnon-technology based intervention for children with autism spectrum disorder: A meta-analysis. *International journal of Innovative Science andResearch 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. *IndianJournal 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.
- Kanagaraj, S., Krishnamurthy, V., Kancharla, K.** (2024). Perception and sensation: Essentials of Psychology for Allied Healthcare Professionals. *Postgraduate Institute of Medical Education and Research (PGIMER), Textbook for Allied healthcare professionals* (Accepted for publication).

Papers presented at national / international conferences

- Sagayaraj Kanagaraj,** (2024, August). Pedagogical approaches for integrating statistics with Psychology: An analysis. Poster presented at Asia Plat Conference 2024, held at CHRIST University, Bengaluru, India. *(International)*
- Sagayaraj Kanagaraj,** (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 Kanagaraj.,** (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 Kanagaraj.,** (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 Kanagaraj.,** (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 Kanagaraj.,** (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 Kanagaraj.,** (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 Kanagaraj.,** (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 Kanagaraj**, (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 Kanagaraj**, (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 Kanagaraj**, (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*)

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.

Affiliates and memberships of professional associations

- International Affiliate Member of the American Psychological Association (APA) (2020-2024)
 - 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 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 Educational 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.

Ad-hoc reviewer

Advances in Neurodevelopmental Disorder - Springer Nature
Annals of Neurosciences - SAGE
BMC Public Health - Springer Nature
Cogent Education - Taylor & Francis
Child: Care, Health and Development - Wiley
Indian Journal of Psychological Medicine - SAGE
International Journal of Developmental Disabilities - Taylor & Francis
Journal of Autism and Developmental Disorders - Springer Nature
Journal of Indian Association for Child and Adolescent Mental Health - SAGE
Journal of Psychosexual Health – SAGE
Scientific Reports - Springer Nature

Teaching experience:

Courses teaching at CHRIST University

Under graduate

- | | | |
|--------------------------|--------------------|---|
| <input type="checkbox"/> | PSY301-4 (2024-25) | Developmental Psychology |
| <input type="checkbox"/> | PSY143 (2024-25) | Artificial Intelligence |
| <input type="checkbox"/> | PSY531 (2024-25) | Abnormal Psychology |
| <input type="checkbox"/> | PSY641C (2023-24) | Artificial Intelligence and Human-Machine Interface |
| <input type="checkbox"/> | PSY201-2 (2023-24) | Personality and individual differences |

Post graduate

- | | | |
|--------------------------|----------------------|--|
| <input type="checkbox"/> | MHP251 (2024-2025) | Clinical and Counseling Skills in Health Care II |
| <input type="checkbox"/> | MEP333 (2024-25) | Working with children with special needs |
| <input type="checkbox"/> | MPS131 (2024-25) | Professional Issues and Ethics in Clinical Psychology |
| <input type="checkbox"/> | MPS231 (2023-24) | Biological Foundations of Behaviour-II |
| <input type="checkbox"/> | MPS233 (2023-24, 25) | Psychological Measurement & Statistics |
| <input type="checkbox"/> | MPR237G (2023-24) | Data Analysis in Quantitative and Qualitative Research |

Courses taught at Chettinad Academy of Research and Education

Under graduate

- | | | |
|--------------------------|-------------------|------------------|
| <input type="checkbox"/> | UCBP001 (2020-21) | Basic Psychology |
|--------------------------|-------------------|------------------|

Post graduate

- | | | |
|--------------------------|-------------------|-----------------------|
| <input type="checkbox"/> | CPY002C (2019-20) | Health Psychology |
| <input type="checkbox"/> | CPY009C (2019-20) | Behavioral Psychology |
| <input type="checkbox"/> | PCHP002 (2020-21) | Health Psychology |

Research experience

- | | | |
|---|---|---|
| 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. |

Analytical and technical skills

Qualitative Research:	Individual/group interview, content analysis, phenomenological and narrative research
Quantitative Research:	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, 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 (India) and International (USA, New Zealand)

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