# Dr Aarzoo

PhD; MPhil Clinical Psychology (RCI)

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# Areas of Expertise

* Diagnosis and assessment of psychological and psychiatric conditions.
* Psychotherapy (BT, CBT, third-wave therapies including DBT, ACT, MBCT), counselling, and psychological interventions.
* Developmental, disability, and rehabilitation.
* Relationship and sexuality issues among heterosexual as well as sexual and gender minorities (LGBTQIA+).
* Training, supervising, and mentoring.
* Research guidance and planning.
* Teaching: Papers including Psychological Foundations of Behaviour, Psychiatry, Behaviour Medicine, Psychotherapy and counselling; History taking, mental status examination, case formulation, various diagnostic and other psychological testing, report writing etc.; Developmental Psychology, and Psychological Assessment and Testing.

# Key Achievements

* Clinical services in multiple settings: Inpatient, outpatient, community clinics, rehabilitation > 15 years.
* Liaising with Dept. Social Welfare, Chandigarh Commission for Protection of Child Rights (CCPCR), District Child Protection Unit (DCPU), Child Welfare Committee (CWC), Juvenile cum Observation Home (JJH), High Court Mediation Centre, District State Legal Service Authority (DSLA), Model Jail, Nari Niketan etc.
* Reviewer of 2 national Journals of Psychiatry.
* Two book chapters tilted *Assessment of ADHD for Children, Adolescents, and Adults*

(IGI Global) and *Sexual Abuse* (Springer).

* Nearly 40 peer-reviewed publications in National and International Journals.
* More than 30 presentations in National and International conferences held in India**.**
* Best Paper Award at 11th IACAMH 17th-19th Nov 2011, ICCBI-India 6th-8th Mar 2017, and NACIACP 6th-8th Mar 2021.
* Best Poster KC Dube Award at 65th ANCIPS 10th-13th Jan 2013.
* Supervised >19 awarded theses, of MPhil Clinical Psychology and MD Psychiatry. Currently, guiding 5 Psychology Undergraduate theses.
* Hundred (> 100) invited lectures as a Resource Person.
* Served as Member of Internal Complaints Committee (ICC), Chandigarh Transgender Welfare Board, Medical Board for Juvenile Justice Home, Disability Board, District Child Protection Unit Inspection Committee.
* Served multiple administrative responsibilities as a Faculty and Employee of Government Medical College and Hospital.

# Work Experience

* **Visiting Professor** in Psychology (6.06.2024-til date) School of Arts and Sciences (SAS), Ahmedabad University, Navrangpura, Ahmedabad.
* **Assistant Professor** in Clinical Psychology at Department of Psychiatry, Government Medical College & Hospital (GMCH), Chandigarh.
* **Clinical Psychologist** at Department of Psychiatry, GMCH, Chandigarh.
* **Senior Research Fellow** at Department of Psychiatry, Postgraduate Institute of Medical Education & Research (PGIMER), Chandigarh**.**
* **Examiner** at Pearson Clinical Assessment, Product Development, Bangalore**.**
* **Senior Research Fellow** at Department of Clinical Psychology, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore.
* **Lecturer** at Department of Psychology, Kanya Maha Vidyalaya (KMV), Jalandhar**.**
* **Counsellor** at Asha (Suicide Prevention) Helpline, Department of Psychiatry, GMCH, Chandigarh**.**

# Education

* Graduation (Psychology Honours), Panjab University, Chandigarh (1998-2001).
* Post-Graduation (Psychology), Panjab University, Chandigarh (2001-03).
* Diploma in Clinical Applied Hypnosis, Maharaja SayajiRao University (MSU) of Vadodra, Baroda, Gujrat (2003-04).
* MPhil Clinical Psychology, RCI recognized from Sri Ramachandra Medical College & Research Institute, Chennai (2007-09).
* PhD in Psychology tilted “A Comparative Study of Cognitive Behavior Therapy and Cognitive Retraining Treatment in Depressive Disorder”, School of Humanities & Social Sciences, Thapar Institute of Engineering and Technology (TIET) Patiala (Awarded Jan’2024).

# Publications Book Chapter

* **Aarzoo**, Kashyap A. Assessment of ADHD for Children, Adolescents, and Adults. In: *New Developments in Diagnosing, Assessing, and Treating ADHD*. IGI Global; 2021:117-131.
* **Aarzoo**. Kashyap A, Sexual Abuse. In: *Victimology: A Comprehensive Approach to Forensic, Psycho-social and Legal Perspectives*. Springer; 2022: 45-70.

# Publications

1. **Aarzoo,** Bhasi S. Conversion disorder: A case report. *Sri Ramachandra Journal of Medicine.* 2009; 2 (2):48-50.
2. Mehrotra S, Elias JK, Chowdhury D, **Aarzoo**. Feeling good & doing well: Development of a mental health promotion program for youth. *Psychological Studies*. 2013; 58:54-57.
3. Malhotra S, Chakrabarti S, **Aarzoo**, Mehta A, Shah R, Kumar V, Sharma MA. A self- guided relaxation module for tele psychiatric services: Development, usefulness and feasibility. *The International Journal of Psychiatry in Medicine.* 2013; 46 (4):325-37. <https://doi.org/10.2190/PM.46.4.a>
4. Shah R, Malhotra S, Chakrabarti S, **Aarzoo**, Jassal GD, Upadhyaya SK, Margoob MA, Dar M, Sharma M, Mehta A, Kumar V. Computerised system of diagnosis and treatment in telepsychiatry: Experience and feasibility study of diagnostic module. *Indian Journal of Psychiatry*. 2013; 55(ANCIPS Supplement/5): S47.
5. Malhotra S, Chakrabarti S, Shah R, **Aarzoo**, Mehta A, Kumar V, Sharma M. Development of a novel diagnostic system for a telepsychiatric application: A pilot validation study. *BMC Research Notes.* 2014; 7:508-18.

<https://doi.org/10.1186/1756-0500-7-508>

1. Malhotra S, Chakrabarti S, Shah R, Mehta A, **Aarzoo,** Sharma M. A novel screening and diagnostic tool for child and adolescent psychiatric disorders for telepsychiatry. *Indian Journal of Psychological Medicine*. 2015; 37 (3):288-98.

<https://doi.org/10.4103/0253-7176.162921>

1. **Aarzoo**, Kashyap A, Sidana A. Acceptance and commitment therapy (ACT) in reappraisal of past events? Report of 2 cases. *Delhi Psychiatry Journal*. 2019; 22(2):428-30.
2. **Aarzoo**, Kashyap A, Sidana A. Dialectical behavior therapy (DBT) in emotion dysregulation-report of 2 cases. *Indian Journal of Psychological Medicine*. 2019; 41:578-81. <https://doi.10.4103/IJPSYM.IJPSYM_352_19>
3. **Aarzoo**, Sidana A. Clinical hypnotherapy in grief resolution: A case report. *Indian Journal of Psychological Medicine.* 2020; 42(2):193-97.

<https://doi.10.4103/IJPSYM.IJPSYM_476_19>

1. Kaur P, Sidana A, Malhotra N, **Aarzoo**. Effects of abstinence of alcohol on neurocognitive functioning in patients with alcohol dependence syndrome. *Asian Journal of Psychiatry.* 2020; 50:193-97. <https://doi.org/10.1016/j.ajp.2020.101997>
2. **Aarzoo**, Kansal S, Gupta N. ‘Common sense’ approach to the management of vaginismus: A case series. *Journal of Psychosexual Health*. 2020; 2(2):186-89.

<https://doi.org/10.1177/2631831820934989>

1. **Aarzoo,** Malhotra N, Chavan BS. Clinical profile of children in conflict with law residing in an observation cum juvenile home. *Journal of Indian Association for Child and Adolescent Mental Health*. 2021; 17(3):79-91.

<https://doi.org/10.1177/0973134220210305>

1. John N**, Aarzoo**, Sidana A. Effect of self-guided relaxation on worry, metacognition and mindfulness in anxiety disorders. *Delhi Psychiatry Journal.* 2021; 24(1):65-75.
2. Malhotra S, Chakrabarti S, **Aarzoo,** Sharma K, Sharma M. Training non-specialist in clinical evaluation for telepsychiatry using videoconferencing: A feasibility and effectiveness study. *Indian Journal of Psychiatry*. 2021; 63: 462-66.

<https://doi.org/10.4103/indianjpsychiatry.indianjpsychiatry_336_21>

1. Jeyasutha S, Kumar S N, **Aarzoo**. Effect of neuropsychological rehabilitation on cognitive functioning in geriatric population living in old age home. *Indian Journal of Psychology.* 2021:10-14.
2. **Aarzoo**, Aggarwal P, Mehta S. Effect of self-guided relaxation (SGR) on parental stress and behavioral problems of special children. *Indian Journal of Health and Wellbeing.* 2021; 12(4): 512-16.
3. **Aarzoo**, Kashyap A, Kansal A, Arun P. To evaluate the effect of acceptance and commitment therapy (ACT) in OCD-A preliminary study. *Delhi Psychiatry Journal*. 2021; 24(2): 213-20.
4. **Aarzoo**, Kansal S, Arun P. To compare the effect of self-guided relaxation (SGR) and progressive muscular relaxation (JPMR) in reduction of anxiety symptoms in psychiatric disorders. *Delhi Psychiatry Journal*. 2021; 24(2): 300-07.
5. **Aarzoo**, Mahajan A. Cognitive fusion and dysfunctional metacognitive beliefs in depression. *Delhi Psychiatry Journal*. 2022;25(2): 182-189.
6. Kashyap A, **Aarzoo.** Cognitive retraining to manage non-adherence in delivery of dialectical behaviour therapy (DBT) – Case series. *Delhi Psychiatry Journal*. 2022;25(2): 294-299.
7. Malick T, **Aarzoo**, Arun P. Understanding same-sex relationships in gay individuals.

*Medical Journal of Dr D Y Patil Vidyapeeth*. 2023; 16(S1): S55-62. <https://doi.10.4103/mfdrdypu.mjdrdypu_890_21>

1. **Aarzoo**, Santha Kumari. Effect of CBT on metacognition in depressive disorders.

*Turkish Journal of Psychiatry.* 2023; 34(2):80-88. PMCID: [PMC10552176](http://www.ncbi.nlm.nih.gov/pmc/articles/pmc10552176/)

1. Narang R, **Aarzoo,** Sidana A. Relationship of rumination, mindfulness and emotion regulation in depression. *Delhi Psychiatry Journal*. 2023;26(1): 27-34.
2. Kashyap A, **Aarzoo**, Sidana A. Schizoid personality disorder: Process and outcome in psychotherapy. *Annals of Indian Psychiatry*. 2023; 7(2):173-6.
3. Kaur G, Sidana A, Singh S, **Aarzoo**. Effects of abstinence form opioid on neuropsychological performance in men with opioid use disorder: A longitudinal study. *Journal of Addiction Medicine*. 2023; 17, 557-62.

<https://doi.org/10.1097/ADM.0000000000001177>

1. **Aarzoo**, Kumari, S. Effect of cognitive retraining treatment in mild to moderate depressive disorders. *Psicologia Reflexão e Crìtíca*. 2023; 36: 28.

<https://doi.org/10.1186/s41155-023-00269-9>

1. Singh S, **Aarzoo**, Singh GP. Decision making and its correlates in recurrent depressive disorder. *Indian Journal of Psychiatry*. 2023; 65(11): 1158-63.

<https://doi.org/10.4103/indianjpsychiatry.indianjpsychiatry_633_23>

1. Mitra P, **Aarzoo**, Sidana A. Cognitive retraining in obsessive-compulsive disorder and its effectiveness. *Minerva Psychiatry*; 64(4):477-85.

<https://doi.org/10.23736/S2724-6612.22.02353-3>

1. **Aarzoo**, Kumari, S. Cognitive-behavioural therapy (CBT) versus cognitive retraining (CR) in depression. *Open Journal for Psychological Research*. 2023; 7(2):53-66. <https://doi.org/10.32591/coas.ojpr.0702.03053a>
2. Kashyap A, **Aarzoo,** Sidana A. Acceptance and commitment therapy in managing interference of hallucinations: A case report. *Annals of Indian Psychiatry*. 2024; 8(1):77-79. [https://*DOI:*10.4103/aip.aip\_202\_22](https://DOI:10.4103/aip.aip_202_22)
3. Singh G, **Aarzoo**, Mehta S. Comparing correlates of quality of life in borderline and average intellectual functioning. *Annals of Indian Psychiatry*. 2024;8(3):193-201. https://*DOI:*10.4103/aip.aip\_176\_22
4. Kumar SN, Kumari ISR, Geethaanjali V, **Aarzoo**. Neurocognitive functions of individuals with schizophrenia and their siblings. *Delhi Psychiatry Journal*. 2024 27(1): 58-68.
5. **Aarzoo**, Bhartiya S, Singh T. After school clubs: Fostering protective factors. *Indian Journal of Social Psychiatry*. 2024; 40(4):418-23.

[https://*DOI:*104103/ijsp.ijsp\_263-23](https://DOI:104103/ijsp.ijsp_263-23)

1. Arora A, **Aarzoo**, Sidana A. Negative beliefs in emerging adults with childhood trauma experiences. *Indian Journal of Social Psychiatry*. Advance online publication.

<https://doi.org/10.4103/ijsp.ijsp_107_24>

1. Singh P, **Aarzoo.** Body image victimisation and eating distress in young adult females.

*Archives of Mental Health***.** Advance online publication.

<https://doi.org/10.4103/amh.amh_64_24>

1. Joshi K, **Aarzoo**. Factors affecting level of outness in sexual gender minorities. (Submitted).
2. Khandelwal K, **Aarzoo**, Singh T K, Mehta S. Effectiveness of psycho-education program on sexual health for adolescents with intellectual disability. (In progress).
3. Kashyup H, **Aarzoo**, Singh GP. Relationship of metacognitive awareness, anxiety and mindfulness in special educators and general school teachers. (In progress).
4. Upadhaya S, Aarzoo, Bhattacharya S. Relationship between dysfunctional metacognitive beliefs and rumination in depressive disorders. (In progress).

# Professional Memberships

* + Professional membership of Rehabilitation Council of India (RCI, CRR No. A20091).
  + Professional Life Membership (PLM) of Indian Association of Clinical Psychologists (IACP-PLM 690/09/20).
  + Life member of Indian Association of Child & Adolescent Mental Health (IACAM - LM/G-020).
  + Membership of Indian Association of Social Psychiatry (IASP- AM01-017).
  + Ex-membership of The British Psychological Society (MBPSsS - 323072).