

**NIRANJANA REGIMON**

Phone: +91 9567157223

Email: [niranjanar@gmail.com](mailto:niranjanar@gmail.com)

[r.nira06ana@gmail.com](mailto:r.nira06ana@gmail.com)

**EDUCATION**

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**Master of Science in Clinical Health Psychology**

**2022-2023**

University of Strathclyde, Scotland, United Kingdom

- **Health Psychology related to Medical Conditions:** Cultivated an understanding of the assessment of key health behaviours, and the development and implementation of behaviour change interventions to improve health outcomes.
- **Neuropsychology related to Medical Conditions:** Fostered knowledge and training in neuropsychology, neuropsychological assessment, and neuroimaging/neuroscience techniques.
- **Professional Practice:** Acquired understanding on Professional Guidelines for Evidence Based Practice, Confidentiality and Risk Assessment, Professional Boundaries and anti-discriminatory practice, Supervision and Continuous Professional Development (CPD) and Family Protection.
- **Introduction to Psychological Therapies:** Attended workshops on Clinical Skills; Basic Counselling Skills, Motivational Interviewing, Introduction to Cognitive Behavioural Therapy (CBT) and Introduction to Mindfulness based CBT each delivered by practising clinicians, expert to each therapeutic modality.

**Bachelor of Science in Clinical Psychology**

**2019-2022**

Amity University, Mumbai, India, First Division (GPA 7.93/ Major GPA 10.00)

- Minor in **English Literature**
- Foreign Language Course - German (A1)
- English and Communication Skills Course
- **Psychological Practical:** Administered, scored and interpreted psychological tests.  
Tests Administered: Emotional Intelligence Test, Self-Esteem Inventory, Social Maturity Scale, Stroop Color and Word Test, General Health Questionnaire, Beck's Depression Inventory, NEO-FFI, Depression Anxiety Stress Scale, Social Intelligence Test, Eysenck Personality Questionnaire -Revised, Raven's Standard Progressive Matrices
- **Psychometric Testing:** Acquired a strong understanding of psychometric theory and principles of test construction, and developed the skills to construct a small standardised psychological scale.
- **Counselling Psychology:** Cultivated a range of high quality and responsive counselling skills

**ADDITIONAL TRAININGS AND CERTIFICATIONS**

- **Psychological First Aid Certification Course - Johns Hopkins University Coursera** **2021**

**AWARDS AND SCHOLARSHIPS**

- **Dean's International Excellence Award** **2023**  
Awarded to graduates who have obtained a minimum of a high 2.1 or 1st class UK undergraduate degree or an international equivalent.  
Scholarship Granted: £ 4,750
- **Dr. Ashok K. Chauhan Scholarship** **2019**  
Scholarship value equal to the full tuition fees of 2 semesters is awarded to students with 93% and above aggregate in XII-2019

**RESEARCH EXPERIENCE**

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**Understanding Mental Health of LGBTQ+ Community Through the Lens of Intersectionality**

September 2022 - July 2023

Postgraduate Dissertation – University of Starthclyde

- ❖ Conducted a quantitative research to understand the mental health of LGBTQ+ population in Scotland through the lens of intersectionality and how it is related to their experience of hate motivated behaviour (HMB).

- ❖ Executed a comprehensive literature search on experiences of HMB of LGBTQ+ population, intersectionality and on the mental health and wellbeing of LGBTQ+ population.
- ❖ Learned a new statistical analysis known as moderation analysis through PROCESS MACRO in SPSS.
- ❖ Analysed the results through correlation, regression and moderation analysis in SPSS.
- ❖ Presented the main purpose and the research design of the study to professors well-versed in the literature and successfully answered their questions without difficulty.
- ❖ Successfully completed a postgraduate dissertation project that comprehensively discusses all aspects of the study in an organised and logical fashion

### **Epistemic Injustice in Suicide Etiology: A Review of Critical Literature from Indian Subcontinent**

**January 2023 - September 2023**

- ❖ Conducted a systematic scoping review to examine the representation of Dalit and Tribal groups in psychological autopsies of suicide.
- ❖ Learned about empty review and how to present the findings or the lack thereof in an empty review.
- ❖ Attended and presented the research findings at various conferences such as Global South Critical Psychology Conference and the Suicide Cultures Conference as paper presentations.

### **The Performance Project**

**April 2022–February 2023**

#### **Research Intern**

- ❖ Recruited participants for the study and managed the payment of participant incentives.
- ❖ Participated in weekly check-ins on general progress with ‘reflexivity’ discussions and provided critical feedback on research design
- ❖ Discussed results, implications, and future directions.
- ❖ Helped the primary researcher refine the interview topic guide by sharing sample specific insights.
- ❖ Participated in miscellaneous troubleshooting during the study period and attended weekly ‘up skill’ sessions.
- ❖ Undertook an independent study with other interns under the supervision of the intern head.

### **Experiencing Ambivalent Sexism and its Relation to Self-esteem in Young Adults January 2021-June 2022**

#### **Undergraduate Dissertation – Amity University**

- ❖ Conducted research on the effect of experiences of ambivalent sexism on the self-esteem of young college/university-going adults.
- ❖ Executed a comprehensive literature search on ambivalent sexism experienced by young adults.
- ❖ Collected data through online survey form, from a sample population of 81 college/university students.
- ❖ Learned a new statistical analysis software known as SPSS to analyse the results through t-tests, descriptive statistics, and Pearson Correlations
- ❖ Presented the main purpose, findings, and implications of the study to professors well-versed in the literature and successfully answered their questions without difficulty
- ❖ Successfully completed an undergraduate dissertation project that comprehensively discusses all aspects of the study in an organised and logical fashion

### **MANUSCRIPTS, PRESENTATIONS, POSTERS AND PUBLICATIONS**

- **Regimon N.** (2023). Understanding the Mental Health of LGBTQ+ Community Through the Lens of Intersectionality. [Unpublished Manuscript]. University of Strathclyde, Glasgow.
- Vattampambil, A. & **Regimon, N.** (2023, June 13-14). Representation of Dalits and Tribal Communities in Psychological Autopsy in India: A Systematic Scoping Review [Paper Presentation] Suicide Cultures Conference 2023. University of Edinburgh, Scotland.
- Vattampambil, A. & **Regimon, N.** (2023, May 26). Representation of Dalits and Tribal Communities in Psychological Autopsy in India: A Systematic Scoping Review [Paper Presentation] Global South Critical Psychology Conference 2023.
- **Regimon, N.**, Veernala, R., Malthumkar, P., Gyaneshwar, A., Iyer, P. (2023, April 21). ‘To perform or not to perform that is the question’ A qualitative study exploring the identity performances of South Indian students in North India [Paper Presentation]. Diversifying Scholarship Conference 2023.  
<https://osf.io/25z4h/>.

- Veernala, R., **Regimon, N.**, Malthumkar, P., Gyaneshwar, A., Iyer, P. (2023, February 23-35). 'To perform or not to perform that is the question' A qualitative study exploring the identity performances of South Indian students in North India [Poster Presentation]. SPSP Annual Convention 2023, Atlanta, GA, USA.
- Kodali, P., Mathew Biju, M., **Regimon, N. & A.S., S.** (2022). Experiencing Ambivalent Sexism and its Relation to Self-esteem in Young Women. [Unpublished Manuscript] Amity Institute of Behavioural and Allied Sciences, Amity University, Maharashtra.

## CLINICAL EXPERIENCE

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### Clinical Psychology Intern

February 2024

#### Amrita School of Medicine, Department of Clinical Psychology

- ❖ Observed and sometimes assisted M.Phil trainees take case history and assessments of new cases that come to the department.
- ❖ Learned administrative process of various psychological assessments including: WMS, SLBT, BKT, BYT

### Psychology Intern

July 2021- December 2021

#### Healing Dove Foundation

- ❖ Provided emotional support to the marginalised youth groups of Mumbai through support groups, talk-it-out sessions, live sessions, workshops, webinars.
- ❖ Demonstrated strong writing and critical thinking skills by writing informative blogs to be posted on the organisation website.
- ❖ Attended training sessions and learned skills and knowledge necessary to organise and administer support groups and talk-it-out sessions.

## TEACHING AND MENTORSHIP EXPERIENCE

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### Buddy Mentor – Buddy Project

October 2021–June 2022

#### Amity Counselling Centre

- ★ Provided emotional, social and academic support and guidance to newly admitted undergraduate students through weekly virtual and physical meetings.
- ★ Attended monthly 'upskill' sessions where training for necessary skills to support the students was provided.
- ★ Demonstrated meticulousness and responsibility by reporting on the progress and external support needed (if any) through a monthly progress meeting with the supervisor.

### Academic Support Volunteer

January–June 2022

#### Make A Difference (MAD)

- ★ Providing educational support and guidance to high school students through biweekly zoom meetings.
- ★ Attended monthly 'upskill' sessions where training for necessary skills to support the students was provided.
- ★ Demonstrated meticulousness and responsibility by reporting on the progress and external support needed (if any) through a monthly progress meeting with the supervisor.

## SKILLS

**Language:** English (Full Professional), Hindi (Full Professional), Malayalam (Full Professional), German (A1)

**Technical Abilities:** Microsoft Office

**Literary:** Content Writing, Editing, Proofreading, Systematic Review

**Clinical:** MSE, Case History, Psychometric Test Administration and Report, OARS techniques, Micro skills in counselling.

**Research:** SPSS 28.00, Zotero, EndNote, Qualtrics, OSF.