



Pearson

# The Mind's *Eye*



Issue 8



# Philip Kurian

Director and Country Manager,  
Pearson Clinical & Talent Assessment

Dear Colleagues,

Greetings!

This month's newsletter focusses on the topic of Attention-Deficit/Hyperactivity Disorder (ADHD) and the impact that it can have in the lives of both children and adults. As we interact with professionals, working in the education, clinical and corporate space, through Pearson Academy India - we understand that this difficulty is quite common, and teachers and parents are battling with this challenge, so that whole classroom instruction can proceed smoothly or in the case of an adult- that she/ he can work towards realising their full potential without these attention difficulties hampering their progress.

Michael Phelps, David Neeleman, Simone Biles are just some of the people who have accomplished much in their respective fields, despite the challenges they faced with ADHD. We all like success stories! but I think our efforts should be to use our roles towards assisting every individual in the best way we can.

Pearson works closely with professionals in the field, to provide evidence-based tools to help the early identification, and then monitoring of these difficulties, so that every child and adult can in turn be assisted, and eventually equipped with the necessary skills to deal with these challenges.

It is hoped, that professionals will continue to take the necessary action to provide the best possible services to every individual who requires it.

With good wishes,

**Philip Kurian**  
**Director and Country Manager.**  
**Pearson Clinical and Talent Assessment**

# Psychological Well-being at Indian Schools – A Pearson Study

As per a [Lancet report](#), India is reported to have the world's highest suicide rates for youth aged 15 to 29. Mental health among youth is a pan-India problem ranging from anxiety to depression. Pearson's study set out to broadly understand the psychological well-being of students in Indian schools by surveying 500 teachers from Grade K-12 across Bengaluru, Delhi, Mumbai, Pune, Chennai and Hyderabad.

At the offset, it was identified that stress among students greatly varied based on the city of study. Bengaluru ranked the highest at 68 percent, followed by Hyderabad at 42 percent. Teachers from Delhi, Mumbai and Bengaluru agreed that they may not realize if a student exhibited behavioural issues in the classroom due to underlying condition such as learning difficulties and depression. 90 percent of teachers feel students need psychological support at school in order to deal with examination stress, studies and career planning.

In most parts of the country, students face difficulties in talking about their issues, with only 14 percent of students being comfortable in sharing their

psychological problems with parents, teachers or school counsellors. A majority of the teachers believe that issues at home can impacts the wellbeing of a student during school. Peers seem to be their outlet; but students do wish they could talk to someone at school who would be able to understand their issues. Schools also could be more involved by understanding the issues and mental health and be more sensitive in dealing with it.

The survey was a small-step towards understanding the requirements of teachers and students alike at a broader level. Through the qualitative survey, Pearson was able to draw out the state of psychological well-being of students in India and pick-out key areas of improvement.

Further research would be required to develop an easily adoptable framework for psychological evaluation in schools. With 41% percent of the population being under 20, early intervention would be the need of the hour.

**View the full Survey [here](#)**



# Attention Deficit Hyperactivity Disorder

Neha had a hard time finishing assignments in class and was labelled naughty by her teachers. Her parents could not figure out what was wrong with her as her academic and social skills plummeted during her school years.

This is what Attention Deficit Hyperactivity Disorder looks like on the outside. Let's look at Rithesh's story, a corporate adult who had a hard time coping with the daily stressors of life and underperformed at work. His boss kept complaining and eventually fired him. Due to this, his social and familial relationships were strained as he was labelled a misfit. Another shocking example of ADHD gone unnoticed.

Attention Deficit Hyperactivity Disorder is a mental disorder that affects many but is left unchecked. Due to the economic condition of our country, many consider treatments a splurge or a waste of money. In reality, treating ADHD is the antidote to life's problems related to attention and performance issues. Impulsiveness and short attention spans are the two common traits of ADHD in adults and children. When a child faces problems paying attention in school or has difficulty interacting with peers, it is a result of Attention Deficit Hyperactivity Disorder (ADHD). Even adults face ADHD and in all likelihood, it goes unnoticed due to a lack of close observation or individual attention.

This is what ADHD actually looks like-

- Poor memory or recall skills
- Unorganized workspace or life
- Consistently missing deadlines
- Unable to finish given work efficiently

Over 10% of the Indian population is victim to ADHD and left in the dark without treatment or getting the help they deserve. This affects them later on in life.

From a statistical viewpoint, ADHD affects boys more than girls. You may notice your teenager cracking jokes about his forgetfulness or dodging social meetups due to high anxiety or low self-esteem issues, or your child may be shying away from mixing with his friends in the neighbourhood.

You may ask how ADHD can be diagnosed?

If your spouse is facing marital problems or has difficulty performing at work, she may vent out her frustration at home or even blame it on her forgetfulness. The truth is ADHD is absolutely treatable and it all starts with emotional and mental support. Reaching out to an occupational or behavioural therapist is the first step towards consultation and prevention. Children are hyperactive and have an intense yearning to learn and play during their young years.

There are no blood tests to find out if your child is suffering from ADHD. There are a variety of tools which can determine if a child has ADHD. Assessments are available which helps us to identify if the child is suffering from ADHD.

Raising a child with ADHD might be difficult but there are tools to help identify at an early age so that proper training and medication can be given.



# Professional of the month.

Dr. Debdulal Dutta Roy, PH.D.

Dr. Debdulal Dutta Roy is currently the Associate Professor of the Psychology Research Unit of the Indian Statistical Institute, Kolkata.

In addition to his current role he is also the Regional secretary of the Indian Academy of Health Psychology and Regional Secretary of the Indian School Psychology Association or InSPA. Besides this, he is the Division convener of psychological assessment, National Academy of Psychology (NAOP).

In the past, Dr. Roy has served The Indian Academy of Applied Psychology (IAAP) as Executive council member and as Governing council member at The Insurance Information Bureau, Government of India .

He is recipient of several Academic awards by the Governing council of several academic bodies of Psychology and Behavioural Science.

Dr. Roy has constructed several psychological instruments:

- Organizational health assessment
- Reading and writing motivation
- Self-efficacy of agricultural farmers

- Computer aided aptitude test batteries for computer programmers
- Verbal reasoning test battery.

He has written 91 research papers published in Indian and foreign journals and 20 book chapters. He is in the editorial board of several journals including - JOHB, Psychological studies, JIAAP.

He became the chair person of several International (Sanghai, Bangkok, Malaysia, Kathmandu, Lahore) and National Conferences and has given more than 116 invited lectures in India and abroad (China, Bangkok, Pakistan, Nepal, Dubai, Malaysia, Japan).

Dr. Roy has conducted several workshops, seminars in Psychology and Statistics. His work has led him to developed some psychometric models like maximization of Cronbach's alpha, Clustering test-retest reliability data, evaluation of computer adaptive training.

With respect to mental health, he developed new Psychotherapy. Recently, Indian Academy of Health Psychology offered him 'Innovative Scientist Award' for his contribution on 'Rabindrik Psychotherapy'





# Featured Institution

Manipal University, Jaipur



## Overview of the University

The Manipal Education Group, with its heritage of excellence in higher education for over 60 years, launched Manipal University Jaipur (MUJ) in 2011. The permanent campus of the university is set up on 122 acres of land at Dehmi Kalan village near Jaipur, and is by far one of the best campuses in the region. MUJ has world class infrastructure, including state-of-the-art research facilities and modern library. In line with Manipal University's legacy of providing quality education, the university uses the latest and innovative methods and technology to impart education. The Manipal Education Group has been an inspiring leader in the fields of education, research, and healthcare for a span of over six decades.

The group includes five universities, namely Manipal University (Manipal, Karnataka, India), Sikkim Manipal University (Sikkim, India), American University of Antigua (Caribbean Island), Manipal International University (Malaysia), and Manipal University Jaipur (Rajasthan, India).

Manipal University Jaipur is a multidisciplinary university offering career-oriented courses at all levels, i.e., UG, PG and Doctoral and across diverse streams, including Engineering, Architecture, Hospitality, Law,

Humanities, Social sciences, Management, Communication, Basic Sciences, etc. Manipal University Jaipur was established under the State Act of Rajasthan Government and has been accorded accreditation by UGC under the section 2 (f) of UGC Act.

## Overview of Department of Psychology

The department of psychology was established in 2012 under the Faculty of Arts & Law, School of Humanities and Social Sciences. The department has programmes running at all three levels – Under-graduation, post-graduation and doctoral level. The department also has an MOU with Cognovo research programme of Plymouth University, United Kingdom. The presence of the department is wide spread as psychology courses are taught to students pursuing different programmes like engineering, law, journalism, basic science as minor course or as an open elective. All the faculty members are doctorates. The details of the programmes offered are as follows:

### 1. BA/BSc Hons. Psychology

The course and curriculum of the three-year duration undergraduate programme is offered to both science and humanities students. The curriculum has been designed keeping in view international trends of psychology courses world over. The students in under-graduation level study courses like fundamentals of psychology, biological bases of behaviour, psychopathology, counselling, individual differences, organizational behaviour etc.

The SPSS lab and psychological statistics are also taught along with special emphasis on psychological testing and research skills. The students get experiential learning in form of field visits to NGOs, rehabilitation centers and workshops on skill development.

## 2. MA/MSc Clinical Psychology

The two-year post-graduate programme in Clinical Psychology follows the scientist-practitioner model of training, which emphasizes the integration of science and practice in professional work. The objective of the MA/MSc Clinical Psychology program aims at making the students competent in psychological research and be familiar about the scientific bases of clinical psychology applications, such as clinical assessment and psychological interventions.

The detail overview of the Programme is as under:

**Fundamental Courses:** Personality Psychology, Socio-cultural Influences on Behaviour, Advanced Physiological Psychology

**Core Courses:** Clinical Psychology: Assessment and Diagnosis, Psychopathology, Neurocognitive and Neurodevelopmental Disorders, Community Psychology, Neuropsychology, Psychology of Health & Well-being, Clinical Counselling Skills & ethics

**Skill Based Courses:** Adjustment, Personality & Intelligence testing, General Mental Health Assessment, Clinical Assessment and Diagnosis, Psychotherapeutic intervention techniques, Medicine & Behaviour Modification, Communication Skills and Technical Paper Writing Skills, Neurocognitive testing, Scholarly Psychological Writing Skills.

**Experiential Learning Courses:** Summer internship in psychiatric canters, Field Visit, Workshops, SPSS

training, Guest lectures and interactive sessions with eminent psychology, Clinical Research Project.

**The Psychology Practicums** are held in workshop mode in order to give the students the training to administer them in a professional manner.

## Ph. D. in Psychology

The doctoral programme is offered in most of the areas of psychology. The current research scholars are working in the area of clinical psychology, positive psychology, adolescent psychology, and psychotherapeutics.

## Psychology Laboratory

A well-equipped psychology laboratory is an essential requirement of any good psychology department. The psychology laboratory is equipped with the latest psychometric tools and apparatus. The clinical testing and experimental laboratories are the USP of the department. The department has developed a psychology laboratory with most of the majorly used psychological assessment tests and apparatus. Some of them are as under:

**Intelligence testing-**WAIS- IV, Wechsler Memory Scale, Draw A Person Test, Ravens SPM, Malins test of intelligence for school children, Bhatia Battery Performance test of intelligence, etc.

**Personality testing-** 16 PF inventory, Millon Index of Personality Styles Revised,

**Clinical Testing-** MMPI-II, MMSE-2, Millon Clinical Multiaxial Inventory-III, Conner's Rating scale, Rorschach Ink-blot Test, Childhood Autism Rating Scale, Draw a person screening procedure for emotional disturbance, PGI battery of brain dysfunction, Eating disorder Inventory, Biofeedback Apparatus etc.

## Dr. Geetika Tankha

Prof. & Head  
Department of Psychology,  
Manipal University Jaipur.

# Solution Pad:



Take your practice to the next level with the best assessments in the area '*Attention Deficit Hyperactivity Disorder*'

**Brown ADD Scales™**  
Brown Attention-Deficit  
Disorder Scales®



**TEA-Ch**



These assessments are also available on **Q-global**, our digital assessment platform to reduce your test administration efforts.

Learn more about [Q-global](#)



**Q-global™**

## Contact Us

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