



Dr. Padiri Ruth Angiel

#### ACADEMIC QUALIFICATIONS

---

- ◆ Doctor of Philosophy in Psychology  
PhD thesis titled “Adherence and Quality of Life of Patients with Type II Diabetes: Role of Psychosocial Factors”  
at Centre for Health Psychology,  
University of Hyderabad, Hyderabad, Telangana 2016
  
  - ◆ Masters of Science in Psychology,  
Specialization: Clinical psychology  
Sampurna Montfort College 2010  
Affiliated to Bangalore University, Bangalore, Karnataka
  
  - ◆ Bachelor of Arts,  
B.A. in Psychology, Literature, Political Science  
St. Francis Degree College for Women 2008  
Affiliated to Osmania University, Hyderabad, Telangana
  
  - ◆ Intermediate,  
In History, Literature, Civics  
St. Francis Junior College for Women 2005  
Affiliated to Board of Intermediate Education, Andhra Pradesh
  
  - ◆ Secondary School (SSC),  
St. Xavier’s High School 2003  
Affiliated to Board of Secondary Education, Andhra Pradesh
-

## LATEST PUBLICATIONS

---

- ◆ Eslavath, R., Kruthika, G. T., Padiri, R. A., Lakshmi, R., Daniel, M., John, R., & Abraham, J. (2022). Factors Influencing Optimal Glucose Control among Type II Diabetes Patients: From the Health Behaviour Models' Perspective. *The Open Public Health Journal*. Bentham Open. doi: 10.2174/18749445-v15-e2209020, 2022, 15, e187494452209020
- ◆ Eslavath, R., Kruthika, G. T., Padiri, R. A., Lakshmi, R., Daniel, M., John, R., & Abraham, J. (2022). Understanding Self-care Behaviours among Type II Diabetes Patients: A Behaviour Change Models' Perspective. *Current Diabetes Reviews*, Bentham Science Publishers. doi: 10.2174/1573399818666220519142118
- ◆ Padhy, M., Hariharan, M., Monterio, S. R., Chelli, K., & Padiri, R. A. (2022). The Psycho-Social Support Scale (Psychoss-22): Development and Validation. *The Indian Journal of Social Work*, TISS Journals., 83 (1), 95-114. doi: 10.32444/IJSW.2022.83.1.95-114
- ◆ Padhy, M., Hariharan, M., Padiri, R. A., Chelli, K., & Monterio, S. R. (2022). Role of mindfulness in well-being: Mediating effect of emotion regulation. *International Journal of Happiness and Development*, Inderscience Publishers., 7(4): 354-366.
- ◆ Padhy, M., Ralte, L., Padiri, R. A., & Chelli, K. (2022). Well-being of Police Personnel: Role of Perceived Social Support and Perceived Control of Internal States. *The Police Journal: Theory, Practice and Principles*, SAGE Journals. doi:10.1177/0032258X221085689
- ◆ Padhy, M., & Padiri, R. A. (2021). *Social Support and Emotion Regulation as Predictors of Well-Being*. In "Emotion, Well-Being and Resilience: Theoretical Perspectives and Practical Applications". Eds. Rabindra Kumar Pradhan and Updesh Kumar. Apple Academic Press- Taylor & Francis Group.
- ◆ Padhy, M., Padiri, R. A., Hariharan, M., & Rana, S. (2018). Diabetes Mellitus Knowledge Test: Development, Psychometric Evaluation, and Establishing Norms for Indian Population. *International Journal of Diabetes in Developing Countries*. <https://doi.org/10.1007/s13410-018-0644-z>
- ◆ Padhy, M., Valli, S. K., Pienyu, R., Padiri, R. A., & Chelli, K. (2015). Leisure motivation and well-being among adolescents and young adults. *Psychological Studies*, 60(3), 314-320. doi: 10.1007/s12646-015-0327-5
- ◆ Padhy, M., Chelli, K., & Padiri, R. A. (2015). Optimism and psychological well-being of police officers with different work experiences. *SAGE Open*, April-June; 1-7. doi:10.1177/2158244015580852

## LATEST PAPER PRESENTATIONS

---

- ◆ “The Role of Gender-role Stereotype in Emotional Regulation among Emerging Adults”.  
Paper presented by Ruth Angiel Padiri; Co-authored by Ms. Athulya R.  
In the International Virtual Conference on ‘Post COVID-19: Enhancing Resilience and Wellbeing in Health and Education Sectors’.  
Organized by Department of Psychology, Central University of Karnataka from 24-25 January 2022.
  - ◆ “A phenomenological study of experiences of women changing careers in India”.  
Paper presented by Ruth Angiel Padiri; Co-authored by Sowmya S.  
In the ‘31st Convention of the National Academy of Psychology 2021-22’.  
Organized by the ‘Psychophysiology Laboratory, Department of Humanities and Social Sciences, Indian Institute of Technology- Bombay from 4-6 March 2022.
  - ◆ “Suicidal Behaviour among School Children in Kerala”.  
Paper presented by Ruth Angiel Padiri; Co-authored by Anusree K.P., & Dr. Mamman Joseph C.  
In the ‘National Conference on Mental Health and Well Being’.  
Organized by the ‘Department of Psychology, PSG College of Arts and Science, Coimbatore, Tamil Nadu from 26-27 May 2022.
  - ◆ “The Role of Social Connectedness in Resilience of the LGBTQ+ Individuals”.  
Paper presented & Co-authored by Ruth Angiel Padiri & Athira B.  
In the 1<sup>st</sup> International Conference on Positive Psychology, Organized by the ‘National Positive Psychology Association (NPPA) held online on 3<sup>rd</sup> -4<sup>th</sup> March 2023.
- 

## RESEARCH INTERESTS

---

- ◆ Design interventions for diabetes management to suit the psychosocial needs of the patient population
  - ◆ Healthy transition, holistic adjustment and well-being during adolescence
  - ◆ Impact of internet, gaming and social media on children’s emotional, cognitive, behavioral and social development
  - ◆ Changing roles and shouldering responsibilities: Issues, challenges and triumphs of young adults
  - ◆ Impact of unresolved personality issues and identity crisis of parents on child-rearing practices and parenting styles
-