

MEENAKSHI SHUKLA



CONTACT DETAILS

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EDUCATION

- **2019-** Ph.D. in Psychology from Banaras Hindu University. **Thesis title:** Emotional dampening in hypertension: Evidence for reduced emotional responsiveness from behavioural, self-report and psychophysiological measures
- **2013-** Master of Arts in Psychology from Banaras Hindu University (CGPA- 8.97) **Distinction**
- **2011-** Bachelor of Arts (Hons.) from Banaras Hindu University. Subjects- Political Science, Sociology, Psychology (Hons.), English (Percentage- 73.28%) **First Class**
- **2011-** Two-Year Diploma in Russian Language from Banaras Hindu University (Percentage- 79.2%) **Distinction**
- **2008-** Intermediate from ISC Board. Subjects- English, Mathematics, Physics, Chemistry, Computer, Environmental Science (Percentage- 81.33%) **Distinction**
- **2006-** High School from ICSE Board. Subjects- English, Hindi, Mathematics, Physics, Chemistry, Biology, Computer, History & Civics, Geography (Percentage- 94.50%) **Distinction**

EMPLOYMENT

- Assistant Professor at Department of Psychology, Magadh University, Bodh Gaya, India since October 4, 2017 – present.

PAPERS PRESENTED IN CONFERENCES / SEMINARS

- **Elevated blood pressure does not necessarily dampen emotions: Evidence for intensification of negative emotions.** Presented at the 3rd National Conference on Recent Advances in Cognition and Health, Banaras Hindu University, Varanasi, India from March 5-6, 2019
- **Altered affect modulated startle response in individuals with elevated blood pressure: Psychophysiological evidence for emotional dampening.** Presented at the 28th Congress of National Academy of Psychology, NAOP-2018, Ramanujan College, University of Delhi, New Delhi, India from December 19-21, 2018
- **Implicit emotional reactivity in individuals with elevated blood pressure.** Presented at the 4th International Conference of Indian Academy of Health Psychology, C.M.C.S. College, Nashik, Maharashtra, India from November 23-25, 2018
- **Perceived intensity of emotional experiences and emotional processing deficits in essential hypertension.** Presented at 2nd National Conference on Recent Advances in Cognition and Health, Banaras Hindu University, Varanasi, India from February 26-27, 2018

- **Alexithymia, positive-negative affectivity and essential hypertension.** Presented at 3rd International Conference of Indian Academy of Health Psychology, National P.G. College, Lucknow, India from November 12-14, 2017
- **Perceived and Performance level Emotional Difficulties in Hypertension.** Presented at 31st International Congress of Psychology (ICP 2016), Pacifico Yokohama, Japan from July 24-29, 2016
- **Blood Pressure and Implicit Processing of Emotions in Different Sense Modalities.** Presented at the 6th Asian Congress of Health Psychology (ACHP 2016) from Pacifico Yokohama, Japan, from July 23-24, 2016
- **Sources of Happiness: A Qualitative Analysis.** Presented at the 1st Asia-Pacific Conference of Rajasthan Psychology Academy on Pursuit of Happiness: A Journey to Healthy Living, University of Rajasthan, Jaipur, India, from March 1-2, 2016
- **Valence specific emotional dampening in relation to elevated blood pressure.** Presented at the 4th International Conference on Recent Advances in Cognition and Health, Banaras Hindu University, Varanasi, India from February 6-8, 2016
- **Elevated Blood Pressure and Emotional Dampening: Role of Nature of Task and Stimulus Modality.** Presented at International Conference on Applied Psychology (ICAP) 2015, Colombo, Sri Lanka from August 28-30, 2015
- **Deficient Emotional Responsivity in Individuals with Hypertension.** Presented at the 3rd International Conference on Recent Advances in Cognition and Health, Banaras Hindu University, Varanasi, India from December 19-21, 2014
- **Implicit and Explicit Emotional Processing in Hypertension.** Presented at the XXIV Annual Convention of National Academy of Psychology (NAOP), India, NITTTTR, Bhopal, India from December 12-14, 2014
- **Emotional Dampening in People with Elevated Blood Pressure.** Presented at the 2nd International Conference on Recent Advances in Cognition and Health, Banaras Hindu University, Varanasi, India from January 23-25, 2014
- **Stress Coping for the Youth: Positive Psychology.** Presented at National Conference on Guidance and Counselling for the Stress-ridden Youth: The Present-Day Need of the society, Arya Mahila Post Graduate College, Varanasi, India, on November 22, 2010

WORKSHOPS ATTENDED

- **One-week online workshop on Research Methodology,** organised by Tilak Dhari Post Graduate College, Jaunpur, India from July 1-7, 2020
- **Commonwealth Scholarship Commission workshop: Research impact & SDGs,** organised by the Commonwealth Scholarship Commission at Windsor, United Kingdom from February 15-17, 2017
- **DIY Happiness Programme,** organised by King's College London, London, United Kingdom from October- December, 2016
- **2nd Workshop on Understanding Statistics by MS-Excel and SPSS,** organised by the DST Centre for Interdisciplinary Mathematical Sciences, Banaras Hindu University, Varanasi, India from May 1-7, 2015
- **National Workshop on Understanding Mental Health Issues and Outcome: An Interface between Psychiatry and Psychotherapy,** organised by DAV PG College, Varanasi, India from April 3-12, 2015

- **Ten-Day Workshop on Transactional Analysis & Assertiveness Training**, organised by Department of Psychology, Banaras Hindu University, Varanasi, India from November 13-22, 2013

SHORT COURSES COMPLETED

- An 8-week online course '**Qualitative Research Methods**' authorized by University of Amsterdam and offered through Coursera, completed on November 9, 2020.
- A 5-week online course '**De-Mystifying Mindfulness**' authorized by Universiteit Leiden and offered through Coursera, completed on November 8, 2020.
- An 11-week online course '**Machine Learning**' authorized by Stanford University and offered through Coursera, completed on October 2, 2020.
- A 5-week online course '**Career planning: resume/CV, cover letter, interview**' authorized by National Research Tomsk State University and offered through Coursera, completed on October 2, 2020.
- **European Summer School on Eye Movements (ESSEM)** from September 7-11, 2020 (Online summer school).
- **Online course on MATLAB** titled '**MATLAB Onramp**', completed on August 2, 2020.
- **Twenty-one-day Orientation Course** (January 25-February 14, 2020) from the Human Resource Development Centre, Banaras Hindu University, India.
- **Caring for People with Psychosis and Schizophrenia** conducted by **King's College London**, London, United Kingdom.
- **Preparing to Teach in Higher Education**, conducted by **King's Learning Institute, King's College London**, London, United Kingdom.
- **Advancing Innovation in Health**, conducted by **Entrepreneurship Institute, King's College London**, London, United Kingdom.
- **King's Experience Interdisciplinary Award: A Beautiful Mind**, conducted by **King's College London**, London, United Kingdom.
- **MRC-DTP EEG Analysis Summer School 2017** conducted by **King's College London**, London, United Kingdom.

INVITED LECTURES

- Delivered an invited lecture on the topic- "**Psychological perspectives on student development**" in a webinar organized by Chatra College, Chatra (Jharkhand), India on August 13, 2020.

PAPERS PUBLISHED

- **Shukla, M.**, Lau, J.Y.F., Lissek, S., Pandey, R. & Kumari, V. (2020). Reduced emotional responsiveness in individuals with marginal elevation in blood pressure within the normal range: Evidence from altered affect-modulated startle response. *International Journal of Psychophysiology*, 153, 18-26. DOI: 10.1016/j.ijpsycho.2020.04.013 (**Impact Factor 2.631**)
- Bhatnagar, P., **Shukla, M.**, & Pandey, R. (2020). Validating the Factor Structure of the Difficulties in Emotion Regulation Scale. *Journal of Psychopathology and Behavioral Assessment*, 42, 377-396. DOI: <https://doi.org/10.1007/s10862-020-09796-6> (**Impact Factor 2.056**)

- Pandey, R., Gupta, S., Upadhyay, A., Gupta, R., **Shukla, M.**, Mishra, R., Arya, Y., Singh T., Niraula, S., Lau, J., & Kumari, V. (2020). Childhood maltreatment and its mental health consequences among Indian adolescents with a history of child work. *Australian and New Zealand Journal of Psychiatry*, 54(5), 496-508. DOI: 10.1177/0004867420909524 (**Impact Factor 5.000**)
- **Shukla, M.**, & Pandey, R. (2019). Identifying the transdiagnostic and unique domains of emotion regulation difficulties in subclinical conditions of anxiety and co-occurring anxiety-depression. *Current Psychology*, DOI: 10.1007/s12144-019-00224-x. (**Impact Factor 2.051**)
- **Shukla, M.**, Pandey, R. & Lau, J.Y.F. (2019). Assessing emotional processing difficulties in normotensive individuals with high and isolated blood pressure elevations. *International Journal of Psychology*, 54(2), 214-222, DOI: 10.1002/ijop.12462 (**Impact Factor 1.255**)
- **Shukla, M.**, Pandey, R. Jain, D., & Lau, J.Y.F. (2018). Poor Emotional Responsiveness in Clinical Hypertension: Reduced Accuracy in the Labelling and Matching of Emotional Faces amongst Individuals with Hypertension and Prehypertension. *Psychology and Health*, 33(6), 765-782, DOI: 10.1080/08870446.2017.1401624. (**Impact Factor 2.503**)
- **Shukla, M.**, Gupta, S., & Pandey, R. (2017). Behavioural Manifestation and Awareness of Emotional Processing Deficits in Hypertension: Evidence for Emotional Dampening Hypothesis. *Indian Journal of Clinical Psychology*, 44(2), 107-117.
- Jain, D., **Shukla, M.**, & Pandey, R. (2017). Blood Pressure Variations and Emotional Dampening: Preliminary Evidence for the Curvilinear Relationship. *SIS Journal of Projective Psychology & Mental Health*, 24(1), 18-25, ISSN: 0971-6610.

PROJECTS

- Working as co-investigator on an international project among five countries: United Kingdom, Germany, Israel, Nepal and India titled: “**COVID-19: Understanding how young people respond and manage their emotions during the pandemic coronavirus disease (COVID-19)**” (Collaborating institution - King’s College London, Brunel University London, & University of Manchester, United Kingdom; Ludwig Maximilian University of Munich, Germany; University of Haifa, Israel; Tribhuvan University, Nepal; Banaras Hindu University & Magadh University, India)
- Working as co-investigator on an international project among three countries: United Kingdom, Germany and India titled: “**Well-being and the Corona Virus pandemic**” (Collaborating institution - Brunel University London & City University London, United Kingdom; Banaras Hindu University & Magadh University, India)
- Collaborating on BIAL Foundation Research Grant titled: “**Attending mindfully: A psychophysiology study of sensory processing in meditators**”; Sanctioned Grant: €45000; Duration: 15.04.2019 to 15.04.2021 (Collaborating institution - Brunel University, London, Banaras Hindu University & Magadh University, India)
- Worked on MRC (UK) - DBT (INDIA) Global Research Project titled: “**Childhood Maltreatment: Emotional Consequences and Potential Intervention**”; Sanctioned Grant: Rs. 125 Lacs Approx. for Indian Part; Duration: 18.03.2016-still continuing. (Collaborating institution - King’s College London, United Kingdom; Tribhuvan University, Nepal)

MEMBERSHIP OF ACADEMIC BODIES

- Member of the **Association for Psychological Science (APS)** since March 6, 2020 (Member ID: 202029)
- Full five-years member of the **National Academy of Psychology (NAOP)** from January 1, 2019- February 29, 2024
- Life member of **Indian Academy of Health Psychology** starting November 23, 2018 (Membership No.: 280)
- Professional member of the **International Association of Applied Psychology** (Member ID: 5530) for four years starting August 2, 2018
- Life member of **The Indian Science Congress Association** from December 5, 2017 (Membership No.: L34365)
- Life member of the **Somatic Inkblot Society** from July 15, 2016 (SIS 2016, LM 436)

REVIEWING ACTIVITIES

- Ad-hoc reviewer for the **Journal of Human Hypertension** (Nature.com) (**2017 Impact Factor 2.433**)
- Ad-hoc reviewer for the **Journal of Children's Services**
- Ad-hoc reviewer for **PLOS One** (**2019 Impact Factor 2.740**)

AWARDS AND ACHIEVEMENTS

- Chosen as **CSC (Commonwealth Scholarship Commission) Mentor (2020-21)** and, as an alumnus is required to support new Commonwealth Scholars through their academic studies.
- Certified **Facial Action Coding System (FACS) Coder**. Passed the FACS Final Test developed by Paul Ekman, Wallace V. Friesen, and Joseph C. Hager in 2019.
- Awarded **Best Paper Award** for the paper titled '**Elevated blood pressure does not necessarily dampen emotions: Evidence for intensification of negative emotions**' presented at 3rd National Conference on Recent Advances in Cognition and Health (March 5-6, 2019).
- Awarded **Best Paper Award** for the paper titled '**Emotion recognition as a unitary construct independent of sensory modality and level of processing: Evidence from a novel emotion recognition test battery**' presented at the 4th International Conference of Indian Academy of Health Psychology (November 23-25, 2018).
- Awarded **Best Paper Award** for the paper titled '**Perceived intensity of emotional experiences and emotional processing deficits in essential hypertension**' presented at 2nd National Conference on Recent Advances in Cognition and Health, Banaras Hindu University (February 26-27, 2018).
- Awarded **Commonwealth (Split-site) Scholarship for Ph.D. in Psychology 2016-2017**.
- Awarded **Bronze Award** for academic year 2016-2017, awarded by **King's College London Students Union** for completing **25 hours of volunteer work**.
- Secured **First Prize for Best Presentation** in the **Scholar Presentation Competition** organized by the **Commonwealth Scholarship Commission, UK** in 2017.
- Awarded **Best Paper Award** for the paper titled '**Valence specific emotional dampening in relation to elevated blood pressure**' presented at 4th International Conference on Recent Advances in Cognition and Health, Banaras Hindu University, (February 6-8, 2016).

- Awarded **Best Paper Award** for the paper titled ‘**Deficient Emotional Responsivity in Individuals with Hypertension**’ presented at 3rd International Conference on Recent Advances in Cognition and Health, Banaras Hindu University (December 19-21, 2014).
- Awarded **Best Paper Award** for the paper titled ‘**Emotional Dampening in People with Elevated Blood Pressure**’ presented at 2nd International Conference on Recent Advances in Cognition and Health, Banaras Hindu University (January 23-25, 2014).
- Qualified **Research Entrance Test (RET)-2013** of Banaras Hindu University and held first position.
- Secured **Junior Research Fellowship (converted to Senior Research Fellowship after two years)** of the University Grants Commission, India; Stood second at national level in University Grants Commission National Eligibility Test-Junior Research Fellowship Examination June 2013.
- Awarded **B.H.U. Medal** for securing First position at M.A./M.Sc. Examination, 2013.
- Awarded **Prof. M. M. Sinha Memorial Endowment Scholarship** for standing first in order of merit in M.A./M.Sc. I and II Semester Psychology Examination, 2011-12.
- Represented Mahila Maha Vidyalaya and won **Third prize** in the **English Essay Writing Competition in the Inter Faculty Youth Festival SPANDAN 2010-2011**, Banaras Hindu University, India.
- Awarded **Second prize** in the **English Essay Writing Competition 2010-2011** in Mahila Maha Vidyalaya, Banaras Hindu University, India.
- Secured **Sixth rank** at the B.A. (Hons.) Part III Examination of Banaras Hindu University India for the session 2010-2011.
- Secured **First rank in Political Science** at the B.A. Part II Examination of Banaras Hindu University for the session 2009-2010.
- Awarded **First prize** in the **English Essay Writing Competition 2009-2010** in Mahila Maha Vidyalaya, Banaras Hindu University, India.
- Awarded **Consolation prize** in the **English Essay Writing Competition 2008-2009** in Mahila Maha Vidyalaya, Banaras Hindu University, India.

OTHER EXPERIENCES

- Contribution acknowledged for language editing in the paper **Self-compassion as an intrapersonal resource of perceived positive mental health outcomes: a thematic analysis**, published in the journal Mental Health, Religion & Culture in 2020.
- **Provided Special Assistance** for the International Webinar & 2nd Annual Conference of Psychological Forum Chhattisgarh on ‘**Psychological Health and Well-being: Current Issues and Challenges**’ co-organised by SoS in Psychology, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, India from May 26-27, 2020.
- **Co-ordinating** the Post-Graduate Diploma in Counselling and Rehabilitation course at the Department of Psychology, Magadh University, Bodh Gaya, India since April 3, 2019 as **Assistant Co-ordinator**.
- **Managed accounts as Treasurer** for the Prof. B.K. Singh Memorial National Seminar on ‘**Atrocities against Women**’ organized by Department of Psychology, Magadh University, Bodh Gaya, India on December 1, 2018.
- Acting as **Co-ordinator** of the Net Guidance Cell at Department of Psychology, Magadh University, Bodh Gaya, India since January 1, 2018.

- **Organized** a National Workshop as **Organizing Secretary** on the topic '**Research Methodology: Approaches and Techniques**' organized by Department of Psychology, Magadh University, Bodh Gaya, India from December 11-12, 2017.
- Worked as **Examination Invigilator at King's College London**, United Kingdom for the academic year 2016-2017.