



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
BANGALORE · INDIA

## Notice for the PhD Viva Voce Examination

Ms Ashwini Govinda (Registration Number: 1951078), PhD Scholar at the School of Psychological Sciences, CHRIST (Deemed to be University), Bangalore Central Campus will defend her PhD thesis at the public viva-voce examination on Tuesday, 08 April 2025 at 2.30 pm in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

<b>Title of the Thesis</b>	:	<b>Positive Parenting Training Modules for Unwed Individuals with Childhood Trauma</b>
<b>Discipline</b>	:	<b>Psychology</b>
<b>External Examiner - I</b>	:	<b>Dr Maya Rathnasabapathy</b> Professor and Head Department of Psychology VIT, Kelampakkam Chennai, Tamil Nadu - 600127
<b>External Examiner - II</b>	:	<b>Dr Priya Thomas</b> Additional Professor Department of Psychiatric Social Work NIMHANS, Hosur Road Bengaluru, Karnataka - 560029
<b>Supervisor</b>	:	<b>Anuradha S</b> Professor School of Psychological Sciences CHRIST (Deemed to be University) Bengaluru, Karnataka - 560029

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

**Place:** Bengaluru  
**Date:** 02 April 2025

  
**Registrar (Academics)**

## ABSTRACT

Adulthood is considered a time of change and can be stressful, and this can only be supported when a child has had a safe environment during the crucial years of life, i.e., childhood. Nonetheless, there's a chance that it might be readily disturbed if a child experiences trauma during their early years, and the impacts may persist throughout one's life, thereby affecting one's parenting practices in the future. Parenting is one of the most essential factors in ensuring a child's sound mental health and development. Therefore, this study aimed to understand the effects of childhood trauma on adult psychological distress and personality traits in emerging and young adults who wish to be parents in the future. This is a multiphasic study with a purposive sampling technique. Quantitative data was collected using five questionnaires, and qualitative data was collected using an expert-validated in-depth interview guide. Quantitative data was normally distributed and was analyzed using Spearman's rank-order correlation, paired sample t-test, one-way ANOVA, Cohen's d, repeated measures ANOVA, and post hoc test.

The quantitative results on several areas of each questionnaire showed significant differences, indicating low depressivity and improvement in personal growth, purpose in life, self-acceptance, engagement, meaning, past, present, and future life satisfaction. Reflexive Thematic Analysis (RTA), a six-phase method developed by Braun and Clarke, was used for qualitative analysis. The global themes that emerged from the data in Study Group A are changes in the impacts of intervention, parenting - still a choice, and the non-linear process of change. Similarly, in Study Group B, the global themes that emerged are the changed self, the pros and cons of parenthood, and psychological readiness for trauma recovery. These findings have several implications for the study in increasing positivity and general well-being, promoting positive parenting behaviour.

**Keywords:** *childhood trauma, psychological distress, personality traits, positive parenting practices*

### **Publications:**

1. **Ravishankar, A., & Sathiyaseelan, A. (2022).** Impact of Childhood Trauma on Psychological Distress and Personality Pathology in Young Adults. *ECS Transactions*, 107(1), 3129.
2. **Ravishankar, A., & Sathiyaseelan, A. (2022).** Perceived Reality of Self and Others with Two Childhood Trauma Survivors—An Idiographic Case Study. *ECS Transactions*, 107(1), 3143