

**CHRIST**

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BANGALORE · INDIA

## Notice for the PhD Viva-Voce Examination

Ms Trina Banerjee (Registration Number: 1981027), PhD scholar at the School of Psychological Sciences, CHRIST (Deemed to be University), Bangalore will defend her PhD thesis at the public viva-voce examination on Wednesday, 05 February 2025 at 11.30 am in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029.

<b>Title of the Thesis</b>	<b>:</b>	<b>The Effect of Cognitive Behaviour Therapy on Neuropsychology of Suicidal Ideation and Suicide Attempt</b>
<b>Discipline</b>	<b>:</b>	<b>Psychology</b>
<b>External Examiner - I</b>	<b>:</b>	<b>Dr Susmita Halder</b> Professor St Xavier's University, Newtown Kolkata, West Bengal - 700160
<b>External Examiner - II</b>	<b>:</b>	<b>Dr Rajeev Kumar N</b> Professor School of Behavioural Sciences Mahatma Gandhi University Priyadershini Hills Kottayam Kerala - 686560
<b>Supervisor</b>	<b>:</b>	<b>Dr Jayasankara Reddy K</b> Professor School of Psychological Sciences CHRIST (Deemed to be University) Bengaluru - 560029 Karnataka

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:** 29 January 2025

  
**Registrar**

## ABSTRACT

One of the primary causes of death around the world can be attributed to Suicidality. Almost 1 million people across the globe commit suicide annually. Neurocognition has an impact on suicidal ideation and deficits in cognitive markers influence the progression of suicide related thoughts to behaviours. The present study aims to determine the efficacy of cognitive behaviour therapy on neuropsychology implicated in suicidal ideation and suicide attempters. A mixed-method approach was followed, which involved intervention and a quantitative and qualitative analysis. A group of 43 participants aged between 18 to 25 years with suicidal ideation and behaviour were chosen. Twenty participants reported having suicidal ideation and no history of suicide attempt or self-harm, whereas 23 participants reported having suicidal ideation and at least one attempt of self-harm or suicidal behaviour. All the participants were assessed on planning, verbal fluency, and response inhibition tests. The participants then receive 8 Cognitive Behaviour Therapy sessions focussing on suicidal behaviour and thoughts. Post-therapy, the participants underwent a re-assessment of the neuropsychological functions.

The results suggested that cognitive behaviour therapy significantly improved planning, verbal fluency and response inhibition. The neuropsychology of individuals with suicidal ideation was not significantly different from that of individuals with suicide attempts. The feeling of entrapment and level of depression were qualitatively found to be influencing suicidal ideation and suicide attempts. The study paves the way for further exploration of factors that predict suicide and determining the cause-and-effect relationship between the factors.

**Keywords:** suicidal ideation, suicide attempt, neuropsychology, planning, verbal fluency, response inhibition, cognitive behaviour therapy, young adults.

### Publications:

1. Banerjee, T., & Jayasankara Reddy, K. (2024). "Trans"-Ness and Shaming: A Thematic Analysis of Shame Among South Asian Transmen/Transmasc. In *Shame and Gender in Transcultural Contexts: Resourceful Investigations* (pp. 211-234). Cham: Springer Nature Switzerland. [https://doi.org/10.1007/978-3-031-54593-1\\_12](https://doi.org/10.1007/978-3-031-54593-1_12)
2. Banerjee, T., & Reddy, K. J. (2023). Suicide and Youth: Positive Psychology Perspective. In *Handbook of Youth Development: Policies and Perspectives from India and Beyond* (pp. 327-342). Singapore: Springer Nature Singapore. [https://doi.org/10.1007/978-981-99-4969-4\\_19](https://doi.org/10.1007/978-981-99-4969-4_19)
3. Banerjee, T., & Reddy, J. (2022). Status of Higher Education in India: Challenges, Issues and Opportunities. *The International Journal of Indian Psychology*, 10(1), 430-439. DOI: 10.25215/1001.040