CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

Notice for the PhD Viva Voce Examination

Ms Kashyapi Thakuria, Registration Number: 2170097, PhD Scholar at the School of Psychological Sciences, CHRIST (Deemed to be University) will defend her PhD thesis at the public viva-voce examination on Wednesday, 08 April 2026 at 09.00 am in Room No. 044, Ground Floor, R&D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

Title of the Thesis	:	**The Effectiveness of EEG Neurofeedback and Group Psychotherapy for Harmful Alcohol Use: Psychosocial and Electrophysiological Outcomes**
Discipline	:	**Psychology**
External Examiner - I	:	**Dr Bhasi Sukumaran** Professor and Head Department of Clinical Psychology SRM Institute of Science and Technology Bharathi Salai, Ramapuram Chennai - 600089 Tamil Nadu
External Examiner - II	:	**Dr Thomas Gregor Isaac** Associate Professor Centre for Brain Research, Indian Institute of Science Sadashiva Nagar, Malleshwaram Bengaluru - 560012 Karnataka
Supervisor	:	**Dr Nesin Mathew** Assistant Professor School of Psychological Sciences CHRIST (Deemed to be University) Bengaluru - 560029 Karnataka
Co-Supervisor	:	**Dr Cathlyn Niranjana Bennett** Assistant Professor (Former) 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.

Registrar (Academics)

Place: Bengaluru
Date: 27 March 2026

ABSTRACT

This study examined the combined effects of EEG neurofeedback (NFT) and group psychotherapy on psychosocial and electrophysiological outcomes in individuals with harmful alcohol use. Fifty-eight participants were randomized into an experimental group (n= 29) or a control group (n = 29) after informed consent. Baseline screening included the Alcohol Use Disorders Identification Test (AUDIT) alongside psychosocial measures such as Quality of Life (WHOQOL), Knowledge of Consequences (DRLNC), and Perceived Social Support (PSS). Assessments were conducted at baseline, midpoint, and post-intervention. The experimental group underwent 20 NFT sessions incorporating Peniston-Kulkosky (10 sessions) and Scott-Kaiser Modification protocols (10 sessions), along with four group-based psychosocial sessions utilizing Motivational Interviewing (MI) and Psychoeducation (PE). Results demonstrated significant psychosocial improvements in the experimental group compared to the control group, including enhanced quality of life, lower AUDIT scores, improved perceived social support, and increased awareness of harmful drinking consequences. Electrophysiological findings revealed meaningful changes in the experimental group. Theta/low beta ratios were significantly reduced at the C3 site (sessions 15–20: $p < .001$; sessions 11–20: $p < .003$) and C4 site (sessions 15–20: $p < .001$; sessions 11–20: $p < .004$). At the O1 site, alpha activity increased (sessions 5–10: $p < .05$), and theta/alpha ratios decreased (sessions 1–10: $p < .05$). Similarly, the O2 site exhibited increased alpha (sessions 5 –10: $p < .05$) and a significant reduction in theta/alpha (sessions 5–10: $p < .001$). Ethical considerations were addressed by offering the intervention to the control group post-study. These findings suggest that the integration of EEG neurofeedback with structured psychosocial therapy may foster significant improvements in psychosocial functioning and neural regulation in individuals with harmful alcohol use. Further research is recommended to evaluate the sustainability and scalability of this approach.

Keywords: Harmful alcohol use, Perceived social support, EEG Neurofeedback, Group therapy, Knowledge of consequences, Quality of Life (QOL).

Publications:

1. **Thakuria, K.**, & Bennett, C. N. (2024). Evidence-based interventions for improved psychosocial outcomes in harmful alcohol use: A scoping review. NeuroRegulation, 11(2), 172-172.

2. **Thakuria, K.**, & Bennet, C. N. (2025, February 28). Combined EEG neurofeedback and group psychotherapy system (Indian Patent Application No. 202541011269A). Controller General of Patents, Designs & Trademarks, India.

3. Sekar, A., Datta, D., **Thakuria, K.**, & Bennett, C. N. (in press). Tele-Neuropsychometry solution in resource-constrained setting – An initial experience in adults with brain tumors. NeuroRegulation. (Manuscript copyedited and in press).