

**CHRIST**(DEEMED TO BE UNIVERSITY)  
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## Notice for the PhD Viva Voce Examination

Ms Lalhriatpuii Fanai, Registration Number: 1951066, 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 Thursday, 09 April 2026 at 10.30 am in Room No. 628, 6th Floor, R&D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

<b>Title of the Thesis</b>	:	<b>Prevention of Adolescent Drinking among Children of Alcoholics: An Indigenous Intervention Model</b>
<b>Discipline</b>	:	<b>Psychology</b>
<b>External Examiner - I</b>	:	<b>Dr Rashmi Gupta</b> Associate Professor Indian Institute of Technology, Bhubaneswar Argul - Jatni Road Kansapada - 752050 Odisha
<b>External Examiner - II</b>	:	<b>Dr Baby Shari P A</b> Professor Department of Psychology University of Calicut Mallapuram - 673635 Kerala
<b>Supervisor</b>	:	<b>Dr Smitha A G</b> 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.

**Place:** Bengaluru  
**Date:** 30 March 2026

  
**Registrar (Academics)**

## ABSTRACT

Alcohol use disorder (AUD) has a devastating impact on families, especially children who grow up in homes where parents struggle with alcohol abuse. This study explores the experiences of Mizo Indigenous children of alcoholics (A/COAs), focusing on protective factors that help them cope and the lasting effects on their lives. Using a sequential embedded experimental mixed-methods design, the study provides a comprehensive view of this complex issue among the vulnerable and underserved Mizo Indigenous population. In the qualitative phase, using the descriptive phenomenological method, Mizo ACOAs' childhood experiences are examined through semi-structured interviews. Purposive sampling targeted Indigenous ACOAs aged 18–55 with stable lifestyles. Ethical standards approved by the Institutional Review Board (IRB) and trial registration with the Clinical Trial Registry of India (CTRI) ensured participants' privacy and well-being.

To address the challenges faced by these children, a culturally tailored intervention program (Indigenous Preventive Intervention Model, IIM) was developed, grounded in the cultural and social context of the Mizo Indigenous community. After expert validation, the IIM was tested with adolescent Mizo COAs, emphasizing the role of positive emotions in building resilience. The program effectively enhanced self-esteem, emotional awareness, and social skills. The study highlights the importance of culturally tailored interventions in addressing the unique needs of Indigenous populations. In the quantitative phase, a true experimental pretest-posttest design with experimental and control groups assessed the intervention's efficacy. Sample size, outcome measures (ARQ), and ethics were carefully considered. By combining pragmatism with rigorous methodologies, this study provides valuable insights into the experiences of A/COAs and the development of culturally tailored preventive interventions. The findings highlight that longer-duration programs may be more suitable for improving individual, peer, and school-related resilience, while brief intervention programs can be effective in strengthening family bonds. The study also contributes to addiction research and prevention and holds significant promise for the Mizo Indigenous community.

**Keywords:** *Adult children of alcoholics, children of alcoholics, culturally-tailored interventions, Indigenous population, Mizoram.*

### Publications:

1. **L. Fanai**, S. A. G, and T. Alfonso, "A Qualitative Investigation of Adversities Experienced by Non-Alcoholic Adult Children of Alcoholics (ACOAs) in an Indigenous community," *Journal of Human Research in Rehabilitation*, vol. 15, no. 2, pp. 542–555, Sep. 2025, <https://doi.org/10.21554/hrr.092523>.
2. **Fanai, L.**, & Smitha, A. G. (2025). Model to Assess Resilience Strategies Among Children of Alcoholics. Office of the General Controller of Patents, Designs, and Trade Marks, India.
3. **Fanai, L.**, & Smitha, A. G. (2025). The Quad-Pathway Model: A Framework for Understanding Resilience Pathways Among Indigenous Children of Alcoholics (COAs). Copyright Office, Government of India.
4. **Fanai, L.**, Smitha, A. G. (2025). Developing a Culturally-Tailored Indigenous Intervention Model for Children of Alcoholics (COAs). Social Change. Loyola College Publication.
5. **Fanai, L.**, Vaishnavi, J., & Deepthi, M. (2024). Early Marriage and Mental Health in India: A Socio-Ecological Approach. Social, Political, and Health Implications of Early Marriage (pp. 141–162). IGI Global Scientific Publishing. <https://doi.org/10.4018/979-8-3693-3394-5>
6. **Fanai, L.**, & Smitha, A. (2022). Socio-Political History of Alcohol Use in Mizoram: A Rapid Review. *Journal of Positive School Psychology*, 6(10), 2705–2712.