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Notice for the PhD Viva Voce Examination

Ms Vaishnavi J, Registration Number: 1951077, 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, 15 April 2026 at 10.30 am in Room No. 736, 7th Floor, R&D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

Title of the Thesis : **Development and Validation of a Tool to Assess Coping Strategies among Indian College Students**

Discipline : **Psychology**


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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: 06 April 2026


Registrar (Academics)

ABSTRACT

College students face multiple transitions, including the shift to adulthood, academic changes, and relocation. Familial, social, and cultural factors shape the strategies they use to cope with these stressors. Existing Western scales often fail to capture the unique coping approaches of Indian college students on a single scale. Therefore, this study developed and validated the Coping Strategies of Young Adults (CSYA) scale exclusively for Indian college students using a sequential exploratory mixed-methods design. Phase one involved qualitative interviews with 18 urban Indian students (nine male, nine female). Qualitative content analysis identified eight categories and subcategories, helping with initial scale items generation. In phase two, pooled items were expert-validated. Item analysis, exploratory factor analysis and confirmatory factor analysis refined the structure. The final scale consists of two factors: Internal Process Strategy (IPS) and External Support Strategy (ESS), each with seven items. The CSYA scale demonstrated adequate reliability (Cronbach's alpha, Omega, split-half, test-retest) and adequate validity, including criterion validity with the Brief COPE and convergent validity with the Perceived Stress Scale. Item Response Theory confirmed good model-data fit through acceptable infit and outfit values. The CSYA scale is intended to assist mental health practitioners, counsellors, and researchers in assessing and supporting college students' coping.

Keywords: *Stress, Coping, Internal Process Strategy, External Support Strategy, Well-being, Indian college students, Indian young adults, Tool development.*

Publications:

1. **Jeyachandran, V.**, Thomas, E., & Rajan, S. K. (2024). Model to assess coping strategies of young adults (Indian Patent Application No. 202441073695). Office of the Controller General of Patents, Designs & Trade Marks, India.
2. **Jeyachandran, V.**, Thomas, E., & Rajan, S. K. (in press). A Conceptual Paper on Coping Strategies of Young Adults (CSYA) Model and Its Implications for Mental Health Professionals. *Annals of Indian Psychiatry*
3. **Jeyachandran, V.**, Ranjelin, S. P. D., & Kumar, A. (2022). Sexual health and safety of adolescents with intellectual disability: Challenges and concerns among special educators in India. *Journal of Intellectual Disabilities*, 28(1), 104-117. <https://doi.org/10.1177/17446295221136224>