

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

Ms R Pooja Raju, Registration Number: 2190120, 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 Friday, 10 April 2026 at 10.30 am in Room No. 044, Ground Floor, R&D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

- Title of the Thesis** : **Ambiguity Tolerance, Perfectionism, and Counselling Self-Efficacy among Trainee Counsellors in India: A Mixed Method Study**
- Discipline** : **Psychology**
- External Examiner - I** : **Dr Bino Thomas**
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- External Examiner - II** : **Dr Surendra Kumar Sia**
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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

The presence of a wide treatment gap has been a constant challenge in the Indian mental health care system. The inherent complexity within the counselling profession and process makes it crucial to focus on important factors at play. This research aims to investigate the relationships between tolerance of ambiguity, perfectionism, and counselling self-efficacy among trainee counsellors in India. A sequential explanatory research design is employed. The participants constitute post-graduate students in their final year of Counselling Psychology, Counselling specialization or Applied Psychology programs. For the quantitative phase, 435 participants were recruited using a purposive sampling technique. The scales administered are: (i) Multiple Stimulus Types Ambiguity Tolerance Scale-II, (ii) Multidimensional Perfectionism Scale, and (iii) Counselor Activity Self-Efficacy Scale. Quantitative findings indicate that tolerance of ambiguity significantly predicts counselling self-efficacy. Further, gender differences are indicated, with female trainee counsellors having a higher ambiguity tolerance and male trainee counsellors having higher counselling self-efficacy. For the qualitative phase, 14 participants, recruited based on extreme sampling method, were interviewed, and transcripts were thematically analyzed. Findings indicate that navigating the prevalent systemic uncertainties, building preparedness for ambiguity, managing perfectionist tendencies, and gaining authentic, supervised experience may significantly enhance self-efficacy and ultimately, their readiness to practice as a counselling professional. This study has implication for counsellor training and policy and providing insight into the current status of the counselling profession in India.

Keywords: *counselling, ambiguity, perfectionism, self-efficacy, post-graduate trainees*

Publications:

1. **Raju, P., & Sudhesh, N.** (2024). Perfectionism and self-compassion among emerging adults: The role of disciplining experiences. *Current Psychology*, 43(5), 4191-4197. <https://doi.org/10.1007/s12144-023-04531-2>
2. **Raju, P., & Sudhesh, N.** (2025). Tolerance of Ambiguity, Perfectionism, and Counselling Self-Efficacy among Trainee Counsellors in India. *Counselling and Psychotherapy Research*. <https://doi.org/10.1002/capr.70013>