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# Notice for the PhD Viva Voce Examination

Ms Anupama M S, Registration Number: 1750083, 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, 29 October 2026, at 10.00 am in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

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| **Title of the Thesis** | : | **Post-Traumatic Experiences in Parents of Childhood Cancer Survivors** |
| **Discipline** | : | **Psychology** |
| **External Examiner - I** | : | **Dr Vranda M N**<br>Professor<br>Department of Psychiatric Social Work<br>National Institute of Mental Health and Neurosciences (NIMHANS)<br>Hosur Road, Bengaluru - 560029<br>Karnataka |
| **External Examiner - II** | : | **Dr Elise Radina**<br>Professor<br>Department of Family Science and Social Work<br>Miami University<br>501 E, High Street<br>Oxford, OH - 45056<br>USA |
| **Supervisor** | : | **Dr Anuradha S**<br>Professor<br>School of Psychological Sciences<br>CHRIST (Deemed to be University)<br>Bengaluru - 560029<br>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:** 12 October 2026

# ABSTRACT

Childhood cancer diagnosis and treatment significantly impact the whole family. Although the primary focus is often on the child's recovery, parents also face considerable psychological challenges and opportunities for posttraumatic growth. Psycho-oncology as an interdisciplinary approach provides a valuable perspective for studying these experiences, covering emotional, psychological, social, behavioural and cognitive factors. To explore these complex experiences, a qualitative content analysis was conducted to examine parents' narratives and identify recurring themes. The present research investigated the posttraumatic experiences of parents whose children survived childhood cancer, using a psycho-oncology framework and qualitative analysis. It aimed to understand the traumatic experiences parents encounter at different stages of a child's diagnosis and treatment, the coping strategies adopted by parents, and the positive transformations parents undergo, shedding light on how childhood cancer affects families over the long run. Semi-structured interviews were conducted with eight parent dyads selected through purposive sampling, whose children had completed cancer treatment at least one year, as well as children currently attending follow-up appointments. These interviews explored parents' lived experiences, focusing on their views regarding their child's illness, treatment, survivorship, and how these factors affected their lives. The interviews were transcribed verbatim and analysed through inductive qualitative content analysis, based on the framework of Griesheim and Landman (2004). Data-derived codes were organised into patterns and sub-patterns to reflect shared experiences and individual differences. The study employed Bowen's family system theory (1978) and Behavioural Cognitive Inhibition theory, proposed by Ehlers and Clark (2000). Nine major patterns emerged; parents' pathway to diagnosis, having a child affected with cancer, parents' perceptions of treatment-related distress, parenting in crisis, transitional experiences, rethinking experiences, perceived social support, coping, and suggestions. The study provides remarkable insights into the complex and often harrowing experiences of parents whose children survived cancer. Exploring the obstacles they face, as well as the positive transitions they experience, can help shape tailored treatments and support systems to improve resilience and well-being. Moreover, this study advances the evolving field of psycho oncology by emphasising the critical importance of parents and their families, whose well-being is often profoundly affected by the childhood cancer journey.



**Keywords:** Post-Traumatic Stress, Childhood Cancer, Parents' Perception, Cancer Survival, Parental Trauma

**Publication:**

1. **Anupama, M. S.**, & Sathiyaseelan, A. (2024). Glimpses of childhood cancer survivors. African Journal of Biomedical Research, 27(1S), 1492-1496. https://doi.org/10.53555/AJBR.v27i1S.1432