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## Notice for the PhD Viva Voce Examination

Mr D Dharanidharan, Registration Number: 2071049, PhD Scholar at the School of Psychological Sciences, Education and Social Work, CHRIST (Deemed to be University) will defend his PhD thesis at the public viva-voce examination on Tuesday, 16 December 2025 at 10.00 am in Room No. 628, 6th Floor, R&D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

**Title of the Thesis** : **Effect of Mindfulness-Based Intervention on Stress, Resilience, Coping, and Perceived Social Support Among Parents Raising Children with Cerebral Palsy**

**Discipline** : **Psychology**

**External Examiner - I** : **Dr Rabindra Kumar Pradhan**  
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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:** 10 December 2025

  
**Registrar (Academics)**

## ABSTRACT

Parenting greatly influences a child's development, with parents of children with disabilities often experiencing heightened stress due to their children's unique needs. This stress can impact their physical and mental well-being, making resilience, coping, and social support essential. This mixed-methods study examined the effects of a mindfulness-based intervention on mothers of children with cerebral palsy. Purposive sampling was used to collect data from six participants each from experimental and control groups. Quantitative data from pre- and post-intervention questionnaires were analyzed for effect size and percentage change. Semi-structured interviews conducted across three phases explored participants' experiences. Quantitative findings showed reduced stress and enhanced resilience, coping, and social support. Qualitative findings showed that the participants initially struggled with emotional regulation, pain, stigma, and isolation. During the intervention, they reported improved self-care, reduced rumination and anger, and increased confidence. Post-intervention, participants noted personal growth, better social engagement, and less isolation, though some struggled with age-related limitations and goal attainment. Overall, participants endorsed mindfulness and recommended it for other parents in similar contexts.

**Keywords:** *parental stress, resilience, coping, perceived social support, mindfulness, disability*

### Publications:

1. **Dharanidharan, D., & Kuruveettissery, S. (2025).** Stress and coping among parents of children with hearing impairment: A scoping review. *British Journal of Guidance and Counselling*. <https://doi.org/10.1080/03069885.2025.2480286>
2. **Dharanidharan, D., & Kuruveettissery, S. (2024).** Parental perspectives on stress and challenges in raising autistic children: A meta-synthesis. *Journal of Psychosocial Rehabilitation and Mental Health*. <https://doi.org/10.1007/s40737-024-00420-4>