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BANGALORE | DELHI NCR | PUNE

Notice for the PhD Viva Voce Examination

Ms Ishanpreet Kaur Toor, Registration Number: 2170092, 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 Tuesday, 16 December 2025 at 2.00 pm in the Conference Hall, 1st Floor, A Block, CHRIST (Deemed to be University), Delhi Off-NCR Campus, Ghaziabad, Uttar Pradesh - 201003, India.

**Title of the Thesis : Proposed Intervention for Spiritual Disposition
Among Patients with Systemic Lupus
Erythematosus**

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: 10 December 2025


Registrar (Academics)

ABSTRACT

Systemic lupus erythematosus is a systemic rheumatic autoimmune disease. The disease comes with a lot of socio-psychological challenges. The biopsychosocial-spiritual model provides the theoretical framework for this research, in accordance with a novel 8-week, 24-session online spiritual dispositions intervention that was designed. This study assesses the impact of spiritual dispositional intervention on the lupus quality of life, health hardiness, coping styles, and perceived stress of SLE patients. The study follows a pretest, posttest, and follow-up experiment group research design. The experimental group and control waitlist group were randomly assigned to a sample of thirty participants. A statistical analysis of repeated measures, univariate and multivariate analysis of covariance, was employed to compare the mean differences among the groups across different periods, with depression as a covariate. A significant mean difference is also seen in the experimental group at three time points. The study concludes a significant beneficial effect of the spiritual dispositional intervention on SLE patients overall health and well-being.

Keywords: *spirituality, intervention, systemic lupus erythematosus, psychological well-being, health psychology*

Publications:

1. **Toor, I. K.**, Rastogi, K., & Ajmani, S. (2024). Integrating spiritual dispositions intervention into behavioral medicine: A case report on systemic lupus erythematosus from India. *Lupus*, 33(4), 420-429.
2. **Toor, I. K.**, & Rastogi, K. (2024). Spiritual Dispositional Coping and Health Hardiness on Stress and Related Illnesses: Aftermath COVID-19. In *The Psychological After-Effects of Covid* (pp. 108-121). Routledge.