

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

Mr Shimil P V, Registration Number: 2090160, PhD Scholar at the School of Psychological Sciences, CHRIST (Deemed to be University) will defend his PhD thesis at the public viva-voce examination on Friday, 15 May 2026 at 11.30 am in Mini Auditorium, 2nd Floor Auditorium Block, Bangalore Bannerghatta Road Campus, CHRIST (Deemed to be University), Bengaluru - 560076, Karnataka, India.

Title of the Thesis	:	Effect of CBT-IA Combined with Parent Psychoeducation on Improving Psychosocial Wellbeing among Adolescents with Internet Gaming Disorder
Discipline	:	Psychology
External Examiner - I	:	Dr Sreenivas M Professor and Chairman Department of Psychology Centre for Psychological Counselling Bangalore University, Jnanabharthi Campus Bengaluru - 560056 Karnataka
External Examiner - II	:	Dr Manoj K Bajaj Associate Professor Department of Psychology University of Delhi North Campus Delhi - 110007
Supervisor	:	Dr Palak Kanwar Assistant Professor School of Psychological Sciences Bangalore Bannerghatta Road campus CHRIST (Deemed to be University) Bengaluru -560076 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.

Place: Bengaluru
Date: 07 May 2026

Registrar (Academics)

ABSTRACT

Internet Gaming Disorder (IGD) in adolescence is associated with cognitive, emotional, and psychosocial difficulties. Although India has an estimated 455 million gamers, there is a lack of combined, effective interventions to manage IGD. This randomized controlled trial included 73 adolescents and compared the effectiveness of cognitive behaviour therapy (CBT; 15 weekly 90-min sessions), parent psychoeducation (PPE; two sessions), a combined CBT+PPE intervention, and a control group. Pre–post changes, between-group post-intervention differences, and maintenance of effects over a six-month follow-up were analysed using paired t-tests, ANOVA with post-hoc pairwise comparisons, and Repeated Measures ANOVA. The results highlighted that the combined CBT+PPE intervention was more effective than either CBT or PPE alone in reducing IGD and enhancing psychosocial well-being. This effectiveness was maintained even after a six-month follow-up period. However, the PPE intervention alone showed a relapse in IGD during the follow-up analysis period. The study was retrospectively registered in the ISRCTN registry (ISRCTN84874305) on January 20, 2026.

Keywords: cognitive behaviour therapy, Parent psychoeducation, psychosocial wellbeing, internet gaming disorder, adolescence

Publications:

1. **Shimil, P. V.**, & Kanwar, P. (2024). Psychological adjustment, choice of game genre and living arrangements among adolescents with and without internet gaming disorder. *Current Psychology*, 43, 22542–22549. <https://doi.org/10.1007/s12144-024-06048-8>
2. **Shimil, P. V.**, & Kanwar, P. (2026). AI-based system and method for Socratic disputation of therapist-identified internet gaming-related cognitive distortions in adolescents with internet gaming addiction (*Indian Patent Application No. 202641007799 A*). *The Patent Office Journal*, Issue No. 07/2026. <https://iprsearch.ipindia.gov.in/PublicSearch/PublicationSearch/ApplicationStatus>