

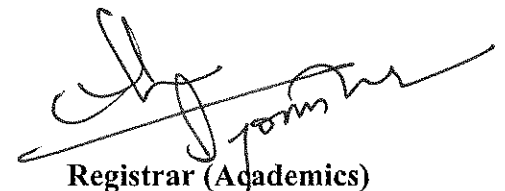
Notice for the PhD Viva Voce Examination

Ms Shreya Chawla, Registration Number: 2190121, 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 Wednesday, 23 September 2026, at 10.00 am in Conference Hall, B Block, First Floor, CHRIST (Deemed to be University), Delhi NCR Off-Campus, Ghaziabad - 201003, Uttar Pradesh, India.

Title of the Thesis	:	Development and Testing of a Resilience-Based OPPI to Minimize Fear of Failure among Emerging Adults: A Design Thinking Approach
Discipline	:	Psychology
External Examiner - I	:	Dr Surendra Kumar Sia Professor Department of Psychology University of Delhi Delhi - 110007
External Examiner - II	:	Dr Krishan Kumar Additional Professor Department of Psychiatry Postgraduate Institute of Medical Education and Research (PGIMER) Madhya Marg, Sector 12 Chandigarh - 160012
Supervisor	:	Dr Sneha Saha Associate Professor School of Psychological Sciences CHRIST (Deemed to be University) Delhi NCR Off-Campus Ghaziabad - 201003 Uttar Pradesh

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: 15 September 2026



Registrar (Academics)

ABSTRACT

Emerging adults often struggle with fear of failure, which can hinder personal growth, academic achievement, and career development. Resilience has been identified as a protective factor, yet few interventions explicitly target resilience to minimise fear of failure. This study aimed to develop and test a resilience-based Online Positive Psychology Intervention (OPPI) using a Design Thinking approach. The study was conducted in two phases. Phase 1 (Development) applied the Empathize and Define stages of Design Thinking, using literature review and brainstorming to identify challenges of emerging adults and design intervention modules. Phase 2 (Testing) applied the Ideate, Prototype, and Test stages, involving focus group discussions, expert validation, platform selection for online implementation of the intervention, and implementation of the OPPI. Participants completed the PFAI, CD-RISC, and UES-SF standardized scales for fear of failure, resilience, and user engagement, respectively, across four time points over a period of 4 weeks. Data were analysed using repeated measures ANOVA and time-series analysis. The results from repeated measures ANOVA showed significant improvements across the study period, with participants reporting a reduction in fear of failure and an increase in resilience. Complementary time series analyses also yielded promising trends, confirming consistent progress over multiple time points. Together, these findings suggest that the intervention was effective in enhancing resilience while addressing fear of failure among emerging adults. The finding demonstrates that a resilience-based OPPI can effectively reduce fear of failure and foster resilience among emerging adults. Integrating Design thinking principles with positive psychology activities highlights the value of user-centred, scalable approaches for digital mental health interventions.

Keywords: Resilience, Fear of Failure, Emerging Adults, Online Positive Psychology Intervention (OPPI), Design Thinking

Publications:

1. **Chawla, S., & Saha, S. (2024).** Navigating the dynamic interplay of fear of failure and social cognition in the digital era. In *Advances in medical technologies and clinical practice book series* (pp. 125–138). <https://doi.org/10.4018/979-8-3693-1265-0.ch008>
2. **Chawla, S., & Saha, S. (2024b).** Exploring perceptions of psychology students in Delhi-NCR Region towards using mental health apps to promote resilience: a qualitative study. *BMC Public Health*, 24(1), 2000. <https://doi.org/10.1186/s12889-024-19565-9>