

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

Ms Syeda Arifa Tasneem, Registration Number: 1981026, 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 Monday, 08 June 2026 at 10.00 am in Room No. 044, Ground Floor, R&D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

<b>Title of the Thesis</b>	:	<b>Effect of Mindfulness-Based Dialectical Behavioural Therapy on Perceived Emotional Attributes among IT Employees</b>
<b>Discipline</b>	:	<b>Psychology</b>
<b>External Examiner - I</b>	:	<b>Dr Bindu P</b> Professor Department of Psychology University of Kerala Kariavattom, Thiruvananthapuram - 695581 Kerala
<b>External Examiner - II</b>	:	<b>Dr Suvashisa Rana</b> Professor Centre for Psychology School of Medical Sciences University of Hyderabad Hyderabad - 500046 Telangana
<b>Supervisor</b>	:	<b>Dr Kennedy Andrew Thomas</b> Professor School of Education CHRIST (Deemed to be University) Bengaluru - 560029 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:** 27 May 2026

**Registrar (Academics)**

## ABSTRACT

Given the prevalent Information Technology (IT) environment, employees mental wellbeing has become non-negotiable, to keep up overall productivity and individual contentment.

Traditional mental health interventions have not been effective in dealing with the unique, high stress problems affecting IT professionals. Hence, the instances of ‘emotional exhaustion’ and in turn, ‘burnout’ is greater in this sector.

The present intervention is a comprehensive system for emotional resilience and stress management, particularly directed towards IT employees, and utilizing the ‘Mindfulness-Based Dialectical Behavioural Therapy’ (MBDBT) as a protocolized intervention model. This model, marries mindfulness techniques with the principles of ‘Dialectical Behavioural Therapy’ (DBT), to enhance emotional intelligence, emotional regulation and overall mental resilience. The intervention operates in a dual-module format; the first module is mindfulness and visualization exercises to boost self-awareness and presence; and the second module is based on DBT, which includes emotional regulation, and aspects of interpersonal effectiveness. The effectiveness of the MBDBT intervention was tested using an experimental design, among 54 IT employees from Bangalore, India.

Empirical validation of this two-module approach is provided through statistically significant mean reductions in emotional exhaustion, mean increases in emotional regulation and emotional intelligence, post intervention. Structured practices and validated tools (e.g., Linehan’s DBT Skills Training Handouts and Worksheets) help to institute emotional regulation, so that the model is not only effective, but also accessible. Independent Samples t-tests confirm significant enhancement of emotional metrics from pre to post intervention, thus validating the resource’s potential to effectively aid emotional resilience within high stress professional environments.

An Indian version of the guided imagery technique was customized for the population, and was approved by three mindfulness experts. This MBDBT model creates an industry standard for the support of a full spectrum range of emotional support, for the promotion of well-being, reduction of employee burnout and boost in productivity in high stress IT environments.

**Keywords:** Emotional resilience, stress management, emotional regulation, IT employees, burnout, mindfulness techniques

### Publications:

1. **Tasneem, S. A., & Panwar, N.** (2019). Academic confidence and mindfulness: A study on gender differences. *International Journal of Social Science and Economic Research*, 4(6). Retrieved from [ISSN: 2455-8834].
2. **Tasneem, S. A., & Panwar, N.** (2020). Emotion Regulation and Psychological Well-being as Contributors Towards Mindfulness Among Under-Graduate Students. *Human Arenas*. <https://doi.org/10.1007/s42087-020-00144-4>
3. **Tasneem, S. A., Thomas, K. A., & Panwar, N.** (2024). Effect of Mindfulness-Based Dialectical Behavioral Therapy (MBDBT) training on IT employees: An Intervention-Based Approach. In Katevarapu, S., Singh, A. P., Tiwari, P., Varshney, A., Lanka, P., Pradhan, A., Panwar, N., & Wangnue, K. S. (Eds.). *Health Psychology in Integrative Health Care*. Routledge, New York. ISBN 978-1-003-59680-6 (ebk)
4. **Tasneem, S. A., & Thomas, K. A.** (2024). Mindfulness-Based Dialectical Behavioral Therapy (MBDBT): A specialized technique for emotional resilience in high-stress IT (Patent Publication)

