

**CHRIST**(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

Notice for the PhD Viva Voce Examination

Ms Tarana Jain, Registration Number: 2090164, PhD Scholar at the School of Psychological Sciences, CHRIST (Deemed to be University), Delhi NCR Campus will defend her PhD thesis at the public viva-voce examination on Friday, 26 September 2025 at 11.00 am in the Discussion Room, 2nd Floor, A Block, CHRIST (Deemed to be University), Delhi NCR Campus, Ghaziabad, Uttar Pradesh, 201003, India.

Title of the Thesis : Rejection Sensitivity and Social Anxiety : Exploring the Mediating and Moderating Roles of Experiential Avoidance and Cognitive Flexibility among the Emerging Adults

Discipline : Psychology

External Examiner - I : Dr Das Ambika Bharti
Associate Professor
Department of Psychological Sciences
Central University of South Bihar,
Gaya, Bihar
Bihar – 824236

External Examiner - II : Dr Anupama Srivastava
Professor & Dean
School of Liberal Arts & Social Sciences
IILM University
Greater Noida
Uttar Pradesh - 201306

Supervisor : Dr Ridhima Shukla
Associate Professor (Former)
School of Psychological Sciences
Delhi NCR Campus
CHRIST (Deemed to be University)
Ghaziabad
Uttar Pradesh - 201003

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: 12 September 2025

Registrar (Academics)

ABSTRACT

The fear of interpersonal interaction with others due to undesirable negative evaluations by them and the resultant avoidance of such situations has drastically increased among the emerging adults nowadays. This situation results mainly in poor academic performance as well as hindered social interactions. A decade of research has focused on the possible role of rejection sensitivity, experiential avoidance and cognitive flexibility to some extent in this regard. Thus, the present research was undertaken with an aim to navigate the possibility of experiential avoidance as a mediating factor between rejection sensitivity and social anxiety, as well as cognitive flexibility as a potent moderator between rejection sensitivity and experiential avoidance. In order to understand these interactions, advanced correlational research design was done in which structural equation modeling was employed on a sample of 527 university students. Standardized tests like Social Phobia Inventory was used for screening and Cognitive Control and Flexibility Questionnaire as well as Acceptance and Action Questionnaire along with Adult Rejection Sensitivity Questionnaire was employed. For statistical analysis, Haye's condition process analysis was used to understand the mediating and moderating effects of the said variables as well as AMOS was used to verify the model fit of the conceptual interactions of the model in the present study. The results revealed that not only were there significant correlations among the study variables, but also significant mediating and moderating effects of experiential avoidance and cognitive flexibility was found to be present on the predictor and criterion variables. The findings of the present research highlight that the emerging adults with social anxiety are rejection sensitive which is mediated by their internal experiences of distress created by the sensitivity for rejection. The model derived from the present study could find its application in the mental health setups, wherein the mental health professionals could focus on decreasing the experiential avoidance by enhancing the cognitive flexibility among the emerging adults.

Keywords: *social anxiety, rejection sensitivity, cognitive flexibility, experiential avoidance, emerging adults*

Publications:

1. **Jain, T.,** Shukla, R., & Panwar, N. (2024). Decoding Cognitive Control and Cognitive Flexibility as Concomitants for Experiential Avoidance in Social Anxiety. *Psychological reports*, 332941241268625. Advance online publication. <https://doi.org/10.1177/00332941241268625>
2. **Jain, T., & Shukla, R.** (2023). Rejection Sensitivity and Experiential Avoidance: Upcoming Psychosocial Correlates among Emerging Adults with Social Anxiety. *Indian Journal of Psychological Science*, 16 (2), 18-27.
[https://doi-ds.org/doi/10.2024-14565638/IJPS/NAPS/2023/JULY/Vol.16\(2\)/T.Jain](https://doi-ds.org/doi/10.2024-14565638/IJPS/NAPS/2023/JULY/Vol.16(2)/T.Jain)