



**Name: Dr Susmita Halder**

**Designation: Associate Professor in Psychology**

**Qualifications: M.A., M. Phil in Clinical Psychology (RCI), PhD**

**Email ID: susmita.halder@sxuk.edu.in;  
susmitahalder@gmail.com**

### **Biographical Sketch**

Dr Susmita Halder is Associate Professor in the Department of Psychology at St. Xavier's University Kolkata. She is a licensed Clinical Psychologist registered with the Rehabilitation Council of India. After Graduation and Post-Graduation in Psychology with merit ranking from Calcutta University, She completed her M. Phil and PhD in Clinical Psychology from Ranchi Institute of Neuro-Psychiatry and Allied Sciences (RINPAS) Ranchi. She also cleared her UGC-NET examination in 2006. She has been into teaching and consultancy since 2000 and has worked in different leading institutes including Manipal College of Medical Sciences, Amity University, Fortis Hospital, and Medica Super speciality Hospital. She also headed the Dept. of Clinical Psychology at Institute of Psychiatry, IPGMER Kolkata in the past. She had been a Research Fellow at the prestigious Centre for the Study of Developing Societies, CSDS, New Delhi and also worked as Research Psychologist in 'The Cognition Group' assisting in development of the Cogtest Neuropsychological Battery. She had also been associated with the Pearson Group for standardization of Intelligence scales in India. She is also one of the founding members of the Indian Association of Cognitive Behaviour Therapy (IACBT). She has over 80 publications in peer reviewed and indexed journals and conducted workshops, delivered lectures, and talks in national and international platforms.

### **Areas of Specialisation and Research**

Her research interest lies in the area of neuropsychology, cognitive training and Cognitive Behaviour Therapy.

### **Teaching Experience**

- Associate Professor, Dept. of Psychology, St. Xavier's University Kolkata. August 2021 till date
- Associate Professor in Clinical Psychology, Amity University, Kolkata. 2018 –2021
- Associate Professor & Head, Dept of Clinical Psychology, Institute of Psychiatry, IPGMER, Kolkata. 2016 –2018
- Assistant Professor in Clinical Psychology, Amity University, Rajasthan. 2015
- Lecturer Dept of Psychiatry, Manipal College of Medical Sciences, Pokhara. 2008 - 2011
- Visiting faculty at Jadavpur University – 2013
- Visiting faculty at Rabindra Bharati University- 2012

## Administrative Responsibility

- Currently Head, Dept. of Psychology, St. Xavier's University, Kolkata.
- Head of the Dept of Clinical Psychology, Institute of Psychiatry, IPGMER, Kolkata
- Coordinator for the RCI accredited M. Phil Clinical Psychology Program at Amity University Rajasthan and Amity University Kolkata.

## Publications

### BOOK:

1. **Mental health in ageing** (2022) Prints Publications.
2. **Healthy brain: Way to healthy life** (2023) Taurean publications

### Chapter published in Books

1. **Halder, S. & Mahato, A.K. & D. Scott Greenaway** (2023). Dementia-Related Crises. In Frank M. Dattilio, Daniel I. Shapiro, and D. Scott Greenaway (Ed). *Cognitive-Behavioral Strategies in Crisis Intervention*. **The Guilford Press, New York**
2. **Halder, S. & Mahato, A.K.** (2023). Cognitive behavior therapy for insomnia in adults. In Colin R. Martin, Vinood B. Patel, Victor R. Preedy (Ed). *Handbook of Cognitive Behavioral Therapy by Disorder*, 163- 74. **Academic Press. London**.
3. **Halder, S. & Mahato, A.K.** (2023). Children with academic difficulties and emotional problems: Use of cognitive behavior therapy. In Colin R. Martin, Vinood B. Patel, Victor R. Preedy (Ed). *Handbook of Lifespan Cognitive Behavioral Therapy*. 465-471. **Academic Press, London**
4. **Halder, S., Mahato, A.K. & Samajdar, S.** (2023). Role of Cognitive Neuroscience in New Age Psychotherapies for Adolescents. In Sanjeev Gupta (Ed) *Handbook of Research on Child and Adolescent Psychology Practices and Interventions*. 341-58. **IGI Global**.
5. **Halder, S., Mahato, A.K. & Chakraborty, S.** (2023). Cognitive Skills Training in Stabilization Process in Trauma Scope and Implications. In Logan, I. & Green, C. A. (Eds.). *Stabilization Approaches That Empower Clients Through Mental Health Crises*. 11-38. **IGI Global**.
6. **Halder, S. & Lekshmi, P. K.** (2020). Emotional and Social Behavior in Children with ADHD: It's Relation to Executive Function. In *Understanding Children with Attention Deficit Hyperactivity Disorder (ADHD)*. 177- 194. Edited by Jana Glozman. **Nova Science Publishers. New York**.
7. **Halder, S. & Lekshmi, P. K.** (2020). Emotional and Social Behavior in Children with ADHD: It's Relation to Executive Function. In *Understanding Children with Attention Deficit Hyperactivity Disorder (ADHD)*. 177- 194. Edited by Jana Glozman. **Nova Science Publishers. New York**.

8. **Halder, S.** & Mahato, A.K. (2018). Cognition in Ageing. In Barre, V. P. & Shamsi, A. (Ed.) *Handbook of Research on Geriatric Health, Treatment, and Care*. (118-133). **IGI Global Publications. Pennsylvania.**
9. **Halder, S.;** Mahato, A.K. (2016, July). *Cognitive remediation therapy in chronic schizophrenia*. In, *Chronic Mental Illness and the Changing Scope of Intervention Strategies, Diagnosis, and Treatment*. (292-307). Editor Barre V P. **IGI Global Publications. Pennsylvania.**
10. Mahato, A.K; **Halder, S.** (2016, July). *Disability in Schizophrenia. The Psychosocial and Neurocognitive perspective*. In, *Chronic Mental Illness and the Changing Scope of Intervention Strategies, Diagnosis, and Treatment*. (188- 202). Editor Barre V P. **IGI Global Publications. Pennsylvania.**
11. **Halder, S.;** Mahato, A.K. (2012). ***CBT: The Nepalese experience***. In *Cognitive Behaviour Therapy in Non western Cultures*. (79- 91). Editors- Naeem F, Kingdon D. **Nova Science Publishers. New York.**
12. Mahato, A.K & **Halder, S.** (2021) Psychological aspects of media consumption in adolescents and young adults. In Sisodia R (Ed). *Media in Digital Era: Decoding Journalism, Advertising & Public Relations*. (81-90). Bestow Edutrex. Mumbai

#### Article published in Peer-reviewed journals

13. Ghosh, D & **Halder, S.** (2023). Understanding the Components of Theory of Mind in Depression: An Exploratory Study. **Indian Journal of Social Psychiatry**:10.4103/ ijs112\_23, November 10, 2023.
14. **Halder, S** & Mahato, A .K (2022) Enhancing efficacy and acceptance of cognitive behavioral therapy through understanding its neuroscience. **Taiwan J Psychiatry** 2022; 36:145-7
15. **Halder, S** & Mahato, A .K (2022) Pandemic Fatigue and its Association with Cognitive Functioning in Adults. **Malaysian Journal of Psychiatry** 31(2): 60-64
16. S, Samajdar, **S Halder,** A Mahato. (2022). Attention, memory, and executive functioning in hypoxemic chronic obstructive pulmonary disease patients. **Annals of Indian Psychiatry**. 6 (3), 233-37.
17. **Halder, S;** Mahato, A .K & Samajdar, S. (2022). Implication of online-based brief psychotherapy in anxiety spectrum disorder during COVID-19 pandemic. **Annals of Indian Psychiatry** 6(4): 345-348.
18. **Halder, S;** Mahato, A .K & Samajdar, S. (2022). Alteration of neurocognitive and functional status related to post-COVID infections. **Telengana Journal of Psychiatry** 8 (1), 25- 28.
19. **Halder, S;** Mahato, A .K (2022). Selective mutism: A case study on the use of expressive techniques in assessment and management. **Psycreg Journal of Psychology** 6 (6), 139- 144
20. P Roy & **S Halder** (2021).Efficacy of brief cognitive behavioural intervention for the treatment of psychosis: a case report. *Open J Psychiatry Allied Science*.
21. **S Halder,** S Samajdar, M Akash (2021). Cognitive Status in COVID-19 Survivors with Metabolic Syndrome. *Series of Endocrinology, Diabetes and Metabolism* 3 (2), 33- 38.

22. S Samajdar, **S Halder** (2021).Health-related quality of life and psychological well-being in chronic obstructive pulmonary diseases. *Telangana J Psychiatry* 7 (1), 29- 34
23. Ghosh, D. &**Halder**, S (2021).Gender differences in happiness in association to cognitive flexibility among adults: An exploratory study. *Psychreg Journal of Psychology* 5 (1), 27- 32
24. **Halder**, S., Samajdar, S. &Mahato A (2021). Impact of Age on Cognitive and Psychological Functioning in Patients with Diabetes. *Series of Endocrinology, Diabetes and Metabolism* 3 (1), 27- 32
25. Das S., Mahato A. &**Halder**, S. (2021). Emotional awareness, emotional self- regulation and empathy among the working adolescents. *International Journal of Indian Psychology*, 9(1), 223-232.
26. **Halder** S. &Samajdar S. (2021). Improvement of cognitive and social functioning in residual schizophrenia through cognitive remediation and social skills training- a case study. *International Journal of Indian Psychology*, 9(1), 163-171.
27. **Halder**, S., Samajdar, S (2021). Identification of Mild Cognitive Impairment in Elderly Population. *Global Journal of Aging & Geriatric Research* 1 (2)
28. Manot, S., &**Halder**, S. (2020). Group meeting in psychiatric inpatient setting: Psychological intervention and outcome difference across gender. *Indian Journal of Social Psychiatry*, 36(4), 359.
29. Ghosh, S., &**Halder**, S. (2020). Emotional Regulation and Cognitive Flexibility in Young Adults. *Journal of Psychosocial Research*, 15(2).
30. **Halder**, S., Mahato, A. (2020). Mental Health Status of Women Post Covid-19 in Indian Context.*EC Psychology and Psychiatry* 9 (12), 26- 29
31. **Halder**, S., Samajdar, S., &Mahato, A. K. (2020). An Exploratory Study of Cognitive Functioning and Psychological Well-Being in Middle-Aged Adults with Diabetes Mellitus. *Journal of Social Health and Diabetes*, 8(01), 008-012.
32. Mohta, R., Mahato, A., **Halder**, S (2020).Behavioral Addiction: An overview and Challenges. *Journal of Liberal Arts and Sciences* 1 (1), 6- 18
33. Manot, S., &**Halder**, S. (2020). Cognitive functioning, self-esteem, and body image in breast cancer survivors. *International Archives of Health Sciences*, 7(4), 187.
34. Mohta, R., &**Halder**, S. (2020). An Exploratory Study of Internet Use Pattern, Cognitive Flexibility and Quality of Life in Elderly Population. *Indian Journal of Gerontology*, 34(4).
35. **Halder**, S., &Samajdar, S. (2020). Grief-focused psychological intervention in exploration and alteration of the emotional reaction in a child: a case study. *Indian Journal of Mental Health*, 7(3).
36. Ghosh, S., **Halder**,S (2020). Challenges in Interpersonal Relation among Youth in Post Pandemic Condition. *International Journal of Science and Research (IJSR)* 9 (9), 532 – 535
37. Lakshmi PK &**Halder** S. (2020) Emotional Functioning and Social Behavior in Children with ADHD. *J Psychiatry Psychol Res*, 3(5): 252-259.
38. Mohta, R., &**Halder**, S. (2020). Perceptions of self and intimacy in post-menopausal women. *Indian Journal of Health & Wellbeing*, 11.

39. Mohta, R., & **Halder, S.** (2020). Elderly Population and New Age Technology. *Journal of Psychosocial Research*, 15(1).
40. **Halder, S.,** & Manot, S. (2020). Identifying suicidal risk and its association with depression in the elderly population. *Journal of Geriatric Mental Health*, 7(1), 29.
41. Ghosh, S., Samajdar, S., & **Halder, S.** (2020). Executive functioning and Social Skill in children with autism: A case series.
42. Sharma, S., & **Halder, S.** (2020). Establishing efficacy of CBT in elderly treatment resistant chronic schizophrenia: a case report.
43. **Halder, S.,** Mahato, A. K, Manot, S (2020). COVID-19: Psychological Impact and Psychotherapeutic Intervention. *EC Psychology and Psychiatry* 9 (6), 32- 35
44. Chakraborty, S & **Halder, S** (2020). Adaptation of cognitive behaviour therapy in childhood obsessive compulsive disorder: A case study. *Open journal of Psychiatry and Allied Sciences*. 11(1); 48-51
45. **Halder, S.,** Manot, S., Chaudhary, A. (2019). Attention profile of young and middle aged adults: a comparative study. *Journal of Psychosocial research*. 14(2); 319-26.
46. **Halder, S.&**Mahato, A. (2019). Cognitive behavior therapy for children and adolescents: Challenges and gaps in practice. *Indian journal of Psychosocial medicine*. 41 (3), 279-283
47. Choudhary, M., **Halder, S.** (2019). Cognitive Behavior Therapy of psycho-social factors in female infertility. *Journal of Psychosocial research*. 14(6); 53-62.
48. Chakraborty, A., **Halder, S.** (2019) Suicidal Risk Behaviour among Young Adults in Kolkata: An Explorative Study. *International Journal of Science and Research*. 8(2): 2121-2123.
49. Chakraborty, S & **Halder, S** (2019).Cognitive training for subclinical attention problem: A case study. *J. Indian Assoc. Child Adolesc. Ment. Health*. 15 (1): 121-38
50. Chakraborty, S, Modak, S, & **Halder, S.** (2019)Assessment of self-esteem and its associated factors among adolescents living in orphanage and with parents at home. *Indian Journal of Applied Research* 9 (6), 1- 2.
51. Chakraborty, S & **Halder, S** (2018). Psychological sequel in suicide survivors: A brief overview. *Indian journal of social psychiatry*.34 (2): 105-10.
52. Kotnala, S. & **Halder, S** (2018). Working memory, Verbal comprehension, Perceptual reasoning and Processing speed in ADHD and Normal children: A comparative study. *Journal of Indian Association for Child and Adolescent Mental Health*.14(1):60-79
53. **Halder, S.&**Mahato, A. (2017). Efficacy of a model Attention Training program for children with ADHD. *Journal of Indian Asso. of Child & Adolescent Mental Health*; 13(1):10-25.
54. **Halder, S.&**Mahato, A. (2016). Socio-demographic and Clinical Characteristics of Patients who Attempt Suicide: A Hospital based Study from Eastern India. *East Asian Archives of Psychiatry*. 26 (3) 98-103.
55. Thapliyal, G.; **Halder, S.,** &Mahato, A. (2016). Memory, verbal fluency and response inhibition in normal aging. *Jr. of Geriatric mental Health*.3:145-9.

56. **Halder, S.;** Mahato, A.K.; Mukherjee. R. (2015). Profile of clinical comorbidities and emotional disturbances in adolescent ADHD. *Journal of Rural and Community Psychiatry*. Vol. 2 (4) Jul-Dec. 35-40.
57. **Halder, S.;** Mahato, A.K. (2015). Cognitive Impairment in Schizophrenia: An overview of assessment and management. *The International Journal of Indian Psychology*. Vol. 2 (4), 64-72.
58. Mahato, A.K; **Halder, S.** (2015) Sociodemographic and clinical correlates of oppositional defiant and problem behaviour. *Journal of Rural and Community Psychiatry*. Vol. 2 (3) Jan-June. 35-40.
59. **Halder, S.;** Mahato, A.K. (2015). Cognitive Profile of Paranoid Schizophrenia on LNNB. *The International Journal of Indian Psychology*. Vol. 2 (3), 174-181.
60. **Halder, S.;** Mahato, A.K. (2012). Mental Health at workplace. *International Journal of Occupational Safety and Health*, Vol. 2 (1), 2-6.
61. **Halder, S.;** Mahato, A.K. (2013). Stress and psychological wellbeing status among health care professionals. *International Journal of Occupational Safety and Health*, Vol. 3 (1), 32-35.
62. **Halder, S.;** Mahato, A.K. (2010). Qualitative Methods in Health Research. *Rinpas Seminars*, Vol 2 (2), 367- 371.
63. **Halder, S.;** Mahato, A.K. (2009). Neurocognitive Psychotherapy for Adult Attention Deficit Hyperactive Disorder. *Industrial Psychiatry Journal*, 18 (2), 113-116.
64. **Halder, S.;** Mahato, A.K. (2009). Relationship between executive function and problem solving ability of schizophrenia patients. *Eastern Journal of Psychiatry*. Vol. 12 (1& 2), 41-44.
65. Mahato, A.K.; **Halder, S.** (2009). Psychotherapeutic intervention of reactions in amputation: Two case studies. *Eastern Journal of Psychiatry*. Vol. 12 (1& 2), 66-68.
66. Bardwell, M; Nath, G; Pandey, S; **Halder, S.;** Berkowitz, L; DeSanti, S; Bullock, R; Sharma, T. (2008). Cogtest identifies impairment in multiple memory domains in age- associated memory impairment. Abstracted in *Alzheimer's and Dementia*, Volume 4, Issue 4, Supplement 1, T252.
67. Bardwell, M; Pandey, S; DeSanti, S; **Halder, S.;** Nath, G; Gupta, S; Berkowitz, L; Sharma, T. (2008). Cognitive performance in healthy volunteers on the Cogtest computerized neurocognitive battery across cultures: Implications for clinical trials of Alzheimer's disease. Abstracted in *Alzheimer's and Dementia*, Volume 4, Issue 4, Supplement 1, T777.
68. Das, R.; **Halder, S.;** Mahato A. K. et al. (2008). Relationship between personality, well- being and coping of alcoholism in females. *Indian Journal of Psychiatry*, 50, April 2008, S- 42.
69. Mahato, A.K.; **Halder, S.** et al. (2007). Socio- demographic and Psychosocial correlates of somatization in a community clinic. *Industrial Psychiatry Journal*, 16, 1; 12- 14.
70. **Halder, S.;** Mahato, A.K.; Choudhury. S. (2007). Efficacy of group meeting on hospitalized patients. *Industrial Psychiatry Journal*, 16, 1; 40- 41.
71. Prakash, J.; Singh, A.; Sengar, K. S.; **Halder, S.** (2007). Cognitive Behavior Therapy in treatment of Obsessive- Compulsive Disorder. *Industrial Psychiatry Journal*, 16, 1; 55- 58.
72. Das, R.; **Halder, S.** et al. (2007). Relationship between personality and well- being of patients with alcohol dependence. Abstracted in *Indian Journal of Psychiatry*, 49, Supplement, S-29.
73. Banerjee, A; Choudhury, S; Singh, D.K; Banerjee, I; Mahato, A.K; **Halder, S.** (2007). Inputs for sample size calculations. *Industrial Psychiatry Journal*, 16(2), 150-152.
74. **Halder, S.;** Jahan, M; & Nizamie, A. (2006). Cross Validity of 22- Items and 15- Items Screening Tests from LNNB-I on Paranoid Schizophrenic Patients. *Indian Journal of Clinical Psychology*, 33, 1; 28 - 34.
75. **Halder, S.;** Mahato, A.K.; Giri, D. K.; Choudhury, S.; Singh, A.R.; Chakraborty, P.K. (2006). Risk factors in childhood epilepsy: a community survey. *Industrial Psychiatry Journal*, 15, 2; 119-121.

76. Mahato, A.K.; Singh, A. R.; **Halder, S**; &Sengar, K.S. (2006). Concurrent Validity of Hindi Translation of the Adolescent Psychopathology Scale (A.P.S). *Indian Journal of Clinical Psychology*, 33, 2; 148 - 153.
77. **Halder, S**.; Singh, A. R.; & Prakash, J. (2005). Efficacy of Cognitive Behavior Therapy for the treatment of OCD- A Case Report. *Indian Journal of Clinical Psychology*, 32, 2; 133- 136.
78. **Halder, S.** &Sanyal, N. (2001). 'I', 'Me', or 'Self' – Its implication in present reality.*Bulletin of Department of Psychology, Calcutta University* 22 – 27.