

Name : Imlisongla Longkumer
Date of joining Nagaland University : 12/11/2012

Designation : Associate Professor

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Educational Qualification : M.A., PhD (Gauhati University)

Specialization : Clinical Psychology, Social Psychology

Ph.D. Topic : Intergroup attitude and social distance among Nagas

PUBLICATIONS:

1. Suokhrie,R. &**Longkumer,I.** (2024). Mental health and locus of control among Naga youth giving various competitive examinations. *Mental health and Social Inclusion*. <https://doi.org/10.1108/MHSI-05-2024-0079>
2. Dewagan,R.L., **Longkumer,I.**, Gupta,S. & Pathak,S.(2024). Beyond(COVID-19) lockdown: Faculty experiences in the post-pandemic academic landscape. *Frontiers in Education*, Vol.9. <https://doi.org/10.3389/educ.2024.1348775>
3. **Longkumer,I.**& Konyak,R.(2024). Pathological gaming among older adolescent Konyaks in relation with loneliness and adjustment difficulty. *INSPA Journal of Applied and School Psychology*, 6(1),159-165
4. Khieya,H. &**Longkumer,I.** (2024). Relationships among social dominance orientation, masculinity ideology and gender attitudes: A study among adult Nagas.*Journal of the Indian Academy of Applied Psychology*,50(1),291-297.
5. **Longkumer,I.**& Mollier,S. (2024). Hope and general self efficacy as buffers of psychological distress during the COVID-19 pandemic: A study from North East India.*Journal of the Indian Academy of Applied Psychology*,50(1),46-54.
6. Suokhrie,R. &**Longkumer,I.**(2024). Mental Health and Locus of control among employed and unemployed young people. *Journal of the Indian Academy of Applied Psychology*, 50(2),143-148.
7. **Longkumer,I.**, Khieya,H., & Konyak,T.T.(2024). Problematic Internet use among school students. *INSPA Journal of Applied and School Psychology*, 1, 137-142.
8. Mollier,S. &**Longkumer,I.**(2024). The role of hope , religiosity and perceived social support in psychological distress experienced by caregivers of cancer patient. *Journal of the Indian Academy of Applied Psychology*,50(Special Issue),245-250.

9. **Longkumer,I.& Imlibenla**(2023). Self-stigma in persons with alcohol use disorder: An exploration of its relationships with psychosocial factors. *Journal of the Indian Academy of Applied Psychology*, 49(2), 299-306.
10. Khieya,H.&**Longkumer,I.** (2025). Influence of marital status and income on social dominance orientation: a study among Naga men. *The International Journal of Indian Psychology*,13(2).
11. Khieya,H. &**Longkumer,I.** (2020)Development of the Gender Attitude Scale- Nagaland. *Indian Journal of Psychology*,167-170.
12. Shikhu,L.P. &**Longkumer,I.** (2020)Parental reflective functioning and its relation with type of family and level of education among Naga fathers). *Indian Journal of Psychology*, 210-213.
13. **Longkumer,I.,** Shikhu,L.P. and Savino,S. (2019).A study of environmental ethics among Nagas in relationship with gender.Bio-Resources of North East India.Guwahati:Purbayon.
14. Jamir,T. &**Longkumer,I.**(2017). Parenting styles among Naga fathers: Association with the social and emotional adjustment of adolescents. *Indian Journal of Community Psychology*,13(2), 397-402.
15. Mollier,S., Shikhu, L.P., &**Longkumer,I.** (2017).
16. **Longkumer,I.& Borooah,I.P.**(2016). Attitude of Nagas towards mental disorders in relationship to age and gender. *Indian Journal of Community Psychology*, 12(2), 211-219.
17. **Longkumer,I.& Phom,B.A.** (2016)Job Satisfaction of school teachers in relationship with gender and type of school.*Nagaland University Research Journal*,(9),32-39
18. **Longkumer,I.& Borooah,I.P.**(2014).Ingroup bias amongst Nagas- A Psychological study of Social Distance. *IOSR Journal of Humanities and Social Sciences (IOSR-JHSS)*, 19(10), 63-66.
19. **Longkumer,I.& Borooah,I.P.**(2013). Knowledge about and attitudes toward mental disorders among Nagas in North East India. *IOSR Journal of Humanities and Social Sciences(IOSR-JHSS)*, 15(4), 41-47.
20. **Longkumer,I.& Borooah,I.P.**(2011). Social distances in a multi-tribal society. *Journal of Community Guidance and Research*, 28 (3), 404-411.

RESEARCH PROJECT:

S.No	Title of the study	Funding agency	Role
01	Perceived stigma and psychological distress among people with alcohol use disorder: Role of gratitude intervention	Indian Council of Social Science Research	Principal Investigator
02	Emotion regulation in North East Indian young adults	Indian Council of Social Science Research	Co-Principal Investigator

FELLOWSHIP:

Awarded ICSSR General Fellowship for research on “ Knowledge and beliefs about and attitudes toward mental disorders in Nagaland” in December 2011

BEST PAPER/POSTER AWARD:

- Best Paper in one category for the paper “Psychological distress among individuals with alcohol use disorder in treatment: Association with loneliness and practice of daily prayer” at the 49th National Annual Conference of Indian Association of Clinical Psychologists organized by SGT University, Gurugram, 10th to 12th February, 2023.
- Best Paper in one category for a co authored paper” Emotional Intelligence, Alexithymia and Psychological well-being among opioid dependents: A comparative cross-sectional study” at the 29th International & 60th National Conference of the Indian Academy of Applied Psychology organized by the Department of Psychology, Nagaland University.
- Best Poster for a co authored paper “ Sibling Relationship and Psychological well-being among young adults in Dimapur” at the 29th International & 60th National Conference of the Indian Academy of Applied Psychology organized by the Department of Psychology, Nagaland University.

RESEARCH SUPERVISION:

- **Ph.D supervision: Awarded 04; Ongoing 06**
- **MA dissertation supervision: Above 60**

INVITED LECTURES/RESOURCE PERSON:

1. Resource person at the One-Day State Level Seminar on Focus on Women’s Mental Health for Economic Empowerment organized by Department of Psychology, NU and NABARD, 6/3/2024. Topic: Alcohol Use Disorders in women-A growing concern
2. Resource person at the State Level Seminar organized by Dimapur Government College, 5/5/2023. Topic: Behavioral and Mental Health Challenges among Youth: Strategies to Enhance Well-being.
3. Resource person at the One-Day Workshop on “Art of writing a Research Proposal” organized by the Research Committee, KROS college, Kohima, 12/04/2025.
4. Resource person at the ECHO program organized by Nagaland State Nursing Council, 7/9/22. Topic: Care giver, A guide to panic attack.
5. Resource person at a talk on the theme “Make Mental Health and well being for all a global priority” at Alder College, Kohima, 13/10/2022.
6. Resource person at a Mental Health Talk at District Jail, October, 2023. Topic: Promotion of mental health.
7. Resource person at a Mental Health Talk at Modern School Kohima, October 2023. Topic: Substance use and its impact on well-being.
8. Resource person for a series of talks on the theme “Promotion of mental Health and prevention of suicide’ at Nagaland University, Kohima Campus, Meriema, on World Mental Health Day, 2019.

9. Resource person at a One-Day national webinar on “Coping with stress during COVID-19” held on 26/06/2020 by Mount Mary College, Chumukedima, Nagaland.
10. Resource person in the webinar entitled “A perusal of peace amidst challenges during COVID-19 lockdown’ held on 12/06/2020 organised by Women’s Studies Centre, Nagaland University. Topic: Impact of domestic violence and other challenges on women’s mental health during COVID-19 lockdown”.
11. Resource person at the ISCCR sponsored 10 Day Research Methodology Training Course for PhD students in Social Sciences organized by Department of Teacher Education, 14th to 23rd November, 2019. Topic: Experimental Method and Experimental Designs.
12. Resource person at the Virtual Lecture Series on “Statistics for Psychological Research” organized by St. Joseph University, Dimapur, Nagaland, 21st to 22nd July, 2021.
Topic: 1. Hypothesis Testing.
2. Experimental designs and statistical methods.
13. Resource person at the Rajiv Gandhi National Institute of Youth Development sponsored 3-day Training of Trainers on lifeskills and personality development programme, 9/3/2022.
Topic: Stress management skills.
14. Resource person at the Counselling Program on mental health awareness and stress management, 4th March, 2022, organized by SAS, Nagaland University.
Topic: Awareness on Mental Health.
15. Resource person at the ICSSR sponsored Ten days Research Methodology Course for PhD students in Social Sciences, 10/05/2017 to 25/05/2017, organized by the Department of Teacher Education & Department of Education, Nagaland University.
Topic: Types of Sampling :Probability and Non-Probability sampling
16. Resource person at the online Training cum workshop on Academic administration, Nagaland University, 24/9/2020 to 22/9/2020.
Topic: Stress management.
17. Resource person at the ICSSR sponsored Ten days ‘Research Methodology Course for PhD Scholars in Social Sciences’ organized by the Department of Teacher Education and Department of Education, Nagaland University, from 16th May to 25th May, 2017.
18. Presented a talk on ‘Mental Disorders’ as a part of Community Outreach Program, Department of Psychology on 2nd May, 2017 at Jo Foundation, Kohima.
19. Presented a talk on ‘Adolescents and Mental Health’ as a part of Community Outreach Program, Department of Psychology on 7th May, 2017 at Little Flower Higher Secondary School, Kohima.
20. Resource person at the UGC sponsored National Workshop on ‘Suicide and the youth with special reference to North East India’ organized by Kamargaon College, Assam, from 12th to 13th September, 2014.
21. Resource person at the workshop on ‘Basic counselling skills and understanding children and adolescents’ organized by the Institute of Positive Mental Health and Research, Dimapur, from 28th to 29th August, 2014.

22. Presented a talk on 'Adolescents and Mental Health' as a part of Community Outreach Program, Department of Psychology on 7th May, 2017 at Little Flower Higher Secondary School, Kohima.
23. Resource person at the UGC sponsored National Workshop on 'Suicide and the youth with special reference to North East India' organized by Kamargaon College, Assam, from 12th to 13th September, 2014.
24. Resource person at the workshop on 'Basic counselling skills and understanding children and adolescents' organized by the Institute of Positive Mental Health and Research, Dimapur, from 28th to 29th August, 2014.
25. Resource person at the consultative meeting on women organized by the Womens' Studies Centre, Nagaland University.

SEMINARS/CONFERENCES/WORKSHOPS

1. Presented a paper at the ICSSR sponsored Two day National Conference on Health and Wellbeing in post COVID era: Need for self-reliant indigenous models, organized by Department of Psychology, S.M. College, Bhagalpur.. 16th to 17th December, 2022. Title: Mental Health of young people in Nagaland during the COVID-19 pandemic: the need for psychological care during pandemic and post pandemic.
2. Presented a paper at the 57th National and 26th International Conference of Indian Academy of Applied Psychology, 27th to 29th January, 2022, organized by Mizoram University. Title: Impact of COVID-19 pandemic on mental Health of shop keepers.
3. Presented a paper at the 49th National Annual Conference of Indian Association of Clinical Psychologists organized by SGT University, Gurugram, 10th to 12th February, 2023. Title: Psychological distress among individuals with alcohol use disorder in treatment: Association with loneliness and practice of daily prayer.
4. Presented a paper at the 13th INSPA International Conference-2023 organised by INSPA and University of Science and Technology Meghalaya, 3rd to 5th November, 2023. Title: Problematic Internet Use among school students in Nagaland.
5. Presented a paper at the National Conference on Substance Use in Youth: Management Laws and Policy Research, 9/12/2023 organized by National Drug Dependence Treatment Centre (NDDTC, AIIMS) and Society for Addiction Psychology. Title: Experiences of enacted stigma in persons with alcohol use disorder.
6. Presented a paper at the National seminar cum Workshop on mental Health and Social Work Practice, 27th to 28th April, 2018, Assam Don Bosco University, Sonapur. Title: Academic anxiety amongst high school students in Kohima.
7. Convenor in the "Two Day National Seminar on Mental Health in the Workplace", organized by Department of Psychology, Nagaland University from 10th to 11th October 2017.
8. Participated in the National seminar on "Gender, Social Justice & Human Rights: with reference to North East" organized by National Human Rights Commission, India and Nagaland University, 15th March, 2017.
9. Participated in the Indian Association of Life Skills Education Conference organized by Don Bosco Institute, Guwahati, from 12th to 14th February, 2015.

10. Presented a paper at the National Seminar on Positive Psychology: Current trends and applications", 2nd and 3rd November 2011, Guwahati. Title: A study of public knowledge, beliefs about and attitudes toward mental disorders in Nagaland.
11. Presented a paper at the 11th International and 42nd National Conference of the Indian Academy of Applied Psychology, 15th to 17th February 2007, Jamia Millia Islamia, New Delhi. Title: Social Distances in a Multi Tribal Naga Society.
12. Presented a paper at the National Seminar on „Counselling Psychology in the 21st Century: Trends and Techniques“, 10th and 11th November 2006, Guwahati. Title: Psychological Distress among People Living with HIV/AIDS.
13. Participated in the 10th International and 41st national Conference of Indian Academy of Applied Psychology on “Innovative Dimensions of Applied Psychology: Counselling for Development” organized by National Institute of Technical Teachers Training and Research, Chennai, 16th to 18th February, 2006.
14. Participated in the National Seminar on “Conservation of Environment – an inter disciplinary approach” organized by the Department of Psychology, Gauhati University, and Psychologists“ Association of North East India, 6th & 7th May 2005, Guwahati.
15. Attended a National Seminar on Knowledge Systems and Languages of Nagas, organized by the All India Forum for Right to Education and Ura Academy and School of Humanities and Education, Kohima.
16. Organised and attended an online symposium organized by the Department of Psychology, Nagaland University.
17. Attended an International Conference on Contemporary American Literature, History, Culture and Politics, organized by the Department of English, Nagaland University, 28/2/2019 to 1/3/2019.
18. Presented a paper at the 29th International and 60th National Conference of the Indian Academy of Applied Psychology organized by the Department of Psychology, Nagaland University, 26/2/2025 to 28/2/2025. Exploring the interplay of self efficacy, optimism and resilience in promoting psychological well-being and academic achievement of high school students: a pilot study in Manipur.
19. Presented a paper at the 29th International and 60th National Conference of the Indian Academy of Applied Psychology organized by the Department of Psychology, Nagaland University, 26/2/2025 to 28/2/2025. Title: Navigating Post-Pandemic Academia: Faculty reflections on work-life balance, well-being and institutional adaptation.
20. Presented a paper at the 29th International and 60th National Conference of the Indian Academy of Applied Psychology organized by the Department of Psychology, Nagaland University, 26/2/2025 to 28/2/2025. Title: Emotional Intelligence, alexithymia, and psychological well-being among opioid dependents: a comparative cross-sectional study.
21. Presented a Poster at the 29th International and 60th National Conference of the Indian Academy of Applied Psychology organized by the Department of Psychology, Nagaland University, 26/2/2025 to 28/2/2025. Title: Emotional intelligence and anxiety of college students in Pfortsero town of Nagaland: relationship with gender.

22. Presented a poster Sibling relationship and psychological wellbeing among young adults in Dimapur” at the 29th International and 60th National Conference of the Indian Academy of Applied Psychology organized by the Department of Psychology, Nagaland University, 26/2/2025 to 28/2/2025. Title: Sibling relationship and psychological wellbeing among young adults in Dimapur.
23. Presented a poster titled at the 29th International and 60th National Conference of the Indian Academy of Applied Psychology organized by the Department of Psychology, Nagaland University, 26/2/2025 to 28/2/2025. Title: Adolescents’ adjustment in relation to gender and sibling relationship : A study in Peren district of Nagaland.