

Profile

Name: Dr. Lovika P. Shikhu

Designation: Assistant Professor, Department of Psychology, Nagaland University

Date of Joining: 19th October, 2012

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Educational Qualifications:

Degree	University	Year of passing
BA (Honours) Psychology	University of Delhi	2007
MA Psychology	University of Delhi	2009
M.Phil. Clinical Psychology	University of Delhi	2012
Ph.D. Psychology	Nagaland University	2022

Qualified UGC NET for Assistant Professor in the year 2010

Teaching Experience

- Assistant Professor of Psychology in Department of Psychology w.e.f. 19/10/2012 till date

List of Publications

- Shikhu, L. P.**, Puro, J., Kesiezie, K. (2025). The influence of Parent-Peer Attachment on Mentalization and Personality among School Dropouts. *Indian Journal of Psychology and Education*. 15(2), 53-58. **(Peer review)**
- Konyak, T., **Shikhu, L. P.** (2025). Gambling, Alexithymia, Emotion regulation and psychological distress among adults. *Journal of Indian Academy of Applied Psychology*. 51(special issue), 157-164. **(UGC-CARE)**

3. Kesiezie, K., **Shikhu, L. P.** (2025). Mentalization, wellbeing and behavioural-emotion problems among Orphaned Adolescents. *Journal of Indian Academy of Applied Psychology*. 51(special issue), 95-103. (UGC CARE)
4. **Shikhu, L. P.** (2025). Effectiveness of Mentalization-based Cognitive Therapy on Youths with Internet Gaming Disorder. *Inspa Journal of applied and School Psychology*. 6(2), 19-27. (UGC CARE)
5. Chielie, K., **Shikhu, L. P.** (2025). Parent-peer attachment, Internet addiction and Loneliness among Adolescents of Alcohol dependent parents. *Indian Journal of Psychology*. 184-188. (UGC CARE)
6. Murry, N., **Shikhu, L. P.** (2025). Alexithymia, Empathy and Gratitude among nursing students. *Indian Journal of Psychology*. 167-172. (UGC CARE)
7. Murry, N., **Shikhu, L. P.** (2025). Infertility Stigma, Perceived Stress and Gratitude among Infertile Women. *Journal of the Indian Academy of Applied Psychology*. 51(1), 129-139. (UGC CARE)
8. **Shikhu, L. P.** (2024). Mentalization and Internet Gaming Disorder-related disturbances among Youths. *Inspa Journal of Applied and School Psychology*. 6(1), 139-146. (UGC CARE)
9. Puro, J., **Shikhu, L. P.** (2024). Big Five personality factors between Teaching and Medical Professionals in context of Work Addiction. *Journal of Society for Addiction Psychology*. 1(2), 39-46. (Peer review)
10. Murry, N., **Shikhu, L. P.** (2024). Personality traits and quality of life among hypertensive substance addicted adults. *Journal of Society for Addiction Psychology*. 1(1), 45-52. (Peer review)
11. **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. (UGC CARE)
12. Sharma, V., **Shikhu, L. P.**, Jha. M. (2019). Sibling rivalry disorder: Issues of diagnosis and management- A case report. *Journal of Indian Association for Child and Adolescent Mental Health*. 15 (2), 140-153 (SCOPUS)
13. Longkumer, I., **Shikhu, L. P.**, Savino, S. (2019). A Study of Environmental Ethics among Nagas in Relationship with Gender. *Bio-Resources of North East India*, Purbayon publication, Satmail, Guwahati. 204-209. (peer review)

14. Mollier, S., **Shikhu, L. P.**, Longkumer, I. (2017). Academic Achievement Motivation among Higher Secondary Students in Kohima. *Nagaland University Research Journal*. 10, 20-26 (**peer review**)
15. Kumar, D., **Shikhu, L.P.**, Sharma, V. (2017). Mental Health issues among Call Center Executives. *Behavioural Scientist*. 18 (1), 43-50. (**peer review**)
16. Singh, N., **Shikhu, L.P.**, Varma, R., Sharma, V. (2012). An exploratory study of caregiver burden and general wellbeing among the caregivers of patients with epilepsy. *Indian Journal of Health and Wellbeing*. 3(2), 503-506 (**UGC**)
17. **Shikhu, L.P.**, Sharma, V., Singh, T.B. (2013). Association between I.Q. and S.Q. Scores on the basis of Performance test of Intelligence and Social Maturity Scale to determine Predictability. *Indian Journal of Developmental Disabilities*. 1(1): 18-25. (**peer review**)
18. **Shikhu, L.P.**, Jha, M., Sharma, V. (2012). Function- based Intervention for Tic disorder. *Delhi Psychiatry Journal*. October; 15(2): 428-431. (**peer review**)

Awards (April 2024- April 2025)

- **Best paper award** received on paper titled “Gambling and its relationship with psychological distress among Adults” on 29th International and 60th National Conference of Indian Academy of Applied Psychology, from 26th to 28th February, 2025, organized by Department of Psychology, Nagaland University, Kohima campus, Meriema
- Selected for **Shri. P. Panchalan – InSPA Best Paper Award (Journal/Book) 2025**, Indian School Psychology Association for the paper “Mentalization and Internet Gaming Disorder-related Disturbances among Youths”, published in the InSPA Journal of Applied and School Psychology, Vol. VI No 1, pp. 139-146, 2024.

Project

Awarded Start-up project for young faculty for two year (August 2023 to August 2025), amount granted for Rs 2 Lakhs, for the title “Mentalization-Based Treatment for Internet Gaming Disorder among Naga Youths”

Paper Presented in International conferences

- Attended and presented paper “Sibling Rivalry Disorder: Diagnostic issues and management through Parent Child Interaction” in World Association for Infant Mental Health 14th World Congress, 14th – 18th June 2014 at Edinburgh International Convention Centre, Edinburgh, Scotland, United Kingdom.

- Attended and presented paper “Computer Game Addiction with underlying Depression: Management with Mentalization-based Cognitive Therapy” in World Psychiatric Association, 19th World Congress of Psychiatry, 21st- 24th August 2019 at Lisbon, Portugal.
- Attended and presented an oral lecture entitled “obsessive compulsive disorder with underlying attachment issue: Management with Mentalization based Cognitive Behaviour Therapy” in World Psychiatric Association, 23rd World Congress of Psychiatry, 28th September- 1st October at Vienna, Austria.
- Attended and presented poster paper “Is Depression indicating lack of spirituality? Management with Mentalization based Cognitive Therapy” in World Psychiatric Association, 23rd World Congress of Psychiatry, 28th September- 1st October at Vienna, Austria.

Paper Presented in Seminar/conference (March 2024- April 2025)

- Presented paper titled “Parent peer attachment, internet addiction and loneliness among adolescents of alcohol dependent parents” on 29th International and 60th National Conference of Indian Academy of Applied Psychology, from 26th to 28th February, 2025, organized by Department of Psychology, Nagaland University, Kohima campus, Meriema.
- Presented paper titled “Gambling and its relationship with psychological distress among Adults” on 29th International and 60th National Conference of Indian Academy of Applied Psychology, from 26th to 28th February, 2025, organized by Department of Psychology, Nagaland University, Kohima campus, Meriema
- Presented paper titled “Big five personality factors between teaching and medical professionals in context of work addiction” on 29th International and 60th National Conference of Indian Academy of Applied Psychology, from 26th to 28th February, 2025, organized by Department of Psychology, Nagaland University, Kohima campus, Meriema
- Presented paper titled “The influence of parent peer attachment on mentalization and personality among school dropouts” on 29th International and 60th National Conference of Indian Academy of Applied Psychology, from 26th to 28th February, 2025, organized by Department of Psychology, Nagaland University, Kohima campus, Meriema
- Presented paper titled “Depression, self-esteem and spiritual well-being among infertile women” on 29th International and 60th National Conference of Indian Academy of Applied Psychology, from 26th to 28th February, 2025, organized by Department of Psychology, Nagaland University, Kohima campus, Meriema
- Presented paper titled “Internet gaming disorder and dimensions of mentalization among Naga youths” on 29th International and 60th National Conference of Indian Academy of Applied Psychology, from 26th to 28th February, 2025, organized by Department of Psychology, Nagaland University, Kohima campus, Meriema
- Presented poster paper titled “Psychological distress and perceived social support among lesbian, gay and bisexual people” on 29th International and 60th National Conference of Indian Academy of Applied Psychology, from 26th to 28th February, 2025, organized by Department of Psychology, Nagaland University, Kohima campus, Meriema
- Presented poster paper titled “Personality traits and academic achievement motivation among college students in kohima” on 29th International and 60th National Conference of Indian Academy

of Applied Psychology, from 26th to 28th February, 2025, organized by Department of Psychology, Nagaland University, Kohima campus, Meriema

- Presented paper titled “Mentalization, Wellbeing and Behavioral-Emotional problems among Orphaned Adolescents” on 29th International and 60th National Conference of Indian Academy of Applied Psychology, from 26th to 28th February, 2025, organized by Department of Psychology, Nagaland University, Kohima campus, Meriema.