**Megha Garg**

+1 (302)-985-0279, meghagar@udel.edu

**EDUCATION**

**University of Delaware,** Delaware August, 2022-Present

Ph.D. Human Development and Family Sciences

*Advisor: Dr. Mellissa S. Gordon, Associate Professor, Department of Human Development and Family Sciences, University of Delaware*

**Amity University,** Gurugram, Haryana May, 2021

M.Sc. Clinical Psychology, CGPA- 9.38

**Amity University,** Gurugram, Haryana May, 2019

B.Sc. Clinical Psychology, CGPA- 7.29

**RESEARCH ARTICLES**

**Accepted/Published**

**Garg, M.** & Gordon, M., S. & Ohannessian, C., M. (*Conditional Acceptance*). Parent-child communication and early adolescents’ coping strategies: Mediating role of sibling relationship. *Journal of Community Psychology.*

**Garg, M.**,Mousavi, M. & Nia, F., V.(*Revise & Resubmit*).Association between partner violence and depression among adolescents: Moderating role of parental involvement*. Journal of Family Violence.*

Gupta, S., **Garg, M.** & Ahuja, K. (2022). Quality of life as predicted by job satisfaction among employees. *Indian Journal of Mental Health, 9*(1). 53-57.

Singh, J., **Garg, M**., & Ahuja, K. (2021). Depression, anxiety, stress and self-esteem among victims of childhood trauma: A cross-sectional study. *Journal of Emerging Technologies and Innovative Research, 8*(7). 615-619.

Ahuja, K. & **Garg, M.** (2021). Stress and well-being among first year and last year college students during COVID-19. *Indian Journal of Mental Health, 8*(1). 65-69.

**Garg, M**., Ahuja, K., & Shrivastava, P. (2020). Internet addiction and resilience among parents and children during lockdown in the pandemic. *International Journal of Indian Psychology, 8*(4). 523-529.

Tanwar, K., C., & **Garg, M**. (2020). Study of self-compassion, depression, anxiety and stress in male and female teachers in government college. *International Journal of Psychosocial Rehabilitation, 24*(7). 29-43.

**Under Review**

**Garg, M.** Relationship between attachment styles and self-esteem- As mediated by emotion regulation. *Indian Journal of Mental Health.*

**Garg, M.** & Goldstein, S. Does nonresidential fathers’ problem drinking and hostile parenting predict adolescent delinquency? *Journal of Family Issues.*

Wroten, E., Goldstein, S. E., Riera, K., Miller, M., Spencer, G., A., Figgs, V. & **Garg, M.** “Okay, here’s a new era”: Parents’ perspectives on their children leaving home for the first time. *Family Transitions* (*Special issue*).

**In preparation**

**Garg, M.** & Fleury-Steiner, R. Impact of witnessing intimate partner violence at home among adolescents: A systematic review.

**Garg, M.**, Gordon, M., S. & Ohannessian, C., M. (in preparation).Relationship between family conflict and mental health of adolescents: Role of protective factors*.*

**BOOK CHAPTERS**

Chandra, S., Vooturi, L., **Garg, M.** & Ahuja, K. (2021). Mental health in diverse population. In *The world in different perspectives: Rebuilding lessons after a crisis,* (17-29). Philippines: Institute of Industry and Academic Research Incorporated.

**Garg, M**., & Nair, A. (2021). Relationship between parenting style, bullying behaviour, and sexual identity among adolescents-An exploration. In *Life Skills Education in India,* (29-42). Nitya Publications.

Chandra, S., Ahuja, K., & **Garg, M**. (2021). Technology in psychology. In *Technological Advancements in Management, Agriculture, Education and Social Sciences* (90-102). New Delhi: Bharti Publications.

**Garg, M**., Ahuja, K., & Chandra, S. (2020). Surviving the Pandemic: Role of mental health. In S. Z. Zaidi, *COVID-19: Biopsychosocial Perspectives e-book.* Progressive Publications.

Ahuja, K., Chandra, S., & **Garg, M**. (2020). Leadership. In *Academic Leadership: Essential to Turn Vision into Reality* (60-69). Delhi: ABS Books.

**INVITED ARTICLE**

**Garg, M.** (August, 2020). Living through a history chapter, *Modern Shrines English Monthly Magazine,* (12), 24-25.

**RESEARCH EXPERIENCE**

**Research Assistant** Summer 2024

**Supervisor(s):** Dr. Mellissa S. Gordon and Dr. Ruth Fleury-Steiner

* Screened studies for the systematic review on “Adolescent outcomes for youth witnessing intimate partner violence at home” in Covidence
* Assisted in reviewing a research article for an academic journal
* Assisted in making poster for presentation at the conference NCFR

**Research Assistant** Summer 2023

**Supervisor(s):** Dr. Mellissa S. Gordon

* Submitted a manuscript for publication
* Prepared and submitted an institutional review board (IRB) protocol form to gain access to a dataset

**Research Assistant** Winter 2023

**Supervisor(s):** Dr. Jennifer Gallo-Fox, Dr. Lynn Worden and Dr. Rosalyn Washington

* Created an annotated bibliography consisting of research articles related to teacher education placement and their outcomes and collected their pdfs
* Created a database of schools that offer dual certification programs in early childhood education and special education by contacting state government bodies such as NAEYC, CAEP and AACTE through emails and phone calls

**Masters Dissertation**

**Topic-** *Relationship between attachment styles and self-esteem: As mediated by emotion regulation*

**Supervisor:** Dr. A.A.S. Azam, Assistant Professor, Amity Institute of Behavioural and Allied Sciences, Amity University, Haryana

* Conceptualised parallel mediation model with multiple antecedents and single outcome
* Collected quantitative data using Purposive and Snowball sampling techniques and tabulated on SPSS
* Performed statistical analysis using SPSS v.20 with an added macro-PROCESS v3.5.3
* Accomplished a mediating role of Expressive Suppression between Secure Attachment Style and Global Self-Esteem

**Masters Scientific Research Paper**

**Topic-** *Parenting styles, bullying behaviour and sexual identity among adolescents- An exploration*

**Supervisor:** Dr. Arya Nair, Assistant Professor, Amity Institute of Behavioural and Allied Sciences, Amity University, Haryana

* Ideated the topic
* Acquired quantitative data using Purposive and Snowball sampling techniques
* Recorded data in Microsoft Excel
* Attained significant relationship among the variables

**Bachelors Dissertation**

**Topic-** *Study of Self-Compassion, Depression, Anxiety and Stress in Male and Female Teachers in Government College*

**Supervisor-** Dr. Kamini C. Tanwar, Associate Professor, Amity Institute of Behavioural and Allied Sciences, Amity University, Haryana

* Ideated the topic
* Accumulated quantitative data using Purposive and Snowball sampling techniques
* Catalogued data in Microsoft Excel
* Learned SPSS and performed data analysis
* Obtained significant relationship among the variables

**PRESENTATIONS**

**Garg, M.**,Mousavi, M. & Nia, F., V. *(Abstract submitted).* Association between partner violence and depression among adolescents: Moderating role of parental involvement*.* SRCD 2025 Biennial Meeting. Minneapolis, Minnesota, USA.

**Garg, M.** & Goldstein, S. *(Abstract submitted).* Does nonresidential fathers’ problem drinking and hostile parenting predict adolescent delinquency? SRCD 2025 Biennial Meeting. Minneapolis, Minnesota, USA.

**Garg, M**., Gordon, M., S. & Ohannessian, C., M. (2024, November 22)*. Relationship between family conflict and mental health of adolescents: Role of protective factors.* [Conference presentation] NCFR 2024. Seattle, Washington, USA.

**Garg, M**. & Goldstein, S. (2024, November 15). *Does nonresidential fathers’ problem drinking and hostile parenting predict adolescent delinquency?.* [Poster session]. ASC 79th Annual Meeting 2024. San Francisco, California, USA.

**Garg, M.,** Mykyta-Chomsky, R., & Gordon, M., S. (2023, November 10). *Moderating role of sibling relationship quality in the association between parental differential treatment and early delinquency among adolescents.* [Poster session]. NCFR 2023. Orlando, Florida, USA.

Gordon, M., S., Ohannessian, C., & **Garg, M.** (2023, November 8). *Social media use, internalizing symptoms and externalizing problems: A conditional process analysis.* [Poster session]. NCFR 2023. Orlando, Florida, USA.

**Garg, M.,** Gordon, M., S., & Ohannessian, C. (2023, March, 24). *Parent-child communication and early adolescents’ coping strategies: The mediating role of sibling relationship.* [Poster session]. SRCD 2023 Biennial Meeting. Salt Lake City, Utah, USA.

Tanwar, K., C., & **Garg, M**. (2019, September 19). *Study of self-compassion, depression, anxiety and stress in male and female teachers in government college.* [Conference Presentation]. International Conference of Arts and Humanities. Noida, India.

**GRANTS AND AWARDS**

**Graduate student travel award** ($1400) March 2023

University of Delaware

**Graduate student travel award** ($1000) November 2023

University of Delaware

**TEACHING EXPERIENCE**

**Teaching Assistant** September 2024- May 2025

* TA for the course Life Span Development (HDFS201, undergrad level)
* Instructor on record: Dr. Mellissa S. Gordon
* Reviewed the syllabus for final class

**Teaching Assistant** September 2023-May 2024

* TA for the course Life Span Development (HDFS201, undergrad level)
* Instructors on record: Dr. Mellissa S. Gordon (Fall’23) and Dr. Jin Yao Kwan (Spring’24)
* Reviewed the syllabus for final class
* Held weekly office hours to build relationship with students and interacted with them via email
* Lectured on the topic “Emotional development and attachment”
* Graded student projects and homework assignments

**Teaching Assistant** September 2022-May 2023

* TA for the course Life Span Development (HDFS201, undergrad level)
* Instructor on record: Dr. Mellissa S. Gordon
* Reviewed the syllabus for final class
* Held weekly office hours to build relationship with students and interacted with them via email
* Lectured on the topic “Social and emotional development”
* Graded student projects and homework assignments

**Tuition classes in Research Methodology** January, 2021-July 2022

* Provided support to 36 students of Bachelors and Masters (Psychology) in 4 batches in their dissertations and scientific research papers online through Google Meet
* Created session plans using books on Research Methodology for the batches
* Conducted weekly classes on Steps of conducting a Research and report writing in the APA format
* Performed statistical analysis on the students’ data sets with varied sample size and reviewed their papers

**Internship in Research Methodology** July, 2021

* Delegated a Summer Internship in Research Methodology for a batch of 9 students online on Google Meet
* Devised session plan, prepared daily lessons
* Monitored and distributed study material
* Drafted daily assignments for the students
* Delivered lectures on: Steps of conducting a Research (Overview), Formulating hypothesis, Variables, Classification of Research Methods, Report writing, Data entry and analysis in Statistical Package for Social Sciences (SPSS), and Research Ethics

**WORKSHOPS**

**International Teaching Assistant Training Workshop** Winter, 2024

University of Delaware

**Workshop on SPSS** March 16, 2019

Amity University, Haryana

**INTERNSHIPS**

**Fortis Healthcare and Sukoon Mental Health** July, 2020

* Completed daily assignments on topics including Understanding Diagnoses of Psychiatric Disorders, Establishing a Therapeutic alliance in clinical practice and Psychotherapeutic Approach to Psychotherapy
* Documented self-representative case study on coping with the lockdown in an experiential project on “My Story: Coping with Lockdown”

**PsychVigyaan** June, 2020

* Stimulated discussions on class topics (example- role of socio-economic status in juvenile delinquency)
* Delivered a presentation on “Psychological Disorders” to a class of 28 interns and the psychologist

**Institute of Human Behaviour and Allied Sciences** July, 2019 & December, 2018

* Associate during detailed case history taking, note-taking and arriving at a provisional diagnosis (example- patient of Obsessive Compulsive Personality Disorder)
* Collaborated during Aversion therapy to a patient of OCD by noting the frequency of obsessive thought

**Jain Hospital** June-July, 2018

* Performed Psychological Tests (example- Thematic Apperception Test, Bhatia Battery, Hamilton Rating Scale for Anxiety, Hamilton Rating Scale for Depression, Depression Anxiety and Stress Scale) on fellow interns
* Observed counselling sessions with the psychologist and psychiatrist

**Shanti Home, Shanti Mukund Hospital** June-July, 2017

* Planned, prepared and conducted recreational activities for approximately 10 In-home patients

**TECHNICAL SKILLS**

**Languages:** Hindi, English and Spanish

**Software:** Statistical Package for Social Sciences (SPSS), Stata, RStudio

**Systematic review:** Covidence

**ACHIEVEMENTS AND ACTIVITIES**

**Department of Human Development and Family Sciences** September 2023-May 2024

* Secretary of Graduate student association

**University Grants Commission- National Eligibility Test qualified**  January 2022

* Qualified for the eligibility of Assistant Professor

**Youth Mentor in the initiative “Desh ke Mentor”** November, 2021- May 2022

* Mentoring 4 high school and senior secondary students in their career choices and life problems

**Global Social Interest** **League (G-SIL)** March, 2021

* Received Certificate of Admiration in venture *Neki ki Raah*
* Acquired data (approximately 70-80) for *Neki ki Raah* awards for doctors, teachers, police personnel
* Mediated between G-SIL and award winners

**PsychProbe** September, 2020- Present

* Established the organisation on Instagram
* Interviewed and hired volunteers
* Created content for 62 posts
* Led a team of 2 content writers

**Modern Shrines YouTube video** March 18, 2020

* Featured in an educational YouTube video for precautions against the spread of COVID-19

**Global HR Congress** April 6 – 7, 2018

* Core team member
* Handled distribution of welcome kits to participants
* Co-ordinated registration team of 2 members

**PROFESSIONAL AFFILIATIONS**

Member, *Relationship Violence Focus Group,* National Council on Family Relations (NCFR)

Member, *Asian Caucus,* Society for Research in Child Development (SRCD)