

Short Resume;

Name: Dr. Gomathi Sitharthan

Address: Graduate Program in Sexual Health
Faculty of Health Sciences
University of Sydney
PO Box 170.NSW:1825
Email: G.Sitharthan@usyd.edu.au

Qualifications:

BA	University of Madras	1978
MA (Honours)	University of Madras	1980
MPhil	University of Madras	1981
PhD	University of Sydney	1992

Present Employment:

Senior Lecturer in Psychology
Deputy Coordinator Graduate Program in Sexual Health
Faculty of Health Sciences
University Of Sydney

Employment History:

2007 todate	Postgraduate Coordinator-Ageing and Human Development Research Group	Faculty of Health Sciences, University Of Sydney
2006 to date	Deputy Coordinator, Graduate Program in Sexual Health	Faculty of Health Sciences, University Of Sydney
	Senior Lecturer	

2001-2006	Postgraduate Coordinator	Behavioural and Community Health Sciences, Faculty of Health Sciences, University Of Sydney
2001-1992	Lecturer	Behavioural and Community Health Sciences, University of Sydney
1991-1992	Lecturer(part time)	University of Western Sydney
1990-1986	Tutor (part time)	Department of Psychology, University Of Sydney

Successful Research Funding:

2008-2009. Best Practice Management of Male Sexual Dysfunction in Australia: What do Men really want from their General Practitioner?

Amount: \$20,000

Funding Body: Eli Lilly

Project Team: P. Weerakoon, G.Sitharthan, R.Shuttleworth and B.McCann

2005-2008 :A National Correspondence Program to Reduce Alcohol Consumption and Co-occurring Disorders (Depression/Anxiety): A Randomized Controlled Trial.

Amount: \$ 193,888

Funding Body: Alcohol Education and Rehabilitation Foundation

Project Team: Thiagarajan Sitharthan, Richard Mattick, Gomathi Sitharthan, Vicki Giannopoulos, Frances Chua

2007-2008. Investigating the effectiveness of delivering a brief intervention for cannabis users by mail and by internet.

Amount: \$50,000

Funding Body: NSW Health Drug and Alcohol Research Grants Program

Project Team: A/Prof Sitharthan, Dr.G.Sitharthan, Prof R.Mattick and Prof G.Copeland.

2008. Trans generational Sex Education Program.

Amount \$12,000

Funding Body: Interrelate NGO

Project Team: Dr.P.Weerakoon and Dr.G.Sitharthan

2008 Sexual Health of South Asian Migrants Living in Australia

Amount \$3,945

Funding Body: APSSM.

Project Team: Weerakoon P., Sitharthan, G., Ramanathan.,V.

2008: Global Collaboration in Sexuality Research

Amount: \$ 19,000

Funding Body: IPDF (USYD)

Project Team: Dr.P.Weerakoon and Dr.G.Sitharthan

2008: International Collaboration in the development of Globally relevant Multidisciplinary Model in sexuality and Disability.

Amount:\$ 21,000

Funding Body: IPDF/INRC(USYD)

Project Team: Dr.R.Shuttleworth ,P. Weerakoon , Dr.G.Sitharthan & A/Prof S.Baladin

2003-2006: A Controlled Trial of an Opportunistic Intervention to Reduce Suicide Risk among Alcohol & Other Substance Users.

Amount: \$ 340,000

Funding Body: NHMRC

Project Team : Thiagarajan Sitharthan, Peter Tucker, Gomathi Sitharthan, Vicki

Giannopoulos, Chris Jennings, & Jon Currie
1998-2001: A Controlled Trial of Emotional Cue-Exposure for Relapse Prevention in Alcohol Abuse.

Amount Funded: \$184,960

Funding Body: NHMRC

Project Team: Thiagarajan Sitharthan, Gomathi Sitharthan, David Kavanagh, & John Saunders

1997: Does Moderate Doses of Alcohol Reduce Negative Affect ? A preliminary Investigation

Amount Funded: \$8000

Funding Body: University Research Grant Scheme

Investigator: Gomathi Sitharthan

1995 : Bullying in Schools

Amount Funded: \$1800

Funding Body : Faculty of Education Seed Grant

Project Team: . Sandra Nicholls and Gomathi Sitharthan

1994: Aboriginal and Non –Aboriginal Women ’ s Mental Health: Health and Depression

Amount Funded: \$26,500

Funding Body; ATSIC

Project Team; Doris McIllwain, Gomathi Sitharthan and Jeanna Sutton

1994: Aboriginal and Non –Aboriginal Women ’ s Mental Health: Health and Depression

Amount Funded: \$6000

Funding Body; Cumberland Research Grant

Project Team; Doris McIllwain, Gomathi Sitharthan and Jeanna Sutton

1993: Cue Exposure vs Behavioural Self- Control training in the Development of Craving and Binge Drinking: A pilot Study.

Amount Funded: \$5000

Funding Body: Cumberland Research Grant, Faculty of Health Sciences

Investigator: Gomathi Sitharthan

1993: Learned Helplessness and Depression amongst Problem Drinkers: A Pilot Study

Amount Funded: \$1000

Funding Body: University Research Grant Scheme

Investigator: Gomathi Sitharthan

Publications:

Sitharthan, G., Sitharthan, T., and Hough, M. Alcohol versus placebo drinks in reducing feelings of sadness: A Pilot Study. " Australian Psychologist. "(In Press)".

*Allison, B.M., Sitharthan, G., and Weerakoon, P. "A pilot study of Australian school-based sexual health education: parents views" . **Sexual Health.** "(In Press)".*

*Dey, P., and Sitharthan, G. " Psycho-social adaptations in Indian subcontinent adolescents living in Australia. Conference Proceedings. "**Building Bridges for Wellness through Counselling and Psychotherapy**" Bangalore, 2008. "(In Press)".*

*Dunn, M., Mazanov, J., Sitharthan, G (2009). "Predicting future anabolic-androgenic steroid use intentions with current substance use : Findings from an Internet based survey" . **Clinical Journal of Sports Medicine.** May; 19(3):222-7.*

*Weerakoon, P., Sitharthan, G., Skowronski, D. (2008) "Online sexuality education and health professional students' comfort in dealing with sexual issues" . **Sexual and Relationship Therapy.** 23, 3, 247-257.*

*Kavanagh, D., Sitharthan, G., Young, R., Sitharthan, T., Saunders, J., Shockley, N., and Giannopoulos, V. (2006). "Addition of cue exposure to cognitive behaviour therapy for alcohol misuse: A randomised trial with dysphoric drinkers" . **Addiction.** 101, 1106 – 1116.*

Sitharthan. G., and Nicholls, S. (2006). " How pre-service teachers learn to deal

with bullying in schools: Constructivist and Transmission approaches ” . **AARE** conference, Sydney, SITO5631, ISSN 1324-9339

Sitharthan, T., Job, S., Kavanagh, D., and Sitharthan, G. (2003), "Development of a controlled drinking self-efficacy scale and appraising its relation to alcohol dependence" .**Journal of Clinical Psychology**, 59, 351-362

Sitharthan, T., Sitharthan, G., and Kavanagh, D. (2001) ""Emotional cue-exposure for alcohol abuse: Development of a new treatment procedure to train moderation drinking in the context of dysphoria" **Clinical Psychology and Psychotherapy**, 8, 73-78.

Sitharthan, G., Sitharthan, T., Kavanagh, D., and Saunders, J.B. (2001). "Brief opportunistic intervention: The role of psychologists in initiating self-change amongst problem drinkers ” . **Australian Psychologist**, 36, 219 -226.

Sitharthan, G., Hough, M., Sitharthan, T., and Kavanagh, D. (2001). "Alcohol Helplessness Index: Predicting depression amongst problem drinkers". **Journal of Clinical Psychology**, 57, 1445 -1457.

Sitharthan, T., Sitharthan, G., and Kavanagh, D. (2001) ""Emotional cue-exposure for alcohol abuse: Development of a new treatment procedure to train moderation drinking in the context of dysphoria" **Alcohol Research**, 6, 135 -136.

Sitharthan, T., Sitharthan, G., Hough, M., and Kavanagh, D. (1998). "Cue exposure in moderation drinking: A comparison with cognitive- behaviour therapy". **Alcohol Research**, 3 (1), 42 - 43.

Sitharthan, T., Sitharthan, G., Hough, M., and Kavanagh, D. (1998). "Assignments help problem drinkers". **Clinician's Research Digest: Briefings in Behavioural Sciences**, 16, 1, 6.

Sitharthan, T., Sitharthan, G., Hough, M., and Kavanagh, D. (1997) "Cue exposure in moderation drinking: A comparison with cognitive-behaviour therapy ” . **Journal of Consulting and Clinical Psychology**, 65, 5, 878 - 882.

Sitharthan, T., McGrath, D., Sitharthan, G., and Saunders, J.B. (1992). "The meaning of craving in research on addictions ” . **Psychological Reports**, 71, 823-826.

Sitharthan, T., Sitharthan, G., and Moosburger, R., (1990). AIDS and high-risk behaviours: Behavioural problems require behavioural solutions. In: *Internationaler Rat zur Bekämpfung des Alkoholismus und der Suchtgefahren (International Council on Alcohol and Addictions - ICAA); Deutsche Hauptselle gegen die Suchtgefahren (The German Central Office Against Addiction); Senator für Gesundheit und Soziales (The Senator for Health and Social Affairs); Berlin, Supplement 23.*

Sitharthan, G., Sitharthan, T., and Anantharaman, R. (1981) "A study of institutionalised and non-institutionalised older people ” . **Journal of Psychological Researches**, 25, 3, 125 - 128.

Treatment Manuals-Questionnaire/ Scales Developed

Sitharthan, T., and Sitharthan, G. "Cue-exposure training manual for problem drinking" . (Treatment Manual).

Sitharthan, T., Sitharthan, G., Kavanagh, D., and Saunders, J. "Cognitive Behaviour therapy treatment manual to prevent relapses in alcohol abuse" . (Treatment Manual).

Sitharthan, T., Sitharthan, G., Kavanagh, D., and Saunders, J. "Standard cue exposure treatment manual to prevent relapses in alcohol abuse" . (Treatment Manual).

Sitharthan, T., Sitharthan, G., Kavanagh, D., and Saunders, J. "Mood induced cue exposure treatment manual to prevent relapses in alcohol abuse" . (Treatment Manual).

Sitharthan, T., Sitharthan, G., Tucker, P., and Giannopoulos, V. "Reducing suicide-risk among alcohol and other substance misusers" . (Treatment Manual).

Sitharthan, T., Job, S., Kavanagh, D., and Sitharthan, G." Controlled drinking self-efficacy scale" . Published in *Journal of Clinical Psychology*. (Scale /Questionnaire).

Sitharthan, G., Hough, M., Sitharthan, T., and Kavanagh, D."Alcohol Helplessness Index" . - published in *Journal of Clinical Psychology*. (Scale/Questionnaire)

Conference Presentations

Dunn, M., Mazanov, J. & Sitharthan, G. (November, 2008). Predicting future anabolic-androgenic steroid use intentions with current substance use: Findings from an Internet-based survey. In APSAD 2008. ABSTRACT

Dunn, M., Mazanov, J. & Sitharthan, G. (November, 2008). Predicting future anabolic-androgenic steroid use intentions with current substance use: Findings from an Internet-based survey. Sydney: Australasian Professional Society on Alcohol and Other Drugs (APSAD).

Dey,P.& Sitharthan,G.(January, 2008). Title: Stress, Coping Strategies, Life Satisfaction, and Adaptation. International Conference on Counseling & Psychotherapy: Building Bridges for Wellness through Counseling and Psychotherapy.Bangalore,India. Co-sponsor: Bangalore University and Toronto University, Canada.

Dey,P.& Sitharthan,G (August,2007). Title: Stress, Coping Strategies, Life

Satisfaction, and Adaptations among Indian Subcontinent Adolescents. World Mental Health Congress of the World Federation for Mental Health: Impact of culture on mental health. Hong Kong . Co-sponsor: World Health Organisation (WHO).

Dey,P.& Sitharthan,G. (November 2007).Title: Stress and Coping among Indian Subcontinent Adolescents. Biennial FHS Postgraduate Research Student Conference: Building Communities of Inquiry in Health Sciences. Faculty of Health Sciences, University of Sydney.

Dunn, M. & Sitharthan, G. (July, 2007). Dietary supplements, illicit substances and the intention to use steroids. Sydney: National Drug and Alcohol Research Centre.

Sitharthan,G. & Dunn,M. (April,2007).The influence of drug Use, exercise, and sexual orientation on body image concerns in men.WAS congress, Sydney .Australia.

Nicholls,S.& Sitharthan,G. (2005) How pre service teachers learn to deal with bullying in schools: constructivist and transmission approaches. Parramatta, Sydney. AARE conference.

Nicholls,S.& Sitharthan,G(1996) Role of ethnicity and gender in bullying.Joint international Australian association for Research in Education and Educational Research Association conference. Singapore. Edited abstracts, published in the proceedings in the electronic media at <http://www.swin.edu.au/aare/confapap.htm>.NICH96.067.

Sitharthan,G.& Nicholls,S. (1995).Bullying in schools. International Congress on Stress and Health.Sydney.

Nicholls,S.& Sitharthan,G.(1995) Girls Bullying, Women and Psychology Conference, Bowral,NSW.

Sitharthan,G.(1994) Receiving help: the role of self-esteem and perceived control. Pacific women in Psychology conference, Wellington, Newzeland,

Sitharthan,G. (1994). Cue-exposure vs behavioural self control training in the treatment of problem drinkers.faculty of health sciences.University of Sydney.

Sitharthan,G.(1994) Learned Helplessness and Depression among problem drinkers. Faculty of Health Sciences.University of Sydney.

McIllwain,D., Sitharthan,G.& Sutton,J. (1993) A bi-cultural glance at Aborigina and Non-aborginal womens' mental health: stress and depression. Work shop presented at the pacific women in psychology conference,Taupo,Newzeland,1993.

McIllwain,D., Sitharthan,G.& Sutton,J. (1993) Aborginal and Non-Aborginal Mental health: Stress and depression. Workshop presented at the Behavioural medicine conference, Sydney.

Sitharthan,T.& Sitharthan,G.(1990) Contributions from Social Psychology to the treatment of drug and alcohol problems. 5th International conference on the treatment of addictive behaviours,Australia.

PhD Completions

Mona Hossain; Exploring the cultural, identity formation and psycho social wellbeing of second generation Iranians in Australia. (Associate Supervisor) (2009).

Julie Philips Moore: Hypnotherapy and Irritable Bowl Syndrome. (Primary Supervisor) (2009)

Tony Awad: Trans Personal Psychology. (Primary Supervisor) (2008)

Hassan Hosseinzadeh : Stigma and discrimination related to HIV/AIDS: A study of the Iranian community living in the Sydney metropolitan area. (Associate Supervisor) (2008)

Catorina Lorang: Missing Persons. (Primary Supervisor)(2007)

Michael Hough: Fantasy Prone Personality. (Primary Supervisor)(2007)

Mathew Dunn: Sexuality, Drug Use and Body Image concerns in Men. (Primary Supervisor) (2006)

Shakeh Momartin: PTSD among Bosnian Refugees. (Primary Supervisor)(2001)

Masters Completions:

Allisan Macbeth: Sex education in Australian Schools. (2008)

Lynne Semenez: Daily routines of two parent working families. (2003)

Hicham Khcheich: Relationship between dissociations and traumatic experiences.(2001)

David Amos: Organizational Downsizing: Survivors' perspective of organizational practice.(1998).

Honours Completions

Karina Hickey: Sex education in Schools (2007)

Alexander Cortes: Investigating the conditions under which employee work satisfaction leads to customer Satisfaction within an insurance company. (2006)

Current PhD Supervision

Frances Darcy: The Effects of Genital Image and Body Image on Sexual Functioning in Women.

Elizabeth Riley; Gender Variant children: Views of adults, parents and Professionals'

Vijay Ramanathan: Sexual health of South Asian men living in Australia.

Alex Cortes: Salesperson empathy and listening: their direct effect on customer trust, satisfaction, price consciousness & repurchase intention within personal insurance agencies in rural NSW.

Abhinav Patel: Predictors of Acculturation and Stress amongst Asian Indian immigrants.

Proshanta Dey: Acculturation strategies among Indian subcontinent adolescents living in Australia.

Tracy Wright: Time management.

Ridwan Nazer: Help Seeking Behaviours and Risk Taking amongst Muslim Adults in Australia.

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