



Research & Development
King George's Medical University, UP
Lucknow

cordially invites you to the

**INTERNATIONAL WEBINAR ON MIXED
METHOD RESEARCH**

On

**How to Conduct Semi-Structured
Clinical Interviews in Mixed Method
Research: Evidence-Based Practical Tips**

Date: **09-05-2022, Monday**

Time: **05:30 to 07:30 PM (IST-Kolkata)
08:00 to 10:00 AM (EDT-Boston)**

By

Dr. Jared D Kass

Fulbright Specialist in Global/Public Health
(Approved Candidate Roster)
Bureau of Educational and Cultural Affairs,
U.S. Dept. of State

Professor Emeritus, Department of
Counseling and Psychology
Graduate School of Arts and Social Sciences
Lesley University

Clinical Supervisor and Psychotherapist
Greenhouse Psychotherapy Associates
www.resilientworldview.org

Organizing Secretary

Dr. Nisha Mani Pandey

Dept. of Geriatric Mental Health
Coordinator, Research Capacity Building
Activities, Research & Development Cell

Organizing Committee

Dr. Shailendra M. Tripathi

Dr. Rakesh K. Tripathi

Dept. of Geriatric Mental Health

Dr. Shweta Singh

Dr. Pooja Mahour

Dr. Sujit Kumar Kar

Dept. of Psychiatry

**Who can join: Faculty members/ Health
professionals/ Ph.D. Scholars/ Postgraduate
students**

Registration link:

<https://forms.gle/n8ussUBWvgHDQqnX6>



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OVERVIEW OF THE PRESENTATION

A patient's psychological attitudes can strengthen or undermine the success to treat and prevent medical illnesses. At the most concrete level, patients' compliance with a regimen of medications (or prescribed physical exercise) is affected by their worldview. If they feel hopeless, or helpless, motivation to comply is reduced. Conversely, if their worldview is resilient, motivation is increased. At a deeper level of mind-body interactions, unmanaged psychological stress can dysregulate healthy functioning of the HPA-axis (ANS) causing severe health consequences. For these reasons, helping patients build or maintain a resilient worldview, Confidence in Life and Self, is a vital psychological aspect of treatment and prevention efforts.

When conducting research about the process of healing and health promotion, traditional quantitative methods are essential for evaluating changes in physiological and psychological status. However, they do not provide sufficiently detailed insight about the specific attitudes and emotions that contribute to an individual's resilience or psychological dysregulation.

In addition to a standardized measure of this resilient worldview, it is useful to conduct semi-structured clinical interviews to understand patients' psychological functioning with greater granularity. Narrative data from these interviews can be analyzed using qualitative research methods to identify consistent themes that affect psychological well-being. Thus, mixed methods research (combination of quantitative and qualitative data analysis) can provide a more comprehensive understanding of the interplay between mind and body in the healing process.

During this seminar, a practical approach to mixed methods research that has been useful in my own work will be discussed; and then the "art and science" of semi-structured interviews will also be discussed. At the end of the seminar, the potential application of the research model in a study of Healthy Aging Across the Life Span conducted collaboratively at King George's Medical University and the University of Lucknow will also be discussed.

MINUTE TO MINUTE PROGRAM

TIME	DETAILS
05:30 TO 05:35 PM (IST) 08:00 TO 08:05 AM(EDT)	OPENING REMARKS
05:35 TO 05:40 PM (IST) 08:05 TO 08:10 AM(EDT)	WELCOME ADDRESS
05:40 TO 05:50 PM (IST) 08:10 TO 08:20 AM(EDT)	FORMAL INAUGURATION & WORDS OF WISDOM
05:50 TO 05:55 PM (IST) 08:20 TO 08:25 AM(EDT)	INTRODUCTION OF THE RESOURCE PERSON PROF. JARED D KASS
05:55 TO 06:40 PM (IST) 08:25 TO 09:10 AM(EDT)	PRESENTATION BY PROF JARED D KASS
06:40 TO 07:15 PM (IST) 09:10 TO 09:45 AM(EDT)	INTERACTIVE SESSION
07:15 TO 07:25 PM (IST) 09:45 TO 08:55 AM(EDT)	FEEDBACK SESSION
07:25 TO 07:30 PM (IST) 09:45 TO 10:00 AM(EDT)	VALIDICTORY SESSION & CLOSING REMARKS



BIOGRAPHY OF THE PRESENTER

Jared D. Kass, Ph.D. is a Visiting Scholar with the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital in Boston. In addition, he is a Fulbright Specialist in Global/Public Health (Approved Candidate Roster), an international program for scholarly exchange supported by the Bureau of Educational and Cultural Affairs, U.S. Department of State.

After forty-five years of service, Dr. Kass recently retired from his position as a Professor in the Department of Counseling and Psychology, Graduate School of Arts and Social Sciences, Lesley University, in Cambridge, Massachusetts.

He has published many papers and book chapters about his research studying the relationship between physical, psychological, social, and spiritual well-being. His book, *A Person-Centered Approach to Psychospiritual Maturation: Mentoring Psychological Resilience and Inclusive Community in Higher Education* (2017, Palgrave MacMillan) presents his most recent findings.

Early in his career, Dr. Kass worked with Dr. Carl Rogers, a pioneer of humanistic approaches in psychotherapy and education. Rogers developed a method of Reflective Listening that became a foundation for conducting effective semi-structured clinical interviews.