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CURRICULUM VITAE

Dr. Lincoln Imbugwa Khasakhala

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A. Education

1. PhD in Clinical Psychology at the College of Health Sciences, University of Nairobi
2. Certificate in ethical issues in protection of human subjects in research and Psychotherapy, National Institute of Health (NIH), 2015; <http://phrp.nihtraining.com/users/login.php>
3. Cognitive Behaviour therapy 2008-2011-Short on line courses: Beck Institute for Cognitive Behavior Therapy | 1 Belmont Avenue, Suite 700 | Bala Cynwyd | PA | 19004
4. Play and Art Therapy in the management of mental health problems: The Academy's **Vocational Graduate Diploma of Art & Play Applications in Therapy**; Australian nationally Registered Training Organization (RTO) registered with the Australian Skills Quality Authority (ASQA).
5. Certificate in Trauma Focused Cognitive behaviour therapy and Interpersonal therapy 2008-2009- Africa mental health foundation
6. Postgraduate training: April 2001 – November 2004, Master of Science in Clinical Psychology at the Collage of Health Sciences, University of Nairobi, Kenya
7. Research training: January 2004- September 2008; Africa Mental Health Foundation; Trained in Data collection (training and supervising research assistants), Data cleaning, Data entry, Data coding and analysis (Biostatistics) at the Africa Mental Health Foundation. Trained in data management using SPSS and STATA 10.
8. Diploma in Advanced Diabetes Care at the Centre for Diabetes and Endocrinology-Johannesburg South Africa: December 2002 - November 2003
9. Bachelor of Medicine and Surgery (MBChB)—1985-1990: University of Nairobi
10. Secondary education at Kibabii High School- 1982-1983 (KACE) and 1978-1981 (KCE)

B. WORK EXPERIENCE

Clinical Experience

- 1) Lecturer; Department of Psychiatry, Faculty of Medicine, University of Nairobi starting date- November 2016. Before deployment, was a Honorary Lecturer since August 2005 in the same department.
- 2) Medical Private Practice- Consultation Psychotherapist, Psychological Clinical Assessor, Researcher and Advanced Diabetes Care at The Centre for Assessment, Psychotherapy and Research; Kugeria Marionettes, Ralph Bunch road (2012-present)
- 3) Chief Operations officer at Support for Addictions preventions and treatment in Africa (SAPTA) since October 2017, Voluntary services in the process setting up Implementation research activities in Alcohol and Substance abuse in Kenya
- 4) Senior Lecturer and Head of Department of Psychology & counseling, Faculty of Human and social Sciences, Daystar University May 2011 to October 2016-teaching courses in both PhD Clinical psychology and Master of Arts in Counseling Psychology),
- 5) Psychological Assessor, Crossway psychological& Psychometric institute August 2009 to date
- 6) Consultant Clinical Psychologist, providing Psychological health Services at Nairobi West Hospital January 2005 to date
- 7) Consultant clinical Psychologist at the Kenyatta Referral & Teaching National Hospital, from 2003 to date
- 8) Research Fellow, Africa Mental Health Foundation April 2004-2012
- 9) Senior Lecturer, Kenyatta University, Department of Psychology August 2008-May 2011
- 10) Set-up and Supervised Trauma Focused Cognitive Behaviour and Play Therapy at Olympic Primary School, managing children and youth following Post Election Violence 2008-2009
- 11) Medical Director, Diabetic Care and Training LTD on Ralph Bunche Road, Nairobi, Kenya since August 2003 (providing Updated Diabetes Standards of Care with a psychological approach)
- 12) Medical Care Services Provider: Catholic University of Eastern Africa-Consultancy since January 2002-2009
- 13) August 1994-July 2003 Worked for Africa Air Rescue (AAR) Health Services as a General Practitioner
- 14) Medical Officer -In-charge: Thika Maternity Hospital with 150 bed capacity and 37 personnel,

November 1991-July 1994.

15) Medical Officer - Nyeri Provincial Hospital July 1991- October 1991

16) Internship Training: Nyeri Provincial Hospital August 1990-June 1991

Research Experience –Co principal Investigator

1. HARM REDUCTION IMPLEMENTATION PILOT PROGRAM IN NAIROBI COUNTY- current programme initiated by Support for Addictions preventions and treatment in Africa (SAPTA)
2. SHARP (Study of HIV/hepatitis C, APS and Phylogenetics for PWID)- current study run by Support for Addictions preventions and treatment in Africa (SAPTA)
3. Assessment of substance use, impact and amelioration in the Kenya National Police Service Current study by UNODC and National Police Serce
4. Promotion of Physical Health in Persons with Severe Mental Disorders: A research project by Africa Mental Health Foundation
5. Stigmatization and Discrimination of Psychiatry and Psychiatrists: An International Control-Group Study
6. Task Shifting In Mental Health: Innovative Approaches
7. The Cost Effectiveness of Treating People with Alcohol Problems in their Homes in Kangemi Informal (Slum) Settlement in Nairobi, Kenya:
8. Traditional Knowledge Systems & Increasing Access to benefit Sharing of Intellectual property in Africa (ATPSCP0209)
9. Promotion of Physical Health in Persons with Severe Mental Disorders
10. The Psychosocial Aspects of Oncology Patients at the Kenyatta National Hospital, Nairobi
11. The Mental health needs assessment of Somali Urban refugees living in Eastleigh Nairobi
12. Assessing and Treating Post Traumatic Stress Disorder among Youth Following the Post-Election Violence in Kenya, Kibera
13. A rapid situation assessment (RSA) of the needs of elderly people (65+) care-givers in rural and urban community settings, their care in homes for the elderly and clinical trends in general public medical facilities in Kenya
14. Neuro-Psychiatric Disorders and Quality of Life among People with Epilepsy: A study among patients attending mental health clinic at Kangemi Health centre, Nairobi (Kenya)
15. Study on Mental Health in General Facilities and the Attitudes of the Staff; WHO, 2006.

16. Baseline Study on Mental Illness in Kangemi Location Nairobi; Basic Needs UK in Kenya; 2006
17. Traditional and Faith Healers in Kangemi (Cleared by Kenyatta National Ethical Committee, planed to commence 18th June 2007, period of 2 months); Being coordinated by Africa Mental health Foundation and Basic Needs UK in Kenya Organizations (Report ready for publication; by Basic Needs UK)
18. Developing Cognitive Tools to Understand HIV/AIDS Prevention Mechanism among Primary School Children in Busia District- Kenya: May 2004 – November 2004 Project coordinator; *Collaborative study; ICS and Imperial Collage UK*

C: THESIS/DISSERTATION SUPERVISION AT THE UNIVERSITY OF NAIROBI AND DAY STAR UNIVERSITY

University of Nairobi

1. Prevalence of Burnout Syndrome among KMTC Nairobi Campus academic staff and its effects: A study by Susan Muriungi; Master of science, Clinical Psychology 2006-2007 academic year, University of Nairobi
2. Common Psychological Disorders among Institutionalized Orphans in Rural and Urban Setting in Kenya: A study by Victoria Mutiso; Master of science, Clinical Psychology 2006-2007 academic year, University of Nairobi
3. Prevalence of PTSD among Sexually Abused Children- A study at an Institution for Abused/Neglected children, Nairobi, Kenya: A study by Margaret Gwada; Master of science, Clinical Psychology 2006-2007 academic year, University of Nairobi
4. Prevalence of depression and Burden of disease among caregivers of cancer patients at the Nairobi Hospice: A study by Esther Mungai; Master of science, Clinical Psychology 2006-2007 academic year, University of Nairobi
5. Bullying: Prevalence and its association with Psychological disorders in public district secondary schools in Kikuyu division of Kiambu District, Kenya: A study by Anne Mbwayo, Master of science, Clinical Psychology 2006-2007 academic year, University of Nairobi
6. Compassion fatigue among critical care workers at KNH: A study by John Kariri; Master of Science, Clinical Psychology 2006-2007 academic year, University of Nairobi
7. Mental Health and Substance abuse problems among Juvenile Offenders at Getathuru children's reception and Rehabilitation centre, Nairobi –Kenya: Research proposal by Teresiah Okumu; Master

of science, Clinical Psychology 2006-2007 academic year, University of Nairobi

8. Maternal depression, a cause of poor weight gain in infancy: Research proposal by Esther Kariuki, ; Master of science, Clinical Psychology 2006-2007 academic year, University of Nairobi
9. The Psychological Impact of Community Based detoxification and Rehabilitation among Alcohol Dependent persons at Kangemi, Nairobi Kenya; a one year follow-up Study. Research proposal by Betty M.k. Bagaka; Master of science, Clinical Psychology 2007-2008 academic year, University of Nairobi
10. Prevalence of PTSD, Depression and other Anxiety Disorders among Female rape Survivors Following Post Election violence of December 2007 in Kenya. Research proposal by Nyaga Immacclata; Master of science, Clinical Psychology 2008-2009 academic year, University of Nairobi
11. The pattern of Psychological Disorders and Co-morbidity among Adolescents Referred to the Youth centre at KNH. Research proposal by Winnie Kitetu; Master of science, Clinical Psychology 2009-2010 academic year, University of Nairobi
12. Determining the Prevalence of Late Childhood and Adolescent Psychopathology in Rural public Schools in Busia County-Western Kenya. Research proposal by Maryanjelline M barasa; Master of science, Clinical Psychology 2010-2011 academic year, University of Nairobi
13. Comorbid Psychiatric Disorders among Staff Using Alcohol in the City County of Nairobi; Research Thesis by A; Master of science, Clinical Psychology 2013-2014 academic year, University of Nairobi
14. The Effects of Harmful Alcohol Use on the Quality of Marital Relationships: A study of Patients at Rehabilitation Centres in Nairobi County; Research Thesis by Anne Gitere; Master of science, Clinical Psychology 2013-2014 academic year, University of Nairobi
15. The Prevalence of Depression and its Association with Intimate Partner Violence against Pregnant Women Attending Antenatal Clinic at Kenyatta National Hospital in Nairobi, Kenya; Research Thesis by Mwakio Caroline Wawuda; Master of science, Clinical Psychology 2014-2015 academic year, University of Nairobi
16. Prevalence of Alcohol Use Disorder and Depression in Patients Attending Comprehensive Care Centre, Kenyatta National Hospital; Research Thesis by Anne kibera; Master of science, Clinical Psychology 2014-2015 academic year, University of Nairobi
17. The Role of Traumatic Life Events in The Addiction Process among Patients at The Mathari Drug Rehabilitation Centre, Research Thesis by Maltida M Omollo; Master of science, Clinical

Psychology 2014-2015 academic year, University of Nairobi

18. An Assessment of Associations between Perceived Stigma, Social Support and Substance Abuse among Clients at The Comprehensive Care Centre of The Coast Province General Hospital, Research Thesis by Elizabeth Maina; a thesis in Masters degree in Nursing (Medical-Surgical Nursing) at the University of Nairobi 2014-2015 academic year.
19. Prevalence of Depression among HIV Positive Female Injecting Drug Users in Nairobi County, Research Thesis by Jacqueline A Anundo; Master of science, Clinical Psychology 2015-2016 academic year, University of Nairobi.
20. Perceived Parenting Behaviour and Its Relationship to Early Sexual Initiation among Adolescents in Urban Secondary Schools of Nairobi County, By Ezekiel Rerimoi Kombech Master of science, Clinical Psychology 2016-2017 academic year, University of Nairobi.
21. Psychosocial Factors Associated with Poor Adherence to Anti Tuberculosis Medication and Follow-up among Patients at Riruta Health Centre by Kezia Anuda Master of science, Clinical Psychology 2017-2018 academic year, University of Nairobi.
22. Association of Perceived Stress, Substance Use Disorders and Behavioural Risk among Students at the University of Nairobi by Dr Gordon Otieno Ambayo-MMED Psychiatry, 2017-2018 academic year, University of Nairobi.

Day star University

23. Factors that Drive Men to Rape: A study among convicted male rapists at Kamiti Maximum Prison, Nairobi, Kenya: A study by Jonathan K. Maweu, Master of ARTS in Counseling Psychology, Day Star University, 2006
24. Needs Assessment for Training Professional counselors in Tanzania: A study in selected Institutions and Organization with a view of Proposing a Curriculum for Training Professional Counselors: A study by Robert Muttasingwa Rwiza, Master of ARTS in Counseling Psychology, Day Star University, 2006
25. The Role of Personality Traits in Transmission of HIV: A study among HIV Sero Positive Single Individual, Nairobi, Kenya: A study by Margaret Sirima, Master of ARTS in Counseling Psychology, Day Star University, 2007
26. Knowledge and attitudes on HIV and AIDS among visually impaired youth from selected institutions of Thika district: a study proposal by Samuel N. Githinji, Master of ARTS in Counseling Psychology, Day Star University, 2008

27. The Influence of Gospel Music on Pre-operative Anxiety: A Case Study Among Women in Reproductive Age Undergoing total Abdominal Hysterectomy at AIC Kijabe Hospital; a study proposal by Mark Ayara, Master of ARTS in Counseling Psychology, Day Star University, 2008
28. Factors Pertaining to Parenting Patterns that Influence the Behavior of Children: A Case Study of children attending Sunday school in Nairobi Pentecostal church. A study by Flora Awiti, Master of ARTS in Counseling Psychology, Day Star University, 2009
29. The Influence of Music on Preoperative Anxiety among Childbearing Women Undergoing Total Abdominal Hysterectomy: A Case Study of AIC Kijabe Hospital. A study by mark Ayara, Master of ARTS in Counseling Psychology, Day Star University, 2009
30. Psychosocial Effects Associated with Khat Chewing among Youth: A Study of Embu Municipality. A study by Rahab W. Gathuci; Master of ARTS in Counseling Psychology, Day Star University, 2010
31. The Psychological Effects of the Work Relationship between Secondary Schools' Administration and the Teaching Staff: A Case Study of Selected Schools in Mombasa Island, a study by Rosemary Rarieya-Omolle. Master of ARTS in Counseling Psychology, Day Star University, 2011
32. Disclosure of HIV status and adherence in children to antiretroviral therapy. A study of Thika district hospital by Consolata Wahome. Master of ARTS in Counseling Psychology, Day Star University, 2012
33. The assessment of whether Deafness in Children Affect their Emotional Attachment to their Hearing Caretakers: a case study of Nairobi family Support Services by June Ruthuku. Master of ARTS in child development, Day Star University, 2012
34. Adherence to ART among adults: A case study of Mater Hospital, by Nancy Mwikali. Master of ARTS in Counseling Psychology, Day Star University, 2012
35. Psychological Effects and Coping Mechanisms of Stress among Daystar University Undergraduate Students by Naomi Gor. Master of ARTS in Counseling Psychology, Day Star University, 2012
36. The Relationship between Depression and Academic performance among Public High School Students in Kajiado North District; by Grace Waiyaki, Master of ARTS in Counseling Psychology, Day Star University, 2014
37. Factors affecting resistance of behaviour change in HIV/AIDS: case study of secondary school youth in Athi River Zone, Machakos County, Kenya. By Rose Ngondi, Master of ARTS in Counseling Psychology, Day Star University, 2015

38. Profile Problem Behaviour among Adolscent Girls Committed at Kirigiti Rehabilitation Centre; Kiambu County, By Pauline N Sisa-Kiptoo, Master of ARTS in Counseling Psychology, Day Star University, 2015
39. Exploring the Extent of Pornography Engagement among High School Students: A Study Of Makadara Division, Nairobi County, By Michael Njeru Mukunyi, Master of ARTS in Counseling Psychology, Day Star University, 2014
40. Perceived Economic and Behavioural effect of children with autistic spectrum on their relatives in Kenya (A case study of Autism Awareness of Kenya). By Mary Wayaika, Master of ARTS in Counseling Psychology, Day Star University, 2014
41. Psychosocial factors precipitating crime among women in Kenya: A case of lang'ata women's prison. By Faith Jane Ayieta, Master of ARTS in Counseling Psychology, Day Star University, 2014
42. Prevalence of Depression among Caregivers of Zero Positive attending Mzuzu Comprehensive Care Clinics in Zambia. By waste D Kayara, Master of ARTS in Counseling Psychology, Day Star University, 2015
43. Factors Affecting Resistance to Change Sexual Behaviour Practices In The Fight Against HIV/AIDS: A Case Study of Secondary School Youth in Athi – River Zone, Machakos County, Kenya. By Rose Ngondi, Master of ARTS in Counseling Psychology, Day Star University, 2015
44. The Impact of Traumatic Events' Coverage on the Psychosocial Wellbeing of Journalists in Nairobi County. By Mary Musasia, Master of ARTS in Counseling Psychology, Day Star University, 2015
45. Effects of Enuresis on Emotional Reaction among Girls in Selected Secondary Schools in Soy District: Uasin Gishu County, Kenya. By Sr. Margaret Akoth Sewe, Master of ARTS in Counseling Psychology, Day Star University, 2015
46. Prevalence of Burnout among Nurses at St. Mary's Mission Hospital, Nairobi County. By Anne Munyinyi, Master of ARTS in Counseling Psychology, Day Star University, 2015
47. Effects of short text Messaging: a case study of Daystar University Students, Nairobi County. By Daisy Mutuli, Master of ARTS in Counseling Psychology, Day Star University, 2015
48. The Relationship between parenting Styles and Child Delinquency in Juvenile rehabilitation schools in Kenya. By Maureen Ambani, Master of ARTS in Counseling Psychology, Day Star University, 2015
49. Pastoral Response to Intimate Partner Violence among Women of KAG churches, Nairobi County and Environs. By Esther Kihara, Master of ARTS in Counseling Psychology, Day Star University,

2015

50. Effects of Bed-wetting on Girls' Emotional well being: A case Study of Uasin Gishu County. By Margaret Sewe, Master of ARTS in Counseling Psychology, Day Star University, 2015
51. Common traumatic Response reactions among Journalists Covering Stressful events in Nairobi County. By Mary Musasia, Master of ARTS in Counseling Psychology, Day Star University, 2015
52. Impact of parenting styles on Socio-Emotional Development of pre-school children in Nairobi County. By Angela Shivere-Dulo, Master of ARTS in Counseling Psychology, Day Star University, 2015
53. The role of Social Networks on teenage sexual education, Nairobi County. By Jophine Mwaghogho, Master of ARTS in Counseling Psychology, Day Star University, 2015
54. Adaptation and Validation of Family Burden of Care Assessment Schedule for Autism Spectrum Disorders (ASD) in Nairobi Metropolitan; by Adam Hussein Adam, Master of ARTS in Counseling Psychology, Day Star University, 2015
55. Effects of trauma exposure and work performance on employees: a case study of Kenya Kazi services (LTD). by Pamela, master of arts in counseling psychology, Day star university, 2016, due to complete
56. Effects of domestic violence on the girl child's education in Kenya: a case study of Kibera slum, Nairobi County. by Evans Ogoyo, masters of arts in counseling psychology, Day star university, 2016, due to complete
57. Effects of psychosocial challenges on marriage among police officers deployed far from their nuclear families: a case of selected police stations in Langata division, Nairobi area County. By Eunice Tembe, masters of arts in counseling psychology, day star university, 2016, due to complete.
58. Effect of religiosity on the trends and prevalence of substance use and abuse among youth: a case of selected churches in Westlands sub-county, Nairobi, Kenya. By Joy Lugano, masters of arts in counseling psychology, Day star university, 2016, due to complete.
59. Effects of pornography on sexual relationship among married couples in kikuyu sub-county. By Mesheck Ndiritu, masters of arts in counseling psychology, Day star university, 2016, due to complete.
60. Efficacy of cognitive restructuring and systematic desensitization (CBT) on depression and anxiety disorders; the case of caregivers of renal disease patients in Nairobi west hospital, Nairobi county
61. Effectiveness of screening, brief intervention and referral to treatment approaches in organizational-

based mitigation of alcohol and drug abuse. By Elizabeth Njani, PhD in clinical psychology, day star university

62. Efficacy of cognitive processing and Imaginal exposure therapy among survivors of the 2007/8 post election violence in Kenya: a case study of internally displaced persons living in maai mahiu camp. by Josephine N Musau, PhD in clinical psychology, day star university, 2016, due to complete
63. Effectiveness of Millon clinical Multiaxial Inventory-III (MCMI III) and adaptation for the assessment of psychopathological aspects of personality in Kenya. By Jane Jafary, PhD in clinical psychology, day star university, 2017, due to complete
64. Effectiveness of cognitive trauma therapy in treating post traumatic stress disorder among battered separated or divorced women of Mukuru informal settlement: Nairobi County, Kenya. By Nancy Wanjiru Wanyama, PhD in clinical psychology, day star university, 2017, due to complete
65. Traumatic Stress Effects of Terrorist Attack: A Case of Teachers Service Commission (TSC) Survivors Involved in August 8th 1998 Nairobi Bomb Blast. By Faith K Mwirigi, Master of Arts in Counseling psychology, day star university, 2017, due to complete
66. Effectiveness of Cognitive Behavior Therapy in the Treatment of Anxiety Disorders among Children at Our Lady of Peace and Amani Primary Schools in Nairobi County, Kenya by Justus Muriithi Mathenge-PhD, 2017-2018 Academic year, Clinical Psych. Daystar University
67. Relapse among Recovering Addiction Readmitted in Rehabilitation Centres of Ngong Sub-County, Kajiado Count Kenya: Prevalence, predictors and Effectiveness of CBT-Social Skills Building by Margaret Sirima, PhD, 2017-2018 Academic year, Clinical Psych. Daystar University

D.PUBLISHED BOOK MATERIALS

1. A Community Mental Health Manual
2. Mental Health for the Lay Person
3. Life Skill Curriculum
4. Training Manual For Comprehensive Trauma Counseling, Peace Building And Reconciliation
5. Contributor in DSM-5

E. LIST OF SUCCESSFULLY COMPLETED PUBLICATIONS

a) PUBLISHED PAPERS 2017

1. Nyaga NN, Karume M & Khasakhala L (2017). What Men In Extradyadic Involvement (EDI) Desire Their Spouses To Know: An African Perspective. International Journal of Innovative Research and Advanced Studies (IJIRAS) Volume 4, Pg239 www.ijiras.com ISSN: 2394-4404
2. Muchemi I, Rono R, Githua O, Khasakhala L (2017) Major Economic and Psycho-social Changes Experienced by Retirees in Selected Counties in Kenya. J Psychiatry Mental Health 2(3): doi <http://dx.doi.org/10.16966/2474-7769.121>

b) PUBLISHED PAPERS 2013

1. **Khasakhala L**, Ndetei DM, Mathai M., Suicidal behaviour among youths associated with psychopathology in both parents and youths attending outpatient psychiatric clinic in Kenya. *Annals of General Psychiatry* 2013, 12:13 Available online at <http://www.annals-general-psychiatry.com/content/12/1/13>
2. **Khasakhala L**, Ndetei DM, Mathai M., Major depressive disorder in a Kenyan youth sample: relationship with parenting behavior and parental psychiatric disorders. *Annals of General Psychiatry* 2013, 12:15 Available online at <http://www.annals-general-psychiatry.com/content/12/1/15>

c) PUBLISHED PAPERS 2012

1. **Khasakhala L** Ndetei DM, Mutiso V, Mbwayo A., Mathai M., The Prevalence Of Depression Among Adolescents In Nairobi Public Secondary Schools: Association With Perceived Maladaptive Parenting Behaviour. *African Journal of Psychiatry*, Vol 15, Issue 2, Mar 2012 pp. 106-113
2. Ndetei DM., Mbwayo AW. Anne Mbwayo, Mutiso V., **Khasakhala LI.** Noncommercial Alcohol in Kenya – A case study form Kibwezi and Kangemi. *Global actions on Harmful Drinking: Noncommercial Alcohol* 2012 www.global-action.org
3. Harder VS., Mutiso VN., **Khasakhala LI.** Burke HM., Ndetei DM. Multiple traumas, Post-Election Violence and Posttraumatic Stress Among Impoverished Kenyan Youth. *journal of Traumatic Stress* 2012, 25, 64-70

d) PUBLISHED PAPERS 2011

1. Harder VS., Mutiso V.N., **Khasakhala LL.**, Burke HM., Ndetei DM., Post election violence, posttraumatic stress, and comorbidity of behavioral and emotional problems among Kenyan youth. *Comprehensive Psychiatry* 52 (2011) E1–E18
2. Daniel Mamaha, Anne Mbwayo, Victoria Mutiso, Deanna M. Barch, John N. Constantino, Thelma Nsofor, **Lincoln Khasakhala**, David M. Ndetei, A survey of psychosis risk symptoms in Kenya. *Comprehensive Psychiatry* YCOMP-50826; No of Pages 9
3. Ndetei, D.M.; **Khasakhala, L.I.**; Mutiso, V.; Mbwayo, A.W.; [Knowledge, attitude and practice \(KAP\) of mental illness among staff in general medical facilities in Kenya: practice and policy implications.](#) *African Journal of Psychiatry*, 201; 14: 225-235
4. David Ndetei, **Lincoln Khasakhala**, Anne Mbwayo and Victoria Mutiso. Epidemiological Patterns of Anxiety Disorders in Kenya: Pages 35-48. *Anxiety and Related Disorders – Edited by Agnes Szirmai. INTECHWEB.ORG 2011: ISBN 978-953-307-254-8*
5. **Khasakhala L.**, Sorsdahl KR., Harder VS., Williams DR., Stein DJ., Ndetei DM. Lifetime mental disorders and suicidal behaviour in south Africa *Afr J Psychiatry* 2011;14:134-139

e) PUBLISHED PAPERS 2010

1. Ndetei DM, **Khasakhala L**, Mutiso V, Mbwayo A. Suicidality and Depression Among Adult Patients Admitted In General Medical facilities in Kenya. *Annals of General Psychiatry* 2010, 9:7 Available online at <http://www.annals-general-psychiatry.com/content/9/1/7>
2. Ngui EM., **Khasakhala I.**, Ndetei DM., Roberts L. Mental Disorders, Health Inequalities and Ethics: A Global Perspective. [Int Rev Psychiatry](#) 2010;22(3):235-44. Also available at PubMed Central. <http://www.pubmedcentral.gov/articlerender.fcgi?artid=2935265>
3. Ndetei DM, **Khasakhalsa L**, Mutiso V, Mbwayo A. Editors: Your A-Z on Mental Health; Publisher: *Acrodile Publishing Ltd*
4. V. Harder, V. Mutiso, **L. Khasakhala**, M. Ivanova, H. Burke, D. Ndetei, Prevalence of behavioral and emotional problems among Kenyan youth from an urban slum. *Comprehensive Psychiatry*, Volume 51, Issue 6, November-December 2010, Page e5, ISSN 0010-440X, DOI: 10.1016/j.comppsy.2010.06.027
5. Ndetei DM, Mathai M, **Khasakhala L**, Mutiso V, Mbwayo A., University Medical Education

In Kenya: The Challenges. *Medical Teacher*. 2010; 32(10):Pages 812-815

6. Ndetei DM, **Khasakhala LI**, Mutiso V, Ongecha-Owuor FA, Kokonya DA. Drug Use in a Rural Secondary School in Kenya. *Journal of Substance Abuse*, 1547-0164, Volume 31, Issue 3, 2010, Pages 170 – 173

f) PUBLISHED PAPERS 2008/2009

1. Ndetei DM, Mbwayo A, **Khasakhala L**, Mutiso V., The Somali Experience: Have Mental Health Workers Forgotten The Country? Quarterly newsletter, African International Division, Royal College of Psychiatrists: newsletter. Volume 3, Issue 4, page 3-4 Dec 2009
2. Ndetei DM, Pizzo M, **Khasakhala LI**, Maru HM, Mutiso VN, Ongecha FA, Omar A, Kokonya DA. Perceived economic and behavioural effects of the mentally ill on their relatives in Kenya: a case study of the Mathari Hospital. Volume 12, Issue 4, Afr J Psychiatry 2009;12:293-299
3. Ndetei DM, **Khasakhala L**, Mutiso V, Mbwayo A. Recognition of Depression in Children in General Hospital Based Paediatric Units in Kenya – Practice and Policy Implications. *Annals of General Psychiatry* 2009, 8:25 Available online at <http://www.annals-general-psychiatry.com/content/8/1/25>
4. Ndetei DM, **Khasakhala LI**, Pizzo M, Mutiso V, Ongecha-Owuor FA, Kokonya DA. A Cross-Sectional Study of Co-Occurring Suicidal and Psychotic Symptoms in Inpatients at Mathari Psychiatric Hospital, Nairobi Kenya. *The Primary Care Companion to the Journal of Clinical Psychiatry*, 2009;11;3:110-114
5. Ndetei DM, **Khasakhala L**, Omolo JO (2009) ‘Incentives for health worker retention in Kenya: (Health systems reporter, 28th April 2009). Available online at: Human resources for health, Eldis dossier www.eldis.org/go/topics/dossiers/human-resources-for-health (click on additional information to access this)
6. Ndetei DM, **Khasakhala LI**, Ongecha-Owuor FA, Kuria MW, Mutiso V, Kokonya DA. Prevalence of Substance Abuse Among Patients in General Medical Facilities in Kenya. *Journal of Substance Abuse* 2009, 30 (1), 182-190
7. Ndetei DM, **Khasakhala LI**, Mutiso V, Ongecha-Owuor FA, Kokonya DA. Patterns of Drug Abuse in Public Secondary Schools in Kenya. *Substance Abuse* 2009, 30 (1), 69-78
8. Ndetei DM, Mutiso V, Ongecha-Owuor FA, Kokonya DA, **Khasakhala LI**. Psychosocial

and Health Aspects of Drug Use by Students in Public Secondary Schools in Nairobi, Kenya, *Substance Abuse* 2009, 30 (1), 61-68

9. Ndetei DM, **Khasakhala L**, Kuria M, Mutiso V, Ongecha FA, Kokonya D, The Prevalence of Mental Disorders in Adults in Different Level General Medical Facilities in Kenya: A Cross-Sectional Study. *Annals of General Psychiatry* 2009, 8:1. Available online at <http://www.annals-general-psychiatry.com/content/8/1/1>
10. Ndetei DM, Seedat S, Syanda J, Ongecha-Owuor FA, Kokonya DA, **Khasakhala LI**, Mutiso VN. Psychometric properties of the Multidimensional Anxiety Scale for Children (MASC) amongst Nairobi public secondary school children, Kenya. *Journal of Child & Adolescent Mental Health* 2008, 20 (2) : 101–109
11. Ndetei DM, **Khasakhala L**, Ongecha FA, Kokonya D, Mutiso V, Kuria M, Odhiambo G, Akanga S. A Study of Drug Use in Five Urban Centres in Kenya. *African Journal of Drug and Alcohol Studies*, 2008; 7 (1): 17-26
12. Ndetei DM, Kuria MW, **Khasakhala L**, Maru HM, Mutiso V, Mwangi J. Substance Abuse and Psychiatric Co-morbidities: A Case Study of Patients at Mathari Psychiatric Hospital, Nairobi, Kenya. *African Journal of Drug and Alcohol Studies*, 2008; 7 (1): 53-58
13. Ndetei DM, **Khasakhala LI**, Kingori J, Oginga A, Raja S. The Complementary Role of Traditional and Faith Healers and Potential Liaisons with Western-Style Mental Health Services in Kenya. Available online at www.utsouthwestern.edu/psychiatryandfreedom
14. Ndetei DM, **Khasakhala LI**, Maru H, Pizzo M, Mutiso V, Ongecha-Owuor FA, Kokonya DA. Clinical Epidemiology in Patients Admitted at Mathari Psychiatric Hospital, Nairobi, Kenya. *Social Psychiatry & Psychiatric Epidemiology* 2008; 43(9):736-742
15. Ndetei DM, **Khasakhala L**, Nyabola L, Ongecha-Owuor F, Seedat S, Mutiso V, Kokonya D, Odhiambo G. The prevalence of anxiety and depression symptoms and syndromes in Kenyan adolescents. *Journal of Child and Adolescent Mental Health* 2008; 20 (1): 33-51
16. Ndetei DM, Pizzo M, Maru H, Ongecha FA, **Khasakhala LI**, Mutiso V, Kokonya DA. Burnout in Staff Working at the Mathari Psychiatric Hospital. *African Journal of Psychiatry* 2008, 11: 199-203
17. Ndetei DM, Ongecha FA, **Khasakhala LI**, Maru H, Mutiso V, Kokonya DA. Obsessive-Compulsive (OC) Symptoms in Psychiatric In-patients at Mathari Hospital, Kenya. *African Journal of Psychiatry* 2008, 11: 182-186

18. Ndetei DM, **Khasakhala L**, Oginga A (2008). Traditional and Faith Healers' Practices in Kangemi Informal Settlement, Nairobi, Kenya. Africa Mental Health Foundation and BasicNeeds UK in Kenya: Nairobi.
19. Ndetei DM, **Khasakhala L**, Omolo JO (2008) 'Incentives for health worker retention in Kenya: An assessment of current practice,' EQUINET Discussion Paper Series 62. EQUINET with African Mental Health Foundation, University of Namibia, Training and Research Support Centre, University of Limpopo and ECSA-Regional Health Community, EQUINET: Harare. Available online at: <http://www.equinet africa.org/bibl/docs/DIS62HRndetei.pdf>
20. Ndetei DM, **Khasakhala LI**, Ongecha FA, Kuria M, Mutiso V, Syanda J, Kokonya DA. Attitudes Toward Psychiatry: A survey of medical students at the University of Nairobi, Kenya. *Academic Psychiatry* 2008; 32:154-159
21. Siân E Clarke, Matthew C H Jukes, J Kiambo Njagi, **Lincoln Khasakhala**, Bonnie Cundill, Julius Oido, Christopher Crudder, Benson B A Estambale, Simon Brooker. Effect of Intermittent Preventive Treatment of Malaria On Health And Education In School Children: A Cluster-Randomized, Double-Blind, Placebo-Controlled Trial. *Lancet* 2008; 372: 127–38

g) PUBLISHED PAPERS 2007

1. Ndetei DM, **Khasakhala LI**, Ongecha FA, Mutiso V, Kokonya DA. Outcome of a working diagnosis of “psychosis” in relation to DSM-IV diagnostic criteria in a Kenyan in-patient cohort at Mathari hospital, Nairobi. *African Health Sciences* 2007; 7 (3): 197-201
2. Ndetei DM, Ongecha FA, Mutiso V, Kuria M, **Khasakhala LI**, Kokonya DA. The challenges of human resources in mental health in Kenya. *South Afr Psychiatry Rev* 2007; 10:33-6.
3. Ndetei DM, Ongecha FA, **Khasakhala L**, Syanda J, Mutiso V, Othieno CJ, Odhiambo G, Kokonya DA. Bullying in public secondary schools in Nairobi, Kenya. *J Child Adol Mental Health* 2007; 19 (1), 45-55.
4. Ndetei DM, Ongecha FA, **Khasakhala L**, Mutiso V, Othieno CJ, Syanda J, Odhiambo G,

Kokonya DA. Traumatic Experiences of Kenyan Secondary School Students. *J Child Adol Mental Health* 2007; 19 (12): 147-55.

h) OTHER PUBLICATIONS

5. Rono R, **Khasakhala L**, Ndetei DM. Personality and Personality Traits. In: Ndetei DM, editor. *The African Textbook of Clinical Psychiatry and Mental Health*. Nairobi: The African Medical Research Foundation; 2006. p. 48-54. *ISBN-10:9966-874-71-2, ISBN-13: 978-9966-874-71-9*.
6. Obondo A, **Khasakhala L**, Ndetei DM, Mutiso V, Ongecha-Owuor F. Communication and Communication Skills. In: Ndetei DM, editor. *The African Textbook of Clinical Psychiatry and Mental Health*. Nairobi: The African Medical Research Foundation; 2006. p. 66-8. *ISBN-10:9966-874-71-2, ISBN-13: 978-9966-874-71-9*.
7. Ndetei DM, Sartorius N, **Khasakhala L**, Ongecha-Owuor FA. Stigma and Mental Disorders. In: Ndetei DM, editor. *The African Textbook of Clinical Psychiatry and Mental Health*. Nairobi: The African Medical Research Foundation; 2006. p. 20-23. *ISBN-10:9966-874-71-2, ISBN-13: 978-9966-874-71-9*.
8. **Khasakhala L**, Ndetei DM, Abdelrahman A, Gakinya B. Personality Disorders. In: Ndetei DM, editor. *The African Textbook of Clinical Psychiatry and Mental Health*. Nairobi: The African Medical Research Foundation; 2006. p. 277-86. *ISBN-10:9966-874-71-2, ISBN-13: 978-9966-874-71-9*.
9. Ndetei DM, Ongecha FA, **Khasakhala L**, Mutiso V, Kokonya DA. *The Prevalence of Mental Disorders and the Attitude in General Medical Facilities in Kenya – A WHO Monograph*; 2006.

F MEETINGS/CONFERENCES/TRAININGS ATTENDED

- | | |
|----------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| 21 st -24 th June 2013 | Teaching Methods for undergraduate and graduate: aligning University's Vision and Mission to curriculum programmes |
| 22 nd May 2013 | Mental health policy in Kenya, Final draft |
| 23 rd -28th January 2013 | MEPI mental health linked training on grand writing and research methods |

26 th Feb-1 st March 2013		Comprehensive workshop for review of regulations for licensing of rehabilitation centres, certification policy, procedure manual and policy for accreditation of training institutions
12 th -15 th November 2012		Counselor supervision training and accreditation workshop
10 th - 14 th March 2008-04-28:		Editing and designing the Kenya National, procedure manual and Survey for Persons with Disability preliminary Report Lukenya Getaway, Athi River, Kenya
29 th Feb. 2008	:	Listeners' meeting on Suicide Samaritans Kenya
15 th Feb. 2008		Training of research assistants on data collection on Neuro-Psychiatric Disorders and Quality of Life among People with Epilepsy: A study among patients attending mental health clinic at Kangemi Health centre, Nairobi (Kenya)
4 th -9 th Feb. 2008-04-28		Reporting writing of the National Survey for Persons with Disability preliminary Report Lukenya Getaway, Athi River, Kenya
11 th _ 13 th Nov. 2007	:	National Workshop Managing Migration Resources for Health (HRH) in Kenya Lukenya Getaway, Athi River, Kenya
20 th _24 th Oct. 2007	:	Regional Training Workshop on Writing Skills For Scientific and Peer Reviewed Journals Lilongwe, Malawi
17 th _18 th Oct. 2007	:	Sub-Saharan Africa Harm Reduction Network Inaugural Meeting, Nairobi Kenya Hilton Hotel, Nairobi Kenya
Jan 2006-Aug. 2007	:	Clinical and Psychological Care in Diabetes Management
1 st _ 13 th July 2007	:	Training of data enumerators for the Kenya National survey for persons with disability
19 th -23 rd April 2005	:	Presented a paper in the World Psychiatry Congress; Association between Forms of Child

- Abuse and Parenting Styles in Kenya, Title from Master's Dissertation (The View of Secondary School Adolescents on the Psychosocial Interaction with their Parents from Infancy, Nairobi Province-Kenya)
- 9TH Sept 2004 : Report Launch-Project on Rapid Situation Analysis on Relationship between Drugs Intravenous drug use, HIV/AIDS in Kenya, Grand Regency, Hotel
- 4th-8th April 2004 : East Africa Regional Mental health Association Congress; Arusha Tanzania
- 3rd -30th Nov. 2003 : Advanced Care in Diabetes
- September 2003 : Workshop on development of Instrument for Data Collection on the Project on Rapid Situation Analysis on Relationship Between Drugs, Intravenous Drug use, HIV/AIDS in Kenya
- 14th June 2003 : Diabetes care in Pregnancy
- 24th June 2002 : Diabetes care in Children and adolescents
- 5th _9th Nov 2001 : Standards of care in diabetes Management
- 3rd _9th Aug. 1998 : Diabetes Care and patient education
- 14th April 1997 : Exceeding patient expectations
- 11th April 1997 : Time management seminar
- 7th _ 8th Feb 1997 : Customer care

G COMMUNICATION: Fluent in spoken & written English, Kiswahili and Luhya.

Computer literate- MS Office (OS), Database (Spread sheets, Statistical packages (SPSS) and Internet Services

H INTERESTS: Reading, Philosophy

REFEREES:

- (1) prof. Mary Wangari Kuria; Associate Professor of Psychiatry, Department of Psychiatry, UON
- (2) Dr Pius A Kigamwa; Senior Lecturer, Department of Psychiatry, University of Nairobi
- (3) Dr. Muthoni Mathai; Senior Lecturer, Department of Psychiatry, University of Nairobi