

# **CURRICULUM VITAE**

## **SUMMARY**

I am a lecturer in the Department of Psychology, University of Nairobi, Kenya. My areas of interest are health psychology, biopsychology and cognitive psychology. I also teach other areas that include Introduction to psychology, research methods and statistics. My current research area is stress and its health implications especially psychoneuroimmunology.

## **PERSONAL DETAILS**

Name: Josiah W.B. Oketch-Oboth, PhD

Date of birth: 11<sup>th</sup> May 1954

Sex: Male

Status: Married with children

Nationality: Ugandan

Address: Department of Psychology  
University of Nairobi  
PO Box 30197- 00100  
Nairobi, Kenya

E-mail: [oketchbothj@yahoo.com](mailto:oketchbothj@yahoo.com)  
[oboth\\_oketch@uonbi.ac.ke](mailto:oboth_oketch@uonbi.ac.ke)

Contact: +254722310622

## **EDUCATIONAL BACKGROUND**

PhD (Psychology, University of Nairobi, 2018)

M.Sc. (Health Psychology, University of Western Australia, Perth, Australia, 1984)

B.Sc. in Psychology (Second Class Honors, Upper Division, Makerere, Upper Division  
Makerere University, Kampala, 1978)

A' Level – Nabumali High School, Uganda (1973-1974)

O' Level – Nabumali High School, Uganda (1969-1972)

## **TEACHING EXPERIENCE**

1991 – To Date	Lecturer, Department of Psychology, University of Nairobi, Kenya.
1985 – 1991:	Lecturer, Department of Psychology, Makerere University
1981 – 1982:	Teaching Assistant, Department of Psychology Makerere University
1979 – 1980:	Assistant Lecturer, Institute of Public Administration, Kampala, Uganda

## **SUPERVISION OF UNDERGRADUATE PROJECTS AND PRACTICUM**

- I have supervised an average of 12 undergraduate counseling students' projects and practicum per year since 2002.

## **ACADEMIC PUBLICATIONS**

### **(a) Refereed Journal Articles**

Oketch-Oboto, J. W. B & Odiemo, L. (2018)The Relationship between Stress and Academic Performance Among University of Nairobi Students. **International Journal of Learning and Development ISSN 2164-4063, 8(4)**

Oketch-Oboto, J.W.B & Odiemo, L. (2018) The Relationship between Stress and Psychosocial Adjustment Among University of Nairobi Students. **International Journal of Education and Social Science Research ISSN 2581-5148 1(6)**

Oketch-Oboto, J.W.B.(2010) Stress as a Health Issue among University Students: Implications for the Counselling Services. **The Fountain, Journal of Educational Research, Vol. IV, No. 1**, CEES, University of Nairobi.

Oketch-Oboto, J.W.B.(1988)The Relationship between Knowledge of Results and Performance. **East African Journal of Education**, Vol. 1, 22-25

#### **a) Published Teaching Modules**

1. Teaching Module **CPY 314: Gender Psychology (2015)**. Published by Centre for Open and Distant E- Learning, University of Nairobi.
2. Teaching Module CPY 207: Cognitive Psychology (2012). Published by Centre for Open and Distant E- Learning, University of Nairobi.
3. Teaching Module **CPY 301: Health Psychology (2009)** Published by Centre for Open and Distant E-Learning, University of Nairobi.
4. Teaching Module **CPY 214: Biopsychology (2008)** Published by Centre for Open and Distant E-Learning, University of Nairobi.
5. Teaching Module **CPY 101: Introduction to Psychology (2007)**. Published by Centre for Open and Distant E-Learning, University of Nairobi.

#### **3 UNPUBLISHED RESEARCH REPORTS**

1. The Relationship between Stress and Academic Performance among University of Nairobi Undergraduate Students( Paper extracted from my PhD Thesis for publication)
2. The Relationship between Stress and Psychosocial Adjustment among University of Nairobi Undergraduate Students( Paper extracted from my PhD Thesis for publication)

3. Stress Experiences and Coping Strategies among University of Nairobi Undergraduate Students( Paper extracted from my PhD Thesis for publication)
4. Psychosocial and Academic Problems experienced by students at Kikuyu Campus University of Nairobi, 2008 (Unpublished Research Report.)
5. Attitudes towards Condom use and Sexual Practices by Kikuyu Campus University of Nairobi, 2005 (Unpublished research report)
6. Adaptation of sponsored students from Sub-Saharan Africa to Australian Social and Educational System – unpublished dissertation in partial fulfillment of the M.Sc. in Health Psychology Degree, 1984.

**Paper being prepared for publication:**

Stress Experience and Coping Strategies among University of Nairobi Students

**. PAPERS PRESENTED AT WORKSHOPS AND CONFERENCES**

1. The Role of Education of Women in the Promotion of Health-presented at the International Conference on Social and Human Development Outcomes of Education and Poverty 12<sup>th</sup> – 14<sup>th</sup> November, 2008, at Kenyatta University, Nairobi, Kenya.
2. Correlates of Adult Crying: Therapeutic implications – Presented at the International Conference on Psychology and Counseling at the United States International University, Nairobi, 1997.
3. Emotional Expression and Health Outcomes – Presented at the International Conference on Psychology and Counseling at the United States International University, Nairobi, 1997.
4. Tests, Measurement and Evaluation Tools - Presented at a workshop for Nurses Tutors at Silver Springs Hotel Nairobi, October 1996.
5. Correlates of adult crying – The Kenyan data: Findings from International Study on Adult Crying (ISAC)-Presented at the first International Conference

on (Non) Expression of Emotion in Health and Disease, in Tilburg University, the Netherlands, 28-30 August 1996.

6. The Youth and AIDS; The Role of Positive Communication – presented at Seminar on Family and HIV/AIDS, at Methodist Guest House, August 1993.

#### **OTHER WORKSHOPS AND CONFERENCES ATTENDED**

1. .The Faculty of Arts Writing Workshop for Module Three Teaching Modules at CCU Main Campus, University of Nairobi, 24<sup>th</sup> Nov 2016
2. . Training on the use of Antiplagiarism programme at Main Library, Main Campus, University of Nairobi
3. The Faculty of Arts Writing Workshop for Module Three Teaching Modules at Kenya Wildlife Training Institute, Naivasha, 25<sup>th</sup> September-2<sup>nd</sup> November 2014
4. Finalization of accreditation documents for the National Open University of Kenya at Multimedia University of Kenya, 23<sup>rd</sup>-25<sup>th</sup> July 2014
5. Second Curriculum Harmonization Development Workshop for the National Open University of Kenya at Multimedia University of Kenya, 30<sup>th</sup>-31<sup>st</sup> Jan. 2014.
6. The University of Nairobi Training Workshop on E-Learning at Multimedia University of Kenya, 18<sup>th</sup>-21<sup>st</sup> Dec.2014
7. The University of Nairobi Training Workshop on Pedagogy at the School of Monetary Studies, 10<sup>th</sup>-11<sup>th</sup> May 2014
8. First Curriculum Harmonization Development Workshop for the National Open University of Kenya at Multimedia University of Kenya, 8<sup>th</sup>-11<sup>th</sup> Dec 2013
9. National Conference in Counseling and Psychology at Egerton University, 25<sup>th</sup> Nov 2013

#### **TEACHING MODULES REVIEWED.**

1. CPY 420: Environmental psychology by Mrs Grace Ogonda(2012)
2. CPY 208: Abnormal Psychology by Dr. L. Mwaura(2008) – Teaching model published by Centre for Open and Distant Learning.
3. CPY 205: Personality Psychology – by Kiragu Ndero – Teaching Model

published by Centre for Open and Distant Learning, University of Nairobi.  
(2005)

4. Introduction to Educational Psychology – Special Needs Education teaching Module published by the Kenya Institute of Special Education in 2006.
5. Introduction to Psychological Disorders – Special Needs Education Teaching Module EBD 026 published by the Kenya Institute of Education in 2007.

### **ADMINISTRATIVE RESPONSIBILITIES**

1. Member of the college of humanities and social sciences Gandhi wing signage committee (2012 – 2013)
2. Member of the departmental committee on corruption (2012 - To date)
3. Member of the departmental curriculum committee (2009 – 2014)
4. Member of the Inspection and Acceptance Committee of the University of Nairobi. (2008 – To Date)
5. Member of the Faculty of Arts Curriculum Committee.( 2008 – 2014)
6. Departmental Coordinator, Module II programme. ( 2008 – To Date)
7. Departmental Coordinator, Module III programme. (2006 – To Date)
8. Member of the Subcommittee developing Counseling Programme for NASCOP, Ministry of Health. (2004 – 2005)
9. Acting Chairman, Department of Psychology. (13/4/03 – 29/7/05)
10. College of Education and External studies Representative in the Technical Committee on Time Tabling for Evening Programme at the Main Campus, University of Nairobi.(1999 – 2002)

11. Co-ordinator, B Psychology (Counseling) Programme. (1999 – 2002)

12. Co-ordinator, BED, Arts Parallel Programme. (1999 – 2001)

13. Supervised the Development of the B.Psychology(Counseling) degree programme.(1998 – 1999)

14. Acting Chairman, Department of Psychology. (31/12/97 – 12/5/98)

15. Acting Chairman, Department of Psychology.( 21/3/96 – 23/1/97)

#### **. OUTREACH SERVICES**

1 .Gave counseling sessions to some of the students traumatized by the alshabab scare at Kikuyu Campus, University of Nairobi, 12<sup>th</sup> April 2015

2.I help students cope with their difficulties where the most recent case involved helping a female student cope with a rape experience (24<sup>th</sup> Feb -27<sup>th</sup> March,2015)

#### **REFEREES**

Dr Luke Odiemo  
Char, Department of Psychology  
University of Nairobi  
PO Box 30197  
NAIROBI

Prof. G. Mukuria  
Department of Psychology  
University of Nairobi  
P.O. Box 30197  
NAIROBI

Dr. Charles Kimamo  
Department of Psychology  
University of Nairobi

P.O. Box 30197  
NAIROBI.