

UCHE NNEOMA PRECIOUS

35 Unity Street, Trans-Ekulu, Enugu.

(+234) 08163941394

uchenomize5@gmail.com

EDUCATION

UNIVERSITY OF NIGERIA NSUKKA (UNN)

Bachelor of Science in Psychology

Enugu, NG

July 2023

- *Academics:* 4.18/ 5.0 GPA
- *Thesis:* The Moderating Role of Perceived Social Support in the Relationship between Death anxiety, Depression and Post-Traumatic Growth among Cancer Patients.
- *Awards:* Most Outstanding Exco, UNN Psychology Department 2023.
- *Activities:* Vice-president, Psychology department UNN, Psych-PRESS, Poetry institute of Nigeria (PIN)

HONORS AND AWARDS

Academic

- Award of Excellence for exceptional performance in the 2023 Steven Iorfa undergraduate paper competition (UNN)
- Most Outstanding Executive, UNN Psychology Department, 2023.

Professional

- Recipient of the Abuja NYSC state award for an impactful charity CDS project 2024

CONFERENCE & SEMINARS

12th Annual Conference of the department of Psychology, University of Nigeria Nsukka (UNN) – June 2025

- Participant in conference themed “Unheard Voices, Unseen Struggles: Safeguarding and Empowering the Vulnerable.”

Mental Health At Work; How to prioritize Well-being and Boost Productivity (Melville Healthcare Resources) - Oct 2024

- Presented a paper during a Seminar for World Mental Health Day at my workplace on "Mental Health at Work; How to Prioritize Well-being and Boost productivity."

10th Annual Conference of the department of Psychology, University of Nigeria Nsukka (UNN) – July 2023

- Presented my research findings on the "*Moderating Role of Social Support, in the Relationship Between Death Anxiety, Depression, and Post-traumatic Growth among Cancer Patients*" Highlighting Both risk Factors and Potential Benefits for Mental Health Awareness Among Cancer patients. This was in accordance with the conference theme: **Health & Physical health Issues Affecting our Well-being.**

RESEARCH & WORK EXPERIENCE

Undergraduate Thesis Researcher, University of Nigeria, Nsukka (UNN)

- Designed and implemented a quantitative study exploring social support's moderating role in cancer patients' mental health.
- Conducted statistical analysis using SPSS and interpreted data within existing psychological frameworks.
- Presented findings at departmental conferences and submitted for peer-reviewed publication.
- Authored manuscript accepted for publication in a peer-reviewed journal.

MELVILLE HEALTHCARE RESOURCES

Assistant Psychologist

Abuja, FCT

Mar 2024 – Apr 2025

- Supported clinical staff in evaluating mental health symptoms and behavioral patterns among clients gaining insights into diagnostic processes and treatment planning.
- Assisted in sessions focused on drug abuse treatment and rehabilitation, participated in therapeutic group meetings, and provided support for patients with substance use disorders.
- Supported data collection and analysis for research projects on mental health outcomes and public health initiatives.

- Developed and led mental health education workshops and seminars, promoting awareness, self-care, and emotional resilience.
- Delivered psycho-educational lectures tailored to the cognitive and emotional needs of patients.
- Gained valuable experience in handling and interpreting mental health data under the supervision of licensed psychologists.

PUBLICATIONS

Journal Publications

Aliche, C. J., Idemudia, E. S., & Uche, P. N. (2024) Social Support Protects Against the Negative Psychological Impacts of Death Anxiety, and Depression on Posttraumatic Growth in Cancer Patients *OMEGA - Journal of Death and Dying*, 0(0)
<https://doi.org/10.1177/00302228241302195>

VOLUNTEERING

Mental Health First Aid Counselor, Mentally Aware Nigeria Initiative (MANI)

May 2025 to Present

- Provide immediate counseling and emotional support to individuals in crisis via phone and online platforms.
- Conduct mental health assessments and referrals to professional services where needed.
- Offer support to members of marginalized communities, including LGBTQI+ individuals, to promote mental well-being and reduce stigma.

NYSC Charity Community Development Service (CDS)

Feb 2024 - Mar 2025

- Organized and led community outreach initiatives, including prison visits, mental health workshops, sanitation drives, and support programs for orphans and widows.
- Conducted educational sessions to raise mental health awareness and reduce stigma.

LEADERSHIP ROLES

- **Vice President**, Psychology Department, UNN – Led departmental initiatives and represented student interests.
- **Class Representative**, Multiple Courses, UNN – Liaised between students and faculty to address academic concerns.
- **Public Relations Officer**, NYSC Charity CDS – Managed outreach communications and advocacy efforts.

SKILLS & INTERESTS

- **Research Skills:** Data analysis (SPSS), quantitative survey design, statistical interpretation.
- **Communication:** Workshop facilitation, mental health advocacy, academic presentations.
- **Technical:** Basic proficiency with data visualization tools; content creation tools relevant for research dissemination.
- **Soft Skills:** Strategic planning, teamwork, adaptability, cultural competence.

RELEVANT CERTIFICATIONS

Mental Health

- **Certificate of Completion;** Virtual Reality & Mental Healthcare Udemy, 2024.
- **Certificate of Completion:** Safeguarding Essentials Humanitarian Leadership Academy, 2025.