

Curriculum Vitae

Dr Ramesh Manocha
MBBS BSc_(med) PhD

Overview of Current Activities and Appointments

- 1– Family Physician
- 2– Senior Lecturer, Department of Psychological Medicine, Faculty of Medicine, University of Sydney. Appointment commences May 1st, 2010
- 3– CEO, Healthed (A leading provider of Family Medicine educational seminars in Australia) see www.healthed.com.au
- 4– Director, Generation Next (youth mental health charity)

Qualifications

- 1994, MBBS BSc(Med), University of New South Wales, Faculty of Medicine Graduated
- 2009, PhD, School of Women's and Children's Health, University of New South Wales

Postgraduate Training and Activities

- 1995 Intern, Liverpool District Hospital
- 1996 Resident, Liverpool District Hospital
- 1996 Registrar, Royal Australian College of General Practitioners
- 1997 Honorary Clinical Fellow, Liverpool District Hospital
- 1998 Associate Lecturer, Natural Therapies Unit, School of Women's and Children's Health, UNSW
- 1999-2004 Barry Wren Fellow, School of Women's and Children's Health, UNSW
- 2000-2003 NSW Vice President, Australian Integrative Medical Association
- Complementary and Alternative Therapies Expert, Sunrise, Channel 7
- 2004-2006 International Fellow, INSEAD, Fontaineblau, France
- Senior Lecturer, Department of Psychiatry, University of Sydney

Awards/Grants/Scholarships/Fundraising

- RACGP Trainee Scholarship and Research Fund grant, \$26,000, 1997
- Barry Wren Scholarship \$30,000 per annum started 1999
- Australian Headache Society Research Grant \$8,000, end of 2000
- Dr Bernard Lake Award, Medical Foundation, University of Sydney \$2,000, 2002
- BGRU GP education seminars, 1998-2002, \$250,000

Peer-reviewed Publications

1. **Manocha R**, Why Meditation? Australian Family Physician Dec 2000
2. **Manocha R**, Marks G, Salome S, Kenchington P, Peters D, A Randomised Controlled Trial of Sahaja Yoga Meditation in the treatment of Moderate to Severe Asthma, Thorax, Feb 2002

3. Palmer, Benjamin R; **Manocha, Ramesh**; Gignac, Gilles; Stough, Con. Examining the factor structure of the Bar-On Emotional Quotient Inventory with an Australian general population sample. *Personality & Individual Differences*. 2003
 4. Gignac, Gilles E; Palmer, Benjamin R.; **Manocha, Ramesh**; Stough, Con. An examination of the factor structure of the schutte self-report emotional intelligence (SSREI) scale via confirmatory factor analysis. *Personality and Individual Differences*.
 5. Palmer, Benjamin R.; Gignac, Gilles; **Manocha, Ramesh**; Stough, Con. A psychometric evaluation of the Mayer-Salovey-Caruso Emotional Intelligence Test Version 2.0., *Intelligence*
 6. Harrison, Linda J.; **Manocha, Ramesh**; Rubia, Katya. Sahaja Yoga Meditation as a Family Treatment Programme for Children with Attention Deficit-Hyperactivity Disorder., *Clinical Child Psychology and Psychiatry*. Vol 9(4), Oct 2004, pp. 479-497
 7. **Ramesh Manocha**, Barbara Semmar, Deborah Black, A Pilot Study of a Mental Silence Form of Meditation for Women in Perimenopause, *Journal of Clinical Psychology in Medical Settings*, Volume 14, Number 3 / September, 2007
 8. Preeyananjarassri K, Cheewadhanaraks S, Hubbard M, Zoa Manga R, **Manocha R**, Eden J, Menopausal Symptoms in a Hospital Based Sample of Women in Southern Thailand, *Climacteric* 2006
 9. **Ramesh Manocha**, Amy Gordon, Deborah Black, Gin Malhi, Raymond Seidler, Using Meditation for Less Stress and Better Wellbeing-Evaluation of a Seminar for GPs, *Australian Family Physician*, **VOL 38, (6) 369 – 464, 2009**
 10. **Manocha R**, Black D, Ryan J, Stough C, Spiro D, Changing Definitions of Meditation: Physiological Corollary, *Journal of the International Society of Life Sciences*, Vol 28 (1), Mar 2010
 11. Black D, Wilson L, **Manocha R**, Meditation and Cancer: The Debate, Book Chapter
 12. **Manocha R**, Black D, Sarris J, Stough C, A Randomised Controlled Trial of Meditation for Stress, Anxiety and Depressed Mood in Full Time Workers, *Evidence-Based Complementary Medicine*
 13. Carr-Gregg M, **Manocha R**, Bullying in Young People- What the GP Needs to Know, *Australian Family Physician*
 14. **Manocha R**, Intervention Insights: Meditation, Mindfulness and Mind-emptiness, *Acta Neuropsychiatrica*
 15. **Manocha R, Black D, Wilson L** Functional Health and Quality of Life in Long Term Meditators, *Evidence-Based Complementary Medicine* *In press*
 16. Schneider S, Zollo M, **Manocha R**, Developing Socially Responsible Behaviour in Managers; Experimental Evidence of the effectiveness of different approaches to management education, *Journal of Corporate Citizenship*, Dec 2010 (39)
 17. Norberg M, Gates P, Dillon P, Kavanagh D, **Manocha R**, Copeland J, Screening and Managing Cannabis Use: GPs and Nurses Knowledge, Beliefs and Behaviour
- Submitted/ In progress**
18. **Manocha R**, Malhi G, A Review of Adverse Effects of Meditation
 19. **Manocha R**, Sarris J, Stough C, Black D, Boyd T, Systematic Review of RCTs of Meditation
 20. **Manocha R** Meditative Intervention to Reduce Mental Health Risk and Social Skills in Primary School Children- A Field Study
 21. Manocha R, Davie T Cybersafety Knowledge for GPs