

**DR. LYDIAH MAINGI-
NGUNJIRI**



Position: Lecturer

Department: Kenyatta University

Address: Kenyatta University
P.O BOX 43844-00100
Nairobi

Email: Maingi.lydiah@ku.ac.ke

Specialization: Counselling Psychology, Mental health Research
Research Interests

- Depression, Anxiety and stress in diverse populations
- Compassion Fatigue in health care workers
- Family mental health
- Intimate partner Violence

ORCID: <https://orcid.org/0000-0001-6445-6646>

Googlescholar:

<https://scholar.google.com/citations?user=RPsnidQAAAAJ&hl=en&gmla=AJsN-F62uKT7haIAda-EyTWr6HpyljWoWIm6iVCq>

Academic and Professional Qualifications

- 2020: Acceptance and Commitment Therapy Immersion, Steven Hayes online Courses (Ongoing)
- 2020: October Gender in Science, Technology and Innovation course -SARIMA
- 2020: Certificate in Research and Management Course, BRECCIA project and SARIMA
- 2020: April. Psychological First Aid, Johns Hopkins University
- 2019: University of Nairobi. MEPI Junior Fellowship in Epidemiology (P-HERT)
- 2018: Leadership and Management, University of Nairobi
- 2018: Certificate in Biostatistics, University of Washington
- 2017: Certificate in Professional Conduct of Research, University of Washington
- 2017: Certificate in Professional Mediation, Mediation Training Institute International
- 2017: Human Research CITI Program, University of Washington
- 2016: Certificate in Palliative Care for non-Health Care Providers, Kenyatta University
- 2016: PhD in Counselling Psychology, Kenyatta University
- 2012: Certificate in Counseling Supervision, Kenyatta University
- 2007: MA in Counselling Psychology, Kenyatta University
- 2002: Certificate in Trainers of Trainers (T.O.T) Kenya Institute of Professional Counseling
- 2002: Higher Diploma in Psychological Counseling, Kenya Institute of Professional Counselling.

Employment History

- 2011 to date: Lecturer (Teaching, Research and Community Outreach)
- 2010-2011: SGBV&HIV/AIDS Counselor MSF (Medicins San frontiers MSF-France)
- 2007-2009: Thika High school for the visually Impaired
- 1998-2007: Gitithia Mixed Day Secondary School

Publications

Journals

Maingi. L. (2020). Relationship Between Substance Use and Victimization to Intimate Partner Violence Among Men in Nyeri County, Kenya. African Journal of Alcohol and Drug Abuse (AJADA) Vol. 4. December 2020. ISSN Online 2664-0066; ISSN Print 2664-0058.

Mac'oduol, I., Thigiti, J. & Maingi.L. (2020). Blood Pressure Parameters and the Development of Congestive Heart Failure among Hypertensive patients in Kiambu County Hospital, Kenya. The East and Central Africa Medical Journal. Vol.4. No. 1 (6-10). ISSN 2663 -1059 (online)
<https://journal.ku.ac.ke/index.php/ecamj/article/view/174>

Wanjohi, G. & Maingi, L. (July, 2020) Caregivers' Perceptions of Compassion Ability Among Paediatric Healthcare Providers in Kenyatta National Hospital, Nairobi, Kenya. International Journal of Education and Research. Vol. 8. No.7: 1-14. ISSN: 2411-5681 <http://www.ijern.com/journal/2020/July-2020/01.pdf>

Maingi L., Kathungu, B. & Wasanga C. (2017). Relationship between Harsh Physical Disciplining during Childhood and Intimate Partner Violence (IPV) among men in Nyeri County, Kenya. International Journal of Science, Arts and Commerce (IJSAC) Vol. 2 No.3

Maingi-Ngunjiri Lydia. (2016). Career Choice Certainty: Implications for Career Counseling. Lambert Academic Publishing. ISBN 978-3-659-89177-9

Maingi L. & Wasanga C. (2012). Factors affecting Career Certainty among University students. Kenyan Journal of Guidance, Counseling and Psychology. Vol. 1 ISSN 2226-0552

Modules

Maingi, L. (2020). Teaching Interactive Module: Psychology of Health, Stress and Coping: Digital School of Virtual and Open Learning

Maingi, L. (2020). Teaching Interactive Module: Measurement and Evaluation of Counseling Interventions. Digital School of Virtual and Open Learning

Maingi-Ngunjiri, L. (2017). Teaching Module: Child Psychology. A Module for E-learning. Nairobi. Kenyatta University Press.

Maingi-Ngunjiri, L. (2017). Teaching Module: Behaviour Modification. A Module for E-learning. Nairobi. Kenyatta University Press.

Maingi-Ngunjiri, L. (2017). Teaching Module: Introduction to Counselling Psychology. A Module for E-learning. Nairobi. Kenyatta University Press.

Books

Francis and Lydia. (2008). A hand-book for your Marriage: A marital guide for the youth, marriage counselors and parents. Kijabe Printing press. Nairobi

Theses

Maingi-Ngunjiri Lydia. (2016). Relationship between Selected Childhood Parental Factors and Victimization to Intimate Partner Violence among men in Nyeri County, Kenya. PhD Thesis.

Maingi, L. (2007). Certainty In Career Choice Among Kenyatta University Students: Implications For Career Counselling. M.A. Project report.

Conferences/Workshops/Seminar Papers

Maingi, L., Mathai, M., Warutere, P. and Farquhar, C. 2019. Prevalence and Risk Factors for Compassion Fatigue Among Pediatric Health Care Providers in Kenyatta National Hospital, Nairobi. Kenya. Paper Presented in AFREhealth 2019 Conference in Lagos, Nigeria.

Maingi, L. 2019. Relationship between Substance use and Victimization to Intimate Partner Violence among men in Nyeri County, Kenya. Paper presented at the 45th Annual Alcohol Epidemiology Symposium of the Kentil Bruun Society (KBS 2019). Utrecht, Netherlands.

Maingi L., Wasanga C., Kathungu B., Wamalwa D. 2018. Relationship between Exposure to Parental Intimate Partner Violence (IPV) and Adult Victimization to Intimate Partner Violence in among men in Nyeri County, Kenya. Paper presented Annual D43 Networking Conference AFREhealth, 2018 on 4TH August 2018 Durban, South Africa.

Maingi Lydiah W. (2012). The psychological effects of Gender based Violence against men. Paper presented at the Gender Conference on 1-3rd August 2012

Workshop Papers

April 2019: Effects of Child Victimization on Self Esteem. DWB Community Chapel Change Camp. "Empower a Kenyan Girl"

November, 2016. Health Effects of Negative Emotions in Women. Workshop held at Deliverance Church Donholm Women Conference 11-12th November.

<https://www.youtube.com/watch?v=DHN-fsRnTzo>

<https://www.youtube.com/watch?v=FPxZDKZ7LLo>

Seminar Papers

21st August 2020: Teen Pregnancies Stigma and Family Support Issues. Presentation done DWB webinar

July 2020 Deliverance Church Kasarani – Zimmerman Couples Aglow Live Online Seminar On Saturday
Topic: Creating Balance in Marriage/Family

<https://web.facebook.com/273964419433448/videos/638286520365478>

Television Talks

31st March 2020. Mental Health in Relation to COVID- 19. Kenyatta University TV.

<https://www.youtube.com/watch?v=MdEaWMZH9dE&feature=youtu.be>

13th April 2020. Loss and Grief associated with COVID-19. Kenyatta University TV.

<https://www.youtube.com/watch?v=9TDNRrMkoOQ&feature=youtu.be>

Research: Funded Projects

On-going Research

The Acceptability and Effectiveness of A Tele-Medicine Based Approach to Offering Psychosocial Support to Frontline Healthcare Workers during the Covid-19 Pandemic in Kenya. **PI:** Prof. Mathai, M. (University of Nairobi)

Role: Co-investigator

Funded by: Kenyatta National Hospital, Centre for Public Health and Development

Completed Research

2019-2020: Risk factors and Compassion Fatigue among pediatric healthcare providers in Kenyatta National Hospital.

Role: PI

Funded by: P-HERT fellowship. NIH Funded Junior Faculty research Training

2017-2019: Funded MEPI junior faculty Training. Fellowship in Epidemiology. Partnership for Health Research Training in Kenya (P-HERT) University of Nairobi 5D43TW010141-05

Role: Fellow

2014-2016: Relationship between Selected Childhood Parental Factors and Victimization to Intimate Partner Violence among men in Nyeri County, Kenya. Completed in 2016.

PhD thesis

Funded by: Kenyatta University

Conference/workshops/Seminars/Attended

SARIMA Virtual conference 2020 (4-6th August 2020)

Supervision of Postgraduate Students

PhD

Faith Mueni: C82/CTY/PT/33969/2015: Effectiveness of Brief Cognitive Behavioural Therapy in Managing Depressive Symptoms Among Adolescents in Schools Nairobi County

Inanga Ann Nkirote: C82/Cty/39022/2017: Effectiveness of Self- Esteem Enhancement In Mitigating Suicidal Ideation Among Secondary School Students In Nairobi County, Kenya

Stephen
Kinuthia Kiiru; C82/CTY/37471/2017 Cognitive Behavioural Therapy for Low Self Esteem Of Inmates In Nakuru Prison In Nakuru County, Kenya

MA

Grace W Wanjohi: C50/37936/2016 Caregivers' Perceptions of Compassion Ability among Pediatric Health Care Providers in Kenyatta National Hospital, Nairobi, Kenya-Completed

Dr. Isabell Mac'oduol: P151/31185/2015: Blood Pressure Parameters and The Development of Congestive Heart Failure among Hypertensive Patients at Kiambu County Hospital, Kenya. – Completed

Lokoroi S. Damaris; C50/Ce/34172/2017: Effectiveness Of Structured Group Therapy In Managing Hiv Related Stigma Among Adolescents Living With HIV In Kakuma Refugee Camp Turkana County. Kenya

Alice Atieno Otieno; C50/Cty/Pt/37477/2017: Correlates and Coping Strategies For Psychological Distress Associated With Caregiving Among Family Caregivers Of Cancer Patients In Nairobi County Kenya

Ann Wanjiru Kabaka; C50/Ce/26150/2014: Evaluation Of Gender-Sensitive Treatment Of Alcohol Addiction Among Women: A Case Of Rehabilitation Facilities In Kirinyaga County, Kenya

Professional/ Consultancy (Editor/ Peer review in journals, Networks/ Collaborations, External Examiner, Patents)

2017-2020 External Examiner: St. Pauls University. Pastoral and Practical Theology

2018-2019: Counselling/Staff Supervision St. Joseph Uzima Programme, Kangemi

Community Service

- 2019-current: Member Advisory Board Do it with Boldness (DWB).
- 2019-to date Chairperson Deliverance Church Kahawa Sukari Ladies Ministry.
- 2015-Current: Member Board of Management Weithaga Mixed Day secondary school
- 2019: Githumu High School parents – Parenting a teenage boy
- 2017 February: Githumu High School Peer Counselors Training
- 2016 August: Christian Teachers Training: Counseling sexually abused students

Professional Membership

- Kenya Professional Counselors and Psychologists Association (KCPA)
- African Forum for Research and Education in Health (AFREhealth)
- Association for Contextual Behavioral Science (ACBS)

Administrative Positions Held

- Current-Chair Post Graduate Committee Department of Psychology.