

LYDIAH WANJIRU MAINGI, PHD
CURRICULUM VITAE

1.1 PERSONAL PROFILE

Position: Lecturer
Department of Psychology Kenyatta
University
Email: Maingi.lydiah@ku.ac.ke
lydiahmaingi@gmail.com

Specialization: Counselling Psychology

Research Interests:

- Mental Health
- Psychosocial Support/Care for Cancer Survivors
- Compassion Fatigue in Health care providers
- Intimate partner Violence & Drug use

1.2 ACADEMIC AND PROFESSIONAL QUALIFICATIONS

1.2.1 ACADEMIC

2012-2016: PhD in Counselling Psychology, Kenyatta University
2005-2007: Master of Arts in Counselling Psychology, Kenyatta University
1993-1997: Bachelor of Education (Home Economics), Kenyatta University
1988-1991: Kenya Certificate of Secondary Education (KCSE - B-), Kibutha Girls High School

1.2.2 PROFESSIONAL

- 2017: Certificate in Professional Mediation, Mediation Training Institute International
- 2016: Certificate in Palliative Care for non-Health Care Providers, Kenyatta University
- 2012: Certificate in Counseling Supervision, 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.

1.3 FELLOWSHIPS

2024-2026: International Society for the Study of Behavioral Development (ISSBD) Developing Country Fellowship (DCF) ,2024
2017-2019: MEPI Junior Fellowship in Epidemiology (P-HERT). A partnership of University of Nairobi and University of Washington. 5D43TW010141-05

2.0 WORK EXPERIENCE

August 2024-to date : Chairperson Department of Psychology, Kenyatta University
Augusts 2016- to date: Lecturer (Teaching, Research and Community Outreach)

Duties Include:

- Teaching Undergraduate and graduate Students
- Supervising undergraduate and graduate students
- Attending Students' thesis/projects Defenses
- Examination of PhD and Masters theses

September 2011-July 2016: Tutorial Fellow at Kenyatta University

Duties Include:

- Teaching Undergraduate students
- Supervising undergraduate students' projects
- Undertaking my PhD Research

August 2010-September 2011: SGBV&HIV/AIDS Counselor MSF (Medicins Sans frontiers MSF-France)

September 2007-January 2010: High School Teacher- Thika High school for the visually Impaired

January 1998-August 2007: High School Teacher-Gitithia Mixed Day Secondary School

3.0 PUBLICATIONS

3.1 PAPERS/PUBLICATIONS IN REFEREED JOURNALS

1. Akaribo A., A., Githae E., N., & Ngunjiri J. (2026). The Levels of Pre-Retirement Anxiety Among Senior High School Teachers in The Upper East Region of Ghana. *Journal of Medicine, Nursing & Public Health*. Vol 9(1) pp. 51-61. <https://doi.org/10.53819/81018102t2551>
2. Akaribo,W,A. , Githae, E& Ngunjiri , L. (2026). Effectiveness of Cognitive Behaviour Therapy in Mitigating Pre-Retirement Anxiety among Senior High School Teachers in Upper East Region. *African Journal of Emerging Issues*, 8(6), 56. <https://ajoeijournal.org/sys/index.php/ajoei/article/view/1103>.
3. Otieno, Alice A.; Maingi, Lydiah.(2025) Prevalence and coping strategies for psychological distress associated with caregiving among family caregivers of patients with cancer. *Journal of Psychosocial Oncology Research and Practice* 7(4):e187, October-December 2025. | DOI: 10.1097/OR9.0000000000000187
4. Maingi, Lydiah W.a; Arch, Joanna J.b,c. Cancer stigma and acceptance: narratives of individuals with cancer and supportive cancer care providers in Kenya. *Journal of Psychosocial Oncology Research and Practice* 7(2):e172, April-June 2025. | DOI: 10.1097/OR9.0000000000000172
5. Damaris Sifora Lokoroi & Maingi, Lydiah (May, 2024). Effectiveness of Group Cognitive Behavioral Therapy in Reducing Self-Stigma among Adolescents Living with HIV (ALWHIV)) in The Kakuma Refugee Camp. *IOSR Journal of Humanities and Social Science (IOSR-JHSS)* Volume 29, Issue 5, Series 10 (May, 2024) 05-10 e-ISSN: 2279-0837, p-ISSN: 2279-0845. www.iosrjournals.org
6. Yaël Slaghmuylder, **Lydiah Maingi**, Peter Pype, Emelien Lauwerier (January, 2024). The use of written guides to empower breast cancer survivors in their management of chronic pain: A realist evaluation. *Patient Education and Counseling* Vol 120, 2024, 108129. ISSN 0378-3991 <https://doi.org/10.1016/j.pec.2023.108129>
7. **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.
8. 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>
9. 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>
10. **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
11. **Maingi-Ngunjiri Lydiah.** (2016). *Career Choice Certainty: Implications for Career Counseling*. Lambert Academic Publishing. ISBN 978-3-659-89177-9
12. **Maingi L. & Wasanga C.**(2012). Factors affecting Career Certainty among University students. *Kenyan Journal of Guidance, Counseling and Psychology*. Vol. 1 ISSN 2226-0552

3.3 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

3.4 TEACHING MODULES

1. Maingi, L. (2020). Teaching Interactive Module: Psychology of Health, Stress and Coping: Digital School of Virtual and Open Learning
2. Maingi, L. (2020). Teaching Interactive Module: Measurement and Evaluation of Counseling Interventions. Digital School of Virtual and Open Learning
3. Maingi-Ngunjiri, L. (2017). Teaching Module: Child Psychology. A Module for E-learning. Nairobi. Kenyatta University Press.
4. Maingi-Ngunjiri, L. (2017). Teaching Module: Behaviour Modification. A Module for E-learning. Nairobi. Kenyatta University Press.
5. Maingi-Ngunjiri, L. (2017). Teaching Module: Introduction to Counselling Psychology. A Module for E-learning. Nairobi. Kenyatta University Press.

3.5 RECENT CONFERENCES PAPERS

1. Maingi, Lydia (June 16-20th 2024). Risk and Protective Factors Associated with Resilience among Adolescents facing Maternal Cancer in Kenya. Developing Country Fellowship Poster Abstract presented in Biennial Conference for the International Society for the Study of Behavioural Development (ISSBD) in Lisbon, Portugal.
2. Maingi, L., Joanna, J. Arch (July 24th-29th 2023). Cancer Stigma and Acceptance: Narratives of Kenyan Cancer Patients and their Supportive Care Providers. Poster presented at the Association for Contextual Behavioral Science(ACBS) World Conference 2023 in Nicosia, Cyprus.
3. Wanjohi, G. (MA); Maingi, L. (PhD) (June 19-23 2022). Caregivers' Perceptions of Compassion Ability among Paediatric Healthcare Providers in Kenyatta National Hospital, Nairobi, Kenya. Poster presented at the Biennial Conference for the International Society for the Study of Behavioural Development (ISSBD) in Rhodes, Greece
4. Maingi, L., Mathai, M., Warutere, P. and Farquhar, C. (August,2019). Prevalence and Risk Factors for Compassion Fatigue Among Pediatric Health Care Providers in Kenyatta National Hospital, Nairobi. Kenya. Paper Presented in AFREhealth August 2019 Conference in Lagos, Nigeria.
5. Maingi, L. (June 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.
6. 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.

4.0 RESEARCH: FUNDED PROJECTS

September 2024-August 2026: Risk and Protective Factors Associated with Resilience among Adolescents facing Maternal Cancer in Kenya.

Developing Country Fellowship

Role: Principal Investigator

Funded By: International Society for the Study of Behavioral Development (ISSBD)

April 2024 -2026: Building capacity to publish in high-impact journals through mentorship and interdisciplinary training for Kenya-based early career researchers in Applied Linguistics and Psychology.

International Writing Workshops 2023 [IWW23\100379](#)

Role Co-Investigator (LMIC)

PI: Rodríguez Vicente, Natalia (PI) University of Essex

- Funded By: The British Academy

2022-2023: Gaps in Supportive Care for Cancer Patients in Kenya: Recommendations for Acceptance and Commitment Therapy Intervention

Role: Principal Investigator

Co-Investigator: Joanna Arch, PhD

- Funded by: Association for Contextual Behavioral Science (ACBS)

2020-2021: 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

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 via D43 NIH grant

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

5.0 AWARDS

- 2024 IPOS Pan-African Capacity-Building in Psycho-Oncology ECHO program: Disseminating Evidence-Based Practices in Psycho-Oncology in Africa to Improve Cancer Prevention and Cancer Care
- Developing Country Fellowship-International Society for Study of Behavioural Science (ISSBD) 2024
- Global Minds Fund – Short Research Stay 2022/2023 –Ghent University May-July 2023
- ACBS 2023 Developing Nations Scholar Award.

6.0 COLLABORATIONS

- Rodríguez Vicente, Natalia & Dr. Louise Rolland University of Essex, Prof. Bojana Petric (Birkbeck, University of London).
- Joanna, J. Arch: Department of Psychology and Neuroscience, University of Colorado Boulder, Colorado, USA; and University of Colorado Cancer Center, Division of Cancer Prevention and Control, Aurora, Colorado. USA.
- Emelien Lauwerier: Department of Experimental-Clinical and Health Psychology; Ghent University
- Yael Slagmuylder & Peter Pype: Department of Public Health and Primary Care, Ghent University

7.0 PROFESSIONAL/ CONSULTANCY /COMMUNITY OUTREACH

1. 2024-Consultant Psychologist AZADI Kenya
2. 2021-Current-Consultant Psychologist Awareness Against Human Trafficking (HAART Kenya)
3. 2025-Current Chair BOM Kianderi Girls Secondary school
4. 2020-2025 Member BOM Weithaga Mixed Day Secondary School
5. 2017-2020 External Examiner: St. Pauls University. Pastoral and Practical Theology
6. 2018-2019: Counselling/Staff Supervision St. Joseph Uzima Programme, Kangemi

8.0 ADMINISTRATION AND RESPONSIBILITIES

1. June 2025-Current: Senate Representative Kenyatta University Students Disciplinary Committee
2. August 2024: Chair Department of Psychology
3. 2020-August 2024: Chair Post Graduate Committee Department of Psychology.
4. 2011-2015: Undergraduate Academic Advisor Department of Psychology

9.0 PROFESSIONAL MEMBERSHIP

- June 2024-The International Consortium of Universities for Drug Demand Reduction (ICUDDR)
- 2024-International Psycho-oncology Society (IPOS)
- 2024-Current Member Counselors and Psychologists Board of Kenya
- Kenya Professional Counselors and Psychologists Association (KCPA)
- Association for Contextual Behavioral Science (ACBS)
- Internal Society for Study of Behavioral Development (ISSBD)