



Catherine O. Egbe

38 – 01-05-1975

Psychology

egbe@ukzn.ac.za, cathycards@yahoo.com



Nigeria

I studied Biology/Education and Guidance and Counselling both from the University of Benin, Benin-City Nigeria. I completed my PhD in health promotion psychology at the University of KwaZulu-Natal in 2013 and started my postdoctoral research in May 2013. My PhD research was aimed at finding out the risk influences at the intra and interpersonal levels as well as other socio-environmental factors that make the tobacco attractive to young people despite copious information on its ill effects. My current research area is in Mental health promotion and is part of the **PR**ogramme for **I**mproving **M**ental Health **CarE** – South Africa (PRIME-SA) project. I love teaching (I have about 13 years experience at secondary and tertiary institutions). I also love to research on areas especially relating to health and young people. I believe every challenge we meet is an opportunity to grow in life's school.

CURRENT RESEARCH		
Topic	Methodology	Application
Addressing psychiatric stigma and discrimination in South Africa: A case study of Kenneth Kaunda District in the North-West Province	<ul style="list-style-type: none">Mixed methods i.e. using qualitative and quantitative research methodologies in one studyIntervention study involving collecting baseline data; developing interventions to reduce stigma; testing the interventions on designated study sites and carrying out post intervention studies to ascertain the effectiveness of such interventions in reducing stigma.These interventions if effective would then be rolled out on a large scale.	To reduce psychiatric stigma at various levels including within; the family, community, among health care service providers and to inform policies at the national and provincial levels to help reduce stigma and increase help seeking behaviours for those with mental disorders (i.e. depression, alcohol use disorder and schizophrenia).

UKZN main Publications

- Egbe, C. O.** (2013). Descriptive Poems on Qualitative Research With Young Smokers in Southern Nigeria. *Qualitative Inquiry*, DOI: 10.1177/1077800413479560
- Egbe, C. O.**, Petersen, I. & Meyer-Weitz, A. (2013). Community participation in tobacco control in a Nigerian setting. *Journal of Psychology in Africa*, 23(2), 311-316

Past Research

- Socio-cultural risk influences for smoking among Southern Nigeria youth (PhD research)
- Information and decision making skills as means of fostering awareness on behavioural intentions of HIV/AIDS among Nigerian adolescents (Masters research)

Future Interests

- Academia
- Leading and/or participating in interdisciplinary research projects
- Consultancy
- Working with international organizations dealing with children, women and youth.

Extra Interests

Singing, Writing, Cooking, motivational speaking, travelling, meeting old and new friends