



Dr. Stephen Asatsa



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00502, NAIROBI, Kenya

SKILLS

- Research (Designing studies, data collection, data analysis, grant management)
- Staff training
- Internal communication
- Department development planning
- Grant Writing

EDUCATION

01/2018

Catholic University of Eastern Africa | Nairobi

Doctor of Philosophy:
Counseling Psychology

01/2014

Mount Kenya University | Thika

Master of Arts (MA):
Counseling Psychology

01/2011

Kenya Methodist University | Nairobi

Higher Diploma: Psychological
Counseling

01/2003

Kenyatta University | Nairobi
Bachelor of Education (BA)

SUMMARY

Senior Lecturer and Head of Department of Psychology at the Catholic University of Eastern Africa with extensive experience in academic strategy and research. Proven track record as a Lecturer of Psychology, excelling in teaching, research, and student mentorship. Experienced in grant writing and leading multidisciplinary research teams to achieve research excellence and drive innovative knowledge development. Proven track record in contribution to growth of the Psychology discipline with great interest in the development of African Psychology. Adept at managing resources and cultivating relationships with stakeholders to support institutional growth.

EXPERIENCE

01/2019 - Current

**Head of Department of Psychology
Catholic University of Eastern Africa**

- Set and advanced departmental academic strategy in alignment with University strategic plans.
- Maintained exceptional quality standards throughout all research activities.
- Oversaw income and expenditure to ensure financial sustainability.

01/2018 - Current

**Lecturer of Psychology
Catholic University of Eastern Africa**

- Performed teaching, research, and examination of theses/dissertations.
- Authored successful grant proposals.

01/2015 - 01/2018

**Graduate Assistant
Catholic University of Eastern Africa**

- Conducted teaching, research, and supervision of students.

01/2011 - 01/2015

**Consultant Psychologist
Eutychus Group of Schools**

- Delivered psychotherapy to adolescents, workplace counseling to staff and family therapy to parents.

01/2003 - 01/2011

Teacher

Eutychnus Academy, Riruta

- Curriculum implementation, mentorship of the students and guidance and counseling.

RESEACRH PROJECTS

Traditional Luhya Mourning Rituals: A Cultural Evolutionary Approach to Understanding Community Wellbeing, Cooperation, Cultural Transmission and Cultural Resilience in a Kenyan Indigenous Community (Funded by Templeton Foundation/ Cultural Evolution Society)- <https://ces-transformationfund.org/our-projects/traditional-luhya-mourning-rituals/>

The role of macro-, meso-, and micro-level factors in work addiction and related health problems (Funded by National Science Centre in Poland (project number 2020/39/D/HS6/00198)- <https://workaddiction.org/>

The Impact of Covid-19 Experiences on Emotional Regulation among Adolescents and the Mediating Role of Religiosity and Character Strengths in Six Countries(Funded by SRA/ Templeton Foundation) - <https://www.fjcolab.org/sra-covid-19-early-career-global-scholars-program>

Covid-19 Pandemic-Related Impacts and Severity of Substance Use Disorder Symptoms among Patients in Selected Rehabilitation Centers in Nairobi, Kenya. (Funded by NIDA/ICDDUR)

The Africa Long Life Study: A Longitudinal Exploration of the Psychological Development of Young Adults in Kenya (Funded by Swiss National Foundation and The University of Zurich)- Ongoing collaborative study (<https://www.uzh.ch/blog/africalonglifestudy/team/>)

Cultural Scripts of Trauma: Cultural Psychological Factors in Posttraumatic Symptom Development and Expressions (<https://de.global-psychotrauma.net/cultural-sensitive-assessment>)

ACCOMPLISHMENTS

Human Relations Area Files (HRAF) Global Scholar, 2023, <https://hraf.yale.edu/hraf-global-scholar-stephen-asatsa/>
ICDSS Covid Global Scholar (2022) (<http://www.fjcolab.org/sra-scholars-directory>)

AFFILIATIONS

- Kenya Counseling and Psychological Association (KCPA)
- International Society for the Study of Behavioral Development (ISSBD)
- Society for Research in Child Development (SRCD)
- Society for Research on Adolescence (SRA)
- Cultural Evolution Society (CES)
- International Consortium of Universities on Drug Demand Reduction (ICUDDR)

PEER REVIEW AND EDITORIAL ROLES

- Frontiers in Psychology, 01/01/20, Present
- Frontiers in Reproductive Health, 01/01/19, Present
- African Journal of Clinical Psychology, 01/01/21, Present
- Journal of Child and Family Studies (JCFS), 07/01/22, Present
- International Journal of Behavioral Development, 01/01/23, Present
- ISSBD e-Newsletter, 10/01/23, Present

PUBLICATIONS

Lew-Levy, S., & Asatsa, S. (Eds.). (forthcoming). *A field guide to cross-cultural research on childhood learning: Theoretical, methodological, practical, and ethical considerations for an interdisciplinary field*. Open Book Publishers. <https://doi.org/10.11647/OBP.0440>

Charzyńska, E., Buźniak, A., Czerwiński, S. K., Woropay-Hordziejewicz, N., Schneider, Z., Aavik, T., Adamowic, M., Adams, B. G., Al-Mahjoob, S. M., Almoshawah, S. A. S., Arrowsmith, J., Asatsa, S.,Atroszko, P. A. (2025). The International Work Addiction Scale (IWAS): A screening tool for clinical and organizational applications validated in 85 cultures from six continents. *Journal of Behavioral Addictions*, *Accepted Manuscript / Online First*. <https://doi.org/10.1556/2006.2025.00005>

Haehner, P., Naude, L., Hopwood, C. J., Shirima, C. M., Laher, S., Shino, E. N., Asatsa, S ... Thalmayer, A. G. (2025, February 24). Personality Trait Change in Three Sub-Saharan Countries: Normative Development and Life Events. https://doi.org/10.31234/osf.io/85dvn_v1

Asatsa, S., Lew-Levy, S., Mbugua, S. N., Ntaragwe, M., Shanyisa, W., Gichimu, E., Nambiri, J., & Omuchesi, J. (2025). Regulating community well-being through traditional mourning rituals: Insights from the Luhya people of Kenya. *Evolution, Medicine, and Public Health*, 13(1), 14-24. <https://doi.org/10.1093/emph/eoaf001>

Asatsa, S., Lew-Levy, S., Ringen, E. J., Kapitany, R., Gichimu, E. W., Makunda, J., & Ngaari, S. M. (In Review). Mourning Ritual Participation, Subjective Well-Being, and Prosocial Behaviour among the Kenyan Luhya. *Proceedings of the Royal Society B: Biological Sciences*,

Thalmayer, A. G., Mather, K. A., Saucier, G., Naudé, L., Florence, M., Adonis, T.-A., Shino, E. N., **Asatsa, S.**, Witzlack-Makarevich, A., Bächlin, L. Z. M., & Condon, D. M. (2024). The cross-cultural big two: A culturally decentered theoretical and measurement model for personality traits. *Journal of Personality and Social Psychology*. Advance online publication. <https://doi.org/10.1037/pspp0000528>

A., Yu, X., Qian, W., Wang, J., **Asatsa, S.**, & Bachem, R. (2024). Cultural psychological factors in posttraumatic symptom development and expression: a study protocol. *European Journal of Psychotraumatology*, 15(1), 2364998. <https://doi.org/10.1080/20008066.2024.2364998>

Thalmayer, A. G., **Asatsa, S.**, Shino, E. N., Naudé, L., Laher, S., Hassem, T., Florence, M., Adonis, T.-A., Uugwanga, S. N., Rotzinger, J. S., Hofmann, D., Makunda, J., Botha, C., Murangi, A., & Shirima, C. M. (2024). Lifespan research in Kenya, Namibia, and South Africa: Cohort profile of the Africa long life study. *Personality Science*, 5. <https://doi.org/10.1177/27000710241264492>

Asatsa, S. (2024). COVID-19 pandemic-related impacts and addiction severity among service users in selected substance use treatment facilities in Nairobi, Kenya. *Journal of Substance Use*, 1-8. <https://doi.org/10.1080/14659891.2024.2332788>

Asatsa, S., Agwu, U. K., Nkoma, C., Cordeiro, B. S., Machogu, L. R., Koffi, T. F., Nyangoya, D. (2024), Dreams and Grief Process in Selected Communities in Africa. *African Journal of Social Sciences and Humanities Research* 7(2), 252-264. DOI:10.52589/AJSSHR-FUTKAJ29

Ayako L.I., Kathuri H., Wasosa H., **Asatsa S.** (2023), Role of Traditional Circumcision in Formation of Masculine Gender Identity in Selected Communities in Africa. *African Journal of Social Sciences and Humanities Research* 6(6), 1- 13. DOI: 10.52589/AJSSHRJM6UNLA5

Wairimu, A, **Asatsa, S** & Njiru, L (2022). The Role of Conformity to Masculinity Norms on Alcohol Use among Male Teachers in Public Secondary Schools in Murang'a County, Kenya. *African Journal of Alcohol & Drug Abuse* : Volume 8

Kerebi, E. & **Asatsa, S.** (2022). The Role of African Traditional Marriage Rites on Marital Stability: A Case of The Abagusii People,

Kenya. *Journal of African Studies and Sustainable Development*, 5 (3) DOI: 10.13140/RG.2.2.23939.78889

Njoroge, W. M. **Asatsa, S.** & Njoroge, M.M (2022). "Traumatic Stress in Diagnosis and Treatment of Breast Cancer amongst Women in Nairobi County, Kenya." *African Journal of Clinical Psychology*. Vol. 4 Issue 3.

Bekit, T., **Asatsa, S.**, & Muriithi, J. (2022) "Impact of Pre-Migration Traumatic Events On Resilience Among Eritrean Refugees In Khartoum, Sudan" *International Journal of Social Science and Economic Research*, vol 7, no. 2, DOI: 10.46609/IJSSER.2022.v07i07.002.

Bekit, T., **Asatsa, S.**, & Muriithi, J. (2022) "Prevalence of Trauma Symptoms among Eritrean Refugees in Jiref, Khartoum, Sudan" *International Journal of Humanities Social Sciences and Education (IJHSSE)*, vol 9, no. 7, 2022, pp.73-78. DOI: <https://doi.org/10.20431/2349-0381.0907008>.

Asatsa, S., Kahuthia, N & Karanu, N.D (2021). It's Okay not to be Okay: Scripture Union Manual on Mental Health and Wellness. Scripture Union. Nairobi.

Anyango, J., **Asatsa, S** & Muthami, J. (2021). Relationship between Family Cohesion and Teenage Sexual Behaviour in Public Secondary Schools in Kajiado County, Kenya. *International Journal of Research and Innovation in Social Science (IJRISS)* volume-5-issue-9, pp.177-187

Asatsa, S. (2021) "Correlates of End of Life Planning Across Life Span in Nairobi County, Kenya." *African Journal of Clinical Psychology* 3 (3).

Asatsa, S. (2021) "Posttraumatic Growth as a Multidimensional Buffer to Severe Death Anxiety: A case of Survivors of the Garissa University Terrorist Attack", *Kenya African Journal of Clinical Psychology* 4 (1).

Usunobun, A. H, **Asatsa, S.**, Macharia, E (2021). "Influence of Posttraumatic Growth on Posttraumatic Stress Disorder among Refugees in Nairobi County, Kenya." *Journal of Research Innovation and Implication in Education* SSN 2520-7504 (Online) Vol.5, Iss.3, 2021 (pp. 1 - 12).

Sodi, T., Modipane, M., Oppong Asante, K., Quarshie, E. N.-B., **Asatsa, S.**, Mutambara, J., & Khombo, S. (2021). "Mental health policy and system preparedness to respond to COVID-19 and other health emergencies: a case study of four African countries." *South African Journal of Psychology*. <https://doi.org/10.1177/00812463211012177>

Asatsa S. (2020) “Death Attitudes as Possible Predictors of Death Preparedness across Lifespan among Nonclinical Populations in Nairobi County, Kenya,” *Indian J Palliat Care*; 26:287-94. 10.4103/IJPC.IJPC_127_19.

Ascharia, S. P & **Asatsa, S** (2020). “Integration to families of origin and the psychosocial adjustment of orphans in Bagamoyo, Tanzania,” *International Journal of Indian Psychology*, 8(1), 1030-1042. DIP:18.01.130/20200801, D01:10.25215/0801.130.

Nyagah, W. V, Mutisya, S, Ntabo, A. J, **Asatsa, S** (2019). “Demographic Differences in Online Social Networking Addiction among Undergraduate University Students in Nairobi County, Kenya,” *African Journal of Clinical Psychology*, 2(3).

Asatsa, S, Mutisya, S & Owuor, B (2018). "Counseling as a Predictor of Posttraumatic Growth among the Garissa University Terrorist Attack Survivors," *African Journal of Clinical Psychology*, 1 (3) 1-23.

Asatsa, S, Mutisya, S & Owuor, B (2018). “Relationship between Initial Trauma Processing Strategies and Posttraumatic Growth among Survivors of Garissa University Terrorist Attack, Kenya,” *International Journal of Indian Psychology*, 6(3), 1-14. DIP:18.01.041/20180603, D01:10.25215/0603.041.

Asatsa S., & Ekechukwu, O. R. (2018). “An Evaluation of the Crisis Counseling Offered to Garissa University Terrorist Attack Survivors, Kenya,” *International Journal of Humanities Social Sciences and Education (IJHSSE)*, 5 (8) pp. 119 -128. Doi: http://dx.doi.org/10.20431/2349_0381.0_5_08014

Asatsa, S. (2017). “Grief Trauma Processing through Traditional Mourning Rituals: A comparison of Luhya and Luo Mourning Rituals,” In E. N. Okpalaenwe (Ed.), *Trauma Healing Handbook for Africa*, (pp 137-150). Nairobi. CUEA Press.

CONFERENCE PRESENTATION

- Cultural Evolution Society Capstone Conference, Durham University, UK Sep 9-12, 2024
- 21st European Conference on Personality, at the Humboldt-Universität in Berlin, Germany August 6-9, 2024.
- ICUDDR Conference: The Art of Healing: A New Era in Substance Use Prevention, Harm Reduction, Treatment, and Recover Support 24 - 28 June 2024, Thessaloniki, Greece
- 27th Biennial Meeting of the International Society for the Study of Behavioral Development (ISSBD) June 16 – 20, 2024 in Lisbon, Portugal.
- The role of culture in post-traumatic sufferings, Collegium Helveticum, Zurich Switzerland April 23-24, 2024.

- The role of dignity, face, and honor cultural logics in intrapersonal, interpersonal, and intergroup processes, Pescara, Italy 17-19 April, 2024
- ISAM Congress in Marakesh, Morocco Nov 2-4, 2023
- Thailand Addiction Scientific Conference, Chiang Mai University, Thailand, August 9-11, 2023
- College on Problems of Drug Dependence (CPDD) conference, Denver, Colorado, United States, June 17-21, 2023
- International Society for the Study of Behavioral Development, Rhodes, Greece June 19-23, 2022
- International Society for Substance Use Professionals Conference, Abu Dhabi, May 12- 16, 2022.
- Society for Research on Adolescence Biennial Meeting, New Orleans, USA, March 3-5, 2022.
- Society for Research in Child Development Social Learning Workshop, Amsterdam, Netherlands September 2019.
- The 25th Biennial International Society for the Study of Behavioral Development Conference, Gold Coast, Australia July 2018
- 1st Pan African Psychology Union Congress, Durban, South Africa, September 2017.
- South East Asia International Society for the Study of Behavioral Development Regional Workshop, Prince of Songkla University, Hat Yai, Thailand February 2017
- The 24th Biennial International Society for the Study of Behavioral Development Conference, Radisson Blue Hotel, Vilnius, Lithuania, July 2016.
- The 8th Annual Pan-African PCAF Psychotrauma Conference Held at the Catholic University of Eastern Africa Learning Resource Center Nairobi, Kenya. Nairobi, Kenya
- July 2015
- Eastern Africa Regional Conference of Psychology, Silver Spring Hotel, Kampala, Uganda November 2013.

GRANTS AWARDED

- Jan 2025: European Association of Personality Psychology Focus Meeting Grant (Euro 10 000)

- April 2024: ICUDDR Travel Grant (ICUDDR Conference in Greece, June 22-28, 2024)
- March 2024: ISSBD Travel Grant (Portugal Biennial Meeting, June 17-21, 2024)
- March 2023: ICUDDR Travel Grant (ISAM Congress in Marakesh, Morocco Nov 2- 4, 2023)
- April 2023: Cultural Evolution Society ACE grant for scholar mobility(USD 6000)
- March 2023: ICUDDR Travel Grant (NIDA/ CPDD Conference in Denver Colorado June 17-21)
- Feb 2023: ICUDDR Travel Grant (ICUDDR Conference in Chiang Mai Thailand August 9-11, 2023.
- August 2022: Cultural Evolution Society Cultural Transformation Grant (GBP 89 200)
- June 2022: John Templeton Travel Grant (Templeton Annual Meeting, Bahamas)
- May 2022: SRA Covid-19 Network Early Career Scholars Fellowship (\$ 8500)
- May 2022: ICUDDR Travel Grant (ISSUP Conference Abu Dhabi)
- Feb 2022: National Institute of Drug Abuse (NIDA) Small Grant (\$ 5000)
- April 2022: ISSBD Travel Grant (Greece Biennial Meeting)
- Oct 2021: The Global Academy of Liberal Arts network Early Career Programme
- Sep 2019: SRCD- Jacob Foundation Series on Social Learning
- Feb 2017: ISSBD Travel Fund (South East Asia regional workshop, Hat Yai Thailand)
- Feb 2016: ISSBD Developing Country Fellowship (2016-2018)

POSTGRADUATE SUPERVISION

- Teklemariam Bekit (PhD) Migration Traumatic Experiences and Their Influence on
- Resiliency among Eritrean Refugees in Jiref Khartoum, Sudan. **Completed**

- Egunjobi Joyzy (PhD) Personal Therapy as a Mandatory Requirement for Counseling Students and Its Outcomes in Selected Universities in Nairobi County, Kenya. **Completed**
- Maria Ntaragwe (PhD). Emotional Intelligence and Career Adaptability of Academic Staff in Selected Universities in Nairobi County, Kenya (**Completed**)
- Magdalene Mwele (PhD) Assessment of Psychosocial Correlates of Deviance among Teachers in Public Secondary Schools in Nairobi County, Kenya (**Completed**)
- *Masters Students*
- Mary Kamara (MA); Drug Abuse and Its Influence on Psychological Well-being of Students in Public Secondary Schools in Molo Sub- county, Nakuru Kenya; The Catholic University of Eastern Africa, **Completed**
- Suzanna Kipapy (MA); Influence of internet on university students' moral development: in Iringa region- Tanzania;The Catholic University of Eastern Africa, **Completed**
- Imelde Ndayisaba (MA); Post- Immigration Living Conditions and Psychosocial Adjustment Among Refugees in Kawangware Area in Dagoretti Subcounty, Nairobi Kenya; The Catholic University of Eastern Africa,
- **Completed**
- Saviour Apiku (MA); Nuclear Family Functioning and Adolescent Decision Making Style in Arua District, Uganda: The Catholic University of Eastern Africa, **Completed**
- Obed Karobia (MA); Post-Election Violence and Psychotrauma Outcomes among Children inDagoretti Subcounty; The Catholic University of Eastern Africa, **Completed**
- Francisca Kameli (MA); Widowhood experiences among women and their psychological wellbeing in Kibwezi east sub county, Makueni County Kenya; The Catholic University of Eastern Africa, 2017-2020 **Completed.**
- Rainer Kwara (MA); Selected social networking sites use and adolescents self-concept in mixed day secondary schools in Kajiado; The Catholic University of Eastern Africa, **Completed**
- Henry Kathuri (MA); Psychological wellbeing of differently abled children in Embu west sub-county: a comparative study of family and institutional care; The Catholic University of Eastern Africa, **Completed**
- Lucia Mutuku (MA) Emotional Intelligence and Adjustment to Community Living among Consecrated Women Religious in ChemiChemi ya Uzima Institute Karen, Kenya (**Completed**)

INVITED TALKS

- **Asatsa, S.** (February 13, 2025) *Towards Afrocentric Psychology – Insights from Luhya Mourning Rituals*. Invited talk, Population Wellness Lab, Department of Social and Behavioral Sciences, Harvard T.H. Chan School of Public Health, Boston, MA, USA
- **Asatsa, S.** (September 24, 2024) *Towards Decolonization of Psychology in Africa – Insights from Luhya Mourning Rituals*. Invited talk, Department of Psychology, Queens University of Belfast, Northern Ireland, UK.
- **Asatsa, S** (May 10, 2023): *Colloquium on Trauma and Death*, University of Zurich, Switzerland.
- **Asatsa, S** (June 21-27, 2023): *Crossing Borders International staff week*, Antwerp University of Applied Sciences, Belgium

COMMUNITY SERVICE

- Elected to Governing Council, Society for Research in Child Development (SRCD), 01/01/23 - 12/31/29
- Mental Health Lead Expert, Scripture Union of Kenya, 01/01/21, Present
- Member, Student and Early Career Council of Society for Research in Child Development (SRCD), 01/01/17- 12/31/21
- Member, National Governing Council for Scripture Union of Kenya, 04/01/19 -Present
- Member, Nairobi Regional Committee for Kenya Science and Engineering Fair (KSEF), 01/01/15- Present
- Trauma and Crisis Intervention, Garissa University Terrorist Attack Survivors, Eldoret, Uasin Gishu, Kenya, 01/01/15- 12/31/17

REFERENCES

Prof. Samuel Nyanchoga

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