

Acknowledgement

If I have seen farther than other people (sic), it is because I stood on the shoulders of giants.

- Sir Isaac Newton

Our good God blessed me with many guardian angels who helped me to achieve good results. They include:

Hon. John Onwuegbuche Njoku, my father, inspired the love of education in me. He taught me to work hard with integrity and do my ultimate best to bloom wherever I am planted. My father taught me poems, psalms, proverbs and songs like “He that is down needs fear no fall. He that is low no pride. He that is humble ever shall have God to be his guide. I am content with what I have. Little be it or much. And Lord’s contentment still I crave. Because thou gavest such.” This song has stayed with me through the years and inspired me to live for the greater glory and honour of God. My father’s library exposed me to many literary works that allowed me to have multiple stories of life from Africa, America, Europe and Asia. His dedication to the acquisition of knowledge is a great inspiration to me.

Mrs. Grace Onyebuchi Njoku, my mother, continues to be a great source of strength and courage to me. Like my father, she did everything she could to help me to get a good education. My mother prayed for me, bought my books and sometimes paid my fees. My mother taught me the Catechism of the Catholic Church such that I learned all the articles from the first to the last. This achievement enabled me to discover that I can learn anything that I commit my mind and time to learn.

Mr. Mathew Njoku, my uncle, taught me how to spell words with precision. He found ways to challenge me to develop my fund of words. When I was in elementary two, my uncle would call me up to spell words for his elementary four pupils. This exercise meant that I had to engage in spelling drills to excel in my task of spelling words. In retrospect though, it prepared me for taking on tasks that people consider onerous and beyond my capacity. My uncle’s early coaching contributed to my capacity to complete my elementary education in five years, my secondary education in five years, my undergraduate studies in two and a half years and my MA/PhD in record time.

Professor Kathryn Grant, Professor of Clinical Psychology, in her capacity as my undergraduate professional adviser, prepared me for graduate studies in Clinical Psychology. When I completed my senior advance project, examining depression among Nigerian nuns living and working in the United States, she showed great excitement over my project and encouraged me to develop and publish it. Prof. Grant’s enthusiasm spurred me to a love of research and the courage to volunteer my time to learn as much research methods as I could. She was part of my story of achieving two awards for academic excellence, leadership and service during my undergraduate studies at

DePaul University Chicago. Prof. Grant's dedication to academic work has continued to be a source of inspiration to me in my own academic endeavour.

Professor George Michel, Professor of Experimental Psychology, was ever supportive to me during the period I was completing my Master of Science in general psychology. Professor Michel was the Director of the Master of Science programme. Aware of my desire to become a clinical psychologist, he encouraged me to transfer to the Master of Arts in Clinical Psychology upon completion of my course work in general psychology. Professor Michel's disposition to learning and achieving fulfillment in life inspired me to work hard to gain admission into the Master of Arts/Doctor of Philosophy in Clinical Psychology.

Professor Leonard A. Jason, a professor of Clinical and Community Psychology, trained me to do methodologically and ethically sound research. He supervised both my Masters thesis and my PhD dissertation. From my first day in graduate school, Professor Jason treated me like a leader from whom much was expected. He gave me room to grow and mentor others to similar heights. Professor Jason encouraged me to do my first community-based prevalence study of Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS). I received my first job offer as Research Associate on his recommendation without submitting any application or attending an interview. Professor Jason believed in me and my capacity to do scholarly and influential work. He has continued to encourage me to push the boundaries of knowledge and stay engaged with research.

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