

Dr. Nadnapang Phophichit



1. Personal Information and Current Position

Name: Dr. Nadnapang Phophichit
Occupation: Full-time Lecturer
Current Position: Director, Certificate in Mindfulness Master Program
(International Program)
Affiliation: International Buddhist Studies College (IBSC),
Mahachulalongkornrajavidyalaya University (MCU)
Office Address: International Buddhist Studies College (IBSC)
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2. Educational Background

Year Graduated	Degree Level	Degree (Major)	Institution	
			University	Country
2019	Doctoral Degree	Ph.D. (Buddhist Studies), International Program	Mahachulalongkornrajavidyalaya University	Thailand
2016	Master's Degree	M.A. (Buddhist Psychology)	Mahachulalongkornrajavidyalaya University	Thailand
2023	Bachelor's Degree	B.Sc. (Clinical and Community Psychology)	Ramkhamhaeng University	Thailand
2012	Bachelor's Degree	B.A. (Tourism Industry), First Class Honors, International Program	Suan Sunandha Rajabhat University	Thailand

3. Working Experience

September 2024 – Present:

Director, Certificate in Mindfulness Master Program (International Program)
International Buddhist Studies College (IBSC),
Mahachulalongkornrajavidyalaya University

November 2021 – 2024:

Director of Graduate Studies Program
Master of Arts in Peace Studies (International Program)
International Buddhist Studies College (IBSC),
Mahachulalongkornrajavidyalaya University

August 2021 – Present:

Full-time Lecturer
International Buddhist Studies College (IBSC),
Mahachulalongkornrajavidyalaya University

May 2021 – Present:

Guest Lecturer
School of Liberal Arts, Mae Fah Luang University

July 2020 – Present:

English News Reporter
MCU TV, Mahachulalongkornrajavidyalaya University

July 2016 – Present:

Guest Lecturer
Faculty of Buddhism, Mahachulalongkornrajavidyalaya University

April 2014 – January 2015:

Personal Tutor
Wall Street English Institute

March 2013 – Present:

Licensed Tourist Guide (Domestic) and Tour Leader (International)

October 2012 – March 2014:

English Grammar Teacher (Grades 7–10)
Sarasas Witaed Thonburi School, Bangkok, Thailand

4. Training Experience

Dec 2022 – Mar 2023:

Practicum Work in Clinical and Community Psychology
The Mental Health and Substance Abuse Division, Police General Hospital

5. Awards and Honors

New Generation Researcher Award,

Mahachulalongkornrajavidyalaya University (2025)
Awarded for outstanding research achievements at the 138th Anniversary
Celebration of MCU

Certificate of Recognition for Outstanding Research and Academic Achievement,

International Buddhist Studies College, MCU (2025)
Awarded for outstanding research achievements and Scopus-indexed
publications in Buddhist Studies and Mindfulness.

6. Academic Publications and Scholarly Works

No.	Publication	Indexing Database	Link
1.	Phophichit, Nadnapang, and Máté Metzger. 2026. “Quality Estimation of AI-Driven Translations of Ancient Buddhist Scriptures: A Multi-Model Automated Translation and Evaluation Framework.” <i>Digital Scholarship in the Humanities</i> . Oxford: Oxford University Press.	SCOPUS Q1	Accepted, under publication
2.	Metzger, Máté, Nadnapang Phophichit, and Phuen Kittisobhano. 2026. “Implicit Gatekeeping in AI Translation: Lexical Sanitization of Explicit Content in the Pāli Vinaya Piṭaka.” <i>Umanistica Digitale</i> .	SCOPUS Q1	Forthcoming
3.	Phan, Thi Tho, Hansa Dhammhaso, and Nadnapang Phophichit. 2026. “Effects of Right Mindfulness (<i>sammā-sati</i>) on Ameliorating Burnout and Promoting Well-Being for Vietnamese Employees in Japan.” <i>Spirituality Studies</i> (Spring): 3–25.	SCOPUS Q2	Accepted, under publication
4.	Phophichit, Nadnapang, Hansa Dhammhaso, Sakchai Sakabucha, Melinda Irtl Földiné, Zoltán Cser, Gábor Karsai, Attila Bán-Horváth, István Karsai, and Gusztáv József Tornóczky. 2026. “Effects of Four Foundations of Mindfulness-Based Intervention (FFMBI) on the Mental Well-Being of Hungarian Practitioners: A Case Study of Hungarian Students at Dharma Gate Buddhist College, Budapest, Hungary.” <i>Religion and Society in Central and Eastern Europe</i> .	SCOPUS Q2	Forthcoming
5.	Phophichit, Nadnapang, Hansa Dhammhaso, and Phuen Kittisobhano. 2026. “Effects of a 15- and 30-Day Four Foundations of Mindfulness-Based Intervention (FFMBI) on Mindfulness and Psychological Distress Levels of International University Students in an Asian Context.” <i>International Journal of Health, Wellness, and Society</i> .	SCOPUS Q3	Forthcoming
6.	Phophichit, Nadnapang, and Phan Thi Tho. 2026. “SabaiJai Pro: Advanced Buddhist Innovative AI Chatbot Based on Buddhist Psychology for Enhancing Stress Resilience in Undergraduate Students.” <i>Journal of Buddhist Psychology</i> .	TCI 2	Accepted, under publication

7.	Phophichit, Nadnapang , Phramaha Phuen Kittisobhano, W. Abhinandavedi, Phra Dhirabhaddo, and Nattapong Penprachoom. 2025. "SabaiJai: A Buddhist AI Chatbot Innovation for Stress Resilience in Thailand's Working-Aged Population." <i>Thammasat Review</i> 28, no. 1: 70–100.	SCOPUS Q1	https://sc01.tci-thaijo.org/index.php/tureview/article/view/241008
8.	Phophichit, Nadnapang , Phramaha Phuen Kittisobhano, Phra Anando, Phra Pariyattidhari, Wimon Jeungprasopsuk, Thanyarat Khaokhiew, and Sakchai Sakabucha. 2025. "Effects of the Four Foundations of Mindfulness-Based Intervention (FFMBI) on Salivary Cortisol Levels, Body Composition, Blood Pressure and Pulse Rate, and Brain Waves of Practitioners." <i>Spirituality Studies</i> 11, no. 1: 19–39.	SCOPUS Q2	https://www.spirituality-studies.org/dp-volume11-issue1-spring2025/19/
9.	Phophichit, Nadnapang . 2025. "Enhancing Emotional Resilience Through Vipassanā Meditation Practice." <i>Journal of Buddhist Psychology</i> 10 (6): 1010–1022.	TCI 2	https://so03.tci-thaijo.org/index.php/jbp/article/view/281136/192418
10.	Dhammahaso, Hansa, and Nadnapang Phophichit . 2025. "Mindfulness-Based Learning (MBL) Process: A Case Study of PhD Students in the Innovative Mindfulness and Peace Studies Program at Mahachulalongkornrajavidyalaya University." In <i>Publications of the 20th United Nations Day of Vesak (UNDV) Celebrations and International Buddhist Conference</i> , Ho Chi Minh City, Vietnam, May 5–7, 2025, 957–967. Ho Chi Minh City: Hong Duc Publishing House.	International Journal	https://drive.google.com/drive/folders/1oHnWB1kcCOCc-DjQdSekUmIN52kgnO-J?usp=sharing
11.	Phra Maha Nanthawit Kaewbutdee, Porntip Kettrakul, and Nadnapang Phophichit . 2025. "New Generation Back to Hometown: Creating a Network of Local Innovators for Local Hometown Community Development." <i>Journal for Community Development and Life Quality</i> 13, no. 2 (May–August): 229–242.	TCI 2	https://so02.tci-thaijo.org/index.php/JCDLQ/article/view/273263
12.	Phramaha Somphong Khunakaro, Neminda, Nguyen Anh Tuan, Frank Hoffman, Nadnapang Phophichit , and Sakchai Sakabucha. 2024. "Establishing a Model of the Harmony of Religious Diversity in the 21st Century." <i>Library Progress International</i> 44, no. 3: 6681–6689.	SCOPUS Q4	https://bpasjournals.com/library-science/index.php/journal/article/view/1684/1069

13.	Irawan, D., Nadnapang Phophichit , and P. W. Abhinandavedi. 2024. "The Process of Promoting Peace through Buddhist Peaceful Means for Undergraduate Students of Jinarakkhita Buddhist College, Indonesia." <i>The Journal of International Buddhist Studies College</i> 10, nos. 1–2: 196–211.	TCI 2	https://so03.tci-thaijo.org/index.php/jbsc/article/view/279919
14.	Vuttinunt, Pasu, and Nadnapang Phophichit . 2021. "Counseling Approach Based on Behavioral Theory." <i>Journal of Buddhist Psychology</i> 6, no. 1 (May): 9–18.	TCI 1	https://so03.tci-thaijo.org/index.php/jbp/article/view/250016
15.	Boonpen, K., P. Kowitwarangkul, P. Ninpetch, Nadnapang Phophichit , P. Chuchuyay, T. Threrujirapapong, and S. Otarawanna. 2021. "Numerical Study of the Influence of Casting Speed on Fluid Flow Characteristics in a Four-Strand Tundish." In <i>Proceedings of the 5th International Conference on Smart Materials and Nanotechnology</i> , Pattaya, Thailand, December 1–4, 2020. <i>Materials Today: Proceedings</i> : 1–7. https://doi.org/10.1016/j.matpr.2021.03.465	SCOPUS Q2	https://www.sciencedirect.com/science/article/pii/S2214785321025207
16.	Lakkum, S., P. Ninpetch, Nadnapang Phophichit , P. Kowitwarangkul, A. Tawai, and S. Otarawanna. 2020. "Numerical and Physical Investigation of the Mixing Process in a Gas-Stirred Ladle System." <i>Applied Science and Engineering Progress</i> : 1–13. https://doi.org/10.14416/j.asep.2020.07.001	SCOPUS Q2	https://ph02.tci-thaijo.org/index.php/ijast/article/view/244830
17.	Phophichit, Nadnapang . 2019. "The Effects of Buddhist Psychological Factors on the Resilience of Adolescents in Bangkok." <i>Journal of the International Association of Buddhist Universities</i> 12, no. 1 (January–June): 353–368.	International Journal	https://so06.tci-thaijo.org/index.php/Jiabu/article/download/217159/150695/696057
18.	Phophichit, Nadnapang . 2017. "Buddhist Psychological Factors Related to the Resilience of Adolescents in Bangkok." <i>Journal of MCU Peace Studies</i> 5, no. 1 (January–April): 253–263.	TCI 1	https://so03.tci-thaijo.org/index.php/journal-peace/article/view/79275/63377

19.	Phophichit, Nadnapang. 2019. "Buddhism and Human Development: Buddhist-Influenced Factors Enabling Resilience in Adolescents." <i>Journal of the International Association of Buddhist Universities</i> 11, no. 3 (January–June): 154–164.	International Journal	https://so06.tci-thaijo.org/index.php/Jiabu/article/view/219104/151683
20.	Phramaha Phuen Kittisobhano, Sakchai Sakabucha, Phrakrusanggharak Ekkapat Abhichando, and Nadnapang Phophichit. 2022. "The Causal Model of Family Strength in Thai Society." <i>Journal of MCU Peace Studies</i> 10, no. 1 (January–February): 351–364.	TCI 1	https://so03.tci-thaijo.org/index.php/journal-peace/article/view/247034
21.	Phramaha Hansa Dhammahāso, Phrakrupalad Adisak Vajirapañño, Sakchai Sakabucha, and Nadnapang Phophichit. 2022. "A Model of the 'Khok Nong Na' Buddhist Agriculture Development Based on the Peace Studies Model for Sustainable Development: A Case Study of Sisaket Province." <i>Journal of MCU Peace Studies</i> 10, no. 1 (January–February): 48–64.	TCI 1	https://so03.tci-thaijo.org/index.php/journal-peace/article/view/257828/172535
22.	Phramaha Hansa Dhammahaso, Phrakrupalad Adisak Pimnon, Sakchai Sakabucha, and Nadnapang Phophichit. 2022. "The Concept of the 'Khok Nong Na Model' for Sustainable Development." <i>Journal of Arts Management</i> 6, no. 1 (January–March): 418–434.	TCI 1	https://so02.tci-thaijo.org/index.php/jam/article/view/254107
23.	Phramaha Yohtin Yodhiko, Thaksina Krairach, Ruedee Saengdeunchay, and Nadnapang Phophichit. 2020. "Creating Buddhist Ecological Balance and Maintaining Natural Capital of Community Forest Networks in the Northeast of Thailand." <i>Journal of Social Sciences and Buddhist Anthropology</i> 5, no. 12 (December): 30–43.	TCI 1	https://so04.tci-thaijo.org/index.php/J_SBA/article/download/247159/168304/868783
24.	Phra Nattakrit Udomphon, Kannikar Khawngern, Soontaraporn Techapalokul, Nadnapang Phophichit, and Chompoonuch Changcharoen. 2019. "Motivation of Volunteers toward Group Monk Ordination for Dedicating Merit during the Royal Cremation Ceremony of the Late King." <i>Journal of Saengkhomkham Buddhist Studies</i> 4, no. 1 (January–June): 30–41.	TCI 1	https://so02.tci-thaijo.org/index.php/jsbs/article/view/243198/164974

7. Research Projects

No.	Research Project Title	Role	Funding Source	Year Funded
1.	Buddhist Innovative Mindfulness-Based Intervention for Enhancing Mental Well-Being among the Thai Diaspora in Budapest, Hungary	Principal Investigator (A Collaborative Research Project between Dharma Gate Buddhist College, Budapest, Hungary, and Mahachulalongkornrajavidyalaya University (MCU), Thailand)	Thailand Science, Research and Innovation (TSRI)	2027
2.	Effects of the Four Foundations of Mindfulness-Based Intervention (FFMBI) on Moral Conduct (<i>Sīla</i>) Concentration (<i>Samādhi</i>) and Wisdom (<i>Paññā</i>) among European Practitioners	Co-Researcher (A Collaborative Research Project between Dharma Gate Buddhist College, Budapest, Hungary, and Mahachulalongkornrajavidyalaya University (MCU), Thailand)	Graduate School, MCU	2026
3.	SabaiJai Pro: Advanced Buddhist Innovative AI Chatbot based on Buddhist Psychology for Enhancing Stress Resilience in Undergraduate Students	Principal Investigator	IBSC	2025
4.	Quality Estimation of AI-Driven Translations of Ancient Buddhist Scriptures: A Multi-Model Automated Translation and Evaluation Framework	Principal Investigator	MCU	2025
5.	Effects of Four Foundations of Mindfulness-Based Intervention (FFMBI) on the Mindfulness Levels of International Practitioners	Principal Investigator (A Collaborative Research Project between Dharma Gate Buddhist College, Budapest, Hungary, and Mahachulalongkornrajavidyalaya University (MCU), Thailand)	IBSC	2025
6.	Effects of Four Foundations of Mindfulness-Based Intervention (FFMBI) on the Mental Well-being of Hungarian Practitioners: A Case Study of Hungarian Students at Dharma Gate Buddhist College, Budapest, Hungary	Co-Researcher	IBSC	2025
7.	Effects of Four Foundations of Mindfulness-Based Intervention (FFMBI) on salivary cortisol levels, body composition, blood pressure and pulse rate, and brain waves of practitioners	Principal Investigator	IBSC	2024

8.	Chatbot Innovation for Enhancing Stress Resilience based on Buddhist Psychology in Working-Aged People	Principal Investigator	Thailand Science, Research and Innovation (TSRI)	2024
9.	Model of Vipassana Meditation Practice for Psychological Well-being Empowerment in Elderly Women	Co-Researcher	IBSC	2024
10.	New Generation Back to Hometown: Creating a Network of Local Innovators for Local Hometown Community Development	Co-Researcher	Thailand Science, Research and Innovation (TSRI)	2024
11.	The Model of Mindfulness Practice on Well-Being of Students in International Buddhist Studies College, Mahachulalongkornrajavidyalaya University	Co-Researcher	IBSC	2024
12.	Establishing a Model of the Harmony of Religious Diversity in 21 st Century	Co-Researcher	IBSC	2023
13.	A Model of the 'Khok Nong Na' Buddhist Agriculture Development Based on the Peace Studies Model for Sustainable Development: A Case Study of Sisaket Province	Co-Researcher	MCU	2021
14.	The Causal Model of Family Strength in Thai Society	Co-Researcher	MCU	2020
15.	Creating Buddhist Ecological Balance and Maintaining Natural Capital of Community Forest Networks in the Northeast of Thailand	Co-Researcher	MCU	2019

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H-index <https://scholar.google.com/citations?user=IFOfBLwAAAAJ&hl=en>

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