

Prof. Dr. RAFIA RAFIQUE



Contact Details

Director, Institute of Applied
Psychology, University of the Punjab,
Quaid-e-Azam Campus, Lahore.

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Research Interests

- Health Psychology
- Prevention and Health.
- Positive Psychology.
- Developmental Psychopathology.
- Criminal Psychology.
- Ethical Issues in Psychology.
- Peace Psychology.

Courses Taught

- (MSc & Bachelors):** Counseling Psychology, Social Psychology, Behavioral Neuroscience, Research Methods, Gender Studies, and Health Psychology.
- Ms Health:** Perspectives and Models in Health Psychology, Ethical issues,
- Mphil:** Psychological testing and Assessment
- Ph.D:** Ethical Issues in Psychology, Research & Article

EDUCATIONAL QUALIFICATION

- (2014)** Post- Doctoral fellowship, Division of Psychiatry and Applied Psychology School of Medicine, University of Nottingham, United Kingdom.
- (2012)** PhD in Applied Psychology, University of the Punjab, Lahore, Pakistan.
- (2007)** M. Phil leading to PhD course work and comprehensive exam.
- (1993)** Advance Diploma in Clinical Psychology University of the Punjab. (part 1 & 2)
- (1991)** Masters of Science (Applied Psychology) University of the Punjab.
- (1988)** Bachelor of Arts Government Kinnaird College, Lahore

SPECIAL ACHIEVEMENTS

- HEC Approved Phd Supervisor (2015).
- Awarded 6th HEC outstanding research award 2015/2016
- Profile published in Kinnaird College book of High Achievers "Light, Courage and Love". The book that has two volumes pays tribute to all high achievers of *Kinnaird College* from 2013.
- 1st Position in M.Phil. leading to PhD course work
- Qualified comprehensive exam of M.Phil leading to PhD, by obtaining 81% marks.
- 1st Position in Advance Diploma in Clinical Psychology in 1st Semester.
- 2nd Position in Advance Diploma in Clinical Psychology in 2nd Semester.
- 1st Position in MSc in the Department of Applied Psychology of University of the Punjab, Lahore.
- Silver Medal and National Talent Scholarship in Intermediate Examination.

PROFESSIONAL EXPERIENCE

- + **Lecturer** (February 2002 to May 2013) Institute of Applied Psychology, University of the Punjab, Lahore.
- + **Assistant Professor** (May 2013 to November 2013) Institute of Applied Psychology, University of the Punjab, Lahore.
- + **Associate Professor** (November 2013 to January 2021) Institute of Applied Psychology, University of the Punjab, Lahore.
- + **Counselor and Program Coordinator** at SCAS, Student Counseling and Assessment Services, Department of Psychology and Applied Psychology University of the Punjab, Lahore (2003-2005)
- + **Member Review Committee MDM Technical tools Psychological Discipline (Manuals & Modules)** at Medecins Du Monde, MDM France Mission, Lahore (February 2008-till date).
- + **Visiting Faculty** at Beacon House University, Lahore (September 1st, 2007 – December 20th, 2007)
- + **Visiting Faculty** at PAK-AIMS, Lahore (8th September, 2008 – till date).
- + **Volunteer-Psychologist & Counselor** at Dimensions, Institute for Special Education and Psychological Services”, Lahore (2008 - till date)
- + **Visiting Faculty member of Behavioral Sciences** at Post Graduate Institute Gulab Devi Post Graduate Medical Institute, Lahore (January 2006-2007).
- + **Visiting Faculty** at Department of Women Studies University of the Punjab, Lahore October 22nd, 2003.
- + **School Psychologist** at Lahore City Junior School, Lahore. Planning, development, and evaluation of programs to meet psycho-educational needs of the students, conducting teachers training workshops, psycho-educational assessments of children at the time of admission, providing interventions to enhance learning and school adjustment (Feb 2001-to 2002)
- + **School Psychologist** at Jinnah Kids Campus, Pattoki Developing appropriate psycho-educational interventions and program for students with learning difficulties, Providing psycho-education, counseling and consultation to parents, teachers, and other school staff, Conducting of formal and

informal psychological assessments for students with learning as well as emotional needs, Providing assistance and support to the parents and teachers in the implementation of recommendations and plan designed to cater for the needs of children with learning difficulties (Sep 1993-Jan 2001)

- ✚ **Visiting Testing/Clinical Psychologist** Dr Nashi Khan (Chartered Clinical Psychologist) (Jan2001-2005) done Psychological assessment, Psychometric testing both with adults and children, Behavioral management of psychological disorders, Psychiatric rehabilitation of schizophrenic patients, Devising behavioral plan for the behavioral management of children.
- ✚ **Visiting School Counselor and Psychologist** at Lahore City Junior School Lahore (Sep 1999-Jan2001) did assessment of students for admission and academic assessment, developing educational material to enhance educational and study skills, Arranging teachers training workshops on classroom management and skills etc, arranging positive parenting seminars on issues like managing with conduct problems etc.
- ✚ **Psychologist-Cerebral Palsy Children** at The Pakistan Society for the Rehabilitation of the Disabled (Sep 2001-Feb 2002). Contributing towards classroom management of cerebral palsy children, Counseling of parents and teachers on cerebral palsy, Government Hospital for Psychiatric Diseases, Lahore (May 2001-Nov2001), Internee-Psychologist, Training and rehabilitation of psychiatric patients e.g. schizophrenic etc and drug addicts.
- ✚ **Internee-Psychologist** at Government Hospital for Psychiatric Diseases, Lahore (May 2001-Nov2001) Training and rehabilitation of Psychiatric patients e.g. schizophrenic etc, Drug addicts, **‘THE NEWS’ Jang Group of Publication (Pakistan) (Regular Contributor to THE NEWS on Sunday)** Contributing articles on psychological issues.
- ✚ **Volunteer-Psychologist** at Psychological Services (Child Guidance Services). Client intakes, family and psychological histories, Counseling of children in daily psycho-educational and remedial programs (July1996-Sep1996).
- ✚ **Internship in areas of adult and child psychology** at Government Mayo Hospital, Lahore (1992-1993). Assessment and therapeutic intervention of clients with phobia and panic disorder,

Formulation of rehabilitation plan for drug addicts, Carrying out token economy plan with schizophrenic clients.

PERFORMANCE EVALUATION AWARD, UNIVERSITY OF THE PUNJAB

- ✚ Performance Evaluation Award, University of the Punjab, Lahore Pakistan (2018)
- ✚ Performance Evaluation Award, University of the Punjab, Lahore Pakistan (2017)
- ✚ Performance Evaluation Award, University of the Punjab, Lahore Pakistan (2016)
- ✚ Performance Evaluation Award, University of the Punjab, Lahore Pakistan (2015)
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- ✚ Performance Evaluation Award, University of the Punjab, Lahore Pakistan (2007)
- ✚ Performance Evaluation Award, University of the Punjab, Lahore Pakistan (2006)

INCENTIVE AWARD, UNIVERSITY OF THE PUNJAB

- ✚ Incentive Award based on research publications for year (2018), University of the Punjab.
- ✚ Incentive Award based on research publications for year (2017), University of the Punjab.
- ✚ Incentive Award based on research publications for year (2016), University of the Punjab. (highest in the Institute of Applied Psychology).
- ✚ Incentive Award based on research publications for year (2015), University of the Punjab.
- ✚ Incentive Award based on research publications for year (2014), University of the Punjab
- ✚ Incentive Award based on research publications for year (2013), University of the Punjab.

1. Rafique, R., Ghazal, S., & Farooqi, Y. N. (2007). Test Anxiety in Students: Semester vs. Annual system, *Journal of Behavioral Sciences (X)*, 17(1-2). Department of Applied Psychology, University of the Punjab.
2. Rafique, R., & Khan, R. (2008). Anxiety and Self-esteem in Smokers and Nonsmokers, *Pakistan journal of Psychology (X)*, 39(2). Institute of Clinical Psychology, University of Karachi.
3. Waris, A., & Rafique, R. (2009). Trust in Friendship: A Comparative Analysis of Male and Female University Students. *Bulletin of Education & Research (X)*, 31(2). Institute of Education and Research, University of the Punjab, Lahore.
4. Khan, S., & Rafique, R. (2009). Stressful Life Events, Social Support and Coping Strategies among Female Patients with Acute Myocardial Infarction and their Matched Controls. *Pakistan Journal of Psychology (X)*, 40(2), 27-44, Institute of Clinical Psychology, University of Karachi.
5. Rafiq, R., & Ayub, A. (2010). Anxiety, Depression and Coping strategies in Preoperative Cardiac Surgery Patients. *The Journal of Cardiovascular Diseases (Z)*, 8(1).The Punjab Institute of Cardiology. (Recognized by PMDC).
6. Rasheed, S., & Rafique, R. (2010). Burnout and Anger in Women Diagnosed with Acute Myocardial Infarction. *The Journal of Cardiovascular Diseases (Z)*, 8(1), The Punjab Institute of Cardiology. (Recognized by PMDC)
7. Safdar, T., & Rafique, R. (2010). Anger, Depression and Anxiety in Patients with Acute Myocardial Infarction: A Case Control Design. *The Journal of Cardiovascular Diseases (Z)*, 8, The Punjab Institute of Cardiology. (Recognized by PMDC).
8. Sattar, A, H., & Rafique, R. (2011). Remembered Relationship with Parents, Aggression and Self Esteem of Juvenile Prisoners. *Pakistan Journal of Clinical Psychology (X)*, 10(2).
9. Rafique, R. (2011). Stress, Anger, Hostility and Locus of Control as Risk Factors for Acute Myocardial Infarction. *International Journal of the Computer, the Internet and Management (IJCIM)*, ISSN 0858-7027, retrieved from www.ijcim.th.org.
10. Kathleen, A., & Rafique, R. (2012). Gender Differences in Psychological well-being, Quality of life and Coping strategies in Patients with Cardiac diseases. *Asian Heart Journal*, 20, 45-52. Retrieved from <http://www.aseanheartjournal.org>.(International Journal)
11. Rafique, R., & Amjad, N. (2012). Psychosocial Factors as Predictors of Early Onset Ischemic Heart Disease in a Sample of Pakistani Women. *International Journal of Research Studies in Psychology*, 1(2), 17-27. X Print ISSN: 2243-7681 Online ISSN: 2243-769XDoi: 10.5861/ijrsp.2012.v1i2.62.

12. Rafique, R., Amjad, N. Ali, S (2012) Coronary Heart Disease (CHD) Risk Profiles of Urban and Rural Population: A Comparative Analysis. *The Journal of Cardiovascular Diseases*, 9(2), The Punjab Institute of Cardiology 10 (3). (Recognized by PMDC & HEC) (Z category).
13. Rafique, R., & Amjad, N. (2012). Psychosocial Factors as Predictors of Early Onset Ischemic Heart Disease in a Sample of Pakistani Women. *International Journal of Research Studies in Psychology*, 1(2), 3-10. X Print ISSN: 2243-7681 Online ISSN: 2243-769X Doi: 10.5861/ijrsp.2012.v1i2.62.
14. Kathleen, A., & Rafique, R. (2012). Psychological well-being, Quality of life and Coping strategies in Patients with Cardiac diseases. *Asian heart journal*, 20, 45-52. Retrieved from <http://www.aseanheartjournal.org>.
15. Rafique, R., & Amjad, N. (2012). Psychological Correlates of Early Onset IHD In a Sample Drawn from Pakistani Population' *International Journal of Psychology (Impact Factor 1.778)*.doi 10.1080/00207594.2012.691976 .
16. Rafique, R & Anjum, A. (2012). Trust in opposite gender Friendship: A Comparative Analysis of Male and Female University Students. The Asian Conference on Psychology and the Behavioral Sciences. Official Conference Proceedings.
17. Rafique, R., & Amjad, N. (2012) Psychosocial and Behavioral Factors of Cardiovascular Disease: Current Status and Future Directions for Pakistan. *Pakistan Journal of Psychology (X)*, 43(2),3-22.
18. Rafique, R., & Amjad, N. (2012). Ischemic Heart Disease in Pakistani Women: A Case Control Study. *Journal of Asian Health*, 1(2).
19. Masood, S., & Rafique, R. (2012). Neuropsychological Functions in Epilepsy Patients. *Journal of AYUB Medical College (X)*, 24(2).
20. Saleem, M., & Rafique, R. (2012). Procrastination and Self-Esteem in University Students. *Pakistan Journal of Social & Clinical Psychology (Y)*, 9 (3).
21. Rafique, R., & Amjad, N. (2012). Dietary predictors of early-onset ischemic heart disease in a sample drawn from a Pakistani population. *Heart Asia*, 4:129-134 doi:10.1136/heartasia-2011-010090.
22. Masood, M., & Rafique, R. (2013). Correlates of Posttraumatic Growth in Patients Diagnosed with Coronary Heart Disease. *Pakistan Journal of Psychology (X)*, 12(2).
23. Malik, T., & Rafique, R. (2013). Parental Bonding and its Association with Shyness, Self-Esteem and Self-Image in Teenagers. *Journal of Behavioral Sciences (X)* (Special Issue), 23(3) 102-115.
24. Amjad, R., & Rafique, R. (2013). Quality of Life at work as Predictor of Job Commitment in 1122 Rescue Workers. *Pakistan Journal of Psychology (X)*, 44(1) 81- 93.

25. Hafeez, A., & Rafique, R. (2013). Spirituality and Religiosity as Predictors of Psychological Well-Being in Residents of Old Homes. *The Dialogue (Y)*, 8(6) 285-301.
26. Hussain, S., & Rafique, R. (2013). Role of Parental Expectation and Career Salience in Career decision Making. *Journal of Behavioral Sciences (X)*, 23(2) 62-76.
27. Rafique, R., Amjad, N., Amer, L., & Afzal, S. (2014). Evidence Based Psychosocial and Behavioral Model for Primary and Secondary Prevention of Ischemic Heart Disease for Pakistani Population. *The Journal of Cardiovascular Diseases (Z)*, 12 (3).
28. Rafique, R., & Hunt, N. (2015). Experiences and coping behaviours of adolescents in Pakistan with alopecia areata: An interpretative phenomenological analysis. *International Journal of Qualitative Studies on Health and Wellbeing (Impact factor 1.461) (10)* 26039 - <http://dx.doi.org/10.3402/qhw.v10.26039>.
29. Rafique, R., & Anjum, A. (2015). Positive and Negative Psychological Correlates, Gender Specific and Traditional Factors for First Onset Angina in a Sample of Pakistani Women.” *Journal of AYUB Medical College (X)*, 27(4).
30. Rafique, R., & Anjum, A. (2015). Psychological Stress, Distress, Anthropometric and Lifestyle as Correlates of Hypertension in a Sample of Pakistani Population”. *Journal of Behavioral Sciences (X)*, 25(2).
31. Ahmad, M., Amjad, N., Rafique, R., & Anjum, A., (2016). Efficacy of Cognitive Behavior Therapy in Managing Behavioural Problems of Slow Learner Children. *Pakistan Journal of Clinical Psychology (X)*. Volume 15.
32. Mumtaz, W., & Rafique, R. (2016). Low levels of Functional Impairment and Religious Gratitude as Predictors of Life Satisfaction in Older Adults. *Pakistan Journal of Clinical Psychology (X)*, Volume 15.
33. Alam, A., Rafique, R., & Anjum, A. (2016). Narcissistic Tendencies, Forgiveness and Empathy as Predictors of Social Connectedness in Students from Universities of Lahore. *The Dialogue (Y)*, XI(2).
34. Arshad, S., & Rafique, R. (2016). Personality and Creativity as Predictors of Psychological Well-being in College Students. *Pakistan Journal of Psychological Research (X)*, Vol. 31, No. 1, 139-160
35. Rafique, R., Anjum, A. (2016). The Additive Effects of Type 2 Diabetes Mellitus on Neuropsychological Functioning of Patients Diagnosed with Myocardial Infarction. *Journal of Behavioral Sciences (X)*, 26(2).
36. Kamran, F., Rafique, R., Anjum, A., Raza, Z. (2016). Demographic correlates of Perceived health status after Renal transplantation. *Khyber Med Journal (X)*, 8(3): 115-122. Vol 8 No 3 (2016): KMUJ- 2016 VOL 8 NO 3; JUL-SEP

37. Rafique, R., Anjum, A. & Raheem, S. (2016). Psychological Effects and Coping Strategies in Direct and Indirect Exposure to Ongoing Terrorism. *Pakistan Journal of Psychology (X)*, 47 (1), 3-19.
38. Tufail, S., Rafique, R., & Kamran, F. (2017). Perceived Stigma, Social Support and Psychological Well-being in HIV patients. *Pakistan Journal of Psychiatric Society (JPPS) (X)*, 14 (2).
39. Masood, A., Awais, S., Kamran, F., Rafique, R. & Mazahir, S. (2017). Perceived Efficacy of Social Networking Sites as a Tool of Learning for Medical Students. *Annals of PIMS (X)*.
40. Ishaq, G., Rafique, R., Asif, M. (2017). Personality Traits and News Addiction: Mediating Role of Self-Control J Dow Uni Health Sci May - Aug 2017;11(2):315.
41. Rafique, R., Anjum, A., & Raheem, S. (2017 online). "Efficacy of Surah Al Rehman in Managing Depression in Muslim Women". *Journal of Religion and Health (Impact factor 0.873)*.
42. Niazi, M. & Rafique, R. (2017). Patient Physician Trust, emotional Distress, and self Care Activities of Adults with Type II Diabetes Mellitus. *Pakistan Journal of Psychological Research (X)*, Vol 32, 215-232.
43. Masood, A., Rafique, R., Qaisar, S., & Musarat, R. (2017). Personality Traits as Predictor of Job Performance in Police Officers. *Bahria Journal of Professional Psychology (BJPP) Vol 16 (2) 31-53*
44. Kamran, F., Rafique, R., Anjum, A., & Raza, Z., "Demographic Correlates of Perceived Health Status after Renal Transplantation. (Jan 25, 2017).
45. Murtaza, A.F., & Rafique, R. (2018). Hope and Depression in Coronary Artery Disease Patients with and without Coronary Artery Bypasses Grafting. *Journal of Pakistan Psychiatric Society (Y) Vol 15 (2) April - June 2018*.
46. Javed, Z., Rafique, R., "Influence of Media on Body Image, Fear of Negative Evaluation and Social Anxiety of Overweight Young Women ".*Pakistan Psychiatric Society (Y) Vol 15 (3)2018*.
47. Masood A., Kamran, F., & Rafique, R. (2018).Psychosocial Correlates of Post-Traumatic Stress Disorder in Patients with Fire Burns. *Khyber Medical Univ Journal;10(1)8-13 Y*
48. Rehman, S., & Rafique, R. Work Centrality, Life Role Salience and Dyadic Adjustment in Emergency Service Providers. *Pakistan Journal of Psychological Research, National Institute of Psychology (2019, Vol. 34. No.1) (X category)*
49. Riaz, M.A. & Rafique, R. (2019). Psycho- social predictors of Acculturative stress and Adjustments in Pakistani Institutions. *Pakistan Journal of Medical Science: Vol. 35 No. 5*.
50. Nazir, M., & Rafique, R. (2019). Empathy, Styles of Humor and Social Competence in University Students. *Pakistan Journal of Social and Clinical Psychology, 17(1), 47-54*.

51. Rafique, R., Anjum, A., & Raheem, S. "Efficacy of Surah Al Rehman in Managing Depression in Muslim Women". *Journal of Religion and Health* (Impact factor 0.873). 2019Apr;58 (2):516-526. doi: 10.1007/s10943-017-0492-z.
52. Shahid, A., Javed. Z & Rafique, R., "Social comparison, Envy and Indirect Aggression Amongst High Facebook Users. *Pakistan Journal of Medical & Health Sciences*. (2020 Vol.14,No.3,July)
53. Ishaq, G., Kamran, F., Rafique, R., & Sheerazi, S., "Impact of Psycho-Social Factors on Non-Adherence: A Case Study of Chronic Kidney Disease (CKD).
J Liaquat University of Medical Health Sciences (April-June 2020; 19(2):142-4.)
54. Anjum, A., Kamran, F., & Rafique, R., "Uncertainty, Fear of Dengue, and Practice of Preventive Measures: A Community-Based Survey in Lahore, Pakistan. DOI:
<https://doi.org/10.35845/kmuj.2020.18713>. *Vol 12.No 3 (Jul-Sep 2020)*
55. Ishaq, G., Rafique, R., "The present study was intended to find the impact of perceived barriers in participation of leisure time physical activity. *Journal of Pakistan Psychiatric Society Vol 17 No 3 (2020): JPPS*.
56. Masood, A., Rafique, R., "Perspectives from Key Stake Holders on Child Sexual Abuse in Pakistan: Glimpse of Potential Facilitators and Barriers. *Indian Journal of Public Health Research & Development*. (Vol 11 No 3(2020): IJPHRD.
57. Javed, Z., Rafique, R., "Predictors of Habits of Overweight Young Women in Pakistan. *Palarch's Journal of Archaeology of Egypt/Egyptology. PJAEE, 18(3) (2021)*.
58. Rafique, R., Masood, A., Kamran, F., Amjad, N., "Psychometric Properties of Instruments Assessing Psychosocial Predictors of Coronary Heart Disease. *Pakistan Journal of Behavioral Sciences*. Vol. 31, No. 1, 2021.
59. Rafique, R., Masood, A., Sheerazi, S., "Social Support as Moderator between Facial Appearance related Distress and Subjective Well –being in People with Facial Disfigurement" *Pakistan Journal of Clinical Psychology*. (March2021) PJCP

RESEARCH GRANT

- Indigenous Post-doctoral Fellowships Program "Development and Validation of Psychosexual Program for Child Sexual abuse Prevention in Elementary School students Amount Rs 1,050,000/-by PHEC 2018.

- ✚ Research grant approved by Research Evaluation Committee, University of the Punjab June, 2017. Self- Reported and Clinician Rated Mental Health Concerns and Perceived Barriers in Seeking Services among University Students.
- ✚ Research grant approved by Research Evaluation Committee, University of the Punjab June, 2016. Fear of Negative evaluation and Shame as predictors of Social Functioning in Patients with Vitiligo: Mediating role of Self-consciousness.
- ✚ Research grant approved by Research Evaluation Committee, University of the Punjab June, 2015. Effect of Distress on Wellbeing in People with Acquired Facial Disfigurement: The Moderating Role of Social Support.
- ✚ Research grant approved by Research Evaluation Committee, University of the Punjab June, 2013. Psychological Stress, Distress, Lifestyle and Anthropometric Correlates of Essential Hypertension
- ✚ Research grant approved by Research Evaluation Committee, University of the Punjab June, 2012. Neuropsychological Functioning in Patients Diagnosed with Myocardial Infarction: With and Without Type II Diabetes.
- ✚ Research grant approved by Research Evaluation Committee, University of the Punjab, 2011. Positive and Negative Psychological Correlates, Gender Specific and Traditional Factors for First Onset Angina in a Sample of Pakistani Women.
- ✚ Research grant approved by Research Evaluation Committee, University of the Punjab June, 2010 (Coronary Heart Disease (CHD) Risk Profiles of Urban and Rural Population: A Comparative Analysis.
- ✚ Research grant approved by Research Evaluation Committee, University of the Punjab June, 2009 (Stress, Anger, Hostility and Locus of control as risk factors for Acute Myocardial Infarction).
- ✚ Research grant approved by Research Evaluation Committee, University of the Punjab June, 2008 (Anxiety, Depression and Coping strategies in Preoperative Cardiac Surgery Patients).

SPECIAL RESPONSIBILITIES

- ✚ Convener Sub Committee of the Board of Studies in Applied Psychology, University of the Punjab, Lahore (26-05-2021).
- ✚ Patron in Chief Character Building Society, Institute of Applied Psychology, University of the Punjab, Lahore (24/3/2021 –till date).
- ✚ Expert evaluator for Department of Psychology, Islamic International University, Islamabad (March, 2021).

- ✚ Convener Departmental Review Committee (DTRC) of the Institute of Applied Psychology, University of the Punjab (10-02-2021 till date).
- ✚ Convener Sub –Committee of the Board of Studies (BOS) in Applied Psychology, University of the Punjab, Lahore (2020).
- ✚ Convener Security Committee of the Institute of Applied Psychology, University of the Punjab (2020).
- ✚ Convener Board of Studies in Applied Psychology, University of the Punjab, Lahore (2020 onwards).
- ✚ Convener Departmental Doctoral Program Committee (DDPC) to deal with the matters relating to MS/M.PHIL./ PhD. Program of the Institute of Applied Psychology (2020).
- ✚ Convener Departmental Tenure Review Committee (DTRC) (2020).
- ✚ Convener Departmental Purchase Committee (2020).
- ✚ Convener Newsletter Committee of the Institute of Applied Psychology, University of the Punjab (2020).
- ✚ Convener Departmental Scholarships Committee of the Institute of Applied Psychology, University of the Punjab (2020).
- ✚ Convener Departmental Doctoral Program Committee of the Institute of Applied Psychology, University of the Punjab (2020).
- ✚ Convener Semester and Examination Committee of the Institute of Applied Psychology (2020).
- ✚ Convener Student Advisory Committee of the Institute of Applied Psychology, University of the Punjab (2020).
- ✚ Convener for committee to look after the matters of affiliated colleges (in the subject of Applied Psychology), University of the Punjab, Lahore (2020).
- ✚ Convener Departmental Council (Disciplinary Committee) of the Institute of Applied Psychology, University of the Punjab, Lahore (2020).
- ✚ Convener Technical Committee to help in conducting online classes of the Institute of Applied Psychology, University of the Punjab, Lahore (2020).
- ✚ Convener Quality Assurance Committee of the Institute of Applied Psychology, University of the Punjab, Lahore (2020).
- ✚ Convener Purchase Committee of the Institute of Applied Psychology, University of the Punjab, Lahore (2020).
- ✚ Convener for updating Admission Prospectus of the Institute of Applied Psychology, University of the Punjab, Lahore (2019).

PROFESSIONAL MEMBERSHIP

- ✚ Member Senate, University of the Punjab, Lahore, Pakistan (22nd March 2020 to 2023)
- ✚ Member Board of Studies, Department of Psychology, Virtual University Lahore (18 May 2021)
- ✚ Senior Editorial Social Member of Journal of Clinical and Counseling Psychology Review of Institute of Clinical Psychology, University of the Management and Technology, Lahore (3-12-2021).
- ✚ External Member for Departmental Tenure Review Committee, LCWU (2021).
- ✚ External Member of Departmental Tenure Review Committee (DTRC) Lahore College for Women (31 March 2021).
- ✚ Member Board of Advance Studies and Research The NUR International University Lahore.
- ✚ Nomination of Focal Person For Career Counseling & Placement Centre at Institute of Applied Psychology, University of the Punjab (9th March 2021).
- ✚ Member Editorial Board/Reviewer for (CPRR) Institute of Clinical Psychology, University of Management and Technology, Johar Town Lahore.
- ✚ Member House Allotment Committee for Representative ASA Teaching Staff 1 January to 18 February 2021.
- ✚ Member Board of Studies at Department of Psychology, Virtual University Lahore, 19 January 2021
- ✚ Member of Disbursement of Benevolent Grant and Consideration of House Building Advance at Institute of Applied Psychology, University of the Punjab. 15 December, 2020
- ✚ Elected member (Treasurer), Academic Staff Association, University of the Punjab, Lahore (2020).
- ✚ Member of International Young Psychologist society Advisory Board from 9th September 2020.
- ✚ Member of Sports Admission Committee for the selection of candidates against reserved seats on the sports basis for Admission of BS,M.A./ M.S.c. and equivalent from 2019-2020.
- ✚ Member Board of Faculty of Life Sciences, University of the Punjab 2019 till date.
- ✚ Member board of facult, Faculty of Social Sciences, Lahore Garrison University Lahore 2019 till date.
- ✚ Member of House Allotment Committee for teaching staff of University of the Punjab Lahore 2019.
- ✚ Elected member (Treasurer), Academic Staff Association, University of the Punjab, Lahore 2019.
- ✚ Elected Office Bearer/Treasurer of PU 2019 (April 10th, 2019 till date)
- ✚ Member of recommendation committee of hiring visiting faculty and non-teaching staff (under Self-Supporting Program) in the Institute of Applied Psychology, University of the Punjab, Lahore (2019).
- ✚ Elected Member Senate University of the Punjab for a period of three years 2019 onwards.

- ✚ Member Department Disciplinary Committee (2019 onwards)
- ✚ Member Departmental Tenure Review Committee (DTRC) of the Institute of Applied Psychology, University of the Punjab, Lahore (2019 onwards).
- ✚ Member of Student Advisory Committee, Institute of Applied Psychology 2005-2018
- ✚ Member Admission Policy Committee 2017-2018.
- ✚ External member in Board of Advanced Studies & Research of NUR International University, Lahore (27th April, 2018).
- ✚ Member Departmental Counsel (Disciplinary Committee) Institute of Applied Psychology 2017.
- ✚ Member Departmental Purchase Committee, Institute of Applied Psychology, University of the Punjab, 2017 till date
- ✚ Member Seminar Committee Office of Research Innovation & Commercialization (ORIC), Institute of Applied Psychology, University of the Punjab, 15-11-2017 till date.
- ✚ Member Board of Studies (April 2017) at Circulation Department of Psychology Riphah International University Faisalabad.
- ✚ Member of Departmental Scholarships Committee (DSC), Institute of Applied Psychology, University of the Punjab 2016 till date
- ✚ Member Board of studies of clinical psychology, Department of Psychology, Riphah in International University Faisalabad (2016).
- ✚ Co-opted member Board of Studies, Department of Psychology Riphah International University, Faisalabad Campus 2016.
- ✚ Nominated member Board of Studies, Faculty of Education, Govt. Sadiq College Women University Bahawalpur 2016 till date.
- ✚ Co-opted Member of the Departmental Tenure Review Committee (DTRC), Bahauddin Zakariya University, Multan 2016 till date.
- ✚ Member Selection committee, Institute of Applied Psychology for BPS 3 & 5, May 2010.
- ✚ Member of Departmental Examination Committee, Institute of Applied Psychology, University of the Punjab, 2011 till date.
- ✚ Executive Member Pakistan Psychological Association, 2006-2010.
- ✚ Member of Departmental Doctoral Program Committee (DDPC) to deal with the matters relating to MS./MPhil./Ph.D, 2012 till date.
- ✚ Additional Secretary (elected) Pakistan Psychological Association Volunteer Psychologist for Iqra Trust Foundation, UK, 2012.
- ✚ Volunteer Psychologist for “Dimensions” Johar Town, Lahore: an Institute for pupils with special needs, 2012.
- ✚ Life member Pakistan Psychological Association, 2012.

- ✚ Member board of studies, Department of Psychology and Applied psychology, University of the Punjab, Lahore (2006-2009).
- ✚ Member Board of Life Sciences, 2008.
- ✚ Member of American Psychological Association , America (2008)
- ✚ Member Editorial Consultation team (Journal of Clinical & Counseling Psychology Review (CCPR) 2017, UMT.
- ✚ Member of Canadian Psychological Association, Canada (2008)
- ✚ Member Editorial Board (Journal of Pakistan Psychological Association), Pakistan Psychological Association, 2008 (email: editorjppa@hotmail.com)
- ✚ Member Editorial Board (Annals of Depression and Anxiety). New Jersey 07094, USA, 2008.
- ✚ Member Editorial Board (Pakistan Journal of Psychology), Institute of Clinical Psychology, Karachi University, 2019.
- ✚ Member Editorial Board (Journal of Clinical & Counseling Psychology Review (CCPR) 2019.
- ✚ Member editorial board Journal (RJCPP) Riphah International University, 2019
- ✚ Member Treasure, PU Academic Staff Association. University of the Punjab, Lahore, 2019.

MOU COLLABORATIONS

- ✚ Focal Person, MOU with Michigan State University, 2021.
- ✚ Focal Person for telemedicine Services at Governor's Corona Telemedicine Helpline, UHS, 02-04-2020.

ADMINISTRATIVE EXPERIENCE

- ✚ Coordinator M.Phil Program at Institute of Applied Psychology, University of the Punjab, Lahore 2021.
- ✚ Over all admission in charge for admissions in Institute of Applied Psychology, University of the Punjab for year 2019.
- ✚ Coordinator PhD program at Institute of Applied Psychology, University of the Punjab, and Lahore 2019 till date.
- ✚ Coordinator MS Health Psychology Program at Institute of Applied Psychology, University of the Punjab, Lahore 2017 till date.

REVIEWER/EDITOR

- ✚ **Reviewer for *Journal of Religion and Health*** ISSN: 0022-4197 (Print) 1573-6571 (Online) <http://link.springer.com/journal/10943>. Impact Factor 0.977.
- ✚ **Reviewer as *Psychologist*** for Linguistic Validation Plan of RDQoL plus 4 item Stress sub scale for the W-BQ16 (W- BQ – 16 and RTSQ. Health psychology Research Unit, Royal Holloway, University of London, Egham, Surrey.
- ✚ **Reviewer *British Journal of Health Psychology*** (Wiley Reviewer Certificate; reviewing 2 manuscripts in 2020) (26 February 2021).
- ✚ **Course Reviewer/ Evaluator for Faculty of Business Administration**, Iqra University IU, Karachi. Reviewed Course Titled” Introduction to Psychology. 2020
- ✚ **Editor- in- Chief, *Journal of Behavioral Sciences***, Institute of Applied Psychology, University of the Punjab, Lahore. 2019
- ✚ **Reviewer for *Journal of Sociology Study*** ISSN 2159-5526 David Publishing Company since 30th November 2011.
- ✚ **Reviewer for *International Journal of Applied Psychology*** Scientific & Academic Publishing (<http://www.sapub.org>), USA.
- ✚ **Reviewer for *PUTAJ*** (Peshawar University Teachers Association Journals) (Humanities and Social Sciences, Oriental Studies) <http://www.putaj.org/>
- ✚ **Reviewer *Sex Role***, a Journal of Research is an interdisciplinary behavioral science journal offering a feminist perspective. USA (5 Year Impact Factor: 2.096).
- ✚ **Associate Editor** Journal of Behavioral and Social Sciences, Department of Applied Psychology, University of the Punjab.
- ✚ **Reviewer** Pakistan Journal of Psychology, Institute of Clinical Psychology, Karachi.
- ✚ **Reviewer** Journal of Arts and Social Sciences, Lahore College for Women University, Lahore
- ✚ **Reviewer** Institute of clinical psychology, University of management & Technology (UMT).
- ✚ **Reviewer *Journal of Health Psychology*** (Thomson Reuters, ScholarOne, Inc., 2017).
- ✚ **Reviewer of *Journal of Muslim Mental Health*** Michigan State University.
- ✚ **Reviewer of *International Journal of Applied Psychology*** (Scientific & Academic Publishing, USA) 2017.

- ✚ **Sub editor *Journal of Behavioral Sciences***, Institute of Applied Psychology, University of the Punjab. 2008 till date.
- ✚ **Editor *faculty news***, University of the Punjab, Lahore, Pakistan, 2006-2007.

VOULNTEER WORK

- ✚ Review of activity manual “Psychosocial Support for Children in Dar-ul-aman for Psychologists, Social Workers, Dua Teachers & Lady Caretakers, 2011, for Medicines Du Monde France (Pakistan Mission).
- ✚ Review of manual “Psychosocial Intervention Procedures in Dar- ul- Aman; Counseling Protocols”, 2009, for Medicines Du Monde France (Pakistan Mission).
- ✚ Conducted psychological assessment and counseling sessions for earth quake victims in Distt. Bagh, Azad Kashmir from April 19th -22nd April 2007 for Psychosocial Program, People in Need.
- ✚ Training in counseling assessment for community health workers and counselors of psychosocial program in Distt. Bagh, Azad Kashmir from April 19th -22nd April 2007 for Psychosocial Program, People in Need.

CONFERENCES CHAIRED

- ✚ Speaker at International Peace Conference (*Solidarity with Palestine*) 13th June, 2021 at Faletti’s Hotel Lahore.
- ✚ Chaired a session at the 1st International Social Work Conference: Contemporary Social Work Education and Practices, Challenges and Prospects by the Department of Social Work, University of the Punjab. (2nd & 3rd February 2021).
- ✚ Chaired a session at the International Conference on “Gender and Mental Health Studies” at the department of Gender Studies, University of the Punjab Lahore. (ICGS) 8th & 9th March 2021.
- ✚ Chaired a session at the International E-Conference on “Psychosocial Wellness & Rehabilitation: Challenges for Practitioner during Pandemic” (ICPWR 2020) organized by Centre for Clinical Psychology, University of the Punjab. (2nd & 3rd December 2020).
- ✚ Co-chaired and presented at the International Conference of Applied Psychology: Practices and Interventions 6th -8th February 2019 organized by the Institute of Applied Psychology, University of the Punjab, Lahore.
- ✚ Chaired and presented at the “Symposium on Psychology: Emerging Psychosocial Challenges in Pakistan” held on 14th February, 2019 by Department of Psychology Lahore Garrison University.
- ✚ Chaired and delivered a lecture on Positive Psychology at Annual Club Tutorial at Kinnaird College for Women on March 5, 2019

- ✚ Chaired a session and presented at the 2nd International Conference on “Preventive Strategies in Clinical Psychology: Preemption and Proaction, March 13-14, 2019 by Institute of Clinical Psychology, University of Management and Technology Lahore, Pakistan.
- ✚ *Internalized Stigma, Resilience and Psychological wellbeing in Transgender*
- ✚ Chaired a session and presented at the conference on Psychology for Sustainable Community: Challenges and Trends (NCPSC, 2019) March 19-20. 2019. Organized by Department of Psychology, University of Sargodha, Sargodha-Pakistan.
- ✚ Impact of Perceived Barriers on Participation of Leisure Time Physical Activity among University Students: Moderating Role of Guilt. 2019
- ✚ Chaired a session on “Recent trends and Interventions in Clinical Psychology (RTICP-2019)” (20th - 22nd March 2019) arranged by Center for Clinical Psychology, Lahore, Pakistan in collaboration with HEC, Islamabad.
- ✚ Chaired a session on “Islamic Perceptives in Modern Psychology (IPMP 2019)” (31st May 2019) arranged by Riphah International University, Lahore Campus, Lahore. Pakistan.
- ✚ Chaired a session on 3 day International Conference on: Gender, Religion and Culture in Psychology: Issues, Challenges and Prospects (December 17th -19th December, 2018) organized by Government College University, Lahore.
- ✚ Chaired the Session on Social Integration and Community Wellbeing at the Conference of Psychology (COP 2018): Impact of Global Challenges on Mental Wellbeing (July 6th – 7th, 2018) organized by Riphah Institute of clinical & Professional Psychology (RICCP), Riphah International University, Institute of Professional Psychology, Bahria university, Karachi, Centre for Clinical Psychology, University of the Punjab, Pakistan Association of Clinical Psychologists (PACP), Lahore.
- ✚ Chaired the Session on Health Psychology at the 1st National Conference of Psychology (NCP): Emerging Social and Mental Health Issues in Society (12-13th Dec, 2017) organized by Garrison University of Lahore, Lahore.
- ✚ Chaired the Session on Use of Internet, Technology and Social Media at the 1st International conference on health and wellbeing (ICHW) (11-13th Dec, 2017) organized by Lahore College for Women University (LCWU), Lahore.
- ✚ Chaired the Session on Criminology and Neuropsychology of Violence and Crime at International Conference on Peace, Conflict, and Violence: Challenges and Resolution Strategies (ICP) (Nov 29-30th, 2017) organized by Comsats Institute of Information and Technology (CIIT), Lahore.
- ✚ Chaired the Session on Marital Relationship and Mental Health at International Conference on Psychology and the Developing World: Issues, Challenges and Solutions (9th march, 2017)

- ✚ Chaired at the Discussion Forum on Wellbeing of Adolescents & Youth 26th Dec, 2016. Mövenpick Hotel Karachi: A collaboration of Rutgers Pakistan and Institute of Clinical Psychology, Karachi University.
- ✚ Chaired and Presented at The Asian Conference on Psychology and the Behavioral Sciences 2012 (March 30 – April 1st, 2012). Organized by the International Academic forum (IAFOR). Ramada Osaka, Japan.
- ✚ *Chaired a Session* on Clinical Psychology and The Developing World Issues, Challenges and Solution (9th – 10th March 2017) organized by university of Management and Technology Institute of clinical psychology.
- ✚ Presented and co-chaired at the International Seminar on Psychology of Trauma: Women and Children In Violent Conflict (March 13-14, 2013). Organized by Department of Psychology Jamia Millia Islamia, New Delhi-110025, India.

ARRANGED CONFERENCES

- ✚ Arranged an Interactive Seminar on “Artificial Intelligence in Health Care “by Mr.Awais Bajwa (GE Corporate) at Institute of Applied Psychology, Punjab university in (January 2020).
- ✚ Arranged a Workshop entitled “*Counseling in the domain of Health Psychology*” by Dr. Muhammad Shoaib Shahid in February, 2020 at Institute of Applied Psychology, University of the Punjab, Lahore.
- ✚ Arranged a Workshop on “*Types of Research Methods in Health Psychology*” by Mr. Ghulam Ishaq (Ph.D Scholar) on September, 2019 at Institute of Applied Psychology, University of the Punjab, Lahore.
- ✚ Arranged a Seminar on “*Research in Health Psychology*” by Ms. Iqra Nazar, on October, 2019 at Institute of Applied Psychology, University of the Punjab, Lahore.
- ✚ Arranged a Seminar entitled “*Suicide Prevention*” by Dr Irum Zehra Bukharey, on October, 2019 at Institute of Applied Psychology, University of the Punjab, Lahore.
- ✚ Arranged a Seminar entitled “*Emerging perspectives in Health Psychology*” by Dr. Naumana Amjad on November, 2019 at Institute of Applied Psychology, University of the Punjab, Lahore.

- ✚ Arranged a Seminar on “*Mediation and Moderation in Health Psychology Research*” by Mr. Ghulam Ishaq (Ph.D Scholar) on December, 2019 at Institute of Applied Psychology, University of the Punjab, Lahore.
- ✚ Arranged an Interactive Seminar on “*Common Footings in Health and Clinical Psychology*” by Ms. Zainab Javed (Ph.D Scholar) at Institute of Applied Psychology, Punjab University in December, 2019.
- ✚ Mental Health Conference Stakeholder Consultative Dialogue on Mental Health Wellness organized by Young Psychologist Association (2020).
- ✚ Key note address delivered on “Suicide Prevention and Rehabilitation in Muslim Perspective”. 15th National Psychological Conference Society for Advancement of Muslim Psychology held on December 11th 2019.
- ✚ Impact of Perceived Barriers on Participation of Leisure Time Physical Activity among University Students: Moderating Role of Guilt.
- ✚ Organized and presented at the 13th Muslim Psychology Conference, by the Society for the Advancement of Muslim Psychology at Fountain House, Lahore. 27th November, 2015.
- ✚ “*Narcissistic Tendencies, Forgiveness, Empathy and Social Connectedness as Predictors of Subjective Well Being among University Students*”
- ✚ Organized 12th Muslim Psychology Conference on Muslim Psychology: Theory and Practice 10th-11th November 2014, arranged by the Society for the advancement of Muslim Psychology at Fountain House, Lahore.
- ✚ Organized and presented (oral and poster) at Pakistan Psychological Association Lahore Chapter Conference “Role of Psychologists in the Service of the Society” Social Issues, Rehabilitation and Practicing Ethics, 31st October, 2013, Alhamra Hall III Mall Road Lahore.
- ✚ “*Beliefs about Addiction, Locus of control and Relapse Proneness among Persons with Substance Use Disorders by Qudsia Nashi and Rafia Rafique.*”

PRESENTED/ATTENDED CONFERENCES

- ✚ Paper Presentation at International Conference of Management and Social Sciences. (16th June, 2021). *Religious Faith & Islamic Moral Values as Predictors of Forgiveness in University Students*.
- ✚ Guest Speaker at International Conference on Rectifiers for Post Covid World entitled “ Teachers and Students Temperamental Problems and Post Covid World”. (7th , 8th , 9th May 2021).
- ✚ Presented at the 13th Annual Muslim Mental Health Conference by (Muslim Mental Health Consortium/ Michigan State University) Mental Health and Covid-19 Pandemic in Punjab, Pakistan” (April 2nd – 3rd April 2021).
- ✚ Presented at the National Conference on Qualitative Psychology NCQP by Department of Behavioral Sciences (DBS) School of Social Sciences & Humanities, National University of Sciences & Technology (NUST). (5th March, 2020).
- ✚ Paper Presented at the 7th International and 9th Psychological Sciences Congress at Virtual Platforms on Personality Traits, Organizational Justice and Job Satisfaction in Bank Employess (28th &29th November 2020)
- ✚ Attended Inagural Ceremony at PACT/ PACBT 10th International CBT Conference on 6th March 2020.
- ✚ Attended the closing ceremony of 1st International Conference on “Advances and Challenges in Basic Social Sciences in Contemporary Research” at Govt Post-Graduate Islamia College for women. (12th February 2020).
- ✚ Participated “Global Muslim Mental Health Conference “(September7-8, 2019) arranged by Cambridge, United Kingdom.
- ✚ Paper Presented at the Two Day International Conferences on Women, Media & Transnational Perspective, ICS University of the Punjab, Lahore entitled “Interpretative Phenomenological Analysis of Marginalised Women on Psychological Challenges from Waziristan Refugee Camp by M.Sulman, Dr.Afsheen Masood & Prof.Dr. Rafia Rafique, February 28 – March 01, 2018,

- ✚ Students' Reading Performance, their Behavior in the Classroom, and Teacher's Skills" presented at a conference "6th International Conference on Education (ICE): A Multi & Inter-Disciplinary Conference" organized by University of Education, Lahore, 15-17 March, 2018.
- ✚ Gaming as Modality of Intellectual Assessment for Primary School Children" presented at a conference "6th International Conference on Education (ICE): A Multi & Inter-Disciplinary Conference" organized by University of Education, Lahore, 15-17 March, 2018.
- ✚ Social Support as Moderator of relationship between Job Demand-Resources, Stress and Job Satisfaction in Nurses" presented at a conference "International Conference on
- ✚ Governance, Management & HR: Strategic Directions" organized by IAS, University of the Punjab, Lahore, 20-21 March, 2018.
- ✚ "Personality Traits, Work-Family Conflict and Psychological Distress in Young Doctors" presented at a conference "13th International Neuropsychon & 1st National Conference on Social Psychiatry" organized by Psychiatric Welfare Association & Pakistan Association of Social Psychiatry at PC Hotel, Bhurban, 30th March to 1st April 2018
- ✚ "Resilience as Predictor of Psychological Well-Being in parents of children with Cerebral Palsy" presented at a conference "1st International Conference on Research in Special Education: Addressing Diversity Through Education" organized by University of the Punjab, Lahore, 24-26 April, 2018.
- ✚ Differences in Perceived Self-concept and Self-esteem of Students with Physical vs. Sensory Disability" presented at a conference "1st International Conference on Research in Special Education: Addressing Diversity Through Education" organized by University of the Punjab, Lahore, 24-26 April, 2018.
- ✚ Predictors of Quitting Facebook among Youth" presented at a conference "International Media Conference: Global Education, Professionalism and Commercialism" organized by University of Central Punjab, Lahore, 28-30 June, 2018.
- ✚ Quality of life, Job Satisfaction and Work Family Conflict in Female Doctors with Dual Career Families" presented at a conference "2nd International Multidisciplinary Graduate Conference" organized by Fatima Jinnah Women University, Rawalpindi, 28-29 September, 2018.

- ✚ Integrative Study of Nostalgic Feelings as Moderator of Brand Commitment and Consumer Loyalty in Mobile Network Services” presented at a conference “4th International Multidisciplinary Research Conference” organized by Sarhad University of Science & Information Technology, Peshawar, 9-11 October, 2018.
- ✚ ICT Usage, Role Efficacy and Job Satisfaction of Hospital Nurses” presented at a conference “Emerging Challenges for Organizations in Developing Economies (ECODE 2018)” organized by Bahria University, Islamabad, 15-16 October, 2018.
- ✚ Self-esteem, Professional Grit, Social Acceptance and Life Satisfaction of Music Students” presented at a conference “6th International Conference on Research in Education” organized by University of the Punjab, Lahore, 20-22 November, 2018.
- ✚ Emotional Intelligence as Predictor of Psychological Well-being and Mental Health in Medical Students” presented at a conference “6th International Conference on Research in Education” organized by University of the Punjab, Lahore, 20-22 November, 2018.
- ✚ Positive Self-Image and Narcissism as Predictors of Social Networking Sites Usage Pattern in Postgraduate Students” presented at a conference “7th International Conference, “Positive Psychology: Developing a Flourishing Community” organized by Quaid-i-Azam University, Islamabad, 29-30 November, 2018.
- ✚ Self-Consciousness, Mindful Parenting and Psychological Well-Being in Parents of Children with Intellectual Disability” presented at a conference “National Conference on Research in Special Education NCRSE-2018” organized by University of the Punjab, Lahore, 5 December, 2018.
- ✚ Presented at the 7th International Conference on Positive Psychology: developing a flourishing community (29th – 30th November, 2018) (ICITL-2018) by Dr. Muhammad Ajmal, national institute of psychology, Centre of Excellence, Quaid e Azam university, Islamabad.
- ✚ Presented at the International Conference on Innovation in Teaching and Learning (ICITL-2018) Conference of Psychology (COP 2018): Impact of Global Challenges on Mental Wellbeing (Oct 17th – 18th, 2018) organized by Department of Education, International Islamic University Islamabad, Lahore. *Emotional Intelligence and Academic Stress in College Students*

- ✚ Presented a paper at the 7th International Conference on Positive Psychology: Developing a Flourishing Community (29th -30th November, 2018). National Institute of Psychology, Quaid-i-AZAM University, Islamabad. “*Career Transition and Work Stress: the Mediating Role of Quality of Work Life in Retired Army Officers*”
- ✚ Presented at the Conference of Psychology (COP 2018): Impact of Global Challenges on Mental Wellbeing (July 6th – 7th, 2018) organized by Riphah Institute of clinical & Professional Psychology (RICCP), Riphah International University, Institute of Professional Psychology, Bahria university, Karachi, Centre for Clinical Psychology, University of the Punjab, Pakistan Association of Clinical Psychologists (PACP), Lahore.
- ✚ Presented at the International Media Conference on Research in Special Education, IMC: Global Education, Professionalism & Commercialism (June 28th – 30th, 2018) organized by Faculty of Media & Commercialism Studies (FMCS), University of Central Punjab, Lahore.
- ✚ Presented at the 9th European Conference on Positive Psychology (June 27–30, 2018), Budapest, Hungary
- ✚ “Relational Communication and Marital Satisfaction in Young Pakistani Couples”
- ✚ “Compulsive Internet Use, Depression and Loneliness in High School Students” presented at a conference “16th International Conference on Statistical Sciences: Advances in Statistics and Data Management: It’s Role in National Growth and Socio-Economic Developments” organized by Islamic Countries Society of Statistical Sciences & Islamia College, Peshawar, 05-08 March, 2018.
- ✚ Presented at 1st International Conference on Research in Special Education, ICRSE (April, 2018) organized by Department of Special Education, University of the Punjab, Lahore
- ✚ “Resilience as a Predictor of Psychological Wellbeing in Parents of Children with Cerebral Palsy”
- ✚ Presented at 1st National Conference on Promoting Mental Health in Schools: *A Way Forward* (March 17th, 2018) organized by Institute of Clinical Psychology University of Management and Technology, Lahore
- ✚ “Psychological Correlates of Parental Bonding in young Adults”

- ✚ “Self-Efficacy, and Computational Self-Concept as Predictors of Statistics Anxiety in University Students” presented at a conference “16th International Conference on Statistical Sciences: Advances in Statistics and Data Management: It’s Role in National Growth and Socio-Economic Developments” organized by Islamic Countries Society of Statistical Sciences & Islamia College, Peshawar, 05-08 March, 2018.
- ✚ Presented at 16th International Conference on Statistical Sciences: Advances in Statistics and Data Management, its Role in National Growth and Socio Economic Development (Mar 5-8th, 2018) organized by Department of Statistics, Islamia College Peshawar. “Self Efficacy, and Computational Self Concept as Predictors of Statistics Anxiety in University Students”
- ✚ “CPEC as a Threat to Perceived Self-Concept and Cultural Identity in Gilgit Baltistan Dwellers: A Qualitative Perspective from Baltistan” presented at a conference “International Conference on China Pakistan Economic Corridor: Opportunities & Challenges” organized by Shaheed Benazir Bhutto Women University, Peshawar, 27th February to 1st March 2018.
- ✚ “Interpretive Phenomenological Analysis of Marginalized Women on Psychosocial challenges from Waziristan Refugee Camp” presented at a conference “Working Within and Against the Structures: Women, Media and Transnational Perspectives” organized by University of the Punjab, Lahore, 28th February to 1st March 2018
- ✚ “Freedom of Expression and Women Rights Protection” presented at a conference “World Trends in Freedom of Expression and Media Development: A Pakistani Perspective on UNESCO Report” organized by University of the Punjab, Lahore, 27 February, 2018
- ✚ “Glass-Ceiling in Gender Equality in Senior Leadership Positions in Pakistani Multinational Organizations” presented at a conference “International Conference on Governance and Public Policy (ICGPP’18)” organized by Fatima Jinnah Women University, Rawalpindi, 16-18 February, 2018. “Compulsive Internet Use, Depression and Loneliness in High School Students”
- ✚ “Leadership Styles, Organizational Socialization and Employees' Motivation in Female College Principals” presented at a conference “3rd International Conference on Research and Practices in Education 2018” organized by Allama Iqbal Open University, Islamabad, 16-17 February, 2018

- ✚ Participated in 1 Week long Campaign to pay Homage to Martyrs of Army Public School Peshawar and Peace Seminar (Dec, 22nd 2017) at University of the Punjab organized by University Of The Punjab, Lahore & Punjab Higher Education Commission (PHEC).
- ✚ Presented at the 1st International Conference on Social Sciences and Humanities (ICSSH) (14-16th Dec, 2017) organized by Virtual University (VU) and Lahore College for Women University (LCWU), Lahore “Sexual Harassment and its Effect on Psychological Wellbeing in Trans- genders: The Moderating Role of Resilience”.
- ✚ Presented at the 1st National Conference of Psychology (NCP): Emerging Social and Mental Health Issues in Society (12-13th Dec, 2017) organized by Garrison University of Lahore, Lahore.
- ✚ “Childcare Stress, Stressful Life Events and Attribution Styles in Women with Postpartum Depression”
- ✚ Presented at the 1st International conference on health and wellbeing (ICHW) (11-13th Dec, 2017) organized by Lahore College for Women University (LCWU), Lahore.
- ✚ “Effect of Distress on Wellbeing in People with Acquired Facial Disfigurement: The Moderating Role of Social Support”
- ✚ “Fear of Negative Evaluation and Shame as a Predictors of Social Functioning in Patients with Vitiligo: Mediating role of Self-consciousness”.
- ✚ Presented at the International Conference on Peace, Conflict, and Violence: Challenges and Resolution Strategies (ICP) (Nov 29-30th, 2017) organized by Comsats Institute of Information and Technology (CIIT), Lahore. “*Predictors of Interpersonal Conflict in People with Substance Use Disorder*”
- ✚ Perceived Threats and Challenges Faced by Pakistani Female Entrepreneurs” presented at a conference “ International Conference on Gender, Human Rights & Islam” organized by Bahauddin Zakariya University, Multan, 23-24 November, 2017
- ✚ “E-Learning Management Strategy as Predictor of Academic Motivation, Self-efficacy and Academic Performance of Graduate Students” presented at a conference “4th e-Learning and Distance Education Conference” organized by Virtual University, Lahore, 20-21 November, 2017

- ✚ Attended 3 Day International Conference on Health Psychology: Issues and Challenges (26th To 28th April, 2017) organized by Government College University (GCU), Lahore.
- ✚ Presented at the 20th National Research Conference on Aligning Business with Sustainable development- Challenges and Responsibilities for the Industry (19th April, 2017) organized by SZABIST, Islamabad Campus. “Mobile Marketing, Consumer Behavior, Purchase Intentions and Consumer Satisfaction of Pakistani Women”
- ✚ Presented at the 12th National Neuropsychon Conference: On Neuropsychiatric Updates (15th April, 2017) organized by Psychiatric Welfare Association, Pakistan Association of Social Psychiatry and Pakistan Psychiatric Society.
- ✚ SNS User Characteristics, Personality and Self-Esteem as Predictors of Self-Presentation on Social Media Networking Sites presented at a conference “International Conference on Social Sciences in Service of Humanity (ICSSSH-2017) organized by University of Lahore, Sargodha, 12-13 April, 2017
- ✚ Illness Beliefs and Medication Adherence in Patients with Paranoid Schizophrenia in Lahore Pakistan” presented at a conference “Health, Happiness & Positive Psychology” organized by Pakistan Psychological Society, Bahawalpur, 4 November, 2017
- ✚ Attended 1st International Conference on Teaching Sociology in the Muslim World: Challenges and Remedies (21-22nd March, 2017) organized by the University of Gujrat.
- ✚ Attended one Day Symposium on Women’s Day. “Psychology for Change: Women and Community”. (March, 21, 2017) organized By Institute of Applied Psychology, University Of The Punjab, Lahore.
- ✚ Attended 1st National Graduate Conference (15-16th March, 2017) organized by the office of research, innovation and commercialization, Allama Iqbal Open University, Islamabad.
- ✚ Attended 1st International Conference on Clinical Psychology and the Developing World. Issues, Challenges and Solutions (5th march, 2017)
- ✚ Presented at the 7th International CBT Conference Low Intensity CBT: The way Forward (11thFebruary, 2017) organized by Dow University of Health Sciences, Karachi. Pakistan association

of cognitive therapists. *Work Centrality, Life Role Salience and Dyadic Adjustment in Emergency Service Providers.*

- ✚ Presented at the 12th National Neuropsychon on psychiatric updates 2017 souvenir
- ✚ (March 3 to 5, 2017) organized by psychiatric welfare association, Pakistan Association of Social Psychiatry and Pakistan Psychiatric Society..
- ✚ Presented at the 1st International Conference on Gender on “Global Gender Perspective” (November 14-16, 2016) organized by George Washington University USA and LCWU, Lahore, *Anthropometric and Clinical Predictors of IHD in Young Pakistani women*
- ✚ Presented at 15th Annual Conference of Psychology at Summer Campus Bara Gali (August 25-28, 2016) on Psychological Impacts of Regional Geo-strategic Situation on Pakistani Youth and Children by Department of Psychology, university of Peshawar, KPK.
- ✚ Terrorism and its Psychological impact on Directly and Indirectly Exposed Population.
- ✚ Presented at the Appearance Matters 7, Organization: Centre for Appearance Research, University of the West of England from 28–30 June 2016 at Royal College of Surgeons of England, London, United Kingdom. *Self in the Darkness seem to Me no Realer than a Dream: Experiences of Living with Alopecia Universalis*
- ✚ Presented at the International Conference on Innovation in Teaching and Learning (ICITL), 25th to 26th April, 2016 at Islamabad. *Empathy, Styles of Humor and Social Competence in University Students.*
- ✚ Presented and Organized the Conference of Islamic Tradition in Psychology, 5th March, 2016 Lahore School of Management, University of Lahore, *Efficacy of Surah Al Rehman in Managing Depression: An Experimental Study*
- ✚ Presented at the University of Lahore at the International Conference on Education and Social Sciences from the Perspective of Developing Countries 26th -28th February 2016. *Self-Esteem as a Mediator between Parental Attachment and Academic Achievement in Pakistani Students*
- ✚ Presented at the 6th International CBT Conference & 10TH International Psychiatric Conference of Services Institute of Medical Sciences Lahore February, 20th 2016. In Collaboration with: Pakistan

Association of Cognitive Therapist, Department of Psychiatry & Behavioral Sciences, Services Hospital Lahore. Pakistan Psychiatric Research Centre. *Efficacy of CBT in managing behavioral Problems of Slow learner Children*

- ✚ Presented at the 1st International Conference of Psychology: Advancing Women Issues: local and Global Directions, Marriot, Islamabad. December 12, 2015. *Social Physique Anxiety, Self-esteem and Disturbed Eating Attitudes among adolescent girls.*
- ✚ Presented at the International Conference on Education Social Sciences and Humanities 8th, 9th and 10th of June, 2015- Istanbul, Turkey. *“The Additive Effects of Type II Diabetes Mellitus on Neuropsychological Functioning of Patients Diagnosed with Myocardial Infarction”*
- ✚ Presented at The Continuum of Education in the Health Professions: Enhancing the Quality (7 August, 2015) -Islamabad. *“Positive Psychosocial and Behavioral Model for Primary and Secondary Prevention of Ischemic Heart Disease for Pakistani Population “*
- ✚ Presented at International Conference on Educational Psychology (November 13th, 2014) at National Institute of Psychology (NIP) Quaid-i-Azam University, (New Campus), Islamabad, (Pakistan). *“Personality and Creativity as Predictors of Psychological Well-being in College Students”*
- ✚ Presented at Appearance Matters 6 Conference, 1 - 2 July 2014, The Wills Memorial Building, University of Bristol, UK. *“An Exploratory study of Experiences and Coping Behaviours of Adolescents with Alopecia by Rafia Rafique and Nigel Hunt”*
- ✚ Attended International conference on Social Psychology, GCU (20-21st May, 2014).
- ✚ Attended Kinnaird College Multidisciplinary International Conference, 18-19 November 2013
- ✚ Conference of Addiction Research and Therapy, 22nd July-24th July 2013, Las Vegas, USA. *Development of Relapse proneness scale. Qudsia Nashee, Naumana Amjad and Rafia Rafique.*(Oral presentation)
- ✚ International Conference on Teaching of Psychology, 25th July - 27th July 2013, Vancouver, Canada.
- ✚ *Psychology in service of society by Naumana Amjad, Afifa Anjum and Rafia Rafique. (Oral presentation)*

- ✚ Presented at the 11th Muslim Psychological Conference organized by the Society for Advancement of Muslim Psychology, Fountain House Lahore, (24th and 25th 2013). *“Spirituality and Religiosity as Predictors of Psychological Well-Being in Residents of Adult Residential Care Homes”*.
- ✚ *“Psychological and Spiritual Injuries in Women Residents of Dar-Ul-Aman: A Comparative Analysis”*
- ✚ Presented at the International Multidisciplinary Conference on Ethics, Spirituality and Freedom (18th – 19th Feb, 2013). *“Psychological and Spiritual Injuries as predictor of Post traumatic growth in Residents of Dar-Ul-Aman*
- ✚ Moderated and Presented at The International Conference of Applied Psychology (ICAPP). Psychology and Challenges of the Modern World (15th -19th December, 2012). *“Evidence Based Proposed Model for Primary and Secondary Prevention of Early onset Ischemic Heart Disease for Pakistan.*
- ✚ *“Parental Bonding and its Association with Shyness, Self-esteem and Self-image in Teenagers.*
- ✚ 19th International Neuropsychon (2012) on Psychiatric updates and media awareness *“Collaboration between Different Disciplines of Neurosciences towards Optimizing Mental Health Care”* (3rd -4th March), Pearl continental hotel, Lahore. Organized by Psychiatric Welfare Association.
- ✚ *Rafique, R & Amjad, N. Depression, Anxiety and Stress: A Comparative Analysis of Coronary Heart Disease Patients from Urban and Rural Population.*
- ✚ 13th National Psychology Conference *“Psychology..... Need of the Time”*. February (10th -11th , 2012), Islamabad.
- ✚ *Rafique, R & Amjad, N. Negative Psychosocial and Traditional Correlates of Early Onset IHD in a sample drawn from Pakistani Population.*
- ✚ 19th National Psychiatric Conference on *“Complication of Dengue Fever Virus and Its Psychological Intervention”* (24th -25th December, 2011: Organized by Pakistan Psychiatric Society at Pearl Continental hotel.
- ✚ *Riaz, M., & Rafique, R. Hope, Optimism and Coping Strategies In Chronic Obstructive Pulmonary Disease Patients (COPD).*

- ✚ 13th Pakistan Psychological Association Conference “ Let Us Join Hands For Pakistan” 25th– 26th November 2011, held at Hotel Pak Plaza, Lahore, Pakistan. *Rafique, R & Amjad, N. Ischemic Heart Disease in Pakistani Women: A Case Control Study*
- ✚ International Conference on Interdisciplinary Research and Development Theme: Interdisciplinary Approach to Research and Development. Organized by the Interdisciplinary Network of the Royal Institute of Thailand 30th May to 1st June 2011. “*Rafique, R, Stress, Anger, Hostility and Locus of Control as Risk Factors for Acute Myocardial Infraction*”
- ✚ *Rafique, R & Amjad, N, Psychological Correlates of Early Onset IHD in a sample drawn from Pakistani Population.*
- ✚ *Kathlee, A., & Rafique, R. Psychological well being, Quality of life and Coping strategies in Patients with Cardiac diseases.*
- ✚ *Bilal, S & Rafique , R. Gender Differences in Stressful life Events and Personality Profile of Patients with Myocardial Infarction.*
- ✚ International neuropsychon on psychiatric updates & media / public awareness “Optimizing Psychiatric Care And Rehabilitation For Victims of Psychotrauma”15th to 17th april, 2011, Avari hotel Lahore.
- ✚ *Rafique, R & Anjum, A. Ongoing Terrorism: Psychological Effects of Direct and Indirect Exposure*
- ✚ International Conference for Psychological Sciences & Applications, on “Why we do what we do” (15 to 18 March, 2010), at College of Information Technology Building, at UAE, University.
- ✚ *Stressful Life Events, Social Support and Coping Strategies among Female Patients with Acute Myocardial Infarction and their Matched Controls*
- ✚ *Remembered Relationship with Parents, Aggression and Self-esteem of Juvenile Prisoners.*
- ✚ 10TH National Child Rights Conference (5th -7th December, 2010), The Children’s Hospital, Lahore. Organized by Childs Rights and Abuse Committee Pakistan Pediatric Association, “*Anxiety, Anger and Shyness in Children with Orthopedic Impairments.*”

CONFERENCE CONDUCTED

- ✚ Mental Health Conference: Psychologist In Time of Pandemic Redefining Lives at University of Management. (20th July 2020).
- ✚ Attended One Day E- Conference on: Covid-19: The Changing **Horizone** (20th July 2020).
- ✚ Attended 7th international and 9th Indian psychological sciences congress: Personality Traits, Organizational Justice and Job Satisfaction in Bank Employ National Association of Psychological Science India New Delhi 28th -29th November 2020.
- ✚ Mental Health Conference Stakeholder Consultative Dialogue on Mental Health Wellness organized by Young Psychologist Association (2020).
- ✚ Attended Inaugural Session of “International E- Conference on Psychosocial wellness & Rehabilitation: Challenges for Practitioners during pandemic (ICPWR 2020).Organized by Centre for Clinical Psychology University of the Punjab, Lahore. Held on 2nd December 2020.
- ✚ Certification of Appreciation for Providing outstanding Performance and lasting Contribution to Society. (2020).

WORKSHOPS CONDUCTED














- ✚ Workshop on “Smoking Cessation: An Islamic Perspective” by Dr Arshad Mahmood Director, York Psychological Services, Toronto, Canada. Fountain House on 28th November, 2019.
- ✚ Workshop conducted at Lahore Garrison University on Qualitative research methods on 9th January, 2019.
- ✚ Workshop conducted for the parents of students at Gung Mahal School, Lahore on “How to assist children with disability and special educational needs” January 5th & 6th, 2016.
- ✚ Workshop conducted for the staff of Gung Mahal School, Lahore on “How to assist students with disability and special educational needs” August 27th & 28th, 2015.
- ✚ Workshop conducted for the staff of Toddlers Head start School, Lahore at “Identification of Learning Disabilities among School Children”, on August 7th 2015.
- ✚ Workshop conducted on “Risk factors of Cardiovascular Diseases”, 20th March 2014, Division of Psychiatry and Applied Psychology, School of Medicine, University of Nottingham.

- ✚ Workshop conducted on “Systematic Review in Psychology”, 9th January 2014. Division of Psychiatry and Applied Psychology, School of Medicine, University of Nottingham.
- ✚ Workshop conducted on “Role of counseling and Psycho education in dealing children and parents of children with special needs ” from 15th to 17th March, 2012 at Dimensions, Institute for Special Education and Psychological Services”, Lahore.
- ✚ Workshop conducted on “Role of counseling and Psycho education in dealing children and parents of children with special needs ” from 15th to 17th March,2012 at Dimensions, Institute for Special Education and Psychological Services”, Lahore
- ✚ Workshop conducted on “Learning Disabilities: Assessment, Diagnosis and Intervention Strategies” from 12th to 15th March,2009 at Dimensions, Institute for Special Education and Psychological Services”, Lahore
- ✚ Workshop conducted on “Importance of Research in Special Education” (09-03-09 to 17- 03- 09) held at Government In- Service Training College for the Teachers of Disabled Children, Lahore
- ✚ Workshop conducted on “Counseling Skills and Reproductive Health”, arranged by Family Planning Association of Pakistan (*Rahnuma*) at Family Welfare Hospital 16th -17th November, 2007.
- ✚ Workshop conducted on “Assessment and Therapeutic strategies for Aggression in young adults”, Ibn-e-Amir College for Women, Psychology Department. Gujrat, November, 2007.
- ✚ One module conducted for Training workshop for Post Graduate Teachers on Effective teaching, in collaboration with Higher Education commission, 10th – 15th July, 2006.
- ✚ Teachers Training Workshops at All Saints Church High School.
- ✚ Teachers Training Workshop at Lahore City Junior School (27/08/2001 to 30/08/2001).
- ✚ Teachers Training Workshop at Jinnah Kids Campus (26th -28th August 2000).
- ✚ Teachers Training Program at Jinnah Kids Campus (May 20th to May 26th 1999).

Conducted Workshops at (Division of Psychiatry and Applied Psychology, School of Medicine, University of Nottingham, 2013-2014)

- Difficulties faced while conducting Systematic Review of Literature.
- Risk and Protective factors associated with Cardiovascular diseases

WORKSHOPS ATTENDED/ORGANIZED

-  Organized a seminar on Breast Cancer Awareness (Academic Staff Association) on 27th November 2019.
-  Workshop on “Three day Training of Trainers on Humanity, Altruism, & Citizenship in Pakistan” jointly organized by Ministry of Rights & University of the Punjab, Lahore on 23-25 August, 2017.
-  Attended Workshop on IPA, 19th May, 2015 organized by the Department of Psychology, GCU.
-  Helping people with appearance related anxiety relating to visible difference, develop coping strategies to reduce distress and manage the reactions of others (2014)(Bristol University, UK).
-  Workshop on “Interpretative Phenomenological Analysis” by Dr Fiona Gavin
-  on 19th February 2014, University of Nottingham.
-  Workshop on “Template Analysis: identifying & coding themes” by Dr Fiona Gavin on 19th February 2014, University of Nottingham.
-  Further qualitative research, (2013). University of Nottingham.
-  Discourse Analysis, (2013). University of Nottingham.
-  NVivo: A useful tool for analyzing Interviews by Dr Fiona Gavin on 14th March 2014, University of Nottingham.
-  How to conduct a Systematic review of literature by Dr Nigel Hunt on 10th January 2014, Division of Psychiatry and Applied Psychology, School of Medicine, University of Nottingham.
-  Workshop on “Planning your research” by Dr Rachael Pearson on 13th February 2014, A3 Graduate Centre, Sutton Bonington Campus, University of Nottingham.
-  Workshop on “Narrative Analysis” by Dr Nigel Hunt on 10 January 2014, Division of Psychiatry and Applied Psychology, School of Medicine, University of Nottingham.

- ✚ 3rd International Conference on Business Management (27th-28th February, 2013) at UMT, organized by School of Business and Economics.
- ✚ Workshop on Chronbach Alpha by Dr Dutta Roy at Center for Clinical Psychology University of the Punjab, 19th December, 2012. (Moderated).
- ✚ One day Seminar on Assistive Technology for Persons with Disabilities. (15th October, 2012). Organized by University of Management and Technology.
- ✚ Muslim Psychology Conference (May 10th 2012) at Fountain House. Organized by the Society for the Advancement of Muslim Psychology.
- ✚ 19th National Psychiatric Conference on “Complication of Dengue Fever Virus and Its Psychological Intervention” (24th -25th December, 2011: Organized by Pakistan Psychiatric Society at Pearl Continental hotel.
- ✚ 13th Pakistan Psychological Association Conference “ Let Us Join Hands For Pakistan” 25th – 26th November 2011, held at Hotel Pak Plaza, Lahore, Pakistan.(organized)
- ✚ 8th international neuropsychon on psychiatric updates & media /public awareness “optimizing psychiatric care and rehabilitation for victims of psychotrauma” April 15 - 17, 2011, Avari hotel, Lahore
- ✚ The First International Conference on Interdisciplinary Research and Development. Theme: Interdisciplinary Approach to Research and Development. Organized by the Interdisciplinary Network of the Royal Institute of Thailand 30th May to 1st June 2011).
- ✚ 2nd National Symposium “Developmental Pediatrics in the 21st century”25th May, 2011. Shaukat Raza Khan Auditorium, The Children’s Hospital and Institute of Child Health.
- ✚ Turnitin Anti-Plagiarism software training, 11st May 2011, Punjab University, Main Library.
- ✚ International Neuropsychon on psychiatric updates & media / public awareness “Optimizing Psychiatric Care and Rehabilitation for Victims of Psychotrauma”15th to 17th April, 2011, Avari hotel Lahore.
- ✚ First international conference on “Emerging Trends in Psychology”, (29th- 30th March, 2011). Department of Psychology, GC University, Lahore.

- ✚ 10TH National Child Rights Conference (5th -7th December, 2010), The Children’s Hospital Lahore. Organized by Childs Rights and Abuse Committee Pakistan Pediatric Association.
- ✚ 3rd International Conference on “Statistical Sciences” (25th-27th November, 2010), University of the Punjab, Lahore.
- ✚ Workshop on “Research Management” (12th November, 2010), Research office, University of the Punjab, Lahore.
- ✚ Workshop on “Art as Therapy for Trauma Victims”. (20th -21st October, 2010), Department of Applied Psychology, University of the Punjab.
- ✚ National Conference on Research in Psychology: Indigenous and Cultural Perspective. (14th October, 2010), Department of Applied Psychology, Quaid-e-Azam University, Islamabad.
- ✚ Training Session of Journal Manager and Information System (28th May, 2010), Institute of Quality and Technology Management, University of the Punjab.
- ✚ Conducting and Publishing Research (5-7th April, 2010), Department of Applied Psychology in collaboration with HEC. University of the Punjab, Lahore.
- ✚ 7th International Symposium on Psychiatric Updates & Media / Public Awareness 2nd to 4th April, 2010 at Department of Psychiatry, Mayo Hospital, Lahore.
- ✚ First International Conference on Forensic Psychology: Issues and Interventions (1st – 3rd April, 2010), Government College University, Lahore.
- ✚ International Conference for Psychological Sciences & Applications, on “Why we do what we do” (15 to 18 March, 2010), at College of Information Technology Building, at UAE University.
- ✚ National Conference on “Resilience, Coping Strategies and Reconstruction of Self among Women” (11th March, 2010), Department of Applied Psychology, University of the Punjab, Lahore (participated and was a member of organizing committee).
- ✚ 12th Asia-Pacific Regional Conference of Alzheimer’s Disease International (7th-10th November, 2009), Avari Hotel Lahore, Pakistan.
- ✚ 15th CME Program “Updates on Cardiac Intervention (24th October, 2009), at Punjab Institute of Cardiology, Lahore.

- ✚ 117th Annual Convention of American Psychological Association (6th - 9th August, 2009), Toronto, Ontario, Canada.
- ✚ What every victim treatment provider needs to know about offender thinking and risk (1- day workshop; 5.5 hours educational credit) on June 8th, 2009, Ontario, Canada.
- ✚ 6th International Symposium on Psychiatric Updates and Media/ Public Awareness “Community Based Psychiatric Services, Needs and Provisions- Bridging the Gap” (1st - 3rd May, 2009), by Psychiatric Welfare Association, Lahore.
- ✚ International Conference on Culture and Mental Health (17th – 20th March, 2009 at Government College University, Lahore)
- ✚ National Psychiatric Conference on “Bipolar Affective Disorder”; the Current Perspective in Pakistan on 14th February, 2009 at Services Hospital, Lahore.
- ✚ 18th Muslim Conference held at Fountain House, Lahore, 17th -18th December, 2008.
- ✚ HEC Digital Library e-Books Workshop on 10th October, 2008, University of the Punjab, Lahore.
- ✚ 10th National Conference, Department of Clinical Psychology GCU, Pakistan Association of Clinical Psychologists, 3- 6 April, 2008.
- ✚ International Conference, Impact of Global Violence on Mental Health: A Challenge for Mental Health Professionals, Center for Clinical Psychology, 15th -17th May, 2008.
- ✚ 5th International Symposium on Psychiatric Updates & Media / Public Awareness, Department of Psychiatry King Edward Medical University, Lahore, 19th – 20th April, 2008.
- ✚ Workshop on Advance Research Methods in Psychology, 2008, Psychology Department, York University, Ontario, Canada, 7th January – 2nd February.
- ✚ Working Against Cancer, by Pink Ribbon Campaign, Department of Psychology and Applied Psychology, University of the Punjab, Lahore, January, 2007.
- ✚ National Conference on Gender Issues in 21st Century in Pakistan, University of the Punjab, 16th May 2007.
- ✚ One day academic symposium on Dissociative Disorder: The Historical, Cultural and Management Perspective” on 14th April, 2007, arranged by Services Hospital, Psychiatric Department.

- ✚ New trends in Psychological research, Department of Psychology and Applied Psychology, University of the Punjab, Lahore 6th -7th April , 2007 (*participated and worked as a member organizing committee*).
- ✚ 12th Pakistan Psychological Association Conference on Psychological needs of earth quake victims., Lahore College University,Lahore,17th – 18th March,2007.(*Paper presented Anxiety and Self-esteem in Smokers and Non-smokers,(member organizing committee)*)
- ✚ National Conference on “Mental Health”, by Psyche-Forum, at Hotel Sunfort, Lahore, November, 2007 (*member organizing committee*).
- ✚ National Conference by Psyche-Forum, Hotal Sunfort, Lahore, March, 2007.
- ✚ 16th International Psychiatric Conference of Pakistan Psychiatric Society, Lahore, Pakistan, Pearl Continental Hotel, Lahore, December, 2006.(Paper presented Test anxiety :Semester vs. Annual system)
- ✚ 9th International Conference on Natural Disasters: Their Psychological Impact and Healing strategies, Alhamra Arts Council, 27th May, 2006.
- ✚ Seventh Muslim Psychological Conference on Advancement of Muslim Psychology, (2005) held at Fountain House, Lahore.
- ✚ Research skills for M. Phil /Ph.D, from theory to investigation: Designing a study, 1st June, 2005. Department of Applied Psychology, Punjab University, Lahore.
- ✚ Advanced Literature search using Electronic Databases, 25th May, 2005, Department of Applied Psychology, Punjab University, Lahore.
- ✚ Reiki workshops (Level 1 & 11), Department of Applied Psychology, University of the Punjab, 28th May – 4th June, 2005.
- ✚ Role of Women in Drug Abuse Prevention, by Anti-Narcotic force, 15th -16th April , 2005.
- ✚ Dissemination Seminar on Neuroscience and Psychology at GCU, by British Counsel ,9th April,2005
- ✚ Seminar on Therapy and Counseling: Different approaches and perspectives, by Erica Burman and Khatija Chantler, 14th March, 2005, Department of Applied Psychology, University of the Punjab. (*member organizing committee*).

- ✚ Seminar on New Directions in Qualitative Research, Department of Psychology and Applied Psychology, 10th March, 2005.
- ✚ Seminar on International Women’s Day, Pakistan Psychological Association, 16th March, 2004 (*member organizing committee*).
- ✚ Workshop on “Counseling Package of Domestic Violence Victims, at Pearl Continental Hotel, Lahore, 26th March, 2004.
- ✚ Workshop on Integrated Psychotherapy by Dr Zahid Mehmood, 22nd April, 2004
- ✚ Symposium on Students Counseling and Assessment Strategies, Department of Applied Psychology, University of the Punjab, 6th April, 2004 (*member organizing committee*).
- ✚ Seminar on “Death and the Maiden” at Elora, Ontario, Canada.
- ✚ World Psychiatric Association (WPA) in Collaboration with Pakistan Psychiatric Society. Regional & Inter Zonal Meeting: Improving Mental Health in Developing Countries. Lahore, Pakistan (16th September, 2004).
- ✚ Workshop on REBT assessment and intervention strategies, (conducted by Cyma Salman-Albert Ellis Institute, New York) Department of Psychology and Applied Psychology, University of the Punjab, 21st -22nd December, 2004. (*member organizing committee*).
- ✚ Child Sexual Abuse Training Workshop, (conducted by resource persons belonging to University College London under DFID scheme), Department of Applied Psychology, University of the Punjab, Lahore, March, 2003. (*member organizing committee*)
- ✚ Faculty orientation program, (12th August to 23rd August, 2002) conducted by Human Resources Development Centre, Institute of Administrative Sciences, University of the Punjab, Lahore.
- ✚ **Attended Online Workshops University of Nottingham, UK**
 - Introduction to qualitative research
 - Introduction to quantitative research
 - Research interview skills
 - Mixed methods
 - Global research ethics and integrity

- Analyzing qualitative data.

LIST OF WEBINARS ARRANGED 2020

- ✚ Arranged an International Webinar on “Stand up, Speak out & Be heard!” “Say No to Bullying” by Cyma Salman, CEO Rational Living Institute Singapore and Ms. Naureen Mursaleen, educationist and counsellor, London, UK at Institute of Applied Psychology. Punjab University Lahore. (17th June 2020).
- ✚ Arranged Webinar entitled “Working Efficiently from Home” by Dr.Saima Ghazal At Institute of Applied Psychology. University of the Punjab. (14 April 2020).
- ✚ Arranged an International Webinar on “Breast Cancer Awareness Breast Cancer: Some Cross Cultural Issues” by Dr. Fatima Afreen English Speaking Cancer Association, Switzerland at Institute of Applied Psychology University of the Punjab (27th October 2020).
- ✚ Webinars series arranged on “World Mental Health Celebration” by Prof.Dr Rafia Rafique, Dr.Fatima Kamran, Dr.Afsheen Masood, Dr.Afifa Anjum at Institute of Applied Psychology, University of the Punjab, Lahore. (October 2020).
- ✚ Certificate of Appreciation for conducted a webinar on “Psychosocial Impacts of Covid-19” Awarded by Access LIFE, Lahore. (2020).

LIST OF WEBINARS ORGANIZED 2020

- ✚ Organized Webinar entitled “Mass Awareness Campaign Adolescents and Suicide” by Dr.Rafia Rafique (Director), Dr.Fatima Kamran, Dr.Afsheen Masood, Dr.Afifa Anjum at the department of Applied Psychology Punjab University Lahore. (28th July 2020) at Institute of Applied Psychology. Punjab University Lahore.
- ✚ Organized Webinar entitled “How to Remain Positive Amid Difficulties “by Prof.Dr.Rafia Rafique (Director) at Institute of Applied Psychology. University of the Punjab. (8th October 2020).
- ✚ Organized Webinar entitled “Suicide Prevention” by Dr.Rabia Mushtaq at Iqra University, Karachi (8th October 2020).

- ✚ Organized Webinar entitled “Coping Strategies of Expats Living in Saudi Arabia during COVID-19 Situation” by Ms.Ghazala Imran Prince Sultan University, Riyadh (8th October 2020).
- ✚ Organized Webinar entitled “New Norms, Post-COVID-19 World” by Dr.Mujeeba Ashraf at Institute of Applied Psychology Punjab University Lahore. (8th October 2020).
- ✚ Organized Webinar entitled “Preventing Domestic Violence” by Dr.Farah Abbasi at Department of Psychiatry Michigan State University, USA. (8th October 2020).
- ✚ Organized Webinar entitled “Mindful Self-Compassion: Combating Suicidal thoughts” by Dr.Sobia Aftab at Institute of Clinical Psychology, University of Karachi. (8th October 2020).
- ✚ Organized Webinar entitled “How to Handle Fear, Anxiety and Stress in This Pandemic Situation?” by Dr. Fatima Kamran, at Institute of Applied Psychology. University of the Punjab (6th April 2020).
- ✚ Organized Webinar entitled “Mind Reframing and Mindfulness to Manage Pandemic Induced Mind States and Psychological Distress: Holistic Approach Paradigm” by Dr.Afsheen Masood at Institute of Applied Psychology. University of the Punjab. (10th April 2020).
- ✚ Organized Webinar entitled “How to Manage Anxiety during COVID-19” by Dr. Mujeeba Ashraf At Institute of Applied Psychology. University of the Punjab. (11th April 2020).
- ✚ Organized Webinar entitled” Helpline Tips to Deal with COVID-19 Stress: A Psychological Guide” by Dr.Fatima Kamran At Institute of Applied Psychology. University of the Punjab. (15th April 2020).
- ✚ Organized Webinar entitled “Finding True Lasting Happiness Amid Difficulties”. By Dr.Naumana Amjad). At Institute of Applied Psychology. University of the Punjab. (17th April 2020).
- ✚ Organized Webinar entitled “Parenting Tips in Current Scenario of Lockdown by Ms Amna Bashir & Ms Sadia Mustafa.” At Special Education department (20th April 2020).
- ✚ Organized Webinar entitled “Dealing with Grief and Loss-During COVID-19 Pandemic” by Dr.Sobia Aftab at the Department of clinical psychology university of Karachi. (23rd April 2020).

- ✚ Organized Webinar entitled “Our Mental Health in times of COVID-19.”By Dr.Farah Abbasi at the Department of Psychiatry, Michigan State University, USA. (2nd May 2020).
- ✚ Organized Webinar entitled “Psychosis in Children and Adolescents”by Dr Irfan Mian . at the Department of Psychiatry, University of Toronto. (9th May 2020).
- ✚ Organized Webinar entitled “Physical Distancing - The Real Meaning” by Ms.Mirat Gull Butt at the Punjab Institute of Cardiology Lahore. (12th June 2020).
- ✚ Organized Webinar entitled “Empathizing and Supporting elderly during Covid-19” by Ms.Ghazala Imran the Prince Sultan University Riyadh KSA. (24th June 2020).
- ✚ Organized Webinar entitled “Healthy Lifestyle in Preventing and Management of COVID-19 Infection pandemic globally” by Dr.Ali Imran at the department of Tele Global Health Center.12th July 2020).
- ✚ Organized Webinar entitled “Psychoanalysis in modern mental health practice” by Dr.Muhammad Iqbal Naeem at the department of Psychiatry University of Manchester (UK). (16th August 2020).
- ✚ Organized Webinar entitled “Role of Religion and Spirituality in Mental Wellbeing by Religious Scholar Hazrat Sheikh Moulana Jahangir Mahmud at the institute of applied psychology, university of the Punjab. (28th August 2020).
- ✚ Organized Webinar entitled “Lessons Learned from the Pandemic: A Journey Towards New Horizon “by Sahrish Adnan (Motivational Speaker) at the Monash University, (4th September 2020).
- ✚ Webinar attended on “Maximising Quality of Life during Covid” by Dr.Fatima Kamran at the Institute of Applied Psychology, University of the Punjab. (6th October 2020).
- ✚ Organized Webinar entitled “Learn to Live a Happy and Positive Life Once Again”by Dr.Zainab Javaid (Practicing clinical psychologist) (6th October 2020).
- ✚ Organized Webinar entitled “Adolescent Health Issues and their Management “by Ms.Rakia Ashraf at the Adolescent Health Centre, Lady Willington Hospital Lahore (6thOctober 2020).

- ✚ Organized Webinar entitled “Mental Health Challenges in Prisoners and Death Penalty” by the Dr.Usman Amin (HOD) at Behavioural Sciences & Psychiatry Department, Rashid Latif Medical College. (6th October2020).
- ✚ Organized Webinar entitled “Difficulties of Children with Disabilities Amid Covid-19 Pandemic”.by Dr.Afsheen Masood At Institute of Applied Psychology Punjab University Lahore. (7th October 2020).
- ✚ Organized Webinar entitled “Mental Health: A Positive Perspective” by Dr.Tanveer Nasar (Principal clinical psychologist) at the Health Department, Govt of the Punjab. (7th October 2020).
- ✚ Organized Webinar entitled “A Step Forward towards the Psychological Management of Rape Victims” by Ms.Fareeha Naz (7th October 2020).
- ✚ Organized Webinar entitled “importance of social support in mental health” by Ms. Maryam Razzaq Incharge at Adolescent Health Center, Nishtar Hospital Multan.(7th October 2020).
- ✚ Organized Webinar entitled “Lifestyle Modification and Response Shift Process Amid COVID-19” by Ms.Mafia Rashid Childcare supervisor at the Punjab Safe City Authority. (7th October 2020).
- ✚ Organized Webinar entitled “Management around Disruptive Behaviors of Children with Special Needs” by Ms.Amna Bashir at Special Education Department (7th October 2020).
- ✚ Organized Webinar entitled “Management Strategies for dealing with Stigmatization of parents with Special Needs of Children” by Ms.Aneeza Habib practicing clinical psychologist at Queens Medicare Clinic. (7th October 2020).
- ✚ Organized Webinar entitled “Parenting in times of COVID-19” by Ms.Aneeza Habib (CBT Practitioner) at Al-Noor Mother care Center Lahore (7th October 2020).
- ✚ Organized Webinar entitled “Positive Emotions and Wellbeing” by Dr.Afifa Anjum at Institute of Applied Psychology Punjab University Lahore. (9th October 2020).

- ✚ Organized Webinar entitled “COVID-19 Impact on Third World” by Dr. Nashi khan (Chartered Clinical Psychologist,UK, Project Director & Director FSS Rashid Latif Khan University) at Institute of Applied Psychology, University of the Punjab Lahore (9th October 2020).
- ✚ Organized Webinar entitled “How to Manage Obsessive Thoughts.” By Prof.Dr Uzma (Director) Ali at Institute of Clinical Psychology University of the Karachi.(9th October 2020).
- ✚ Organized Webinar entitled “Stock Tacking: An Intrinsic Journey for Self-Awareness and Goal Setting” by Dr.Iram Zehra Bokharey at Mayo Hospital Lahore.(9th October 2020).
- ✚ Organized webinar on entitled “Sharing Advent Of New Spectrum Of Positivity And Kindness” Prof. Dr. Najma Najam, Prof. Dr. Rukhsana Kausar, Dr. Mohsina Najeeb, Prof. Dr. Naumana Amjad, Prof. Dr. Salma Hassan, Dr. Amjad Tufail, Dr. Amina Muazzam at Institute of Applied Psychology, University of the Punjab.(9th October 2020)
- ✚ Organized Webinar entitled “Character Strengths and Virtues of Our Beloved Prophet Muhammad (PBUH): The Ultimate Role Model” by Religious Scholar (Maulana Hammad Abassi) (8th November 2020).
- ✚ Organized Webinar entitled “Boost your Wellbeing During Second Wave of COVID-19 Through Eye Movement” by Mr.Safa Kamal Kaptan University of Manchester at Institute of Applied Psychology Punjab University Lahore. (29th December 2020).
- ✚ Organized Webinar entitled” Desensitization and Reprocessing (EMDR)” by Ms.Muqaddas Asif at Institute of Applied Psychology, University of the Punjab, Lahore. (29th December 2020).

LIST OF WEBINARS CHAIRED 2020

- ✚ Chaired a Webinar Concerning International Tolerance day 2020. “Build Tolerance to build your Strengths: Learning the Art and Science of Tolerance” by Ms. Amna Bashir Special Education Department at Institute of Applied Psychology Punjab University. (20th November 2020).

LIST OF WEBINARS ARRANGED 2021

- ✚ Arranged a webinar entitled” Parenting during Covid 19” by Dr. Muhammad Zeeshan at Institute of Applied Psychology, University of the Punjab Lahore. (10th April 2021).
- ✚ Arranged National webinar entitled “Lessons Learnt by the Mankind during COVID-19”by Dr.Imran Y. Muhammad and Moderator Dr.Salman Shahzad. At Institute of Clinical Psychology, University of Karachi. (5th March 2021).
- ✚ Arranged National webinar entitled “Mental Health of Frontline Workers:Impact and challenges’by Dr.Atif Saeed Anjum and Moderator Dr.Salman Shehzad at Institute of Clinical Psychology, University of Karachi. (5th March 2021)
- ✚ Arranged National Webinar on “Mental Health Frontline Workers: Opportunities and Way forward by Prof.Dr. Majid Ali Abidi and Moderator Dr.Sobia Aftab at Institute of Clinical psychology, University of Karachi. (5th March 2021).
- ✚ Arranged National Webinar entitled” Impact of COVID-19 on Family Relationships by Prof.Dr.Irfana Shah and key Moderator Dr.Sobia Aftab at Institute of Clinical Psychology, University of Karachi. (5th March 2021).
- ✚ Arranged Webinar on “Impact of Childhood Stress on Later Life Health” by Ms. Farah Tiwana at Institute of Applied Psychology Punjab University. (2nd February 2021).
- ✚ Arranged Webinar entitled “Altruism in COVID-19 Era” by Dr.Saleha Javed at Institute of Applied Psychology, University of the Punjab. Lahore. (11th February 2021).
- ✚ One day webinar on Women in Leadership: Achieving an Equal Future in COVID-19 World Program. (2nd March 2021).
- ✚ Arranged National webinar entitled “Lessons Learnt by the Mankind during COVID-19”by Dr.Imran Y. Muhammad and Moderator Dr.Salman Shahzad. At Institute of Clinical Psychology, University of Karachi. (5th March 2021).

- ✚ Arranged National webinar entitled “Mental Health of Frontline Workers: Impact and challenges” by Dr. Atif Saeed Anjum and Moderator Dr. Salman Shehzad at Institute of Clinical Psychology, University of Karachi. (5th March 2021).
- ✚ Arranged National Webinar on “Mental Health Frontline Workers: Opportunities and Way forward by Prof. Dr. Majid Ali Abidi and Moderator Dr. Sobia Aftab at Institute of Clinical Psychology, University of Karachi. (5th March 2021).
- ✚ Arranged National Webinar entitled “Impact of COVID-19 on Family Relationships by Prof. Dr. Irfana Shah and key Moderator Dr. Sobia Aftab at Institute of Clinical Psychology, University of Karachi. (5th March 2021)
- ✚ Arranged Webinar entitled “Faculty Mental Health During Pandemic” by Prof. Dr. Rafia Rafique at Institute of Applied Psychology, University of the Punjab. (17th February, 2021).
- ✚ Arranged Webinar entitled “Role of Community Mental Health Organizations” by Prof. Dr. Rafia Rafique at Institute of Applied Psychology, University of the Punjab. (26th February, 2021).
- ✚ Arranged Webinar entitled “Parenting During COVID-19” by Mr. Muhammad Zeeshan at Institute of Applied Psychology, University of the Punjab. (10th April 2021)
- ✚ Arranged Webinar entitled “The Bright Side of COVID-19” Dr. Zainab Javed practicing Clinical Psychologist at Institute of Applied Psychology, University of the Punjab. (26th April 2021).
- ✚ Arranged Webinar entitled “Effective Communication Skills for a Successful Professional Career During Pandemic” by Ms. Barira Bakhtawar Ph.D Scholar, Lahore College for Women University, at Institute of Applied Psychology, University of the Punjab Lahore. (31st March 2021).
- ✚ Arranged Webinar entitled “Mental Health of Women During Pandemic” by Dr. Muhammad Iqbal Naeem Lecturer in Psychiatry, University of Manchester (UK) at Institute of Applied Psychology, University of the Punjab. (8th March, 2021).

- ✚ Arranged Webinar entitled” Women in Leadership: Achieving an equal future in a COVID-19 World” by Prof.Dr.Rafia Rafique at Institute of Applied Psychology, University of the Punjab. (2nd March, 2021).

LIST OF WEBINARS ORGANIZED 2021

- ✚ Organized Webinar entitled “Character Building Society” by Sheikh Jahangir Mahmud, Dr. Afifa Anjum (Focal Person) at the department of Applied Psychology, Punjab University Lahore. (7th April 2021).
- ✚ Organized Webinar entitled “Know Yourself” by Ms. Rakia Ashraf (Adolescent Health Center) Lady Willingdon Hospital, Lahore and Population Welfare Department, Ms.Hira Asim Incharge (Adolescent Health Center) at Allama Iqbal Memorial Teaching Hospital, Sialkot and Population Welfare Department, Punjab. (7th January 2021).
- ✚ Organized Webinar entitled “Power Analysis and Determining the Appropriate Sample Size: A Hands on Experience” by Dr.Adnan Adil University of Sargodha. (21st January 2021).
- ✚ Organized Webinar entitled “Neuropsychological Assessment and its Application” by Prof.Dr. Najma Najam (Professor Emeritus) at Institute of Applied Psychology, University of the Punjab. (26th January 2021).
- ✚ Organized Webinar entitled “Training Session on Stress Management” by Dr. Zainab Javed practicing Clinical Psychologist at Institute of Applied psychology, University of the Punjab. (27th January 2021).
- ✚ Organized Webinar entitled “Improving Sleep Quality During Pandemic” by Dr.Fatima Kamran at Institute of Applied Psychology, University of the Punjab. (27th January 2021).

KEY NOTE SPEAKER AT WEBINARS 2021

- ✚ Guest Speaker in one day webinar on “Women in Leadership: Achieving an Equal Future in a COVID-19 World” by Prof.Dr.Rafia Rafique at Department of Psychology and Department of Sociology, Virtual University of Pakistan, Institute of Applied Psychology, University of the Punjab. (March 02,2021).
- ✚ Key note Speaker in National Webinar entitled “Mental Health in the midst of COVID-19 Pandemic: Role of Community Mental Health Organization by Prof.Dr Rafia Rafique (Dr.Farrukh Zahur Ahmad Trust of Clinical Psychology is Collaboration with Institute of Clinical Psychology University of Karachi. (26 February 2021).

THESIS SUPERVISED (MS.C & BS)

2006-2008

- ✚ Nazar, F., & Rafique, R. (2006). *Stress and anger among smokers and non-smokers*. Department of Applied Psychology, University of the Punjab.

2008-2010

- ✚ Saleem, M., & Rafique, R. (2008). *Procrastination and self-esteem in university students*. Department of Applied Psychology, University of the Punjab.
- ✚ Waris, A., & Rafique, R. (2008). *Trust in male and female friendship*. Department of Applied Psychology, University of the Punjab.
- ✚ Safdar, T., & Rafique, R. (2008). *Anger depression and anxiety as predictor of acute Myocardial Infarction (MI) and their matched controls*. Department of Applied Psychology, University of the Punjab.
- ✚ Riaz, M., & Rafique, R. (2008). *Optimism, Hope and coping strategies in chronic obstructive pulmonary disease patients*. Department of Applied Psychology, University of the Punjab.

2009-2011

- ✚ Kathleen, A., & Rafique, R. (2009). *Psychological wellbeing, quality of life and coping strategies used by patients with cardiac diseases*. Department of Applied Psychology, University of the Punjab.
- ✚ Izra, A., & Rafique, R. (2009). *Relationship between depression, social support and quality of life in patients with chronic renal failure*. Department of Applied Psychology, University of the Punjab.
- ✚ Rasheed, S., & Rafique, R. (2009). *Burnout and anger in women with acute myocardial infarction and their matched controls*. Department of Applied Psychology, University of the Punjab.
- ✚ Khan, S., & Rafique, R. (2009). *Stressful life events, perceived social support and coping strategies among female patients with acute myocardial infarction and their matched controls*. Department of Applied Psychology, University of the Punjab.
- ✚ Hussain, S., & Rafique, R. (2009). *Anxiety, anger and shyness in children with orthopedic impairment*. Department of Applied Psychology, University of the Punjab.
- ✚ Bilal, S., & Rafique, R. (2009). *Gender differences in stressful life events and personality profile in patients with Myocardial Infarction*. Department of Applied Psychology, University of the Punjab.

- ✚ Sattar, H. A., & Rafique, R. (2009). *Remembered relationship with parents, aggression and self-esteem of juvenile prisoners*. Department of Applied Psychology, University of the Punjab.

2010-2012

- ✚ Mahmood, A., & Rafique, R. (2010). *Type D Personality, Marital Satisfaction and Social Support in Coronary Heart Disease*. Department of Applied Psychology, University of the Punjab.
- ✚ Rafique, T., & Rafique, R. (2010). *Job Stress and Coping in Relation Hypertension*. Department of Applied Psychology, University of the Punjab.
- ✚ Anwar, A., & Rafique, R. (2010). *Health Related Quality of Life, and Marital Satisfaction in Patient with Rheumatoid Arthritis and their Matched Controls*. Department of Applied Psychology, University of the Punjab.
- ✚ Asghar, S. F., & Rafique, R. (2010). *Gender Differences in Self-efficacy, Psychological Wellbeing and Daily Stress in Patients Diagnosed with Arthritis*. Department of Applied Psychology, University of the Punjab.
- ✚ Mahtab, M., & Rafique, R. (2010). *Health Related Quality of Life, Perceived Health and Social Support in Patients with Diabetes Mellitus*. Department of Applied Psychology, University of the Punjab.
- ✚ Wajeaha, A., & Rafique, R. (2010). *Burnout, Anger and Social Support in Patients with Hypertension*. Department of Applied Psychology, University of the Punjab.

2011-2013

- ✚ Nazeer, M., & Rafique, R. (2011). *Empathy, Styles of Humor and Social Competence In University Students*. Department of Applied Psychology, University of the Punjab.
- ✚ Ahmed, S., & Rafique, R. (2011). *Positive and negative affect And Social Support Among Patients Diagnosed With HIV*. Department of Applied Psychology, University of the Punjab.

- ✚ Saeed, M., & Rafique, R. (2011). *Acute Stress, Psychological Well-Being and Coping Strategies in Parents Of Children Diagnosed With Cancer*. Department of Applied Psychology, University of the Punjab.
- ✚ Murtaza, A. F., & Rafique, R. (2011). *Hope and Depression In Coronary Artery Disease Patients With And Without Coronary Artery Bypass Grafting*. Department of Applied Psychology, University of the Punjab.
- ✚ Masood, S., & Rafique, R. (2011). *Neuropsychological Functioning Of Patients Diagnosed With Epilepsy*. Department of Applied Psychology, University of the Punjab.
- ✚ Javaid, N., & Rafique, R. (2011). *Posttraumatic Growth And Life Satisfaction Among Women Diagnosed With Different Types Of Cancer*. Department of Applied Psychology, University of the Punjab.

2012-2014

- ✚ Ahmed, Z., & Rafique, R. (2012). *Validation of Spielberger's trait Anger scale as cardiac risk assessment tool for Pakistan women*. Department of Applied Psychology, University of the Punjab.
- ✚ Amjad, R., & Rafique, R. (2012). *Quality of life at work as predictor of job commitment in 1122 rescue workers*. Department of Applied Psychology, University of the Punjab.
- ✚ Hafeez, A., & Rafique, R. (2012). *Spirituality and religiosity as predictors of well-being in residents of old homes*. Department of Applied Psychology, University of the Punjab.
- ✚ Hussain, S., & Rafique, R. (2012). *Role of Parental Expectation and Career Salience with Career Decision Making*. Department of Applied Psychology, University of the Punjab.
- ✚ Malik, T., & Rafique, R. (2012). *Perceived parental bonding and its association with shyness and self-image in teenagers*. Department of Applied Psychology, University of the Punjab.
- ✚ Maqsood, M., Rafique, R. (2012). *Post traumatic growth in patients diagnosed with Coronary heart disease*. Department of Applied Psychology, University of the Punjab.
- ✚ Nazli, M., & Rafique, R. (2012). *Self-perceived health, willingness to treatment and quality of life in addicts*. Department of Applied Psychology, University of the Punjab.

- ✚ Sajid, U., & Rafique, R. (2012). *Psychological well-being and functional impairment in late adolescent onset of type 1 diabetes*. Department of Applied Psychology, University of the Punjab.
- ✚ Shabbir, A., & Rafique, R. (2012). *Physical, Psychological and Spiritual injuries in Residents of Darul Aman*. Department of Applied Psychology, University of the Punjab.

2013-2015

- ✚ Arshad, S., & Rafique, R. (2013). *Personality, creativity and psychological well-being in Fine Arts students*. Department of Applied Psychology, University of the Punjab.
- ✚ Khadim, A., & Rafique, R. (2013). *Organizational learning and job satisfaction as predictors of work performance*. Department of Applied Psychology, University of the Punjab.
- ✚ Aslam, A., & Rafique, R. (2013). *Work stress, hardiness and general health among nurses*. Department of Applied Psychology, University of the Punjab.
- ✚ Niazi, M., & Rafique, R. (2013). *Role of Religiosity, Spiritual well-being, Health Locus of Control among Patients with Terminal Illness*. Department of Applied Psychology, University of the Punjab.
- ✚ Haider, F. S., & Rafique, R. (2013). *Sibling relationships, family environment and social emotional adjustment among college students*. Department of Applied Psychology, University of the Punjab.
- ✚ Qamar, K., & Rafique, R. (2013). *Women's autonomy, personality type and happiness among women from Urban and Rural Areas*. Department of Applied Psychology, University of the Punjab.
- ✚ Kanwal, A., & Rafique, R. (2013). *Emotional maturity, social competence and style of Humor among Children from Orphanages and Intact Families*. Department of Applied Psychology, University of the Punjab.

2015-2017

- ✚ Jawad, A., & Rafique, R. (2015). *Career transition and work stress: The mediating role of quality of work life among retired army officers*. Department of Applied Psychology, University of the Punjab.

- ✚ Raheem, S. S., & Rafique, R. (2015). *Work centrality, life role salience and dyadic adjustment in emergency service providers*. Department of Applied Psychology, University of the Punjab.
- ✚ Ghaffar, A. N., & Rafique, R. (2015). *Relationship between parental attachment self-esteem and academic achievement among students*. Department of Applied Psychology, University of the Punjab.
- ✚ Shabir, R., & Rafique, R. (2015). *Anxiety, self-esteem and eating patterns among adolescent*. Department of Applied Psychology, University of the Punjab.

2016-2018

- ✚ Muteeq ul Wara, S., & Rafique, R. (2016). *Relational Communication and Marital Satisfaction in Young Married Couples*. Institute of Applied Psychology. University of the Punjab. (M.Sc Morning)
- ✚ Safdar, S., & Rafique, R. (2016). *Religious Beliefs, Moral Values and Forgiveness in Punjab University Students*. Institute of Applied Psychology. University of the Punjab. (M.Sc Morning)
- ✚ Mushtaq, R., & Rafique, R. (2016). *Facebook Addiction, Physical Activity and Social Functioning in Young Adults*. Institute of Applied Psychology. University of the Punjab. (M.Sc Replica)
- ✚ Akram, Z., & Rafique, R. (2016). *Sexual Harassment, Resilience and Psychological Well Being in Transgenders*. Institute of Applied Psychology. University of the Punjab. (M.Sc Replica)
- ✚ Gohar, M., Javed, Z., & Rafique, R. (2016). *Predictors of mental health of young adults living in orphanages*. Institute of Applied Psychology, University of the Punjab.
- ✚ Arifeen, M., & Rafique, R. (2016). *Sensation seeking, emotional regulation and smoking behavior in young adults*. Institute of Applied Psychology. University of the Punjab. (M.Sc Replica)
- ✚ Anwar, S., & Rafique R. (2016). *Leadership Styles, Organizational Politics and Work Productivity among Bank Employees*. Institute of Applied Psychology. University of the Punjab. (BS Hons)
- ✚ Ashfaq, T., & Rafique, R. (2016). *Self-Consciousness, Need for Admiration and Narcissism as Predictors of Envy in University Students*. Institute of Applied Psychology. University of the Punjab. (BS Hons)

- ✚ Hayit, K., & Rafique, R. (2016). *Ethno Cultural Empathy and Attitudes of University Students towards International Students*. Institute of Applied Psychology. University of the Punjab. (BS Hons)

2017-2019

- ✚ Islam, S. S., & Rafique, R. (2017). *Self efficacy problem solving and career decision making in students*. Institute of Applied Psychology. University of the Punjab. (M.Sc Replica)
- ✚ Khadam, A., & Rafique, R. (2017). *Body image, social support and psychosocial adjustment to prosthesis use among lower limb amputees*. Institute of Applied Psychology. University of the Punjab. (BS Hons)
- ✚ Gull, W., & Rafique, R. (2017). *Self objectification, perfectionism and eating behaviors in adolescents*. Institute of Applied Psychology. University of the Punjab. (M.Sc Morning)
- ✚ Imtiaz, S., & Rafique, R. (2017). *Emotional intelligence and academic stress in college students*. Institute of Applied Psychology. University of the Punjab. (BS Hons)
- ✚ Altaf, H. (2017). *Child care stress, stressful life events and cognitive attributional styles in women with Postpartum depression*. Institute of Applied Psychology. University of the Punjab. (M.Sc Morning).

2018-2020

- ✚ Rahman, A. (2018). *Emotional Intelligence and Marital Quality of Life in Pre and Post-Menopausal Women*. Institute of Applied Psychology. University of the Punjab. (BS Hons-Morning)
- ✚ Sajjad, F. (2018). *Autotelic Personality, Work Engagement and Work Performance in Bankers*. Institute of Applied Psychology. University of the Punjab. (BS Hons-Replica)
- ✚ Aslam, A. (2018). *Sexual Self Concept and Marital Adjustment after Hysterectomy*. Institute of Applied Psychology. University of the Punjab. (M.Sc Morning)
- ✚ Khaliq, A. (2018). *Perceived Parental Authority, Siblings' Interpersonal relationship and Quality of Marital Life in Women* (M.Sc Morning)

- ✚ Nazir, R. (2018). *Religiosity, Moral Judgement and Subjective Wellbeing in Orphans*. Institute of Applied Psychology. University of the Punjab. (M.Sc Replica)
- ✚ Babar, M. (2018). *Self- Consciousness and Mortality Maturity in University Students*. Institute of Applied Psychology. University of the Punjab.(M.Sc Replica)
- ✚ Khalil, F., Javed, Z., & Raique, R. (2018). *Workplace Bullying and burnout in Working Women*. Institute of Applied Psychology. University of the Punjab. (BS Hons. Morning)
- ✚ Shahid, A., Javed, Z., & Rfaique, R. (2018). *Social Comparison Envy and Assertiveness as Predictor of Indirect Aggression Amongst High Facebook User*. Institute of Applied Psychology. University of the Punjab. (BS Hons. Morning)
- ✚ Malik, A., Ishaq, G., & Rafique, R., (2018). *Gender Stereotypes, Masculinities, and Gender Based Violence among Pharmaceutical Employees*. Institute of Applied Psychology. University of the Punjab. (BS Hons. Morning)
- ✚ Faruki, A., Ishaq, G., & Rafique, R. (2018). *Academic Stress, Quality of Sleep and Mental health of College Science Students*. Institute of Applied Psychology. University of the Punjab. (BS Hons. Morning)
- ✚ Bibi, Z., Ishaq, G., & Rafique, R. (2018). *Organizational Politics, Bullying and Job Performance in Media Employees*. Institute of Applied Psychology. University of the Punjab. (BS Hons. Morning)

2019-2021

- ✚ Rasheed, N. & Rafique, R. (2019). *Cooperative Learning and Language Anxiety in The Students Learning Foreign Language*. Institute of Applied Psychology. University of the Punjab. (BS Hons. Replica).
- ✚ Farooq, F. & Rafique, R. (2019). *Parent-child Conflict and Attitudes Towards Violence in Adolescents*. Institute of Applied Psychology. University of the Punjab. (BS Hons. Replica).
- ✚ Tahir, A. & Rafique, R. (2019). *Work Motivation, Problem-solving Appraisal and Job Satisfaction in Police Inspectors*. Institute of Applied Psychology. University of the Punjab. (BS Hons. Morning)

- ✚ Akhtar, U. & Rafique, R. (2019). *Authoritarian Personality, Religiosity and Political Tolerance in University Students*. Institute of Applied Psychology. University of the Punjab. (BS Hons.Morning)
- ✚ Sadiq, B. & Rafique, R. (2019). *Sexual Harassment, Psychological Distress and Turnover Intentions in Female Bankers* . Institute of Applied Psychology. University of the Punjab. (MSc.Morning).
- ✚ Nadeem, Z. & Rafique, R. (2019). *Personality Traits, Social Competence and Decision Making in Adolescents*. Institute of Applied Psychology. University of the Punjab. (MSc.Morning).
- ✚ Akmal, S. & Rafique, R. (2019). *Religiosity, Perceived Social Acceptance and Altruism Among University Student*. Institute of Applied Psychology. University of the Punjab. (MSc.Morning).
- ✚ Liaqat, U. & Rafique, R. (2019). *Impulsivity, Self-Control and Risk Propensity Among Adults*. Institute of Applied Psychology. University of the Punjab. (MSc.Replica)

2020-2022

- ✚ Rafique, R. (2020). *Workplace Bullying, Social Anxiety and Psychological Distress in University Students*. Institute of Applied Psychology. University of the Punjab. (MSc. Replica)
- ✚ Rafique, R. (2020). *Perceived Level of Devoutness, Meaninglessness of Life and Death Anxiety in Older Adults*. Institute of Applied Psychology. University of the Punjab. (MSc. Morning)
- ✚ Rafique, R. (2020). *Workplace Conflict, Workplace Bullying & Counterproductive Behaviors of Employees working in Marketing Companies*. Institute of Applied Psychology. University of the Punjab. (MSc. Morning)
- ✚ Rafique, R. (2020). *Personality, Social Interaction and Academic Self- Efficacy in University Students*. Institute of Applied Psychology. University of the Punjab.BS.Morning)
- ✚ Rafique, R. (2020). *Family functioning, Self-regulation and academic Achievement in college student*. Institute of Applied Psychology. University of the Punjab.(MSc. Replica)
- ✚ Rafique, R. (2020). *Cognitive Biases, Social Influence and Decision Making In Adolescents*. Institute of Applied Psychology. University of the Punjab.(BS Hons.Morning).

- ✚ Rafique, R. (2020). *Socialization Tactics, Job Efficacy and Job Satisfaction In Sales Officers*. Institute of Applied Psychology. University of the Punjab.(BS Hons.Morning)
- ✚ Rafique, R. (2020). *Empathic Listening, Conflict Resolution and Relationship Satisfaction In Married Adults*. Institute of Applied Psychology. University of the Punjab. (BS Hons.Replica)
- ✚ Rafique, R. (2020).*Communication Barriers, Social Compassion and Goal Adjustment in Students From Gilgit Baltistan*. Institute of Applied Psychology. University of the Punjab. (BS Hons.Replica)
- ✚ Rafique, R. (2020). *Workplace Bullying, Emotional Intelligence and Turnover Intentionin Female Receptionists*. Institute of Applied Psychology. University of the Punjab. (BS Hons.Replica)
- ✚ Rafique, R. (2020). *Doctor Patient Relationship, Health Locus of Control and Medication Adherence in Patients With Migraine*. Institute of Applied Psychology. University of the Punjab. (MSc. Morning)

MS HEALTH PSYCHOLOGY THESIS SUPERVISED

2014-2016

- ✚ Tufail, S., & Rafique, R. (2014). *Perceived Stigma, Social support and Psychological wellbeing in HIV Patients*. Institute of Applied Psychology. University of the Punjab.
- ✚ Niazi, M., & Rafique, R. (2014). *Patient-Physician Trust, Emotional Distress and Self-Care Activities in Patients with Diabetes Type II*. Institute of Applied Psychology. University of the Punjab.

2016-2018

- ✚ Adeel, A., & Rafique, R. (2016). *Illness Perception, Body Image and Quality Of Life of Women with Polycystic Ovarian Syndrome*. Institute of Applied Psychology. University of the Punjab.
- ✚ Zainab, M., & Rafique, R. (2016). *Fear of Negative Evaluation, Social Support and Wellbeing in Vitiligo Patients*. Institute of Applied Psychology. University of the Punjab.
- ✚ Ishaq, G., & Rafique, R. (2017). *Perceived Barriers, Guilt Intention and Leisure Time Physical Activity: An Extension of Theory of Planned Behavior*. Institute of Applied Psychology. University of the Punjab.
- ✚ Shafique, H. & Rafique, R. (2017). *Fear of Negative Evaluation, Appearance Distress and Social Functioning Among Patients with Acne Vulgaris*. Institute of Applied Psychology. University of the Punjab.

2017-2019

- ✚ Anum, M., & Rafique, R. (2017). *Health Beliefs, Social Support and Health Promoting Life Styles in Patients with Myocardial Infarction*. Institute of Applied Psychology. University of the Punjab.
- ✚ Rafique, R. (2017). *Internet Addiction, Leisure Time Physical Activity & Academic Achievement among University Students*. Institute of Applied Psychology. University of the Punjab.
- ✚ Rafique, R. (2017). *Psychological Distress, Coping Strategies and Functional Impairment in Patients with Rheumatoid Arthritis*. Institute of Applied Psychology. University of the Punjab.
- ✚ Rafique, R. (2017). *Sleep Quality, Self-Compassion and Mental Health among post Graduate Students; Moderating Role of Social Support*. Institute of Applied Psychology. University of the Punjab.
- ✚ Rafique, R. (2017). *Caregiver Burden, Coping Straggles and Psychological Distress in the Caregivers of Vascular Dementia; Moderating Role of Social Support*. Institute of Applied Psychology. University of the Punjab.
- ✚ Rafique, R. (2017). *Rejection Sensitivity, Psychological Well-being in Mediating Role of Existential Vacuum among Resident of Old Age Homes*. Institute of Applied Psychology. University of the Punjab.
- ✚ Rafique, R. (2017). *Health Literacy, Doctor Patient Relationship and Medication Adherence in Patients with Chronic Kidney Disease; Through Moderating Role of Perceived Family Support*. Institute of Applied Psychology. University of the Punjab.
- ✚ Ishaq, G., & Rafique, R. (2017). *Perceived Barriers, Guilt Intention and Leisure Time Physical Activity: An Extension of Theory of Planned Behavior*. Institute of Applied Psychology. University of the Punjab.
- ✚ Shafique, H. & Rafique, R. (2017). *Fear of Negative Evaluation, Appearance Distress and Social Functioning Among Patients with Acne Vulgaris*. Institute of Applied Psychology. University of the Punjab.

2018-2020

- ✚ Rafique, R. (2018). *Fear of Childbirth, Emotion Regulation and Psychosocial Wellbeing In Pregnant women*. Institute of Applied Psychology. University of the Punjab.
- ✚ Rafique, R. (2018). *Illness Perception, Perceived Partner Responsiveness and Health Related quality of life in women with endometriosis*. Institute of Applied Psychology. University of the Punjab.
- ✚ Rafique, R. (2018). *Rumination, Meaning In Life and Post Traumatic Growth in Patients With Myocardial Infarction*. Institute of Applied Psychology. University of the Punjab.

2019-2021

- ✚ Rafique, R. (2019). *Cardiac Knowledge, Cardiac Self-Efficacy, Health Anxiety and Health Promoting Lifestyle in Myocardial Infarction Patients*. Institute of Applied Psychology. University of the Punjab.

MPHIL THESIS SUPERVISED

2013-2015

- ✚ Nashee, Q., & Rafique, R. (2013). *Beliefs about Addiction and Locus of Control in Predicting Relapse Proneness in Drug Addicts*. Institute of Applied Psychology. University of the Punjab.
- ✚ Liaqat, F., & Rafique, R. (2013). *Parenting Style, Perceived Social Barriers and Personal Growth Initiative in Career Decision Making*. Institute of Applied Psychology. University of the Punjab.
- ✚ Javed, Z., & Rafique, R. (2013). *Dietary habits, Body Image & Self- esteem of Active and Sedentary Obese Women*. Institute of Applied Psychology. University of the Punjab.

2015-2017

- ✚ Alam, A., & Rafique, R. (2015). *Narcissistic Tendencies, Forgiveness, Empathy and Social Connectedness as Predictors of Subjective Well Being among University Students*. Institute of Applied Psychology. University of the Punjab.

2016- 2018

- ✚ Asif, M., & Rafique, R. (2016). *Alexithymia, Attachment Styles and Interpersonal Conflict in People with Substance Use Disorder*. Institute of Applied Psychology. University of the Punjab.

2017-2019

- ✚ Nasar, A. & Rafique, R. (2017). *Appearance Distress, Self-consciousness and Quality of Life in Acne Vulgaris Patient*. Institute of Applied Psychology. University of the Punjab.

- ✚ Deeba, F. & Rafique, R. (2017). *Functional Impairment, Coping Strategies and Psychological Distress in Patients with Rheumatoid Arthritis*. Institute of Applied Psychology. University of the Punjab.
- ✚ Shakeel, K. & Rafique, R. (2017). *Rejection Sensitivity, Existential Vacuum and Psychological Wellbeing in Residents of Old Age Homes*. Institute of Applied Psychology. University of the Punjab.
- ✚ Fatima, T. & Rafique, R. (2017). *Health Literacy, Doctor Patient Relationship and Medication Adherence in Patients with Renal Condition of End Stage Renal Disease*. Institute of Applied Psychology. University of the Punjab.

2018-2020

- ✚ Rafique, R. (2018). *Conformity to Masculine Norms, Gender Role Conflict and Aggression in Pakistani Men*. Institute of Applied Psychology. University of the Punjab.
- ✚ Rafique, R. (2018). *Personal Growth Initiative, Empathic Self-Efficacy and Prosocial Behavior in Psychology Students*. Institute of Applied Psychology. University of the Punjab.
- ✚ Rafique, R. (2018). *Frustration, Intolerance, Emotion Dysregulation and Aggressions in Youth*. Institute of Applied Psychology. University of the Punjab.
- ✚ Rafique, R. (2018). *Personality Traits, Body Image Concern and Marital Satisfaction in Women with Obesity*. Institute of Applied Psychology. University of the Punjab.

PHD SUPERVISION (ONGOING)

- ✚ Javed, Z., & Rafique, R. (2016-2020). *Television Viewing and Well-Being of Overweight Young Women*. Institute of Applied Psychology. University of the Punjab.
- ✚ Riaz, A., M. (2015-19) “*Acculturation and Mental Health Outcomes among International Students in Pakistan*” (PhD thesis submitted).
- ✚ Ishaq, G., (2017). *Psychological Determinants of Treatment Adherence in Patients with End Stage Renal Disease*. Institute of Applied Psychology, University of the Punjab.
- ✚ Irfan, A., (2017). *Static and Dynamic Risk Factors of Reoffending in Juvenile Offenders Increased in Punjab Prison*. Institute of Applied Psychology, University of the Punjab.

- ✚ Hayat, F., (2017). *Clinical and Psychological Determinants of Perceived Quality of Life in People with Parkinson Disease*. Institute of Applied Psychology. University of the Punjab.
- ✚ Asif. M., (2018). *Efficiency of Eye Movement Desensitization & Reprocessing (EMDR) for Substance Use Disorders (SUD)*. Institute of Applied Psychology, University of the Punjab.
- ✚ Zaheer, A., U. (2018). *Individual and Job Characteristics, Job Stress, and Mental Health in Police Investigation Personnel*. Institute of Applied Psychology, University of the Punjab.

SKILLS & INTERESTED

- ✚ Participated in the activities for the cause of Mental Health Movement, “PSYCHOPE”.
- ✚ Participated in “Afro-Asian Psychological Conference 1990 held in Lahore.
- ✚ Interest in French Language, passed examination of French Language course in 1985 from “Alliance Francaise de, Lahore.
- ✚ Participated in Flower shows held by the Horticultural Society of Pakistan.
- ✚ Attending workshops related to the field of Psychology. Attended multiple workshops on mental health.
- ✚ Participated and obtained positions in Interschool competition held by the Sports and Cultural Activities Committee

PSYCHOLOGICAL CONTRIBUTIONS

- ✚ A special talk on ‘Why people become Narssistic and develop Megalomaniac Tendencies’ on 24 News Channel (4 June, 2021).
- ✚ A special talk on ‘Causes of Divorce’ with Astrologer Syed Ajmal Rahim (5 June, 2021).
- ✚ Certificate of Appreciation from Young Psychologist Association (30 May, 2021).
- ✚ A special talk on ‘Anger Management’ on Express News Channel (21 May, 2021).
- ✚ A special talk on ‘Eid During Pandemic Should’s and Should nots’ on 24 News Channel (16 May, 2021).
- ✚ A special talk on ‘Why it difficult to sustain Ramadan routine’ on 24 News Channel (17 May, 2021).

- ✚ A special talk on ‘Disability and Issues of Differently Abled People’ on Noor-e-Ramzan Transmission 24 News Channel (14 May, 2021).
- ✚ A special talk on Healthy Marital Relationships on 24 News Channel (13 May, 2021).
- ✚ A special talk on JURUM ANJAM about Drug Addiction (12 May, 2021).
- ✚ Few Tips for the Holly Month of Ramdan 2021.
- ✚ A special talk on ‘Character Building in Light of Sunnah’ on 24 News Channel (8 May, 2021).
- ✚ A special talk on JURUM ANJAM ‘Why we Break Traffic Rules’ (6 May, 2021).
- ✚ A special talk on ‘Superstitious’ Noor-e-Ramdan Transmission 24 News Channel (2 May, 2021).
- ✚ Voulnteer services during Pandemic (One minute Video Series on Psychological Tips).
- ✚ A special talk on ‘Qualities of an Effective Boss’ on 27th April, 2021.
- ✚ A special talk on ‘COVID-19: Its islamic, medical and psychological perspective in Norr-e-Ramzan Transmission (22nd April, 2021).
- ✚ A special talk on Ageing: Its Islamic, Psychological and Medical Perspective on 24 News Channel (19 April, 2021).
- ✚ A Fruitful Discussion on ‘Gratitude Building’ on 24 News Channel (14 April, 2021).
- ✚ Discussing Medical, Psyxchological and Spiritual Impact of Fasting in Morning Show 24 News Channel (13 April, 2021).
- ✚ Important Discussion on ‘Sarcasm and its negative impact on Individuals and Society’ on 24 News Channel (1st April, 2021).
- ✚ Discussing the ‘Impact of Third Wave of COVID-19 and Lockdown’ on Jaggo Lahore Program Lahore News (15 March, 2021).
- ✚ A special talk on ‘Child Labour’ on Duniya News Channel (13 March, 2021).
- ✚ A special talk on ‘Reasons for Development of Sociopathic and Psychopathic Tendencies’ in program JURM ANJAAM at 11 March, 2021.
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