

## **Naumana Amjad**

Associate Professor, Institute of Applied Psychology, University of Punjab, Pakistan.

### **Work Experience**

1991-2014: Institute of Applied Psychology, University of Punjab, Pakistan.

Lecturer, Assistant Professor

Teaching, research, research supervision, course development, coordination.

1987-1988: Lahore University of management sciences, Pakistan.

Research Associate

Case writing assisting the senior faculty in assessment.

1986-1987: Centre for Psychological Medicine, Muslim Town, Lahore.

Assistant Psychologist.

Case history interviews, counseling, addiction treatment follow-up and rehabilitation.

### **Part-Time Jobs**

2001-2002. President Kennedy Community College, Coventry, England. A level Psychology teacher,

2002-2003. Warwick Leicester Medical School, University of Warwick, England. Tutor in Health Psychology.

2001-2006. Caduceus, A magazine devoted to health and healing, Leamington Spa, England.

Assistant Editor and editorial member

### **Education**

PhD- 2007, University of Warwick, England.

M.sc- 1983, University of Punjab, Lahore, Pakistan. Role of Honour

B.A- 1977, Kinnaird College Lahore, Pakistan.

### **Trainings /Seminars/workshops conducted**

1. Conflict Transformation at workplace- 2020 Vision Humanity-towards Global security worldwide. 1<sup>st</sup> April, 2016, Calgary Canada.
2. Scholarship Resources in Social sciences. Seminar arranged by Research Committee of ASA. November, 2015. University of Punjab, Lahore.
3. Research Thesis- Planning and execution. Workshop for research students at Institute of Applied Psychology, University of Punjab. October, 2015.
4. Indigenous On-Campus Training Programme at University of Punjab under HEC Modern Universities Governance Programme, September-December, 2014, June-July 2015, Conducted sessions as resource person.
5. Handling Difficult Situations at workplace- Dealing with aggression- Training for K-Electric employees, Karachi. Ended December, 2014.
6. *Writing and research skills Enhancement*- Department of Social work, University of Punjab, April 2014, June 2015.
7. Scale Development- Institute of Communication studies, University of Punjab. February 2014.

### **Conference Presentations**

1. Challenges in Research Supervision- Presentation at International Conference on Teaching of Psychology, Vancouver, Canada, July 2015.
2. Using strengths training at work. Presentation at Fourth World Congress of Positive Psychology, June 2015, Orlando, USA
3. Handling difficult situations at workplace- story of a project turned activism for change. Paper presented at Vision 2020 symposium- toward global security worldwide. March 2015, Calgary, Canada.
4. Addiction related Beliefs, locus of control and relapse proneness among substance abusers. Paper presented at addiction Research and Therapy conference, august 2014, Chicago, USA.
5. Schemas and Experiences of people living in step families. International Conference of Social Psychology. Government College University. May 24<sup>th</sup> 2014.
6. Understanding and treating Behaviour problems of slow learners. Mahira Ahmad and Naumana Amjad , Paper presented at Kinnaird College Multidisciplinary International Conference, 18-19 November 2013.
7. Story telling and creative writing among children. Himada Mansoor and Naumana Amjad Paper presented at Kinnaird College Interdisciplinary conference, November 2013.
8. Recovery among the families of addicts- learning from a support group. Paper presented at International conference Pakistan Psychological Association. 31st October 2013, Lahore .
9. Development of Jealousy and Envy scale. Sahrish Farooq and Naumana Amjad. Poster presented at International conference Pakistan Psychological Association. 31st October 2013.

10. Exploring Gratitude in a Muslim context. Naumana Amjad, Saiba Ahmad and Ghazal Zaidi. Poster presented at International Conference of Cross cultural Psychology, 19th June-21st June 2013, UCLA, Los Angeles, USA.
11. Dynamics of Recovery. Naumana Amjad and Anum Tanveer, paper presented at Conference of Addiction research and Therapy, 22nd July-24th July 2013, Las Vegas, USA.
12. Development of Relapse proneness scale. Qudsia Nashee, Naumana Amjad and Rafia Rafique. Poster presented at International Conference of Addiction research and Therapy, 22nd July-24th July 2013, Las Vegas, USA.
13. Psychology in service of society, paper presented at International Conference on Teaching of Psychology, Naumana Amjad, Afifa Anjum and Rafia Rafique. 25th July – 27th July 2013, Vancouver, Canada.
14. Exploring elusive constructs in our selfhood. Naumana Amjad, Sehrish Farooq and Afifa Anjum. Poster presented at International Conference on Teaching of Psychology, 25th July – 27th July 2013, Vancouver, Canada.

### **Training Workshops attended**

1. Measures in Positive Psychology. Workshop at World Congress of Positive Psychology, USA. June 2015.
2. Teaching Psychology for Sustainability, workshop at VICTOP, Vancouver, Canada, July, 2015.
3. Best practice in evaluation. Vancouver International conference of Teaching of Psychology, Vancouver, Canada, July 2015.
4. HEC Modern Governance Programme- Faculty Training. 2014.
5. Neurological evidence in Addictive Disorders- Workshop at Chicago Addiction and Therapy conference, USA, August, 2014.
6. Building Bridges- Christian-Muslim Dialogue on Sin and Forgiveness, Berkley Center for Religion, Peace and World Affairs, George Town University, USA. April 26<sup>th</sup>-30<sup>th</sup>, 2014.
7. Sufi-Yogi-Buddhist Peace Initiative by Global Peace Initiative by women. Japan, November 2014.
8. Advanced Analyses in Statistics. UCLA, USA. June 2013.
9. Group Therapy- Child Guidance services, Lahore. 2013.
10. Endnote training. Library science department, University of Punjab. 2013.

11. Building Healthy relationships- marital and Family therapy. Fountain House. 2013.

### **Conference/workshops organized**

Symposium on Addiction, King Edward Medical university Psychiatry Department and Social work department University of Punjab. 8<sup>th</sup> May, 2015.

Motivational Interviewing. Dr. Andrew Hamid, University of Columbia. March 2014.

International conference of Pakistan Psychological Association, Lahore, 2013.

Muslim Psychology conference, 5<sup>th</sup> March, 2016, Lahore.

### **Awards**

AnneMarrie Schimmel Scholarship for year 2000

Science Religion course Award 2000, funded by John Templeton Foundation, USA.

### **Membership and positions**

Professional Member International Association of Positive Psychology.

Life member Pakistan Psychological Association.

Vice President Society for Advancement of Muslim Psychology, Pakistan

Senior Vice President Alumni Association of Ravian Psychologists

Member International Society for Research on Aggression

### **Languages** (in order of proficiency)

English, Urdu, French, Persian

### **List of Publications**

Amjad, N. (1986). Psyche- A traditional perspective. *Iqbal Review*, 27 (1), 135-165.

Amjad, N. (1986). Psyche- A traditional perspective. *Iqbal Review*, 27 (3), 107-159.

Amjad, N & Kausar, S. (1992) Adjustment pattern of Childless Women, *Bangladesh Journal of Psychology*, Bangladesh, 91-98.

Amjad, N. (1996). Traditional Islamic science of behaviour and modern empirical psychology: points of convergence and conflict. *Islamic thought and scientific creativity*, vol. 1, 71-78.

Islamabad.

Azhar Ali Rizwi, Naumana Umar and Amjad Tufail, (1997). Three chapters in *Muslim Nafsiyat kay khad-o-Khal*. A book in Urdu about Muslim perspective in Psychology, Markazi Urdu Board. Lahore, Pages 70-100, 269-277, 278-282.

Amjad, N. (1998). Deviant behaviour in the light of Sufi concept of self. *Al-Adwa*, Islamic centre, University of Punjab press, Lahore.

Amjad, N. (2000) Discourse between science and religion-the way out. *Islamic Studies*, 91-102.

Stephen, J., Amjad, N., Grimshaw, G., & Stanton, A. (2005). Self motivations for smoking cessation among teen-agers. *Personality and Individual Differences*, 39, 895-902. **Impact factor 1.8.**

Amjad, N. (2006). Eye for an Eye- A cross-cultural investigation of Normative Beliefs about Aggression. In *Contemporary Research on Aggression*, International Society for Research on Aggression, 240-251.

Umar, S., & Umar, N. (2007). Mir Saman-e-Wajood. Translation of 'King of the Castle' by Gai Eaton. Lahore, Iqbal Academy.

Amjad, N., & Skinner, M. (2009). Normative Beliefs about Aggression and retaliation: Association with aggressive behavior and anticipatory self-censure. *Journal of Behavioral Sciences*, 18 (1-2), 53-73.

Amjad, N & Wood, A. (2009). Identifying and changing the Normative Beliefs about Aggression that lead young Muslim adults to join extremist groups. *Aggressive Behavior*, 35, 514-519. Willy Interscience Journal with **impact factor of 2.09.**

Rafia Rafique & Naumana Amjad (2011). Coronary Heart Disease (CHD) Risk Profiles of Urban and Rural Population: A Comparative Analysis. *The Journal of Cardiovascular Diseases*, volume 9, issue 3. *The Punjab Institute of Cardiology*.

Rafia Rafique & Naumana Amjad (2012). Psychosocial factors as predictors of early onset ischemic heart disease among Pakistani Women. *International Journal of Research Studies in Psychology*, 1: 2, 17-27, published by Consortia Academia Publishing, USA. Online ISSN: 2243-769X <http://www.consortiacademia.org/index.php/irjrsp>

Rafia Rafique & Naumana Amjad (2012). Psychological Correlates of Early Onset Ischemic Heart Disease in a Sample Drawn from Pakistani Population. *International Journal of Psychology*, On line. <http://www.tandfonline.com/doi/abs/10.1080/00207594.2012.691976>. **impact factor 1.09**

Rafia Rafique & Naumana Amjad (2013). Ischemic Heart Disease in Pakistani Women: A case Control Study. *Journal of Asian Health*, 2, online. <http://journalofasianhealth.com/article.php?title=coronary-artery-disease>

Rafia Rafique & Naumana Amjad (2013). Psychological and Behavioural risk factors of Cardiovascular Disease- Directions for future research. *Pakistan Journal of Psychology*. Karachi.

Saima Majeed & Naumana Amjad (2015). Anger Rumination and its Effects: A Systematic Review. *ASIAN ACADEMIC RESEARCH JOURNAL OF SOCIAL SCIENCE & HUMANITIES*. vol.1, issue 33.

Saira Aslam and Naumana Amjad (2015). Stereotypes about stepfamilies in common discourse and lived experiences . *Pakistan Journal of Social and Clinical Psychology*, vol.13 (1).

Alishba Hania & Naumana Amjad (accepted for July 2016). Implicit relationship beliefs, conflict resolution styles and marital satisfaction. *Journal of Indian Academy of Applied Psychology*.

Khalid, S., Amjad, N., Fatima, I., Arshad, A. (2015). CONFIRMATORY FACTOR ANALYSIS OF ROCI-III S. *Journal of Quality and Technology Management* Volume XI, Issue I, 137–148.

### **Submitted / in review process**

Sana Saghir, Naumana Amjad and Saira Batool Romantic attitude , personality traits and happiness- submitted to *Pakistan Journal of Psychological Research*. NIP.. in review process

Sehrish Farooq, and Naumana Amjad. Development of Interpersonal Jealousy scale . *Journal of Behavioral Sciences*. In review.

Zozia Kiran and Naumana Amjad. Predictors of quality of life among women with Cyst. *Pakistan Journal of Social and Clinical Psychology*.

Afifa Anjum, Naumana Amjad and Tayab Rashid. Character strengths and well being among Pakistani youth. Submitted to *Journal of Personality Assessment*.

Mahira Ahmad, Naumana Amjad and Rafia Rafique. A CBT intervention with slow learners. *Pakistan Journal of Clinical Psychology*.

Aggressive acts, self reflection, Private self consciousness. Naumana Amjad, Afifa Anjum, Rafia rafiq, Saima Ghazal and Martin Skinner. *Pakistan Journal of Psychological research*

### **Funded projects**

1. Private self consciousness, Reflection, remorse and frequency of aggression. Completed.
2. Effectiveness of group therapy for slow learners- completed. University of Punjab. Paper submitted to *Pakistan Journal of Clinical Psychology*, Karachi. Revisions completed and submitted.
3. Using mindfulness and compassion to build favorable intergroup perspectives. completed. University of Punjab.
4. Identifying and changing prejudiced beliefs against other religious groups. University of Punjab. 2012. Completed. Report submitted.

5. Dealing with difficult situations at workplace- a training planned and conducted for employees of K-Electric, Karachi.

### **International Collaboration**

1. Validation of HEXACO in Pakistan- Naumana Amjad, Afifa Anjum, Rafia Rafique, Saima Ghazal, University of Punjab and Kibeom Lee and Michael C. Ashton, University of Calgary, Canada.
2. Validation of Character Strengths Inventory- Urdu version. Afifa Anjum, Naumana Amjad and Tayab Rashid (University of Toronto).
3. **Three cross cultural studies- Moral Judgments, creativity and Interpersonal Touch.**  
**Naumana Amjad and Afifa Anjum in collaboration with** Agnieszka Sorokowska, Piotr Sorokowski, and, University of Wraclaw and David Buss, University of Texas at Austin.

### **Students Supervised**

#### **PhD**

1. Rafia Rafique. Completed .Predictors Ischemic Heart disease . 2012
2. Afifa Anjum. (in process). Character strengths and their outcomes in young adults.  
HEC scholar
3. Raja Farukh. Examining risk and protective factors of juvenile delinquency.

#### **M Phil supervised**

1. Moona Mansoor - Predictors of social loafing (completed)
2. Ammara Sahar- Fear of negative evaluation, Self disclosure and Loneliness (completed)
3. Jawairia. Infertility related stress and Quality of Life (completed)
4. Amna Tahira- Social issues of minorities and national identity (completed)
5. Hina Butt- Teaching styles, Learning strategies and working memory of students ( under supervision )
6. Qurat-ul Ain – Predictors of attitudes towards sexual harassment among men ( under supervision )

