

**Tehreem Arshad** Assistant Professor

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Ms. Tehreem Arshad has done MS in Clinical Psychology in 2010 and currently doing PhD in Applied Psychology from University of the Punjab. She worked as a lecturer at the Centre for Clinical Psychology (CCP) from October, 2007 to March, 2010. Since April, 2014, she has been working as an Asst. Professor and since 2008, as a Consultant Clinical Psychologist at CCP. She has also worked as an Asst. Superintendent at the University Girls Hostel from 2008 to April, 2015. She has been a member of different departmental committees and has experience in the organization of International Conferences at CCP. She is also a member of Pakistan Association of Clinical Psychology (PACP). She has been Paper setter and external examiner for the affiliated colleges with Institute of Applied Psychology, University of the Punjab, Lahore. She has been Member (clinical psychologist) of selection board in Safe Cities Authority (PSCA) Punjab. She has supervised several BS and MS research theses. Her particular research interests include different areas of clinical psychology, abnormal psychology, health psychology, positive psychology, terrorism, elderly population. She has expertise in Experimental Psychology too. Her scholarly work has been presented at and published in reputed international forums. She has attended many workshops and conferences both national and international level.

## Education

Degree Title	Institution	Years
PhD	Dept. of Applied Psychology, University of the Punjab Lahore	In process
MS	Centre for Clinical Psychology, University of the Punjab Lahore	2010
ADCP	Centre for Clinical Psychology, University of the Punjab Lahore	2007
MSc	Dept. of Applied Psychology, University of the Punjab, Lahore	2005
BA	Bahauddin Zakariya University, Multan	2003
FSc	Board of Intermediate & Secondary Education, Multan	2001
Matric	Board of Intermediate & Secondary Education, Multan	1999

## Experience

Position Title	Organization	Duration
Asst. Professor (BS-19)	Centre for Clinical Psychology, University of the Punjab <sup>Lahore</sup>	April, 2014-to date
Lecturer (Regular)	Centre for Clinical Psychology, University of the Punjab <sup>Lahore</sup>	April, 2010-April, 2014
Lecturer (on Contract)	Centre for Clinical Psychology, University of the Punjab <sup>Lahore</sup>	October, 2007- March, 2010
Consultant Clinical Psychologist	Centre for Clinical Psychology, University of the Punjab <sup>Lahore</sup>	2008-to date
Asst. Superintendent	Girls Hostel # 8, University of the Punjab <sup>Lahore</sup>	2008-April, 2015

## Publications

- Zaffar, W & Arshad, T. (2020). The relationship between social comparison and submissive behaviors in people with social anxiety: Paranoid social cognition as the mediator. *Psych journal* 1-10 DOI: 10.1002/pchj.352
- Hamdani, S, Z., Arshad, T., Tarar, S., & Kausar, R . (2019). Personal Narrative Skills of Urdu Speaking Preschoolers. *Narrative Inquiry*, 29(1), 50-81.
- Tehreem Arshad (2018). Estimates of Sexual Functioning in Married Men and Women. *Journal of Liaquat University, Medical Health Science*, October-December, 2018, Vol.17.235-240.
- Zahid, V & Arshad, T (2018). Personality Dimensions and Functional Impairment Among Massively Multiplayer Online Players (Mmos'). *Journal of Professional Psychology: Theory and Practice*. 9, 45-61
- Munir, N & Arshad, T (2018). Neuroticism, Perfectionism and Coping strategies among Patients with Depression and Anxiety Disorders. *Bahria Journal of Professional Psychology*, January 2018, Vol.17, No.1, 45-66
- Arshad, T (2017). Perceived Stress reactivity, Rumination and Cognitive Emotion Regulation as Predictors of Depression. *Journal of Pakistan Psychiatric Society (JPPS)*, 14(1) 08-13
- Illyas, N; & Arshad, T (2017). Spiritual Intelligence, Work- Family Conflict and Psychological Distress among University Teachers. *Bahria Journal of Professional Psychology*. 16(1) 01-25
- Arshad, T; & Uzair, Z. (2017) Self-esteem, Religiosity and Psychological Adjustment among University students. *Journal of Professional Psychology: Theory and Practice*. 8(1) 14-27
- Arshad, T., & Hafeez, N. (2016). Religiosity social support and the level of distress in miscarriage. *Pakistan Journal of Professional Psychology: Theory and Practice*, 7.
- Ahmad, S., Arshad, T., & Kausar, R. (2015). Psychological correlates of distress in rescue 1122 workers in Pakistan. *International Journal of Emergency Mental Health and Human Resilience*, 17(2) 486-494.

- Fariyal, A., & Arshad, T. (2014). Social support, locus of control and personality traits as predictors of hopelessness among depression and anxiety patients. *Journal of Professional Psychology: Theory and Practice*.

## **Research Projects**

- Psychosocial correlates of Quality of life and Management of Mild Cognitive Impairments in Older Adults ( Ph.D Project)
  - Generosity, Emotion Regulation and Perceived wellness in Elderly (Fiscal year 2015-2016). Funded project from University of Punjab, Lahore.
  - Perceived Stress Reactivity, Rumination and Cognitive Emotion Regulation as Predictors of Depression. (2014-2015). Funded project from University of Punjab, Lahore.
  - Intrusiveness, Appraisal and Thought Control Strategies in Patients with Obsessive Compulsive Disorder (2013-2014). Funded project from University of Punjab, Lahore.
  - Prevalence of sexual disorder in married couples of Lahore (2012) University research project. Funded project from University of Punjab, Lahore.
  - Terror Threat Perception and Coping Styles in the Community Struck By Terrorism (2010).
  - Relationship between Depression and Quality of Life among Type-2 Diabetics (2007)
  - Causes of Drop out at Primary Level in Government School (2005)

## **Honors & Awards**

- 1<sup>st</sup> position in Advanced Diploma in Clinical Psychology
- Achieved Top Ten Student of University Merit Scholarship in MSc.

## Professional Membership

Member of Pakistan Association of Clinical Psychologists (PACP)