

Curriculum Vitae

Name: Aisha Sitwat
Title: Assistant Professor

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Address: Centre for Clinical Psychology
▪ University of the Punjab,
▪ Lahore
▪ Pakistan

EDUCATION

- **Ph.D:** Royal Holloway, University of London, UK (2006)
- **M.phil:** Royal Holloway, University of London, UK.
- **Advanced Diploma in Clinical Psychology:** (One Year), Centre for Clinical Psychology, University of the Punjab, Lahore. (1985)
- **MSc:** Applied Psychology, University of the Punjab, Lahore. (1984)

Additional Training

- Trauma counseling Akhtar
- Ashiq Ali Shah research workshop

Lectures Attended

- Attended “On-Campus Training of Faculty Members” at University of the Punjab, Lahore (8th December, 2014 to 12th December, 2014).
- Attended seminar on “Research Methods” conducted by Jan Oyeboode and Dr. John Rose, University of Birmingham, UK, at Department of Psychology, GC University, Lahore. (24th April, 2007)
- Attended seminar on “ Learning Disability and Dementia” conducted by Jan Oyeboode and Dr. John Rose, University of Birmingham, UK, at Department of Psychology, GC University, Lahore. (25th April, 2007)

- Participated in a Workshop on “Innovation in Assessment”, at Faculty of Engineering and Technology, University of the Punjab, Lahore, arranged by Quality Enhancement Cell. (15th January, 2007)
- Participated in a Workshop at Faculty of Engineering and Technology, University of the Punjab, Lahore, arranged by Quality Enhancement Cell. December, 2006.
- Attended one day training workshop on “Quality Assurance in Higher Education”, arranged by Pakistan Institute of Quality Control (PIQC) at Hotel Ambassador, Lahore. (2007).
- Attended series of training workshops by Dr. Anis Sheikh, Professor at Marquette University U.S.A. who came for 2 weeks through Foreign Faculty Hiring Programme of HEC, in January, 2007 at the Centre on “Use of Imagery Therapy and Clinical Practice”, Happiness, Death Imagery.
- As a part of Ph.D training, attended one-year intensive course on Research Methodology and statistical analysis.
- As a part of Ph.D training, attended a series of training workshops on research methods, advanced statistical analysis, research article writing and paper publication in the journals at Royal Holloway, University of London, UK.
- Attended one-week training workshop on “Neuropsychological Assessment” at Centre for Clinical Psychology, University of the Punjab, Lahore. (1994)
- Attended an advance training course on research methodology for post graduate of Psychology at National Institute of Psychology, Quaid-I-Azam University, Islamabad. (August 5 to 16, 1990).
- Attended a training course on “Career Planning,” at Department of Applied Psychology, Punjab University, Lahore. (Dec 9-18 1989)
- Attended a training course on “Neuropsychological Assessment and substance abuse at Fountain House, Lahore. (May 20 – 22, 1989).
- Attended a training course on “Recent advances in Psychiatry, “arranged by the Pakistan Psychiatric Society, Lahore. (Dec 9-11, 1986).
- Attended a training course on “Diagnostic processes in Child Psychiatry”. arranged by the Pakistan Psychiatric Society, Lahore. (Dec 7 - 9, 1986).
- Attended a training workshop on “Psychological and Educational techniques in Special Education”, at Centre for Clinical Psychology, University of the Punjab, Lahore. (Jan 12th – 25th, 1986)

WORK EXPERIENCE

- Currently (since 2003) working as *Assistant Professor* at Centre for Clinical Psychology, University of the Punjab, Lahore.

Duties Performed

- Teach portions of Clinical/psychological assessment and portions of therapeutic Intervention paper to MS/ADCP/and statistics and data analysis to BSc (Hons.).
 - Teach part of Advanced Statistics / computers to MS classes.
 - Research Supervision of PhD, MS and BS students.
 - Clinical Supervision of trainees of MS and ADCP.
 - Member academic committee
 - Member Departmental Doctoral program Committee at Centre for Clinical Psychology, University of the Punjab.
 - Member BS Synopsis Evaluation committee,
 - Member Departmental Purchase Committee.
 - Member Semester/Examination Committee.
 - MS/ADCP coordinator
 - In-charge Self-Assessment Committee.
 - Member House Building Advance/Motorcycle Advance Committee of the Centre.
 - Member of the peer review committee of the Centre.
 - Member of purchase, auction and selection committees of the Centre.
 - Admission supervision and coordination at Centre for Clinical Psychology, University of the Punjab, Lahore.
 - Member of committee to prepare and conduct the GRE test for admission in MS/MPhil and Ph. D. or equivalent programme (2016).
 - Perform administrative duties and tasks assigned
 - Handle Centre's affairs in the absence of the Director.
- Worked as *Lecturer* at Centre for Clinical Psychology, University of the Punjab, Lahore from 1987 to 2003.

Duties Performed

- Teaching portions of Clinical/psychological assessment and portions of therapeutic Intervention paper to ADCP students
- Supervision of research work and single case studies of ADCP students.
- Supervision of psychiatric cases assigned to trainees of ADCP.
- Individual therapy sessions of the trainees for their self-growth.
- Supervision of rehabilitation projects of the trainees with Chronic Schizophrenia at the Fountain House, Lahore in the third semester.
- Teacher in charge of the Centre's Library and the testing unit.
- Took students to different institutions to make them aware of the different work settings for psychologists and clinical psychologists in order to bring awareness for the role of clinical psychologist in the community.

- Other administrative duties, organizing workshops and lectures for students.
 - Member organizing committee to organize seminars, workshops and conferences conducted at the Centre
- Worked as *honorary Clinical Psychologist* at Department of Psychiatry, Services Hospital, Lahore for six months in 1987.

Duties Performed

- Psychiatric patient consultation
 - Group therapy with drug addicts
 - Supervision of the occupational therapy of the female unit,
 - Taught Psychology at nursing school,
 - Clinical case supervision of trainees of the Centre for Clinical Psychology, Punjab University.
- Worked in community mental health project as a member of the Planning and Development team of community mental health project of the Services Hospital for Lahore Division.
- Worked as a *Clinical Psychologist* at Department of Psychiatry, a WHO collaborating Centre for mental health in Pakistan at Rawalpindi General Hospital Rawalpindi, from March 1986 to March 1987.

Duties Performed

- Psychiatric patient consultation
- Weekly community visits for mental health education of school staff/ students and the community
- Took part in departmental clinical and community research projects

Teaching At Other Departments and Other Relevant Experience

- Taught a course on “Introduction to Psychology” to Master’s students of Actuarial Sciences, Department of Statistic, University of the Punjab, Lahore. (2006-2007).
- Took tutorials of undergraduate students at Department of Psychology, Royal Holloway, University of London, UK.
- Marked examination papers of undergraduate students at Department of Psychology, University of London, UK.
- Taught Statistics course to undergraduates at London School of Osteopathy. UK.

Research Interest Areas

- Clinical Psychology, Psychopathology, Therapeutic Intervention, Psychological Assessment, Intellectual assessment, Inter-cultural issues, somatization, Stress illness relationship, Community Mental Health, Allah's Zikr and Mental Health, Religiosity and Spirituality

Researches Carried Out

- Najam, N., Sitwat, A., & Kausar, R. (1984). Coping with the grief of death. Unpublished Masters thesis, Applied Psychology Department, Lahore.
- Rahman, N. K., & Sitwat, A. (1997) Development of an indigenous psychiatric symptom checklist.
- Sitwat, A. (2002). Validity study of the symptom checklist.
- Sitwat, A. (2004). Minor Psychiatric symptomatology, Life events, Social Support, Religion and Coping: A study of Pakistani Muslim Women Immigrants in Britain. (PhD Thesis, University of London)

Researches Supervised

PhD Theses

- Saadia Sheikh (Incomplete due to her death).
- Afsheen Yahya Khan (on going)

MPhil Research Theses Supervised

- Sitwat, A. & Rana, S. (2009). Role of family functioning in the development of Obsessive Compulsive Disorder.
- Sitwat, A. & Ashraf, L. (2009). Relationship of Parenting styles and self efficacy with depression and anxiety in late adolescents

MS Research Theses Supervised

- Sitwat, A. & Batul, W. (2016). Poly-Victimization, Moral Disengagement and High Risk Behaviors in Adolescents.
- Sitwat, A. & Shahid, B. (2016). Attachment Styles, Dark Triad Traits, Threatened Egotism and Aggression in Adolescents.
- Sitwat, A. & Yaqoob, A. (2015). Trauma, Fantasy Proneness and Somatoform Dissociation Inpatients with Conversion Disorder and Non-Clinical Group.

- Sitwat, A. & Saghir, S. (2015). Parental Bonding, Personality Traits, Self - Objectification and Appearance Anxiety In Young Adolescents.
- Sitwat, A. & Ghafoor, S. (2015). Threat Perception, Psychological Distress and Coping Strategies in Adolescents of Lahore Schools after Peshawar Attacks.
- Sitwat, A. & Liaqat, S. (2014). Childhood Abuse, Perceived Social Support, Cognitive Appraisal and Coping Strategies in Patients with Conversion Disorder and Normal Individuals.
- Sitwat, A. & Saeed, S. (2014). Frustration Intolerance Beliefs and Anger Expression in Obsessive Compulsive Symptoms.
- Sitwat, A. & Butt, J. A. (2014). Perceived Parenting Styles, Self-Esteem and Resilience in Patients with Conversion Disorder.
- Sitwat, A. & Ali, A. (2013). Perceived Parenting Styles, Personality Patterns and Symptoms Dimensions in Patients with OCD.
- Sitwat, A. & Qayyum, M. (2013). Cyber Bullying: Lived Experiences, Impact of Victimization and Coping.
- Sitwat, A. & Muhammad-Din, M. (2013). Narcissism, Striving to Avoid Inferiority and Anger Expression.
- Sitwat, A. & Kausar, S. (2013). Attachment Patterns, Maladaptive Schemas and Psychological Dysfunctions among Female Adolescents with Conversion.
- Sitwat, A. & Majeed, S. (2012). Religious Orientation and Spirituality in Depressed and Non Depressed Groups.
- Sitwat, A. & Fatima, T. (2012). Post-Traumatic Stress, Resilience and Post Traumatic Growth among Mothers of Children with Lukeimia.
- Sitwat, A. & Yaseen, N. (2012). Exploring the Construct of Frustration in Cultural Context.
- Sitwat, A. & Awan, S. (2012). Relationship between Workplace Spirituality, Self Esteem and Psychological Wellbeing among Mental Health Professionals.
- Sitwat, A. & Bashir, S. (2011). Relationship of Perfectionism and Locus of Control with Positive and Negative Affect in University Students.
- Sitwat, A. & Shabnam, A. (2011). Relationship of Resilience with Occupational Stress and Psychological Distress among Rescue 1122 Workers.

- Sitwat, A. & Parveen, N. (2011). Impact of Parenting Styles on Early Maladaptive Schemas and Depression in Adolescents.
- Sitwat, A. & Manzoor, R. (2011). Association of Self-Esteem and Self-Compassion with Depression, Anxiety and Stress.
- Sitwat, A. & Chughtai, S. (2011). Caregiving Burden, Coping Strategies and Psychological Well Being of Caregivers of Patients with Bipolar Disorder.
- Sitwat, A. & Tariq, A. (2011). Attributional Styles in Relation to Anger and Coping Strategies among Adults.
- Sitwat, A. & Dasti, R. (2010). Development of an Indigenous Multidimensional Measure of Spirituality.
- Sitwat, A. & Sarfraz, A. (2010). Self-esteem, Coping Strategies, and Adjustment: A Comparison of Institutionalized and Non Institutionalized Orphan and Non-orphan adolescents.
- Sitwat, A. & Siddiqui, N. (2010). A comparative study of stress and adjustment problems among mothers of pervasive developmental disorders and normal children.
- Sitwat, A. & Ashraf, M. (2010). Personality Dimension, Coping and Positive Emotion in the care givers of HIV/AIDS
- Sitwat, A. & Rani, B. (2010). Mental Health Problem and Coping Strategies of People living with HIV / AIDS.
- Sitwat, A. & Arshad, T. (2010). Terror Threat Perception and Coping Styles in the Community Struck by Terrorism.
- Sitwat, A. & Bano, Z. (2010). Relationship of Psychological wellbeing with Social Support & Self Efficacy in Adolescents of Religious and non-religious Schools in Lahore.
- Sitwat, A. & Rashid, A. (2010). Relationship of perceived expressed emotion with symptoms of anxiety and depression in university population.
- Sitwat, A. & Yaqoob, N. (2010). Manifestation of depression, anxiety symptoms and coping styles among early and late adolescents.
- Sitwat, A. & Yousaf, A. (2010). Sexual, Physical and Emotional Abuse and Quality of Life in Patients of Depression and Anxiety Disorders.
- Sitwat, A. & Sohail, S. (2010). Relationship between Depression, Death Anxiety and Religiosity among Police Employees exposed to Terrorist Attacks in Lahore

Ongoing MS Researches (2017)

- Amina Sarwar
- Fatima Aftab
- Sadaf Saleem

Research Projects Supervised of Advanced Diploma in Clinical Psychology (ADCP)

- Sitwat, A. & Urbrin, A. (2008). Relationship of academic achievement with mental health and intellectual ability in Punjab University students.
- Sitwat, A. & Arshad, M. (2008). Relationship of academic achievement with mental health and intellectual ability in Punjab University students.
- Sitwat, A. & Batool, F. (2008). Relationship of academic achievement with mental health and intellectual ability in Punjab University students.
- Sitwat, A. & Riaz, S. (2008). Relationship of academic achievement with mental health and intellectual ability in Punjab University students.
- Sitwat, A. & Mir, N. Q. (2008). Relationship of academic achievement with mental health and intellectual ability in Punjab University students.
- Sitwat, A. & Riaz, M. (2008). Relationship of academic achievement with mental health and intellectual ability in Punjab University students.
- Sitwat, A. & Nisa, Z. (2008). Relationship of academic achievement with mental health and intellectual ability in Punjab University students.
- Sitwat, A. & Akhtar, S. (2008). Relationship of academic achievement with mental health and intellectual ability in Punjab University students.
- Sitwat, A. & Saeed, F. (2008). Relationship of academic achievement with mental health and intellectual ability in Punjab University students.
- Sitwat, A. & Khawar, S. (2007). Comparison of Quality of life of chronic hepatitis C patients with normals and their mental health.
- Sitwat, A. & Iftikhar, S. (2007). Relationship of shyness and self esteem with Adjustment.
- Sitwat, A. & Bajwa, A. A. (2007). Psychosocial Risk Factors of Migraine.
- Sitwat, A. & Anjum, A. (2007). Effects of Religious Practices and spiritual support on the mental health of females with Breast Cancer.
- Sitwat, A. & Gill, I. (2007). Relationship between working hours and mental health of married working women: A study in three socioeconomic status groups.

- Sitwat, A. & Malik, R. (2007). Adaptation of Ways of Coping Questionnaire (WOC-Q) on general population.
- Sitwat, A. & Jahangir, F. (2006). Adaptation of Ways of Coping Questionnaire on male university students.
- Sitwat, A. & Ahmad, F. (2006). Adaptation of Ways of Coping Questionnaire on female university students.
- Sitwat, A. & Mustafa, J. F. (2006). Relationship of Death Anxiety with Religiosity, Spirituality and Social Support in University Students.
- Sitwat, A. & Akbar, S. (2006). The Difference between Depressed and Non-depressed on Coping Strategies and Social Support.
- Sitwat, A. & Jaffery, S. (2006). The Prevalence of PTSD among the women survivors of the 8th October earthquake and its associated factors.
- Sitwat, A. & Yasmeen, R. (2006). The Prevalence of PTSD among the female children and adolescents survivors of the 8th October earthquake and its associated factors.
- Sitwat, A. & Gardezi, F. (2006). The Prevalence of Post Traumatic Stress Disorder among the male survivors of the 8th October earthquake and to estimate the associated factors in men earthquake affections.
- Sitwat, A. & Manzoor, R. (2005). Translation, Adaptation and Development of local norms of children's depression inventory
- Sitwat, A. & Tabassum, S. (1994). The effect of eclectic approach on oppositional defiant disorder: A single case study.
- Sitwat, A. & Tabassum, S. (1994). A case study of the effects of Cognitive, Behavior and family therapy on a depressed child with behavior problems.
- Sitwat, A. & Tabassum, S. (1994). The effect of Eclectic approach on oppositional Defiant Disorder.
- Sitwat et al. (1993). Effects of Cognitive and Behavior therapy in the Rehabilitation of chronic schizophrenics.
- Sitwat, A. & Shakoor, A. (1992). The effects of cognitive behavior therapy on depression: A case study
- Sitwat, A. & Shakoor, A. (1992). The effect of Cognitive Behavior Therapy on Depression. A Case Study.

- Sitwat, A. & Akbar, M. (1992). The effects of Catharsis, Cognitive and Behaviour therapy on patients with anxiety and personality disorders.
- Sitwat, A. & Ali, S. A. (1991). Comparative study of parental disharmony among the parents of schizophrenics and normal.
- Sitwat, A. & Bashir, Y. (1990). Urdu adaptation and standardization of beck depression inventory
- Sitwat, A. & Yunus, M. (1990). Digit Symbol performance in mild Dementia and Depression.
- Sitwat et al. (1990). Study of change in the attitudes and awareness of male and female school teachers and high school students of Cahna Nau Community, around mental health problems, through mental health education.
- Sitwat, A. & Kalsoom, Z. (1989). Adaptation and development of partial, local norms for Raven's standard progressive matrices.
- Sitwat, A. & Khan, F.M. (1989). Translation and adaptation of Slosson Intelligence test.
- Sitwat, A. & Nasir, S. (1989). Adaptation of the Slosson Intelligence Test.

BS (Hons.) Research Projects Supervised

- Sitwat, A. & Batool, W. (2013). Intolerance of Uncertainty and pathological worry as cognitive predictors of symptoms of anxiety and depression in university students.
- Sitwat, A. & Tahir, A. (2013). Stress, level of frustration tolerance, physical activity and psychological wellbeing.
- Sitwat, A. & Farrukh, A. (2012). Validity and reliability of an Indigenous multi-dimensional measure of Spirituality.
- Sitwat, A. & Rizwan, H. (2012). Patterns of spirituality in Anxious and Non-Anxious Group.
- Sitwat, A. & Zaheer, A. (2011). The Relationship between Bullying and Psychological Wellbeing in School Adolescents.
- Sitwat, A. & Shahid, A. (2011). Psychopathology, Clinical Symptoms and their Demographic Correlates for Female Adult Flood Affectees of Muzzafargarh.

- Sitwat, A. & Bashir, U. (2011). Psychopathology, Clinical Symptoms and their Demographic Correlates in Male Adults Flood Affectees of District Muzzafargarh.
- Sitwat, A., Safdar, F. & Amna, R. (2011). Relationship of Resilience and Coping with Post Traumatic Stress among Flood Victims of Muzzafargarh.
- Sitwat, A., Yousaf, A. & Asad, S. (2011). Psychopathology, Clinical Symptoms, and their Demographic Correlates in Female Adolescents Flood Affectees of District Muzzafargarh.
- Sitwat, A. & Younas, A. (2011). The Relationship of Occupational Stress and Burnout among Practicing Psychologists of Lahore.
- Sitwat, A. & Abid, M. (2010). Relationship between Anger, Level of Frustration Tolerance, Religiosity and Spirituality: A study among University Students.
- Sitwat, A. & Farooq, M. (2010). Relationship between Death Anxiety and Religiosity regarding Terrorism among people with different professions.
- Sitwat, A. & Khan, A. (2010). Relationship between Death Anxiety and Religiosity regarding Terrorism among people with different professions.
- Sitwat, A. & Mehmood, N. (2010). Relationship of resilience with the level of stress, Anxiety and Depression among High School Teachers of Targeted and non-targeted Schools in Lahore.
- Sitwat, A. Manzoor, S. (2010). The Relationship of the Frustration Tolerance and Impulsivity with Driving Anger.
- Sitwat, A. & Ilyas, Q. (2009). Quality of life and mental health of Patients of Diabetes II.
- Sitwat, A. & Sarwar, A. (2009). Quality of life and mental health of Patients if Diabetes II.
- Sitwat, A. & Zafar, A. (2009). Adaptation of Frustration Discomfort Scale.
- Sitwat, A. & Sarwar, A. (2009). A comparative study of drug addicts and non-drug addicts on religiosity and personality.
- Sitwat, A. & Farooq, S. (2009). Death anxiety and attitude of nurses towards care of terminally ill patients.
- Sitwat, A. & Zehra, G. (2009). Translation and adaptation of parenting stress index.

- Sitwat, A. & Aijaz, S. (2009). Neurological differences among patients of schizophrenia associated with long-term use of antipsychotic drugs.
- Sitwat, A. & Anwaar, A. (2008). Prevalence of psychological disorders among adults and adolescents of Lahore City
- Sitwat, A. & Tauheed, N. (2008). Prevalence of psychological disorders in Lahore city.
- Sitwat, A. & Najeeb, S. (2008). Prevalence of psychological disorders among adults and adolescents of Lahore city.
- Sitwat, A. & Ilyas, J. (2008). Prevalence of psychological disorders among adults and adolescents of Lahore city.
- Sitwat, A. & Yaseen, N. (2008). Prevalence of psychological disorders among adults and adolescents of Lahore city.
- Sitwat, A. & Salman, S. (2008). Prevalence of psychological disorders among adults and adolescents of Lahore city.

PUBLICATIONS

1. Dildar, S. & Sitwat, A. (2011). Perceived familial relationship patterns of OCD patients in the development of Obsessive Compulsive Disorder. *European Journal of Social Sciences*, Vol 25, (2).
2. Dildar, S. & Sitwat, A. (2012). Comparative Study of the Family Functioning of OCD Patients and Healthy Counterparts. *Middle –East Journal of Scientific Research*, 12 (5), 717-722
3. Dildar, S., Sitwat, A., and Yasin, S (2013). Intimate enemies: Marital conflicts and conflict resolution styles in dissatisfied married couples. *Middle-East journal of scientific research*, 15(10), 1433-1439.
4. Awan, S. & Sitwat, A. (2014). Workplace spirituality, self-esteem and psychological wellbeing among mental health professionals. *Pakistan Journal of psychological Research*, 29(1), 125-149.
5. Dasti, R. & Sitwat, A. (2014). Development of Multidimensional measure of Islamic spirituality (MMIS). *Journal of Muslim Mental Health*, 8(2), 47-67
6. Sitwat, A., Asad, S. and Yousaf, A. (2015). Psychopathology, Psychiatric Symptoms and their Demographic Correlates in Female Adolescents Flood Victims. *Journal of the College of Physicians and Surgeons, Pakistan*, Vol. 25 (12):00, 1-6.

7. Ashraf, M. & Sitwat, A. (2016). Personality Dimensions, Positive emotions and coping strategies in care givers of people living with HIV in Lahore, Pakistan. *International Journal of Nursing Practice*, doi:10.1111/ijn, 12444.

PROFESSIONAL ACTIVITIES

Exams conducted

- External Examiner for Advance Statistics Practical (M.Phil) at Institute of Applied Psychology, University of the Punjab, Lahore (2016).
- External Examiner for MS thesis evaluation and Viva Voce Exam at Government College University (GCU), Lahore (2014, 2015)
- External examiner for MS/M. Phil thesis evaluation and Viva Voce exam at University of Gujrat (UOG), Gujrat (May, 2013; July & June 2015; May, 2016; January, 2016;).
- External Examiner (M.A. / M.Sc. Psychology), University of Peshawar, Peshawar Pakistan (2011).

Papers presented

- Oral presentation of the paper, Development of Multidimensional measure of Islamic Spirituality (MMIS), at the ‘SAARC International Psychiatric conference’, 4th to 6th March, 2016, Islamabad, Pakistan.
- Oral presentation of the paper, “Types of Abuse, Neglect and Quality of life in patients with anxiety and depression” at National Conference on changing trends in Clinical PSYCHOLOGY (NCCTCP). June 4th, 2015 at Bahria University, Karachi Campus.
- Oral presentation of the paper “Narcisism, striving towards inferiority and anger expression in medical and engineering students” in National conference on “Indigenizing Clinical Psychology: Issues and Challenges on 17-18th December, 2015 at university of Management Sciences, Lahore.
- Oral presentation of the paper, “ Psychopathology, psychological sypmtoms and demographic correlates in female adult victims in Muzaffar Garh”, on 17-18th December, 2015 at university of Management Sciences, Lahore.
- Oral presentation of the paper, “Psychopathology, psychological symptoms and demographic correlates in male adult victims in Muzaffar Garh”, on 17-18th December, 2015 at university of Management Sciences, Lahore.

- Oral presentation of the paper, “Perceived parenting styles, personality patterns and symptom dimensions in OCD”, 14th International Conference of Psychology from 19th to 21st March at Punjab University.
- Oral presentation of the paper, “Frustration Intolerance beliefs and anger expression in OCD”, 14th International Conference of Psychology from 19th to 21st March at Punjab University.
- Poster presentation of, “Perceived parenting styles, self-esteem and resilience in patients with conversion disorder”, at 9th International psychiatric conference, Lahore from 26th to 28th Feb, 2015. (Poster won first prize).
- Paper presentation of, “Causes of frustration in Pakistani Adults: An interpretative phenomenological analysis” at Conference of Pakistan Psychological Conference (PPA), Lahore Chapter, 2013.
- Poster presentation of “Workplace Spirituality, Self-Esteem and Psychological Well-being among Mental Health Professionals”, 2013.
- Participated as a panelist in a panel discussion, arranged in ‘International Multidisciplinary Conference on Ethics, Spirituality and Freedom on 19th Feb, 2013, at Govt. Fatimah Jinnah College for Women, Lahore.
- Research paper “Perfectionism and Locus of Control and Positive and Negative Affect in University Students” presented at international conference of Applied Psychology (ICAPP), 2012 at Department of Applied Psychology, Punjab University, Lahore. Pakistan.
- Oral presentation of the paper, “Prevalence of PTSD among adult (male/female) survivors of 8th October earthquake”, NUST CTRPI’s 1ST International Conference on Psychotrauma from 30th to 31st August, (2008) at National University of Science & Technology, Pakistan
- Research paper “death anxiety, religiosity, spirituality and social support in university students”, presented at international conference “Impact of Global Violence on mental Health: A challenge for Mental Health Professionals” organized by Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan.
- Poster presentation of the Pilot project of the PhD research (Minor Psychiatric symptomatology, Life events, Social Support, Religion and Coping: A study of Pakistani Muslim Women Immigrants in Britain).at annual post graduate convention, Department of Psychology, Royal Holloway, University of London. (1997)
- Research paper, “Stress buffering effects of Religious activity, spiritual support and social support on depression and anxiety. A study on two generations of

Muslim Women in the UK”, based on PhD work was presented at annual postgraduate convention, Department of Psychology, Royal Holloway, University of London. (1998).

- Research paper by Sitwat, A. & Naqvi, A. A. “Comparative study of parental harmony among the parents of schizophrenics and normal,” was presented at the 8th International conference of Pakistan Psychological Association, Islamabad. (1992).

Lectures delivered and workshops conducted

- Member of Organizing committee (accommodation and transportation) of 14th International Conference organized by PPA, IAP and CCP from 19th to 22nd March 2015, and chair of the scientific session.
- Moderated a scientific session in 14th International Conference of Psychology, University of the Punjab, Lahore, 2015.
- Member of Organizing committee of 2 days International conference on Clinical Psychology, outside clinic by Centre for Clinical Psychology, PU and Pakistan Association of Clinical Psychology. April 2014.
- Panelist at International Multidisciplinary Conference on Ethics, Spirituality and Freedom, 2013
- Conducted a workshop on “Stress management: Learn effective ways for dealing with stress at Grace College, Lahore (2013).
- Delivered a lecture on ‘psychosocial problems in women and children’ to postgraduate students at postgraduate Institute of Public Health, Lahore, on 31st May, 2011.
- Delivered a lecture on ‘psychosocial problems in women and children’ to postgraduate students at postgraduate Institute of Public Health, Lahore, on 31st May, 2010.
- Delivered a lecture at Homeopathic College, Wahdat Road, Lahore on relationship of spiritual health with well being of the individual. 2004.
- Conducted a workshop in the conference of Pakistan Association of Clinical Psychologists arranged as pre-conference workshop on “Zikr Allah and Mental Health at Centre for Clinical Psychology, University of the Punjab. 2004.
- Delivered a series of 12 lectures on “Child Development,” at Social and Family Welfare Complex, Lahore. (1993).
- Member of organizing committee and arranged three conferences of Pakistan Association of Clinical Psychologists. (1990 – 1993).

- Organized session in 8th International Conference of Pakistan Psychological Association from (8th to 10th October, 1991).
- Delivered a lecture as a guest speaker on “Child Development,” at Social and Family Welfare Complex, 1992.
- Took part in a TV current affairs mental health education program as a discussant, 1992.
- Delivered an extension lecture on community mental health in Dept: of Applied Psychology, University of the Punjab. Lahore.
- Participated as a speaker in the workshop arranged by Goethe Institute and Centre for Clinical Psychology on “roles and responsibilities of a Clinical Psychologists in community mental health.

Conferences attended

- National Conference on Changing Trends in Clinical Psychology at Institute of Professional Psychology-Bahria University Karachi Campus (NCCTCP), 2015.
- International Conference of Pakistan Psychological Association (PPA), Lahore Chapter (2013).
- International conference of Applied Psychology, University of the Punjab, Lahore, December, 2012.
- International Multidisciplinary Conference on Ethics, Spirituality and Freedom at Government Fatima Jinnah College for Women, Lahore, 2013
- National conference on “Indigenous Clinical Psychology” organized by Pakistan Association of Clinical Psychologists (PACP), 2010
- 12th Asia-Pacific Regional conference of Alzheimer’s disease International, Lahore, 2009.
- One day international conference on “Cross-cultural Psychology.”
- Conference on “Role of Women in Drug Abuse Prevention” held at Lahore, 2007.
- National psychiatric conference on “Bipolar Disorder: The Current perspective in Pakistan” at Lahore, 2009.
- 1st international conference on “Psychotrauma” at Centre for Trauma Research and Psychosocial Interventions, National University of Sciences and Technology, 2008.

- Contribution towards the scientific proceedings of the Centre for Trauma Research and Psychosocial Interventions, National University of Sciences and Technology, 2008.
- Two days international conference on “Impact of Global Violence on Mental Health: A Challenge for Mental Health Professionals” at Centre for Clinical psychology, University of the Punjab, Lahore, 2008.
- One day international conference on “Gender Issues in 21st Century in Pakistan”, at University of the Punjab, Lahore, 2007.
- 8th Muslim Psychology Conference: Impact of Culture on Metal Health at Fountain House, Lahore, 2007
- 16th International Psychiatric Conference, Lahore. 2006.
- 9th National conference of Pakistan Association of Clinical Psychologists, 2004.
- Religious issues in Mental Health among minority groups: Issues in Britain in the 1990s’ held at Royal Holloway, University of London, on 27th November 1996.
- 1st Muslim conference at Govt. College Lahore, 1995.
- 8th conference of Pakistan Psychological Association, Islamabad, 1992.
- 3rd conference of Pakistan Association of Clinical Psychologists, Lahore, 1992.
- 2nd conference of Pakistan Association of Clinical Psychologists, Lahore, 1992.
- 1st conference of Pakistan Association of Clinical Psychologists, Lahore, 1992.
- 1st Afro Asian Psychological congress, Lahore, 1990.
- 7th conference of Pakistan Psychological Association, at Govt. College, Lahore, 1988.
- Pakistan Psychiatric Association conference, Lahore, 1988.
- International conference of Pakistan Psychiatric Association, Lahore, 1986.
- Conference of Pakistan Psychological Association, Peshawar, 1985.
- Conference of Pakistan Psychological Association, Lahore, 1983.
- Conference arranged by Pakistan Psychological Association, Lahore, 1983.

Workshops attended

- One-Day training workshop on Brief Trauma Therapy conducted by Akhter Ali Syed at Centre for Clinical Psychology, University of the Punjab, Lahore.
(1st January, 2015)
- Five-Days Indigenous on-Campus Training Program for Management Team at University of the Punjab, arranged in collaboration of Higher Education Commission.
(8th -12th December, 2014)
- Attended workshop on Developing Cultural Sensitivity and Self-Awareness for Effective Therapeutic Communication conducted by Dr. Urusa Fahim and Dr. Iram Bukhari
(15th December, 2012)
- Participated in symposium on “Developmental Pediatrics in the 21st Century” organized by Department of Developmental Pediatrics, The Children’s Hospital and Institute of Child Health Lahore (25th May, 2011)
- Attended and Participated in Workshop on “Bridging the Gap: Community Based Psychological Services/ Public Awareness”, at Punjab Institute of Mental Health, Lahore,
(30th April, 2009)
- Quality in Psychological Treatment Services: Reflections and Developments held at Centre for Clinical Psychology, University of the Punjab, Lahore, 2006.
- Training workshop on Quality Assurance in Higher Education at Lahore, 2007.
- “Psychology of Happiness” at Centre for Clinical psychology, University of the Punjab, Lahore, 2007.
- “Research Methodology: From ideas to Publication” organized by World Psychiatric Association, 2007.
- “Neurolinguistic programming” at Centre for Clinical Psychology, University of the Punjab, Lahore, 2009.
- Two-weeks workshop on “Research Methods and Statistics’ at Centre for Clinical Psychology, university of the Punjab, Lahore, 2009.
- “Place of Formulation in Psychological Therapy” at Centre for Clinical psychology, University of the Punjab, Lahore, 2008.
- “Imagery in Clinical Practice” at Centre for Clinical psychology, University of the Punjab, Lahore, 2008.
- “CBT for Anxiety Management Using a Manual” organized by World Psychiatric Association, 2007.

- One Day workshop on “The role of Psychologists in Mental Health Programme”, conducted with collaboration of W.H.O. at Department of Psychiatry, Allama Iqbal Medical College, Lahore (31st July, 1989).

Invited as a special Guest

- Invited as a referee in Speech competition (Seerat-un-Nabi) at Institute of Applied Psychology, University of the Punjab, Lahore, 2016.
- Invited as a Chairperson for the Scientific Session in symposium on “Challenges & Opportunities for Children with Intellectual Impairment” held at University of Central Punjab (UCP), arranged by Amin Maktab, 2012
- Invited as a Chairperson for the Scientific Session of the Annual Conference of Pakistan association of Clinical Psychologists (PACP) held at the Fountain House, Lahore, 2010.
- Special guest in World Mental Health Week at Punjab Institute of Mental Health, Lahore, 2009.
- Invited as a referee in Speech competition (English) at Sheikh Zayed Islamic Centre, University of the Punjab, Lahore, 2009.

Extension lectures attended

- “Psychology of Death and Dying” held at Centre for Clinical Psychology, University of the Punjab, Lahore, 2007.
- “Psychology and Spirituality” held at Centre for Clinical Psychology, University of the Punjab, Lahore, 2007.
- “Research Methodology: From ideas to Publication” organized by World Psychiatric Association, 2007.

Others

- Attended an English language course entitled “Academic Text Development” at Royal Holloway University of London, 1997.

Affiliation/ Membership

- Pakistan Association of Clinical Psychologists (PACP)
- Life Member of Pakistan Psychological Association (PPA).
- Member of Board of Studies (BOS) of Psychology Department of University of Central Punjab (UCP), Lahore (2013 to date).
- Member of Board of Studies (BOS) of Psychology Department, Clinical Psychology Unit, Government College University (GCU), Lahore (2016).
- Member of Board of Studies (BOS) of Psychology Department, University of Gujrat (UOG), Gujrat. (2009 to 2016).
- Honorary member of Board of Studies (BOS) of Psychology Department, Fazaia College of Education, Lahore (April, 2016).