

Curriculum Vitae...



Personal Statistics

Name : Aasma Yousaf
Father Name : Muhammad Yousaf
Gender : Female
Religion : Islam
Domicile : Punjab
Voice : 042-99231145
E-mail Address : aasma.cpsy@pu.edu.pk
Computer Skills : Knowledge of Microsoft Office especially Microsoft Word, Excel, Power Point, In page, SSPS. & Internet surfing.

Academics

Testimonial	Division	Institution	Board/University
PhD	In process	Institute of Applied Psychology	University of the Punjab, Lahore.
MS	1 st Div.	Center For Clinical Psychology	University of the Punjab, Lahore.
ADCP	1 st Div.	Center For Clinical Psychology	University of the Punjab, Lahore.
Msc. Psychology	1 st Div.	Department of Applied Psychology	University of the Punjab, Lahore.
BE.d	1 st Div.	Allama Iqbal Open University	Allama Iqbal Open University, Islamabad
B.A	1 st Div.	Govt. Post Graduate College (w) Khanewal	Bahauddin Zakariya University, Multan, Pakistan
F.A	1 st Div.	Govt. Post Graduate College (w) Khanewal	Board of Intermediate & Secondary Education, Multan, Pakistan.
Metric	1 st Div.	Govt. Girls High School Khanewal	Board of Intermediate & Secondary Education, Multan, Pakistan.

Work Experiences

- Consultant Practicing Clinical Psychologist since October, 2007.
- Served as lecturer as permanent lecturer from April, 2010 and Assistant Professor since 2013 till date at the Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan.
- Elected as an Information Secretary, Pakistan Association of Clinical Psychologists (PACP) from February, 2016 till date.
- Elected as a Finance Secretary, Pakistan Association of Clinical Psychologists (PACP) since April, 2011 till February, 2016.
- Chaired a Paper Scientific Session in a 13th International Conference of Child and Adolescent Psychopathology, (ICCAP) 2018, Kuching, Sarawak (on Borneo Island), Malaysia organized by Department of Psychology, University of Roehampton, London, UK on August 6th- 8th, 2018.
- Co-chaired a scientific session in a national conference organized by Lahore Garison University on 12-13th December, 2017.
- Member (clinical psychologist) of selection board in Safe Cities Authority (PSCA) Punjab from 10th- 11th February, 2018.
- Member (clinical psychologist) of selection board in Safe Cities Authority (PSCA) Punjab from 10th- 11th March, 2018.
- Member (clinical psychologist) of selection board in Safe Cities Authority (PSCA) Punjab from 20th February-15th March 2018.
- Member (clinical psychologist) of selection board in Safe Cities Authority (PSCA) Punjab from 11th -15th March, 2019.
- Member (clinical psychologist) of selection board in Safe Cities Authority (PSCA) Punjab from 2nd-3rd May, 2019.
- Member (clinical psychologist) of selection board in Safe Cities Authority (PSCA) Punjab from 17th-18th May, 2019.
- Member (clinical psychologist) of selection board in Safe Cities Authority (PSCA) Punjab in 12-09-2019.
- Member (clinical psychologist) of selection board in Safe Cities Authority (PSCA) Punjab for 31-10-2019-1-11-2019.

- Member (clinical psychologist) of selection board in Safe Cities Authority (PSCA) Punjab on 10-12-2019.
- Serving as an Assistant Superintendent (administrative post) in Girls Hostel, University of the Punjab, Lahore since November, 2007 till date.
- Paper setter for 16 years of Education in Applied Psychology for the affiliated colleges with Institute of Applied Psychology, University of the Punjab, Lahore.
- External examiner (Viva voce) and paper checking for 16 years of Education in Applied and Clinical Psychology for the affiliated colleges with Institute of Applied Psychology, University of the Punjab, Lahore since 2011.
- External examiner (Viva voce) for 16 years (BS 4 years) and 18 (MPhil) research thesis at Department of Applied and Clinical Psychology in Kinnaird College Lahore since 2018.

Work Experience in the Department

- Incharge of Rehabilitation Unit (Half Way House) from 2007-2010 in the premises of Punjab Institute of Mental Health, Lahore: A project of Centre for Clinical Psychology, University of the Punjab, Lahore.
- Supervised a Community Mental Health Placement (Internship) for Advance Diploma in Clinical Psychology (ADCP; Post master's degree), Masters in Clinical Psychology (MS; 18 years of education) and BS (4 years) from 2007-2011.
- Coordinator and member MS and ADCP program (Post Masters)
- Coordinator and member Client Consultation
- Student Advisor
- Coordinator Laptop scheme by Priminister and Chief Minister from 2011-2018.
- Incharge hostel affairs
- Member Purchase Committee
- Member Assessment Room committee
- Incharge Library Committee
- Media Coordinator

Memberships

- Member of Pakistan Psychological Association (PPA).
- Member of Pakistan Association of Clinical Psychologists (PACP).

- Member of Advisory board, Dar-ul-Sakoon, Half Way House, Punjab Social Welfare Women Development and Bait ul Mal Department, Punjab, Lahore.

Papers Published

1. Khan, U & Yousaf, A. Tarar, S. A., Kausar, R. (2021). The Speech Sound Errors and Literacy Skills in Children with Orofacial cleft Palate. (Category Y) (Accepted)
2. Munawar, M & Yousaf, A. (2021). Effects of Maternal tolerance on Behavioral Problems in Children with Enuresis. (Category X, IF .78). Vol 71, No 6: 1551. DOI: <https://doi.org/10.47391/JPMA.988>
3. Yousaf, A., Kausar, R., & Fatima, I. (2021). Cognitive Behaviour Therapy with Compulsive Hoarding: A Single Case Study. The Journal of Pakistan Medical Association (JPMA). Vol 71, No.1-B. (Category X, IF .78),
4. Tariq, A & Yousaf, A. (2020). Self-criticism, Self-Silencing and Depressive Symptoms in Adolescents. Journal of Behavioural Sciences, Vol. 30, No. 1. (Category Y)
5. Yousaf, A., Amir, R & Hameed, A. (2019). Body Image, Self-Compassion and Sexual Distress in Patients with Mastectomy. Annals of King Edward Medical University (AKEMU). 24 (1). 928 (Category Y)
6. Yousaf, A., Sitwat, A & Latif, S. (2018). Development of Abuse and Neglect Questionnaire in patients with Anxiety and Depression. Journal of Pakistan Psychiatric Society (JPPS). 14 (3) (Category Y).
7. Yousaf, A & Amir, R. (2017). Body Image, Self-Compassion and Psychological Distress in Patients with Mastectomy. Journal of Pakistan Psychiatric Society (JPPS). 14 (3) (Category Y)
8. Latif, S & Yousaf, A. (2017). Hypoactive Sexual Desire Disorder, Sexual Distress and Quality of Life in Women with Surgical and Natural Menopause. Journal of the Society of Obstetric and Gynecologists of Pakistan (JSOGP). Vol. 7 (1). (IF: .58)

9. Farooq, A & Yousaf, A. (2016). Childhood Trauma and Alexithymia in Patients with Conversion Disorder. *Journal of the College of Physicians and Surgeons Pakistan (JCPSP)*. 26 (7). 606-610. (Category W)
10. Asad, S., Sitwat, A & Yousaf, A. (2015). Psychopathology, Psychiatric Symptoms, and their Demographic Correlates in Flood Affected Adolescent Females. *Journal of the College of Physicians and Surgeons Pakistan (JCPSP)*. 25 (12). 886-890. (Category W)
11. Naveed, A & Yousaf, A. (2015). Personality Traits, Coping Strategies and Social Support in patients with Depression and Anxiety. *International Journal of scientific research and management (IJSRM)*. 3 (5). 2854-2865. (IF: 4.008)
12. Chughtai, S; Yousaf, A. (2013). Gender Differences in anger and Self Esteem in School Children. *Journal of Professional Psychology: Theory and Practice* (4). 29-35. (Category Y).

Courses Completed

1. Online training course "Mental Health Effects of the COVID-19 Pandemic" from Harvard Medical School (2nd July, 2020).
2. Online training course "Psychological First Aid" Department of International Health, Bloomberg School of Public Health, Johns Hopkins University (7th July, 2020).
3. Online training course "Coping with the Stress of Coronavirus" from Harvard Medical School (8th July, 2020).

Research Projects

1. PhD Project "Factors of Compulsive Hoarding and its Therapeutic Intervention" (in process).
2. 2015- "Revision of Abuse and Neglect Questionnaire: Determining Psychometric Properties" funded by University of the Punjab, Lahore, Pakistan.

3. 2014- "Cognitive Distortions, Pain related Fear, Hypervigilance and Psychological Distress in Patients with Chronic Low Back Pain" funded by University of the Punjab, Lahore, Pakistan.
4. 2013- "Dysfunctional Thoughts and Caregiver Burden in Caregivers of Patients with Hepatitis C" funded by University of the Punjab, Lahore, Pakistan.
5. 2013- A qualitative research study "Metaphors in Patients with Depressive Disorder".
6. 2012- "Personality Traits, Creativity and Psychosocial Adjustment in University Students" funded by University of the Punjab, Lahore, Pakistan.
7. 2010- "Abuse, Neglect and Quality of life in Patients with Anxiety and Depressive Disorder" supervised by Dr. Aisha Sitwat, Incharge, Centre for Clinical Psychology, University of the Punjab, Lahore.
8. 2007- "Standardization of State Trait Anxiety Inventory (STAI) for Clinical Population in Pakistan" supervised by Dr. Nosheen K. Rehman, Director, Centre for Clinical Psychology, University of the Punjab, Lahore.
9. 2005- "Effect of the type of Disease (Arthritis, Diabetes and Asthma) on the Quality of Life and Optimism of the Patients" by taking sample from different hospitals of Lahore, Pakistan supervised by Dr. Rukhsana Kausar Director, Institute of Psychology and Applied Psychology and Centre for Clinical Psychology, University of the Punjab, Lahore.

Supervision of Research Thesis (MS: 18 years & BS: 16 years of education)

MS: 18 Years of Education:

1. 2021 Development of Training Guide for Inappropriate Sexual Behaviors among Children with Neurodevelopmental Disorders in Inclusive Settings
2. 2021 Development of an Indigenous Measure of Paranormal Beliefs
3. 2020 Exploring the Psychological Challenges of Mothers Experiencing Novel COVID-19.

4. 2020 Development of an Indigenous Scale for Semantic Assessment of Typically Developing Children
5. 2020 Swelling difficulties and its Impact on Quality of Life in Patients with Parkinson.
6. 2020 Corona Anxiety, Psychological Distress and rate of Fluency in individuals with Stuttering.
7. 2019 Parental Bonding, Defense Style, Emotional Regulation and Life Functioning in Patients with Functional Neurological Disorder.
8. 2019 Intimate Partner Violence, Experiences in Close Relationship, Cognitive Emotion Regulation and Post Coital Dysphoria between Nulliparous and Parous Women.
9. 2019 Urdu Oral Narrative and Phonological Awareness of Typically Developing Children
10. 2019 Maternal Practices, Cognitive Home Environment, and Social-Emotional Development in Children using Electronic Devices.
11. 2018 Maternal Attitude, Maternal Psychopathology and Externalizing/Internalizing Problems in children with Enuresis.
12. 2017 Acquisition of Urdu Nouns in Typically Developing Children
13. 2017 Acquisition of Urdu ProNouns in Typically Developing Children
14. 2017 Sexual Functioning, Marital Adjustment and Psychological Distress in Women with Surgical Menopause and Natural Menopause
15. 2016 Speech Sound Errors and Literacy Skills among Children with Orofacial Clefts.
16. 2014 Inappropriate Sexual Behaviors in Adolescents with Autism and Mental Retardation and Distress in Mothers.

BS 16 Years of Education:

1. 2021 Therapeutic Cessation among Patients with Depression
2. 2021 Development of an Indigenous Measure for Maternal Tolerance of Children with Autism (Uneducated Mothers)
3. 2021 Development of Indigenous Measure of Maternal Tolerance of

Children with Autism (Educated Mothers)

4. 2020 Distress Tolerance, Interoceptive Awareness, Cognitive Emotional Regulation and Sleep Problems in Young Adults
5. 2020 Betrayal Trauma, Rejection Sensitivity, Interpersonal Sensitivity and Social Anxiety
6. 2018 Parenting styles and Bullying Behaviors in Prisoners
7. 2018 Perceived Interpersonal Support, Fear of Negative Evaluation, Alexithymia and Social Anxiety in University Students.
8. 2018 Media Exposure, Paranormal Beliefs and Psychopathic Tendencies in Adults.
9. 2017 Body Cathexis, Sexual Functions and Marital Adjustment in Women with Polycystic Ovary Syndrome
10. 2017 Social Comparison, Self-Compassion and Readiness for Personal Improvement in Individuals with Physical Disability
11. 2017 Social Discrimination, Inferiority Feelings and Psychological Adjustment in Expatriates
12. 2017 Social Stigmatization and Post Abortion Syndrome in Women after Abortion
13. 2016 Personality Traits, compulsive Use of Smartphone and Social Functioning in Young Adults.
14. 2016 Perceived Reflective Function, Attachment Style, Parenting Style and Emotion Regulation of Children.
15. 2016 Provider-Role Consistency, Psychological Well-Being and Marital Satisfaction in Working Couples.
16. 2015 Cognitive Appraisals, Marital Adjustment and Psychological Distress in Couples After Miscarriage
17. 2015 Personality Traits, Celebrity idealization and Body Esteem Between Adolescents and Young Adults
18. 2015 Self Objectification, Body Surveillance, Body Shame and Eating

Attitudes in Adults

19. 2014 Distress Tolerance, Experiential Avoidance and Anxiety Sensitivity in Patients with Substance Use.
20. 2014 Body Image, Self-compassion, Psychological and Sexual Distress in Patients with Mastectomy
21. 2014 Sense of Coherence, Pain Severity and Presenteeism in Individuals with Migraine.
22. 2014 Self-criticism, Self-silencing, Loneliness and Depressive Symptoms between Adolescents and Young Adults.
23. 2013 Anger, Impulsivity and Suicidal Attitude among Adolescents.
24. 2013 Perceived Stigmatization and Self concept among Trans Genders.
25. 2013 Self-efficacy, Perceived Social Support and Marital Adjustment among Women with Antenatal Depression.
26. 2013 Emotional Intelligence, Self esteem and Psychological Distress in Traffic Wardens.
27. 2013 Childhood Trauma and Alexthymia in Patients with Conversion Disorder.
28. 2013 Hypoactive Sexual Desire Disorder, Sexual Distress and Quality of Life among Surgical Post menopausal Women and Natural Post menopausal Women.
29. 2012 Personality Traits and Self-esteem among Patients with Depressive Illness
30. 2012 Personality Traits, Coping Styles and Social Support among patients with Depression and Anxiety disorders.
31. 2011 Psychopathology, Clinical Symptoms and their Demographic Correlates in Flood Affectees Female Adolescents of District Muzafargarh, Pakistan.
32. 2009 Psychological Well-Being and Social Support between Young and Middle Aged Breast Cancer Patients.
33. 2009 Relationship of Quality of Life and Caregiver burden among Caregivers of Stroke and Kidney Dialysis Patients
34. 2009 Relationship between Anger and Self Esteem among School Boys and

Girls in Lahore City.

35. 2009 Relationship of Death Anxiety with Religiosity, Social and Spiritual Support among Caregivers of Cancer Patients and Normal Population.
36. 2009 Level of Anxiety and Depression among Care Givers of Leukemia and Patients with Breast Cancer.

Oral Papers and Poster Presentations

Oral Presentations:

1. Noor-e-Seher and Yousaf, A (2021) Exploring the Psychological Impact on housewife Mothers Experiencing COVID-19.
2. Noor-e-Seher and Yousaf, A (2021) A Single Case Study on Panic Attack Specifier: The Typical Features of Panic at the time of COVID-19 International E-Conference on Health Psychology (ICHP 2021) organized by Department of Applied Psychology Bahauddin Zakariya University Multan on 18-20 March 2021.
3. Exploring the Psychological Impact on Housewife Mothers Experiencing COVID-19 presented in 4th International E-conference on “Neglect, Abuse and Trauma: The Living Nightmares” held on March 18, 2021 organized by University of Management Technology (UMT).
4. Fatima, M and Yousaf, A (2020) Betrayal Trauma, Rejection Sensitivity, Interpersonal Sensitivity and Social Anxiety in an international e-conference Psychosocial Wellness & Rehabilitation: Challenges for Practitioners during Pandemic (ICPWR -2020) organized by Centre for Clinical Psychology (CCP) on 2nd & 3rd December, 2020.
5. Sabir, M and Yousaf, A (2020) Maternal Practices, Cognitive Home Environment, and Social-Emotional Development in Children Using Electronic Devices in an international e-conference Psychosocial Wellness & Rehabilitation: Challenges for Practitioners during Pandemic (ICPWR - 2020) organized by Centre for Clinical Psychology (CCP) on 2nd & 3rd December, 2020.

6. Shafiq, H and Yousaf, A (2020). Distress Tolerance, Interoceptive Awareness, Cognitive Emotional Regulation and Sleep Problems in Young Adults during COVID-19 Pandemic in an international e-conference Psychosocial Wellness & Rehabilitation: Challenges for Practitioners during Pandemic (ICPWR -2020) organized by Centre for Clinical Psychology (CCP) on 2nd & 3rd December, 2020.
7. Bhatti, M and Yousaf, A (2020) Corona Anxiety, Psychological Distress and rate of fluency in individuals with stammering in an international e-conference Psychosocial Wellness & Rehabilitation: Challenges for Practitioners during Pandemic (ICPWR -2020) organized by Centre for Clinical Psychology (CCP) on 2nd & 3rd December, 2020.
8. Asif, M and Yousaf, A. (2019) Paranormal Beliefs and Psychopathic Tendencies in Adolescents
9. Asif, M and Yousaf, A. (2019) Gratuitous Media Violence and Psychopathic Tendencies in Adolescents.
10. Saad, Yousaf, A. & Asif, M. (2019) Parenting Styles and Bullying Behaviors in Prisoners.
11. Khan, U & Yousaf, A. (2019) Speech Sound Errors and Literacy Skills in Children with Orofacial cleft.
12. Shaukat & Yousaf (2020) Perceived International support and Alexithymia in Young Adults.
13. Maqsood & Yousaf. (2019). Acquisition of Urdu Nouns in typically Developing Children.
14. Sabir & Yousaf (2019) Maternal Practices, Cognitive Home Environment, and Social-Emotional Development in Children Using Electronic Devices.
15. Yousaf, A & Pervaiz, S. (2018). Perceived Reflective Function and Emotion Regulation of Adolescents in a 1st International conference on Social Sciences and Humanities, Kinnaird College, Lahore from 25th-27th April, 2018.
16. Abdul hakeem, S & Yousaf. A. (2018). Body Cathexis, Sexual Functioning and Marital Adjustment in Women with Polycystic Ovary Syndrome (PCOS) in a 1st International conference on Social Sciences and Humanities, Kinnaird College, Lahore from 25th-27th April, 2018.

17. Yousaf, A. (2018). Cognitive Distortions, Pain related Fear, Hypervigilance and Psychological Distress in Patients with Chronic Low Back Pain. in a 1st International conference on Social Sciences and Humanities, Kinnaird College, Lahore from 25th-27th April, 2018.
18. Fatima, A & Yousaf, A. (2017). Sexual Functioning, Marital Adjustment and Psychological Distress in Women with Surgical and Natural Menopause Organized by Lahore Garison University on 12-13th December, 2017.
19. Tehseen, I & Yousaf, A. (2017). Self Objectification, Objectified Body Consciousness and Eating Attitudes in Adults presented in LCWU December 2017.
20. Rafique, M & Yousaf, A. (2017). Social Stigmatization and Post Abortion Syndrome in Women after Abortion in an International at LCWU being held on 11th-13th, December, 2017.
21. Khawar, H & Yousaf, A. (2017). Emotional Intelligence, Self esteem and Psychological Distress in Traffic Wardens in National Conference Organized by Lahore Garison University on 12-13th December, 2017.
22. Pervaiz, S & Yousaf, A. (2017). Perceived Reflective function, Attachment, Parenting Style, & emotion Regulation of Adolescents" in an International at LCWU being held on 11th-13th, December, 2017.
23. Sabir, M & Yousaf, A. (2016). Provider-Role Consistency, Psychological Well-Being and Marital Satisfaction in Working Couples at National Conference: Emerging Trends in Clinical Psychology on September 21st to 22nd at COMSATS Institute of Information Technology Lahore, Faculty of Psychology, Department of Humanities, September 21st to 22nd 2016.
24. Yousaf & Malik. (2016). Cognitive Appraisals, Marital Adjustment and Psychological Distress in Couples after Miscarriage at IMSACON, 2016, 35th year Annual Conference of International Medical Sciences Academy, Mauritius.

25. Yousaf & Sitwat. (2015). Types of Abuse, Neglect and Quality of Life in Patients with Anxiety and Depressive Disorders in a National Conference on 4th June, 2015 organized by Institute of Clinical Psychology, Behria University, Karachi, Pakistan.
26. Farooq, A & Yousaf, A. (2015). Childhood Trauma and Alexthymia in Patients with Conversion Disorder in a National Conference on 4th June, 2015 organized by Institute of Clinical Psychology, Behria University, Karachi, Pakistan.
27. Tariq & Yousaf. (2015). Self-criticism, Self-silencing, Loneliness and Depressive Symptoms between Adolescents and Young Adults in 14th International Conference of Psychology held on 19th - 21st March, 2015 organized by Institute of Applied Psychology and Centre for Clinical Psychology, Lahore, Pakistan.
28. Asad, S; Sitwat, A; Yousaf, A. (2014). Psychopathology, Clinical Symptoms and their Demographic Correlates in Flood Affectees Female Adolescents of District Muzafargarh, Pakistan. International Conference of Clinical Psychology in collaboration of Pakistan Association of Clinical Psychologists (PACP) and Centre for Clinical Psychology (CCP), University of the Punjab, Lahore held on April, 2nd-3rd, 2014, Lahore, Pkistan.
29. Shah, A; Yousaf, A. (2014). Perceived Stigmatization and Self concept among Trans Genders. International Conference of Clinical Psychology in collaboration of Pakistan Association of Clinical Psychologists (PACP) and Centre for Clinical Psychology (CCP), University of the Punjab, Lahore held on April, 2nd-3rd, 2014, Lahore, Pakistan.

Poster Presentations:

1. Yousaf, A., Kausar, R & Fatima, I (2020) Cognitive Behavior Therapy with Hoarding Disorder in an international e-conference Psychosocial Wellness & Rehabilitation: Challenges for Practitioners during Pandemic (ICPWR -2020)

- organized by Centre for Clinical Psychology (CCP) on 2nd & 3rd December, 2020.
2. Swallowing Difficulties and its impact on quality of Life in patients with Parkinsonism in an international e-conference Psychosocial Wellness & Rehabilitation: Challenges for Practitioners during Pandemic (ICPWR -2020) organized by Centre for Clinical Psychology (CCP) on 2nd & 3rd December, 2020.
 3. Munawar, A & Yousaf, A (2019) Maternal attitude and externalizing/internalizing behavioral problems in children with enuresis in 3 days International Conference of Applied Psychology: Practices and Interventions from 6th-8th February, 2019 at Institute of Applied Psychology, University of the Punjab, Lahore.
 4. Personality Traits, compulsive Use of Smartphone and Social Functioning in Young Adults at National Conference: Emerging Trends in Clinical Psychology on September 21st to 22nd at COMSATS Institute of Information Technology Lahore, Faculty of Psychology, Department of Humanities, September 21st to 22nd 2016. (Received 2nd Position)
 5. Malik, Z & Yousaf, A. (2016). Personality Traits, Compulsive Use of Smartphone and Social Functioning in Young Adults.
 6. Ayesha, H & Yousaf, A. (2016). "Sense of Coherence, Pain Severity and Presenteeism in Individuals with Migraine" in an International Conference on 31st March, 2016 entitled "Current Trends in Psychology: Security Issues in Pakistan and its Psychological Implications" organized by Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan and Pakistan Psychological Association (PPA).
 7. Arshad, T., Yousaf, A & Bokhary, I. (2015). Metaphors in Depressive disorders in a National Conference on 4th June, 2015, Karachi, Pakistan.
 8. Jabeen, S., Yousaf, A & Kausar, R. (2015). Inappropriate Sexual Behaviors in Adolescents with Autism and Mental Retardation and Stress in Mothers in 14th International Conference of Psychology held on 19th - 21st March, 2015 organized by Institute of Applied Psychology, Centre for Clinical

- Psychology, University of the Punjab, Lahore, and Pakistan Psychological Association.
9. Jabeen, S., Yousaf, A & Kausar, R. (2015). Inappropriate Sexual Behaviors in Adolescents with Autism and Mental Retardation and Stress in Mothers in an International Conference of Psychiatry on 26th-28th February, 2015.
 10. Farooq, A & Yousaf, A. (2015). Childhood Trauma and Alexthymia in Patients with Conversion Disorder in in an International Conference of Psychiatry on 26th-28th February, 2015.
 11. Latif, S; Yousaf, A. (2014). Hypoactive Sexual Desire Disorder, Sexual Distress and Quality of Life among Surgical Post menopausal Women and Natural Post menopausal Women. International Conference of Clinical Psychology in collaboration of Pakistan Association of Clinical Psychologists (PACP) and Centre for Clinical Psychology (CCP), University of the Punjab, Lahore held on April, 2nd-3rd, 2014. (Poster)
 12. Javed, A; Yousaf, A. (2013). Personality Traits and Self-esteem among Patients with Depressive Illness. 3rd Asia pacific Conference on Psychosocial Rehabilitation & 8th International Psychiatric Conference (November 1st- 3rd, 2013) Lahore. (Secured 3rd position).
 13. Naveed, A; Yousaf, A. (2013). Personality Traits, Coping Styles and Social support among Patients with depression and anxiety Disorder. 3rd Asia pacific Conference on Psychosocial Rehabilitation & 8th International Psychiatric Conference (November 1st- 3rd, 2013) Lahore.

Attended Conferences and Symposiums

1. Attended an International Conference on Psychiatry “Club House Model, Innovations and Diversity in Mental Health Treatment” held on 30th July- 1st August, 2021 by Pakistan Psychiatric Research Centre fountain House Lahore and Horizon Peshawar.
2. Attended 7th Asian Cognitive Behavior Therapy conference held on 5-7 July, 2021 by Asian Cognitive Behavior Therapy Association, Malaysia.

3. Attended 4th International E-conference on “Neglect, Abuse and Trauma: The Living Nightmares” held on March 18, 2021 organized by University of Management Technology (UMT).
4. Organized and attended an international e-conference Psychosocial Wellness & Rehabilitation: Challenges for Practitioners during Pandemic (ICPWR -2020) organized by Centre for Clinical Psychology (CCP) on 2nd & 3rd December, 2020.
5. Attended an E. International conference on COVID-19: The changing Horizons Organized by Institute of Clinical Psychology, University of Management and Technology, Lahore on 20th July, 2020.
6. Attended 3 days International Conference of Applied Psychology: Practices and Interventions from 6th-8th February, 2019 at Institute of Applied Psychology, University of the Punjab, Lahore.
7. Attended a 13th International Conference of Child and Adolescent Psychopathology, (ICCAP) 2018, Kuching, Sarawak (on Borneo Island), Malaysia organized by Department of Psychology, University of Roehampton, London, UK on August 6th- 8th, 2018.
8. Part of Organizing Committee and attended Conference of Psychology (COP, 2018) organized by Riphah Institute of Clinical Psychology, Riphah International University, Institute of Professional Psychology, Bahria University of Karachi, Centre for Clinical Psychology, University of the Punjab, Lahore and Pakistan Association of Clinical Psychologists (PACP) on 6-7th July, 2018.
9. 1st International Conference on Social Sciences and Humanities, Kinnaird College, Lahore from 25th-27th April, 2018.
10. 1 Day Symposium on Importance and Identification of DNA in criminology organized by Social and Environmental Sciences in March, 2018.

11. International Conference on Health and Well Being Organized by Lahore College for Women and University being held on 11th-13th, December, 2017.
12. 1st National Conference of Psychology (NCP, 2017), "Emerging Social and Mental Health Issues in Society" Organized by Department of Psychology, Lahore Garrison University on 12-13th December, 2017.
13. 1st International Conference "Clinical Psychology and the Developing World: Issues, Challenges and Solutions" organized by Institute of Clinical Psychology, University of Management and Technology, Lahore, Pakistan on March, 9th -10th, 2017
14. Drug Addiction Convention on "Drug Addiction is a Treatable Disease" organized by Global NGO, Rehb & Research Centre and Lahore Psychiatric Professionals held on July, 2017.
15. Attended an International Conference IMSACON, 2016, 35th year Annual Conference of International Medical Sciences Academy, Mauritius on 6th-8th October, 2016.
16. Attended 6th International Conference: "Psychology of Gender in Perspective: Issues and Challenges" National Institute of Psychology, Quaid-e-Azam, University, Islamabad on 1st -2nd December, 2016.
17. 6th International CBT Conference: Evidence Based Approaches to Mental Health, Care; Integrating Psychopharmacology and Cognitive Behavior Therapy, Services Institute of Medical Sciences, Lahore, from 20th February, 2016.
18. Participated as Project Exhibitor in Invention to Innovation summit 2016 organized by collaborative effort of university of the Punjab, Lahore, Institute of research Promotion, Pakistan Science Foundation and Office of Research Innovation and commercialization on 2-3rd March, 2016.

19. Participation in a seminar "Quality Assurance in Education" held on 3rd April, 2015 organized by Quality Enhancement Cell in Collaboration with PIQC Institute of Quality.
20. Attended and part of organizing committee for National Conference "Changing Trends in Clinical Psychology" on 4th June, 2015 in Karachi.
21. Attended and part of organizing committee for an International conference "The Current Challenges for Psychology: From Crisis to substantial Solutions" on 26th-28th February, 2015.
22. Attended 1st national medical conference organized by Arif Memorial Teaching Hospital & Rashid Latif Medical College held on April 18th, 2014.
23. Attended and part of organizing committee of International conference of Clinical Psychology "Clinical Psychology Outside the Clinic" in collaboration of Pakistan Association of Clinical Psychologists (PACP) and Centre for Clinical Psychology (CCP), University of the Punjab, Lahore held on April, 2nd-3rd, 2014.
24. 3rd Asia Pacific conference on psychosocial rehabilitation, 8th International psychiatric conference organized by World Psychiatric Association Educational Credit held on November 1st - 3rd, 2013.
25. Attended and part of organizing committee of International conference in Institute of Applied Psychology (ICAP) held on 17th- 18th December, 2012.
26. Attended a conference on "Indigenous Clinical Psychology" Held on 7th December, 2010 organized by Pakistan Association of Clinical Psychologists (PACP).
27. Attended a 2nd international conference on "Disaster Management" held on 19th -21st October, 2010 organized by Centre for Disaster Preparedness and Management (CDPM), University of Peshawar.

28. 13th Annual Conference on “Psychosocial Aspects of Disaster and Conflict” organized by Department of Psychology, University of Peshawar held on 18- 21 June 2009.
29. Attended an International Conference, organized by National Unuiversity of Sciences and Technology (NUST), Pakistan on “Psychotrauma” held on 30th- 31st August, 2008.
30. Attended a National Conference on “Psychosocial Aspects of Disasters and Conflicts” organized by Department of Psychology, University of Peshawar in 2009.
31. Organized and Attended an International Conference, organized by Centre for Clinical Psychology, university of the Punjab, Lahore on “Impact of Global Violence on Mental Health: a challenge for Mental Health Professionals” held on 27th- 28th June, 2008.
32. Attended a National conference on: “Gender Issues in 21st Century in Pakistan” held on 16th May, 2007, organized by Centre for Clinical Psychology, University of the Punjab, Lahore. .
33. Attended a 16th International Psychiatric Conference held on 16-18th, December, 2006 on “Disasters” Impact on Mental Health and its Psychosocial Rehabilitation” organized by Pakistan Psychiatric Society.

Attended Workshops

1. HEC Pakistan Author Workshop “Dissecting the Scholarly Publishing Process: An Overview and Guidance on Publishing” organized by John Wiley & Sons, Publishing Company on 27th January, 2021.
2. 2020: Attended on topic Solution Focused Brief Therapy in an international e-conference Psychosocial Wellness & Rehabilitation: Challenges for Practitioners during Pandemic (ICPWR -2020) organized by Centre for Clinical Psychology (CCP) on 2nd & 3rd December, 2020.
3. 2020: Attended on topic Meta Cognitive Therapy for Obsessive Compulsive Disorder & Depression in an international e-conference Psychosocial Wellness &

- Rehabilitation: Challenges for Practitioners during Pandemic (ICPWR -2020) organized by Centre for Clinical Psychology (CCP) on 2nd & 3rd December, 2020.
4. 2020: Attended E.Workshop: Quarantine: An Opportunity for Stock taking and Managing Intrapersonal Issues Organized by Institute of Clinical Psychology, University of Management and Technology, Lahore on 16th July, 2020.
 5. 2019: Attended 1 day workshop on “Structural Equation Modeling: Smart PLS” on 7th February, 2019 Organized by Institute of Applied Psychology, University of the Punjab, Lahore.
 6. 2019: Two day workshop on “Culturally adapted Therapy for Muslims with Depression” conducted on 18th -19th March, 2019 organized by Centre for Clinical Psychology.
 7. 2019: One day workshop on “Cognitive behavior Therapy” conducted on organized by Centre for Clinical Psychology, University of Punjab, Lahore
 8. 2019: One day workshop on “ User’s Guide to publishing in journals in Psychology” conducted on 22nd March,2019 organized by Centre for Clinical Psychology, University of Punjab, Lahore
 9. 2018: 1 Day Workshop on trauma, its Impact on children and its therapeutic intervention organized by Centre for Clinical Psychology, University of the Punjab, Lahore on March, 2018.
 10. Workshop on “ Addictive Behaviors in Global Perspective” organized by PILL and CCP on 14th November, 2017.
 11. Attended of a workshop “Estimation of Cronbach’s Alpha Coefficient in Psychological Research” held on 19th December, 2012.
 12. Attended of a workshop “Enhancing Human Excellence” held on 20th December, 2012.
 13. Attended of a workshop “Screening for Depression and Planning Mental Health Intervention for People with Diabetes” held on 16th December, 2012.

14. Attended of a workshop "Healing Through Hypnosis" held on 15th December, 2012.
15. Attended of a workshop "Application of NVivo Software for Qualitative Data Analysis" held on May, 2012.
16. Moderator of a workshop "Behaviors and Attitudes for Promoting Women Leadership" held on 16th December, 2012.
17. Three days workshop "Post disaster Psychological Management of Children" organized by Department of Applied Psychology and Centre for Clinical Psychology on 22nd-24th April, 2012.
18. Primary Certification in Rational Emotive Behavior Therapy organized by PACP on 19th-21st December, 2011.
19. Attended a HRDC, New Faculty Orientation Program held on 18th-22nd July, 2011 organized by Institute of Administrative Sciences, University of the Punjab, Lahore.
20. Attended a three day Workshop from 18th-20th April 2011 on "Significant Association of Conduct Disorder and Parental Discord" conducted by Amna Tariq, Consulted Child Psychologist.
21. Attended one day Training Workshop on "Turnitin Anti-Plagiarism Software" held on 14th April, 2011, organized by University of the Punjab, Lahore.
22. Attended a Workshop on "What Do I Know and Need to Know About Autism Spectrum Disorders" held on 10th January, 2011 conducted by Umneea Khan, University of Western Australian, Perth. Australia.
23. Attended a HRDC New Faculty Orientation Program held on 5th - 8th July, 2010 organized by Institute of Administrative Sciences, University of the Punjab, Lahore.
24. Attended two days Workshop in University of Engineering and Technology (UET) on "How to Get Published in High Impact Research

- Journals and Conferences” Conducted by Dr. Ali Ahsan held on 1st -2nd, October, 2010.
25. Attended a workshop on “Data Analysis in Qualitative Research” held on 5th May, 2010 conducted by Dr, Urasa Fahim, Assistant Professor, California Institute of Integral Studies United States of America.
 26. Two week workshop on “Research and Statistics” conducted by Dr. Ashiq Ali Shah from 6th to 18th July, 2009.
 27. Attended a workshop on “Imagery in Clinical Practice” held on 20th February, 2008, conducted by Dr. Jan Taal, Director, School of Imagery, Amsterdam, organized by Centre for Clinical Psychology, University of the Punjab, Lahore.
 28. Attended a workshop on “Place of Formulation in Psychological Therapy” held on 19th March, 2008 conducted by Dr. Amira Rao, Clinical Psychologist, UK.
 29. Attended a Workshop on “Dissertation Writing” conducted by Dr. Saiqa Khan, Clinical Psychologist, Agha Khan Hospital 19th- 20th, April, 2007, organized by Centre for Clinical Psychology, University of the Punjab, Lahore.
 30. Attended a Workshop on “Psychology of Death and Dying” held on January 17th 2007 conducted by Dr. Anees Sheikh, Clinical Psychologist, Marquette University, U.S.A.
 31. Attended a Workshop on “Therapeutic Uses of Mental Imagery” held on 8th - 12th January, 2007 conducted by Dr. Anees Sheikh, Clinical Psychologist, Marquette University, U.S.A.
 32. Attended a Workshop on “Health Power of Imagination” held on 15th - 16th January, 2007 conducted by Dr. Anees Sheikh, Clinical Psychologist, Marquette University, U.S.A.

33. Attended a Workshop on “Psychology of Happiness” held on January 19th, 2007 conducted by Dr. Anees Sheikh, Clinical Psychologist, Marquette University, U.S.A.
34. Attended a Workshop on “Dissociative Disorder/Conversion Disorder, the historical, Cultural and Management Perspectives” held on April, 14th 2007, organized by Department of Psychiatry, Services Institute of Medical Sciences (SIMS), Lahore.
35. Attended a Workshop on “Basics of Behavior Therapy” held on 11th June, 2005 conducted by Chartered Clinical Psychologist Ms. Nashi Khan.

Brief Statement of Research Interests

- To understand psychosocial problems and their disastrous impact on the Mental Health of the human beings.
- Promoting and creating awareness regarding Clinical Psychology among general public.
- Promoting health psychology, community psychology, positive psychology and its scope and importance.
- Tool development
- Projective techniques