

## **FAIZ YOUNAS**

Lecturer

Institute of Applied Psychology, University of the Punjab, Quaid-e-Azam Campus, Lahore, Pakistan, 54590.

**Contact #:** ++ 92 42 99231235

### **Academic Qualification**

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- 2004-2006 M.Sc. Psychology, GC University, Lahore  
2002-2004 B.A (Psychology, Economics & Statistics), GC University, Lahore  
2000-2002 F.A (Statistics, Economics & Fine Arts), GC University, Lahore

### **Certifications**

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- 2009 Certificate Course in Video Production, National College of Arts, Lahore  
2003 Certificate in French Language, GC University, Lahore

### **Work Experience**

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#### **Teaching**

- 2009- Date **Lecturer**, Institute of Applied Psychology, University of the Punjab, Lahore  
*Courses:* Gender Issues in Psychology, Social Psychology, Psychopathology, Perspectives in Psychology, Theories of Personality, Developmental Psychology, Psychological Testing, Environmental Psychology, Health Psychology, Positive Psychology, Teaching and Learning Skills, Introduction to Psychology, Introduction to Mass Communication, Introduction to Social Work and Introduction to Sociology. Thesis supervision of BS and M.Sc students
- 2010-2012 **Visiting Lecturer**, Department of Gender Studies, University of the Punjab, Lahore  
*Course:* Gender Issues in Psychology
- 2012, 2018 **Visiting Lecturer**, Centre for Clinical Psychology, University of the Punjab, Lahore  
*Course:* Gender Issues in Psychology, General Studies and Social Work
- 2013 **Visiting Lecturer**, Institute of Biochemistry and Biotechnology, University of the Punjab, Lahore  
*Course:* Introduction to Psychology

#### **Administrative Work**

- 2016-Date **Member**, Institutional Cleanliness and Maintenance Committee, Institute of Applied Psychology, University of the Punjab, Lahore

- 2017-18 **Member**, Institutional Purchase Committee, Institute of Applied Psychology, University of the Punjab, Lahore
- 2017-Date **Member**, Institutional Curriculum Review Committee, Institute of Applied Psychology, University of the Punjab, Lahore
- 2017-Date **Member**, Institutional Council (Disciplinary Committee), Institute of Applied Psychology, University of the Punjab, Lahore
- 2017-Date **Member**, Institutional Advisory Committee, Institute of Applied Psychology, University of the Punjab, Lahore
- 2016-19 **Member**, Board of Studies, Institute of Applied Psychology, University of the Punjab, Lahore
- 2016-19 **Member**, Board of Studies, Faculty of Life Sciences, Institute of Applied Psychology, University of the Punjab, Lahore
- 2015-19 **Institutional Focal Person**, Chief Minister's and Prime Minister's Laptop Schemes, Institute of Applied Psychology, University of the Punjab, Lahore
- 2015-Date **Member**, Institutional Scholarships Committee, Institute of Applied Psychology, University of the Punjab, Lahore
- 2014-Date **Member**, Security Committee, Institute of Applied Psychology, University of the Punjab, Lahore
- 2012-Date **Member**, Dengue Committee, Institute of Applied Psychology, University of the Punjab, Lahore
- 2012-18 **Examination Co-ordinator**, Institute of Applied Psychology, University of the Punjab, Lahore
- 2012-18 **Member**, Institutional semester and Examination Committee, Institute of Applied Psychology, University of the Punjab, Lahore
- 2009-Date **Member** Prospectus Committee, Institute of Applied Psychology, University of the Punjab, Lahore
- 2009-Date **Member** Admissions Committee, Institute of Applied Psychology, University of the Punjab, Lahore

### **Internships**

- Jan-Aug 08 **Sub-editor**, "Eyecandy Magazine", The Post  
*Responsibilities:* Editing, Feature writing and advice column writing based on professional guidance for psychological problems of everyday life
- Aug-Dec 05 **Assistant Editor**, "Vista Magazine", The Post  
*Responsibilities:* Editing and Feature writing
- Aug-Dec 06 **Psychologist**, Child Rights based NGO, Pehchaan  
*Responsibilities:* Provided Counselling to the Street Children
- 2005 **Research Consultant**, ACNielsen, Pakistan

*Responsibilities:* Questionnaires development, conducting focus group discussions, as well translating research tools

### **Conferences, Seminars and Training Workshops**

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- Feb 19 **Participated** in Workshop on Managing Workplace Challenges and Issues of Harassment by Human Resource Development Centre (HRDC) at Institute of Administrative Sciences, University of the Punjab, Lahore, 16<sup>th</sup> February, 2019
- Feb 19 **Session Chaired** at National Symposium of Psychology: Emerging Psychosocial Challenges in Pakistan, at Lahore Garrison University, Lahore, 14<sup>th</sup> February, 2019
- Feb 19 **Organised** International Conference of Applied Psychology (ICAPP): Practices and Interventions, at Institute of Applied Psychology, University of the Punjab, Lahore, 6<sup>th</sup> -8<sup>th</sup> February, 2019
- Jul 18 **Participated** in Conference of Psychology (COP 2018), organised by Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University Lahore, in collaboration with Institute of Professional Psychology (IPP), Bahria University, Karachi, Centre for Clinical Psychology (CCP), University of the Punjab, Lahore and Pakistan Association of Clinical Psychologists (PACP), at Centre for Clinical Psychology (CCP), University of the Punjab, Lahore, 6<sup>th</sup>-7<sup>th</sup> July, 2018
- Nov 17 **Panelist** at Hamara Internet Conference-Contextualizing Digital Rights in Pakistan for a panel on Masculinities in Online Spaces, organised by Digital Rights Foundation (DRF), 15<sup>th</sup> November, 2017
- Sep 17 **Participated** in Workshop on Countering Violent Extremism Orientation, organised by University of the Punjab, Lahore and Centre for Health and Gender Equality (CHANGE), 13<sup>th</sup> September, 2017
- Apr 16 **Panelist** at Feminist and Queer Politics: An Intersectional Discourse, organised by Aks Festival 2016, Lahore, Pakistan, 20<sup>th</sup> April, 2016
- Apr 16 **Participated** in Seminar on World Quality Day organised by University of the Punjab and Virtual University of Pakistan, at University of the Punjab, Lahore, 5<sup>th</sup> April, 2016
- May 15 **Participated** in Workshop on Interpretative Phenomenology Analysis (IPA) at Department of Psychology, GC University, Lahore, Pakistan, 19<sup>th</sup> May, 2015
- Mar 15 **Organised** 14<sup>th</sup> International Conference of Psychology (The Current Challenges for Psychology: From Crisis to Sustainable Solutions), Institute of Applied Psychology, University of the Punjab in collaboration with Centre for Clinical Psychology, Pakistan Psychological Association (PPA) and Higher Education Commission(HEC), Pakistan, Lahore, 19<sup>th</sup> -21<sup>st</sup> March, 2015
- Mar 15 **Moderated** Scientific Session on 'Culture and individual Differences' at 14<sup>th</sup> International Conference of Psychology (The Current Challenges for Psychology: From Crisis to Sustainable Solutions), Institute of Applied Psychology, University of the Punjab in collaboration with Centre for Clinical Psychology, Pakistan Psychological Association (PPA) and Higher Education Commission(HEC), Pakistan, Lahore, 19<sup>th</sup> -21<sup>st</sup> March, 2015
- Dec 14 **Participated** in South Asia regional course, 'Islam and Gender Equality and Justice (I-nGEJ)' by Musawah and Muslim Womens' Research and Action Forum (MWRAF), Kandy, Sri Lanka, 7-13 December, 2014
- Nov 14 **Organised and Resource Person** for workshop on 'Body Positivity: A Workshop on Bodily Rights and Human Rights' by Drag it to the Top and

- Coalition for Sexual and Bodily Rights in Muslim Societies (CSBR), Lahore, 8<sup>th</sup> November, 2014
- Apr 14 **Participated** in International Conference of Clinical Psychology, Pakistan Association of Clinical Psychologists and Centre for Clinical Psychology, University of the Punjab, Lahore, 2<sup>nd</sup> -3<sup>rd</sup> April, 2014
- Dec 12 **Organised** International Conference of Applied Psychology (ICAPP), Department of Applied Psychology, University of the Punjab, Lahore, 15<sup>th</sup> - 19<sup>th</sup> December, 2012
- Dec 12 **Moderated** Scientific Session on Personality Psychology, International Conference of Applied Psychology, Department of Applied Psychology, University of the Punjab, Lahore, 15<sup>th</sup> -19<sup>th</sup> December, 2012
- Dec 12 **Participated** in Post-Conference Workshop on 'Success and Achievement', International Conference of Applied Psychology, Department of Applied Psychology, University of the Punjab, Lahore, 15<sup>th</sup> -19<sup>th</sup> December, 2012
- Jun 12 **Participated** in Workshop by Asia Activist Institute for Research to Address Violence Against Non-Heteronormative Women on the Basis of Their Sexual Orientation, Gender Identity or Gender Expression, MMLDC Foundation Inc. Antipolo City, Philippines, 1<sup>st</sup> -3<sup>rd</sup> June, 2012
- Apr 12 **Organised** Workshop on Post Disaster Psychological Management of Children, Department of Applied Psychology and Centre for Clinical Psychology, University of the Punjab, Lahore, 22<sup>nd</sup>-24<sup>th</sup> April, 2012
- Jan 12 **Organised** and **Moderated** Convention on Relaxed Indo-Pak Visa Policy, Institute for Peace and Secular Studies (IPSS), Lahore, 21<sup>st</sup> January, 2012
- Dec 11 **Participated** in TOT Workshop on Test Item Construction Techniques, NTS-HEC Collaboration, 12<sup>th</sup> -15<sup>th</sup> December, 2011
- Oct-Dec 11 **Participated** in 2<sup>nd</sup> Disability and Rights Online Institute (DSROI) Course, CREA, October-December, 2011
- Oct 11 **Participated** in In Service Faculty Training Program for the Core Module: Competent English Language Usage Essentials (CELUE), Department of Microbiology Genetics, University of the Punjab, Lahore in collaboration with Learning Innovation Division HEC, Pakistan, 18<sup>th</sup> -22<sup>nd</sup> October, 2011
- May 11 **Participated** in Workshop on Turnitin Anti-Plagiarism Software, Punjab University Library, University of the Punjab, Lahore, 11<sup>th</sup> May, 2011
- Apr 10 **Participated** in Conducting and Publishing Research, Department of Applied Psychology, University of the Punjab, Lahore in collaboration with Learning Innovation Division HEC, Pakistan, 5<sup>th</sup> -7<sup>th</sup> April, 2010
- Mar 10 **Organised** National Conference on Resilience, Coping Strategies and Reconstruction of Self Among Women, Department of Applied Psychology, University of the Punjab, Lahore, 11<sup>th</sup> March, 2010
- Apr 05 **Participated** in Seminar on Child Abuse: Antecedents Factors, Consequences and Interventions, Department of Psychology, GC University, Lahore, 18<sup>th</sup> - 19<sup>th</sup> April, 2005
- Dec 04 **Participated** in Workshop on Assessment of Emotional and Behavioural Problem, Self-Awareness for the Counsellor, Department of Psychology, GC University Lahore in collaboration with British Council Lahore, 22<sup>nd</sup>-24<sup>th</sup> December, 2004
- Oct 04 **Participated** in Seminar on Research Methods in Psychology, Department of Psychology, GC University Lahore, 13<sup>th</sup> October, 2004

## Oral Presentations

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- Sep 19 Younas, F., & Suhail, A. Religious Involvement and Social Adjustment in Adolescents. Presented at International Conference on Islamic Perspective in Modern Psychology (IPMP) at Riphah Institute of Clinical & Professional Psychology, Riphah International University, Lahore, 24<sup>th</sup>-26<sup>th</sup> September, 2019.
- May 19 Younas, F., & Yousaf, A. Relationship Strengths and values in Same and Cross-Sex Friendships in Young Adults. Presented at National Conference on Gender Studies (NCGS) Sustainable Development Goals: Achievement and Future in Gender Perspective at Department of Gender Studies, University of the Punjab, Lahore, 2<sup>nd</sup> May, 2019.
- Mar 19 Khalid, S., & Younas, F. Self-Consciousness and Psychological Reactance in Adolescents. Presented at International Conference on Recent Trends and Interventions in Clinical Psychology (RTICP) at Centre for Clinical Psychology, University of the Punjab, Lahore, 20<sup>th</sup> -22<sup>nd</sup> March, 2019.
- Mar 19 Younas, F., & Arif, N. Concept of Masculinity in Men and Their Attitudes Towards Women. Presented at 1<sup>st</sup> National Conference on Psychology For Sustainable Community Challenges and Trends (NCPSC), at Department of Psychology, University of Sargodha, Sargodha, 19<sup>th</sup>-20<sup>th</sup> March, 2019.
- Feb 19 Hashmi, A, Z., & Younas, F. Self-Doubt, Communication Competence and Coping Styles in Adolescents. Presented at International Conference of Applied Psychology (ICAP): Practices and Interventions at Institute of Applied Psychology, University of the Punjab, Lahore, 6<sup>th</sup>-8<sup>th</sup> December, 2019.
- Feb 19 Malik, R., & Younas, F. Fertility Related Concerns and Marital Adjustments in Women with Infertility Issues. Presented at International Conference of Applied Psychology (ICAP): Practices and Interventions at Institute of Applied Psychology, University of the Punjab, Lahore, 6<sup>th</sup>-8<sup>th</sup> December, 2019.
- Feb 19 Riaz, A., & Younas, F. Organizational Cynicism, Job Commitment and Turnover Intentions in Employees. Presented at International Conference of Applied Psychology (ICAP): Practices and Interventions at Institute of Applied Psychology, University of the Punjab, Lahore, 6<sup>th</sup>-8<sup>th</sup> December, 2019.
- Dec 18 Abdi, K, R., & Younas, F. Sex Worker and Personality Pathologies. Presented at International Conference on Gender, Religion and Culture in Psychology: Issues and Challenges at Department of Psychology, GC University, Lahore, 17<sup>th</sup>-19<sup>th</sup> December, 2018.
- Dec 18 Malik, R., & Younas, F. Fertility Related Concerns and Marital Adjustments in Women with Reproductive Health Problems. Presented at International Conference on Gender, Religion and Culture in Psychology: Issues and Challenges at Department of Psychology, GC University, Lahore, 17<sup>th</sup>-19<sup>th</sup> December, 2018.
- Dec 18 Khan, F., & Younas, F. Personality Traits, Perceived Glass Ceiling and Subjective Career Success in Women Working in Business Organizations. Presented at International Conference on Gender, Religion and Culture in Psychology: Issues and Challenges at Department of Psychology, GC University, Lahore, 17<sup>th</sup>-19<sup>th</sup> December, 2018.

- Dec 16 Munir, M., & Younas, F. Mother's Expressiveness and Behavioral Development in Pre-School Children. Presented at 6<sup>th</sup> International Conference on Psychology of Gender in perspective: Issues and Challenges at National Institute of Psychology, Quaid-e-Azam University, Islamabad, 1<sup>st</sup> - 2<sup>nd</sup> December, 2016.
- Nov 16 Naqvi, J. F., & Younas, F. Work-Family Conflict and Emotional Instability in Female College Teachers. Presented at 1<sup>st</sup> International Conference on Gender at Department of Gender and Development Studies and Women Institute for Leadership and Learning, Lahore College for Women University, Lahore, 14<sup>th</sup> - 16<sup>th</sup> November, 2016.
- Mar 16 Munir, M., & Younas, F. Delay of Gratification in Early Childhood. Presented at 7<sup>th</sup> Post Graduate Students Conference 2016 on Research in Education at Institute of Education and Research, University of the Punjab, Lahore, 24<sup>th</sup> March, 2016.
- Mar 15 Noreen, H., & Younas, F. Emotional Maturity and Reaction to Frustration in Adolescents Living in Orphanages. Presented at 14<sup>th</sup> International Conference of Psychology at University of the Punjab, Lahore, 19<sup>th</sup>-21<sup>st</sup> March, 2015
- Mar 15 Saleem, Z., & Younas, F. Parenting Styles and Expressed Emotions in Adolescents with Conversion Disorder. Presented at 14<sup>th</sup> International Conference of Psychology at University of the Punjab, Lahore, 19<sup>th</sup>-21<sup>st</sup> March, 2015.
- Nov 14 Gillani, A., & Younas, F. Bullying Related Behaviors, Perceived Peer Support and Self Esteem of Elementary and High School Students. Presented at 5<sup>th</sup> International Conference on Educational Psychology at National Institute of Psychology (NIP), Quaid-e-Azam University, Islamabad, 13<sup>th</sup> November, 2014.
- May 14 Younas, F., & Farooq, Z. Attachment Styles, Conflict Resolution Techniques and Relationship Quality in Married Couples. Presented at International Conference on Social Psychology at GC University, Lahore, 20<sup>th</sup>-21<sup>st</sup> May, 2014.
- Oct 10 Younas, F. Exploring Gender Role Socialization in Pakistan. Presented at Seminar on Psychology of Gender at University of Management and Technology (UMT), Lahore, 16<sup>th</sup> October, 2010.
- Mar. 09 Younas, F., & Hasan, S.S. Psychopathic Deviation and Psychosocial Causes of Delinquency in Juveniles. Presented at International Conference on Culture and Mental Health at GC University, Lahore, 17<sup>th</sup> -21<sup>st</sup> March, 2009.

### **E-Poster/Poster Presentations**

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- Feb 19 Rehman, K., & Younas, F. Time Perspective as a Predictor of Internet Addiction in University Students. Presented at International Conference of Applied Psychology (ICAP): Practices and Interventions at Institute of Applied Psychology, University of the Punjab, Lahore, 6<sup>th</sup>-8<sup>th</sup> December, 2019.
- Feb 19 Ahmad, H., & Younas, F. Emotional Dysregulation, Moral Character and Attitude Towards Violence in Young Adults. Presented at International Conference of Applied Psychology (ICAP): Practices and Interventions at Institute of Applied Psychology, University of the Punjab, Lahore, 6<sup>th</sup>-8<sup>th</sup> December, 2019.

- Nov 18 Hanif, R, A., & Younas, F. Impact of Emotional Regulation and Fear of Self-Disclosure in Married Individuals. Presented at 7<sup>th</sup> International Conference on Positive Psychology: Developing a Flourishing Community at National Institute of Psychology, Quaid-e-Azam University, Islamabad, 29<sup>th</sup>-30<sup>th</sup> November, 2018.
- Mar 15 Munir, M., & Younas, F. Delay of Gratification in University Students. Presented at 14<sup>th</sup> International Conference of Psychology at University of the Punjab, Lahore, 19<sup>th</sup>-21<sup>st</sup> March, 2015.
- Mar 15 Mazahir, S, S., & Younas, F. Personal attributes and Academic Achievement in University Students. Presented at 14<sup>th</sup> International Conference of Psychology at University of the Punjab, Lahore, 19<sup>th</sup>-21<sup>st</sup> March, 2015
- Dec 12 Rehman, S., & Younas, F. Parental and Peer attachment Bonds with the Identity Development during Late Adolescents. Presented at International Conference of Applied Psychology (ICAPP-2012), Department of Applied Psychology, University of the Punjab, Lahore, 15<sup>th</sup>-19<sup>th</sup> December, 2012.

### **Research Publications**

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1. Munir, M., & Younas, F. (2017). *Mother's Expressiveness and Behavioural Problems in Pre-School Children*. Journal of Pakistan Psychiatric Society, Vol. 14(Oct-Dec, 2017), 12-15.

### **Volunteer/Community Work**

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- 2016 Urdu Translation of Open Letter (Canadian version) to South Asian and Asian communities based in North America in solidarity with Black Lives Matter
- 2014 Urdu Translation of subtitles for a video by Asia Pacific Transgender Network (APTAN) entitled *Trans Rights are Human Rights*
- 2011-Date Volunteer, Institute for Peace and Secular Studies (IPSS)  
*Responsibilities:* Moderating OPEN MIC sessions, participation in protests against the violation of Human Rights and Indo-Pak Peace Initiatives
- 2013 Volunteer, *I Need Humanism* campaign, launched from Institute of Applied Psychology, University of the Punjab, Lahore
- 2013 Volunteer, *I Need Feminism* campaign, launched from Lahore University of Management Sciences (LUMS), Lahore

### **M.Sc and BS Theses Supervision**

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- 2019 Amjad, F., & Younas, F. (2019). Sleep Quality and Mental Well-being in University Hostel Students
- 2019 Aslam, Z., & Younas, F. (2019). Emotional Intelligence, Coping Self-efficacy and Psychological Well-being in Rescue 1122 Firefighters
- 2019 Gulnaz, P., & Younas, F. (2019). Work Family Conflict and Psychological Well-being in Married Female University Students
- 2019 Hanjra, M, A., & Younas, F. (2019). Family Environment, Academic Stress and Performance in Adolescents

- 2019 Haseeb, R., & Younas, F. (2019). Workplace Ostracism, Psychological Capital and Job Performance in Bank Employees
- 2019 Ijaz, S., & Younas, F. (2019). Product Involvement, Consumer's Mood and Impulsive Buying in Women
- 2019 Imtiaz, A., & Younas, F. (2019). Social Networking Addiction and Appearance Based Rejection Sensitivity in University Students
- 2019 Kiran., & Younas, F. (2019). Peer Victimization, Self-Evaluation and Quality of Life in Adolescents
- 2019 Shahzad, K., & Younas, F. (2019). Ostracism and Depressive Symptoms in Adult Christians
- 2019 Sher, Z, B., & Younas, F. (2019). Masculinity and Attitude Towards Violence in Sportspersons
- 2019 Siddiq, A., & Younas, F. (2019). Self-Confidence and Decision Making Power in Adults
- 2019 Tariq, M., & Younas, F. (2019). Parental Attachment, Media Internalization and Objectified Body Consciousness in Adolescents
- 2018 Abbas, M., & Younas, F. (2018). Job Boredom, Perceived Justice and Cyber-Loafing in Employees of Software Companies
- 2018 Ahmad, H., & Younas, F. (2018). Emotional Dysregulation, Moral Character and Attitude Towards Violence in Young Adults
- 2018 Ahmad, S, P., & Younas, F. (2018). Mind Wandering, Creativity and Decision Efficacy in Young Adults
- 2018 Ashfaq, A., & Younas, F. (2018). Workplace Incivility, Organizational Constraints and Turnover Intentions in College Teachers
- 2018 Hashmi, A, Z., & Younas, F. (2018). Self-Doubt, Communication Competence and Coping Styles in Adolescents
- 2018 Khalid, S., & Younas, F. (2018). Self-Consciousness and Psychological Reactance in Adolescents
- 2018 Qayyum, I., & Younas, F. (2018). Quality of Friendship and Depressive Symptoms in Adolescents
- 2018 Rehman, K., & Younas, F. (2018). Time Perspective as a Predictor of Internet Addiction in University Students



- 2018 Riaz, A., & Younas, F. (2018). Organizational Cynicism, Job Commitment and Turnover Intentions in Employees
- 2018 Shuja, R., & Younas, F. (2018). Smartphone Uses, Gratifications and Social Interaction Anxiety in Adolescents
- 2018 Umar, T., & Younas, F. (2018). Academic Confidence and College Adjustment in Hostel Students
- 2017 Ahmad, R., & Younas, F. (2017). Emotional Regulation and Self-disclosure in Married Individuals
- 2017 Afzal, M., & Younas, F. (2017). Humor Styles and Social Self-efficacy Among College Students
- 2017 Ahsan, Q., & Younas, F. (2017). Nomophobia and Executive Functioning of University Students
- 2017 Khalid, A., & Younas, F. (2017). Effective Advertisement and Consumer Purchase Intentions in Adults
- 2017 Khan, F., & Younas, F. (2017). Personality Traits, Perceived Glass Ceiling and Subjective Career Success among Women Working in Business Organizations
- 2017 Malik, R., & Younas, F. (2017). Fertility Related Concerns and Marital Adjustment in Women with Reproductive Health Problems
- 2017 Mumtaz, Z., & Younas, F. (2017). De-individuation, Locus of Control and Attitude Towards Crime in University Students
- 2016 Ali, A., & Younas, F. (2016). Narcissism, Sensation Seeking and Risk Perception in Youth
- 2016 Asghar, A., & Younas, F. (2016). Locus of Control, Self-Handicapping and Academic Stress in Students
- 2016 Ashraf, U., & Younas, F. (2016). Religious Orientation, Behavioral Problems and Prosocial Behaviors in Madrassa Students
- 2016 Ejaz, B., & Younas, F. (2016). Cyber Stalking, Obsessive Relational Intrusion and Psychological Distress in Students Using Facebook

- 2016 Mahrukh, K., & Younas, F. (2016). Performance Appraisal Satisfaction and Employee Outcomes in Employees of Garment Industries
- 2016 Majeed, A., & Younas, F. (2016). Leisure Motivation and Mood as Predictors of Creativity in Fine Arts Students
- 2016 Saba, M., & Younas, F. (2016). Organizational Commitment and Intra-Role, Extra-Role Behavior in Employees of Pharmaceutical Companies
- 2016 Shahzad, M., & Younas, F. (2016). Executive Functioning and Classroom Adjustment in Adolescents
- 2016 Yaseen, M., & Younas, F. (2016). Rejection Sensitivity and Resilience in Orphans
- 2015 Arif, N., & Younas, F. (2015). Concept of Masculinity in Men and their Attitude Towards Women
- 2015 Asif, G., & Younas, F. (2015). Perceived Self-Efficacy and Burnout in Post-Graduate Teachers
- 2015 Irshad, B., & Younas, F. (2015). Perceived Social Stigma and Psychological Distress in Mothers Having a Child with Intellectual Disability
- 2015 Munir, M., & Younas, F. (2015). Mother's Expressiveness and Behavioral Development in Pre-School Children
- 2015 Naqvi, J. F., & Younas, F. (2015). Work-Family Conflict and Emotional Instability in Female College Teachers
- 2015 Sanaullah, A., & Younas, F. (2015). Self-Concealment and Marital Relationship Quality in Married Women
- 2015 Yasmin, M., & Younas, F. (2015). Grandiose Narcissism and Vulnerable Narcissism in Doctors
- 2015 Zamir, S., & Younas, F. (2015). Leader Member Exchange and Professional Identification in Bank Employees
- 2014 Azam, A., & Younas, F. (2014). Emotional Intelligence, Time-Management and Academic Self-Regulation in Students

- 2014 Naiz, A., & Younas, F. (2014). Social Competence and Institutional Attachment in Public and Private Sector Students
- 2014 Noreen, H., & Younas, F. (2014). Emotional Maturity and Reaction to Frustration in Adolescents living in Orphanages
- 2014 Rashid, N., & Younas, F. (2014). Compassion Fatigue and Coping Strategies in Nurses
- 2014 Saleem, Z., & Younas, F. (2014). Parenting Styles and Expressed Emotions in Adolescents with Conversion Disorder
- 2014 Tahir, M., & Younas, F. (2014). Job Commitment and Work Motivation in Traffic Wardens
- 2014 Yousaf, A., & Younas, F. (2014). Relationship Strengths and Values in Same-Sex and Cross-Sex Friendships
- 2013 Arif, H., & Younas, F. (2013). Perceived Parenting Styles and Moral Development in Adolescents
- 2013 Azmat, M., & Younas, F. (2013). Positive and Negative Affects in Young Adults with Physically Active and Sedentary Lifestyles
- 2013 Gillani, A., & Younas, F. (2013). Bullying Related Behaviors, Perceived Peer Support and Self-Esteem of Elementary and High School Students
- 2013 Kausar, N., & Younas, F. (2013). Gender Differences in Marital Forgiveness and Satisfaction in Men and Women
- 2013 Rubab, A., & Younas, F. (2013). Childhood Abuse, Neglect and Self Harm in Major Depressive and Non-Depressive Individuals
- 2013 Sharif, R., & Younas, F. (2013). Illness Perception and Psychological Distress in Hypertensive Patients
- 2013 Sikander, S., & Younas, F. (2013). Parent-Child Conflicts and Aggression Level in Secondary School Children
- 2013 Yousaf, A., & Younas, F. (2013). Social and Emotional Adjustment Problems and Problem Solving Skills Among Young Adults with and without Fathers

- 2012 Farooq, Z., & Younas, F. (2012). Attachment Styles, Conflict Resolution Techniques and Relationship Quality in Married Couples
- 2012 Naz, F., & Younas, F. (2012). Perception of Status of Women in Relation to Self Awareness and Career
- 2012 Rahman, S., & Younas, F. (2012). Parental and Peer Attachment Bonds with Identity Development during Late Adolescents
- 2012 Rana, F., & Younas, F. (2012). Three Component Model of Organizational Commitment among Administrative Staff of University of Punjab
- 2012 Tahir, M., & Younas, F. (2012). Life Events and Coping Strategies among Professionals
- 2011 Javed, S., & Younas, F. (2011). Parenting Styles, Self Esteem and Achievement Motivation in University Students
- 2011 Suhail, A., & Younas, F. (2011). Gender Differences in Religious Involvement and Social Adjustment in Punjab University Students
- 2010 Saleem, S., & Younas, F. (2010). Self-criticism and Dependency in Unipolar and Bipolar Depressed Females
- 2010 Warraich, A, A., & Younas, F. (2010). Level of Job Stress and General Health Conditions in Traffic Wardens and Fire Fighters
- 2009 Ali, M., & Younas, F. (2009). Religiosity and Work Ethics among Employees of Punjab University and Forman Christian College Lahore

### **Meritorious Achievements**

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- 2006 Academic Certificate of Distinction for securing 2<sup>nd</sup> position in M.Sc. Psychology
- 2006 Co-Curricular Certificate of Merit for achievement in The Ravi (English Section) as Associate Editor