

LIST OF PUBLICATIONS

PROF. DR. RUKHSANA KAUSAR

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Research Publications:-

1. Ali, N., & **Kausar, R.** 2016, Social Support and Coping as Predictors of Psychological Distress in Family Caregivers of Stroke Patients. *Pakistan Journal of Psychological Research*, 31 (2), 587-608. **(HEC's X Category).**
2. Inam A., & **Kausar, R.** 2006, Psychological Adjustment of Typical Siblings of Children with Autism in the Context of Family Environment. *Isra Medical Journal*, 8 (3), 176- 181. **(HEC's X Category).**
3. Asad, S., Saeed, S. & **Kausar, R.** (2016). *Level of Frustration Tolerance and Coping Strategies used by Women with Conversion Disorder Vs those with General Medical Conditions.* *Journal of Pakistan Psychiatric Society*, Vol. 13(2), 35-38, **(HEC's X Category).**
4. Yosuf, M., & **Kausar, R.** (2016). *Self-Care, Coping Strategies and Quality of Life of Individuals with Diabetes.* *Journal of Behavioral Science*, Vol. 26(1), 17-31, **(HEC's X Category).**
5. Yosuf, I., Zafar, N., & **Kausar, R.** (2016). *Perceived Inter-Parental Conflict, Emotional Security and Self-Discipline in Adolescents.* *Journal of Behavioral Science*, Vol. 26(1), 98-112, **(HEC's X Category).**
6. Naz, F., & **Kausar, R.** (2016). *Somatic Symptoms Scale: Psychometric Properties in Clinical and Normal Sample.* *Journal of Pakistan Medical Association.*
7. Khan, N., Amjad, A., Farooq, A., & **Kausar, R.** (2016). *Gender Differences in Common Mental Disorders.* *Pakistan Journal of Clinical Psychology*, 15 (1), 21-32. **(HEC's Y Category).**
8. Ahmad, S., Arshad, T., **Kausar, R.** (2015). *Psychological Correlates of Distress in Rescue 1122 Workers in Pakistan.* *International Journal of Emergency Mental Health and Human Resilience*, Vol. 17(2), 486-494, ISSN 1522-4821 **(IF = 3.63).**
9. Khan, N., **Kausar, R.**, Khalid, A. & Farooq, A. (2015). *Gender Differences among Discrimination & Stigma Experienced by Depressive Patients in Pakistan.* *Pakistan Journal of Medical Sciences*, ISSN: 1682-024x; Vol. 31(6), 1432-1435, **(IF = 0.231).**
10. Shoukat, J., Zafar, N., & **Kausar, R.** (2015). *Self-compassion and Positive Psychological Functioning in Women with Primary and Secondary Infertility.* *Bahria Journal of Professional Psychology*, Vol 14 (2), (Z Category).
11. Naz, F & **Kausar, R.** (2015). *Parental Neglect, Self-Esteem, Emotional Instability and Depressive Symptoms in Adolescents with Somatic Symptoms.* *Pakistan Journal of Social Sciences*, Vol.35 (1), 25-36, **(HEC's Y Category).**
12. Zafar, N & **Kausar, R.** (2015). *Psychosocial Implications of Early Father Separation for Adolescents and their Mothers.* Institute of Applied Psychology, University of the Punjab, Lahore. *Journal of Indian Academy of Applied Psychology (JIAAP)*, ISSN: 0019-4247; Vol. 41(2), 323-334.

13. Tariq, O., & **Kausar, R.** (2015). *Parental Acceptance-Rejection and Interpersonal Problems in Patients with Conversion Disorder*. Journal of Behavioural Sciences, Vol. 25 (1), 19-38, **(HEC's X Category)**..
14. Khalid S., & **Kausar, R.** (2015). *Health Related Behaviors and Medication Adherence in Patients with Hepatitis C*. Journal of Behavioural Sciences, Vol. 25 (1), 172-186, **(HEC's X Category)**..
15. Naz, F & **Kausar, R.** (2015). *Translation and Validation of Interpersonal Relationship anxiety Questionnaire*. FWU Journal of Social Sciences, Vol.9 (1), 117-125, **(HEC's X Category)**..
16. Javed, A., **Kausar, R.** & Khan, N. (2014). *Effect of School System and Gender on Moral Values and Forgiveness in Pakistani School Children*. Malaysian Online Journal of Education Sciences (MOJES), Vol 2, Issue 4. <http://moj-es.net>.
17. Naz, F & **Kausar, R.** (2014) *Childhood Abuse and Parental Acceptance-Rejection in Adolescents with Conversion Disorder*. Pakistan Journal of Social and Clinical Psychology, Vol.12 (2), 3-9, ISSN 1727-4931.
18. Zafar, N & **Kausar R.** (2014). *Social and Emotional Problems in Divorced and Married Women*. FWU Journal of Social Sciences, 8 (1), 31-35. **(HEC's X Category)**..
19. Najam, N., Kanwal, R. H., **Kausar, R.** & Fatima, H. (2014). *Focus Group Discussions: Exploration of Psychological and Neurological Functioning of Elderly in Gilgit & Lahore, Pakistan*. European Scientific Journal (special edition) Vol.2, 331-350, ISSN:1857 7881 (Print) e-ISSN 1857 7431 **(IF = 8.25)**.
20. Najam, N., Hussain, S., Kanwal, R. H., Malik, F., & **Kausar, R.** (2014). *Parental Power, Prestige, and Acceptance as Predictors of Young Adults' Psychological Adjustment in Gilgit-Baltistan, Pakistan*. Journal of Cross-Cultural Research, Special Issue, Vol.48, No.3 (online version <http://ccr.sagepub.com/content/early/2014/04/20/1069397114528676>) **(IF = 0.647)**.
21. Malik, F., Butt, M., **Kausar, R.**, Najam, N., & Rasool, F. (2014). *Parental Acceptance and Power/Prestige as Predictors of Psychological Adjustment among Pakistani Adolescents*. Journal of Cross-Cultural Research. Special Issue Vol.48, No.3. (online version <http://ccr.sagepub.com/content/early/2014/04/20/1069397114528676>) **(IF = 0.647)**.
22. Naz, F & **Kausar, R.** (2014). *Parental Rejection, Personality Maladjustment and Anxiety Symptoms in Adolescents with Somatoform Disorders*. Journal of Indian Academy of Applied Psychology (JIAAP), Y Category, ISSN: 0019-424724 (1), 145-164.
23. Naz, F & **Kausar, R.** (2013). *Parental Rejection, Personality Maladjustment and Depressive Symptoms in Female Adolescents in Pakistan*. IOSR Journal of Humanities and Social Sciences (IOSR-JHSS). e-ISSN. 2279-0837, ISSN 2279-0845. Vol 14 (1, July-August), 56-65. www.Iosrjournals.Org.
24. Zaidi, G., Zafar, N., Huda, N. Zubair, R., Farooq, S., & **Kausar, R.** (2013). *Quality of Life and Adjustment Among Type II Diabetes Patients With and Without Lower Limb Amputation*. Journal of Behavioural Sciences, Vol.23, No.3, 72-86, **(HEC's X Category)**.
25. **Kausar R.**, Awan B. & Khan N. (2013). *Gender Differences in Risk Perception and Emotional Distress in Patients with Type 2 Diabetes*. Journal of the Indian Academy of Applied Psychology (JIAAP). Y Category, ISSN: 0019-4247. Vol. 39, No.2, 222-227.
26. **Kausar R.**, & Faiza R. (2013). *Inclination Towards Religion and Post-Traumatic Growth Post Cancer Onset*. Indian Journal of Psychology, Special Issue: Contributions of Women Researchers. ISSN-0019-5553.

27. Antonio Lasalvia, Silvia Zoppi, Tine Van Bortel, Chiara Bonetto, Doriana Cristofalo, Kristian Wahbeck and all the ASPEN/INDIGO Study Group Prof. Dr. Rukhsana Kausar, (2012). *Global pattern of experienced and anticipated discrimination reported by people with major depressive disorder: a cross-sectional survey, the Lancet* (www.thelancet.com Published online) October 18, 2012 [http://dx.doi.org/10.1016/S0140-6736\(12\)61379-8](http://dx.doi.org/10.1016/S0140-6736(12)61379-8) (IF = 39.207).
28. Kausar R., Khan N., Rasool F., Yusuf S., & Spielberger C. D., (2012). *Translation and Adaptation of State Trait Anxiety Inventory (STAI-Y) in Urdu*. Journal of Behavioural Sciences. ISSN: 1028-9097. Vol. 22, No. 3, 132-146, (HEC's X Category).
29. Naz F., & Kausar R. (2012). *Parental Rejection and Childhood Abuse in Adolescents with Somatoform Disorders*. Journal of Behavioural Sciences. ISSN: 1028-9097. Vol. 22, No. 2, 67-82, (HEC's X Category)
30. Naz F., & Kausar R. (2012). *Parental Acceptance Rejection and Comorbid Disorders in Adolescents with Somatization Disorder*. Journal of Behavioural Sciences, Special Issue on Parental Acceptance Research in Pakistan. ISSN: 1028-9097. Vol. 22, No. 1, 125-142. (HEC's X Category)
31. Najam N., & Kausar R. (2012). *Father Acceptance Rejection, Father Involvement, and Socio-Emotional Adjustment of Adolescents*. Journal of Behavioural Sciences, Special Issue on Parental Acceptance Rejection Research in Pakistan. ISSN: 1028-9097. Vol. 22, No. 1, 1-22. (HEC's X Category).
32. Khan, N., Kausar, R & Choudhry H. R. (2011), *Demographic Characteristics and Implications of Dhat Syndrome in Pakistan*. Indian Journal of Clinical Psychology, 38 (1), 69-78. Y Category. ISSN: 0303-2582.
33. Khan, N., Kausar, R., & Choudhry, H. R. (2011). *Psychological distress and manifestation of Dhat syndrome in relation to parental strictness*. FWU journal of Social Sciences, 5(2), 40-55. Y Category, ISSN: 1995-1272.
34. Khan, N. & Kausar, R. (2011). *Psychometric Properties of Revised Dhat Syndrome Symptom Checklist*. Journal of Behavioural Sciences, 21 (2), 47-58. ISSN: 1028-9097. (HEC's X Category).
35. Khan, N., Kausar, R., Flach, C., & Howard, L. (2011), *Psychological and Gynecological Morbidity in Women Presenting with Vaginal Discharge in Pakistan*. International Journal of Mental & Cultural Health, 1-13 (UK, Rutledge, Taylor and Francis Group).
36. Kausar, R., & Yousaf, S. (2011). *State Anxiety and Coping Strategies Used by Patient with Hepatitis C in Relation to Interferon Therapy*. Pakistan Journal of Clinical and Social Psychology, 9, 57-61. Y Category, ISSN: 1727-4931.
37. Ahmed, S., & Kausar, R. (2011). *Comparison of Study Habits and Academic Performance of Pakistani British and White British Students*. Pakistan Journal of Clinical and Social Psychology, 9, 21-26. Y Category, ISSN: 1727-4931.
38. Kausar, R., & Kazmi, S. R. (2011). *Perceived Parental Acceptance Rejection and Self-concept of Pakistani Adolescents*. Journal of Indian Academy of Applied Psychology, 37 (2), 224-232, Y Category, ISSN 0019 4247.
39. Kausar, R. & Anwar, T. (2010). *Perceived Stress, Stress Appraisal and Coping Strategies Used in Relation to Television Exposure of Terrorism*. Pakistan Journal of Clinical and Social Psychology. 8 (2), 119-131, Y Category, ISSN: 1727-4931.
40. Kausar, R., & Rashid, A. (2010). *Self Concept and Emotional Intelligence of Adolescents from orphanage vs those living with parents*. Proceedings of Congress of International Acceptance and

- Rejection: Social, Emotional and Educational Context, held in Crete, Greece. Brown Walker Press / University Publisher, Inc, Florida, USA.
41. **Kausar, R., & Bibi, B.** (2010). *Coping Strategies and Psychological Distress in Amputated Survivors of 8/11 Earthquake in Pakistan*. Pakistan Journal of Psychology, 41(2), 121-132. Y Category, ISSN: 0030-9869.
 42. **Kausar, R., & Khan A. Q.** (2010). *Stress Appraisal and Psychological well being of Medical Professional working in emergency Units*. Journal of Behavioural Sciences, 20 (2), 49-62, Y category, ISSN: 1028-9097.
 43. **Kausar, R., & Kanwal, S.** (2010). *Psychological Effects of Terror Attacks on Children: Acute Stress Symptoms*. Indian Journal of Clinical Psychology, 37 (2), 158-162, Y Category, ISSN: 0303-2582.
 44. **Kausar R., & Saghir, S.** (2010). *Posttraumatic Growth and Marital Satisfaction after Breast Cancer: Patient and Spouse Perspective*. Pakistan Journal of Clinical and Social Psychology, 8 (1), 3-17. Y Category, ISSN: 1727-4931.
 45. **Jabeen, S., & Kausar, R.** (2010). *Development of Indigenous Obsessive Compulsive Disorder Symptom Checklist*. Pakistan Journal of Psychological Research, 25 (1), 1-18. ISSN: 1016-0664, **(HEC's X Category)**.
 46. **Kausar, R.,** (2010). *Perceived Stress, Academic workload and Coping Strategies used by University Students*. Journal of Behavioural Sciences, 20 (1), 31-46, Y Category, ISSN: 1028-9097.
 47. **Kausar, R., & Sharaf, S.** (2010). *Personality Characteristics and Psychosocial adjustment problems of women prisoners in Pakistan*. In Munaf. S (ed.). Pakistani Women: Psychological and Social Issues (pp. 111-128). Karachi: BCC & T Press, University of Karachi.
 48. **Haq, H., & Kausar, R.** (2010). *Resilience, Stress appraisal and Coping Strategies used by Traffic Wardens in Relation to Terror Attacks*. Proceedings of Ist International Conference on Forensic Psychology: Issues and Interventions, Organized by Government College University, Lahore, Pakistan, Pp. 15-25, 31st March – 3rd April, 2010.
 49. **Iqbal, A., & Kausar, R.** (2010). *Marital Conflicts and related Demographic Variables as Determinants of Psychological Distress in Infertile Couples*. Proceedings of Ist International Conference on Forensic Psychology: Issues and Interventions, Organized by Government College University , Lahore, Pakistan, Pp. 66-78, 31st March – 3rd April, 2010.
 50. **Nasar, T., & Kausar R.** (2009). *Psycho-education and the Family Burden in Schizophrenia: a randomized control trial*. Annals of General Psychiatry, 8: 17. Article URL <http://www.annals-general-psychiatry.com/content/8/1/17>. X category, **(IF = 1.56)**.
 51. **Nasar, T., & Kausar R.** (2009). *Effects of Family Psycho-education on Relapse Prevention of Schizophrenia patients in Pakistan*. Journal of Pakistan Psychiatric Society, 6(2), 73-78. Ulrich
 52. **Kausar, R., & Akram, S.** (2009). *Life Satisfaction in Relation to the use of Coping Strategies by Older Adults*. In Jaffar L S. and S. McCarthy (Eds.). Building Asian Families and Communities in the 21st Century: Selected Proceedings of the 2nd Asian Psychological Association Conference, Kuala Lumpur, Malaysia, June, 2008, UK: Cambridge Scholar Publishing, Pp.431-443. ISBN (10): 1-4438-1358-3, ISBN (13): 978-1-4438-1358-7, British Library Cataloguing in Publication Data.
 53. **Kausar, R., & Zehra, S. K.** (2009). *Stress, Anxiety and Depression in Mothers of Children with Beta Thalassaemia*. Surgimed Medical Dental Journal, 1(1), 24-28.

54. **Kausar, R.**, Hampson S., Fife-Schaw, C., & Van-den Broek M. (2009). *Head injury Rehabilitation Outcome in Relation to the Carers' Psychological Functioning*. Asia Pacific Disability Rehabilitation Journal, 20 (1), 99-111. Z category.
55. **Kausar, R.**, & Munir, B. (2008). *Pakistani Adolescents' Socio-Emotional Adjustment: Comparison of Single parent Adolescents with those from Intact Families*. Indian Journal of Psychology and Mental Health, 1 (2), 9-21.
56. Khalid, T. & **Kausar, R.** (2008). *Quality of Life and Depression in Caregivers of Stroke Patients in Pakistan*. Asia Pacific Disability Rehabilitation Journal, 19(2), 103-110. Z category.
57. **Kausar, R.**, & Shafique, N. (2008). *Gender differences in Perceived parenting styles and Socio-Emotional Adjustment of Adolescents*. Pakistan Journal of Psychological Research, 23(3-4), 93-106. Y Category, ISSN: 1016-0664.
58. Smith J. L., **Kausar, R.**, & Holt-Lunstad J. (2007). *Stigma consciousness in the classroom: A comparison of Pakistani women's academic experiences in science and non-science fields of study*. Sex Roles, (USA), 57 (1-2), 3 - 13. ISSN: 1573-2762 (electronic version), **W category**.
59. Khan, N., & **Kausar, R.** (2007). *Efficacy of Behaviour Therapy with Obsessive Compulsive Disorder: A Single Case Study*. Pakistan Journal of Psychology, 38 (1), 3-10. Y category, ISSN: 0030-9869.
60. **Kausar, R.**, & Jamal, A. (2006). *Change in Eating Habits and Health Related Behaviours in Female patients with Osteoporosis*. Proceedings of 64th Convention of International Council of Psychologists (ICP), Kos, Greece, Shaker Verlag, Germany, 299-309.
61. **Kausar, R.**, & Anas, M. (2006). *Gender Differences in Health Related Behaviours and Readiness to Change in Diabetic Patients*. Proceedings of 64th Convention of International Council of Psychologists (ICP), Kos, Greece, Shaker Verlag, Germany, 158-165.
62. Khan, N., & **Kausar, R.** (2006). *Efficacy of Token Economy with Schizophrenia in Pakistan: A Single Case Study*. Proceedings of 64th Convention of International Council of Psychologists (ICP), Kos, Greece, Shaker Verlag, Germany, 252-260.
63. Khan, N., & **Kausar, R.** (2006). *Psychotherapeutic Intervention for Post-Traumatic Stress Disorders: A Single Case Study*. Proceedings International Conference Earthquake10/8 Social, Human & Gender Issues Organized by Fatima Jinnah Women University, Rawalpindi and University of Azad Jammu & Kashmir, Muzaffarabad, January 15-17, 2006, 145-155.
64. Khan, N., & **Kausar, R.** (2005). *Efficacy of Cognitive Behavior Therapy with Panic Disorder: a Single Case Study*. Pakistan Journal of Psychology, 36(2), 11-22. Y Category, ISSN: 0030-9869.
65. Khan N., **Kausar, R.**, & Chouhdhry, H. R. (2005). *Factor Structure of Dhat Syndrome Symptom Checklist*. Conference Proceedings (Volume 2), "Applied and Community Psychology: Trends and Directions" Gurukul Kangri University, Vishwanidyalaya, Haridwar (Uttaranchal), India, Sarup and Sarup Sons, New Delhi-11002, 596-600.
66. Raana, T., & **Kausar, R.** (2005). *Effect of Ambient Pollution on Memory of Children*. Conference Proceedings (Volume 2), "Community Psychology: Trends and Directions", Gurukul Kangri University, Vishwanidyalaya, Haridwar (Uttaranchal), India, Sarup and Sarup Sons, New Delhi-11002, 531-537.
67. Raana, T., & **Kausar, R.** (2005). *Effect of Environmental Pollution on the Visuo-Spatial abilities of Children*. Conference Proceedings "International conference in Home Economics Organized by Home Economics College for Women, Lahore, Pakistan, 135-141.

68. **Kausar, R., & Munir, R.** (2004). *Pakistani Adolescents' Coping with Stress: Effect of Loss of a Parent and Gender of Adolescents*. *Journal of Adolescence (UK)*, 27(6), 599-610. IF 1.20, W category, ISSN: 0140-1971.
69. Raana, T., & **Kausar, R.** (2003). *Effect of Fluoride in Drinking water on Cognitive Functioning of Children*. *Journal of Behavioural Science*, 14 (1-2), 17-28. ISSN: 1028-9097.
70. **Kausar, R., & Farooq, M.** (2001). *Cognitive Appraisal and Coping Strategies: How Mothers Cope with the Care of a Mentally Retarded Child*. *Indian Journal of Clinical Psychology*, 28(2), 216-222. Y category, ISSN: 0303-2582.
71. **Kausar, R.** (2001). *Cognitive Appraisal, Coping and Psychological Distress in Carers of Physically Disabled People in Pakistan*. *Journal of Behavioural Sciences*, 12 (1-2), 47-68. ISSN: 1028-9097.
72. **Kausar, R.** (2001). *Women as Carers*, Conference Proceedings "New Directions in Research for Women" organized by the Department of Applied Psychology, University of the Punjab, Lahore, Pakistan.
73. **Kausar, R., & Ilyas, F.** (2000). *A Longitudinal study of anxiety in cancer patients before receiving Chemotherapy*. *Journal of Indian Academy of Applied Psychology*, 26(1-2), 57-63. ISSN 0019 4247, Y category, ISSN: 0019 4247.
74. **Kausar, R.** (2000). *Informal Caregiving and its Psychological Implications: A Brief Review of Research*. *Journal of Research (Humanities) (Pakistan)*, XXXIV (1-2), 49-68.
75. **Kausar, R., & Powell, G. E.** (1999). *Coping with Caring: Cognitive Appraisal of Post-onset Personality and Physical Changes in Patients with Neurological Disorders*. *Asia Pacific Disability Rehabilitation Journal (India)*, 10(2), 58-63. Z category.
76. **Kausar, R., & Powell, G. E.** (1999). *Coping and Psychological Distress in Carers of Patients with Neurological Disorders*. *Asia Pacific Disability Rehabilitation Journal (India)*, 10(2), 64-68. Z category.
77. **Kausar, R., Alam, S., & Jamila, S.** (1999). *A Study of Effect of parental Death and Gender of the Child on their Psychological Functioning*. *Journal of Behavioural Sciences*. 10(1), 51-66. ISSN: 1028-9097.
78. **Kausar, R., & Iqbal, A.** (1999). *Gender differences in Psychological Health and Marital Relationship of Infertile people*. *Journal of Behavioural Sciences*, 10(2), 47-58. ISSN: 1028-9097.
79. **Kausar, R., & Akram, M.** (1998). *Cognitive Appraisal and Coping of Patients with Terminal versus Non-terminal Diseases*. *Journal of Behavioural Sciences*, 9(1-2), 13-28. ISSN: 1028-9097.
80. **Kausar, R., & Aslam, S.** (1998). *Depression in Wives in relation to Marital Aggression*. *Pakistan Journal of Psychological Research*, 13(1-2), 1-11. ISSN: 1016-0664.
81. **Kausar, R., & Powell G. E.** (1996). *Subjective Burden on Carers of Patients with Neurological Problems as a Consequence of precise Objective Symptoms (Objective Burden)*. *Clinical Rehabilitation (UK)*, 10, 75-81, W category, ISSN: 0269-2155 (IF = 2.239)
82. **Kausar, R.** (1996). *Head Injury and its Psychological Implications: A Literature Review*. *Pakistan Journal of Neurology*, 2, 17-20.
83. **Kausar, R., & Sarwar, F.** (1996). *A Study of Misconceptions in Pakistani Population about Etiology and Treatment of Mental Disorders*. *Proceedings, Second Muslim Psychology Conference*, 47-51.

84. **Kausar, R., & Powell, G. E.** (1995). *Personality and Behaviour Changes in Stroke Patients: A carer view*. Pakistan Journal of Neurology, 1 (9), 20-32.
85. **Kausar, R., & Powell, G. E.** (1994). *Carers' Coping with Post-onset Personality and Physical Changes in Patients with Neurological Disorders*. Pakistan Journal of Psychological Research, 9 (1- 4), 1-11. ISSN: 1016-0664.

Submitted For Publication:

1. Zafar, N & Kausar, R. *Emotional, Social and Behavioral Problems of Adolescents in relation to Early Father Separation*. (Paper accepted in FWU Journal of Social Sciences).
2. Nisar, R, Zafar, N., & Kausar, R. *Perceived Ostracism, goal directed thinking and perception of meaningful life in adolescents*. Submitted in *Biannual Journal of Social and Gender Issues*. Journal of Research & Reflections in Education, UOE (Y category).
3. Rashid, R. & Kausar, R. *Development and Validation of Meaning in Life Scale*. The Social Science Journal (International).