

DR. IRAM FATIMA

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Institute of Applied Psychology,

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ACADEMIC QUALIFICATION

2010	PhD (Psychology), GC University Lahore
2003	M.Phil. (Applied Psychology), University of the Punjab
1993	M.Sc. (Psychology), GC Lahore (University of the Punjab)
1990	BA, Lahore college for women (University of the Punjab)
1988	FA, Lahore college for women (Lahore Board)
1986	Matric, Kinnaird High School (Lahore Board)

OTHER TRAININGS

Training course in Psychology, Higher Education Commission, Islamabad, June 2 – 8, 2003

Workshop on Rorschach comprehensive system, Frontier Women University, Peshawar, Nov 27- 30, 2007

Two-day workshop on Structural Equation Modeling, GCU, Lahore. May 16 -17, 2011

Training program for core Modules: Communication Skills and Competent English Language Usage Essentials (CELUE). University of the Punjab. Oct 18 – 22, 2011

Two-day workshop on “Mixed Methods Research organized by Institute of Research Promotion, Lahore on Feb 19 – 20, 2014

Indigenous On-campus training program for management team. University of the Punjab, Lahore, Dec 8 - 12, 2014

Training workshop on getting published in internationally reputed journals. NUML, Islamabad. 7 to 8 January 2016

WORK EXPERIENCE

Teaching

- 4-11-19 –till date Associate Professor, Institute of Applied Psychology, University of the Punjab
- 1-12-2010 – 3-11-19 Assistant Professor, Institute of Applied Psychology, University of the Punjab
- BS and M.Sc. Courses: Research methods and designs, Social Psychology, Statistics in Psychology, SPSS
- M. Phil and PhD courses: Advanced data analysis, Professional Ethics, Psychological assessment
- 9-10-97 - 30-11-2010 Lecturer, Govt. Fatima Jinnah college for women, Chuna Mandi Lahore
- M.Sc. Courses: Research methods, Statistics in Psychology, Computer in Psychology, Social Psychology, Educational Psychology,
- 17-6-95 - 8 -10-97 Lecturer, Govt College for women, Kamoki.
- FA and BA course: Psychology

Administrative services in PU

- 10-01-2020 – till date Director, Institute of Applied Psychology
- 14-6-2019 – 9-1-2020 Look after charge of routine matters
- 2017 – till date Member Departmental Curriculum committee
- 2013 – till date Coordinator M. Phil Programme
- 2012–till date Member Departmental purchase committee
- 2012 – till date Member Departmental Scholarship Committee
- 2012 – 2016 Coordinator M. Phil / PhD admissions
- 2012 - 2014 Member Board of studies
- 2012 - 2014 Member Board of Faculty of Life Sciences
- 2010 – till date Member Departmental Doctoral Program Committee

Workshops / Seminars Conducted

- 28 to 30 – 08 – 2018 Three days' workshop on "Advanced statistical techniques" in Lahore College for Women University.

- 20 – 11 - 2017 One day workshop on “Regression analysis” in Clinical Psychology Unit, GCU, Lahore.
- 6 - 3 - 2013 One day workshop on Moderation through regression analysis in GCU Lahore
- 7 – 3 - 2012 One day workshop on statistical analysis in center of Clinical Psychology, PU, Lahore.
- 16 – 5 - 2012 Extension lecture on ethical standards in research in Center of Clinical Psychology, PU, Lahore.
- 18 – 5 - 2012 One day workshop on regression analysis in Lahore college for women University, Lahore.
- 12 – 2 - 2011 Seminar on Research Report Writing in Queen Marry College Lahore.

RESEARCH PUBLICATIONS

- 2019 Fatima, I., & Suhail, K. (2019) Protective factors for subjective well-being in mothers of children with Down Syndrome. *Pakistan Journal of Psychological Research*, 34 (4), 655-669. ISSN 1016-0664 (X category)
- 2018 Farooq, Z., & **Fatima, I.** (2018) Predictors of relational turbulence in early years of marriage. *Journal of Behavioral sciences*, 28 (1), 71-88. ISSN 1028-9097 (X category)
- 2017 Tabbasum, H., Farooq, Z., & **Fatima, I.** (2017) Work family conflict, perceived work overload and work Exhaustion in employees of banking sector. *Pakistan Journal of Commerce and Social Sciences*, 11 (1), 439-451. ISSN 1997-8553 (Y category)
- 2017 Naveed, A., & **Fatima, I.** (2017). Trait forgiveness, friendship quality and forgiveness granting communication styles. *International Journal of Educational Enquiry and reflection*, 1 (2), 1 – 21. ISSN 2410-2008
- 2016 Khalid, S., **Fatima, I.**, & Khan, W. (2016). Types of conflicts in doctors in private and public-sector hospitals. *Annals of King Edward Medical University*, 22 (2), 139 – 143. ISSN 2079-0649 (online); ISSN 1684-6680 (print) (X category)
- 2016 Khalid, S., & **Fatima, I.**, (2016). Conflict types and conflict management styles in private and public hospitals. *Pakistan Armed Forces Medical Journal*, 66(1), 122-126 ISSN 0030-9648 (X category).
- 2016 Gul-E-Sehar & **Fatima, I.** (2016). Dark triad personality traits as predictors of bullying and victimization in adolescents. *Journal of Behavioural Sciences*, 26(1), 51 – 65. ISSN 1028-9097 (X category)
- 2016 Farhat-ul-Ain & **Fatima, I.** (2016). Personal belief in a just world and self-compassion as predictors of body appreciation in individuals with amputation using and not using prosthesis. *Annals of King Edward Medical University* 22

- (2), 109 – 114. ISSN 2079-0649 (online); ISSN 1684-6680 (print) (X category)
- 2016 Anwar, T., **Fatima, I.** & Malik, J. (2016). Risk factors of health risk behaviors in intermediate students. *Pakistan Journal of Psychological Research*, 31 (2), 347-363. ISSN 1016-0664 (X category)
- 2015 Khalid, S., **Fatima, I.**, & Khan, W. (2015). Personality Traits and Conflict Management in Bankers. *Journal of Behavioral Sciences*, 25(2), 165-182 (X category)
- 2015 Khalid, S., Amjad, N., **Fatima, I.**, & Arshad, A. (2015). Confirmatory Factor Analysis of ROCI-III. *Journal of Quality and Technology Management*, 11(1), 137-148.) ISSN 1816-2185 (X category)
- 2015 Arif, N. & **Fatima, I.** (2015). Marital satisfaction in different types of marriages. *Pakistan Journal of Social and Clinical Psychology*, 13(1), 36-40. ISSN 1727-4931 (Y category)
- 2014 Ashraf, R., & **Fatima, I.** (2014). Role of personality and spirituality in non-violent behavior in young adults. *Journal of Behavioral Sciences*, 24(1), 57-70. ISSN 1028-9097 (X category)
- 2013 Kamran, W., & **Fatima, I.** (2013). Emotional intelligence, academic procrastination and anxiety in intermediate science students. *Pakistan Journal of Social and Clinical Psychology*, 11 (2), 3 – 6. ISSN 1727-4931 (Y category)
- 2012 Husnain, S. F., & **Fatima, I.** (2012). Perfectionism, loneliness and life Satisfaction in engineering Students. *Journal of Behavioral Sciences*, 22(3), 33-48. ISSN 1028-9097 (X category)
- 2010 **Fatima, I.**, & Suhail, K. (2010) Belief in a just world and subjective well-being: Mothers of normal and Down syndrome children. *International Journal of Psychology*, 45, 461–468. DOI:10.1002/(ISSN)1464-066X; ISSN:0020-7594 (Impact factor: 1.226)
- 2007 **Fatima, I.**, & Khalid, R. (2007). Some aspects of reliability and validity of Beliefs in a Just World Questionnaire. *Pakistan Journal of Social and Clinical Psychology*, 5, 15 - 24. ISSN 1727-4931 (Z category)

PAPER PRESENTATIONS

- 2018 “National identity, ethnocentrism and cultural diffusion in Pakistan. 1st International conference. Kinnaird College for Women, Lahore. April 25th-27th, 2018
- 2018 “Parenting styles, moral sensitivity, perfectionism, judgement and virtues in young adults”. 7th International conference. National Institute of Psychology, Quaid-i-Azam university Islamabad. November 29th-30th, 2018

- 2017 “Personality stress and creativity in fine arts and science students”. 1st International conference. Institute of Clinical Psychology UMT Lahore. March 9-10, 2017
- 2017 “Trait forgiveness, friendship quality and forgiveness granting communication styles among same sex friends”. 1st International conference. Institute of Clinical Psychology UMT Lahore. March 9-10, 2017
- 2017 “Psychometric properties of teenage Non-Violence Test”. International conference on Peace Conflict and violence. Department of humanities, COMSATS, Lahore. November 29-30, 2017
- 2017 “Psychological distress, Anxiety and depression in active and passive smokers” International conference Health and Well-Being. Department of Applied Psychology, LCWU, Lahore. December 11-13, 2017
- 2016 “Emotion self-disclosure and fear of intimacy in newly married women”. 1st International conference (ICCTP-2016). Bahauddin Zakariya University Multan, 31 March 2016)
- 2016 “Personal belief in a just world, self-compassion and Quality of life in individuals with amputation using and not using prosthesis. One day conference on Islamic traditions in Psychology. Lahore School of management, 5 March 2016
- 2015 “Emotion regulation and psycho social well-being in social workers”. 14th International conference of Psychology. University of the Punjab 19-21 March 2015)
- 2015 “Rumination, self-compassion and stress in women living in shelter homes”. 14th International conference of Psychology. University of the Punjab 19-21 March 2015)
- 2015 “Internet addiction and Psychological well-being in under graduate students” 14th International conference of Psychology. University of the Punjab 19-21 March 2015)
- 2015 “Perceived parenting styles and assertiveness in college students. 14th International conference of Psychology. University of the Punjab 19-21 March 2015)
- 2014 “Patience and psychological well-being” presented in International conference of clinical psychology held at center for clinical psychology, University of the Punjab (2 – 3 April 2014)
- 2014 “Indigenous sources of academic stress in intermediate science students, ACAP, Singapore (7 – 8 May 2014)
- 2014 “Role of Dark triads and empathy in bullying” presented in international conference of social psychology held at Government College University Lahore (20- 21 May 2014)

- 2014 “Psychosocial and personality factors in economic decision making”. Presented in 28th international congress of applied psychology-ICAP 2014, Paris, France (8 – 13 July 2014)
- 2014 “Role of work experience in present organization and Personality in conflict management styles at workplace” presented in the International Research conference on Business, Economics, and Social Sciences, IRC 2014 held in Istanbul, Turkey (September 21 – 22, 2014).
- 2013 “Persistence for short term goals in high school children” presented in the 18th national Research Conference - SZABIT) held at Shaheed Zulifqar Ali Institute of Science and Technology, Islamabad. (January 16, 2014)
- 2013 “Predictors of persistence in high school children” presented in the Kinnaird Multidisciplinary Research Conference (KMRC 2013) held at Kinnaird College, Lahore. (November 18 – 19, 2013)
- 2009 “Belief in a just world and subjective well-being: Mothers of normal and Down syndrome children” presented in International Conference arranged by Dept. of Psychology GC University Lahore (2009).
- 2008 “Belief in Just World and Subjective Well-being” in Mothers of Children with Down Syndrome” presented in 12th Biennial conference of the International Society for Justice Research in Adelaide (Australia) (August 14 – 17, 2008).

RESEARCH SUPERVISION:

Ph.D. Students under supervision:

2015 -2018	Asma Yousaf (co supervision)	Factors of compulsive hoarding and its therapeutic intervention
2015-2018	Tehreem Arshad (co supervision)	Psychosocial predictors of quality of life and management of mild cognitive impairment in older adults
2018-2021	Nosheen Ramzan (Co supervision)	Father involvement, family environment, interparental conflicts and psychological adjustment in adolescents

M.Phil./MS Thesis Supervised

2012

1. Aneeqa Mazhar (M. Phil) Satisfaction with the Hostel Environment and Adjustment in Hostel Students
2. Tahera Anwer (M. Phil) Risk Factors of Academic Stress and Health Risk

Behaviors in Intermediate Students		
3	Rida Ashraf (M. Phil)	Predictors of non-violence behavior in Young adults
4	Nadia Arif (M. Phil)	Marital satisfaction in relation to types of marriage
2013		
5	Kashmala Sehar (M. Phil)	Conflict management styles in relation to personality and religiosity
6	Ali Ajmal. (M. Phil)	Personality and psycho-social factors of economic decision making
7	Amarah Qureshi. (M. Phil)	Predictors of Persistence in School Children
2014		
8	Arooj Arshad (M. Phil)	Emotion Regulation, Marital Aggrandizement and Marital Satisfaction in long-wed couples
9	Sumera Siddique (M. Phil)	Attachment Styles, Moral Judgment and Empathy as predictors of Volunteerism in university students
10	Zaeema Farooq (M. Phil)	Relational Uncertainty, Partner Interference and Relational Turbulence in young married couples
11	Amna Rafique (M. Phil)	Attachment with mothers, social competencies, and interpersonal relationships of married men
12	Nadia Ashraf (M. Phil)	Self-efficacy, Coping Strategies and Health Related Quality of Life in people with Chronic Asthma
13	Alishba Hafeez (M. Phil)	Patience and Psychological well-being
14	Gul-E-Sehar (M. Phil)	Role of Dark Triads, Empathy and Self-efficacy in Bullying and Victimization
2015		
15	Sania Riaz (M. Phil)	Content Analysis of dreams in relation to neuroticism
16	Ghuncha Naqvi (M. Phil)	Perception of aging, attributional styles, social support and psychological well-being of older adults
17	Madiha Nazir (M. Phil)	Modes of delivery, Postpartum depression, and Post traumatic stress symptoms in mothers after birth of first child
18	Farhat-UI-Ain (MS health Psychology)	Personal belief in a just world, self-compassion, body appreciation and quality of life of individuals with amputation using prosthesis and not using prosthesis
19	Sheeba Saeed (M. Phil)	Work family spill over, relational communication and

		crossover of family satisfaction in dual earner couples
20	Mahwish Idrees (M. Phil)	Perceived social support, rejection sensitivity, self-control and adjustment in university hostel students
21	Madiha Yaseen (M. Phil)	Rejection Sensitivity, Perceived Stigma, Rumination and Psychological Distress in Divorced Women
2016		
22	Ayesha (MS health Psychology)	Testing Protection Motivation Theory to Reduce Junk Food Consumption
2017		
23	Saleha Younas	National identity, Ethnocentrism and Cultural diffusion across three generations
24	Sadaf Waheed	Organizational trust, role ambiguity, interpersonal conflict and burnout in employees of mobile franchises
25	Ayesha Farooq	Parenting styles, moral sensitivity, perfectionism, judgment and virtues in young adults
26	Jaweria Fatima Naqvi	Role Centrality, Strength of domain, supportive communication and work family balance in female university teachers
2018		
27	Momna Saba (M. Phil)	Maladaptive Perfectionism, Mindfulness and Psychological Distress in University Students
28	Iqra Abdul Haq (M. Phil)	Self-Compassion, Experiential Avoidance, Anxiety and Academic Procrastination in Undergraduate University Students
29	Anam Arif Butt (M. Phil)	Psychopathy, Criminogenic Thinking Styles and Criminal Social Identity in Recidivist Women Offenders.

MSc / B.S Thesis Supervised

2011

1	Maral Anum (MSc)	Relationship between attachment with parents and marital adjustment with parents and marital adjustment in infertile females
2	Sabiha Tahir (MSc)	Cognitive coping strategies used by paramedics
3	Khadija Rehman (MSc)	Quality of life and treatment motivation in heroin addicts
4	Salma Nasreen (MSc)	Relational identity orientation, trust and marital satisfaction in professional women

5	Jamila Kausar (MSc)	Parenting styles and level of motivation in down syndrome children
2012		
6	Hafiza Maryam Rafique (MSc)	Suicide: Science Academic Stress and Attitude towards and Arts Intermediate Students
7	Iqra Akbar (MSc)	Parents, peers, media and appearance-based anxiety in college students.
8	Hina` Mehreen (MSc)	Relationship of Religiosity and Compassion with Job Satisfaction
9	Sanam Khalid (MSc)	Assertiveness and Parenting Stress in Housewives Living in Joint and Nuclear Families
10	Mahwish Idrees (BS)	Self-Silencing, Self Esteem and Disordered Eating in Professional women
11	Wafa Kamran (BS)	Emotional Intelligence, Anxiety and Academic Procrastination in Intermediate Science Students
12	Syeda Fatima Husnain (BS)	Perfectionism, Loneliness and Life Satisfaction in Engineering Students
2013		
13	Ayesha Aslam (Msc)	Persistence in High and Low Achievers of First Year Intermediate Students
14	Mashal Fatima (BS)	Academic Procrastination and Self-Efficacy in College Students
15	Naila Noreen (Msc)	Self-Efficacy, Self-Regulated Learning Strategies and Student's Academic Achievement
16	Shahzad Jamil (Msc)	Parenting styles, jealousy and family relations among adolescents
17	Amna Wajahat (BS)	Study of humor and stress in retired people of Lahore
18	Sara Mubeen (Msc)	Body Image and Depression among Female Students in Single Sex and Coeducation Universities
19	Shabana Luqman (Msc)	Self-Compassion and Positive Psychological Functioning In University Students
20	Shazia Ilyas(BS)	Self-esteem and academic adjustment in adolescent migrants from rural areas
21	Rukhshanda Younas (BS)	Social Support, Locus of Control and Burnout in University Teachers with Dual Role

22	Saba Ikhlas (Msc)	Quality of work life, Job Embeddedness, and turnover intentions in private sector nurses
2014		
23	Hooria Batool (Msc)	Mindfulness and Psychological Well Being in Elderly People
24	Azka Arshad (Msc)	Job Stress and Cognitive Failures in Female School Teachers
25	Syeda Rabia Sajid (Msc)	Gratitude, Forgiveness And Optimism between Married and Unmarried Adults
26	Beenish Najam (BS)	Internet Addiction and Psychological Wellbeing in Undergraduate Students
27	Tayyaba Mehboob (BS)	Rumination, Self-Compassion and Stress in Women living in Shelter Homes
28	Rabia Butt (Msc)	Daydreaming and Life Satisfaction in Adolescents
29	Saleha Younis (BS)	Emotion regulation and psycho social well-being in social workers
30	Sitara Kanwal (Msc)	Personality Traits, Environmental Awareness and Pro Environmental Behavior among University Students
31	Hira Tabassum (Msc)	Work Family Conflict, Perceived Work Overload and Work Exhaustion in Employees of Banking Sector
32	Qurat -Ul –Ain (MSc)	Optimism, Personal Growth Initiative and Positive Interpretation of Illness in Patients with Asthma
33	Rabia Akbar (MSc)	Self-Objectification and Turnover Intention in Female Receptionists
34	Aqsa Latif (BS)	Perceived Parenting Styles and Assertiveness in College Students
2015		
35	Anum Shazia (Msc)	Self-efficacy, assertiveness and stress in medical interns
36	Jabar Hussain (Msc)	Vocational identity, negative career thoughts and quality of work life of internees
37	Arooba Liaqat (BS)	Self-concealment, perceived stigma and attitude towards seeking professional psychological help
38	Rabia Ayaz (BS)	Self-control and academic dishonesty in post graduate students
39	Rabia But (MSc)	Emotional awareness, communication competence and friendship quality in adolescents

- 40 Asma Ghaffar (MSc) Emotion regulation and social anxiety in first year university students
- 41 Saba Safdar (MSc) Parenting styles and psychological flexibility in university students
- 42 Sonia Sharif (MSc) Work life conflict, social support and interpersonal problems in working married women
- 43 Myra Tariq (MSc) Differential parenting and rejection sensitivity in adolescents
- 44 Amna Tahir (MSc) Emotional self-disclosure and fear of intimacy in newly married women
- 2016
- 45 Asma Naveed (MSc) Trait Forgiveness, Friendship Quality and Forgiveness Granting Communication Styles Among Same Sex Friends
- 46 Fareena Saleem(BS) Migraine Severity, Cognitive Failures and Quality Of Life
- 47 Jassia Sheikh (MSc) Internet-Addiction, Psychopathy and Cyberbullying Perpetration In College Students
- 48 Jaweria Nazeer (BS) Parental Differential Treatment and Aggression Among Adolescents
- 49 Muneeza Ansar (MSc) Self -appraisal and Decision Making Styles In Judges
- 50 Sabeen Khan (MSc) Irrational Beliefs, Locus Of Control and Procrastination In Science Students
- 51 Seher Naveed (BS) Communal and Agentic Traits and Marital Adjustment in Married Men and Women
- 52 Zenab Imran (MSc) Personality, Stress and Creativity in Fine Arts and Science Students
- 2017
- 53 Iqra Shafqat (BS) Family cohesion, sibling relationship and psychological well-being of adolescents
- 54 Amna Maqsood (BS) Psychological distress, Anxiety and depression in active and passive smokers
- 55 Anum Amin (Msc) Self-construal and communication predisposition in undergraduate students
- 56 Fatima Nadeem (Msc) Stigma of mental illness, burnout and attitude towards seeking professional psychological help
- 57 Seemal Amin (Msc) Mindset, Resilience, and rejection sensitivity in individuals with physical disabilities

58	Maria Ashfaq (MSc)	Self-forgiveness, regulation and academic procrastination in university students
58	Sania Razaq (MSc)	Jealousy, gossip and relational aggression in adolescents
59	Laila Ashraf (MSc)	Empathy and quality of friendship in University students
2018		
60	Sana Amin (BS)	Personality Advertisement Appeals and Brand Loyalty among University Students
61	Samavia Malik (BS)	Perfectionism, Procrastination and Academic Performance among University Students
62	Izza Mahfooz (M.Sc.)	Irreligiosity, Narcissism and Criminal Thinking in Criminals
63	Hira Waseem (M.Sc.)	Social Influence, Materialism and Compulsive Buying in Young Adults
64	Akhtar Ali (M.Sc.)	Job Demands, Job Control and Burnout among Punjab Police Constable
65	Bushra Mubarak butt (M.Sc.)	Parental Marital Conflict and Attitude towards Marriage in Unmarried Young adults
66	Shahrukh Saleem (M.Sc.)	Psychological Empowerment and Job Stress in Engineers
67	Uzma Naheed (M.Sc.)	Family Functioning, Self-Control and Smoking Behavior in Young Adults
68	Alina Arif (M.Sc.)	Self-Esteem, Jealousy and tendency to Gossip in Students
69	Sabina Shehzadi (M.Sc.)	Family Centrality, Supportive Communication and family Satisfaction in Female School Teachers

PROJECTS

2017-18	Health locus of control, illness behavior and headache related quality of life in migraine patients.
2014-15	Psychometric properties of non-violence test. University of the Punjab
2011-12	Indigenous Sources of Academic Stress in intermediate science students. University of the Punjab
2012-13	Belief in a just world, Aggression and Well-being among Plaintiffs. University of the Punjab

JOURNAL/ CONFERENCES EDITING AND REVIEWING

Associate editor Journal of Behavioral Sciences Published by Institute of Applied Psychology, University of the Punjab

Consulting editor Pakistan Journal of Professional Psychology, Research and Practice Published by Centre of Clinical Psychology, University of the Punjab

Reviewer Pakistan Journal of Social and Clinical Psychology, Published by GCU, Lahore

Member editorial team “Journal of Clinical & Counseling Psychology Review” (CCPR)

Member scientific committee, National conference of Psychology, Department of Psychology, Lahore Garrison University, 2017,

Member scientific committee International conference on Peace conflict and violence, COMSATS Lahore, 2017

Member scientific committee, International conference on health and Well-being Department of Applied Psychology, LCWU Lahore, 2017

INTERESTS

Positive Psychology, Social Psychology, Organizational Psychology, Health Psychology and application of Statistics in Psychology.

REFERENCES

1. Dr. Kausar Suhail (PhD supervisor). Ex- Professor, Department of Psychology, Government College University, Lahore. Currently Clinical Psychologist, Surrey Mental Health and Addictions, Fraser Health Authority, Surrey, B. C., Canada. Email: kausarsuhail@gmail.com

2. Dr. Claudia Dalbert (Eminent researcher). Professor, Department of Educational Psychology, Institute of Education, Martin-Luther-Universität Halle-Wittenberg, D-06099 Halle (Saale), Germany. Email: claudia.dalbert@paedagogik.uni-halle.de