

# Dr. Fatima Kamran

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## Assistant Professor/ Clinical Psychologist

University of the Punjab Lahore, Pakistan

Areas: Health Psychology, Clinical Psychology, Qualitative Research, Behavioral Neuroscience.

### Skills

- Consultant Clinical Psychologist
- Speech Therapist
- Researcher Health Psychology
- Quantitative Research
- Qualitative Research

### Professional Experience & Achievements

#### Employment History

March 2013 to date	<b>Institute of Applied Psychology, University of the Punjab, Lahore</b>
	Assistant Professor & Coordinator of Health Psychology program at the Institute of Applied Psychology, teaching the MS Health Psychology main areas of health psychology, Teaching quantitative & qualitative research to MS Clinical Psychology, MPhil & PhD students
July 2001 to Dec 2008	<b>Lecturer</b> <b>Institute of Applied Psychology University of the Punjab, Lahore</b>
	Working in the department of Psychology and Applied Psychology as Lecturer, teaching the course works of clinical psychology, Psychopathology, Health psychology, behavioral neuroscience and therapeutic intervention
Jan 2004 to Oct 2008	<b>Students Counseling &amp; Assessment Services (SCAS), Punjab University, Lahore</b>
	Worked as a Clinical Psychologist & Student Counselor in SCAS
Jan 1999 to 2008	<b>Consultant Clinical Psychologist</b>
	Worked as a Consultant Clinical psychologist with a Chartered Clinical Psychologist conducting psychological assessments and behavioral management of all kinds of psychiatric patients.
Sept 2000 to July 2001	<b>Punjab Institute of Mental Health Lahore</b>
	Worked in the above hospital as a clinical psychologist dealing with adult

	psychiatric population with the variety of psychological disorders
Sept 2000 to July 2001	<b>Post Graduate Medical Institute, Lahore</b>
	Course tutor for Diploma in Psychological Medicine as part time faculty member. Taught Psychology to medical professionals pursuing their Diploma in Psychological Medicine
Sept 2000 to July 2001	<b>Services Hospital Psychiatry Unit, Lahore</b>
	Visiting Clinical Psychologist, dealing with both adult & child out patients. Conducting psychological assessment & application of therapeutic intervention for management
Sept 2000 to July 2001	<b>Dept. of Applied Psychology, Punjab University, Lahore</b>
	Visiting faculty member Dept. of Applied Psychology, teaching the course work of Behavioral neuroscience & conducting practical work of Brain Dissection & Supervision of Neuropsychological Report Writing
May 1999 to June 1999	<b>Centre For Clinical Psychology, Punjab University, Lahore</b>
	Worked in special education program as a Psychologist, duties involved behavioral management in the areas of motor cognitive social language and self-help skills of special children that included children with mental retardation, down syndrome, ADHD and conduct disorders. Conducted family/parental counseling

## Education & Professional Qualification

2017 to 2018	Post Doc (Health Psychology) Health Psychology Research Unit, Royal Holloway University of London, UK
2008 to 2012	PhD (Health Psychology) Faculty of Arts & Human Sciences, University of Surrey, UK
1999	Advanced Diploma in Clinical Psychology, Center for clinical Psychology, University of the Punjab, Lahore (Accredited by British Psychological Society)
1992-94	Masters in Applied Psychology with majors in Clinical Psychology (Accredited by British Psychological Society)
1991	Bachelor's In Arts with English Literature & Applied Psychology, Kinnaird College, Lahore

## Professional Training

July 24- 28 1994	Education training and Rehabilitation of Physically handicapped children (conducted by special education training institute-Govt. of Punjab)
Dec 20-21 (1997)	Workshop on counseling techniques (conducted by Johnny Doyle PhD- UK held at Centre for clinical psychology, Lahore)
Dec 20-21(1997)	Workshop on Advanced counseling techniques (conducted by Johnny Doyle PhD-UK held at Centre for clinical psychology, Lahore)
Dec 20-21(1997)	Workshop on Family therapy (conducted by Dr. Chris Galliard-UK, held at Centre for clinical Psychology, Lahore)
20 Feb(1999)	Workshop on therapies with children (conducted by Ms. Samina Wales-Australia, held at Centre for clinical psychology, Lahore)
14 Apr (1999)	Workshop on Hand-test projective assessment of behaviour (conducted by Dr. Zahid Mahmood-Glasgow University UK, held at Centre for clinical psychology, Lahore)
9-10 Feb (2000)	Training course on 'Learning and developmental disabilities: Assessment and intervention' (conducted by Dr. Maria Callias-St. George hospital London, held at centre for clinical psychology, Lahore)
28 Mar (2001)	Seminar on 'Maximizing exam performance: a psychological approach' (conducted by Fatima Kamran, held at Post Graduate Medical Institute, Lahore)
12 Aug-12 Sept (2002)	Training course on faculty development program held at University of Punjab, Lahore
Feb (2002)	Conference of Psychology, held at Islamic Centre, University of Punjab, Lahore

22 Jan (2003)	Training workshop on ‘child sexual abuse’ (conducted by Mental health professionals of University College London under DFID scheme, held at Department of psychology and Applied psychology, Punjab University, Lahore)
26 March (2004)	Conference on developing counseling package for the victims of domestic abuse held under ‘Higher Education Link Project’ between Punjab University and University College London
21-22 Dec (2004)	Workshop for professionals on ‘Rational Emotive Behavior Therapy: Assessment and Intervention’ (conducted by Cyma Salman-Albert Ellis Institute New York, held at Department of psychology and Applied Psychology, University of Punjab, Lahore)
15 Sept (2011)	Teaching & Training Skills, University of Surrey, U.K

## Professional Memberships

Jul 2001 to Sept 2005	Member, Board of Studies in Psychology & Applied Psychology, University of the Punjab, Lahore.
Nov. 2005 to 2007	Member, Board of Faculty of Life Sciences, University of the Punjab, Lahore
July 2013 to date	Member Departmental Doctoral Program Committee, Institute of Applied Psychology, University of the Punjab, Lahore
July 2013 to date	Member Departmental Doctoral Program Committee, Centre for Clinical Psychology, University of the Punjab, Lahore
Jan 2007 to date	Full Member of Pakistan Association of Clinical Psychologists, Lahore
Feb 2007 to date	Graduate Member, British Psychological Society, U.k
June 2013 to date	Associate Editor of the Journal of Behavioral Sciences, Institute of Applied Psychology, University of the Punjab
Jan 2013 to date	Member Editorial Board, American Journal of Applied Psychology, ( <a href="http://www.sciepub.com/journal/AJAP/EditorialBoard#.UeegHNJHJe8">http://www.sciepub.com/journal/AJAP/EditorialBoard#.UeegHNJHJe8</a> )
Sept 2012 to date	Member Editorial Board of International Journal of Psychology Research & Development.(IJPRD)

	<a href="http://www.tjprc.org/">(http://www.tjprc.org/)</a>
Jan 2013 to date	Member Editorial Board of the Journal of Happiness and Well-being ISSN: 2147-561X <a href="http://www.journalofhappiness.net/editorialboard.php">http://www.journalofhappiness.net/editorialboard.php</a>
August 2014 to date	Editorial Board Member of the American Journal of Education and Research <a href="http://www.sciepub.com/journal/EDUCATION/EditorialBoard">http://www.sciepub.com/journal/EDUCATION/EditorialBoard</a>

## Research Work

<b>A.D.C.P Research Project</b>	<p>1. <b>Research on ‘SEASON OF BIRTH’ of Schizophrenics</b>, supervised by Prof. Dr. Haroon Rasheed Ch.</p> <p>This was an exploratory research that investigated the relationship between the seasonal effect &amp; incidence of schizophrenia, it was found that most of the schizophrenic births take place during winters, conception during winters &amp; influenza during the first trimester was attributed as a causal factor for high Schizophrenic incidence</p>
<b>M.Sc Research Projects</b>	<p>1. <b>Drug Addiction &amp; Parent Child relationship:</b></p> <p>This research aimed to identify the factors that caused addictive behaviour among adolescents .It was found that a disturbed parent child relation with lack of communication and authoritative attitude of the parent mainly caused the children to indulge into addictive behaviour as they were unable to relate to parents.</p> <p>2. <b>Teacher’s Perception of a good student:</b></p> <p>This was a survey project in which the teachers were interviewed by using a self designed questionnaire, about the students’ characteristics that conveyed a positive perception of their behavior for the teachers. Factors like obedience, class performance, general behavior, etc. were identified to be playing a vital role in developing a positive perception of a student; moreover gender differences were also analyzed to be significant in forming teacher’s perception of a good student.</p>

## Conferences & Research Activities 2008-18

1. Poster presentation titled 'Quality of Life among Renal Transplant Recipients' in October 2008 at IMSACON Conference Dubai.
2. Poster presentation titled ' Depressive symptoms among ESRD Patients in Pakistan' University of Surrey, U.K (2009)
3. Poster presentation titled 'Psychosocial Predictors of Quality of Life among Renal Transplant Recipients in Pakistan' University of Surrey, U.K
4. Paper presentation titled 'Psychosocial Predictors of QoL among Renal Transplant Recipients'. In 1 <sup>st</sup> International Online Conference in Psychology & Allied Sciences. 25 <sup>TH</sup> - 26 <sup>TH</sup> November 2011
5. Extension Lecture at Centre for Clinical Psychology, Punjab University, Lahore, Pakistan on ' Research in Health Psychology' (March 2011)
6. Extension Lecture at Dept. of Applied Psychology, Punjab University Lahore, Pakistan on 'Current Trends in Data Analysis' for MPhil & PhD students. (March 2012)
7. Poster Presentation titled ' Psychosocial vs. Clinical Factors influencing Quality of Life among Renal Transplant Recipients' University of Surrey, U.K
8. Poster Presentation titled 'Psychosocial vs. Clinical Factors influencing Quality of Life among Renal Transplant Recipients' International Conference at Applied Psychology, University of the Punjab, Lahore, Pakistan December 2012.
9. Poster Presentation titled 'Depression and Quality of Life among Renal Transplant Recipients' at the 8 <sup>th</sup> Asia Pacific Conference held at PC Hotel Lahore 3-4 <sup>th</sup> Dec 2012.
10. Presented at the 1 <sup>st</sup> International conference on health and wellbeing (ICHW) (11-13 <sup>th</sup> Dec, 2017) organized by Lahore College for Women University (LCWU), Lahore. <i>“Transitions in Psychological Well-being and Life Orientation: The Phenomenon of Post Traumatic Growth after Renal Transplantation”</i>
11. Presented a poster on health psychology in 3 days international conference on health psychology: issues and challenges during mental health week 2017, GC University Lahore. 24 <sup>th</sup> - 28 <sup>th</sup> April
12. Chaired a scientific session at Riphah Institute of Clinical and Professional Psychology, Riphah International University (7 <sup>th</sup> July, 2018)

## Publications (Books)

1. Quality of Life among Renal Transplant Recipients in Pakistan (author) (International publication, available at [www.amazon.com](http://www.amazon.com))
2. Season of Birth and Schizophrenia (author) (International publication available at [www.amazon.com](http://www.amazon.com))
1. Living with a Kidney Transplant (author) (International publication, available at [www.amazon.com](http://www.amazon.com))

## Research Papers

Masood, A., Kamran, F., Rafique, R. & Ghazal, S. (2018). Psychosocial Correlates of Posttraumatic stress disorder in patients with fire burns. *Khyber Medical University Journal*. (X)

Raza, Z. & Kamran, F. (2017). Demographic Correlates of Job Satisfaction in Female Post Graduate Trainees of Gynae. *Journal of Behavioral Sciences (JBS)* (X).

Masood, A., Kamran, F., Rashid, S., & Mazahir, S. (2017). Life-orientation, Subjective Well-being and Social Support as Predictors of Quality of Life in Patients with End Stage Renal Disease. *Bangladesh Journal of Medical Science*. 16(3).

Kamran, F. & Masood, A. (2017). Perceptions of Health Status, Medication Side effects and Depression after Successful Renal Transplantation. (Z), 11(3). *Journal of Dow University of Health Sciences*. Karachi

Kamran, F. & Ghazal, S. (2017). A Journey from Illness to Wellness: An Exploration of the Sociocultural issues after Renal Transplantation in Pakistan. *Journal of Behavioral Sciences (JBS)* (X).

Masood, A., Awais, S., Kamran, F., Rafique, R. & Mazahir, S. (2017). Perceived Efficacy of Social Networking Sites as a Tool of Learning for Medical Students. *Annals of PIMS* (X).

Kamran, F. & Fife Shaw, C. (2017). Perceived Health Status and Life Orientation (Optimism) after Renal Transplantation. *Pakistan Journal of Psychological Research (PJPR)* (X), Vol 32(1): 77-95.

Tufail, S., Rafique, R., & Kamran, F. (2017). Perceived Stigma, Social Support and Psychological Well-being in HIV patients. *Pakistan Journal of Psychiatric Society (JPPS)* (X), 14 (2).

Ghazal, S., Arshad, A., & Kamran, F. (2017). Personality and Transformational Leadership: A Review. *Business Review (Y)*, 2 (2).

Kamran, F., Rafique, R., Anjum, A., Raza, Z. (2016). Demographic Correlates of Perceived Health Status after Renal Transplantation. *Khyber Medical University Journal (KMUJ)* (X), 8(3): 115-122.

Kamran, F. & Ogden, J. (2016). Transitions in Psychological Well-being and Life Orientation: The phenomena of Post Traumatic Growth after Renal Transplantation.

Kamran, F. (2016). Are Siblings different as 'Day & Night'? Parents' Perceptions of Nature Vs. Nurture. *Journal of Behavioral Sciences (JBS) (X), 26(2)*. Institute of Applied Psychology, University of the Punjab.

Naz, S., & Kamran, F. (2016). Depression and Anxiety as Predictors of Perceived Quality of Life in Breast Cancer Survivors. *Journal of Dow University of Health Sciences (JDUHS) (Z), 10(3): 87-91.*

Kamran, F. (2015). Factors leading to non-compliance among renal transplant recipients: a systematic review. *Journal of Behavioral Sciences (JBS) (X), 25(2)*. Institute of Applied Psychology University of Punjab, Lahore.

Kamran, F. & Fife Shaw, C. (2014). Causal Relationships among Depression and QoL: A cross lagged analysis. *Pakistan Journal of Psychological Research (PJPR) (X), Vol (X), 29(2): 171-186.*

Kamran, F. & Fife Shaw, C. (2014). Do Clinical Variables influence Quality of Life among Renal Transplant Recipients? *Journal of Behavioral Sciences (JBS) (X), 24(1)*. Institute of Applied Psychology University of Punjab, Lahore.

Kamran, F. & Fife Shaw, C. (2014). Socio demographic correlates of Quality of Life in Renal Transplant Recipients in Pakistan: A Longitudinal Study. *Journal of Behavioral Sciences (JBS) (X), 24(2)*. Institute of Applied Psychology University of Punjab, Lahore.

Kamran, F. & Fife Shaw, C. (2012). Depression among Renal Transplant Recipients in Pakistan. *Journal of Behavioral Sciences (X), 22(2)*. Institute of Applied Psychology University of Punjab, Lahore.

Available online: [search.ebscohost.com/login.aspx?direct=true&profile](http://search.ebscohost.com/login.aspx?direct=true&profile)

Kamran, F. (2014). Does Conscientiousness increases Quality of Life after renal transplantation. *International Journal of Research Studies in Psychology 3(2)*. Doi: 10.5861/ijrsp.2013.466

Available on line <http://www.consortiacademia.org/index.php/ijrsp/article/view/466>

Kamran, F. (2014). Depression Doubles Mortality Risk among Transplant Recipients. *International Journal of School and Cognitive Psychology, 1(3)*.

Kamran, F. (2014). Optimism & Quality of Life after Renal Transplantation. *American Journal of Applied Psychology, 2 (1)*, pp 22-26. DOI: 10.12691/ajap-2-1-4.

Kamran, F. (2014). Living with a Kidney Transplant: Perceptions and Experiences: A Qualitative study. *American Journal of Applied Psychology, 2(1)*, 5-12.

Available online : <http://pubs.sciepub.com/ajap/2/1/2/index.html>

Kamran, F. (2014). Does Perceived Health Status Influence Quality of Life after Renal Transplantation. *American Journal of Applied Psychology, 2 (4)*, pp 99-103. DOI: 10.12691/ajap-2-4-4

Kamran, F., Fife Shaw, C., & Ogden, J. (2013). Psychosocial vs. Clinical Factors influencing



Quality of Life among Renal Transplant Recipients. *International Journal of Research Studies in Psychology*. 2 (1), 79-95, DOI: 10.5861/ijrsp.2012.159

Available online: <http://www.consortiacademia.org/index.php/ijrsp/article/view/159>

Kamran, F. (2013). Demographic Predictors of Depression influencing Quality of Life among Renal Transplant Recipients. *International Journal of Research Studies in Psychology*. 2(2). Doi: 10.5861/ijrsp.2012.180

Available online <http://www.consortiacademia.org/index.php/ijrsp/article/view/180>

## Research Supervision 2013-17

2. PhD supervision
3. Zainab Bukhari 'Quality of Life of Females after facial disfigurement'
4. Faiza Rasool 'Psychosocial determinants of criminal behavior'
5. MPhil/ MS Thesis supervision
6. Tehmina Mustafa: Psychosocial Predictors of Burdens and Quality of Life in Mothers of Children with Leukemia
7. Zainab Raza: Work Family balance and Psychological well being of trainees in Gymea
8. Rakshanda Younus
9. Shiza Sheerazi: Psychosocial versus Clinical predictors of post traumatic growth in renal transplant recipients.
10. Mehreen Gul: Body Image Concerns, Attitude, Self Efficacy and Maternal Intention towards Breastfeeding
11. Sahista Naheed: Parental education and occupation as predictors of children's psychological wellbeing and academic performance
12. Sumaira Shahzad: Psychosocial Predictors of Health Promoting Behaviors in students
13. Sitara Kanwal: "Doctor Patient Relationship, Illness Perceptions & medication Adherence among Patients with Chronic Conditions".
14. Hira Fatima 2018-19
15. Iqra Nazar 2018-19
16. Seemab 2018-19
17. Salma 2018-19

### **MSc Thesis Supervision (2015-17)**

18. Hira Fatima : Parenting styles and depression in adolescents.
19. Maria Jafar: Personality as a predictor of internet addiction and psychological wellbeing.
20. Samreen Farhat :Teachers characteristics as predictors of student-teacher relationship
21. Misbah Mubeen :Perfectionism and academic procrastination in university students.
22. Madiha Noor: Resilience, self-efficacy and Academic Motivation in school going children.

23. Nimra Asghar: Personality and social skills as predictors of Hostel adjustment in students.
24. Nida Manzoor: Personality traits and spouse preferences in men and women.
25. Reema Iqbal: Psychosocial predictors of academic motivation in college students.
26. Amna Arshad: "Body Image Concerns and Self-Esteem as Predictors of Psychological Wellbeing in Obese Women".
27. Fazeen Fatima: "*Illness Perceptions and Sense of Coherence as Predictors of Health Promoting Behaviors in Patients with Chronic Conditions*".
28. Khadeeja Javed: "Parental Modeling, Peer normative beliefs and Food Preferences of Adolescents".

### **Academic Contribution**

29. Developed syllabi for a 2 year MS in Health Psychology Program, approved from Higher Education Commission Pakistan. This program is running successfully at Institute of Applied Psychology University of the Punjab, Lahore
30. Supervision of Clinical setting Placements of trainees in MS Health Psychology
31. Program Coordinator of MS Health Psychology

### **Academic/ Research Activities 2014-18**

#### SEMINARS/ WORKSHOPS/ CONFERENCES 2014-16

32. Poster presentation at 8th International Psychiatry conference held at PC 3rd Oct 2013
33. Poster Presentation titled 'Psychosocial Predictors of Quality of Life in Renal Transplant Recipients' PACP International Conference held at Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan April 2014.
34. Poster Presentation IMSACON International Conference Hong Kong Thailand, titled Perceptions and Experiences after Renal Transplantation: A Qualitative Study October 2014
35. Video Conference arranged in Nov 2014 'Prof. Chris Fife-Schaw University of Surrey, UK & IAP, P.U for PhD & MPhil students
36. Seminar in Health Psychology arranged at the Institute of Applied Psychology, PU, LHR
37. Arranged an Extension Lecture by DR. FATIMA ARIFEEN on community health for students of MS in HEALTH PSY (20th May 2014).
38. Moderated a scientific session at the International conference of PACP held on 2-4 February 2014.
39. Poster presentation at PACP conference entitled 'Psychosocial predictors of Quality of Life

- among Renal Transplant Recipients’.
40. Resource person in conducting a workshop on ‘Qualitative Research Skills’ for PhD students at IAP, held on 4-5th Nov 2014
  41. Moderator for Inaugural session of ICP 2015 on 19th March 2015 at Alhamra Cultural Complex, Lahore.
  42. Moderator in scientific session of ICP 20th MARCH 2015 at AL Raazi Hall, Undergraduate Block, PU, LHR.
  43. Poster presentation entitled ‘Living with a Kidney Transplant: Perceptions & Experiences’ in ICP held in March 2015.
  44. Arranged a Workshop on REBT with Ms Cyma Salman (Director Rational Living Institute Singapore) as a resource person on 25th March 2015 for the trainees of MS HEALTH PSYCHOLOGY.
  45. Arranged a ‘Healthy Eating/ Salad competition’ involving trainees of MS Health Psychology to emphasize the health promoting food preferences on 13th April 2015 at IAP, P.U, LHR
  46. Arranged a workshop on training of MS Health trainees about monitoring and using B.P & Glucose levels, conducted by Dr. from University Health Centre, P.U, LHR, on 7-5-2015
  47. Arranged a Skype Interactive Lecture of Dr. Iliatha Papachristou from UCL, U.K on Dementia, its psychological consequences and care giving ‘ for MS Health Psychology trainees at IAP on 12-05-2015
  48. Coordinated & facilitated a Video conferencing with St. Andrews University U.K & I.A.P Punjab University at the undergraduate block on ‘Critical Review of Literation in Dissertation Writing’ resource person Jannie Brooks, on 20th & 27th May 2015.
  49. Arranged a video conference with UCL, U.K & IAP on ‘Qualitative Research Methods’ for MPhil & PhD students at the undergraduate block. Resource person, Dr. Iliatha Papachristou, Research Associate , UCL, UK on 5th June 2015.
  50. Arranged a video conference on’ Perceptions of Brain Injury in the British Military across social groups’ by Dr. Vickneshwari Marimuther, Surrey University, U.K.
  51. Arranged a video conference on ‘Research Methods in Health Psychology’ for MS Health students by Dr. Vickneshawari Marimuther Surrey University , UK.
  52. Arranged a Seminar on R.E.B.T Basic Concepts for MS HEALTH PSYCHOLOGY. Resource person Ms. Cyma Salman Salman (Director Rational Living Institute Singapore) at the Institute of Applied Psychology, University of the Punjab, Lahore. April 2016.
  53. Training workshop for MS Health Psychology students on ‘Operating basic medical

appliances: Blood Pressure & Testing Glucose levels; by the Staff of Health Center University of the Punjab, Lahore. April 2016.

54. Participated in Seminar on “*Quality of Life (QOL) of Renal and Liver Transplant Patients*” at Royal Holloway University of London, UK (29<sup>th</sup> November, 2017).
55. Seminar presented on “Perceived QOL after renal transplantation in Pakistan” at Health Psychology Research Unit, Royal Holloway University of London, UK (18<sup>th</sup> April, 2018).