

**AFIFA ANJUM**

**Lecturer**

**Institute of Applied Psychology**

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**EDUCATIONAL QUALIFICATION**

*PhD Scholar* Department of Applied Psychology, University of the Punjab, Lahore  
(2012 onwards)

*MPhil leading to PhD*, MPhil course work completed (2010-12)

*Bachelor of Education* Allama Iqbal Open University, Islamabad (2003)

*Masters of Science* (Applied Psychology) University of the Punjab (2001)

*Bachelor of Arts* Lahore College for Women, Lahore (1999)

**SPECIAL ACHEIVEMENTS**

- Got HEC Indigenous Scholarship for PhD
- Topped in PhD course work in the Department of Applied Psychology, University of the Punjab, Lahore.
- Topped in M. Phil. course work in the Department of Applied Psychology, University of the Punjab, Lahore.
- Gold Medal, in M.Sc (Applied Psychology) in University of the Punjab, Lahore.
- Bronze Medal in B.A. Examination, University of the Punjab, Lahore.
- Bronze Medal in Intermediate Examination, BISE, Lahore.
- Silver Medal in Matriculation Examination, BISE, Lahore.

**WORK EXPERIENCE**

- **Lecturer** (August 2004-to date)  
Department of Applied Psychology, University of the Punjab, Lahore.
- **School Psychologist/Teacher** (March 2003 – July, 2004)  
Laurel Bank School, Singhpura , Lahore
- **Research Assistant** (May – July 2002)

With researcher from Oxford University, London in the area of quality of education in government and private schools in Lahore as determined by school financial status, teachers' qualification and teaching and students IQ and abilities.

### **COURSES TAUGHT**

Applied Statistics in Psychology, Ethical Issues in Psychology, Psychological Testing and Assessment, Social Psychology, Research Methodology, Abnormal Psychology, Health Psychology, Computer Usage

### **MEMBERSHIP ON GRADUATE DEGREE COMMITTEES**

- Member Semester / Examination Committee of the Department
- Incharge Examinations ( M.Sc. and BS (Hons.) Programs)

### **PROFESSIONAL MEMBERSHIPS**

Pakistan Psychological Association P.O Box 1989, Lahore (life membership)

### **RESEARCH GRANTS/ FUNDED RESEARCH PROJECTS**

- Research grant approved by Research Evaluation Committee, University of the Punjab, 2012, “Diagnostic uncertainty and its consequences in relation to Dengue fever”. Project completed
- Research grant approved by Research Evaluation Committee, University of the Punjab, 2011, “Is there any generation gap? A study of conflicts, beliefs and values of two generations”. Project completed
- Research grant approved by Research Evaluation Committee, University of the Punjab, 2010, Stress and burnout in doctors working in public and private hospitals of Lahore. Project completed

### **PAPERS PUBLISHED**

- Amjad, N., Anjum, A., Khawaja, A. O. & Skinner, M. (2015). Step Family Stereotypes in common discourse and lived experiences. *Journal of Social and Clinical Psychology*, 13(1). Paper Accepted.
- Rafique, R., Anjum, A. (2015). Positive and Negative Psychological Correlates, Gender Specific and Traditional Factors for First Onset Angina in a Sample of

- Pakistani Women." *Journal of Ayub Medical College*, 27(4). (Online version available)
- Rafique, R., Anjum, A. (2015). Psychological Stress, Distress, Anthropometric and Lifestyle as Correlates of Hypertension in a Sample of Pakistani Population. *Journal of Behavioral Sciences*, 25(2), 83-105.
  - Anjum A. & Naqvi, G. (2012). Impact of Perceived Supervisor Support on Organizational Citizenship Behavior: Mediating role of Trust. (June, 2012). The Asian Conference on Psychology & the Behavioral Sciences 2012, Official Conference Proceedings, 249-261. ISSN: 2186-615X
  - Farooqi, Y.N., Anjum, A., Gull, A., & Nayab, S. (2011). Gender Differences in Hallucinations Reported by the Patients Suffering from Schizophrenia. *International Journal of Clinical Psychiatry*, (1), 1-7. doi: 10.5923/j.ijcp.20110101.02
  - Anjum, A. & Ali, H. (2011). Effect of Emotional Intelligence and Perceived Work Environment on Performance of Bankers. *International Journal of the Computer, the Internet and Management*, Vol. 19 (2), 50-54.

### **PAPERS PRESENTED**

- Paper presented at first International Conference on Education and Social Sciences (ICESS-2016) from the perspective of developing countries, The University of Lahore, Pakistan, 26-28 February, 2016.
- Presented at the 1<sup>st</sup> International Conference of Psychology: Advancing Women Issues: local and Global Directions, Marriot, Islamabad. December 12, 2015.
- International Conference on Educational Psychology, Quaid-e-Azam University, Islamabad, November 13, 2014.
- International Multidisciplinary Conference on Ethics, Spirituality and Freedom (IMCESF), Government Fatima Jinnah College for Women, Chuna Mandi, Lahore, February 18-20, 2013.
- The Asian Conference of Psychology and Behavioral Sciences Theme: Trust, Osaka, Japan, March 2012.

- 13 th Pakistan Psychological Association Conference, January 10-11, 2012, Islamabad.
- 12 th Pakistan Psychological Association Conference, November 25-26, 2011, Lahore.
- International Conference on Interdisciplinary Research and Development Theme: Interdisciplinary Approach to Research and Development. Organized by the Interdisciplinary Network of the Royal Institute of Thailand, 30<sup>th</sup> May to 1<sup>st</sup> June, 2011
- International Neuropsychon on Psychiatric updates & media / public awareness “Optimizing Psychiatric Care and Rehabilitation for Victims of Psychotrauma”, at Avari Hotel Lahore, 15 to 17th April, 2011
- International Conference for Psychological Sciences & Applications, on “Why we do what we do”, at College of Information Technology by Department of Psychology and Counseling, UAE University, Alain, UAE, 15 to 18 March, 2010
- International Conference of “Pakistan Association of Clinical Psychology” at Alhamra, Lahore, 2002

#### **CONFERENCES ATTENDED**

- 13<sup>th</sup> Muslim Psychology Conference, by the Society for the Advancement of Muslim Psychology at Fountain House, Lahore, 27<sup>th</sup> November, 2015.
- International Conference on Educational Psychology, Quaid-e-Azam University, Islamabad, November 13, 2014.
- PACP & CCP Two Days International Conference on Clinical Psychology outside Clinic, 2nd & 3rd April, 2014.
- International Multidisciplinary Conference on Ethics, Spirituality and Freedom (IMCESF), Government Fatima Jinnah College for Women, Chuna Mandi, Lahore, February 18-20, 2013.
- International Conference of Applied Psychology (ICAPP) Theme: Psychology and challenges of the modern world, Department of Applied Psychology, University of the Punjab, Lahore. December 15-19, 2012
- The Asian Conference of Psychology and Behavioral Sciences Theme: Trust, Osaka, Japan, March 2012.

- 13 th Pakistan Psychological Association Conference, January 10-11, 2012, Islamabad.
- 12 th Pakistan Psychological Association Conference , November 25-26, 2011, Lahore.
- International Conference on Interdisciplinary Research and Development. Theme: Interdisciplinary Approach to Research and Development. Organized by the Interdisciplinary Network of the Royal Institute of Thailand, 30<sup>th</sup> May to 1<sup>st</sup> June 2011
- International Neuropsychon on psychiatric updates & media / public awareness “Optimizing Psychiatric Care and Rehabilitation for Victims of Psychotrauma” 15th to 17th April, 2011, Avari hotel Lahore
- First International Conference on “Emerging Trends in Psychology”, Department of Psychology, GC University, Lahore, 29<sup>th</sup> -30<sup>th</sup> March, 2011
- National Conference on Research in Psychology: Indigenous and Cultural Perspective, National Institute of Psychology, Quaid-eAzam University, Islamabad, 14th October, 2010
- International Conference for Psychological Sciences & Applications, on “Why we do what we do” at College of Information Technology by Department of Psychology and Counseling, UAE University, 15 to 18 March, 2010
- National Conference on “Resilience, Coping Strategies and Reconstruction of Self among Women”, Department of Applied Psychology, University of the Punjab, Lahore, (participated and worked as a member of organizing committee), 11th March, 2010
- International Conference on Culture and Mental Health at Government College University, Lahore, 17th – 20<sup>th</sup> March, 2009
- National Psychiatric Conference on “Bipolar Affective Disorder”; the Current Perspective in Pakistan on 14<sup>th</sup> February, 2009 at Services Hospital, Lahore
- HEC Digital Library e-Books Workshop in University of the Punjab, Lahore, 10th October, 2008

- New trends in Psychological research, Department of Applied Psychology, University of the Punjab, Lahore (participated and worked as a member organizing committee), 6<sup>th</sup> -7<sup>th</sup> April, 2007
- 12th Pakistan Psychological Association Conference on Psychological needs of earth quake victims, Lahore College University, Lahore, 17<sup>th</sup> – 18<sup>th</sup> March, 2007
- 16<sup>th</sup> International Psychiatric Conference of Pakistan Psychiatric Society, Lahore, Pakistan, Pearl Continental Hotel, Lahore, December, 2006

#### **SEMINARS AND WORKSHOPS**

- Conducted workshop on Statistical analysis and Discussion in Faculty Training Program by Department of Applied Psychology for colleges affiliated with University of the Punjab.
- Attended workshop on “Application of N Vivo Software for Qualitative Data Analysis” December 19, 2012
- Workshop on “Management of Autism Spectrum Disorders” by Dr. Jill Taylor, Dean, Faculty of Social Sciences, Karakorum International University, at Department of Applied Psychology, University of the Punjab, Lahore, 22<sup>nd</sup> February 2011
- A two- days workshop on “Neuro-Linguistic Programming (NLP) by Lord Shoukat Nawaz Khan, at Department of Applied Psychology, University of the Punjab, Lahore, 11-12 February, 2011
- A two-days workshop on “Art as Therapy for Trauma Victims” by Dr. Farnes Anderson, USA, at Department of Applied Psychology, University of the Punjab, 20<sup>th</sup> -21<sup>st</sup> October, 2010
- Workshop on Conducting and Publishing Research, Department of Applied Psychology in collaboration with Learning Innovation Division, HEC, at University of the Punjab, Lahore, 5-7<sup>th</sup> April, 2010
- Working Against Cancer, by Pink Ribbon Campaign, Department of Applied Psychology, University of the Punjab, Lahore, January, 2007
- Workshop on “Basics of Behavior Therapy” by Ms. Nashi Khan (Chartered Clinical Psychologist), by the Department of Applied Psychology, University of the Punjab, Lahore , 11<sup>th</sup> June, 2005

- Organized and participated in workshop on “ Behavior Therapy”, June 2005
- Participated in Workshop on “REBT: Assessment and Intervention” by Ms. Saima Salman (Clinical Psychologist) at Department of Applied Psychology, University of the Punjab, 21st-22nd December 2004
- Participated in Symposium on students Counseling and Assessment Strategies, 6th April, 2004
- Seminar on International Women's Day, 11th March, 2004
- Workshop on “Developing a Counseling package for victims of domestic violence”, at Department of Applied Psychology under DFID Link, Lahore, 26th March, 2004
- Workshop on “Post-Traumatic Stress Disorder” by Dr. Zahid Mahmood (Chartered Clinical Psychologist from UK), organized by the Department of Applied Psychology, University of the Punjab, 18<sup>th</sup> April 2000

#### **TRAINING COURSES**

- Turnitin Anti-Plagiarism software training, Punjab University, Main Library, 11 May, 2011
- One month training course By Higher Education Commission in Punjab University, June – July 2005
- Two weeks training course by Higher Education Commission in Punjab University, 2005
- One week training workshop on “effective Teaching Skills” in the Department of Applied Psychology in collaboration with HEC

#### **AREAS OF INTEREST**

- Social Psychology, Positive Psychology, Personality Psychology, Health Psychology, Testing and Measurement

#### **RESEARCH THESIS SUPERVISED**

- Msc and BS (Hons.) thesis supervised on diverse topics (52 thesis)