

## CURRICULUM VITAE

### **PERSONAL INFORMATION**

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### **ACADEMIC QUALIFICATION**

2019-2021 Post Doctorate (Senior Research Visiting Fellowship), Leeds Institute of Health Sciences, University of Leeds, UK

2008 Ph. D in Clinical Psychology, Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan

1998 – 2000 Advanced Diploma in Clinical Psychology (got 2nd position) from Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan

1994 – 1997 Master's in Applied Psychology (1st Division) from Department of Applied Psychology, University of the Punjab, Lahore, Pakistan

1991 – 1994 B.A. (1st Division) from Lahore College for Women, Lahore, Pakistan

### **TEACHING EXPERIENCE**

<b>Duration</b>	<b>Designation</b>	<b>Institution</b>
Feb, 2021 to date	Professor	Centre for Clinical Psychology, University of the Punjab, Lahore.
April, 2015 Jan, 2021	Associate Professor	Centre for Clinical Psychology, University of the Punjab, Lahore.
Dec, 2008 Apr, 2015	Assistant Professor	Centre for Clinical Psychology, University of the Punjab, Lahore.
Aug, 2000 – Nov, 2008	Lecturer	Centre for Clinical Psychology, University of the Punjab, Lahore.
Dec, 99 - Aug, 2000	Research Scholar	Centre for Clinical Psychology, University of the Punjab, Lahore.

**Consultant Clinical Psychologist at Centre for Clinical Psychology, University of the Punjab, Lahore since 2000.**

**General Secretary, Pakistan Association of Clinical Psychologist (Regd.) since March, 2020**

**CLINICAL SUPERVISION**

Supervision of Advanced Diploma Students for Drug Addiction Placement at Punjab Institute of Mental Health, Lahore (Formerly Government Hospital for Psychiatric Diseases, Lahore), the largest Residential Facility for Psychiatric Patients offered by Government of the Punjab (Province of Pakistan).

Supervision of Advanced Diploma Students for Rehabilitation of Chronic Patients of Schizophrenia at Fountain House, a well known Private Psychiatric Residential Facility in the City of Lahore, Punjab, Pakistan.

Supervision of Advanced Diploma Students of Community Mental Health Programme for the Rehabilitation of Chronic Patients of Schizophrenia at Punjab Institute of Mental Health, Lahore (Formerly Government Hospital for Psychiatric Diseases, Lahore), the largest Residential Facility for Psychiatric Patients offered by Government of the Punjab (Province of Pakistan).

**Other Formal Trainings and Education**

No	Name & Place	Type of Training	Duration
1	<u>Faculty Development Workshop Series</u> organized by Academic Staff Association, University of the Punjab, Lahore.	Training Workshops	17 <sup>th</sup> June, 1997 to 20 <sup>th</sup> June, 1997
2	<u>Annual Training Course</u> organized by Department of Psychiatry, King Edward Medical College & Mayo Hospital, Lahore.	Recent Advances in Psychiatry	25 <sup>th</sup> May, 1998 to 30 <sup>th</sup> May, 1998
3	<u>Training Course</u> sponsored by University of Missouri – Columbia, International Centre for Psycho-social Trauma (ICPT), organized by Fountain House, Lahore.	Training Course in Trauma Psychology	January, 2000
4	Information Technology Workshops: SPSS organized by Human Resource Development Centre, University of the Punjab, Lahore.	Training Workshop	13 <sup>th</sup> August, 2002 to 3 <sup>rd</sup> September, 2002

5	<u>Evaluation of PANSS (Positive Negative Syndrome Scale)</u> , sponsored by Janssen-Cilag organized by Department of Psychiatry, Services Hospital, Lahore.	Training Session	16 <sup>th</sup> April, 2003
6	<u>The Status of Psychology" in Pakistan</u> held at Bara Gali, organized by Department of Psychology, University of Peshawar.	Workshop & Seminars	27 <sup>th</sup> July, 2003 to 31 <sup>st</sup> July, 2003
7	<u>HRDC Faculty Development Workshop Series</u> organized by Institute of Administrative Sciences, University of the Punjab, Lahore.	Workshop Series	26 <sup>th</sup> February, 2005 to 28 <sup>th</sup> February, 2005
8	<u>Role of Women in Drug Abuse Prevention</u> organized by Anti Narcotics Force, Punjab in Collaboration with Narcotics Affairs Section, U.S. Embassy, Islamabad.	Workshop	15 <sup>th</sup> April, 2005 to 16 <sup>th</sup> April, 2005
9	<u>Mapping Techniques</u> jointly organized by Canada – Pakistan HIV / AIDS Second Surveillance Project (HASP), National AIDS Control Programme (NACP) & Punjab AIDS Control Programme at Avari Hotel, Lahore.	Workshop Series	2 <sup>nd</sup> August, 2006 to 5 <sup>th</sup> August, 2006
10	<u>Report Writing</u> jointly organized by Canada – Pakistan HIV / AIDS Second Surveillance Project (HASP), National AIDS Control Programme (NACP) and Punjab AIDS Control Programme at Holiday Inn, Islamabad.	Workshop Series	3 <sup>rd</sup> October, 2006 to 4 <sup>th</sup> October, 2006
11	<u>Integrated Biological and Behavioural Surveillance (IBBS)</u> jointly organized by Canada – Pakistan HIV / AIDS Second Surveillance Project (HASP), National AIDS Control Programme (NACP) and Punjab AIDS Control Programme at Avari Hotel, Lahore.	Workshop Series	7 <sup>th</sup> November, 2006 to 10 <sup>th</sup> November, 2006

12	<u>Research Methodology: From Ideas to Publication</u> organized by World Psychiatric Association (WPA), Zone-15 in collaboration with Pakistan Psychiatric Research Centre (PPRC), World Federation for Mental Health (WFMH), South Asian Forum (Pakistan Chapter) & Pakistan Psychiatric Society (PPS).	Workshop	24 <sup>th</sup> November, 2007
13	<u>CBT for Anxiety Management Using a Manual</u> organized by World Psychiatric Association (WPA), Zone-15 in collaboration with Pakistan Psychiatric Research Centre (PPRC), World Federation for Mental Health (WFMH), South Asian Forum (Pakistan Chapter) & Pakistan Psychiatric Society (PPS).	Workshop	25 <sup>th</sup> November, 2007
14	<u>Seminar on Research Methods</u> by Dr. John Rose, University of Birmingham, UK organized by Government College University, Lahore under HEC – BC Academic Link Activities.	Workshop	24 <sup>th</sup> April, 2007
15	<u>Seminar on Intervention for Learning Disability &amp; Dementia</u> by Dr. Jan Oyeboode & Dr. John Rose, University of Birmingham, UK organized by Government College University, Lahore under HEC – BC Academic Link Activities.	Workshop	25 <sup>th</sup> April, 2007
16	<u>Rorschach Comprehensive System</u> conducted by Dr. Ana Maria Tuset Bertran From University of Barcelona, Spain organized by Frontier Women University, Peshawar.	Workshop Series	27 <sup>th</sup> to 30 <sup>th</sup> November, 2007
17	<u>Imagery in Clinical Practice</u> by Dr. Jan Taal, Imagery Expert, Netherlands organized by Centre for Clinical Psychology, University of the Punjab, Lahore.	Training Workshop	20 <sup>th</sup> to 28 <sup>th</sup> February, 2008
18	<u>Faculty Orientation Program, 2008</u> organized by Human Resource Development Centre, University of the Punjab, Lahore.	Workshop Series	23 <sup>rd</sup> May, 2008

19	<u>Strategic and Provocative Treatment of Anxiety Disorders</u> organized by Psychoz Publications, Melbourne, Australia.	Training	29 <sup>th</sup> to 30 <sup>th</sup> May, 2009
20	<u>Eidetic Model of Growth in People with Intellectual Disability and Associated Issues</u> by Dr. Akhtar Ali Syed, Principal Clinical Psychologist, Brothers of Charity Services, Ireland organized by Government College University, Lahore.	Training Workshop	15 <sup>th</sup> to 17 <sup>th</sup> December, 2009
21	<u>Primary Certification in REBT</u> organized by PACP and Centre for Clinical Psychology, University of the Punjab, Lahore.	Certification	19 <sup>th</sup> to 21 <sup>st</sup> December, 2011
22	<u>Indigenous on-Campus training Program for Management Team</u> organized by University of the Punjab and Higher Education Commission, Islamabad.	Training	1 <sup>st</sup> to 5 <sup>th</sup> December, 2014
23	<u>Humanity, Altruism &amp; Citizenship in Pakistan</u> organized by Ministry of Human Rights and University of the Punjab, Lahore.	Training of Trainers	23 <sup>rd</sup> to 25 <sup>th</sup> August, 2017
24	<u>Cognitive Behavior Therapy</u> by Dr. David Kingdon, University of Southampton organized by Centre for Clinical Psychology, University of the Punjab, Lahore.	Training Workshop	19 <sup>th</sup> to 20 <sup>th</sup> June, 2019
25	<u>Eidetic Psychotherapy</u> by Dr. Akhtar Ali Syed, Principle Clinical Psychologist, Brothers of Charity Services, Ireland organized by Centre for Clinical Psychology, University of the Punjab, Lahore.	Training Course	7 <sup>th</sup> to 10 <sup>th</sup> November, 2021

## RESEARCH PUBLICATIONS IN JOURNALS

S.#	Research Paper	Name of Journal	Volume/ Issue	Year	Category
1	Impact of Females Education on their Marital Adjustment	Pakistan Journal of Psychology (PJP)	28 (1-4)	Dec, 1997	Y
2	Socio-economic Status: A Factor in Marital Adjustment	Pakistan Journal of Psychology (PJP)	31 (1-2)	Dec, 2000	Y

3	Development of an Indigenous Scale for Emotional Intelligence	Pakistan Journal of Psychology (PJP)	38 (2)	Dec, 2007	Y
4	Level of Frustration Tolerance and its Relationship with different Psychopathologies	Pakistan Journal of Psychology (PJP)	40 (1)	June, 2009	Y
5	Standardization of Symptom Checklist-R on Psychiatric and Non Psychiatric Population of Lahore city	Pakistan Journal of Clinical Psychology (PJCP)	8 (2)	July, 2009	Z
6	Personality Traits of Prison Inmates and their vulnerability towards different Psychopathologies	Pakistan Journal of Clinical Psychology (PJCP)	10 (2)	July, 2011	Z
7	Efficacy of Behavior Therapy in the Treatment of Obsessive Compulsive Disorder	Pakistan Journal of Clinical Psychology (PJCP)	12 (1)	Jan, 2013	Y
8	Religiosity and Subjective Well Being amongst Institutionalized Elderly in Pakistan	Health Promotion Perspectives	3(1)	2013	IF = 1.83
9	Is Religion a Buffer against Psychopathology?	Pakistan Journal of Clinical Psychology (PJCP)	12 (2)	July, 2013	Y
10	Tolerance towards Frustration, Self Esteem, Anxiety and Depression in Physically Disabled Individuals	Pakistan Journal of Social and Clinical Psychology (PJSCP)	11(2)	2013	Y
11	Personality Correlates of Runaway Women and their Vulnerability towards Depression	Pakistan Journal of Psychology (PJP)	44 (2)	Dec, 2013	Y
12	Review of Diagnostic and Statistical Manual of Mental Disorders (DSM-5)	Journal of Arts and Social Sciences	1 (2)	2014	Y
13	Preliminary evaluation of culturally adapted CBT for psychosis (CA-CBT): Findings from Developing Culturally-Sensitive CBT Project (DCCP)	Behavioral and Cognitive Psychotherapy, UK	43 (2)	2015	IF = 2.279
14	Major Depression in Jalal Pur Jattan, District Gujrat, Pakistan: Prevalence and Gender Differences	Journal of Pakistan Medical Association	65 (3)	2015	IF = 0.78 1

15	Personal Values in relation to parental relationship and Vulnerability towards Psychopathology	Pakistan Journal of Psychology (PJP)	46 (1)	2015	Y
16	The Epidemiology of Poly Victimization in Pakistan	Journal of Behavioral Sciences (JBS)	25 (1)	2015	X
17	Spiritual Well Being and Coping Styles in relation to Psychological Well Being of Adolescents	Pakistan Journal of Social and Clinical Psychology (PJSCP)	13 (2)	2015	Y
18	Attachment Orientation, Obsessive Beliefs and Symptoms severity in patients with Obsessive Compulsive Disorders	Pakistan Journal of Psychological Research (PJPR)	30 (2)	2015	X
19	Obsessive Beliefs in patients with Obsessive Compulsive disorder: The role of Attachment Styles	Journal of Pakistan Psychiatric Society (JPPS)	13 (3)	2016	Y
20	Caregiver Burden, Quality of Life, and Vulnerability towards Psychopathology in Caregivers of Patients with Dementia/Alzheimer's Disease	Journal of the College of Physicians and Surgeons, Pakistan.	26 (11)	2016	(W) IF= 0.711
21	Psychosocial Predictors of Posttraumatic Growth in Patients after Myocardial Infarction	Pakistan Journal of Psychological Research (PJPR)	31 (2)	2016	X
22	Psychological Disorders among Prisoners in Pakistan	Journal of Pakistan Psychiatric Society (JPPS)	14 (1)	2017	Y
23	Cross-Cultural Validation of Dysfunctional Attitude Scale	Pakistan Journal of Social and Clinical Psychology (PJSCP)	15 (1)	2017	Y
24	Efficacy of Metacognitive Therapy for Patients with Obsessive Compulsive Disorder	Pakistan Journal of Clinical Psychology	16 (1)	2017	Y
25	Bullying Behavior in Rural Area Schools of Gujrat, Pakistan: Prevalence and Gender Differences	Pakistan Journal of Social and Clinical Psychology (PJSCP)	17(1)	2019	Y

26	Sociodemographic Variables and Parental Stress of Children with Autism Spectrum Disorder	Pakistan Journal of Social Issues	Y	2019	Y
27	Translation, Validation and Factor Structure of the Handling Bullying Questionnaire in Pakistan	Pakistan Journal of Psychological Research	34 (3)	2019	X
28	Development of an Indigenous Parental Perceived Stress Scale for children with Autism Spectrum Disorder	Pakistan Journal of Psychological Research (PJPR)	34 (2)	2019	X
29	Parenting Styles, Moral Identity and Prosocial Behaviors among Adolescents	Current Psychology	<a href="https://doi.org/10.1007/s12144-020-00609-3">https://doi.org/10.1007/s12144-020-00609-3</a>	2020	IF = 4.297
30	Social support, Self-Efficacy, Cognitive Coping and Psychological Distress in Infertile Women	Archives of Gynecology and Obstetrics	<a href="https://doi.org/10.1007/s00404-020-05614-2">https://doi.org/10.1007/s00404-020-05614-2</a>	2020	IF=2.344
31	Weight Stigma and Disordered Eating Behaviors in Overweight Adolescents: The Mediating Role of Body Esteem	Eating and Weight Disorders – Steadies on Anorexia, Bulimia and Obesity	26(6)	2020	IF = 4.652
32	The Link between Chronic Pain and Depression in Low Income Country, Pakistan	Journal of Pakistan Medical Association	71(11)	2021	IF = 0.781
33	Personality, Coping Strategies and Quality of Life in patients with Hepatitis C	European Review of Applied Psychology	Accepted		IF= 1.411
34	Psychometric Properties of the scale for Emotional Intelligence (Short Form)	Pakistan Journal of Social and Clinical Psychology (PJSCP)	-	Submitted and Under Review	Y
35	Gender Differences in Emotional Intelligence in University Students of Lahore, Pakistan	Pakistan Journal of Social Issues	-	Submitted and Under Review	Y



36	Personality Disorders among Prison Inmates: Role of Parental Acceptance, Rejection and Childhood Victimization	Japanese Psychological Research	-	Submitted and Under Review	IF= 1.444
37	Self-Esteem and Social Interaction Anxiety in Men with Androgenetic Alopecia	Journal of Pakistan Medical Association	-	Submitted and Under Review	IF = 0.781

### **FUNDED RESEARCH PROJECTS**

**Worked as a Manager** for the Research Project on **HIV / AIDS Second Generation Surveillance in Pakistan (2006)** for the Mapping Phase and IBBS Phase conducted in Five Cities of Punjab: Lahore, Multan, Faisalabad and Sargodha **funded by Canadian International Development Agency (CIDA).**

**Worked as a Monitoring Supervisor/ Co Investigator** for the Research Project on HIV / AIDS Second Generation Surveillance in Pakistan (2006) for the Mapping and IBBS Field Work for Lahore City **funded by Canadian International Development Agency (CIDA).**

**Worked on Report Writing** of Mapping and IBBS Phase, for the Research Project on **HIV / AIDS Second Generation Surveillance in Pakistan (2006)** conducted in Five Cities of Punjab: Lahore, Multan, Faisalabad and Sargodha funded by **Canadian International Development Agency (CIDA).**

Worked as a **Principal Investigator** for the Project “**Development of Scale for Emotional Intelligence –Adolescent Version**” funded by University of the Punjab, Lahore.

Worked as a **Principal Investigator** for the Project “**An exploration of Behavioural and Psychological Correlates of Alzheimer’s Disease and Caregivers’ Distress**” funded by University of the Punjab, Lahore.

Worked as a **Principal Investigator** for the Project “**The Effects of Emotional Intelligence, Age, Academic Performance, Work Experience and Conflict Management**” funded by University of the Punjab, Lahore.

Worked as a **Principal Investigator** for the Project “Development of the Manual for SEI- Adult Version” funded by University of the Punjab, Lahore.

Worked as a **Principal Investigator** for the Project “Self-Compassion, Mindfulness, Emotional Regulation and Depressive Symptoms in Patients with Depression” funded by University of the Punjab, Lahore.

Worked as a **Principal Investigator** for the Project “Childhood Maltreatment and Self Esteem in Self-Harm Behaviors (Non Suicidal Self Injury) (ongoing).

### **Worked as Organizer for the Conferences**

- **Worked as a Member Organizing Committee** for Sixth National Conference of Pakistan Association of Clinical Psychologists (Regd.) held on April 20 -22, 2000.
- **Worked as a Member Organizing Committee** for Seventh National Conference of Pakistan Association of Clinical Psychologists (Regd.) held on April 20- 21, 2002.
- **Worked as a Member Organizing Committee** for Eighth National Conference of Pakistan Association of Clinical Psychologists (Regd.) held on April 9 - 11, 2004.
- **Worked as a Organizing Secretary** for National Conference on Gender Issues in 21<sup>st</sup> Century in Pakistan on May 16, 2007 organized by Centre for Clinical Psychology, University of the Punjab, Lahore.
- **Worked as a Organizing Secretary** for International Conference on Impact of Global Violence on Mental Health: A Challenge for Mental Health Professionals held on June 27-28, 2008 organized by Centre for Clinical Psychology, University of the Punjab, Lahore.
- **Worked as a Organizing Secretary** for Two days Workshop on Neurolinguistic Programming & Hypnosis on 31<sup>st</sup> March – 1<sup>st</sup> April, 2014) in Collaboration with Pakistan Association for Clinical Psychologists, HEC & Centre for Clinical Psychology, University of the Punjab, Lahore.
- **Worked as a Organizing Secretary** for International Conference of Clinical Psychology: Clinical Psychology Outside Clinic (2<sup>nd</sup> – 3<sup>rd</sup> April, 2014) in Collaboration with Pakistan Association for Clinical Psychologists, HEC & Centre for Clinical Psychology, University of the Punjab, Lahore.
- **Worked as a Moderator** at 14<sup>th</sup> International Conference of Psychology (ICP) The Current Challenges for Psychology: From Crisis to Sustainable Solutions on 19<sup>th</sup> – 21<sup>st</sup> March, 2015 organized by Institute of Applied Psychology, University of the Punjab, Lahore in collaboration of Higher Education Commission, Pakistan and Pakistan Psychological Association.
- **Worked as a Chief Organizer** for Conference of Psychology (COP 2018) “Impact of Global Challenges on Mental Well-Being held on 6<sup>th</sup> – 7<sup>th</sup> July, 2018 organized by Centre for Clinical Psychology, University of the Punjab, Lahore.

- **Worked as a Chief Organizer** for International Conference on “Recent Trends & Interventions in Clinical Psychology held on 20<sup>th</sup> – 22<sup>nd</sup> March, 2019 organized by Centre for Clinical Psychology, University of the Punjab, Lahore.
- **Worked as a Chief Organizer** for International E-Conference on “Psychological Wellness & Rehabilitation: Challenges for Practitioners during Pandemic held on 2<sup>nd</sup> – 3<sup>rd</sup> December, 2020 organized by Centre for Clinical Psychology, University of the Punjab, Lahore.
- **Worked as a Chief Organizer** for International E-Conference on “Clinical Practice and Rehabilitation: An Interplay of Mind, Body and Soul held on 8<sup>th</sup> - 9<sup>th</sup> December, 2021 organized by Centre for Clinical Psychology, University of the Punjab, Lahore.

### Conferences Oral/Poster Presentations

1	Paper Entitled: <u>Standardization and Validation of Symptom Checklist – R</u> presented at <b>6<sup>th</sup> National Conference of PACP</b> held on April 20-22, 2000.
2	Paper Entitled: <u>Rehabilitation of Female Schizophrenics: A Review of 8 case Reports and its Implications</u> presented at <b>6<sup>th</sup> National Conference of PACP</b> held on April 20-22, 2000.
3	Paper Entitled: <u>Disasters Impact on Mental Health &amp; Its Psychosocial Rehabilitation</u> presented at <b>16<sup>th</sup> International Psychiatric Conference</b> organized by Pakistan Psychiatric Society and Royal College of Psychiatrists, UK from 16 <sup>th</sup> – 18 <sup>th</sup> December, 2006.
4	Paper Entitled: <u>The Impact of Parents’ Psychiatric Illness on Adolescents’ Well Being</u> presented at <b>Two Days International Conference on Impact of Global Violence on Mental Health: A challenge for Mental Health Professionals</b> organized by Centre for Clinical Psychology, University of the Punjab from 27 <sup>th</sup> to 28 <sup>th</sup> June, 2008.
5	Paper Entitled: <u>Gender Differences in Religion, Resilience and Symptoms of Psychopathology among Earthquake Survivors</u> presented at <b>Two Days International Conference on Impact of Global Violence on mental health: A challenge for Mental Health Professionals</b> organized by Centre for Clinical Psychology, University of the Punjab from 27 <sup>th</sup> to 28 <sup>th</sup> June, 2008
6	Paper Entitled: <u>Relationship between Religiosity and Psychopathology</u> presented at <b>International Conference on Terrorism and Extremism: Social-Psychological Perspectives</b> organized by National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad from 15 <sup>th</sup> – 17 <sup>th</sup> October, 2008.
7	Paper Entitled: <u>Parental Acceptance and Rejection and Vulnerability of Adolescents towards Depression</u> presented at <b>International Conference on Developmental Psychopathology: Prevalence, Management &amp; Prevention</b> organized by National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad from 13 <sup>th</sup> – 15 <sup>th</sup> October, 2009.

8	Paper Entitled: <u>Personality Traits of Prison Inmate and Their Vulnerability towards Different Psychopathologies</u> presented at <b>2009 Congress</b> organized by The Royal Australian & New Zealand College of Psychiatrists, Adelaide Convention Centre, Australia from 24 <sup>th</sup> – 28 <sup>th</sup> May, 2009.
9	Paper Entitled: <u>Parenting Styles, Parental Acceptance and Rejection and Vulnerability of Adolescents towards Depression</u> presented at <b>RANZCP 2010 Congress</b> organized by The Royal Australian & New Zealand College of Psychiatrists at Auckland, New Zealand from 2 <sup>nd</sup> – 6 <sup>th</sup> May, 2010.
10	Paper Entitled: <u>Psychological Issues and Management of Disaster Victims</u> presented at <b>Second International Disaster Management Conference on Good Governance in Disaster Risk Reduction and Climate Change Adaptation</b> organized by University of Peshawar, Pakistan from 19 <sup>th</sup> – 21 <sup>st</sup> October, 2010.
11	Paper Entitled: <u>Development of PTSD Symptoms and Vulnerability towards psychopathologies among survivors of Natural Disaster: An analysis</u> presented at <b>Second International Disaster Management Conference on Good Governance in Disaster Risk Reduction and Climate Change Adaptation</b> organized by University of Peshawar, Pakistan from 19 <sup>th</sup> – 21 <sup>st</sup> October, 2010.
12	Paper Entitled: <u>Emotional Intelligence, Psychological Well-Being and Conflict Resolution among Different Professionals Working in Pakistan</u> Proceedings of Joint Conference of the <b>17<sup>th</sup> Annual International Conference on Advances in Management</b> and <b>3<sup>rd</sup> Annual International Conference on Social Intelligence</b> in July, 2010.
13	Paper Entitled: <u>Personality Correlates of Runaway Women and their Vulnerability of Depression</u> presented at <b>International Conference of Applied Psychology</b> organized by Department of Applied Psychology, University of the Punjab, Lahore from 15 <sup>th</sup> – 19 <sup>th</sup> December, 2012.
14	Paper Entitled: <u>Poly-victimization as a Mediator of Perceived Parental Acceptance Rejection and Quality of Life</u> presented at <b>International Conference of Applied Psychology</b> organized by Department of Applied Psychology, University of the Punjab, Lahore from 15 <sup>th</sup> – 19 <sup>th</sup> December, 2012.
15	Paper Entitled: <u>Self-esteem and Frustration Tolerance among Physically Disabled Individuals and their Vulnerability towards Anxiety and Depression</u> presented at <b>International Conference of Applied Psychology</b> organized by Department of Applied Psychology, University of the Punjab, Lahore from 15 <sup>th</sup> – 19 <sup>th</sup> December, 2012.
16	Paper Entitled: <u>Value Priorities in Relation to Parental Relationship and Vulnerability towards Psychopathology</u> presented at <b>International Conference of Applied Psychology</b> organized by Department of Applied Psychology, University of the Punjab, Lahore. from 15 <sup>th</sup> – 19 <sup>th</sup> December, 2012.
17	Paper Entitled: <u>Education: A Factor in Psychological Well- Being and Coping Strategies among Geriatric Population</u> presented at <b>International Conference of Applied Psychology</b> organized by Department of Applied Psychology, University of the Punjab, Lahore. from 15 <sup>th</sup> – 19 <sup>th</sup> December, 2012.
18	Paper Entitled: <u>Impact of Parenting Styles and Attachment Patterns on Sibling Relationships</u> presented at the <b>13<sup>th</sup> European Congress of Psychology (ECP), Stockholm, Sweden</b> from 9 <sup>th</sup> – 12 <sup>th</sup> October, 2013.

19	Paper Entitled: <u>Psychological and Spiritual Well Being in relation to Coping Styles of Pakistani Adolescents</u> <b>European Health Psychology Society 2013 Abstracts.</b>
20	Paper Entitled: <u>Self Schemas and Marital Satisfaction among Depressed Women: The Moderating Role of Marital Schemas</u> presented at <b>32<sup>nd</sup> Annual Conference of International Medical Sciences Academy (IMSACON)</b> organized by International Medical Sciences Academy at Hotel Holiday Inn, Sukhumvit, Bangkok, Thailand from 11 <sup>th</sup> – 12 <sup>th</sup> October, 2014.
21	Paper Entitled: <u>Obsessive Beliefs in Patients with Obsessive Compulsive Disorder: The Role of Attachment Styles</u> presented at <b>14<sup>th</sup> International Conference of Psychology</b> organized by Institute of Applied Psychology, University of the Punjab, Lahore from 19 <sup>th</sup> – 21 <sup>st</sup> March, 2015.
22	Paper Entitled: <u>Attachment Patterns and Anxiety Disorder in Adolescents</u> presented at <b>14<sup>th</sup> International Conference of Psychology</b> organized by Institute of Applied Psychology, University of the Punjab, Lahore from 19 <sup>th</sup> – 21 <sup>st</sup> March, 2015.
23	Paper Entitled: <u>Relationship between Emotional Intelligence and Anger</u> presented at <b>14<sup>th</sup> International Conference of Psychology</b> organized by Institute of Applied Psychology, University of the Punjab, Lahore from 19 <sup>th</sup> – 21 <sup>st</sup> March, 2015.
24	Paper Entitled: <u>Self-esteem and Quality of Life: A Comparative Study of Physically Disabled, Psychiatric and Non Psychiatric Individuals</u> presented at <b>National Conference on Changing Trends in Clinical Psychology (NCCTCP)</b> organized by Institute of Professional Psychology, Bahria University, Karachi on 4 <sup>th</sup> June, 2015.
25	Paper Entitled: <u>Perfectionism, Unconditional Self-Acceptance and Debilitating Emotions among Adolescents</u> presented at <b>10<sup>th</sup> International Conference on Child and Adolescent Psychopathology</b> at Whitelands College, Roehampton University, London from 20 <sup>th</sup> – 22 <sup>nd</sup> July, 2015.
26	Paper Entitled: <u>Emotional Intelligence, Personality Traits and Coping Skills in Adolescents</u> presented at <b>10<sup>th</sup> International Conference on Child and Adolescent Psychopathology</b> at Whitelands College, Roehampton University, London from 20 <sup>th</sup> – 22 <sup>nd</sup> July, 2015.
27	Paper Entitled: <u>Efficacy of Metacognitive Therapy for patients with Obsessive Compulsive Disorder</u> presented at <b>9<sup>th</sup> SAARC International Psychiatric Conference</b> from 3 <sup>rd</sup> -6 <sup>th</sup> March, 2016.
28	Paper Entitled: <u>Attachment Orientation and Symptom Severity in Patients with OCD: The mediating Role of Obsessive Beliefs</u> presented at <b>9<sup>th</sup> SAARC International Psychiatric Conference</b> from 3 <sup>rd</sup> -6 <sup>th</sup> March, 2016.
29	Paper Entitled: <u>Predictors of Relapse from Patients and Caregivers Perspective in Chronic Illnesses</u> presented at <b>9<sup>th</sup> SAARC International Psychiatric Conference</b> from 3 <sup>rd</sup> -6 <sup>th</sup> March, 2016.
30	Paper Entitled: <u>Parental Acceptance-Rejection: A factor for the Identification of Poly-Victimization</u> Presented at <b>6<sup>th</sup> International Congress on Interpersonal Acceptance and Rejection</b> organized by International Society for Interpersonal Acceptance and Rejection, Madrid, Spain from 7 <sup>th</sup> – 10 <sup>th</sup> June, 2016.

31	Paper Entitled: <u>Cyberbullying, Resilience, Psychological Distress and Psychological Wellbeing among Adolescents</u> Presented at <b>11<sup>th</sup> International Conference on Child and Adolescent Psychopathology</b> at Roehampton University, London from 18 – 22 July, 2016.
32	Paper Entitled: <u>Psychosocial Predictors of Posttraumatic Growth after Myocardial Infarction</u> Presented at <b>35<sup>th</sup> Annual Conference of International Medical Sciences Academy (IMSACON)</b> at Mauritius from 6 <sup>th</sup> – 8 <sup>th</sup> October, 2016.
33	Paper presented at <b>6<sup>th</sup> International Conference on Psychology of Gender in Perspective: Issues and Challenges</b> organized by National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad from 1 <sup>st</sup> - 2 <sup>nd</sup> December, 2016.
34	Paper Entitled: <u>Emotional Intelligence and Difficulties in Emotion Regulation as Predictors of Mental Health in Adolescents</u> presented at <b>First National Conference on Psychology</b> organized by Lahore Garrison University from 12 <sup>th</sup> - 13 <sup>th</sup> December, 2017.
35	Paper Entitled: <u>Callus Unemotional Traits, Relational Aggression, Social Alienation and Somatic Complaints in Runaway Adolescents</u> presented at <b>International Conference on Health and Well bring</b> Organized By Department of Applied Psychology, Lahore College for Women University, Lahore from 11 <sup>th</sup> -13 <sup>th</sup> December, 2017.
36	Paper Entitled: <u>Emotion Dysregulation and Disturbed Eating Patterns in Adolescents</u> presented at <b>International Conference on Health and Well bring</b> organized by Department of Applied Psychology, Lahore College for Women University, Lahore from 11 <sup>th</sup> -13 <sup>th</sup> December, 2017.
37	Paper Entitled: <u>Parenting Styles and Prosocial Behaviors in Adolescents</u> presented at <b>International Conference on Health and Well bring</b> organized by Department of Applied Psychology, Lahore College for Women University, Lahore from 11 <sup>th</sup> -13 <sup>th</sup> December, 2017.
38	Paper Entitled: <u>Weight Teasing and Disordered Eating Behaviors in Overweight Adolescents: The Mediating Role of Body Esteem</u> presented at <b>13<sup>th</sup> International Neuropsycon</b> organized by Psychiatric Welfare Association & Pakistan Association of Social Psychiatry from 30 <sup>th</sup> March – 1 <sup>st</sup> April, 2018.
39	Paper Entitled: <u>Self-Regulation and Impulsive Buying in Young Adults</u> presented at <b>1<sup>st</sup> International Conference on Social Sciences and Humanities</b> by Kinnaird College for Women, Lahore From 25 <sup>th</sup> -27 <sup>th</sup> April 2018.
40	Paper Entitled: <u>Parenting Styles, Moral Identity and Prosocial Behaviors in Adolescents</u> presented at <b>1<sup>st</sup> International Conference on Social Sciences and Humanities by Kinnaird</b> College for Women University, Lahore From 25 <sup>th</sup> -27 <sup>th</sup> April, 2018.
41	Paper Entitled: <u>Attachment Styles, Emotional Maturity and Risk Taking Behaviors in Intact and Broken Home Adolescents</u> presented at <b>Conference of Psychology: Impact of Global Challenges on Mental Well-Being</b> organized by Centre for Clinical Psychology from 6 <sup>th</sup> -7 <sup>th</sup> July, 2018.
42	Paper Entitled: <u>Emotional Intelligence, Psychological Well Being and Anxiety Disorders in Adolescents</u> presented at <b>Conference of Psychology: Impact of Global Challenges on Mental Well-Being</b> organized by Centre for Clinical Psychology from 6 <sup>th</sup> -7 <sup>th</sup> July, 2018.

43	Paper Entitled: <u>Self Esteem and Social Interaction Anxiety in Men with Androgenetic Alopecia</u> presented at <b>37<sup>th</sup> Annual Conference of International Medical Sciences Academy (IMSACON)</b> organized by International Medical Sciences Academy from 24 <sup>th</sup> -25 <sup>th</sup> August 2018.
44	Paper Entitled: <u>Mindfulness and Psychological Distress in University Students</u> presented at <b>International Conference of Applied Psychology: Practices and Interventions</b> organized by Institute of Applied Psychology, University of the Punjab, Lahore from 6 <sup>th</sup> – 8 <sup>th</sup> February, 2019.
45	Paper Entitled: <u>Body Image, Emotional Dysregulation and Disordered Eating Behaviors in Overweight Adolescents</u> presented at <b>International Conference of Recent Trends and Interventions in Clinical Psychology</b> organized by Centre for Clinical Psychology, University of the Punjab, Lahore and Higher Education Commission, Islamabad from 20 <sup>th</sup> – 22 <sup>nd</sup> March, 2019.
46	Paper Entitled: <u>Personality, Resilience and Quality of Life in Patients of Hepatitis C</u> at <b>International Conference of Recent Trends and Interventions in Clinical Psychology</b> organized by Centre for Clinical Psychology, University of the Punjab and Higher Education Commission, Islamabad from 20 <sup>th</sup> – 22 <sup>nd</sup> March, 2019.
47	Paper Entitled: <u>A Relationship between Attachment Styles, Personality Traits and Autistic Characteristic in Mothers of Children With and Without Autism</u> presented at <b>Islamic Perspectives in Modern Psychology</b> organized by Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore from 24 <sup>th</sup> – 26 <sup>th</sup> September, 2019.
48	Paper Entitled: <u>Lived Experiences of the Recovered Corona Patients: An Exploratory Study</u> at <b>International E- Conference on Psychosocial Wellness and Rehabilitation: Challenges for Practitioners during Pandemic</b> organized by Centre for Clinical Psychology, University of the Punjab from 2 <sup>nd</sup> -3 <sup>rd</sup> December, 2020.
49	Paper Entitled: <u>Efficacy of Voice Rehabilitation on Acoustic, Aerodynamic and Auditory-Perceptual Parameters of Voice in Children with Cleft Lip and Palate</u> presented at <b>International E- Conference on Psychosocial Wellness and Rehabilitation: Challenges for Practitioners during Pandemic</b> organized by Centre for Clinical Psychology, University of the Punjab, Lahore from 2 <sup>nd</sup> -3 <sup>rd</sup> December, 2020.
50	Paper Entitled: <u>Efficacy of Traditional Articulation Therapy (TAT) for Articulation Errors in Children with Hearing Aids</u> presented at <b>International E- Conference on Psychosocial Wellness and Rehabilitation: Challenges for Practitioners during Pandemic</b> organized by Centre for Clinical Psychology, Lahore University of the Punjab, Lahore from 2 <sup>nd</sup> -3 <sup>rd</sup> December, 2020,
51	Paper Entitled: <u>Depression and Post Traumatic Stress Disorder in Corona Affected Families</u> presented at <b>International E- Conference on Psychosocial Wellness and Rehabilitation: Challenges for Practitioners during Pandemic</b> organized by Centre for Clinical Psychology, University of the Punjab, Lahore from 2 <sup>nd</sup> -3 <sup>rd</sup> December, 2020.

52	Paper Entitled: <u>Stress Management of Caregivers of Children with Autism Spectrum Disorder</u> presented at <b>International E- Conference on Psychosocial Wellness and Rehabilitation: Challenges for Practitioners during Pandemic</b> organized by Centre for Clinical Psychology, University of the Punjab from 2 <sup>nd</sup> -3 <sup>rd</sup> December, 2020.
53	Paper Entitled: <u>Spirituality, Resilience, Depression and Quality of Life of Dialysis Patients</u> presented at <b>International Psychiatric Conference</b> held from 30 <sup>th</sup> July -1 <sup>st</sup> August, 2021.
54	Paper Entitled: <u>Academic Self-Efficacy, Students Engagement and Psychological Distress in University Students during Covid-19</u> presented at 8 <sup>th</sup> <b>International Conference on Mental Health and Productivity: The Challenges for Youth</b> held on 21 <sup>st</sup> – 22 <sup>nd</sup> Oct, 2021.
55	Paper Entitled: <u>Academic Self-Efficacy and Psychological Distress in University Students during COVID-19</u> presented at <b>International E-conference on the theme “Clinical Practice and Rehabilitation: The Interplay of Mind, Body and Soul”</b> held on 8 <sup>th</sup> - 9 <sup>th</sup> December, 2021.
56	Poster Entitled: <u>Clinical Presentation of Autism Spectrum Disorder</u> presented at <b>International E-conference on the theme “Clinical Practice and Rehabilitation: The Interplay of Mind, Body and Soul”</b> held on 8 <sup>th</sup> - 9 <sup>th</sup> December, 2021.

### Workshops Attended

1	Workshop on <b><u>Therapies with Children</u></b> was conducted by Ms. Samina Whales, Clinical Psychologist on 20 <sup>th</sup> February, 1999 at the Centre for Clinical Psychology, University of the Punjab, Lahore.
2	Workshop on <b><u>Designing Research Project</u></b> was conducted by Ms. Urusa Fahim on 23 <sup>rd</sup> June & 30 <sup>th</sup> June, 1999, at the Centre for Clinical Psychology, University of the Punjab, Lahore.
3	Workshop on <b><u>Learning and Development Disabilities: Assessment &amp; Intervention</u></b> was conducted by Ms. Maria Callias, Consultant Clinical Psychologist from St. George Hospital, London on 9 <sup>th</sup> & 10 <sup>th</sup> February, 2000 at the Centre for Clinical Psychology, University of the Punjab, Lahore.
4	Workshop on <b><u>WAIS-III</u></b> was conducted by Dr. Mazhar Khan, A Clinical Psychologist from the US on 1 <sup>st</sup> March, 2000 at the Centre for Clinical Psychology, University of the Punjab, Lahore.
5	Workshop on <b><u>Cross Cultural Aspects in Psychotherapy</u></b> was conducted by Ms. Urusa Fahim on 19 <sup>th</sup> September, 2000 at the Centre for Clinical Psychology, University of the Punjab, Lahore.
6	Workshop on <b><u>Stress and Stress Management Techniques</u></b> was conducted by Ms. Saadia Akram-Pall, Clinical Psychologist from Canada on 16 <sup>th</sup> April, 2001 from 2:00- 6:00 pm at the Centre for Clinical Psychology, University of the Punjab, Lahore.



7	A 3 day Workshop on <b><u>Direct Observation as Clinical and research Method</u></b> by Dr. Zahid Mehmood, Clinical Psychologist from Scotland on April 23-25, 2002 from 9:00-4:00pm at Department of Special Education, University of the Punjab, Lahore.
8	Workshop on <b><u>Self Hypnosis</u></b> by Dr. Aliya aftab, Clinical Psychologist on October 28, 2002 at Centre for Clinical Psychology, University of the Punjab, Lahore.
9	Workshop on <b><u>Test Construction and Revision</u></b> by Dr. Nigar Khawaja, Clinical Psychologist from Queensland University, Australia on December 12, 2002 at Centre for Clinical Psychology, University of the Punjab, Lahore.
10	Workshop on <b><u>Social Phobia: Assessment and Management</u></b> by Dr. Nigar Khawaja, Clinical Psychologist from Queensland University, Australia on December 17, 2002 at Centre for Clinical Psychology, University of the Punjab, Lahore.
11	Workshop on <b><u>Innovative Treatment Techniques</u></b> by Dr. Zahid Mehmood, Clinical Psychologist from Scotland on December 23, 2002 at Centre for Clinical Psychology, University of the Punjab, Lahore.
12	Workshop on <b><u>Time Management / Planning and Organizational Skills</u></b> by Ms. Saddia Akram Pall, Clinical Psychologist from Canada on December 15, 2003 at Centre for Clinical Psychology, University of the Punjab, Lahore.
13	Workshop on <b><u>Role of Women in Drug Abuse Prevention</u></b> by Anti-Narcotics Force (Punjab) on 15-16 April 2005.
14	Dissemination <b><u>Seminar on Neuroscience and Psychology</u></b> by Government College University on 9 <sup>th</sup> April, 2005.
15	National Seminar on <b><u>Pakistan's Population: Challenges and Opportunities</u></b> on 13 <sup>th</sup> April, 2005 at University of the Punjab, Lahore.
16	Workshop on <b><u>Quality in Psychological Treatment Services: Reflections and Developments</u></b> by Dr. Amra Rao, Clinical Psychologist from UK on February 14, 2006 at Centre for Clinical Psychology, University of the Punjab, Lahore.
17	Workshop on <b><u>Mapping Techniques</u></b> organized by Canada- Pakistan HIV/AIDS Surveillance Project and Punjab AIDS Control Programme on 2-5 August, 2006 at Avari Hotel, Lahore.
18	Workshop on <b><u>Report Writing</u></b> organized by Canada- Pakistan HIV/AIDS Surveillance Project and Punjab AIDS Control Programme on 3-4 October, 2006 at Avari Hotel, Lahore.
19	Workshop on <b><u>Integrated Biological and Behavioral Surveillance</u></b> organized by Canada- Pakistan HIV/AIDS Surveillance Project and Punjab AIDS Control Programme on 2-10 November, 2006 at Avari Hotel, Lahore.
20	Four Days Workshop on <b><u>Therapeutic Uses of Mental Imagery</u></b> by Dr. Anees Sheikh, Clinical Psychologist from Marquette University, Milwaukee, Wisconsin, USA on January 8-12, 2007 at Centre for Clinical Psychology, University of the Punjab, Lahore.

21	Workshop on <b><u>Psychology of Death and Dying</u></b> by Dr. Anees Sheikh, Clinical Psychologist from Marquette University, Milwaukee, Wisconsin, USA on January 17, 2007 at Centre for Clinical Psychology, University of the Punjab, Lahore.
22	Workshop on <b><u>Psychology and Spirituality</u></b> by Dr. Anees Sheikh, Clinical Psychologist from Marquette University, Milwaukee, Wisconsin, USA on January 18, 2007 at Centre for Clinical Psychology, University of the Punjab, Lahore.
23	Workshop on <b><u>Psychology of Happiness</u></b> by Dr. Anees Sheikh, Clinical Psychologist from Marquette University, Milwaukee, Wisconsin, USA on January 19, 2007 at Centre for Clinical Psychology, University of the Punjab, Lahore.
24	Seminar on <b><u>Research Methods</u></b> conducted by Dr. John Oyeboade and Dr. John Rose on 24 <sup>th</sup> April, 2007 at Department of Psychology, GC University, Lahore.
25	Seminar on <b><u>Intervention for Learning Disability and Dementia</u></b> conducted by Dr. John Oyeboade and Dr. John Rose on 25 <sup>th</sup> April, 2007 at Department of Psychology, GC University, Lahore.
26	One Day Orientation Workshop on <b><u>ISI Web of Knowledge</u></b> on May 10, 2007 organized by Punjab University Library, Lahore.
27	Workshop on <b><u>Research Methodology: From Ideas to Publication</u></b> organized by World Psychiatric Association Zone-15 on 24 <sup>th</sup> November, 2007.
28	Workshop on <b><u>CBT for Anxiety Management Using a Manual</u></b> organized by World Psychiatric Association Zone-15 on 25 <sup>th</sup> November, 2007.
29	Workshop on <b><u>Rorschach Comprehensive System</u></b> by Dr. Ana Maria Tuset Beertran on 2 <sup>th</sup> – 30 <sup>th</sup> November 2007 at Frontier Women University, Peshawar.
30	<b><u>Faculty Orientation Program</u></b> 2008 organized by Human Resources Development Centre, University of the Punjab, Lahore.
31	Workshop Series of seven days on <b><u>Imagery in Clinical Practice</u></b> by Dr. Jan Taal, Imagery Therapist from Netherlands on February 20-28, 2008 at Centre for Clinical Psychology, University of the Punjab, Lahore.
32	One day workshop on <b><u>Place of Formulation in Psychotherapy</u></b> by Dr. Amra Rao, Clinical Psychologist from UK on March 19, 2008 at Centre for Clinical Psychology, University of the Punjab, Lahore.
33	Workshop on <b><u>What does it take to lead?</u></b> by Dr. Amra Rao, Clinical Psychologist from UK on April 1, 2008 at Centre for Clinical Psychology, University of the Punjab, Lahore.
34	Training Workshop on <b><u>Research Methodology: Information Resourcing and Research Proposal Development</u></b> from 15- 16 June, 2008 at Department of Psychology, University of Peshawar.
35	Workshop on <b><u>Neurolinguistic Programming</u></b> by Lord Dr. Shaukat Nawaz Khan, Chairman, British Pakistani Foundation in UK on March 2-3, 2009 at Centre for Clinical Psychology, University of the Punjab, Lahore.
36	Workshop on <b><u>Strategic and Provocative Treatment of the Anxiety Disorders</u></b> by Dr. Reid Wilson, USA on 29 <sup>th</sup> – 30 <sup>th</sup> May, 2009 at Melbourne, Australia organized by PsychOz Institute, Melbourne.
37	Workshop on <b><u>People Soft Campus Solutions v9.0</u></b> by Techlogix on April 6-8, 2009 at University of the Punjab, Lahore.

38	Workshop on <b><u>Managing Research Projects: The Effective Ways</u></b> ” organized by University of Veterinary and Animal Sciences & Institute of Research Promotion on August 19-20, 2009 at University of Veterinary and Animal Sciences, Lahore.
39	Workshop on <b><u>Eidetic Model of Growth in People with Intellectual Disability &amp; Associated Issues</u></b> on December 15-17, 2009 organized by Department of Psychology GC University, Lahore in collaboration with Image Analysis Institute, New York, USA.
40	Workshop on <b><u>Data Analysis in Qualitative Research</u></b> by Dr. Urusa Fahim, Clinical Psychologist from US on May 5, 2010 from 10:00 am to 2:30 pm at Centre for Clinical Psychology, University of the Punjab, Lahore.
41	Two Days Workshop on <b><u>How to get published in High Impact Research Journals and Conferences</u></b> organized by Institute of Business & Management, University of Engineering & Technology, Lahore on October 1-2, 2010.
42	Three days workshop on <b><u>Significant Association of Conduct Disorder and Parental Discord</u></b> on 18- 20th April , 2011 at Centre for Clinical Psychology, University of the Punjab, Lahore on December 19-21, 2011.
43	Three Days Workshop on <b><u>Primary Certification in REBT</u></b> organized by Pakistan Association for Clinical Psychologists in Collaboration with Centre for Clinical Psychology, University of the Punjab, Lahore on December 19-21, 2011.
44	One Day Training Workshop on <b><u>NVIVO 9 Software for Qualitative Analysis</u></b> by Mr Rab Nawaz Lodhi on May 12, 2012 at Centre for Clinical Psychology, University of the Punjab, Lahore.
45	Two Days Workshop on <b><u>Counseling Skills</u></b> by Dr I. N. Hassan on May 17-18, 2012 at Centre for Clinical Psychology, University of the Punjab, Lahore.
46	Workshop on <b><u>Designing Qualitative Research</u></b> by on May 13 <sup>th</sup> December, 2012 at Centre for Clinical Psychology, University of the Punjab, Lahore.
47	Workshop on <b><u>Screening for Depression and Planning Mental Health Interventions for People with Diabetes</u></b> by Prof. Dr Jorg Huber from UK on December 16, 2012 at International Conference of Applied Psychology (ICAPP) 2012.
48	One Day workshop on <b><u>Brief Trauma Therapy</u></b> on 31 <sup>st</sup> December, 2014 organized by Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan.
49	Five Days <b><u>Indigenous on-Campus Training Program for Management Team</u></b> on December 1 to 5, 2014 organized by University of the Punjab in collaboration with Higher Education Commission.
50	Seminar on <b><u>Quality Assurance in Education</u></b> organized by Quality Enhancement Cell, University of the Punjab and PIQC Institute of Quality on 3 <sup>rd</sup> April, 2015.
51	<b><u>Additive Behavior in Global Perspective</u></b> organized by Pakistan Institute of Living and Learning.

**RESEARCH WORK (SUPERVISION of Advanced Diploma in Clinical Psychology(ADCP)  
Un Published not yet published)**

- A study of Demographics of Schizophrenia reported in Govt. Hospital for Psychiatric Diseases, Lahore.
- Construction and Validation of Matching Familiar Figure Test (MFFT).
- Development of Local Norms for Offer Self Image Questionnaire (OSIQ) for Adolescents.
- Relationship of self image with different Psychopathologies.
- Psychological Appraisals of Parents of Mentally Retarded Children: An Analysis.
- Development of an individualized Educational Programme for Autistic Children.
- Development of the Norms for Bender Gestalt Test on Pakistani Psychiatric Population.
- Religiosity and REBT Philosophies: Are both interlinked.

**RESEARCH SUPERVISION OF BS (HONS.) IN CLINICAL PSYCHOLOGY**

<b>Sr. #</b>	<b>Students' Name</b>	<b>Title of Research</b>	<b>Year</b>
1	Madiha Saeed	Relationship between Effective Leadership and Emotional Intelligence	2009
2	Hira Fatima	Emotional Intelligence, Psychological Well-being and Conflict Resolution among Different Professional: An Analysis	2009
3	Maryam Zulfiqar Butt	IQ, Emotional Intelligence and its Impact on Academic Achievement of College Students	2009
4	Hira Nadeem	Construct Validity of a Trait-Based Scale of Emotional Intelligence (SEI)	2009
5	Misbah Liaqat	Parenting Styles, Parental Acceptance Rejection and Vulnerability towards Depression in Adolescents	2009
6	Hidna Iqbal	Impact of Parenting Styles and Attachment Patterns on Sibling Relationships	2010
7	Asma Javaid	Relationship of Emotional Intelligence with Psychopathologies and Coping Strategies among Different Professionals	2010
8	Maleeha Taveer	Organizational Stress and Coping Strategies among different Professions	2010
9	Rafia Rehman	Impact of Marital Conflict and Parenting Style on Self-Esteem of Adolescents	2010
10	Amna Tahira	Social Support as Predictor of Psychological Well-Being and Quality of Life among flood Victims of District Muzzafergarh	2011

11	Maria Muhammad Din	Relationship between Caregiver Burden and Quality of Life in Caregivers of Alzheimer's Disease Patients and Caregivers of Kidney Disease Patients	2011
12	Sana Qaisar	Effects of Coping and Social Support on Post-Traumatic Stress among Victims of Muzzafergarh	2011
13	Tanzeela Abbas	Association between Personality Disorders/Traits, Substance Dependence and Relapse	2011
14	Ms. Nayab Ali	Clinical Validation of MMPI-2 (Urdu Version)	2012
15	Ms. Shafaq Saeed	Self –Esteem and Quality of Life: A Comparative Study of Physically Disabled, Psychiatric and Non-Psychiatric Individuals	2012
16	Amina Javed	Perfectionism, Unconditional Self-Acceptance and Debilitating Emotions among Students	2013
17	Rohma Mehak	Positivity Expressivity, Perceived Social Support, Optimism and Psychological Well-being among Institutionalized and Non-Institutionalized Elderly	2013
18	Maryam Habib	Parental Acceptance – Rejection, Anxiety Disorder Symptoms and Emotional Intelligence among Adolescents	2013
19	Riffat Rafiq	Emotional Intelligence, Psychological Well Being and Anxiety Disorder among Adolescents	2013
20	Ms. Mamoona Bukhari	Chronic Pain, Health Locus of Control, Pain Self-Efficacy and Depression in Chronic Pain Patients	2016
21	Ms.Marwa Badar	Body Image Concerns, Self –Esteem, Social Interaction Anxiety and Fear of Negative Evaluation in Men with Androgenetic Alopecia	2016
22	Ms Sidra Zahid	Personality, Impulsivness, Self-Regulation and Impulsive Buying in Young Adults	2017
23	Samer Fatima	Parenting Styles , Moral Identity and Pro Social Behaviours in Adolescents	2017
24	Ms Amna Ayaz	Competitive Anxiety, Mental Toughness and Psychological Wellbeing among Sports Students	2017
25	Taiba Khan	Personality, Mindfulness and Psychological Distress in Young Adults	2018
26	Amna Munir	Attachment Styles, Emotional Maturity and Risk-taking Behaviors in Intact and Broken Home Adolescents	2018
27	Anum Zahra	Development of an Indigenous Scale of Anger	2019
28	Bisma Aleem	Development of an Indigenous Scale of Anger	2019
29	Rameen Sehar	Development of an Indigenous Scale of Anger	2019
30	Maryam Ijaz	Development of an Indigenous Scale of Anger	2019
31	Farah Yousaf	Development of an Indigenous Scale of Anger	2019
32	Muniba Khan	Development of an Indigenous Scale of Anger	2019
33	Fatima Jabeen	Development of an Indigenous Scale of Anger	2019
34	Zarmin Tariq	Development of an Indigenous Scale of Anger	2019

35	Aiman Liaquat	GRIT, Emotion Regulation and Perceived Stress in University Students	2020
37	Warda Batool	Perceived Parenting, Parental Bonding and Tendency towards Bullying / Victimization in Adolescents	2020
38	Anam Ihsan	Trait Emotional Intelligence, Sensation Seeking, Risk-Taking and Delinquency in Adolescents	2020
39	Tayyaba Sabir	Development of Norms for Urdu Achievement Test (Grade 3)	2021
40	Ahmad Khan	Psychological Disorders among Young Adults of Sarwekai, District South Waziristan, Pakistan: Prevalence and Gender Differences	2021
41	Hafiza Rizwana Imdad	Academic Self-Efficacy, Student Engagement and Psychological Distress in University Students During COVID-19	2021
42	Aminah Abdul Khaliq	Development of an Indigenous Scale of Academic Stress for Undergraduates of Biological Sciences	2021
43	Ayesha Areej	Development of Norms for Urdu Achievement Test (GRADE-2)	2021

#### RESEARCH SUPERVISION OF MS IN CLINICAL PSYCHOLOGY

Sr. #	Students' Name	Title of Research	Session
1	Hamna Yousaf	Social-Psychological Correlates of Psychological Well Being among Adolescents in the Era of Terrorism	2010
2	Tayyaba Kiran	Predictors of Relapse From Patient and Caregiver Perspective in Chronic Illness	2010
3	Humaira Naz	Relationship Between Perceived Parental Rearing Behaviors, Attachment Patterns and Anxiety Disorders Symptoms Among Adolescents	2010
4	Faiza Safdar	Emotional Intelligence, Personality Traits, Stress Coping Styles and Mental Disorders among Adults	2010
5	Nazia Bashir	Developmental of an Indigenous Achievement Test of Urdu for Children (6-8) Years	2010
6	Afshi Yahya Khan	The Symptoms of Personality Disorders in Pakistani Culture and Prevalence Estimates for Non Clinical Population of Lahore	2010
7	Syeda Raiha	Relationship between Personality Traits and Coping Strategies Among Adolescents	2011
8	Saba Aslam	Difference in Marital Adjustment, Coping Strategies and Mental Health: A Comparative Study between Infertile Men and Women.	2011

9	Anila S. Mubashir	Relationship among Emotional Intelligence, Self-Esteem and Anger in Adolescents of Lahore City	2011
10	Nazish Habib	A Randomized Control Trial of CBT for Schizophrenia	2011
11	Noreena Kausar	Prevalence of Psychiatric Disorders in General Population of Jalal Pur Jattan, District Gujrat	2012
12	Aliyha Ghumman	Personality Traits and Irrational Beliefs as Predictor of Psychological Distress among Students	2012
13	Saira Noreen	Family Functioning, Personality Traits and Depression among Runaway women	2012
14	Faiza Akram	Personality Traits and Personal values in Relation to Anxiety and Depression in University Students	2012
15	Ayesha Aziz	Perceived Parental Acceptance-Rejection and Quality of Life in Poly-Victimized Adolescents	2012
16	Fouzia Gull	Religiosity, Social Support, Coping Strategies and Subjective Well Being among People living in Old Homes	2012
17	Tanzeela Abbas	Parental Acceptance Rejection, Victimization, and Personality Disorders in Prison inmates	2013
18	Anum Younas	Marital Schemas, Self-Schemas and Marital Satisfaction in Women with Depression	2013
19	Hafiza Zahida Perveen	Efficacy of Metacognitive Therapy for patients with Obsessive Compulsive Disorder	2013
20	Sara Asad	Attachment Orientation, Obsessive Beliefs and Symptom Severity in Patients with Obsessive Compulsive Disorder	2014
21	Aiman Javed	Psychosocial Correlates of Post Traumatic Growth after Myocardial Infarction	2014
22	Amina Javed	Cyber Bullying, Resilience, Psychological Distress and Psychological Well Being of Adolescents	2015
23	Sidrah Kanwal	Personality Traits, Emotion Regulation, and Cognitive Styles of Individuals with Non-Chemical Addictions	2015
24	Jaweria Anum	Mindfulness Based Cognitive Therapy: A New Approach to Prevent Relapse of Depressive Disorder	2015
25	Farwa Chauhdry	Personality, Resilience, Coping Strategies and Quality of Life in Patients with Hepatitis B & C	2016
26	Mubeena Munir	Weight Teasing, Body Esteem, Emotional Dysregulation and Disordered Eating Behaviors in Overweight Adolescents	2017
27	Syeda Shama Mazahir	Callous Emotional Traits, Emotional Dysregulation, Peer Conflict and Psychological Maladjustment in Adolescence from Orphan Ages	2017

28	Saira Yousaf	Poly-Victimization, High Risk Behaviors and Symptoms of Anxiety Disorder in Working in Teenage Boys	2017
29	Urwa Naseer	Attachment Styles, Personality Traits and Autistic Characteristics in Mothers of Children with and without Autism	2018
30	Rida Tahir	Parental Acceptance-Rejection, Cognitive Distortions and Externalizing Behaviors of Adolescents	2018
31	Fatima Qayyum	Psychological Inflexibility, Self-Criticism and Fears of Compassion in patients with Depression	2018
32	Lubna Aslam	Parents' Irrational Beliefs and Parent-Child Interaction as Predictors of Irrational Beliefs in Adolescents	2018
33	Rasheeqa Tahir	Experiential Avoidance, Thwarted Interpersonal Needs, Engaged Living, Suicidal Ideation Patients of Fibromyalgia	2019
34	Sidra Zahid	Efficacy of Cognitive Behavior Therapy in Managing Chronic Pain in Patients of Fibromyalgia	2019
35	Tanzeela Mobeen	Relationship Beliefs, Attachment Styles & Depression in Primary & Secondary Infertile Women	2019
36	Syeda Farwa Batool	Spirituality, Resilience, Depression and Quality of Life of Dialysis Patients	2019
37	Saba Shahid	Lived Experiences of Recovered Patients of Corona: An Exploratory Study	2020
38	Alina Shahid	Psychosocial Predictors of Post-traumatic Growth in Recovered Patients of Corona	2020
39	Anam Bibi	Prevalence of Depression and PTSD in Corona Affected Families	2020
40	Nimra Shahzadi	Psychometric Properties of an Indigenous Scale of Psychopathy	2021
41	Zarveen Tariq	Development of an Indigenous Scale of Illness Anxiety (SIA)	2021
42	Mamoona Yousaf	Development of an Indigenous Scale of Psychopathy	2021

#### RESEARCH SUPERVISION OF MS SPEECH & LANGUAGE PATHOLOGY

Sr. #	Students' Name	Title of Research	Year
1	Maryam Kamran	Efficacy of Social Communication Emotional Regulation Transactional Support (SCERTS) for Functional Autism Spectrum Disorders (ASD'S)"	2016
2	Sumaira Shamir	Measuring Lexical Diversity in Typically Developing Children (2 to 3 Years Old)	2019



3	Nabeeha Azam	Acquisition of Urdu Conjunctions in Typically Developing Children (2-3 years)	2019
4	Aniqa Bukhari	Acquisition of Urdu Pronouns in Typically Developing (2-3 years old Children	2019
5	Sanila Allah Ditta	Personal Narrative Ability 15-18 years old Individuals with Down Syndrome	2019
6	Ayesha Hira	Acoustic Analysis of Voice in Children with Orofacial Clefts and Typically Developing Children.	2020
7	Hafiza Maida Riaz	Effect of Cycle Phonological Pattern Approach in Children with Hearing Aids and Cochlear Implant: A Comparative Study	2020
8	Anum Jamil	Effectiveness of Stuttering Modification Therapy in Adult who Stutter	2020
9	Saba Sattar	Efficacy of Voice Rehabilitation on Acoustic, Aerodynamic and Auditory Perceptual Parameters of Voice in Children with Orofacial Clefts	2020
10	Mehreen Zahra	Efficacy of Traditional Articulation Therapy (TAT) for Articulation Errors in Children with Hearing Aids	2020
1	Maryam Kamran	Efficacy of Social Communication Emotional Regulation Transactional Support (SCERTS) for Functional ASD'S	2016
2	Sumaira Shamir	Measuring Lexical Diversity in Typically Developing Children (2 to 3 Years Old)	2019

#### RESEARCH SUPERVISION OF PH.D IN CLINICAL PSYCHOLOGY

Sr. #	Students' Name	Title of Research	Year
1	Ms. Farzaneh Fouladger	Dysfunctional Attitude and Performance Anxiety among University Students from Iran and Pakistan	Awarded in 2019
2	Noreena Kausar	Stress Management of Caregivers of Children with Autism Spectrum Disorder	2019
3	Namra Shahzadi	Addressing Bullying Behaviors in Schools An Intervention Plan for Teachers and Children	2020
4	Hira Liaquat	Psychosocial Correlates of Chronic Pain and effectiveness of Focusing Oriented Therapy (FOT) in its Management	Synopsis approved through ASRB

5	Ayesha Shahid Sheikh	Correlates of Panic Disorder and its Management with Mindfulness Integrated Cognitive Behavior Therapy (MiCBT)	Synopsis approved through ASRB
6	Uzma Ilyas	Psychological Correlates of Social Anxiety and Therapeutic Efficacy of Acceptance Commitment Therapy (ACT) in Social Anxiety Treatment	Synopsis approved through ASRB
7	Alina Naveed	Development of Symptom Checklist of Dysfunctional areas in Premenstrual Dysphoria Disorder: Efficacy of Cognitive Behaviour Therapy in Treatment of PMDD	Synopsis approved through ASRB
8	Sara Asad	Effectiveness of Group Psychoeducational Intervention to Increase Intentions to Seek Psychological Counseling in University Students	Synopsis approved through ASRB
9	Iqra Sahar	Efficacy of Cue Centered Therapy (CCT) in Exposed Adolescents of Interpersonal Violence	Synopsis approved through ASRB
10	Adeela Umer	Synopsis not decided yet	Re-joined in July, 2021

#### **OTHER RELEVANT FACTS**

- Awarded Roll of Honour in 1993 by Lahore College for Women, Lahore.
- Coordinator of the Training Programme: Advanced Diploma in Clinical Psychology (2000 – 2008).
- Co-ordinator of the Training Programme: BS (Hons.) in Clinical Psychology in September, 2004 through present at the Centre for Clinical Psychology, Punjab University, Lahore.
- Co-ordinator of the Training Programme: MS in Clinical Psychology (2008-2010).
- Panel Member of Admission Committee at Centre for Clinical Psychology, University of the Punjab, Lahore since February, 2000.
- Worked as Data Analyst on a Research Project entitled „Development of Screening Tools“ conducted by Child Care Resource Centre, College of Home Economics, Gulberg, Lahore with the collaboration of UNICEF (2001)
- External Examiner for setting of Paper: Abnormal Psychology at Islamia University, Bahawalpur (2003, 2005)

- Involved in teaching of Course Counseling for Women in Distress at Department of Women Studies, University of the Punjab, Lahore (November, 2003-March 2004).
- Member of a Free Counseling Psychological Services for Working Women at Sanatzar (June, 2002 – June, 2003).
- Member of Organizing Committee of „Health Mela“ organized by University Health Centre (28th – 30th March, 2005).
- Member of Organizing Committee for „Awareness Campaign“ organized by University Health Centre (October 10, 2005).
- Worked as a Consultant Clinical Psychologist at Sheikh Zayed Hospital & Federal Post Graduate Medical Institute, Lahore for the Psychological Management of Earthquake Victims (October, 2005).
- Member of National Curriculum Revision Committee in Psychology organized by Higher Education Commission at Regional Office, Lahore (September, 2005 – December, 2005).
- Assisted in writing Chapter on “Status of Psychology in Pakistan” for the “Handbook of International Psychology” Published in August 2005 by Brunner/ Routledge, New York, USA.
- Assisted in writing Chapter “Psychology of Adolescent Behavior in Pakistan” for Encyclopedia of Adolescence, which was published in August, 2008 by Brunner/ Routledge, New York, USA.
- Member of Board of Studies, Faculty of Life Sciences, University of the Punjab, Lahore. (2006-2008; 2009).
- Developed PC-I (Feasibility Report) for Strengthening the Academic and Research Facilities at the Centre for Clinical Psychology, University of the Punjab, Lahore.
- Developed PC-I (Feasibility Report) for Academic and Research Block of Centre for Clinical Psychology, University of the Punjab, Lahore.
- Worked as a Co-Investigator of Lahore, Incharge, Site Office at Lahore and responsible for Report Writing (Punjab based on the data of Five Cities: Lahore, Multan, Sargodha, Faisalabad and Gujranwala) for the Project of Canada- Pakistan HIV/AIDS Surveillance Project.

- Worked as a Co-Supervisor in an Un Classified Research Project of the Centre for the Psychological Assessment of Police.
- External Examiner for Master's Research Thesis at Institute of Social and Cultural Studies, University of the Punjab, Lahore (December, 2008; Nov, 2011).
- External Examiner for setting of Paper: Abnormal Psychology at Peshawar University, Peshawar (2008).
- Visiting Faculty at Institute of Administrative Sciences, University of the Punjab, Lahore (March, 2009- May, 2009).
- External Examiner for Research Viva Voce Examination of Master's Thesis at Gujrat University, Gujrat (Nov, 2009).
- Resource Person for the Workshop on Rational Emotive Behaviour Therapy at Medecins du Monde-Pakistan on January 8-9, 2010 in Lahore and January 23-24, 2010 in Islamabad.
- Member, Board of Studies at Kinnaird College for Women, Lahore since 2011.
- Member, Quality Enhancement Cell for the Department of Psychology, University of Gujrat (Nomination as a Subject Expert).
- Internal Examiner for MS Thesis of Psychology at University of Gujrat, Gujrat (Nov, 2011-Sep, 2013).
- Working as a Consultant Clinical Psychologist for the Sisters of Saint John of God, Pakistan for the assessment of Sisters at the time of recruitment
- External Examiner for Viva Voce of Psychological Testing Reports of M.Phil in Applied Psychology at Department of Applied Psychology, University of the Punjab, Lahore.
- External Examiner for Master's Research Thesis at Gender Studies, University of the Punjab, Lahore (September, 2012).
- External Examiner for MS thesis at Department of Psychology, Lahore College for Women, Lahore (October, 2010).
- Member of National Curriculum Revision Committee in Psychology organized by Higher Education Commission at Regional Office, Lahore (March, 2013 – June, 2013).

- External Examiner for Research Viva Voce Examination of Ph.D Thesis at Government College University, Lahore (Aug. 2019).
- External Examiner for Research Viva Voce Examination of Ph.D Thesis at Government College University, Lahore (Oct. 2019).
- External Examiner for Research Viva Voce Examination of Ph.D Thesis at Government College University, Lahore (Feb. 2021).
- External Examiner for Research Viva Voce Examination of Ph.D Thesis at Government College University, Lahore (June, 2021).
- Meeting of Board of Studies in Psychology at LCWU
- Review the Articles for Journal of Behavioural Sciences
- Review the Articles for Journal of Arts and Social Sciences
- External Examiner for Clinical Psychology Paper at University of Balochistan, Quetta.
- External Examiner at Garrison Post Graduate College, Phase-VI, Block C, DHA, Lahore.
- Meeting of the Selection Board at GCU, Lahore.