

CV MS. AISHA SITWAT
Assistant Professor
Centre for Clinical Psychology
University of the Punjab
Lahore

Name: Ms. Aisha Sitwat

Title: Assistant Professor

E-mail: aishasitwatqureshi@ccpsy.pu.edu.pk
Sitwata786@yahoo.com
Asq@lhr.comsats.net.pk

Phone Numbers: 9231145, 9231147

Fax Number: 9231146

Postal Address: Centre for Clinical Psychology,
Quaid-i-Azam Campus,
University of the Punjab,
Lahore.

Education:

MSc Applied Psychology, PU, Lahore.
One Year **Advanced Diploma in Clinical Psychology**, Centre for Clinical Psychology, PU, Lahore.
M. Phil: Royal Holloway, University of London, UK.
Ph.D under process from Royal Holloway, University of London, UK

Research Areas

Clinical Psychology, Psychopathology, Therapeutic Intervention, Psychological Assessment, Intellectual assessment, Intercultural issues, somatization, Stress illness relationship, Community Mental Health, Allah's Zikr and Mental Health.

Researches carried out.

1. Najam, N., Sitwat, A. and Kausar, R. (1984). Coping with the grief of death. Unpublished Masters thesis, Applied Psychology Department, Lahore.
2. Sitwat, A. and Bashir, Y. (1988). Urdu adaptation and standardization of Beck Depression Inventory.
3. Sitwat, A. and Zahra, Q. (1989). Adaptation and development of partial local norms for Raven's Progressive Matrices.
4. Sitwat, A. Naseer, S and Maryam, F (1989). Urdu adaptation of Slossons Intelligence Scale.
5. Sitwat, A. and Yunus, M. (1990). Digit Symbol performance in mild Dementia and Depression.
6. Sitwat, A. and Ali, S. A. (1991). Comparative study of parental disharmony among the parents of schizophrenics and normal.
7. Sitwat et al. (1990). Study of change in the attitudes and awareness of male and female school teachers and high school students of Canna Nau Community, around mental health problems, through mental health education.
8. Sitwat, A. and Shakoor, A. (1992). The effect of Cognitive Behavior Therapy on Depression. A Case Study.
9. Sitwat, A and Akbar, M. (1992). The effects of Catharsis, Cognitive and Behaviour therapy on a subject with anxiety and personality disorder.
10. Sitwat, A. and Tabassum, S. (1994). A case study of the effects of Cognitive, Behavior and family therapy on a depressed child with behavior problems.
11. Sitwat, A. and Tabassum, S. (1994). The effect of Eclectic approach on oppositional Defiant Disorder.
12. Rahman, N.K. and Sitwat, A. (1997) Development of an indigenous psychiatric symptom checklist.
13. Sitwat, A. (2002). Validity study of the symptom checklist.
14. Sitwat et al. (1993) effects of Cognitive and Behavior therapy in the Rehabilitation of chronic schizophrenics.
15. Sitwat, A. (2004). Minor Psychiatric symptomatology, Life events, Social Support, Religion and Coping: A study of Pakistani Muslim Women Immigrants in Britain. (PhD Thesis, under preparation).

Publications

Experience

- Hold full time teaching position as a lecturer at Centre for Clinical Psychology, from October, 1987. Working as an Assistant Professor from October, 2003.
- Taught course of statistics to undergraduate students of "London School of Osteopathy" U.K. (2001).

- Took tutorial of undergraduate psychology students at the Royal Holloway University of London.
- Worked as a Clinical Psychologist in the department of Psychiatry, Rawalpindi General Hospital, Rawalpindi, on one year contract with the Health Department 1986-1987.
- Worked as a Honorary Clinical Psychologist in the department of Psychiatry, Services Hospital, Lahore (April, 1987-sept 1987).

Honors

- Life member of Pakistan Psychological Association (PPA).
- Member of Pakistan Association of Clinical Psychologists (PACP).
- Due to importance of Ph.D. research project, travel grant by Tregaskis Trust Fund, London University has been awarded for the project.