

# CONFERENCE PROGRAM

## DAY 1 (19th December, 2023)

Time 11:00 a.m. to 12:30 p.m.

<b>Symposium I</b> <i>Rescanning Resilience in Mental Health</i>	<b>Symposium II</b> <i>Healing through Eclectic Intervention</i>	<b>Symposium III</b> <i>Self-Harm and Suicide</i>
<b>Session Chair: Prof. Dr. Shazia Hassan</b> , Head, Department of Psychology, University of Central Punjab, Lahore <b>Session Co-Chair: Dr. Alia Asmat</b> , Associate Professor, Department of Psychology, University of Central Punjab, Lahore. <b>Session Co-Chair: Dr. Bushra Naz</b> , Assistant Professor, Department of Psychology, University of Central Punjab, Lahore	<b>Session Chair: Dr. Mahwesh Arooj Naz</b> , In-charge, Clinical Psychology Unit, Government College University, Lahore <b>Session Co-Chair: Ms. Sara Asad</b> , Lecturer, Department of Applied Psychology, Kinnaird College for Women University, Lahore.	<b>Session Chair: Prof. Dr. Saima Dawood</b> , Director, Centre for Clinical Psychology, University of the Punjab, Lahore <b>Session Co-Chair: Ms. Mubeena Munir</b> , Lecturer, Department of Applied Psychology, LCWU, Lahore

Time 12:30 p.m. to 1:30 p.m. (Break)

Time 1:30 p.m. to 3:00 p.m.

<b>Symposium IV</b> <i>Mental Health Problems at Workplace</i>	<b>Symposium V</b> <i>Media related Issues and Wellbeing</i>	<b>Symposium VI</b> <i>Innovative Treatment for Anxiety Disorders</i>
<b>Session Chair: Dr. Nida Zafar</b> Assistant Professor, Department of Psychology, Lahore Garrison University, Lahore <b>Session Co-Chair: Ms. Nazish Habib</b> , Clinical Psychologist, Pakistan Institute of Mental Health (PIMH), Lahore	<b>Session Chair: Dr. Fouzia Naz</b> Head, Department of Psychology, Govt. Islamia Graduate College for Women Cooper Road, Lahore <b>Session Co-Chair: Ms. Sadaf Saleem</b> , Clinical Psychologist, Pakistan Institute of Mental Health (PIMH), Lahore	<b>Session Chair: Dr. Anila Sadaf Mubashir</b> , Head, Department of Applied Psychology, National University of Modern Languages, Rawalpindi <b>Session Co-Chair: Ms. Amna Bashir</b> , Clinical Psychologist, Government Shadab Training Institute of Special Education, Lahore

Time 3:00 p.m. to 3:30 p.m.

**Key Note Address: *Interoception: Measurement and Individual Differences***

**Dr. Jennifer Murphy**

Assistant Professor, Department of Psychology, Royal Holloway, University of London, UK

## DAY II (20<sup>th</sup> December, 2023)

Time 11:00 a.m. to 12:00 noon

**Symposium VII: *Navigating Mental Health: Insights from Diverse Perspectives***

**Session Chair: Prof. Dr. Shahida Batool**, Department of Psychology, Government College University, Lahore  
**Session Co-Chair: Ms. Ayesha Shahid Shiekh**, Clinical Psychologist, Rashid Latif Medical Hospital, Lahore.

Time 12:00 noon to 12:30 p.m.

**Key Note Address: *Increasing Challenges for Clinical Psychology in Existing Digital Era***

**Prof. Dr. Uday K. Sinha,**

Head, Department of Clinical Psychology, Institute of Human Behaviour and Allied Sciences, Delhi, India

Time 12:30 p.m. to 1:30 p.m.

**Key Note Address: *AAC Emerging Trends in Speech and Language Pathology***

**Dr. Nimisha Muttiah**

Assistant Professor, Department of Disability Studies, University of Kelaniya, Sri Lanka

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**Time 1:30 p.m. to 2:30 p.m. (Break)****Time 2:30 p.m. to 5:00 p.m. (Inaugural Ceremony)**

2:30 p.m. -2:45 p.m.	<b>Guests to be seated</b>
2:45 p.m. -2:50 p.m.	<b>Recitation of Holy Quran</b>
2:50 p.m. -3:00 p.m.	<b>Welcome Address: Prof. Dr. Saima Dawood, Director, CCP, PU.</b>
3:00 p.m. -3:10 p.m.	<b>Address by the Worthy Vice Chancellor: Prof. Dr. Khalid Mahmood</b>
3:10 p.m. -3:20 p.m.	<b>Address by the Chief Guest</b>
3:20 p.m. -3:40 p.m.	<b>Presentation of Shields to Guests</b>
3:40 p.m. -4:00 p.m.	<b>Tea Break</b>
4:00 p.m. -5:00 p.m.	<b>Key Note Address: <i>Clients with Complex Mental Health Needs &amp; Trauma Informed Services</i> Prof. Dr. Ghazala Rehman, HCPC Registered Practitioner Clinical Psychologist, Visiting Researcher, University of Surrey, UK</b>

**DAY III (21st December, 2023)****Scientific Sessions****Time 9:00 a.m. to 10:30 a.m.**

<b>1: Psychological Adjustment &amp; Well Being</b>	<b>2: Psychological Interventions</b>	<b>3: Evidence-based Practice in Speech and Articulation</b>
<b>Chair: Aisha Sitwat</b> Assistant Professor (Retd.), Centre for Clinical Psychology, University of the Punjab, Lahore <b>Co-Chair: Ms. Rabia Dasti</b> Lecturer, Centre for Clinical Psychology, University of the Punjab, Lahore	<b>Chair: Prof. Dr. Masha Asad</b> Dean, Humanities & Social Sciences, Kinnaird College for Women University, Lahore <b>Co-Chair: Ms. Uzma Ilyas</b> Lecturer, Department of Psychology, University of Central Punjab, Lahore	<b>Chair: Prof. Dr. Sikandar Khan</b> Head, Department of Allied Health Sciences, University of Lahore, Lahore <b>Co-Chair: Dr. Nayab Iftikhar</b> Assistant Professor, Centre for Clinical Psychology, University of the Punjab, Lahore

**Time 10:30 a.m. to 12:00 p.m.****Panel Discussion: *Latest trends in Psychotherapeutic Interventions focusing on Improving Mental Health and Promoting Rehabilitation***

**Chairs: Prof. Dr. Nashi Khan**, Dean, Faculty of Social Sciences (FSS), Director, Counseling and Wellness Centre (CWC), Director & HOD, Department of Professional Psychology, Rashid Latif Khan University, Lahore  
**Chair: Dr. Iram Bokharey**, Chief Clinical Psychologist (Retd.), Department of Psychiatry & Behavioral Sciences, Mayo Hospital, Lahore

**Panelists**

Dr. Aisha Sitwat, Assistant Professor (Retd.), Centre for Clinical Psychology, University of the Punjab, Lahore  
Ms. Aqila Unbrin, Senior Clinical Psychologist, Punjab Institute of Mental Health, Lahore  
Ms. Fakhra Wakil, Senior Clinical Psychologist, Department of Psychiatry & Behavioral Sciences, Mayo Hospital, Lahore  
Dr. Mirrat Gul, Senior Clinical Psychologist, Department of Psychiatry & Behavioral Sciences, Mayo Hospital, Lahore.  
Dr. Mohsina Najeeb, Chief Clinical Psychologist (Retd.), Department of Psychiatry & Behavioral Sciences Mayo Hospital, Lahore  
Ms. Nazish Habib, Senior Clinical Psychologist, Punjab Institute of Mental Health, Lahore  
Mrs. Nilofar Afaq, Principal Clinical Psychologist (Retd.), Services Hospital, Lahore  
Dr. Shahida Tanveer, Clinical Psychologist (Retd.), Services Hospital, Lahore  
Dr. Tanveer Nasar, Chief Clinical Psychologist (Retd.), Department of Psychiatry & Behavioral Sciences Mayo Hospital, Lahore  
Dr. Urusa Fahim, Acting Head, Department of Psychiatry, Nur International University, Lahore  
Dr. Uzma Ashiq, Head, Department of Gender and Development Studies, Lahore College for Women University, Lahore

Time 11:00 a.m. to 12:30 p.m.		
<b>4: Islamic Perspective of Mental Health and Positive Psychology</b>	<b>5: Etiological Factors and Symptomatology of Clinical Disorders</b>	<b>6: Evidence based Practice in Hearing and Audiology</b>
<b>Chair: Prof. Dr. Rafia Rafique</b> Director, Institute of Applied Psychology, University of Punjab, Lahore <b>Co-Chair: Dr. Humaira Naz</b> Assistant Professor, Centre for Clinical Psychology, University of the Punjab, Lahore	<b>Chair: Prof. Dr. Amina Muazzam</b> Chairperson, Department of Applied Psychology, Lahore College for Women University, Lahore. <b>Co-Chair: Dr. Ayesha Aziz</b> Assistant Professor, Department of Professional Psychology, Bahria University Lahore Campus, Lahore	<b>Chair: Dr. Munawar A. Malik</b> Assistant Professor, Department of Special Education, University of the Punjab, Lahore. <b>Co-Chair: Dr. Nayab Iftikhar</b> Assistant Professor, Centre for Clinical Psychology, University of the Punjab, Lahore
Time 12:30 p.m. to 2:00 p.m.		
<b>7: Trauma &amp; Post Traumatic Growth</b>	<b>8: Age related Transitions and Crises</b>	<b>9: Emotional Regulation and Psychosocial Wellness</b>
<b>Chair: Prof. Dr. Nashi Khan</b> Director & HOD, RLDPP, Rashid Latif Khan University, Lahore <b>Co. Chair: Dr. Nazia Bashir</b> Clinical Psychologist, Centre for Clinical Psychology, University of the Punjab, Lahore.	<b>Chair: Dr. Urooj Sadiq</b> Associate Professor, Department of Professional Psychology, Bahria University Lahore Campus <b>Co-Chair: Dr Aasma Yousaf</b> Assistant Professor, Centre for Clinical Psychology, University of the Punjab, Lahore	<b>Chair: Dr. Shameen Fatima</b> Head, Department of Psychology COMSATS University, Lahore <b>Co-Chair: Ms. Rakia Ashraf</b> Clinical Psychologist, Lady Wallington Hospital, Lahore.
Time 2:30 p.m. to 4:00 p.m.		
<b>Panel Discussion: Latest trends in Biomedical Approach in dealing with Mental Health Problems and Promoting Rehabilitation</b>		
<b>Chair: Prof. Dr. Saad Bashir Malik</b> , Head, Department of Psychiatry, Shalamar Medical College, Lahore		
<b>Panelists</b>		
Prof. Dr. Abdul Shakoor, Head, Department of Psychiatry, Shaikh Zayed Hospital, Lahore		
Prof. Dr. Ali Madeeh Hashmi, Head, Department of Psychiatry & Behavioral Sciences, Mayo Hospital, Lahore		
Prof. Dr. Altaf Qadir, Head (Retd.), Department of Psychiatry, Lahore General Hospital, Lahore		
Prof. Dr. Ehsan Ullah, Head, Department of Developmental & Behavioral Paediatrics, Children Hospital, Lahore)		
Prof. Dr. Imran Ijaz Haider, Head, Department of Psychiatry, Fatima Memorial Hospital, Lahore		
Prof. Dr. Imtiaz Ahmad Dogar, Head, Department of Psychiatry & Behavioral Sciences, Medical University, Faisalabad		
Prof. Dr. Nazish Imran, Head, Family and Child Psychiatry, Fatima Memorial Hospital, Lahore		
Prof. Dr. Niaz Maqsood, Head, Department of Psychiatry, Quaid-e-Azam Medical College, Bahawalpur		
Prof. Dr. Sumira Qambar, Head, Department of Psychiatry, Services Hospital, Lahore		
Time 2:30 p.m. to 4:00 p.m.		
<b>10: Familial and Interpersonal Relationships</b>	<b>11: Indigenous Scale Development</b>	
<b>Chair: Dr. Afsheen Gul</b> Head, Department of Psychology, Kinnaird College for Women University, Lahore <b>Co-Chair: Ms. Hira Liaquat</b> Lecturer, Centre for Clinical Psychology, University of the Punjab, Lahore	<b>Chair: Prof. Dr. Salma Hassan</b> Chairperson, Department of Psychology, Government College University, Lahore <b>Co-Chair: Dr. Faiza Safdar</b> Assistant Professor, Centre for Clinical Psychology, University of the Punjab, Lahore	
<b>Concluding Session: Appreciation and Shield Distribution Ceremony to Organizing Committee</b>		

# SYMPOSIUMS

## Symposium I: Rescanning Resilience in Mental Health

**Time:** 11:00 a.m. to 12:30 p.m. – **Venue:** Room No. A

**Key Note Speaker:** Prof. Dr. Shazia Hasan, Head, Department of Psychology, University of Central Punjab, Lahore

**Session Chair:** Prof. Dr. Shazia Hasan, Head, Department of Psychology, University of Central Punjab, Lahore

**Session Co-Chair:** Dr. Alia Asmat, Associate Professor, Department of Psychology, University of Central Punjab, Lahore.

**Session Co-Chair:** Dr. Bushra Naz, Assistant Professor, Department of Psychology, University of Central Punjab, Lahore.

Title	Authors & Affiliation
Parental Bonding and Suicide; Moderated by Thwarted Belongingness in Young Adults	Hafsa Tayyab & Prof. Dr. Shazia Hasan Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
Dysfunctional Beliefs, Suicide Risk in Patients with Insomnia	Zaira Harm, Prof. Dr. Shazia Hasan & Sehar Waheed Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
Perceived Parenting styles and Cognitive Distortions as Risk Factors of Persistent Depressive Disorder	Zeenat Shoukat, Prof. Dr. Shazia Hasan & Hafsa Tayyab Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
Predisposing and Perpetuating Factors of Depression in Patients with Depression	Kainat Ahmad, Alia Asmat & Anam Nawaz Malik Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
Unveiling Risk Factors of Suicidal Ideations and Behaviors in Patients with Mental Disorders: A Qualitative Study	Roma Sarwar & Alia Asmat Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
Self-Silencing, Psychological Distress & Self-harm in Children	Zainab Nadeem & Dr. Bushra Naz, Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
Psychological Distress, Work Motivation and Professional Competency in Medical Professionals	Dr. Bushra Naz, M. Salman, Dr. Kashif Fida & M. Zohaib Khan Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

## Symposium II: Healing through Eclectic Intervention

**Time:** 11:00 a.m. to 12:30 p.m. – **Venue:** Room No. B

**Key Note Speaker:** Dr. Mahwesh Arooj Naz, In-charge, Clinical Psychology Unit, Government College, University, Lahore.

**Session Chair:** Dr. Mahwesh Arooj Naz, In-charge, Clinical Psychology Unit, Government College University, Lahore.

**Session Co-Chair:** Ms. Sara Asad Department of Applied Psychology, Kinnaird College for Women University, Lahore.

Title	Authors & Affiliation
Effectiveness of Mindfulness Training among Nurses experiencing Mental Health Problems	Zainab Ali & Dr. Mahwesh Arooj Naz Clinical Psychology Unit, Government College University, Lahore.
Psychological Assessment and Intervention For Psychosocial Problems in Physically Disabled University Students	Syeda Ramish Batool & Dr. Mahwesh Arooj Clinical Psychology Unit, Government College University, Lahore.
Forgiveness Therapy to build Hope and reduce anxiety and Depression in Battered Women	Sana Nisar & Dr. Rabia Iftikhar Government College University, Lahore.
School-based REBT Intervention Program for Internalizing Problems in Adolescents	Dr. Rabia Iftikhar & Saniya Kiyani Clinical Psychology Unit, Government College University, Lahore.
Efficacy of Meaning Therapy for Well-Being of Depressed and Anxious Young Adults	Sana Yaqeen & Dr. Saadia Dildar Government College University, Lahore.
Efficacy of DBT Skills Training for Adolescent Well-being	Maheen Hamid & Dr. Saadia Dildar Clinical Psychology Unit, Government College University, Lahore.
Effectiveness of Acceptance and Commitment Therapy in Patients with Depression	Isra Sarwar & Dr. Ayesha Majeed Clinical Psychology Unit, Government College University, Lahore

Mental Health Problem of Abused Children: Efficacy of Trauma Focused Cognitive Behavior Therapy	Sarosh Jamshaid Butt & Dr. Ayesha Majeed Clinical Psychology Unit, Government College University, Lahore
Effectiveness of Emotion Regulation Training on Reducing Burnout and Improving Resilience among Emergency Department House-Job Residents	Naima Kiran & Farhan Hashmi Clinical Psychology Unit, Government College University, Lahore.
Effectiveness of Social Skill Training Program for Rejection Sensitivity	Zahida Kousar & Farhan Hashmi Government College University, Lahore

### Symposium III: Self-Harm and Suicide Prevention

Time: 11:00 a.m. to 12:30 p.m – Venue: Room No C

**Key Note Address:** Prof. Dr. Saima Dawood, Director, Centre for Clinical Psychology, University of the Punjab, Lahore

**Session Chair:** Prof. Dr. Saima Dawood, Director, Centre for Clinical Psychology, University of the Punjab, Lahore.

**Session Co - Chair:** Ms. Mubeena Munir, Lecturer, Department of Applied Psychology, LCWU, Lahore

Title	Authors & Affiliation
Family Communication Patterns, Alexithymia and Functions of Non-suicidal Self-injury among a Clinical Sample of Young Female Adults	Sara Asad & Iqra Department of Applied Psychology, Kinnaird College for Women University, Lahore
Role of Parenting Styles, Peer Support and Communication Patterns in Suicidal Ideation Among Adolescents	Memoona Naz & Dr. Aisha Zubair National Institute of Psychology, Quaid-i-Azam University, Islamabad.
The Impact of Adult Attachment, Forgiveness, and Resilience on Suicidal Ideation in Prolonged Grief: A Comprehensive Analysis	Anam Nawaz Malik & Dr. Alia Asmat University of Central Punjab, Lahore.
Social Networking Addiction, Violent Attitudes, and Suicidal Ideation in Emerging Adults	Shumaila Nawaz, Dr. Farzana Ashraf & Ahtsham ul Haq Department of Humanities, COMSATS University Islamabad, Lahore Campus
Negative Problem Orientation, intolerance of uncertainty and suicidal ideation	Hina Sabir & Zainab Govt. Islamia Graduate College, Cooper Road, Lahore
Emotional Dysfunction, Self-efficacy, Outcome Expectancy and Rumination in Patients with NSSI Behaviors	Fakhra Wakil & Prof. Dr. Saima Dawood Department of Psychiatry & Behavioral Sciences, Mayo Hospital, Lahore & Centre for Clinical Psychology, University of the Punjab, Lahore
Association of Self-harm with Childhood Maltreatment and Self-esteem among Adults with Self-harm Behaviors	Prof. Dr. Saima Dawood Centre for Clinical Psychology, University of the Punjab, Lahore
Attachment Quality and Deliberate Self-Harm Behavior in Adolescents	Fatima Jabeen & Prof. Dr. Saima Dawood Centre for Clinical Psychology, University of the Punjab, Lahore

### Symposium IV: Mental Health Problems at Workplace

Time: 1:30 p.m. – 3:00 p.m. – Venue: Room No. A

**Key Note Address:** Dr. Nida Zafar, Assistant Professor, Lahore Garrison University, Lahore

**Session Chair:** Dr. Nida Zafar, Assistant Professor, Lahore Garrison University, Lahore.

**Session Co-Chair:** Ms. Nazish Habib, Clinical Psychologist, Pakistan Institute of Mental Health (PIMH), Lahore

Title	Authors & Affiliation
Organizational Factors and Deviant Workplace Behaviors in University Teachers: Moderating Role of Emotional and Social Intelligence	Shamsa Kanwal & Dr, Nida Zafar Department of Psychology, Lahore Garrison University, Lahore
Organizational Climate, Work Addiction and Work Well-Being in University Teachers: The Mediating Role of Organizational Commitment	Shumaila Muhammad Ali & Dr, Nida Zafar Department of Psychology, Lahore Garrison University, Lahore
Perceived Micromanagement Leadership Style, Creativity and Workplace Well-being among University Teachers: Mediating Role of Self-efficacy	Umme-Rubab & Dr. Nida Zafar Department of Psychology, Lahore Garrison University, Lahore

Techno-Stress, Cyber-Slacking, Work Procrastination and Job Performance among University Teachers	Zargull & Dr. Nida Zafar Department of Psychology, Lahore Garrison University, Lahore
Career-related Decision Making in Undergraduate Students: A Focus Group Study	Areeb Gohar & Mubeena Munir Punjab Higher Education Department, Nankana Sahib & Department of Applied Psychology, Lahore College for Women University, Lahore.
Analyzing the Interplay of Personality Traits, Self-Efficacy and Handling Bullying among School Teachers	Wajeaha Jahangir & Urooj Nazir Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
Sleep Quality, Perceived Stress and Burnout in Software Engineers	Hafsa Jabeen & Sana Nauman Fazaia College of Education for Women Cantt. Lahore
<b>Symposium V: Media Related Issues and Well-being</b> <b>Time:</b> 1:30 p.m. – 3:00 p.m. – <b>Venue:</b> Room No. B	
<b>Key Note Address:</b> Dr. Fauzia Naz, Principal, Government Islamia Graduate College, Lahore.	
<b>Session Chair:</b> Dr. Fauzia Naz, Principal, Government Islamia Graduate College, Lahore. <b>Session Co-Chair:</b> Ms. Sadaf Saleem, Clinical Psychologist, Pakistan Institute of Mental Health (PIMH), Lahore.	
<b>Title</b>	<b>Authors &amp; Affiliation</b>
Relationship Between Social Media Addiction and Urgency	Zahra Amir & Dr. Afshi Yahya Khan Forman Christian College University, Lahore
Relationship of Smartphone Usage, Disclosure and Interpersonal Closeness Among Undergraduate Students	Sarah Arif & Maryam F. Munir Forman Christian College (A Chartered University), Lahore
Smartphone Addiction, Loneliness and Self-esteem Among Young Adults	Neda Nawaz, Ms. Sameen Fatima Asghar & Izza Zaheer Department of Applied Psychology, School of Professional Psychology, University of Management and Technology, Lahore
Unveiling the Dark Side of Digital Interactions: Predictors of Cyberbullying Perpetration Among University Students	Maryam Javed, Dr. Aisha Zubair & Nurmeen Bakhtawar Niazi National Institute of Psychology, Quaid-e-Azam University, Islamabad.
Role of Social Capital in Mental Health Outcomes and Wellbeing in Pakistani Adolescents	Prof. Dr. Rabia Khawar, Maria Manzoor, Samavia Hussain, Memoona Aslam, Ms. Hira Ahmad, Dr. Rizwana Amin, Prof. Dr. Imtiaz Ahmed Dogar & Dr. Ammara Butt Department of Applied Psychology, Government College University, Faisalabad
Social Media Addiction: The usage of Social Media Platforms and its relationship with Self-Esteem and Depression	Dr. Noreen Jaffri, Tehmina Jabeen, Sidra Farooq Butt & Fatima Husain Institute of Professional Psychology, Bahria University Karachi Campus
Coping Strategies as Predictors for Psychological Distress and Interpersonal Relationship Anxiety in Electronic Media Crime Reporters	Hamna Imtiaz & Dr. Fauzia Naz Department of Applied Psychology, Government Islamia Graduate College, Lahore
Impact of Beauty Conceptualization and Body Esteem on Instagram Use in Female University Students	Abeera Latif, Fatima Kamran & Muhammad Latif Javed Applied Psychology, University of the Punjab, Lahore
<b>Symposiums VI: Innovative Treatment on Anxiety</b> <b>Time:</b> 1:30 p.m.– 3:00 p.m. – <b>Venue:</b> Room No. C	
<b>Key Note Address:</b> Dr. Anila Sadaf Mubashir, Head of Department, National University of Modern Languages, Rawalpindi	
<b>Session Chair:</b> Dr. Anila Sadaf Mubashir, Head, Department of Applied Psychology, National University of Modern Languages, Rawalpindi. <b>Session Co-Chair:</b> Ms. Amna Bashir, Clinical Psychologist, Government Shadab Training Institute of Special Education, Lahore.	
<b>Title</b>	<b>Authors &amp; Affiliation</b>
Exposure Therapy in the Brief Treatment of Social Anxiety Disorder	Rida Kainaat & Dr. Anila Sadaf Mubashir National University of Modern Languages, Rawalpindi
From Control to Confidence: A CBT Journey in Mitigating Social Anxiety Disorder with	Umza Muhammad & Dr. Anila Sadaf Mubashir National University of Modern Languages, Rawalpindi
Authoritarian Parenting – A Clinical Case Study	

Cognitive behavioral Therapy For Obsessive-Compulsive Disorder: Exploring the Impact of Covid-19 on Contamination Obsessions Through a Comprehensive Clinical Case Study	Ayesha Akram & Dr. Anila Sadaf Mubashir National University of Modern Languages, Rawalpindi
An Integrated Treatment Approach to Adolescent Adjustment Disorder: Case Study of a 15-Year Old.	Sadia Sohail & Dr. Anila Sadaf Mubashir National University of Modern Languages, Rawalpindi
The Efficacy of Cognitive Distortion” Focused Cognitive Behavioral Therapy as Non Pharmacological Intervention for Generalized Anxiety Disorder. A Clinical Case Study	Saaleka Javed Durrani & Dr. Anila Sadaf Mubashir National University of Modern Languages, Rawalpindi
<b>Symposium VII: Navigating Mental Health: Insights from Diverse Perspectives</b> <b>Time: 11:00 a.m.– 12:00 Noon – Venue: Room No. A</b>	
<b>Key Note Address:</b> Prof. Dr. Syeda Shahida Batool, Department of Psychology, Government College University, Lahore.	
<b>Session Chair:</b> Prof. Dr. Syeda Shahida Batool, Department of Psychology, Government College University Lahore. <b>Session Co-Chair:</b> Ms. Ayesha Shahid Shiekh, Clinical Psychologist, Rashid Latif Medical Hospital, Lahore.	
<b>Title</b>	<b>Authors &amp; Affiliation</b>
Effects of Worry Postponement on Health Behaviors among University Students in Pakistan	Dr. Sarah Mahmood & Prof. Dr. Syeda Shahida Batool Department of Applied Psychology, Bahauddin Zakariya University, Multan, & Department of Psychology, Government College University Lahore
Correlates of Wellbeing of Medical Students: Learned Helplessness as a Mediator	Najwa Bashir & Prof. Dr. Syeda Shahida Batool Department of Psychology, Government College University, Lahore
Emotional and Psychological Pain among Parents of Children with Autism Spectrum Disorder: A Qualitative Study	Dr. Arooj Zahra Rizvi & Prof. Dr. Syeda Shahida Batool Department of Clinical Psychology, Superior University, Faisalabad Campus & Department of Psychology, Government College University, Lahore.
Marital Forgiveness, Commitment and Burnout as Determinants of Mental Health among Married Individuals	Hira Jahangier & Prof. Dr. Syeda Shahida Batool Department of Psychology, Government College University, Lahore
Social Axioms as Predictors of Psychological Well-being: A Longitudinal Study	Afia Rasool & Prof. Dr. Syeda Shahida Batool Department of Psychology, Government College University, Lahore
<b>Concluding Session:</b>	
<b>Appreciation and Shield Distribution Ceremony to Organizing Committee</b>	

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# SCIENTIFIC SESSIONS

## Scientific Session 1: Psychosocial Adjustment and Well-being

**Time:** 9:00 a.m. – 10:30 a.m. - **Venue:** Room No. A

**Session Chair:** Dr. Aisha Sitwat, Assitant Professor (Retd.), Centre for Clinical Psychology, University of the Punjab, Lahore.

**Session Co-Chair:** Ms. Rabia Dasti, Lecturer, Centre for Clinical Psychology, University of the Punjab, Lahore.

Title of the Paper	Authors & Affiliation
Experiences of Parents Dealing with Pubertal Issues of Children with Autism Spectrum Disorder	Farhan Hashmi & Rida Mehmood Clinical Psychology Unit, Government College University, Lahore.
Self-Concept, Social Exclusion and Mental Health in Young Adults with Visual Impairment	Farhan Hashmi & Syed Mehir Ali Gillani Clinical Psychology Unit, Government College University, Lahore.
Quiet Ego, Coping Self-Efficacy and Flourishing among Mothers of Children Diagnosed with Autism Spectrum Disorder	Sara Asad & Fatima Sajjad Department of Applied Psychology, Kinnaird College for Women University, Lahore
Mental Health Literacy, Health Beliefs and Psychological Help-Seeking Attitudes in University Students	Yuserah Yasir & Prof. Dr. Rafia Rafique Institute of Applied Psychology, University of the Punjab, Lahore.
Unveiling the Outcomes of Climate Change in Millenials	Fatima & Alia Asmat University of Central Punjab, Lahore
Dark Triad and Alexithymia in University Students	Amees Shakil & Umaiza Butt University of Management & Technology, Lahore
Gratitude, Work Stress And Psychological Well-Being in Administrative Employees	Khadija Ahmad, Khadija Nadeem, & Ms. Uzma Sarwar Department of Psychology, Govt. College Women University, Sialkot
The Impact of Shyness and Self-Esteem on Psychological Well-being among University Students	Aisha Shakeel, Ayesha Azam, Rukha Faisal, Maham Sahi, Saqlain khan, Saneha Kanwal, Anfal Farooq, & Abdulrehman Department of Psychology, University of Sialkot, Sialkot
The Role of Self-Compassion in Fostering Psychological Well-being of Emerging Adults	Zainab Vaqar Kirmani & Dr. Kiran Bashir Ahmad, Institute of Professional Psychology, Bahria University, Karachi Campus
A Comparative Analysis of the Attitudes towards Psychological Help Seeking and Psychological Distress Levels among Transgender Individuals in Pakistan	Shakir Adam, Yusra Khan & Dr. Kiran Bashir Ahmad Institute of Professional Psychology, Bahria University, Karachi Campus

## Scientific Session 2: Psychological Interventions

**Time:** 9:00 a.m. – 10:30 a.m. - **Venue:** Room No. B

**Session Chair:** Prof. Dr. Masha Asad, Department of Psychology, Kinnaird College for Women University, Lahore

**Session Co-Chair:** Ms. Uzma Ilyas, Lecturer, Department of Psychology, University of Central Punjab, Lahore

Title of the Paper	Authors & Affiliation
Exploring the Home and School-based Strategies for Children with Cerebral Palsy: A Phenomenological Study	Dr. Rabia Khawar, Amber Baseer, Asma Majeed & Arooj Nazir University of Central Punjab, Lahore.
Effectiveness of Emotion Regulation Training on Reducing Burnout and Improving Resilience among Emergency Department House-Job Residents	Farhan Hashmi & Naima Kiran Clinical Psychology Unit, Government College University, Lahore
Four Sessions Brief Culturally Adapted Cognitive Behavior Therapy (BCA-CBT) For Panic Disorder: A Case Study	Muhammad Aslam Recovery Addiction Treatment Psychiatric Rehab & Psychotherapy Centre, Lahore
Training Mothers for Behavior Management of Internet Gaming Disorder	Hira Fakher & Dr. Humaira Naz Centre for Clinical Psychology, University of the Punjab, Lahore
CBT based Lifestyle Modifications in Women diagnosed with Polycystic Ovary Syndrome	Ayesha Areej & Dr. Humaira Naz Centre for Clinical Psychology, University of the Punjab, Lahore
Stress, Psychological Mindedness and Treatment	Ziasma Haneef Khan & Aneeq Ahmad



Orientation in University Students	University of Karachi, Pakistan.
Issues and Challenges Faced by Healthcare Professionals in the Treatment of Substance Use Disorders across Different Provinces of Pakistan: A Comparative Study	Dr. Anila Sadaf Mubashir, Dr. Rizwana Amin, Beenish Shahzad, M. Abdullah Khan, Shanza Kaynat, Urba, & Rida Kainat Department of Applied Psychology, National University of Modern Languages, Rawalpindi
Effectiveness of Mental Health Education Programme for Adolescents	Fujimura Hikaru Abida & Dr. Nazia Bashir Centre for Clinical Psychology, University of the Punjab, Lahore
Reducing Caregiver Burden of Bipolar Patient: Effectiveness of Psychoeducation and Coping Skills.	Gulrukh Zaman Khan, Sidra Farooq Butt, Tehmeena Jabeen & Dr. Noreen Jaffri Institute of professional Psychology, Bahria University, Karachi
<b>Scientific Session 3: Evidence-based Practice in Speech and Articulation</b> <b>Time: 9:00 a.m. – 10:30 a.m. - Venue: Room No. C</b>	
<b>Session Chair:</b> Prof. Dr. Sikandar Khan, Head, Department of Allied Health Sciences, University of Lahore, Lahore <b>Session Co-Chair:</b> Dr Nayab Iftikhar, Assistant Professor, Centre for Clinical Psychology, University of the Punjab, Lahore	
Voice Disorders Unfolded in Lahore: A Healthcare Facility Survey	Mariam Naveed , Khadija Saleem The University of Lahore
Effectiveness of Vocal Hygiene and/or Vocal Function Exercises for Improvement of Voice Quality in Teachers	Fatima Tariq & Dr. Nayab Iftikhar Centre for Clinical Psychology, University of the Punjab, Lahore
Causes of Specific Speech and Language Disorder in Hearing-Impaired Children	Qurat-Ul-Ain & Dr Nayab Iftikhar Centre for Clinical Psychology, University of the Punjab, Lahore
To Explore the Causes of Articulation Disorders among Children between Age Range of 4 to 6 Years	Sarah Mateen Khan & Dr. Nayab Iftikhar Centre for Clinical Psychology, University of the Punjab, Lahore
Post-Surgical Complications of Cleft Palate	Warda Tahir & Dr. Nayab Iftikhar Centre for Clinical Psychology, University of the Punjab, Lahore
Auditory Perception of Arabic Phonemes & Graphemes in Non-Native Deaf Children with Cochlear Implant and Typical Hearing Peers	Farheen Naz Anis Faculty of Rehab & Allied Health Sciences. Riphah International University.
Cultural Adaptation of Narrative Assessment Protocol-2 (NAP-2) for Children	Ayesha Afzal & Dr. Nayab Iftikhar Centre for Clinical Psychology, University of the Punjab, Lahore
<b>Scientific Session 4: Islamic Perspective of Mental Health and Positive Psychology</b> <b>Time: 11:00 a.m. – 12:30 p.m. - Venue: Room No. A</b>	
<b>Session Chair:</b> Prof. Dr. Rafia Rafique, Director, Institute of Applied Psychology, University of Punjab, Lahore <b>Session Co-Chair:</b> Dr. Humaira Naz, Assistant Professor, Centre for Clinical Psychology, University of the Punjab, Lahore	
<b>Title of the Paper</b>	<b>Authors &amp; Affiliation</b>
Happiness and Job Satisfaction in employees working at Textile Industry	Dr. Saleem Abbas & Ms. Kalsoom Yasin Riphah International University, Lahore
Dark Triad of Personality, Achievement Goal Orientation, Academic Performance and Competitive Attitude in University Students	Imaan Khalid, Dr Farhat Jamil & Dr Ruhi Khalid Institute of Psychology, Beaconhouse National University, Lahore
Perceived Invalidation of Emotions, Interpersonal Emotion Regulation and Sense of Coherence in Young Adults	Mahrukh Humayon, Dr. Ruhi Khalid Institute of Psychology, Beaconhouse National University, Lahore
Relating Islam and psychoanalysis: Implications for mental health	Amina Hanif Tarar Department of Psychology, Government College University, Lahore
Religious Coping is Soothing: Does Psychological Capital Enable Engineers to Translate Religiosity into Mental Wellbeing	Samra Arhsad, Dr Shameem Fatima, & Zaema Farooq Department of Humanities, COMSATS University Islamabad, Lahore Campus
Humor styles, Self-Control, and Online Trolling Behavior in Youth	Hasnat Ali, Aysha Tariq, and Sumaira Ayub Department of Applied Psychology, University of Management and Technology, Lahore
Self-Efficacy in Relation to Neuroticism among Female University Students	Ms. Maryam Khurshid & Dr. Mamoona Ismail Loona International Islamic University, Islamabad

Impact of Mindfulness on Life Satisfaction among Participants of Extra-Curricular Activities in University Population	Aisha Shakeel, Asawir Fatima, Hira Aftab, Sultan Abid, Aniza Shabbir, Safa Maqsood, Mukhadra Batool Department of Psychology, University of Sialkot, Sialkot
<b>Scientific Session 5: Etiological Factors &amp; Symptomatology of Clinical Disorders</b> <b>Time: 11:00 a.m. – 12:30 p.m. - Venue: Room No. B</b>	
<b>Session Chair:</b> Prof. Dr. Amina Muazzam, Chairperson, Department of Applied Psychology, Lahore College for Women University, Lahore. <b>Session Co-Chair:</b> Dr. Ayesha Aziz, Assistant Professor, Department of Professional Psychology, Bahria University Lahore Campus	
<b>Title of the Paper</b>	<b>Authors &amp; Affiliation</b>
Exploring the Relationship between Insecure Attachment Styles and Social Anxiety in Undergraduate Students	Hooriya Irfan, Maryam Munir & Dr. Saima Majeed Forman Christian College (A Chartered University), Lahore
Financial Stress, Social Support and Mental Health in University Students	Sajid Ali, Waqas Ahmad, Dr. Shahnaila Tariq Department of Applied Psychology, University of Management and Technology Lahore.
Psychosocial Predictors of Insomnia in Emergency Healthcare Workers	Sumayya Shakir, & Dr. Tehreem Arshad Centre for Clinical Psychology, University of the Punjab, Lahore
Body Dissatisfaction, Fear of being Judged and Interaction Anxiety in Overweight and Obese Women	Fatima Mazhar & Rabbia Ashraf Fazaia College of Education for Women, Cantt Lahore
Difference in the Caring Attitude of Caregivers of Individuals with Substance Use Disorders Across Different Provinces of Pakistan: A Comparative Study	Dr. Anila Sadaf Mubashir, Dr. Rizwana Amin, Beenish Shahzad, M. Abdullah Khan, Urba, & Shanza- Kaynat National University of Modern Languages, Rawalpindi Campus
Exploring the Influence of Psychological Inflexibility on Depression, Anxiety, Self-Efficacy, and Gender Disparities among Individuals with Chronic Illnesses	Aisha Shakeel, Meera Irshad, & Syeda Eman Department of Psychology, University of Sialkot, Sialkot.
Psychosocial Adjustment and Wellbeing of Drug Addicts	Zunaira Anjum & Dr. Anila Sadaf Mubashir National University of Modern Languages University, Rawalpindi Campus
Sleep Deprivation and Thought Suppression as Predictors of Antenatal Depression in Pregnant Women	Aisha Shakeel, Minal Hafeez, Zareena Fatima, Momina Nasreen, Rida Zainab, Esha Ghaffar, & Roha Butt Department of Psychology, University of Sialkot, Sialkot.
Mediating Role of Depression in the Relationship Between Need to Belong, Paranoia and Suicidality Among Transgenders	Horab Arif, & Mahira Ahmad Department of Psychology, Kinnaird College for Women University, Lahore.
<b>Scientific Session 6: Evidence-based Practice in Hearing and Audiology</b> <b>Time: 11:00 a.m. – 12:30 p.m. - Venue: Room No. C</b>	
<b>Session Chair:</b> Dr. Munawar Ahmad Malik, Assistant Professor, Department of Special Education, University of the Punjab, Lahore. <b>Session Co-Chair:</b> Dr. Nayab Iftikhar, Assistant Professor, Centre for Clinical Psychology, University of the Punjab, Lahore	
<b>Title of the Paper</b>	<b>Authors &amp; Affiliation</b>
Comparison of the Pragmatic Skills in Children with Normal Hearing and Hearing Impairment	Zahra Rehman & Dr. Nayab Iftikhar Centre for Clinical Psychology, University of the Punjab, Lahore
Assessment of Common Placement and Manner Errors in Patients with Articulation Disorder	Amreen Raheem & Prof. Dr. M. Sikander Ghayas Khan Department of Rehabilitation Sciences, The University of Lahore, Lahore
Effect of Gout Medication on Hearing	Palwasha Shafiq, Syeda Asfara Badar, Sheraz Ahmed, & Zainab Nosheen Department of Rehabilitation Sciences, The University of Lahore, Lahore
Prevalence of Hearing Loss in Children with Eustachian Tube Dysfunction	Aoun Muhammad, Syeda Asfara Badar, Fahad Masood, Dr. Atif Ikram, Humaira Ahmad, Awaiz Nasir, Kashaf Rasheed, & Shyrel John Department of Rehabilitation Sciences, The University of Lahore, Lahore

Prevalence of Tinnitus among Patients of Post Covid-19	Komal Fatima, Ghousia Basharat, Syeda Asfara Badar, Areej Kazmi, Prof.Dr.Atif Ikram, Fahad Masood, & Zeeshan Amjad Department of Rehabilitation Sciences, The University of Lahore, Lahore
Common Practices of Audiologists for the Management of Tinnitus	Prof. Dr. M. Sikander Ghayas Khan, Naeem Ashraf, Syeda Asfara Badar, Daniel Akhter, & Dr. Atif Ikram, Department of Rehabilitation Sciences, The University of Lahore, Lahore
Level of Awareness among General Practitioners Regarding Language Delay in Children.	Mahmood Mirza Faculty of Gluab Devi Educational Complex, Lahore

### Scientific Session 7: Trauma & Post Traumatic Growth

**Time:** 12:30 p.m. – 02:00 p.m. - **Venue:** Room No. A

**Session Chair:** Prof. Dr. Nashi Khan, Director, RLDPP, Rashid Latif Khan University, Lahore

**Session Co-Chair:** Dr. Nazia Bashir, Clinical Psychologist, Centre for Clinical Psychology, University of the Punjab, Lahore.

Title of the Paper	Authors & Affiliation
An Exploration of Vicarious Traumatization among Clinical Psychologists	Warda Kanwal Bahria University Lahore campus
Personal Experiences of Doctors with Repeated Failures In Medical Post-Graduation Exam	Fehmida Rasool & Dr. Faiza Safdar Centre for Clinical Psychology, University of the Punjab, Lahore
Lived Experiences of Compassion Fatigue and Secondary Traumatization in Clinical Psychologists	Dua Fatima Afzaal & Farhan Hashmi Clinical Psychology Unit, Government College University, Lahore
Self-Ostracism, Core Self-Evaluation, Emotional Intelligence and Life Satisfaction In University Students	Maheer Khan, Nabeeha Zulfiqar, & Beenish Mubeen University of Management and Technology, Lahore
A Qualitative Study to Explore the Mental Health Challenges, Coping, and Social Support among the Recent Flood Victims 2022 in DGK Pakistan	Nazia Parveen & Dr. Maria Anwar Department of Applied Psychology, The Women University Multan.
Lived Experiences of Abuse and Coping of Individuals with Disability	Sadia Sharif & Dr. Saadia Dildaar Government College University, Lahore
Exploring Parental Perspective of Child Sexual Abuse in Pakistan	Dr. Mamoona Ismail Loona, Prof. Dr. Anila Kamal, & Seema Zahid International Islamic University, Islamabad, Pakistan.

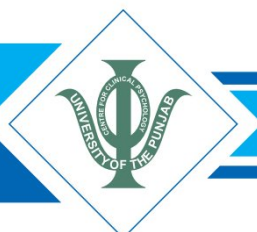
### Scientific Session 8: Age Related Transitions & Crisis

**Time:** 12:30 p.m. – 02:00 p.m. - **Venue:** Room No. B

**Session Chair:** Dr. Urooj Sadiq, Associate Professor, Department of Professional Psychology, Bahria University Lahore Campus

**Session Co-Chair:** Dr Aasma Yousaf, Assistant Professor, Centre for Clinical Psychology, University of the Punjab, Lahore

Title of the Paper	Authors & Affiliation
Parental Involvement, Self-Concept Clarity, Emotional and Behavioural Problems in Adolescents	Farhan Hashmi & Farah Akbar Government College University, Lahore.
Life's Purpose and Social Support: Keys to Promote Cognitive Functioning in Middle-Age	Tehreem Sarfraz, Dr. Tehreem Arshad Centre for Clinical Psychology, University of the Punjab, Lahore
Aging Perception, Self-Compassion and Menopause-specific Quality of Life in Peri-Menopause and Post-Menopause Women	Ajwa Asim & Dr. Humaira Naz Centre for Clinical Psychology, University of the Punjab, Lahore
Prevalence of Tobacco Use Disorder in Male Students of Punjab University: Associated Smoking Expectancies and Impulsivity	Noor-ul-Huda Aamir & Hidna Iqbal Centre for Clinical Psychology, University of the Punjab, Lahore
Relationship between Distress and Coping Strategies among Caregivers of Adults with Limited ADL's	Dr. Sher Dil & Warda Sadiq Department of Psychology, Hazara University, Mansehra
Delineating the Role of Personality and Perceived Parenting Style in the Bullying Behavior of Adolescents	Mona Sohail, Um-A-Aiman, Aqsa Ejaz, & Mahnoor Khan Department of Applied Psychology, RIPHAH International University, Islamabad Campus
Mindfulness and Self -Regulation in Adolescent Years	Banafsha Ali, Gulrukh Zaman Khan, Hiba Saleem, & Iqra Saleem Bahria University Karachi Campus
Mental Health of Women in Old Age Homes of Pakistan: A Narrative Inquiry	Shanze Khan & Zara Haroon Department of Psychology, Kinnaird College for Women University, Lahore



**Scientific Session 9: Emotional Regulation and Psychosocial Wellness****Time:** 12:30 p.m. – 02:00 p.m. - **Venue:** Room No. C**Session Chair:** Dr. Shameem Fatima, HOD, Department of Psychology, COMSATS University, Lahore**Session Co-Chair:** Ms. Rakia Ashraf, Clinical Psychologist, Lady Wallington Hospital, Lahore.

<b>Title of the Paper</b>	<b>Authors &amp; Affiliation</b>
Dark Triad and Emotional Intelligence in University Students	Bismah Riaz & Umaiza Bashir Department of Clinical Psychology, School of Professional Psychology, University of Management and Technology, Lahore.
Relationship between Negative Automatic Thoughts and Frustration Intolerance among University Students	Maria Zameer Department of Psychology, Forman Christian College (A Chartered University), Lahore.
A Mediatonal Inquiry of Maladaptive Attachment Styles, Character Strengths and Emotional Regulation in Emerging Adults	Ms. Hurira Fatima Institute of Applied Psychology, University of the Punjab, Lahore
The Mediating Role of Perceived Social Support Between Envy and Emotional Regulation among Unemployed Graduates	Aisha Shakeel, Hamna Naveed, Asad Hassnain, Asma Zameer, Nimra Batool, Naima, Shahzad, & Needa Bibi Department of Psychology, University of Sialkot, Sialkot.
Relationship between Distress Tolerance, Emotion Regulation and Aggression in Early Adults	Iqra Shareef Govt. Islamia Graduate College Cooper Road Lahore
Interpersonal Sensitivity, Emotional Regulation Strategies & Social Interaction Anxiety among University Students	Dr. Afsheen Gul & Zainab Saeed Bhutta Department of Psychology, Kinnaird College for Women, Lahore

**Scientific Session 10: Familial and Interpersonal Relationships****Time:** 2:30 p.m. – 4:00 p.m. - **Venue:** Room No. A**Session Chair:** Dr. Afsheen Gul, Head of Department of Psychology, Kinnaird College for Women University, Lahore**Session Co-Chair:** Ms. Hira Liaqat, Lecturer, Centre for Clinical Psychology, University of the Punjab, Lahore

<b>Title of the Paper</b>	<b>Authors &amp; Affiliation</b>
Social Mining for Sustainable Cities: Gender-Based Violence Coverage in News Articles and Domestic Violence in Relation to COVID-19	Aleena Khan & Prof. Dr. Amina Muazzam Chairperson, Department of Applied Psychology, Lahore College for Women University, Lahore
Perceived Parent Adult Relationship, Emotion Regulation Difficulties and Prosocial Behaviors in Young Adults	Nimrah Yaseen & Dr. Nazia Bashir Centre for Clinical Psychology, University of the Punjab, Lahore
Sociotropic versus Autonomic Personality, Attachment Styles and Relational Satisfaction among Young Adults	Areesha Mannan & Dr. Ruhi Khalid Institute of Psychology, Beaconhouse National University, Lahore
Parenting Styles, Sports Performance Anxiety, and Obsessive-Compulsive Personality Traits in University Athletes	Tahir Mahmood & Sadia Khan University of Lahore.
Partner Phubbing, Attachment Anxiety, and Spousal Satisfaction in Married Young Adults	Alisha & Faiz Younas Institute of Applied Psychology, University of the Punjab, Lahore.
Comparative Study on Features of Narcissism and Non-Narcissism on Marital Satisfaction and Self-Esteem	Rafia Alkasiri, Sahrmeen Jawaid, Wajiha Farooq, & Sidra Farooq Butt Institute of Professional Psychology, Bahria University, Karachi.

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**Scientific Session 11: Indigenous Scale Development****Time:** 2:30 p.n.– 4:00 p.m. - **Venue:** Room No. B**Session Chair:** Prof. Dr. Salma Hassan, Head of Department of Psychology, Government College University, Lahore**Session Co-Chair:** Dr. Faiza Safdar, Assistant Professor, Centre for Clinical Psychology, University of the Punjab, Lahore

<b>Title of the Paper</b>	<b>Authors &amp; Affiliation</b>
Adaptation and Validation of Multidimensional Digital Stressor Scale	Amna Khan University of Central Punjab, Lahore
Development of Measure of Externalizing and Internalizing Behavioral Problems in Children and its Psychometric Properties	Fatima Agha, Dr. Aasma Yousaf, & Dr. Tehreem Arshad Centre for Clinical Psychology, University of the Punjab, Lahore
A Self-Report Inventory of Narcissistic Abuse for Female Adults	Kainat Ramzan Bahria University Lahore Campus
Development and Validation of Effective Coping Strategies with Interpersonal Rejection Scale (ECSIRS)	Aqsa Chand & Dr. Fauzia Naz Govt. Islamia Graduate College for Women Cooper Road, Lahore
Development of Short Version of an Indigenous Measure of Level of Frustration Tolerance	Alisha Mujahid & Dr. Aisha Sitwat Qureshi Centre for Clinical Psychology, University of the Punjab, Lahore.
Development and Validation of Occupational Stress Scale (OSS) Specifically Tailored for Pakistani Firefighters	Saqib Ali & Dr. Bushra Akram Department of Psychology, University of Gujrat, Gujrat
Translation and Validation of Frustration Discomfort Scale on Juvenile Delinquents of Punjab, Pakistan	Maryam Khurshid & Dr. Mamoona Ismail Loona International Islamic University, Islamabad

