



## **Dr. Iffat Rohail (Professor)**

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Clinical Psychologist

Founder/CEO S-WAIPS

Chairperson Graduate Research Center (FUSST)

Member Pakistan Psychological Association (PPA)

Divisional Head Rawalpindi Chapter

Member digital health services

(Marham, Oladoc & Healthwire)

Member IAAP

Former Member APBS

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DHA I Islamabad Pakistan

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[iffatrohail@gmail.com](mailto:iffatrohail@gmail.com)

### **EMPLOYMENT**

Chairperson Graduate Research Center FUI  
Foundation University Islamabad (2024 – to date)

Foundation University Islamabad  
Professor Psychology Department (2021 – to date)

Foundation University Islamabad  
Associate Professor Psychology Department (2018 – 2021)

Foundation University Islamabad  
Assistant Professor Psychology Department (2014 – 2018)

Consultant Clinical Psychologist MEDICSi Islamabad (2010 - 2014)

Foundation University College of Liberal Arts and Sciences (FUCLAS)  
Senior Visiting Faculty Member (2004 - 2011)

NUST Military College of Signals  
Temporary Visiting Faculty (2001 - 2002)

Fatima Jinnah Women University  
Adjunct Faculty (2000 - 2002)

Chaklala Medical and Dental Complex  
Counseling Psychologist (1998 - 1999)

Femina Counseling Services, Islamabad  
Counseling Psychologist (1995 - 1997)

National Institute of Psychology  
Quaid-e-Azam University, Islamabad  
Junior Research Assistant (1989 - 1992)

School-Wide Assessment Intervention and Prevention Services  
Founder/CEO

## **EDUCATION**

Quaid-e-Azam University, Islamabad

2003 - 2010

Ph.D

**Area of Research:** Clinical Psychology

**Dissertation:**

"Daily Stressors, Coping Strategies and Adjustment of Adolescents"

Quaid-e-Azam University, Islamabad

1989 - 1992

M.Phil. Psychology

**Dissertation:**

"Development of a Problem Checklist for Pakistani Adolescents"

**Major Courses Covered in M. Phil**

Psychological Research Methods

Applied Computers in Psychology

Theories of Psychology

Guidance and Counseling

Psychology of Attitudes and Opinion

University of Punjab, Lahore

1985 - 1987

M.Sc. Applied Psychology

**Dissertation:**

"Effects of Infertility on Mental Health of Married Women"

&

Psycho-diagnostic Reports of Mentally Ill Clinical Patients

**Major Courses Covered in Masters**

Historical and Contemporary Psychology

Research Methodology

Applied Statistics

Abnormal and Clinical Psychology

Social Psychology

Physiological and Experimental Analysis of Human Behavior

Psychological Testing and Measurement

## PUBLICATIONS/PAPER PRESENTATIONS

Cited by

	All	Since 2014
Citations	147	116
h-index	4	4
i10-index	3	3

**Total Calculated Impact Factor: 10.935**

A Problem Checklist for Pakistani Adolescents

A paper presented at

*Eighth International Conference*

*Pakistan Association of Clinical Psychologists, Lahore, Pakistan*

*April 10 - 11, 2004*

Development of a Problem Checklist for Pakistani Adolescents

A Research Paper published in

*Pakistan Journal of Psychological Research, Vol. 20, Nos. 1-2, 2005*

All they need is love? Placing romantic stress in the context of other stressors: A 17 – nation study

A Research Paper published in

*International Journal of Behavioral Development, Vol.34 (2) 106-112, 2010*

Differences in agency? How adolescents from 18 countries perceive and cope with their futures

A Research Paper published in

*International Journal of Behavioral Development, 1-13, 2012.*

Stress with parents and peers: How adolescents from six nations cope with relationship stress

*Journal of Research on Adolescence, 1 – 15, 2012.*

Relationship between Perceived Parental Rejection and Depression among Adolescents

A Research Paper published in

*Academic Research International, 2015 –*

Underlying Risk Factors of Personality of Clinical Patients Illustrated Through House Tree Person Test

A Research Paper published in  
*Academic Research International*, 2015 –

Coping Strategies of Pakistani Adolescents for their Daily Stressors  
A Research Paper published in  
*Academic Research International*, 2015

Relationship between Coping, Psychological Distress and Quality of life among Infertile Women  
A paper presented at

*First International Conference of Psychology, Advancing women issues  
Local and Global Directions. December 12, 2015*

Scatter of Scores on WISC III and Identification of Cognitive Strengths and Weaknesses:  
A single Case Study.  
A Research Paper published in  
International Journal of Arts Humanities and Social Sciences Vol. 1, Issue 4, Nov. 2016

Coping Strategies Used by Pakistani Adolescent to Resolve Interpersonal Stressors  
Qualitative Analysis  
A Research Paper published in  
PONTE International Journal of Sciences and Research 2017

Moderating Role of Coping Styles among Perception of Tinnitus and Psychological Adjustment in Pakistani Tinnitus Patients  
A Research Paper published in  
Doi: 10.21506/J.Ponte. *Volume 73*,  
International Journal of Sciences and Research 2017

The Moderating Role of Parental School Involvement between Parental Attachment and Problem Faced by Truant and Punctual Students  
A Research Paper published in  
Doi: 10.21506/J.Ponte. *Volume 73*,  
International Journal of Sciences and Research 2017

'Moderating Role of the Forgiveness between Vengeance and Aggression in Pakistani Murderers'  
A Research Paper published in  
'Wulfenia' Journal. Volume. 24, Issue. 3. 2017

Coping Strategies Used by Pakistani Adolescent to Resolve Interpersonal Stressors  
Qualitative Analysis  
A paper presented at  
Conference GC University Lahore. 26-28 April 2017

Identification of Emotional and Social Difficulties among Pakistani Adolescents.  
A Research Paper Published in  
*Foundation University Journal of Psychology, Vol. 2(3), 36-51. 2017*

Perception of Marital Bond and its Missing Links among Pakistani Married  
Couples A Paper presented at:  
*First international Conference*  
*Emerging trends in Psychology, Preparing for 21<sup>st</sup> century, Foundation University*  
*Rawalpindi, Pakistan*  
*December 18-19, 2017*

Identification of emotional and social difficulties among Pakistani adolescents  
A Paper presented at:  
*First international Conference*  
*Emerging trends in Psychology, Preparing for 21<sup>st</sup> century, Foundation University*  
*Rawalpindi, Pakistan*  
*December 18-19, 2017*

Rate of body dysmorphic tendencies among client seeking beauty  
treatments A Paper presented at:  
*First international Conference*  
*Emerging trends in Psychology, Preparing for 21<sup>st</sup> century, Foundation University*  
*Rawalpindi, Pakistan*  
*December 18-19, 2017*

Role of Career, vocational identity and Career barriers in retrospection on mental health  
of professionals  
A Paper presented at:  
*First international Conference*  
*Emerging trends in Psychology, Preparing for 21<sup>st</sup> century, Foundation University*  
*Rawalpindi, Pakistan*  
*December 18-19, 2017*

The mediating role of coping strategies between childhood trauma and Conversion

Disorder in Pakistani  
patients A Paper presented  
at:

*First international Conference*

*Emerging trends in Psychology, Preparing for 21<sup>st</sup> century, Foundation University*

*Rawalpindi, Pakistan*

*December 18-19, 2017*

Manmade trauma and development of post-traumatic stress disorder 'A Case Study  
A Paper presented at:

*First international Conference*

*Emerging trends in Psychology, Preparing for 21<sup>st</sup> century, Foundation University*

*Rawalpindi, Pakistan*

*December 18-19, 2017*

Case study of Obsessive Compulsive

Disorder A Paper presented at:

*First international Conference*

*Emerging trends in Psychology, Preparing for 21<sup>st</sup> century, Foundation University*

*Rawalpindi, Pakistan*

*December 18-19, 2017*

Disruptive behavior in adolescents and collaborative problem solving approach

A Paper presented at:

*First international Conference*

*Emerging trends in Psychology, Preparing for 21<sup>st</sup> century, Foundation University*

*Rawalpindi, Pakistan*

*December 18-19, 2017*

Persistent depressive disorder and cognitive behavior therapy

A Paper presented at:

*First international Conference*

*Emerging trends in Psychology, Preparing for 21<sup>st</sup> century, Foundation University*

*Rawalpindi, Pakistan*

*December 18-19, 2017*

Generalized anxiety disorder, Academic performance and therapeutic interventions ; A  
Case study

A Paper presented at:

*First international Conference*

*Emerging trends in Psychology, Preparing for 21<sup>st</sup> century, Foundation University*

*Rawalpindi, Pakistan*

*December 18-19, 2017*

Culture beats Gender? The Importance of Controlling for Identity- and Parenting-related

Risk Factors in Adolescent Psychopathology.  
A Research Paper published in  
*Journal of Adolescence*, 63 (2018)

Development of General Wellness Assessment Scale  
A Paper presented at:  
*Seventh International Conference  
Positive Psychology: Developing a Flourishing Community. National Institute of  
Psychology Quaid e Azam University, Islamabad, Pakistan  
November 29-30, 2018*

Identitätsentwicklung, Familienbeziehungen und Symptombelastung bei Jugendlichen  
aus sieben Ländern (Identity Development, Family Relations, and Symptomatology in Adolescents  
from Seven Countries)  
A Research Paper published in  
*Prax. Kinderpsychol. Kinderpsychiat.* 67: 639 – 656 (2018)

Psychopathology among Adolescents from Seven Countries: What significance does the  
control of identity development and family relationships have?  
A Research Paper published in  
*Journal of Child and Adolescent Psychiatry and Psychotherapy*.  
<https://doi.org/10.1024/14224917/a000633> . © 2018

Psychopathology in Emerging Adults in Seven Countries. *The Impact of Identity-  
Related Risk Factors*  
A Research Paper published in  
*Psychotherapeut* 64 (2), 143 – 152 (2019).

Psychopathology in adolescents from seven countries: What role does controlling identity  
development and family relationships play?  
A Research Paper published in  
*Zeitschrift für Kinder-und Jugendpsychiatrie und Psychotherapie* 47 (5), 441-452 (2019)

Beggars as Bully Perpetrators and General Public as Victims; A Phenomenological  
Study  
A Research Paper published in  
*Foundation University Journal of Psychology* 4 (1), 34-61 (2020)

Emerging Adults' Psychopathology in Seven Countries: *The Impact of Identity-Related  
Risk Factors*  
A Research Paper published in  
*Emerging Adulthood* (2020).

Predictors of Major Depressive Disorder among Pakistani Women  
A Research Paper published in  
*Clinical and Counseling Psychology Review* (2020) 2 (1)

Impact of Lock down due to COVID-19 Pandemic on General Public in Pakistan  
A Research Paper published in  
Foundation University Journal of Psychology 4 (2), 5-10 (2020)

Quality of Life, Coping Strategies, and Psychological Distress in Women with  
Primary and Secondary Infertility; A Mediating Model  
A Research Paper published in  
Nature-Nurture Journal of Psychology 1 (1), 8-17 (2021)

A Qualitative Exploration of Frustration from the Perspective of Emerging Adults  
A Research Paper published in  
Humanities and Social Science Reviews Vol. 9 No. 3 (2021): May  
<https://doi.org/10.18510/hssr.2021.9310>

Role of Teaching Styles on Self-Regulation among the Adolescents with Physical  
Disabilities  
A Research Paper published in  
Humanities and Social Science Reviews Vol. 9 No. 3 pp 100-110 (2021)  
<https://doi.org/10.18510/hssr.2021.9311>

An Exploratory Study On The Relationship Between The Dark Tetrad And Bullying  
Behavior Of Workplace Perpetrators  
A research paper published in  
Multicultural Education 7 (10) 2021

Development and validation of Indigenous Frustration Scale for Emerging Adults  
A research paper published in  
Multicultural Education 7 (8) 2021

Impact of Gender, Education, and Social Economic Status on Frustration in  
Pakistani Context  
A research paper published in  
International Review of Social Sciences 2021

Self-Concept and Psychological Problems of Adolescents during COVID 19  
A paper presented at  
1cap International Conference, Riphah International University Islamabad,  
6 July 2022

Insecure Attachment Styles and Bullying Perpetrators in the Workplace: An  
Exploratory Study  
A research paper published in  
Nurture 16 (2) 2022

Rohail, Iffat, et al. 2022. "Feasibility Evaluation of Intervention for Anxiety using  
CBT among Secondary School Children in Pakistan: A randomized Controlled Trial



." AEA RCT Registry. November 14. <https://doi.org/10.1257/rct.9551-3.0>

Rohail, Iffat et al. 2023. "Feasibility Evaluation of Cognitive Behavioral Therapy-Based Intervention for Enhancing Social Skills Among Secondary School Children In Pakistan: A Randomized Controlled Trial." Aea Rct Registry. February 15. <https://doi.org/10.1257/Rct.9753-4.0>

Rohail, Iffat et al. 2022. "Feasibility Evaluation Of Intervention For Self Regulation Using Cbt Among Secondary School Children In Pakistan: A Randomized Controlled Trial." Aea Rct Registry. November 14. <https://doi.org/10.1257/rct.9754-2.0>

A Feasibility Study of Cognitive Behavioral Therapy-Based Intervention For Enhancing Social Skills Among Secondary School Children In Pakistan: A Randomized Controlled Trial  
Presented at  
10th CUST International Business Research conference (9 March 2023)

Feasibility Evaluation of Intervention for Self-Regulation using CBT among Secondary School Children In Pakistan: A Randomized Controlled Trial  
Presented at  
10th CUST International Business Research conference (9 March 2023)

Feasibility study of cognitive behavioral therapy-based intervention for enhancing social skills among secondary school children in pakistan: a randomized control trial  
A research paper published in  
Pakistan Journal of Educational Research 6 (3) (2023)

Family Resilience in Pakistani Families having Children with Autism.  
A research paper published in  
Journal of Sharif Medical and Dental College 9 (1) (2023)

School-based intervention for anxiety using group cognitive behavior therapy in Pakistan: a feasibility randomized controlled trial  
S Ijaz, I Rohail, S Irfan (2024)  
Psicologia: Reflexão e Crítica 37, 31

A Qualitative Exploration of Intentional Indirect Self-Harm on Adolescents  
RB Niazi, I Rohail (2024)  
Annals of Human and Social Sciences 5 (2), 738-745

## **CROSS-CULTURAL STUDIES**

Pak-German Adolescents Stress with Daily Hassles

*A Research paper presented in collaboration with German researchers Inge Seiffge-Krenke & Tim Gelhaar*

*National Conference of National Institute of Psychology, Quaid e Azam University, Islamabad, Pakistan  
September 9 -11, 2004*

**Stress and Coping in Adolescence: A six nation study**

*Gelhaar, T., Seiffge,-Krenke, I., Cicognani, E., Kirsch, B., Rohail, I., Sidor, A. & Tam, V. (2004). 44<sup>th</sup> Conference of the German Association for Psychology September 26 - 30, Gottingen, Germany*

A paper presented in a symposium.

*Helicopter-parents and their Contribution to Identity Development in Emerging Adults: A 8-Country Study. EARA 2016 European Association for Research on Adolescence. La Barrosa, Cadiz (Spain) 16-19 September 2016*

**POSTER PRESENTATION**

**Minor Stressors among Youths from Asia, Europe and South America**

*Tim Gelhaar, Inge Seiffge-Krenke, Cecilia C. P. A. & Iffat Rohail  
Poster presented on the VII Regional Conference of the International Association For Cross-Cultural Psychology (IACCP), July, 11 - 15, 2005, San Sebastian, Spain.*

**The moderating role of infertility type between quality of life and psychological distress in Pakistani women**

A poster presented at  
*First International Conference of Psychology, Advancing women issues  
Local and Global Directions. December 12, 2015*

**The moderating role of infertility type between coping strategies and psychological distress in Pakistani women**

A poster presented at  
*First International Conference of Psychology, Advancing women issues  
Local and Global Directions. December 12, 2015*

**RESEARCH PROJECT/ GRANTS/FUNDED/PITCHED**

**Daily Stressors and Coping in Adolescents**

**(Funded by National Institute of Psychology, QAU, Islamabad)**

Iffat Rohail & Dr. Nighat Gilani *A research project funded by Promotion of Research National Institute of Psychology (NIP)*

**(Funded by QAU, Islamabad. (2005-2006)**

Psychological Problems and Self-Concept of Adolescents during COVID 19: Assessment through Beck Youth Inventory II

**(Funded by Foundation University Islamabad)**

Dr. Iffat Rohail (PI) & Dr. Shahid Irfan (Co PI) 2020 – 2022 (completed)

School-wide Assessment and Intervention of Social, Behavioral and Emotional Problems of Secondary School Children and Development of Preventive Measures (NRPU Funded by HEC)

Dr. Iffat Rohail (PI) & Dr. Shahid Irfan (Co PI), Dr. Uzma Masroor, Air University (Collaborator) 2021 - 2023 (In completion process, final report submitted to ORIC for necessary action)

Level of Agreement among Parent, Teacher and Adolescent's Self-Report of Social, Emotional and Behavioral Problems: Teachers Training and Parental Intervention Strategies

**(Funded by Foundation University Islamabad)**

Dr. Iffat Rohail (PI) & Faiza Nisar, Meherwish Deep Naz (Co PIs) 2025 – 2026

## **TRANSLATION**

Translated Questionnaires from English to Urdu

- 1) Coping Across Stress Questionnaire (CASQ, By Seiffge Krenke, 1995)
- 2) Problem Questionnaire (PQ, By Seiffge Krenke, 1995)
- 3) Beck Youth Inventories (Pearsons, 2021)
- 4) BASC, BESS Student, Parents & Teachers Forms (Pearsons 2022)
- 5) Iffat Problem Checklist (from Urdu to English, Rohail Iffat 2005)

## **ARTICLES**

"Psycho-Socio-Politico Pathology" An article published in Sunday Times. Islamabad's Weekly News Magazine. 26 April to 02 May, 2009.

## **AUTHOR**

Daily Stressors Coping Strategies and Adjustment of Adolescents. Adolescents Coping in a Socio-Cultural Perspective.

Rohail, I. (2010). VDM Verlag Dr. Muller GmbH &Co. KG.

## **INTERNATIONAL MEMBERSHIP**

Professional Member of International Association of Applied Psychology (IAAP)  
(2019 – )

Professional Member of Association for Positive Behavior Support (APBS) 2021-2023

## **PROFESSIONAL AFFILIATE/ MEMBERSHIP**

Higher Education Commission (HEC) Approved Supervisor (since 2016)

Pakistan Psychological Association (2025) Rawalpindi Chapter Head

Digital Health Services

a) Marham

b) Oladoc

c) Healthwire (member, Corporate Wellness Program)

Vice President NIP Alumni Association

Children Youth Families Foundation (CYFF) Islamabad.

Red Crescent Society

## **WORKSHOPS/LECTURES CONDUCTED AS A RESOURCE PERSON**

"Communication Skills in Family". Da'wah Academy. International Islamic University Islamabad. September 2003

"Testing and Assessment" Master Trainer Training Program for Fauji Foundation Schools. Foundation University College of Education. 22 - 23 June, 2004

"Test Construction" Teachers Training Workshop at Army Public School/College For Boys. Rawalpindi. September, 2004

"Self Esteem Enhancement of Students" Teachers Training Workshop at Army Public School/College For Girls. Rawalpindi. October, 2004

"Testing and Assessment" Master Trainer Training Program for Fauji Foundation Schools. Foundation University College of Education. 16 June, 2005

"Understanding and Treating Autism/Asperger Syndrome" Intensive training workshop. Children Youth and families Foundation. Islamabad. 12 Feb 2011

Healthy Development and Milestones of Children. Lecture at ICONS School. Rawalpindi. 8 October 2012.

Marital Conflicts & their Resolution" Lecture at Dawa'h Academy, Islamic International University. Islamabad. 21 June 2012

"Conflict Resolution in Interpersonal Relationships". Lecture at Dawa'h Academy, Islamic International University. Islamabad. 15 October 2012

"COPE Demonstration of cope inventory". Air Base Chaklala. 2013.

"Treatment Planning for Adolescents" at COMSATS University. 14 April 2016.

"Gender In equality" at Riphah International University. Rawalpindi. 12 May 2016

Explore Thyself. A Workshop conducted at Riphah International University Rawalpindi. 26<sup>th</sup> October 2016.

"Research Methodology: An Introduction". Workshop at Foundation University Rawalpindi Campus. 8 Aug 2016.

"Adolescents Issues". Workshop at Foundation University Rawalpindi Campus. 17 Aug 2016.

"Adolescents Psychological and Behavioral Problems: In the context of Hostel Life" Workshop at Lawrence College Murree. 24<sup>th</sup> Feb. 2017.

"Anger Management", Workshop conducted at Mind Solutions. September, 2018

"Content Analysis", Seminar conducted at FURC. October, 2018

"Stress Management", Workshop conducted at Mind Solutions. October, 2018

"Commonly used tests in counseling" Seminar conducted at FURC. October, 2018

"The Wandering Mind" Lecture at CUST. November 2018

"Anger Management in Adolescents" Lecture at Dawah Academy IIU. January 2019

"Stress Mangement" Lecture at FJWU February 2019

“Mental Wellbeing in Corporates”. Hashi Group of Companies. Sep. 2022

“Positive Behavior Intervention Support in Schools”. Teachers training for NRPU Project. 21 October 2022 at FUSST

“Men’s Mental Health”. Hashi Group of Companies. Nov. 2022

“Emotional Control: Transition Phase of Life” Foundation Finishing School. 27 Feb. 2023.

Free Counseling Camp Organized for FUSST students. FUSST 23 Nov. 2023

Content Analysis Training Workshop. FUSST 21 Feb. 2024

Complimentary Therapies. FUSST 3 – 5 September 2024

Gender Sensitivity. Corporate Training at Pearl Continental Hotel. 7<sup>th</sup> Nov. 2024

Free Counseling Camp Organized for FUSST & FUSH students. FUSST 19 December. 2024

Societal Norms and Expectations in Pakistani Marriages. Guest at A Talk Show. Rifah University. Rawalpindi Campus. 27<sup>th</sup> December 2024

Teachers Training at Khubaib Foundation Haripur on Positive Behavior Intervention and Support. 30 December 2024

Panelist (Guest Speaker) Topic: Gender Sensitivity. At “Prevention against Harassment at Workplace Seminar” Foundation University Islamabad. 7<sup>th</sup> March 2025

Sensorimotor Psychotherapy seminar at NUML Rawalpindi Campus 6 May 2025

Teachers Training at Fauji Foundation Education System on *Individual Differences and Challenging Student Behaviors* 18<sup>th</sup> July 2025

Conducted a 2 months Summer Course, Family in the 21st Century. Riphah University Islamabad. July – August 2025

#### **CONFERENCES/TRAININGS/WORKSHOPS/SEMINARS ATTENDED**

Healing Images from Ancient Wisdom to Modern Science" held at National Institute of Psychology, Quaid e Azam University Islamabad. 21 - 22 March 1990

"Post Traumatic Stress Disorder" Conducted by Pakistan Red Crescent Society.  
Rawalpindi. 5 - 10 December 2005

‘Qualitative Research in Psychology’. A Training Workshop held at National Institute of Psychology, Quaid e Azam University Islamabad. 28<sup>th</sup> - 29<sup>th</sup> August 2008.

"Understanding and Treating Autism/Asperger Syndrome". Two days Intensive training workshop. Children Youth and Families Foundation. Islamabad. 31<sup>st</sup> Dec, 2010 - 1<sup>st</sup> Jan. 2011.

International Conference attended at National Institute of Psychology, Quaid e Azam University Islamabad. 13<sup>th</sup> Nov. 2014.

‘Quantitative and qualitative research’ Training Workshop held at COMSATS Islamabad. 18<sup>th</sup> - 19<sup>th</sup> March 2015.

‘Medfest’. A Symposium at Foundation University Medical College Islamabad. 23<sup>rd</sup> April 2015

Manuscript Writing and Publishing in International Journals, training workshop, organized by Office of Research, Innovation and Commercialization. Held at Foundation University Islamabad, on August 20, 2015.

Research Proposal Writing organized by Office of Research, Innovation and Commercialization. Held at Foundation University Islamabad, on August 25, 2015.

AMOS, training workshop, organized by Office of Research, Innovation and Commercialization. Foundation University Islamabad, on August 26-28, 2015.

“SCID 5”, one day workshop, organized by SBBWUP & SMU. Held at Marriot Hotel Islamabad. December 11<sup>th</sup>, 2015.

First International Conference of Psychology, Advancing women issues. Local and Global Directions. December 12<sup>th</sup>, 2015.

“EQ Cafe”. Workshop at Foundation University Rawalpindi Campus. 7 July 2016.

“Creativity”. Workshop at Foundation University Rawalpindi Campus. 8 Aug 2016.

“SPSS & MPlus”. Workshop at Foundation University Rawalpindi Campus. 9 Aug 2016.

“AMOS”. Workshop at Foundation University Rawalpindi Campus. 10 Aug 2016.

“N VIVO Making Sense of Data”. Workshop at Foundation University Rawalpindi Campus. 11 Aug 2016.

“Quantitative and Qualitive Research”. Workshop at Foundation University Rawalpindi Campus. 11 Aug 2016.

“Report Writing”. Workshop at Foundation University Rawalpindi Campus. 12 Aug 2016.

“Marriage”. Workshop at Foundation University Rawalpindi Campus. 24 Aug 2016.

“Role of Social Sciences in Development of Communities” Seminar at NUST. 12 May 2017

“Guidance and Counseling” Seminar at Foundation University Rawalpindi Campus. 10 May 2017

“Human Perception” Seminar at Foundation University Rawalpindi Campus. May 2017.

“Autism” Seminar at Foundation University Rawalpindi Campus. March 2018.

“Learning Disability” Workshop at Foundation University Rawalpindi Campus. 17 – 18 July 2018.

“Outcome based education using Bloom’s Taxonomy and balanced score card” Workshop at Foundation University Rawalpindi Campus. September 2018.

“Interpretative Phenomenological Analysis” Workshop at National Institute of Psychology, Quaid e Azam University. September 2018.

“Neurolinguistic Programming” Workshop at National Institute of Psychology, Quaid e Azam University. November 2018.

“7<sup>th</sup> International Conference: Positive Psychology”. National Institute of Psychology, Quaid e Azam University. 29-30 November 2018.

Psychological Intervention for Clients with Complex Mental Health Needs: Evidence Based Interventions. A Training Workshop at NUML 19 – 21 February 2019.

Quality Assurance at Higher Education and University Ranking. A Training Seminar at FURC. 18 April 2019.

“Conducting and Supervising Research” Training Workshop at FURC. 26 - 30 August 2019.

“NVIVO” Training Workshop at FURC. 9 October 2019

“Mental health Day” Poster Evaluation at FURC 10 October 2019

“Human Capital Summit” Summit at PNCA Islamabad. 20 February 2020.

“Women Empowerment” Seminar at Islamabad Club, Islamabad. 12 March 2020

1cap International Conference, Riphah International University Islamabad. 6 July 2022

NIP 9<sup>th</sup> International Virtual Conference on Trauma Abuse and Violence: Thriving for a



World without Torture. As Co-Session Chair. 23 July 2022

HEC-BC 5 Days Training Workshop for PIs Research Capacity Building Program. Marriott Islamabad, (12 – 16 September 2022)

Pakistan's 2<sup>nd</sup> National Digital Health Conference. Marriott Islamabad. 14 Dec. 2022

HEC-BC Outcome Dissemination PI Training. HEC Auditorium. 6 March 2023

International Conference, Mental Health of Afghan Migrants: Issues, Challenges and Solutions for all Stakeholders. As Poster Judge. Serena Islamabad. 15<sup>th</sup> March 2023

3 Days Training Workshop on Psychosocial Interventions. By Dr. Peter Hughes. FUSST 17 – 19 May 2023

Round Table Conference: Are Gender Divide Really Blurred in Academic Leadership? Fatima Jinnah Women University. 1<sup>st</sup> June 2023

Judge Poster Presentation. Youth Convention. Quaid e Azam University Islamabad. 6<sup>th</sup> July 2023

Food Summit. Convention Centre. 10<sup>th</sup> July 2023

Brand Shooting FUSST. 13<sup>th</sup> July 2023

FUI Oath taking Ceremony, FUSST. 30 August 2023

SAR Training by Quality Assurance. FUSST 8<sup>th</sup> September 2023

Mental Health Day Seminar FUSST 9 October 2023

Corporate Advisory Council meeting. FUSST 20 Oct. 2023

Convocation FUSST Convention Centre Islamabad 26 October 2023

NIP Alumni Meeting 28 Nov. 2023

Women Entrepreneurship Panel Discussion. FUSST 29 Nov. 2023

Violent Extremism Seminar. FUSST 29 Feb 2024

Media Conference. FUSST 7 May 2024

Training workshop: Revamped Q A Framework. FUI 15 May 2024

Breast Cancer Awareness. FUSST 2 October 2024

Mental Health at Workplace. FUSST 8 October 2024

Convocation FUSST Topi Rakh, Rawalpindi. 11 December 2024

Breast Cancer Workshop. FUSST 22 October 2024

5 Days Professional Development NLP Training by Dr. Uzma Masroor. Bahria Enclave, Islamabad. 23<sup>rd</sup> December to 27<sup>th</sup> December 2024

### **WEBINARS ATTENDED (ONLINE)**

“Challenges of Special Needs Children” Webinar Rawalpindi. 2 May 2020

“Emotional Stability” Webinar Islamabad 6 February, 2020

“Corona virus in Africa” Webinar by IAAP. 6 April 2020

“Responding When Clients are triggered by Current Events”. Webinar by Zur Institute 15 June 2020

ECHO, Child Psychiatry Series. 24 June 2022

Emerald Publishing, June 30, 2022

Panorama Education, Insight for Positive Behavior. 14 July 2022

Erasmus + World wide webinars. 23 October 2024

AI for Business Summit 9 – 11 July 2025

### **THESES SUPERVISED (51)**

#### **MSc. THESES (10)**

"A Study to Investigate Students' Attitude towards Cooperative Learning at Undergraduate Level". Masters Thesis, Department of Applied Psychology Foundation University College of Liberal Arts and Sciences. Rawalpindi. 2006.

"A Study to Investigate The Relationship between Teacher High Expectations and Student Learning". Masters Thesis, Department of Applied Psychology Foundation University College of Liberal Arts and Sciences. Rawalpindi. 2007

"A Study on the Nature of Behavioral and Emotional Adjustment Problems Faced by Adolescents Living in School Hostels". Masters Thesis, Department of Applied Psychology Foundation University College of Liberal Arts and Sciences. Rawalpindi. 2009.

"A Study to Investigate Adolescents Perception regarding the Parenting Style of their Parents". Masters Thesis, Department of Applied Psychology Foundation University College of Liberal Arts and Sciences. Rawalpindi. 2009.

"A Study to Investigate the Relationship between Procrastination and Self Efficacy in Adults". Masters Thesis, Department of Applied Psychology Foundation University College of Liberal Arts and Sciences. Rawalpindi. 2009.

"Low Self Esteem: A Correlate of Schizophrenia". Masters Thesis, Department of Applied Psychology Foundation University College of Liberal Arts and Sciences. Rawalpindi. 2010.

"The Psychological Well Being of Caregivers of Schizophrenics and Cancer Patients" Masters Thesis, Department of Applied Psychology Foundation University College of Liberal Arts and Sciences. Rawalpindi. 2010.

"A Study to Investigate Relationship Between Adolescents' Exposure to Media and External Locus of Control". Masters Thesis, Department of Applied Psychology Foundation University College of Liberal Arts and Sciences. Rawalpindi. 2010.

"A Study to Investigate the Relationship Between Paranormal and Religious Beliefs" Masters Thesis, Department of Applied Psychology Foundation University College of Liberal Arts and Sciences. Rawalpindi. 2010.

"First Impression is the Last Impression, A Myth or Reality?" Masters Thesis, Department of Applied Psychology Foundation University College of Liberal Arts and Sciences. Rawalpindi. 2010.

### **MS THESES (36)**

"Impact of Parenting on Emotional Intelligence of Young Adults". MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2016.

"Inferiority Complex Scale Construction" Master Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2016.

"Development of General Wellness Assessment Scale (GWAS)" Master Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2016.

"Prevalence and Nature of Psychological Distress in Pakistani Adolescence: Age and Gender Effects" MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2016.

"Association between Coping Strategies Psychological Distress and Quality of Life among Infertile Women in Pakistan" MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2016.

"Investigating the Validity of House Tree Person Test with Major Psychological Disorders" MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2016.

“The role of Electronic Media in the Depiction of Body Image and Eating Disorder among Emerging Adults” MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2017.

“Prevalence of Psychological disorders and Associated Bio-Psychosocial Factors among Women Presenting with Gynecological Complaints” MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2018.

“Impact of Career Indecision on Mental Health of Professionals” MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2018.

“Rate of Body Dysmorphic Tendencies among Clients Seeking Beauty Treatments” MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2018.

“The Moderating Role of Socio Cultural Factors between Religiosity and Mental Health” MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2019.

“Impact of Bonding with Allah on Suicidal Ideation; Spiritual Well Being, Death Anxiety and Hopelessness as Mediating Variables among Adults” MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2019.

“Moderating Role of Personality Traits on Relationship between Occupational Stress **and** Quality of Life among Nursing Staff Working in Psychiatry Wards”. MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2019

“Relationship between Quality of Life and Cutaneous Body Image among Vitiligo Patients with Moderating Role of Social Support”. MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2019.

“Moderating role of Self Efficacy on the Relationship between Attachment Styles and Relationship Functioning among Married Couples”. MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2019.

“Mediating Role of Compulsive Buying Behavior on Relationship between Hoarding Disorder and Self-Esteem Among Emerging Adults”. MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2019.

“Psychosocial and Institutional Factors Leading to School Refusal Behavior in Middle School Children”. MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2019.

“Impact of Compulsive Internet Use and Cyber Bullying on Mental Well Being of Internet Users”. MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2019.

“Victimization of Working Women at corporations: Factors Influencing Sexual

Harassment”. MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2019.

“Development of Inferiority Complex Scale”. MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi. 2019.

“Perceived parental bonding as a predictor of internet addiction: Mediating role of social interaction anxiety and emotion regulation among medical students”. MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi 2020

“Moderating Effect of Self Efficacy between the Relationship of Factors affecting Career Preferences and Career Decision Making.” MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi 2020

“Moderating Role of Sex Education between the Relationship of Exposure to Explicit Content and Sexual Behaviors in Pre Adolescents.” MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi 2020

“Impact of Optimism and Gratitude on Interpersonal Relationship: Mediating Role pf Psychological Adjustment among Cancer Patients.” MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi 2020

“Exposure to Perceived Inter-Parental Conflicts and its Psycho-social Effects on Adolescents: A Mixed Method Approach”. MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi 2020

“Social Support and Quality of Life as Predictors of Psychological Adjustment in Women with Breast Cancer: Moderating role of Pain Catastrophizing”. MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi 2020

“Exploration of Communication Styles, Self-Consciousness and Objective Self-awareness in Marital Conflicts among Newly Married Couples”. MS Thesis, Department of Psychology Foundation University Rawalpindi Campus. Rawalpindi 2020

“Impact of Extraversion on Self-Reported Competitiveness of Real Estate Agents: Moderating Role of Narcissism”. MS Thesis, Department of Psychology FUSST 2022

“Exploring Stigma and Body Shame of Obese Physical Appearance among Young Women”. MS Thesis, Department of Psychology FUSST 2022

“Urdu translation and Validation of Behavioral and Emotional Screening System for School Children”. MS Thesis, Department of Psychology FUSST 2023

“Feasibility Evaluation of Intervention for Anxiety using CBT among Secondary school Children in Pakistan: A Randomized Controlled Trial”. MS Thesis, Department of Psychology FUSST 2023

“Moderating Role of Coping Mechanisms in Relationship of Fear of Missing Out and Cognitive styles among Young Adults”. MS Thesis, Department of Psychology FUSST 2023

“Tech Savy Scale Development and Validation”. MS Thesis, Department of Psychology FUSST 2024

“Artificial Intelligence Cognitive Risk and Dependence Scale Development and Validation”. MS Thesis, Department of Psychology FUSST 2024

“Exploring the Lived Experiences of Technology Adoption among Older Adults”. MS Thesis, Department of Psychology FUSST 2025

“Exploring the Lived Experiences of Compassion Fatigue and Ethical Dilemmas among Mental Health Professionals”. MS Thesis, Department of Psychology FUSST 2025

### **PhD THESIS (5)**

“Development and Validation of Indigenous Frustration Scale for Emerging Adults”. PhD Thesis Department of Psychology FUSST 2022

“Role of Perceived Teaching Styles on Self-Regulation and Adjustment of Adolescents with Special Needs: Moderating Role of Spiritual Intelligence”. PhD Thesis Department of Psychology FUSST 2022

“Moderators and Mediators of Psychosocial Adjustment in patients with Mysthenia Gravis”. PhD Thesis Department of Psychology FUSST 2022

“Dark Tetrad, Self-Compassion, and Childhood Experiences as Personal characteristics of Workplace Bullying Perpetrators”. PhD Thesis Department of Psychology FUSST 2022

“Predictors of Family Quality of Life in Families of Children with Autism in Pakistan” PhD Thesis Department of Psychology FUSST 2025“

**2 MS Theses in progress**

**5 PhD Theses in progress**

### **CLINICAL TRAINING INCHARGE**

Clinical Practicum and Report Writing at FUSST  
45 students 2015-2017 (batch)  
33 students Fall 2016 - 2017 (batch)

27 students Spring 2017 – 2018 (batch)  
78 students Fall 2017 – 18 (batch)  
31 students Spring 2019 – 2020 (batch)  
07 students Fall 2019 – 2020 (batch)  
10 students Spring 2019 – 2021 (batch)  
14 students Fall 2019 – 2021 (batch)  
10 students Spring 2020 – 2021 (batch)  
21 students Fall 2020 – 2022 (batch)  
25 students Spring 2021-2023 (batch)

**MEMBER OF VARIOUS COMMITTEES** Foundation University Rawalpindi Campus

**Chairperson**

Graduate Study Committee

**Chairperson**

Harassment Committee

**Chairperson** Library

Committee

**In-charge**

Psychology Clinic  
FUSST

**Member**

Academic Council  
Board of Faculty  
Board of Studies  
Inquiry Committee  
Discipline Committee  
Grievances Committee  
Selection Board  
Counseling Cell  
Ethical Review Board  
Committee FUMC  
Entitlement of Medical facility to FUI Employees Board  
Consultant Counseling Psychologist FUI

**FOCAL PERSON**

1<sup>st</sup> International Conference on “Emerging trends in Psychology: Preparing for 21<sup>st</sup> Century” Foundation University Islamabad 18 – 19 December 2017

**TV/Radio PROGRAMS (PTV & EDUTV HEC From Foundation University Studio)**

Appeared as Guest speaker in **8 programs** related to Adolescents Problems and Stress Coping on SEHATNAMA ATV (2012-2013)

Psychology Clinic Scope and its Role in Corona Pandemic (May 2020)

Domestic Violence and Child Abuse (June 2020)

BBC Urdu Saer Been Interview for Depression after Marriage. Recorded on 23 Feb. 2023

PTV NEWS, SMAAJ Expert Speaker on “Impact of Siblings Rivalry” 28<sup>th</sup> April 2023

BBC Urdu Saer Been Interview for Sexual Texting. Recorded on 20 June 2023

Riphah University Media House. Talk on Family Counseling

## **FACE BOOK PAGE (Admn.)**

Assessment and Counseling Services (ACS)

Foundation University Psychology Clinic

## **EXPERTISE**

Adolescents Issues

Psychological Testing and Personality Assessment,

Guidance and Counseling

Clinical Training

## **LANGUAGE SKILLS**

Fluent in **Urdu, Punjabi** and **English**

**TOEFL** (Test of English as a Foreign Language) Scores Achieved 5

## **IT SKILLS**

Familiar with the use of computers, internet and use of on line databases.

MS Word, SPSS and Power Point.