

CURRICULUM VITAE

DR. SADAF AHSAN

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Areas of Interest Interpersonal Relations, Clinical Psychology, Applied Psychology, Positive Psychology, Experimental Psychology, Gender and Counseling

Current Status: Head of Psychology Department, FUSST
Associate Professor, Foundation University Islamabad (FUI)

Promoted to Associate Professor in December, 2020

Joined FUSST in 2015 as Assistant Professor and have been teaching following courses to PhD, MS Clinical Psychology, M.Sc and BS students of Psychology Dept:

- Research Method I and II
- Social Psychology
- Research Designs and Practices
- Positive Psychology
- Advanced Research Methods
- Guidance and Counseling
- Health Psychology
- Psychology of Self
- Personality Theories
- DSM V
- Industrial and Organizational Psychology

Academic and Professional Engagements/Achievements

- Chief Editor, Foundation University Journal of Psychology
- 5 PhD Psychology students have successfully completed their theses under my supervision
- 49 MS Clinical Psychology students have successfully completed their theses under my supervision
- Currently, supervising 5 x PhD and 7 x MS Scholars.
- PI in a 13-months project titled as Exploring Factors Influencing Marital Quality among Working Married Individuals which was successfully completed on April, 2025
- Co-PI in a 10-months project titled as Randomized Control Trial to Examine the Impact of Islamic Based Cognitive Behavioral Therapy on Obsessive Compulsive Disorder which was successfully completed on December, 2024
- Academic Collaborator in NRPU Project No. 14887 titled as "Development and effectiveness of a web-based psychoeducational program for reducing radicalization in university students" funded by the Higher Education Commission of Pakistan.
- Chairperson; Board of Studies, Department of Psychology, FUSST; Committee for Admission Campaign
- Member; Academic Council, Selection Boards, BASAR, FUI.
- Member; Financial Assistance Committee, Migration Committee, GSC, FUSST
- Focal Person for Open House, Farewell and Welcome parties from Faculty of Arts and Social Sciences
- Secretary: Board of Faculty, Faculty of Arts and Social Sciences, FUSST
- Member; Board of Studies, Rawalpindi women University. Member; Board of Faculty, Fatima Jinnah Women University
- Member of team to assess the performance of degree programs offered (BS, MPhil and PhD) by the department of Behavioral Science on the basis of Self-Assessment Reports
- Member; Departmental Technical Review Committee (DTRC) for evaluation of TTS employees of the Department of Psychology, Abdul Wali Khan University Mardan
- PI in 1-year project titled as "Enhancing Marital Quality in Married Adults: Intervention Based Study" which was successfully completed on Aug, 2022
- HEC Approved Supervisor (Sep, 2019).
- 2nd Position in "All Pakistan Pitching Research Competition" organized by University of Queensland, Australia
- Reviewer for the Journal "Group Processes and Intergroup Relations" and "International Journal of Human Rights in Healthcare"
- External examiner to evaluate theses and take viva voce of research students from numerous Universities of Rawalpindi, Islamabad and Haripur

- 26 oral presentations in different International Conferences
- 15 poster presentations in different International Conferences
- Session Chair, Co-chair and moderator at various International Conferences organized by Shifa Tameer-e-Millat University, NUML, Riphah International University, FJ and National Institute of Psychology, Quaid-i-Azam University Islamabad
- Over all 2nd Position (CGPA 4.2) in M Phil
- Gold Medal (GPA 4.4) in 4th Semester of M Phil
- Scholarship (GPA 4.0) in 2nd Semester of M Phil
- Roll of Honor in MSc

Education

PhD in Psychology (2008 – 2014)

National Institute of Psychology, Quaid-i-Azam University Islamabad

Research Topic: Psychosocial Determinants of Marital Quality among Married Couples

M Phil in Psychology (2004 – 2006)

National Institute of Psychology, Quaid-i-Azam University Islamabad

Research Topic: Attitude of Youth towards Intimacy with Opposite Gender, Body Image, Self and Others.

Masters in Applied Psychology (2002 – 2004)

Govt. Post Graduate College, Rawalpindi (Punjab University)

Research Topic: Domestic Violence against Wives

Experience

Visiting Lecturer at Foundation University Islamabad and taught following course to M-Phil and MS students of Psychology and Business Administration Departments:

- Research Designs and Statistics (2015)
- Introduction to Psychology (Fall 2014)
- Clinical Psychology (2013)

Visiting Lecturer at Fatima Jinnah University, Rawalpindi and taught following courses in **Behavioral Sciences, Business Administration** and **Computer Arts Departments**:

- Introduction to Psychology (2015, 2014)
- Basic of Public Health (Fall, 2014)
- Introduction to Psychology (2009, 2012)
- Introduction to Psychological Assessment (2008)
- Abnormal Psychology (Winter 2008)
- Theories of Personality (Fall 2008)
- Perspectives in Psychopathology (Fall 2008)
- Introduction to Psychology (Fall, 2007)

Lecturer at International Islamic University, Islamabad (Sep 2009 – Feb 2010) and taught following courses in the **Psychology Department**:

- Social Psychology
- Developmental Psychology
- Ethics in Psychology
- Research Methodology

Research Associate at National Institute of Psychology, Quaid-i-Azam University Islamabad (Sep 2007 – Jan 2008)

6 months Internship (Oct 2003 – Apr 2004) as a **Clinical Psychologist** with at the **Psychiatry Department of MH, Rawalpindi.**

Empirical Articles

1. Shafique, R., **Ahsan, S.**, & Khan, H. (2025). Impact of Emotional Abuse and Neglect on Depressive Symptoms with Moderating Role of Emotional Intelligence among University Students. *Journal of Professional & Applied Psychology*, 6(1), 5–17. <https://doi.org/10.52053/jpap.v6i1.335>
2. **Ahsan, S.**, Khan, S., Butt, T. A. & Andeleeb, N. (2024). Positive Outcomes of Uninterrupted Listening Intervention on Married Couples: An Experimental Study, *Pakistan Journal of Psychological Research*, 2025, Vol. 39, No.4, 157-172
3. Khan, H., **Ahsan, S.**, & Shafique, R. (2024). Body Esteem as Mediator between Social Media Addiction and Eating Behaviors among Young Adults. *Journal of Professional & Applied Psychology*, 5(4), 582–594. <https://doi.org/10.52053/jpap.v5i4.338>
4. Iftikhar, H., & **Ahsan, S.** (2024). Exploring Work Conditions of Postgraduate Resident Doctors: A Qualitative Case Study of Tertiary Care Hospitals of Pakistan. *Remittances Review*. 9 (3). 457-472
5. Batool, M., **Ahsan, S.** & Sohail, J. (2024). Impact of Achievement Motivation on academic Performance among university Students: Moderating Role of Satisfaction in Romantic Relationships. *Journal of Professional and Applied Psychology*. 5(2). 304-314.
6. Kiani, F., **Ahsan, S.** ... (2024). Healthy Coping Styles in Men with Cannabis Use Disorder: Comparative Study of Mild, Moderate and Severe Level. *Journal of Substance Use*. 29 (6), 1226-1230. DOI: 10.1080/14659891.2024.2372094
7. Khan, S., ... **Ahsan, S.** ... (2024). Impact of Emotional Immaturity on Mental Wellbeing and Physiological Symptomology in Emerging Adults: Mediating Role of Distress Tolerance, *Pakistan Journal of Psychological Research*, 2024, Vol. 39, No.1, 157-172 <https://doi.org/10.33824/PJPR.2024.39.1.10>
8. Aman, H., **Ahsan, S.** ... (2024). The Hidden Struggles: Exploring the Mental and Physical Health Challenges of PhD Students. *Remittances Review*, 9 (1), 1129-1142, ISSN: 2059-6588(Print) | ISSN 2059-6596(Online). DOI: <https://doi.org/10.33282/rr.vx9il.81>
9. Aman, H., & **Ahsan, S.** (2024). Barriers to Flourishing: How Social and Economic

- Challenges Impact PhD Scholars' Well-Being. *Migration Letters*, 21(2), 1173–1195. Retrieved from <https://migrationletters.com/index.php/ml/article/view/11647>
10. Aman, H., & **Ahsan, S.** (2023). Efficacy Of Multicomponent Positive Psychology Group Intervention Through Randomized Controlled Trial: Study Protocol. *Journal of Namibian Studies*, 33 (1), 1801-1820.
 11. Yaqoob, N., **Ahsan, S.**, & Jalal, O. (2023). Comorbidity of Psychiatric disorders among patients with self-harm. *Rawal Medical Journal*. 48(3), 610-613.
 12. Yaqoob, N., & **Ahsan, S.** (2023). Urdu Translation and Cross-Cultural Validation of Mood Disorder Questionnaire on Patients Engaging in Self-Harm. *Pak Armed Forces Med J*, 73 (4), 1000 -1003.
 13. Shehzad, G., & **Ahsan, S.** (2023). Moderating Role of Self Esteem between Traumatic Events and Internalized Shame among Retired Army Officers. *Human Nature Journal of social Sciences*, 4 (2), 544-559.
 14. Kiran, I., **Ahsan, S.**, Abbasi, S., & Naz, A. (2023). Moderating Role of Self-Efficacy in the Relationship between Self-Generated Thoughts and Symptoms of Depression among University Students. *Rawal Medical Journal*. 48(2), 357-360.
 15. Yaqoob, N., & **Ahsan, S.** (2023). Depression, Anxiety and Social Support as Predictors of Suicide Intent among Self-Harm In-Patients. *Pak Armed Forces Med J*, 73 (2), 557-560
 16. Yaqoob, N., **Ahsan, S.** (2023). Impact of mood disorders and personality disorders on suicide intent among self-harm patients. *Pakistan Journal of Medical Sciences*, 39 (2), 491-496.
 17. Bakhteyar, R., **Ahsan, S.**, Khan, S., & Akhtar, A. (2023). Couple Satisfaction Index-16: Translation and Validation in Pakistan. *Journal of Positive School Psychology*. 7(1). 1356-1370.
 18. Yaqoob, N., **Ahsan, S.** & Hanif, R. (2022). Urdu Translation and Validation of Beck Suicide Intent Scale Among Patients with Self-Harming Behavior. *Pakistan Journal of Psychological Research*, 37(4), 149- 164.
 19. Akhtar, A. **Ahsan, S.** Khan, S. H., Bibi, A., & Bano, S. (2022). The Dynamics of Demographic Characteristics: An Exploratory Study. *Journal of Positive School Psychology*. 6(12). 24-45.
 20. Akbar, F., **Ahsan, S.**, Kiani, F., Andleeb, N. & Khan, S. (2022). Mediating Role of Family Relations between Internet Addiction and Aggression Among University Students. *Pakistan Journal of Psychological Research*, 37(3), 417-434.
 21. Rasheed, A., **Ahsan, S.** & Masood, S. (2022). Impact Of Problematic Internet Gaming on Achievement Motivation among University Students: Moderating Role of Education. *Journal of Positive School Psychology*, 6 (8), 7042-7057
 22. Waseem, R., **Ahsan, S.**, Khan, S., & Akhtar, A. (2021). Mindfulness Attention Awareness Scale: Translation and Validation in Pakistan. *Webology*, 18(4). 1051-1070
 23. Waseem, R., **Ahsan, S.**, & Akhtar, A. (2021). Life Orientation Test-Revised: Translation and Validation in Pakistan. *Multicultural Education*, 7(11). 137-149.
 24. Andleeb, N., **Ahsan, S.**, & Zaheer, S. (2021). Relationship between Clinical Anger and Suicidal Ideation and Psychological Well Being among People with Physical

- Disabilities. *Journal of Pakistan Medical Association*, 71 (10), 2422-2444.
25. Rasheed, A., **Ahsan, S.** & Zaheer, S. (2021). Impact of Internet Gaming Disorder on Self-Appraisal among University Students: Moderating Role of Gender. *Pakistan Journal of Psychological Research*, 36(3), 451-471.
 26. **Ahsan, S.**, Kiani, F., Hanif, R. & Andleeb, N. (2021). Negative Coping Styles among Individuals with Cannabis Use Disorder and Non-users – A Cross-Sectional Study. *Journal of Pakistan Medical Association*. 71(7), 1757- 1760.
 27. Akhtar, A., **Ahsan, S.**, Andleeb, N., Bano, S., & Kainat, R. (2021). Moderating Role of Perceived Organizational Support between Organizational Citizenship Behavior and Organizational Performance among Industrial Employees. *Humanities & Social Sciences Reviews*, 9(3), 72-80.
 28. Kiani, F., & **Ahsan, S.**, Qurat-ul-ain., Abbasi, S., & Rehman, F. K. (2021). Moral Development in Individuals with Cannabis Use Disorder: A Comparative Multilevel Study. *International Transaction Journal of Engineering, Management, and Applied Sciences and Technologies*, 12(3), 1-8.
 29. Yaqoob, N., & **Ahsan, S.** (2021). Impact of Perceived Social Support and Parental Bonding in Predicting Suicide Intent among Self-Harm Patients. *Journal of Pakistan Medical Association*. 71(4), 1148-1152.
 30. Andleeb, N., **Ahsan, S.**, & Zaheer, S. (2020). Moderating Role of Psychological Distress on the Relationship between Suicidal Ideation and Psychological Well Being among People with Physical Disabilities. *Pak Armed Forces Med J*, 70 (6), 1728-33.
 31. Shehzad, G., **Ahsan, S.**, Abbasi, S. (2020). PTSD Symptomatology and Social Anxiety among Retired Army Officers: Mediating Role of Internalized Shame. *Pakistan Journal of Psychological Research*, 35 (3), 679-694.
 32. Tara, U., & **Ahsan, S.** (2020). Cognitive Hardiness as a Moderator between Generalized Workplace Harassment and Anger among Working Women in Pakistan. *Journal of Human Behavior in the Social Environment*. 30 (8), 971-988.
 33. Kiran, I., **Ahsan, S.**, & Zonash, R. (2020). Self-Generated Thoughts as Predictors of Depressive Symptoms among University Students. *Pakistan Journal of Physiology*, 16(1), 52-55
 34. Zahra, S., **Ahsan, S.**, Kiani, S., Shahbaz, K. & Andleeb, S. N. (2020). Internet gaming, emotional intelligence, psychological distress and academic performance among university students. *Pakistan Journal of Psychological Research*. 35(2), 253-270.
 35. **Ahsan, S.**, & Hanif, R. (2020). The role of communication patterns in enhancing the quality of marriage. In A. Kamal., R. Hanif., H. Jami., S. Masood., & A. Zubair (Eds.), *Psychosocial Explorations of Gender in Society* (pp. 58- 73). Cambridge Scholars Publishing.
 36. Akhtar, A., **Ahsan, S.**, Bakhtiyar, R. (2020). Organizational Culture Predicts Emotional Intelligence among Pharmaceutical Industrial Employees. *International Review of Management and Business Research*. 9(2), 95-108.
 37. Kiran, I., **Ahsan, S.**, Zaheer, S., & Naz, A. (2020). Impact of Self-Generated Thoughts on Anxiety Symptoms among University Students: Mediating Role of Rumination. *Pakistan Journal of Psychological Research*. 35(1), 37-51.
 38. Shahbaz, K., Rasul, F., **Ahsan, S.**, Azhar, S., Gul, S., Rehman, R., & Tahira. (2020). Impacts of Dysfunctional Career Thoughts on Achievement Motivation among University Students: Gender Differences. *International Transaction Journal of*

- Engineering, Management, and Applied Sciences and Technologies*. 11(4). doi: 10.14456/ITJEMAST.2020.64
39. **Ahsan, S.**, Rasheed, A., & Zonash, R. (2019). Impact of Internet Gaming Disorder on Self-Efficacy and Self-Doubt among University Students. *Pakistan Journal of Physiology*, 15(4), 38-41.
 40. Zahra, S., **Ahsan, S.**, Kiani, S., & Shahbaz, K. (2019). Internet Gaming Disorder: An Emerging Addiction among Pakistani University Students. *NUST Journal of Social Sciences and Humanities*. Vol.5 No.1 (January-June 2019) pp. 87-104
 41. Kazmi, S., **Ahsan, S.**, & Khan, S. (2019). Impact of Emotional Intelligence and Occupational Stress on Clinical Anger among Faculty Members of Universities. *Foundation University Journal of Psychology*.
 42. Malik, A., & **Ahsan, S.** (2018). Impact of Perceived Parental Involvement on Academic Achievement in Adolescents. *International Journal of Advancements in Research and Technology*, 7(11), 5-24.
 43. Aqeel, M., Ahmed, A., Akhtar, T., Rohail, I., **Ahsan, S.**,... & Salim, S. (2017). Moderating Role of Coping Styles Among Perception of Tinnitus and Psychological Adjustment in Pakistani Tinnitus Patients, *Ponte Journal*, 73 (4), 15-27. DOI: 10.21506, 4.32
 44. Aqeel, M., Rohail, I., **Ahsan, S.**, Ahmed, A., & Saad, M. B. (2017). Moderating Role of the Forgiveness between Vengeance and Aggression in Pakistani Murderers. *Wulfenia Journal*, 24 (3), 269 – 283.
 45. Aqeel, M., Shah, A. A., Rohail, I., **Ahsan, S.**, Shahbaz, K., & Ahmed, A. (2017). The Moderating Role of Parental School Involvement between Parental Attachment and Problem faced by Truant and Punctual Students. *Ponte Journal*, 73(4)
 46. **Muneer, S. B.**, & Hanif, R. (2012). Role of Marital Emotion Work in Marital Quality of Pakistani Married Couples. *European Journal of Scientific Research*, 93(4), 585-593.

Seminars and Workshops Conducted

- 2 Day International Training Workshop on CBT for Unipolar depression and panic disorder in collaboration with HEC on 8th-9th May 2024
- 3 Day International Training Workshop on Psychosocial Interventions in collaboration with HEC on 17th-19th May 2023
- Weekly Research Seminar Fall 2016-2020.
- Two weeks training workshop on “Vocational Counseling” at National Institute of Psychology, **Quaid-i-Azam University Islamabad** (2017)
- Presented a seminar on “Role of Marital Emotion Work, Friend ship and Romance in Enhancing Marital Quality” at **FURC** (2016)
- Helped the **Psychiatry Department of MH**, Rawalpindi in conducting One-Day Seminar on Personality Development and gave Presentations on WAIS-R and Personality Disorders (2013)

Workshops and Seminars Attended

- One day training workshop on NVIVO at **FURC** (3rd Oct, 2019)

- 4 days Training workshop on “Conducting and Supervising Research” at FURC (27th – 30th Aug, 2019)
- Seminar on “Quality Assurance at higher education and University ranking” at FURC (18th Apr, 2019)
- Seminar on “Reference writing in accordance with APA Manual” at FURC (22nd Mar, 2019)
- Workshop on “Manuscript writing and publishing in Impact Factor Journals” at FUI (20th Mar, 2019)
- Seminar on “Logotherapy” at FURC (21st Dec, 2018)
- Workshop on “Conditional processes analysis for customized model: Practice with PROCESS macro” at FURC (19th Dec, 2018)
- Training on Quality Assurance and OBE at FURC (15th Oct, 2018)
- 1 day workshop on “Outcome based Education Using Blooms’s Taxonomy and Balanced Score Card” (7th Sep, 2018) at FURC
- 1 day workshop on “Uncommon Qualitative Research Methods” (August, 2018) at Faculty Development Academy, COMSATS
- 2 days workshop on “Learning Disabilities” (17th & 18th July, 2018) at FURC
- 1- day workshop on “Formulating research question: searching the evidence” (September, 2015) at FUI
- 5- days workshop on “Emerging trends in Research” (August, 2016) at FURC
- One- day training workshop on Research Methodology by a German organization DAAD at HEC. (May, 2016)
- 2 days Advanced Training Workshop on Regression Analysis by Dr Rukhsana Kausar (24 & 25 Mar 2011)
- 1 day Workshop on Moderation and Mediation by Dr Jamil A Malik (3 May 2011)
- 3 days Workshop on Structural Equation Modeling (SEM) using AMOS by Dr Jamil A Malik (28 Feb – 1 Mar 2012)

Paper/ Poster Presentations at International Conferences

Ahsan, S. & Hanif, R. (2017, April). “*Marital Quality of Married couples: Examining the Role of Forgiveness*”. Paper presented in 3-Day International Conference on Health Psychology: Issues & Challenges, Organized by the department of Psychology GCU Lahore.

Zahra, S., **Ahsan, S.** & Kiani, S. (2017, April). “*Weekly Game Playtime and Its Relationship with Internet Gaming Disorder, Emotional Intelligence and Psychological Distress*”. Paper presented in 3-Day International Conference on Health Psychology: Issues & Challenges, Organized by the department of Psychology GCU Lahore.

Andaleeb, N. & **Ahsan, S.** (2017, April). “*Relationship between Suicidal Ideation and Clinical Anger among the Physically Disabled*”. Paper presented in 3-Day International Conference

on Health Psychology: Issues & Challenges, Organized by the department of Psychology GCU Lahore.

Kiani, F. & **Ahsan, S.** (2017, April). “Coping Styles in Individuals with cannabis use disorder and non users: comparative study”. Poster presented in 3-Day International Conference on Health Psychology: Issues & Challenges, Organized by the department of Psychology GCU Lahore.

Ahsan, S. & Hanif, R. (2017, March). “*Impact of Marital Emotion Work on Marital Quality among Married Couples*”. Paper presented in 1st International Conference on Clinical Psychology and the Developing World: Issues, Challenges, and Solutions Organized by Institute of Clinical Psychology University of Management and Technology Lahore.

Ahsan, S. & Hanif, R. (2017, March). “*Impact of Handling Interpersonal Conflict on Marital Quality of Married Couples*”. Paper presented in 1st International Conference on Clinical Psychology and the Developing World: Issues, Challenges, and Solutions Organized by Institute of Clinical Psychology University of Management and Technology Lahore.

Zahra, S., **Ahsan, S.** & Kiani, S. (2017, March). “*Academic Performance of University Students and its Relationship with Internet Gaming Disorder, Emotional Intelligence and Psychological Distress*” Paper presented in 1st International Conference on Clinical Psychology and the Developing World: Issues, Challenges, and Solutions Organized by Institute of Clinical Psychology University of Management and Technology Lahore.

Sajid, A. & **Ahsan, S.** (2017, March). “*Peritraumatic Distress, Pertraumatic Dissociation and Mental Health in Police Officers and Paramedics: A Comparative Study*” Paper presented in 1st International Conference on Clinical Psychology and the Developing World: Issues, Challenges, and Solutions Organized by Institute of Clinical Psychology University of Management and Technology Lahore.

Kiani, F. & **Ahsan, S.** (2017, March). “*Moral Development in Individuals with Cannabis Use Disorder and Nonusers: Comparative Study*”. Paper presented in 1st International Conference on Clinical Psychology and the Developing World: Issues, Challenges, and Solutions Organized by Institute of Clinical Psychology University of Management and Technology Lahore.

Andaleeb, N. & **Ahsan, S.** (2017, March). “*Moderating Role of Psychological Distress between Suicidal Ideation and Psychological Wellbeing among the Physically Disabled*”. Paper presented in 1st International Conference on Clinical Psychology and the Developing World: Issues, Challenges, and Solutions Organized by Institute of Clinical Psychology University of Management and Technology Lahore.

Ahsan, S. & Hanif, R. (2016, December). *“Role of Communication Patterns in Enhancing the Marital Quality of Married Couples”*. Paper presented in 6th **International Conference on Psychology of Gender in Perspective: Issues and Challenges. Organized by National Institute of Psychology, Quaid-i-Azam University, Islamabad.**

Ahsan, S. & Hanif, R. (2016, December). *“Role of Friendship and Romance in Enhancing the Marital Quality of Married Couples”*. Poster presented in 6th **International Conference on Psychology of Gender in Perspective: Issues and Challenges. Organized by National Institute of Psychology, Quaid-i-Azam University, Islamabad.**

Zahra, S., **Ahsan, S. & Kiani, S.** (2016, December). *“Internet Gaming Disorder and its relationship with Emotional Intelligence and Psychological Distress”*. Poster presented in 6th **International Conference on Psychology of Gender in Perspective: Issues and Challenges. Organized by National Institute of Psychology, Quaid-i-Azam University, Islamabad.**