


FATIMA ZAFAR

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House# 304, Street 50 Phase II,
Margalla Town, Islamabad

EDUCATION

2017
**Quaid-i-Azam University,
Islamabad**
M.Phil Psychology (CGPA=3.9)

2015
**Fatima Jinnah Women University,
Rawalpindi**
*BS (HONS) Behavioral Sciences
(CGPA=3.34)*

2021
**Allama Iqbal Open University,
Islamabad**
*Bachelor of Education (B.ED 1.5
years)*

SKILLS

- Comfortable in all Windows based application, MS Office, SPSS, Rayyan QCRI, PROCESS, PsychoPy and AMOS.
- Good problem solving skills
- Good Communication and teaching Skills
- Good Interpersonal Skills (multi-language speech: Urdu, English, Punjabi)
- Good command on quantitative and qualitative research methods
- Command on Psychological Assessment Techniques
- I strive for continuous excellence and creativity
- Excellent analytical abilities with a sense of screening out the best

CAREER OBJECTIVE

To obtain a position as a researcher or a lecturer and boost up my skills and career in an esteemed institution where I can nurture my abilities while dealing effectively and professionally with all challenges.

PROFESSIONAL EXPERIENCE

Nov 2021- Present

Lecturer

Foundation University, School of Science & Technology (FUSST), Islamabad

- Teaching to BS Psychology program
- Member copy editing team of Foundation University Journal of Psychology (FUJP)
- Worked as BS internship coordinator

Sep 2020- Sep 2021

Visiting Faculty

Foundation University, School of Science & Technology (FUSST), Islamabad

- Taught “Guidance and Counseling” course to BS 7th semester
- Taught “Applied areas of Psychology” to BS 2nd semester

Feb 2021- Oct 2021

Visiting Faculty

COMSATS University Islamabad (CUI)

- Taught “Forensic Psychology” to BS 8th semester
- Taught “Neurological basis of behavior” to BS 6th semester

Aug 2019–Nov 2020

Research Assistant

Human Development Research Foundation (HDRF), Islamabad

- Worked as an intervention team member in School Mental Health Program (SHINE) and Early Adolescent Skills for Emotions (EASE).

2014

Internship as Trainee Psychologist

Armed Forces Institute of Mental Health (AFIMH), Rawalpindi

- Psychiatric History taking
- Psychological assessment and testing
- Assisting stress management and behavior therapy sessions.

PUBLICATION

Gillani, S. A., Zafar, F., & Javaid, R. (2025). The Journey of Grief: Exploring Gender Differences and Social Support, Following the Death of Significant Others. *The Critical Review of Social Sciences Studies*, 3(1), 917-931.

- I provide exceptional contribution to the individual and team work
- Enjoy learning new methods, and initiate methods to implicate my learning

PROJECTS

- Effectiveness of Relaxation Techniques for the Prevention of Anxiety and Depression in At-Risk Adolescents; A Systematic Review
- Psychosocial Impact of COVID-19 on Teachers from Public Schools: A Qualitative Study
- Self-Help Plus (SH+); An intervention developed by the World Health Organization (WHO) to improve the mental health and functioning of people effected by humanitarian emergencies.
- Early Adolescents Skills for Emotions (EASE); A Randomized Control Trial.
- School Health Implementation Network: Eastern Mediterranean Region (Shine); A Randomized Control Trial.
- Role of Parental Communication Patterns on Mental Well-Being among Adolescents: Moderation by Autonomy; M.Phil Dissertation.
- Gender Differences In Grief Experience And Perceived Social Support Following The Death Of Significant Others; A Research Report
- Prevalence Of Aggression Among Adolescence; A Research Report
- Association of coping strategies and life satisfaction with depression among elderly; A Research Report.

PROFESSIONAL TRAINING AND CERTIFICATION

- Two days workshop on “**Mind and Brain Multidisciplinary Innovations in Psychology and Neuroscience**” held in Foundation University School of Science and Technology (FUSST) on 19 & 20 Aug 2025
- Organized a workshop on **Moderation & Mediation Analysis using Process Macro** held in Foundation University School of Science and Technology (FUSST) on 2nd June 2025
- Organized a seminar on **Transforming Health Paradigm: Lifestyle Medicine’s Approach to Wholesome Health** held in Foundation University School of Science and Technology (FUSST) on 24 May 2023
- 3 days training workshop on **Psychosocial interventions** held in Foundation University School of Science and Technology (FUSST) on 17-19 May 2023
- Paper presentation on article titled “**Gender Differences in Grief Experience and Perceived Social Support Following the Death of Significant Others**” in 2nd International Conference of Gender Studies 2022 conducted in Lahore on 16 December 2022.
- 1 day Workshop on “**Systematic Review of Psychosocial Interventions**” held in Foundation University School of Science and Technology (FUSST) on 18 August 2022
- Organizing member of “**2nd International Conference Understanding Hidden Disabilities: Creating a Resilient and Inclusive World**” held in Foundation University School of Science and Technology (FUSST) on 3rd December 2021
- Online Course: “**Introduction to conducting systematic reviews**” by Cochrane Interactive Learning in June, 2020.
- Online Course: “**Good Research Practice**” by Medical Research Council in Sep, 2019.

- Online Course “***Good Clinical Practice***” by London School of Hygiene & Tropical Medicine in Aug, 2019
- Online Course “***Good Clinical Practice***” by NIDA Clinical Trials Network in July, 2019.
- Certified on attending 8 days training workshop on “***WHO-Early Adolescent Skills for Emotions (EASE) Program***” organized by Global Institute of Human Development Islamabad in Aug, 2019
- 3 days Training workshop on ***Modern Methods of Mediation, Moderation & Model Testing: Advances in SEM*** held at QAU in 2017
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References

References will be furnished on demand.

