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# Rahat Munir Ahmad

📍 SN-324/4 Dhoke Kala Khan, Rawalpindi, Pakistan

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## Professional Objective

Dedicated Lecturer in Psychology with over five years of teaching, research, and supervisory experience. Skilled in research methods, data analysis, and applied areas of psychology with expertise in SPSS, AMOS, and academic writing. Actively engaged in research supervision, journal editing, and professional development. Committed to advancing psychological education and fostering student growth.

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## Education

**MPhil in Psychology** – *National Institute of Psychology, Quaid-i-Azam University, Islamabad* (2018)

- Focus areas: Adolescent behavioral problems, Positive Psychology, Consumer Behavior, Research Methodology
- Expertise in data analysis (SPSS, AMOS)

**Masters in Psychology** – *National Institute of Psychology, Quaid-i-Azam University, Islamabad* (2014)

- Courses: Developmental Psychopathology, Clinical Psychology, Social Psychology, Test Development & Measurement

**Bachelors of Science (Botany, Zoology, Psychology)** – *University of Punjab, Lahore* (2011)

- 1st Division

**HSSC (Pre-Medical)** – *Hamza Army Public School & College, Rawalpindi* (2009) – A Grade

**SSC (Science)** – *Hamza Army Public School & College, Rawalpindi* (2007) – A Grade

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# Professional Experience

## **Lecturer – Department of Psychology**

*Foundation University, Rawalpindi Campus (Sep 2019 – Present)*

- Courses taught: Psychological Testing I & II, Research Methods, Applied Statistics, Guidance & Counseling, Applied Areas of Psychology
- Supervised undergraduate research projects
- Designed courses, prepared exams, and evaluated assessments
- Served as Course Coordinator (BS level)
- Research Committee Member & Journal Editor (Foundation University Journal of Psychology)
- Reviewed academic articles and research papers
- Participated in departmental and extra-curricular activities

## **Visiting Faculty – Department of Psychology**

*Foundation University, Rawalpindi Campus (Jan – Jun 2019)*

- Taught Psychological Testing and Applied Statistics

## **Research Assistant**

*Human Development Research Foundation (Aug 2015 – Sep 2016)*

- Worked on nutrition and games-based intervention projects
- Conducted field data collection, FGDs, and family network assessments
- Translated/adapted Bayley's Scale of Infant Development
- Supported interventions for mothers of intellectually challenged children
- Managed logistics, procurement, and documentation

## **Internship**

*Pakistan Manpower Institute (Dec 2018 – Jan 2019)*

## **Substitute Lecturer (BSc Classes)**

*F-7/4 Margalla College, Islamabad – Two weeks*

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# Research Work

- *Family Adjustment in Marital Relationships: Role of Sister-in-Law*
  - *Repetitive Negative Thoughts, Psychological Distress, and Coping Strategies among University Students*
  - *Psychological Abuse and Self-Silencing among Premarital Couples*
  - *Screening Report on Separation Anxiety Disorder in Preschoolers*
  - Case Studies and Projective Techniques Workshops
  - Supervisory research experience at BS level
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## Publications

- Munir, M., Tufail, S., & Ahmed, R. M. (2023). Revisiting the Romer's Hypothesis and Openness and Inflation Relationship for Pakistan. *Gomal University Journal of Research*, 39(1), 91–104.
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## Workshops, Trainings & Certifications

- NVivo Workshop – Foundation University, Islamabad
  - Focus Group Discussion Design – National Institute of Psychology
  - Interpersonal Skills Development – Pakistan Manpower Institute
  - WHO Parent Skills Training Program for Children with Developmental Delays
  - Application of Bayley's Scale of Infant Development (Outcome Assessor Training)
  - Rescue 1122 Training: CPR & Bandaging
  - Volunteer Service Overseas (UK Aid Project, 5-day training)
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## Conference Presentations & Abstract Publications

- Research paper & poster presentations at **International and National Conferences** (NIP QAU, UMT Lahore, Shaheed Benazir Bhutto Women University, Peshawar)
  - Multiple abstract publications in conference proceedings on clinical, educational, and organizational psychology (2012–2016)
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## Skills

- Research Methods & Data Analysis (SPSS, AMOS)
- Psychological Test Development & Validation
- Academic Writing & Editing (APA Style)
- MS Word, PowerPoint, Internet Research
- Translation, Note-taking, Data Entry
- Excellent English Proficiency (IELTS 7.5 Band)