

SOULAT KHAN

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Profile

- Lecturer in Psychology, Foundation University School of Science & Technology (10+ years)
- PhD Scholar, Department of Applied Psychology, NUML, Islamabad
- Managing Editor, Foundation University Journal of Psychology (FUJP)
- Member, Board of Studies, Department of Psychology, FUSST

Experience

- 11+ years of teaching and research experience
- Visiting Faculty, Institute of Applied Psychology, University of the Punjab (2013)
- Visiting Faculty, Bahauddin Zakariya University (BZU), Lahore (2014-2015)
- Supervised 24 MS theses and 40 BS/MSc theses
- External examiner for viva-voce (SPSS), University of the Punjab
- Member of Scientific Committee, International Conference on Emerging Trends in Psychology (2017)

Education

PhD Applied Psychology (in progress), NUML Islamabad (2021–2025)

M.Phil Applied Psychology, University of the Punjab, Lahore (2012–2014)

M.Sc. Applied Psychology, University of the Punjab, Lahore (2010–2012)

Research Publications

24 research publications in HEC-recognized journals

1. Ahsan, S., Butt, T. A., & Khan, S. (2025). Effectiveness of Apologizing Effectively Intervention among Married Couples: Enhancing Communication Patterns, Tolerance for Disagreement and Marital Quality. *Academy of Education and Social Sciences Review*, 5(2), 239-248.
2. Mumtaz, U., Khan, S., & Butt, T. A. (2025). Impact of Body Image on Life

- Satisfaction with Mediating Role of Emotional Distress among Unmarried Females. *Human Nature Journal of Social Sciences*, 6(1), 242-253.
3. Ahsan, S., Khan, S., Butt, T. A., & Andleeb, S. N. (2024). Positive Outcomes of Uninterrupted Listening Intervention on Married Couples: An Experimental Study. *Pakistan Journal of Psychological Research*, 39(4).
 4. Impact of Sexual Communication on Marital Adjustment and Mental Health: Mediating role of Sexual Coercion. *Pakistan Journal of Psychological Research*, 40(2), 702-722. <https://doi.org/10.33824/PJPR.2025.40.2.38>
 5. Zafar, S., Khan, S., But, T. A., & Rehna, T. (2025). Mediating Effect of Cognitive Reappraisal of Emotions Between Marital Commitment and Marital Satisfaction Among Married Couples. *Pakistan Journal of Psychological Research*, 40(1), 13-29.
 6. Khan, A., Khan, S., Khalid, N., & Butt, T. A. (2025). Impact of Gender Identity Conflict on Mental Wellbeing with Mediating Role of Body Satisfaction in Emerging Adults. *Academy of Education and Social Sciences Review*, 5(1). <https://doi.org/10.5281/zenodo.15008372>
 7. Khan, S., Rehna, T., (2025). The Unveiling Interpersonal Dynamics and Childhood Sexual Abuse as Risk Factors for Non-Suicidal Self-Injury among Emerging Adults., *Nature-Nurture Journal of Psychology*, 4(2) DOI: 10.53107/nnjp.v4i2.86
 8. Khan, S., Rehna, T., & Butt, T. A. (2024). The emotional surge: in-depth qualitative exploration of rumination and emotional turbulence in non-suicidal self-injurers. *Frontiers in Psychology*, 15, 1449110.
 9. Khan, S., Azmat, J., Butt, T. A., & 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*, 39(1), 157-172.
 10. Khan, S., Rida-e-Zahra, S., Rehna, T., & Butt, T. A. (2023). Mediating Role of Self-Esteem and Self-Efficacy in Paths Between Covert Narcissism and Mental Wellbeing in Pakistani Doctors. *Pakistan Journal of Psychological Research*, 38(4), 659-674.
 11. Mubeen, B., Kanwal, S., Khan, S., Butt, T.A. (2022). Relationship of Sense of Humor and Subjective Happiness: Mediating role of Workplace Hardiness among Medical Officers. *Asean Journal of Psychiatry*, 23(8), 1-9.
 12. Andleeb, S.N., Akbar, F., Ahsan, S., 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. <https://doi.org/10.33824/PJPR.2022.37.3.25>
 13. Asif, S., Khan, S., Butt, T. A., Mehmood, A., Zulfiqar, A., & Mubashar, T. (2022). Psychosocial indicators of suicidal ideation among acid attack survivors. *International Journal of Human Rights in Healthcare*, 17(2), 210-220. <https://doi.org/10.1108/IJHRH-06-2022-0056>
 14. Yawar, R., Khan, S., Rafiq, M., Fawad, N., Shams, S., Navid, S., Khan, M.A., Taufiq, N., Touqir, A., Imran, M. and Butt, T.A. (2022), "Aging is inevitable: understanding aging anxiety related to physical symptomology and

- quality of life with the mediating role of self-esteem in adults", *International Journal of Human Rights in Healthcare*, 17(2), 170-185.
<https://doi.org/10.1108/IJHRH-05-2022-0047>
15. Aqil, F., Khan, S., Butt, T. A., & Mubashar, T. (2022). Impact of Impostor Phenomenon on Psychological Distress: Self-doubt of University Students regarding Online Classes Management in COVID-19. *Multicultural Education*, 8(9) 27-35.
 16. Mubashar, T., Ain, Q., & Khan, S. (2022). Applicability of Character Strengths at Work and Flourishing in Employees. *Statistics, Computing and Interdisciplinary Research*, 4(1), 113-129.
 17. Mubashar, T., Musharraf, S., Khan, S., Butt, T. A. (2022). Impact of Organizational Justice on Employee Engagement: The Mediating Role of Organizational Trust. *Cogent Psychology*, 9(1).
[doi/full/10.1080/23311908.2022.2080325](https://doi.org/10.1080/23311908.2022.2080325)
 18. Musharraf, S., Sultan, S., Mubashar, T., Khan, S. (2021). Exploring Suicidal Ideation among Psychiatric Patients: Predictive Role of Personality Traits and Religiosity. *Foundation University Journal of Psychology*, 5(2) 108-143.
 19. Ali, S. Z., Mubashar, T., Khan, S., Akhtar, T. (2021). Psychosocial Aspects of Adaptation of International Students in Pakistan. *Pakistan Journal of Psychological Research*, 36(1), 135-156.
 20. Khan, S., Kausar, R. (2020). Psychosocial Factors of Nonsuicidal Self-Injury among Adolescents and Young Adults. *Pakistan Journal of Psychological Research*, 35(4), 637-655.
 21. Khan, S., Mubashar, T., Akhtar, T., Butt, T. A. (2020). Impact of Anger on Suicidal Ideation: Mediating Role of Perceived Emotional Distress in Late Adolescents and Emerging Adults with Psychological Problems. *Pakistan Journal of Psychological Research*, 35(2), 295-312.
 22. Kazmi, S. 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*, 3(1) 108-143.
 23. Qazi, R., Khan, S., Akhtar, T., Butt, T. A. (2019). Psychosocial Correlates of Suicidal Ideation in Acid Attack Survivors. *Pakistan Journal of Physiology*, 15(4), 31-44.
 24. Anwar, S., Khan, S., Zaheer, S. (2019). The Impact of psychological distress and self-criticism on aggression with moderating role of loneliness in university students. *Foundation University Journal of Psychology*, 3(2) 163-185.