

Umme Siddiqa

Rawalpindi, Pakistan

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Faculty Webpage: <https://fusst.fui.edu.pk/index.php/faculty-psy#>

Education

QUAID-I-AZAM UNIVERSITY, ISLAMABAD (National Institute of Psychology) 2015 – 2018
MPhil - Psychology (Distinction) 80%

- Relevant coursework: Contemporary Data Analysis Tools, Statistics, Research Methods, Gender Psychology, Occupational Health Psychology, Counselling Psychology, Interpretation of Psychological Tests, Theories of Psychology
- Dissertation Title: Explaining Behavioral Problems by Peer Relations, Coping Strategies and Bullying among School Going Orphans and Non-Orphans

INTERNATIONAL ISLAMIC UNIVERSITY, ISLAMABAD 2009 – 2013
Bachelor of Science - Psychology (Distinction) CGPA 3.98/4.0

- Position holder in BS Psychology and Recipient of Government's Merit Certificate
- Relevant coursework: Research Methods, Statistics, Psychopathology, Personality Theories, Experimental Psychology, Social Psychology, Educational Psychology, Developmental Psychology, Cognitive Psychology, Neurological Basis of Behavior, Organizational Psychology, HRM, Marketing

FAUJI FOUNDATION COLLEGE FOR GIRLS, NEW LALAZAR, RAWALPINDI 2006 – 2008
Higher Secondary School Certificate (Pre Medical) Grade A

F.G. SIR SYED GIRLS SECONDARY SCHOOL, RAWALPINDI 1996 – 2006
Secondary School Certificate (Science) Grade A1

Professional Experience

FOUNDATION UNIVERSITY SCHOOL OF SCIENCE AND TECHNOLOGY – Islamabad

Lecturer (Permanent Faculty) Sep, 2019 – Present

- Teaching different courses to undergraduate students
- MS Thesis Supervision (Supervised: 5 ; Under Supervision: 3)
- Supervision of Undergraduate Research Projects
- Supervision of Undergraduate Clinical Reports
- Internal Evaluator of Master Theses
- Course Designing, Data Analysis Expert, Research Consultant, Student Counsellor
- Member of Content Team for FUI Magazine

Associate Editor (Foundation University Journal of Psychology) Sep, 2019 – Present

- Maintain database of articles submitted in journal
- Process, Review and Publish the articles in journal's bi-annual issues

FOUNDATION UNIVERSITY SCHOOL OF SCIENCE AND TECHNOLOGY - Islamabad

Lecturer (Visiting Faculty)

Sep, 2018 – Sep, 2019

Teaching different courses to undergraduate students

- Co-Moderator in Life Skills Development Program
 - Assistant Youth Career Counsellor
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Publications

- Javed, S., Kiani, S., Saeed, A., & Siddiq, U. Haemodialysis patients: Depression, Perception of seriousness of illness, adherence to treatment and quality of life, *Original Article*, Volume 69, Issue 4, 2019, Pakistan Armed Forces Medical Journal.
- Javed, S., Siddiq, U., & Siddique, S. K. Professional Life Stress among Medical Doctors in Public and Private Hospitals, *Original Article*, Volume 44, Issue 1, 2019, Rawal Medical Journal.
- Gul, T., Javed, S., & Siddiq, U. Gender Differences: Association of Sex Drives and Marital Satisfaction, *Original Article*, Volume 4, Issue 2, 2016, American Journal of Applied Psychology.
- Conference paper titled “Life Skills and Perceived Self Efficacy as Predictors of Emotional and Behavioral problems in Adolescents with Non Communicable Diseases” at International Conference on Business, Engineering & Social Sciences ICBESS 2025 -Hitit University, Corum, Turkiye.

Research Supervision

1. Impact of Relational Authenticity on Marital Satisfaction among Married Couples: Role of Self-Silencing and Perceived Partner Responsiveness (2025-2026)
 2. Impact of Perceived Societal Discrimination on Sense of Identity among Minority Groups: Role of Group Identification and Resilience (2025-2026)
 3. Impact of Caregiver Burden on Psychological Distress and caregiver Fatigue among Caregivers of Patients with Non-Communicable Diseases: Role of Rumination (2025-2026)
 4. Adult Attachment Styles and Parenting Styles among Millennial Parents: Role of Emotional Competence (2025)
 5. Social Media Use and Financial Anxiety: Role of Friendship networks and Social Comparison (2025)
 6. Impact of Family Distress on Emotional Well-being of Parents of Individuals with Drug Addiction: Role of Resilience and Psycho-social Support (2024)
 7. Impact of Resilience and Social Connectedness on Post-Traumatic Growth among Taliban Rule Survivors in Swat Valley: Mediating Role of Spiritual Well-Being (2024)
 8. Life Skills, Psychological Resilience and Perceived Self-Efficacy as Predictors of Emotional and Behavioral Problems in Adolescents with Non Communicable Diseases (2024)
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Trainings and Certifications

- Attended Certified Training workshop on Modern Methods of Mediation, Moderation and Model Testing: Advances in SEM
- Attended Certified Training workshop on NVivo
- Attended Certified Training Workshop on focus group discussion (Quaid-i-Azam University Islamabad)

- 3 days training workshop on positive behavior interventions and complimentary therapies (Hypnosis and NLP)
 - 2 days workshop on Mind and Brain Multidisciplinary Innovations in Psychology and Neuroscience
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Skills

- Data Analysis Tools (SPSS, AMOS, Model Testing)
 - English Language Qualification – IELTS (Bands: 8)
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