



Rizwana Amin, PhD

Research Interest: Clinical Psychology, Social Psychology, Health psychology, Evidence based practices, Aggression & its management, CBT, Psychometrics, Interdisciplinary

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EDUCATION

2019

- Post-doctorate (Social Psychology-Aggression & Extremism)-(UoG-PK)
- Funded Project of Punjab Higher Education Commission, Pakistan

2006-2012

- PhD (Professional Psychology with specialization in clinical Psychology)
- Bahria University, Islamabad, PK

2001-2003

- M.Sc. Applied Psychology
- Bahauddin Zakariya University, Multan, Pk

1999-2001

- BA Psychology
- Bahauddin Zakariya University, Multan, Pk

TEACHING EXPERIENCE

Assistant Professor-Effat University- 2023 to date

Associate Professor/HoD/Principal-Bahria University Islamabad, PK-2020-2023

Assistant Professor-Bahauddin Zakariya University, Multan, Pk- 2012-2020



RESEARCH EXPERIENCE

Since 2012, supervising Postgraduate and undergraduate research projects/theses.

5 PhD theses supervision is in process and 1 PhD is co-supervising at University of Lithuania.

PUBLICATIONS

In Press

1. Arafat, S.M.Y., Islam, M. K., Khan, M. A. S. & **Amin, R.** (In Press). The perception of imams (Muslim religious leaders) on the legal status and decriminalization of suicide attempts in Bangladesh: cross-sectional. *Global Psychiatry Archives*, 7, 7-12. DOI: <https://doi.org/10.52095/gpa.2023.7115.1077>

2023

2. Mahmood, S., Jannat, T., & Amin, R. (2023). Analyzing the Relationship between Multidimensional Perfectionism and Educational Procrastination in University Students. *Pakistan Journal of Applied Psychology*, 3(1), 284-295. HEC recognized Y category in Social Sciences journals.
3. Rafiq, S., Amin, R., & Nadeem, M. (2023). Association between Perceived Organizational Politics and Work-Related Attitudes among Bankers: Moderating Role of Personality Traits. *Academy of Education and Social Sciences Review*, 3(3), 273-281. HEC recognized Y category in Social Sciences journals.
4. Jaafari M. I., Amin R, Latif M. A, & Bin Ajjaj H. A. (2023) Calibrating Internal Communication Satisfaction within Organizations as an Auditing Index. *Sustainability*, 15(16):12105. Impact Factor: 4.39, 2023, Journal Citation Reports®, Thomson Reuters
<https://doi.org/10.3390/su151612105>
5. Hussain, S., Khawar, R., Amin, R., Hamdani, A. & Majeed, A. (2023). Psychological Flexibility, Cognitive emotion regulation, and mental health outcomes among patients with Asthma in Pakistan. *PEERJ*, 11, e15506. DOI: <http://doi.org/10.7717/peerj.15506>
6. Khilji, I. H., Amin R., & Jokhio, F. (2023). Believe in Your Infinite Potential: A Quantitative Analysis for Group Intervention, *Pakistan Journal of Educational Research*, 6(2), 142-153. HEC recognized Y category in Social Sciences journals.
7. Mehmood, S., Fareed, H. & Amin, R. (2023). The Mediating Influence of Academic Self-efficacy on Scholastic Stress and Performance: The Study of Perceived Parental Expectations, *Academy of Education & Social Science Review*, 3(2), 213-221.
DOI: <https://doi.org/10.48112/aessr.v3i2.493>; HEC recognized Y category in Social Sciences journals.
8. Saima & Amin, R. (2023). Effectiveness of Adapted Program for the Education and Enrichment of Relational Skills (PEERS) in Adolescents with ASD, *Pakistan Journal of Health Science*, 4(4), 170-175. DOI: <https://doi.org/10.54393/pjhs.v4i04.708>, HEC recognized Y category in Health Professions journals.



9. Amin, R. as member of COVIDSTRESS II Consortium, (2023). Mediation analysis of conspiratorial thinking and anti-expert sentiments on vaccine willingness. *Health Psychology*, 42(4), 235–246. DOI: <https://doi.org/10.1037/hea0001268>; Impact Factor: 5.556, 2023, Journal Citation Reports®, Thomson Reuters
10. Afzal, M. I., Jamshaid, S., Wang, L., Lo-Ngoen, N., Olorundare, A., Iqbal, M., Amin, R., Younas, R. & Naz, S. (2023). Stigmatization, panic disorder, and death anxiety among patients of Covid-19: Fourth wave of pandemic in Pakistan. *Acta Psychologica*, 236, 103924. DOI: <https://doi.org/10.1016/j.actpsy.2023.103924>, Impact Factor: 1.984, 2022, SSCI-indexed journal
11. Asadullah m. A., Siddiquei A., Musaddiq M. & Amin R. (2023). Ingratiating with bosses for favourable performance ratings: a serial mediation mechanism. *Personnel Review*, 52(4), 955-971. DOI: <https://doi.org/10.1108/PR-05-2020-0351>; Impact Factor: 3.434; 2021, Journal Citation Reports®, Thomson Reuters

2022

12. Arafat, S. M. Y., Hussain, F., Amin, R., Menon, V., Islam, M. K., Redwan, A. S. M., & Khan, M. A. S. (2022). Psychometric Properties of the Bangla Brief Suicide Cognitions Scale among University Level Students. *Mental Illness*, 2327630. DOI: <https://doi.org/10.1155/2022/2327630>; Impact Factor: 0.88, 2022, ESCI & Scopus Indexed Journal
13. Bibi K, Fatima A, Amin R, Rowland DL. (2022). Understanding Serial Mediators of Problematic Pornography Use in Pakistani Men and Women. *International Journal of Environmental Research and Public Health*. 2022; 19(21):14336. DOI: <https://doi.org/10.3390/ijerph192114336>; Impact Factor: 4.614, 2021, Journal Citation Reports®, Thomson Reuters
14. Khawar R, Amin R, Zulfqar A, Hussain S, Hussain B and Muqaddas F. (2022) Dark personality traits and entrepreneurial intentions among Pakistani university students: The role of executive functions and academic intent to entrepreneurship. *Frontiers in Psychology*, 13:989775. DOI: <https://doi.org/10.3389/fpsyg.2022.989775>; Impact Factor: 4.232, 2021, Journal Citation Reports®, Thomson Reuters
15. Arafat S. M. Y., Amin R., Baminiwatta A., Hussain F., Singh R., Kar S.K., & Mubashir A.S. (2022). Gender distribution of editors in psychiatry journals of South Asia. *Psychiatry Research*, 317, 114819. DOI: <https://doi.org/10.1016/j.psychres.2022.114819>; Impact Factor: 11.225, 2021, Journal Citation Reports®, Thomson Reuters
16. Kowal M, Sorokowski P, Pisanski K, Valentova J.V., Marco A.C., Varella M. C. A., Frederick D. A., Al-Shawaf L., García F.E., Giammusso I, Gjoneska B., Kozma L., Otterbring T., Papadatou-Pastou M., Pfuhl G., Stockli S., Studzinska A., Toplu-Demirtas E., Touloumakoss A.k., Bakos B.E., Batres B., Bonnetterre S., Czamanski-Cohen J., Dacanay J.C., Deschrijver E., Fisher M. L., Grano C., Grigoryev D., Kačmár P., Kozlov M. V., Manunta E., Massar K., McFall J. M., Mebarak M., Miccoli M.R., Milfont T.L., Prokop P., Aavik T., Arriaga P., Baiocco R., Cenek J., Çetinkaya H., Duyar I., Guemaz F., Ishii T., Kamburidis J.A., Khun- Inkeeree H., Lidborg L.H., Manor H., Nussinson R., Omar-Fauzee M.S.B., Pazhoohi F., Ponnet K., Santos A.c., Senyk O, Spasovski O., Vintila M., Wang A.H., Yoo G., Zerhouni



- O., Amin R., et. al., (2022- Online First). Predictors of enhancing human physical attractiveness: Data from 93 countries. *Evolution and Human Behavior*. DOI: <https://doi.org/10.1016/j.evolhumbehav.2022.08.003>; Impact Factor: 5.327; 2021, Journal Citation Reports®, Thomson Reuters
17. Siddiqui, S.H. & Amin, R. (2022). Stigmatized Discrimination, Barriers to Care and Depression among people living with HIV (PLHIV): Role of Perceived Availability of Belonging Social Support, *Journal of Development and Social Sciences*, 3(3), 574-584. DOI: [https://doi.org/10.47205/jdss.2022\(3-III\)55](https://doi.org/10.47205/jdss.2022(3-III)55); HEC recognized Y category in Social Sciences journals.
18. Salik, S., Masroor, U., & Amin R. (2022). Psychosocial Adversities experienced by Adolescents with Specific Learning Disorder: Exploration through Parents' Meniscus, *Pakistan Journal of Psychology*, 53(1), 45-63. HEC recognized Y category in Social Sciences journals.
19. Amin R., Khakwani F. & Mahmood S. (2022). Influences of Iqbal's Purview of Khudi on Individuals' Psycho-Socio-Emotional Development. *UW Journal of Social Sciences*, 5(1), 15-34. HEC recognized Y category in Social Sciences journals.
20. Blackburn A.M., Vestergren S., Tran T.P., Stöckli S., Grifn S.M., Ntontis E, Jeftic A, Chrona S., Ikizer G., Han H., Milfont T.L., Parry D, Byrne G, Gómez-López M., Acosta A, Kowal M, De Leon G, Gallegos A, Perez A, Abdelrahman M, Ahern E., Yar A.W.A., Ahmed O, Alami N. H., Amin R, et al., (2022). COVIDiSTRESS diverse dataset on psychological and behavioural outcomes one year into the COVID-19 pandemic, *Scientific Data*, 9, 331. DOI: <https://doi.org/10.1038/s41597-022-01383-6>; Impact Factor: 6.101; 2020, Journal Citation Reports®, Thomson Reuters

2021

21. Yamada Y, Cepulic D, Coll-Martin T, Debove S, Gautreau G, Han H, Rasmussen J, Tran P, Travaglino G. A, Lieberoth A, Blackburn, A.M, Boullu L, Bujic M, Byrne G, Caniels M. C. J., Flis, I, Kowal M, Rachev N. R., Reynoso-Alcantara V, Zerhouni O, Ahmed O, Amin R et.al., (2021), COVIDiSTRESS Global Survey dataset on psychological and behavioural consequences of the COVID-19 outbreak. *Scientific Data*. DOI: <https://doi.org/10.1038/S41597-020-00784-9>; Impact Factor: 6.101; 2020, Journal Citation Reports®, Thomson Reuters
22. Amin, R. as member of COVIDSTRESS global Survey Consortium (2021) Stress and worry in the 2020 coronavirus pandemic: relationships to trust and compliance with preventive measures across 48 countries in the COVIDiSTRESS global survey. *Royal Society Open Science*, 10;8(2):200589. DOI: <https://doi.org/10.1098/rsos.200589>; Impact Factor: 3.653; 2020, Journal Citation Reports®, Thomson Reuters
23. Irfan, S., Amin, R. Khizar, U., & Saeed, W. (2021). The Relationship between Employee Attitude Toward Change and Organizational Commitment: The Moderating Role of Psychological Defense Mechanisms. *Journal of Business and Social Review in Emerging Economies*, 7(3), 761-772. DOI: <https://doi.org/10.26710/jbsee.v7i3.1929>; HEC recognized Y category in Social Sciences journals.
24. Sultan, S., Amin, R. & Khan, M.A. (2021). Academic Engagement Leading to Learning Outcomes: Interceding Effect of Individual Parents and School level factors, *Jahan-e-Tehqeeq*, 4(3),667-679. HEC recognized Y category Journals in Languages.



25. Amin, R., Hussain, Z. N., Mahmood, S., Sadaf, A. & Saleem, M. (2021). Mediating Role of Social Self-efficacy in linking Positive Thinking to Satisfaction with Life among First Year University Students. *Foundation University Journal of Psychology*, 5(1), 108-116.
DOI: <https://doi.org/10.33897/fujp.v5i1.209>; HEC recognized Y category in Social Sciences journals.
26. Warratich, A., Amin, R. & Rashid, A. (2021). Evaluation of a school- based sexual abuse prevention program for female children with intellectual disabilities in rural Pakistan- A feasibility study. *Applied Nursing Research*, 57,151391.
DOI: <https://doi.org/10.1016/j.apnr.2020.151391>; Impact Factor: 1.612; 2019, Journal Citation Reports®, Thomson Reuters

2020

27. Shafiq M., Ajmal S., & Amin R. (2020). Effectiveness of Cognitive Behavioral Group Therapy in Reducing Math Anxiety in Adolescents. *Clinical and Counselling Psychology Review*, 2(2), 39-49.
DOI: <https://doi.org/10.32350/ccpr.22.04>
28. Dastgeer, S., Saad, A. A., Fatima, S., Javaid, I., Rehman, K., & Amin, R. (2020). Incidence of Depression and Anxiety in Patients with Acute Myocardial Infarction (AMI) during COVID-19 Pandemic. *Pakistan Journal of Neurological Surgery*, 24(4), 428-433. DOI: <https://doi.org/10.36552/pjns.v24i4.473>; HEC recognized Y category in Health Sciences journals.
29. Sultan S., Amin, R & Khan M. A. (2020). Managing Stress through stress management intervention for Increasing Emotional Intelligence and Academic Achievement. *Youth Voice Journal*, 10, 3-15. Scopus Indexed Journal.
30. Amin R., Sadaf A., Shafique N., Iqbal K., Fazal H., & Parveen S. (2020). Does curiosity-exploration enhance motivation to achieve? enlightened influence through mindfulness among undergraduate students. *The Ponte Journal*, 76(9), 37-58.
DOI: <https://doi.org/10.21506/j.ponte.2020.9.3>; Impact Factor: 0.814; 2019, ESSCI-Village 2020.
31. Amin R., Iqbal A., Naeem F. & Irfan M. (2020). Effectiveness of culturally adapted cognitive behavioral therapy-based guided self- help (CaCBT-GSH) intervention to reduce social anxiety and enhance self- esteem in adolescents: A randomized controlled trial from Pakistan. *Bahavioural & Cognitive Psychotherapy*, 48(5), 503-514.
DOI: <https://doi.org/10.1017/S1352465820000284>; Impact Factor: 1.657; 2019, Journal Citation Reports®, Thomson Reuters.
32. Amin R., Nadeem E., Iqbal K., Asadullah MA., & Hussain B. (2020). Support for Students Exposed to Trauma (SSET) Program: An Approach for Building Resilience and Social Support Among Flood-Impacted Children. *School Mental Health*, 12(3)493-506.
DOI: <https://doi.org/10.1007/s12310-020-09373-y>; Impact Factor: 3.007; 2019, Journal Citation Reports®, Thomson Reuters.
33. Amin R. & Maqsood, F. (2020). Political and Religious Extremism in Punjab Higher Education Institutions: Student's Perspective. *Pakistan Journal of Social Sciences*, 40(1), 13-24. HEC recognized Y category in Social Sciences journals.



2019

34. Amin R. Asasullah, M. A. & Sultan S. (2019). Gender differences in perceived stress and coping strategies amongst the undergraduate university students in Pakistan. *Bahria Journal of Professional Psychology*, 18 (1). 63-76. HEC recognized Y category in Social Sciences journals.
35. Amin R, Sultan S., Khan MA. & Sohail L. (2019). Engagement in Gratitude Practices enhancing the sense of psychological wellbeing. *Hamdard Islamicus*, 42(3), 342-353.
36. Asasullah, M. A. Fayyaz, I., & Amin R. (2019). Spirituality, moral conviction and pro-social rule-breaking in healthcare. *Revista de Administração de Empresas*, 59 (1); 3-15.
DOI: <http://dx.doi.org/10.1590/S0034-759020190102>; Impact Factor: 0.404; 2017, Journal Citation Reports®, Thomson Reuters
37. Amin R. Javed A. Khawar R. & Riaz A. (2019). Role of self- conscious emotions in developing internalizing disorders among educated adolescents. *Journal of Pakistan Psychiatric Society*, 16(1), 21-25. HEC recognized Y category in Health Sciences journals.

2018

38. Hussain, B., Khurshid, K., & Amin R. (2018). Perceptions of Students about Home-Based and School-Based Parental Involvement at Secondary School Level. *Journal of Educational Research*, 21(2). 1-12. HEC recognized Y category in Social Sciences journals.
39. Amin R., & Iqbal K, (2018), Psychological Consequences of Television Coverage of Terrorism among Youth. *Pakistan Journal of Social Sciences*, 38 (2), 679-686. HEC recognized Y category in Social Sciences journals.
40. Iqbal, K., & Amin R. (2018) Negative Life Events and Mental Health among Old Age People: Moderating Role of Social Support. *Pakistan. Journal of Psychological Research* 33(2), 401-412. HEC recognized X category in Social Sciences journals.
41. Zuberi S. O, Amin R, Khan F. H & Jahangir S (2018). Difficulties faced by mental health professionals in conducting CBCT in Pakistani society: A phenomenological study. *Journal of Psychology and Clinical Psychiatry*, 9 (3), 265-268.
42. Amin, R., Bibi, Z. & Khawar R (2018). Impact of anger management training in reducing anger & aggression among medical students. *Rawal Medical Journal*, 43(1), 151-155. HEC recognized X category in Health Sciences journals.

2017

43. Khawar, R., Sultana, A., Maryam, R., Khawar, M. U., & Amin R. (2017). Chronotypical Factors and Mental Health of University Students. *Isra Medical Journal*, 9(5), 329-33. HEC recognized X category in Health Sciences journals.
44. Amin, R. & Shafi K. (2017). professional life stress and suicidal probability: mediating role of emotion focused coping style. *Pakistan Journal of Clinical Psychology*, 16(1); 3-14. HEC recognized Y category in Social Sciences journals.



45. Mehmood S., Amin R., & Zahra A. (2017), Impact of Religious Commitment on Life Satisfaction among Adults. *Pakistan Journal of Islamic Research*, 8(1), 53-61. HEC recognized Y category in Social Sciences journals.

2016

46. Ajmal A., Amin R., & Bajwa R. S. (2016). Personality Traits as Predictors of Forgiveness and Gratitude. *Pakistan Journal of Life and Social Sciences*, 14(2), 91-95. HEC recognized Y category in Sciences journals.
47. Shaheen S., & Amin R. (2016). Effects of internalized stigma on symptoms and quality of life in schizophrenic patients; mediated by dysfunctional attitude. *International Journal of Health*, 4(2), 145-150.

2015

48. Sultan S., Amin R., & Naseem M. S. (2015). Math achievement as a function of math anxiety & Perceived teachers' social support among elementary students. *Bahria Journal of Professional Psychology*, 14(2), 44-54. HEC recognized Z category in Social Sciences journals.
49. Leghari N., Amin R., Akram B., Asadullah M. A. (2015). Hemodialysis: Psychosocial stressors in patients undergoing. *The Professional Medical Journal*, 22(6), 762-766. HEC recognized X category in Health Sciences journals.

2014

50. Maqsood N., Akram B., Luqman N., Amin R. (2014). Family Support & Relapse in patients presenting with heroin dependence: A study in tertiary care hospital. *The Professional Medical Journal*, 21(6), 1161-1165. HEC recognized X category in Health Sciences journals.
51. Maqsood N., Akram B., Luqman N., Amin R. (2014). Psychosocial stressors and life events in children with conversion disorder. *The Professional Medical Journal*, 21(3), 489-494. HEC recognized X category in Health Sciences journals.
52. Husain N., Chaudhry N., Fatima B., Husain M., Amin R., Chaudhry I. B., Rahman R., Tomenson B., Jafri F., Naeem F., Creed F. (2014). Antidepressant and Group psychosocial treatment for depression: A Rater blind exploratory RCT from a low income country. *Behavioral and Cognitive Psychotherapy* 42(06) 693-705. DOI: <https://doi.org/10.1017/S1352465813000441>; Impact Factor: 1.426; 2013 Journal Citation Reports®, Thomson Reuters

2012

53. Zaidi U., Afzal A., & Amin R. (2012). Impaired Neuropsychological Functioning of Heroin Addicts on NFI, *Journal of Pakistan Psychological Association*, 1 (1), 29-41.



2010

54. Shafi K, & Amin R. (2010) Level of perceived professional stress among university academics. Bahria journal of professional psychology, 7, 27- 48. HEC recognized Z category in Social Sciences journal.

2009

55. Sultan S, Amin R, & Zadeh Z. F. (2009). Patterns of Delusions in Male and Female Schizophrenic Patients. Pakistan Journal of Clinical Psychology, 8 (1), 3-14

PATENTS

PRESENTATIONS

Paper Presentation in Conferences Held in Pakistan

1. Classroom Environment as Predictor of aggression among Higher Secondary School Students: Examining Mediating Role of Attitude towards Formal Authority, **Oral Presentation**, 2nd International Conference on Collaborative Partnership in Strengthening Social Sciences: Addressing Indigenous & Global Challenges, held on 15th-17th December 2022 at Fatima Jinnah Women University, Rawalpindi
2. Efficacy of CaCBT self-help techniques in reducing Depressive Symptoms and Functional Disability among Women Diagnosed with Postpartum Depression, **Oral Presentation**, 23rd International Psychiatry Conference: Mental Health and Sustainable Development Goals, weaving together socio-cultural intervention in digitized global world, held on 25th-27th November 2022 at Pearl Continental Hotel Peshawar
3. Self-Compassion as an Agent for Change: Enhancing Attention and Reducing Distress, **Oral Presentation**, 23rd International Psychiatry Conference: Mental Health and Sustainable Development Goals, weaving together socio-cultural intervention in digitized global world, held on 25th-27th November 2022 at Pearl Continental Hotel Peshawar
4. Adverse Life Experiences Predicting Psychological Adjustment Among Adolescents: Investigating the Mediating Role of Distress, **Oral Presentation**, 2nd International Conference on Interdisciplinary Approach in Social Sciences (2022): Mental Health for All: Social Determinants, Challenges, and Sustainable Remedies held on 22nd & 23rd November 2022 at Islamia university of Bahawalpur, Bahawalpur
5. Mediating Role of Game Involvement in Linking Online Gaming Motivation To Negative Outcomes In Massively Multiplayer Online Role Playing Games, **Oral Presentation**, 2nd International Conference on Interdisciplinary Approach in Social Sciences (2022): Mental Health for All: Social Determinants, Challenges, and Sustainable Remedies held on 22nd & 23rd November 2022 at Islamia university of



- Bahawalpur, Bahawalpur.
6. Effect of Menstrual Symptoms on Academic performance among Adult Females: An Investigation through Diary Method, **Oral Presentation**, 2nd International Conference of Psychology “Women’s Mental Health care” held on 15th September 2022 at Marriot Islamabad (Organized by SBBWU, Peshawar with collaboration of USEFP)
 7. Nudging As an Agent of Behavior Change: Implementation of Preventive Measure in Pandemic Control, **Oral Presentation**, 1st National SBCC Conference 2022-Social and Behavior Change Communication and Health System Strengthening: Opportunities and Challenge held on 27th -28th July 2022 at National Institute of Health, Islamabad (organized by Pathfinder)
 8. Psychotherapeutic Management of PTSD Symptoms Among Women Exposed to Domestic Violence: A Case Study Approach for Efficacy of Eidetic Trauma Model, **Oral Presentation**, held on 23rd July 2022, 9th International Conference Trauma, Abuse, & Violence: Thriving For A World Without Torture (Virtual conference)-(Organized by National Institute of Psychology, Quaid-e-Azam University, Islamabad)
 9. Analyzing Working Alliance & Nicotine dependency in relation to Treatment Motivation among Chain Smokers, **Oral Presentation**, International Conference on Substance Abuse, Prevention and Treatment (SAPTC), held on 11th June 2022 at National University of Medical Sciences, Rawalpindi.
 10. Enhancement of Psychological Functioning through Support for Student Exposed to Trauma among School Children: A Pilot Randomized Controlled Trial from Democratic Republic of Congo, **Oral Presentation**, International Conference on Wellbeing: An Interdisciplinary perspective held on 9th-10th February 2022 at School of Social sciences and Humanities, National University of Science & Technology, Islamabad
 11. Managing treatment-resistant depression through cognitive behavior therapy, **Oral Presentation**, International E-Conference on Clinical Practice & Rehabilitation: The Interplay of Mind, Body & Soul held on to 8th December 2021 at Centre of Clinical Psychology, University of Punjab. Lahore
 12. Lessening depression and functional disability through CaCBT self-help techniques in Cancer patients: A randomized Controlled trial, **Oral Presentation**, International E-Conference on Clinical Practice & Rehabilitation: The Interplay of Mind, Body & Soul held on to 8th December 2021 at Centre of Clinical Psychology, University of Punjab. Lahore
 13. Linking E-learning perception to Academic Performance among International Students in Pakistan: Mediating role of fear of academic year loss, **Oral Presentation**, 1st International Conference on Interdisciplinary Approach in Social Sciences, held on 11-12 November 2021 at Islamia University of Bahawalpur, Bahawalpur
 14. Online social interaction and psychological wellbeing among multiplayer gamers: Role of Online Social Capital, **Oral Presentation**, 8th International conference on “Mental Health & Productivity: The Emerging challenges for Youth held on 21-22 October 2021 at National Institute of Psychology, Quaid-e-Azam University, Islamabad
 15. Temptation towards socialization and online gaming addiction: Moderating role of anticipated joy, **Oral Presentation**, 8th International conference on “Mental Health & Productivity: The Emerging challenges for Youth held on 21-22 October 2021 at National Institute of Psychology, Quaid-e-Azam University, Islamabad.
 16. Effectiveness of Training Program (Stay Safe) for prevention of Child Abuse: A randomized Controlled trial from Multan City. **Oral Presentation**, One Day E-Conference, NEGLECT,



- ABUSE & TRAUMA: THE LIVING NIGHTMARE, held on March 18, 2021, at Institute of Clinical Psychology, University of Management and Technology, Lahore
17. Effects of caregiving burden on daily activities among caregivers of Heart Failure Patients: Mediating role of basic psychological needs. **Oral Presentation**, International E-Conference on Health Psychology (IHP- 2021), held on March 18-20, 2021, at Department of Applied Psychology, Bahauddin Zakariya University, Multan
 18. Translation and Validation of Medical Students' Stressors Questionnaire into Urdu Language. **Oral Presentation**, International E-Conference on Health Psychology (IHP-2021), held on March 18-20, 2021, at Department of Applied Psychology, Bahauddin Zakariya University, Multan
 19. Exploring Domestic Violence experienced by Women during COVID-19 in Multan, Pakistan. **Oral Presentation**, One Day e-Conference, COVID- 19: THE CHANGING HORIZONS, held on July 2020 at Institute of Clinical Psychology, University of Management and Technology, Lahore
 20. Effectiveness of Mindfulness Based Culturally Adapted Cognitive Behavior Therapy (CaCBT) for Reducing Depressive Symptomatology among university Students: A Randomized Controlled Trial. **Oral Presentation**, International Conference Riphah International Conference held in September 2019 at Riphah University Lahore
 21. Evaluation of a Sexual abuse prevention program for children with intellectual disabilities. **Oral Presentation**, International Conference on Recent Trends and Interventions in Clinical Psychology (RTICP-2019), held on 20th-22nd March 2019 at centre for clinical psychology, Punjab University, Lahore.
 22. Effectiveness of Complicated Grief Therapy to Alter Typical Beliefs related to Loss: A Single Centered Randomized Controlled Trial. **Oral Presentation**, 9th International CBT conference held on 15-16th March 2019 at Department of Psychiatry & Behavioral Sciences (M.H. Rana), Sheikh Zayed Medical College/Hospital Rahimm Yar Khan.
 23. Lessening Behavioral Disruption and Aggression through Anger Management Skills in Adolescents. **Oral Presentation**, 2nd International Conference on Preventative Strategies in Clinical Psychology, held on March 13-14, 2019, at Institute of Clinical Psychology, University of Management and Technology, Lahore.
 24. Effectiveness of Acceptance and Commitment Therapy for Smoking Cessation: A Randomized Controlled Trial. **Oral Presentation**, 2nd International Conference on Preventative Strategies in Clinical Psychology, held on March 13-14, 2019, at Institute of Clinical Psychology, University of Management and Technology, Lahore.
 25. Impact of Emotional Distress and Psychological Well Being on Illness Perception: Moderating Role of Coping Strategies. **Oral Presentation**, 3- day International Conference of Applied Psychology: Practices and Interventions (ICAP-2019) held on 6th -8th February 2019 at Department of Applied Psychology, Punjab University, Lahore.
 26. Perceived Parental Acceptance, Power and Prestige as Determinants of Psychological Adjustment in young Adults of Southern Punjab. **Oral Presentation**, 3-day International Conference of Applied Psychology: Practices and Interventions (ICAP-2019) held on 6th -8th February 2019 at Department of Applied Psychology, Punjab University, Lahore, Pakistan
 27. Role of Coping Flexibility in Linking Pain Intensity to Depressive Symptoms in Premenstrual Syndrome: A case Control Study. **Oral Presentation**, 3-day International Conference of Applied Psychology: Practices and Interventions (ICAP-2019) held on 6th -8th February 2019 at Department of Applied Psychology, Punjab University, Lahore, Pakistan.
 28. Enhancing Quality of Life and Reducing Depression through Interpersonal Counselling **Oral Presentation**, 3-day International Conference on Gender, Religion and Culture in Psychology: Issues & Challenges (PsyCon-221), held on 17th -19th December 2018 at Government College University, Lahore



29. Mediating Role of Self Efficacy in Relating Daily Stressors to Psychological functioning in Male and Female Depressive Patients, **Oral Presentation**, 3-day International Conference on Gender, Religion and Culture in Psychology: Issues & Challenges (PsyCon-325), held on 17th- 19th December 2018 at Government College University, Lahore
30. Effect of Positive Psychological Intervention in Enhancing Coping Strategies and Well-being among Females of Shelter Homes, **Oral Presentation**, 7Th International Conference on Positive Psychology: Developing a Flourishing Community (ICPP 2018-065), held on 29-30 November 2018 at National Institute of Psychology, Quaid-e-Azam University, Islamabad
31. Enhancing Positive Emotions in adults through Complicated Grief Therapy, **Poster Presentation**, 7Th International Conference on Positive Psychology: Developing a Flourishing Community (ICPP 2018-098), held on 29-30 November 2018 at National Institute of Psychology, Quaid-e- Azam University, Islamabad
32. Effectiveness of Culturally Adapted Cognitive Behavioral Therapy (CaCBT) For Depression and Self Care in Heart Failure Patients: A Randomized Control Trial, **Poster Presentation**, 48th Cardicon, held on 23rd-25th November 2018 at Nishter Medical University, Multan
33. Effectiveness of Dialectical Behavioural Therapy for Adults with Suicidal Attempts, **Oral Presentation**, 1st International Conference on Social Sciences: Emerging Trends in Research held on 8th & 9th September 2018 in Institute of Southern Punjab, Multan
34. Examining Children Emotional and Behavioral Problems, **Oral Presentation**, 1st International Conference on Social Sciences: Emerging Trends in Research held on 8th & 9th September 2018 in Institute of Southern Punjab, Multan
35. Physical Work Environment as Predictor of Employees Productivity and Motivation, **Oral Presentation**, International Conference on Re-defining Mental Health and Well-Being held on 5th April 2018 in Department of Applied Psychology, University of Karachi, Karachi
36. Relationship of Perceived Stress with Psychological Functioning: Moderating Role of Positive State of Mind, **Oral Presentation** 1st International Conference on Mental Health: Gender Issues, Challenges & outcomes (ICMH-2018), held on 16-17 February 2018 at Hazara University, Mansehra
37. Effectiveness of CaCBT Self Help Guide to Reduce Social Anxiety among Adolescents: A Randomized Controlled Trial, **Oral Presentation** 8th International CBT Conference on The Impact of Cultural Adaptation in CBT held on 2 -3 February 2018, at Khyber medical University, Peshawar.
38. Free Will Beliefs determining Meaning in Life through General Belongingness in Late Adulthood (FUCP-0102) **Oral Presentation** 1st International Conference on Emerging Trends in Psychology: Preparing for 21st Century (FUCP-2017) held on 18 -19 December 2017 at Foundation University Islamabad.
39. Being engaged in Gratitude practices enhances the sense of Psychological well-being (ICHW-64), **Oral Presentation** 3-day International Conference on Health and Wellbeing (ICHW-2017) held on 11 -13 December, 2017 at Lahore College Women University, Lahore.
40. A Phenomenological Study of the Psychosocial Consequences of War in Balochistan (GHRI-136), **Oral Presentation** in International Conference on Gender, Human Rights and Islam held on 23-24 November 2017 at Bahauddin Zakariya University Multan
41. Psychosocial Factors Associated with Coronary Artery Disease in Relation to Personal and Social Aspects, **Oral Presentation** in 2nd International PPS conference on Health, Happiness and Positive Psychology held on 4th November 2017 in Bahawalpur.
42. Enhancement of Life Satisfaction Through Being engaged in Spiritual Practices, **Oral Presentation** in 2nd International PPS conference on Health, Happiness and Positive Psychology held on 4th November 2017 in Bahawal Pur.
43. Translation and Validation of Child PTSD Symptom Scale-V (CPSS-V), **Oral Presentation** at 1st International Conference on Clinical Psychology and the Developing World: Issues, Challenges and Solutions held on 9-10 March 2017 at Institute of Clinical Psychology, University



- of Management and Technology, Lahore
44. Moderating Role of Forgiveness in Linking Anger Expression with Suicidal Behavior among University Students **Oral Presentation** at 1st International Conference on Clinical Psychology and the Developing World: Issues, Challenges and Solutions held on 9-10 March 2017 at Institute of Clinical Psychology, University of Management and Technology, Lahore
 45. Psychological Consequences of Television Coverage of Terrorism among Youth, **Oral Presentation** at 1st International Conference on Terrorism, Extremism & Militancy: Domestic and International Factors (ICPA-2017) held on 17-18 January 2017 in Department of Political Sciences, Bahauddin Zakariya University, Multan.
 46. Relationship of Maternal Employment with Child's Aggression and Emotional Development, **Oral Presentation** at 6th International Conference on Psychology of Gender in Perspectives: Issues and Challenges held on 1st -2nd December 2016 at National Institute of Psychology, Quaid-e-Azam University Islamabad.
 47. Impact of Negative Life Events on Mental Health among Old Age People: Moderating Role of Social Support, **Poster Presentation** at 6th International Conference on Psychology of Gender in Perspectives: Issues and Challenges held on 1st -2nd December 2016 at National Institute of Psychology, Quaid-e-Azam University Islamabad.
 48. Friendship Expectation, Friendship Related Behavior and Adjustment among Adolescents **Poster Presentation** at 6th International Conference on Psychology of Gender in Perspectives: Issues and Challenges, held on 1st - 2nd December 2016 at National Institute of Psychology, Quaid-e-Azam University Islamabad
 49. Translation and Validation of Children's Revised Impact of Event Scale (CRIES-13), **Oral Presentation** at 1st International Conference on Current Trends in Psychology: Security Issues in Pakistan & Its Psychological Implications Held on 31st March 2016 in Department of Applied Psychology, Bahauddin Zakariya University Multan
 50. Combination of Influence Tactics is More Fruitful: Interaction Effects of Ingratiation and Helping Behavior on Supervisor Satisfaction, **Poster Presentation** at 1st International Conference on Current Trends in Psychology: Security Issues in Pakistan & Its Psychological Implications Held on 31st March 2016 in Department of Applied Psychology, Bahauddin Zakariya University Multan
 51. Impact of stress on cognitive failure among cancer patients, **Poster Presentation** at 1st International Conference on Current Trends in Psychology: Security Issues in Pakistan & Its Psychological Implications Held on 31st March 2016 in Department of Applied Psychology, Bahauddin Zakariya University Multan
 52. Interceded Role of Self- Criticism in Recollection of Threat and Submissiveness in Childhood and Psychopathology **Oral Presentation** at 1st International PPS Conference on theme of Mental Health on 10th October 2015 in Bahawalpur
 53. Relationship between Pro-Social Behavior and Eudemonia Mediated by Subjective Well-Being **Oral Presentation** at 14 International Conference of Psychology (ICP, 2015), The Current Challenges for Psychology: From Crisis to Sustainable Solutions held on 19th -21st March 2015 in the Punjab University, Lahore
 54. Moderating Effects of Psychological Defense Mechanisms on Employee Attitude toward Change and Organizational Commitment **Oral Presentation** at 14 International Conference of Psychology (ICP, 2015), The Current Challenges for Psychology: From Crisis to Sustainable Solutions held on 19th -21st March 2015 in the Punjab University, Lahore
 55. Math Achievement as A Function of Math Anxiety and Perceived Teachers' Social Support Among Elementary Students, **Poster Presentation** at International Educational Conference held on 13th Nov 2014 in National Institute of Psychology, Quaid-e-Azam University, Islamabad
 56. Emotional Intelligence and Leadership Style: Moderated by Perceived Parenting Styles; **Oral presentation** at International Conference on Social Psychology held on 20 & 21 May, 2014 in Department of Psychology at GCU, Lahore



57. Iqbal as Mentor for Modern Man: Influencing Psycho-social, Emotional and Moral Development. **Oral Presentation**, 1st National Iqbal Conference, 28-29th November 2019 at Bahria University, Islamabad.
58. Psychological detachment from work during Break-time as a Predictor of Improved Work Engagement and mental Health among Bankers. **Oral Presentation**, 1st National Conference of Psychology for Sustainable community: Challenges and Trends (NCPSC-2019), held on 19th - 20th March 2019 at Department of Applied Psychology, University of Sargodha, Sargodha.
59. Interceded Role of Academic Self-Efficacy in Linking Perceived Psychological Control to Learned Helplessness among Elementary School Students, **Oral Presentation**, National Conference on “Promoting Mental Health in Schools: A Way Forward” (ICP3-033), held on 16th -18th March, 2018 in University of Management and Technology, Lahore
60. Impact of Emotional Intelligence on Psychological Well-being among First Year Medical Students (NCP-052), **Oral Presentation** 1st National Conference on Emerging Social and Mental Health Issues in Society (NCP-2017) held on 12 -13 December 2017 at Lahore Garrison University, Lahore
61. Role of Prosocial Behavior in Linking Gratitude to Subjective Well- being in Elementary School Students (NCP-083), **Oral Presentation** 1st National Conference on Emerging Social and Mental Health Issues in Society (NCP-2017) held on 12 -13 December 2017 at Lahore Garrison University, Lahore
62. Adverse Childhood Experiences and Decision-Making Styles: A Correlational Study (NCP-117), **Oral Presentation** 1st National Conference on Emerging Social and Mental Health Issues in Society (NCP-2017) held on 12 -13 December 2017 at Lahore Garrison University, Lahore
63. Analyzing Mediating Effects of Pro-social Behavior on Religiosity and Eudaimonia, **Oral Presentation** at 1st National Conference on Emerging Trends, Challenges, and Implementing Psychology in Community (ECICP-2016) held on 8-9 December 2016 in Department of Applied Psychology, University of Gujrat, Gujrat
64. Stress Management Training: Its Impact on Students’ Emotional Intelligence, **Oral Presentation** at 1st National Conference on Emerging Trends, Challenges, and Implementing Psychology in Community (ECICP-2016) held on 8-9 December 2016 in Department of Applied Psychology, University of Gujrat, Gujrat
65. Association of Political & Personal Orientation with System Derogatory Belief among Individuals through Cognitive Styles, **Oral Presentation**, at 1st National Conference on Emerging Trends, Challenges in Social Sciences (ETCSS-2016) held on 15-16 November 2016 in Department of Sociology, Bahauddin Zakariya University, Multan
66. Effects of Internalized Stigma on Positive and Negative Symptoms of Schizophrenia: Mediated by Dysfunctional Attitudes, **Oral Presentation** at 1st National Conference on Mental Health (NCMH-2016) on Latest Research Trends in Pakistan Held on 28-29th April in Department of Applied Psychology, GCU Faisalabad
67. Linking Dispositional Mindfulness to Life Satisfaction through Core Self Evaluation **Oral Presentation** at 1st National Conference, Indigenizing Clinical Psychology: Issues & Challenges Held on 16th – 17th December 2015 in University of Management & Technology Lahore
68. Role of Anger Management Training in Reduction of Anger & Aggression among University Students, **Oral Presentation** at 1st National Conference, Indigenizing Clinical Psychology: Issues & Challenges Held on 16th – 17th December 2015 in University of Management & Technology Lahore
69. Mediating Role of Theory of Mind in Linking Neuro-cognitive Functioning with Attributional Bias in Non-Clinical Sample **Oral Presentation** at 21st National Psychiatric Conference, Beyond Biological Psychiatry: Biological, Psychosocial, Ethno-cultural & Spiritual Perspectives in Mental Health held on to 20th -22nd November, 2015, Department of Behavioral Sciences & Psychiatry, Nishtar Hospital Multan



Paper Presentations in conference at International Forum

70. Developing Instrument Test of Mathematical Literacy Based on STEM PjBL Using ADDIE Model, **Oral Presentation** in the 5th International Conference on Education and Social Science Research (ICESRE), held on October 5, 2022, in Indonesia
71. Maintaining Social distance and social connectedness by using Mindfulness: Protective factors for Wellbeing. **Oral Presentation** in International Psychology Conference Dubai (IPCD): Connectedness in post-COVID world held on October 8-9, 2021, at Heriott-Watt University, Dubai United Arab Emirates
72. Psychosocial challenges experienced by College Students in Lockdown during Covid-19 Pandemic. **Oral Presentation**, held on 4th International conference on COVID-19 Studies, held in 17-19 April 2021 in Istanbul, Turkey
73. The Moral and Spiritual Basis of Pro-Social Rule Breaking in HealthCare Professionals (2017), Academy of Management Proceedings (Meeting Abstract Supplement) 16393. doi: 10.5465/AMBPP.2017.16393abstract.
74. Antidepressants and Psychosocial treatment for depression: an RCT from a low income country (2010) European Psychiatry, vol: 25, Suppl, 1; 1393. Paper presented in 18th European Congress of Psychiatry, February 27-March 2. Munich, Germany

GRANTS AND FELLOWSHIPS

2019- Punjab Higher Education Indigenous Postdoctoral fellowship

2006- Higher Education Commission Pakistan Indigenous PhD Fellowship

2001-Merit Scholarship Bahauddin Zakariaya University, Multan, Pk.

AWARDS AND HONORS

THESIS SUPERVISIONS

More than 70 theses for postgraduate level and 40 theses for Undergraduate level

PROFESSIONAL MEMBERSHIPS

1. Executive & Lifetime Member of Pakistan Psychological Association
2. Life-time Member of EMDR Society Pakistan
3. Annual Member of International Council of psychologists
4. Vice-president of Pakistan Psychological Society
5. Coordinator Research & Lifetime Member of PACT (Pakistan Association of Cognitive Therapy)
6. Member Pakistan Association of Clinical Psychologists
7. Executive & Lifetime Member Multan Association of Psychology



RELEVANT SKILLS

Psychotherapy
Psychodiagnosis
Psychometrics
SPSS & AMOS

REFERENCES

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Chair Psychology Department, ECOH, Effat university, KSA.