

# Kanwar Hamza Shuja

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|Web of Science Researcher ID: AAP-8718-2020 |

## Objective

To learn and apply that knowledge to reach the full extent of self-capabilities.

## Education

### **M.Phil. | 2018 - 2020 | NATIONAL INSTITUTE OF PSYCHOLOGY, QAUID-I-AZAM UNIVERSITY, ISLAMABAD, PK**

- Major: Psychology
- Thesis Topic: The Labeling Theory of Terrorism: Exploration of the Contributory Factors and Consequences among Youth in Pakistan
- CGPA: 3.98

### **MSc | 2016 - 2018 | FOUNDATION UNIVERSITY, RAWALPINDI, PK**

- Major: Psychology
- Thesis Topic: Criminal Breeding: An Explorative Study on Causes of Recidivism in Ex-Convicts
- CGPA: 3.97

### **GRADUATION | 2014 - 2016 | SARGODHA UNIVERSITY, SARGODHA, PK**

- Major: Psychology
- Grade: C

### **HSSC | 2005 - 2007 | PUNJAB COLLEGE OF I.T, RAWALPINDI, PK**

- Major: Pre-Engineering
- Grade: B

### **SSC | 2003 - 2005 | SAINT MARY CAMBRIDGE SCHOOL, RAWALPINDI, PK**

- Major: Computer Science
- Grade: B

## Skills & Abilities

### **GENERAL SKILLS**

- Confident communicator and work well with other, including leading work groups.
- Good at planning strategies and following up to them.
- Knows ins and outs of business well.
- Thesis and Article writing.

## **COMPUTER SKILLS**

- Computer skills comprising of both software & hardware.
- Have knowledge of networking at a smaller scale.
- Statical Package for Social Sciences (SPSS)
- AMOS
- NVIVO
- STATA

## **ACHIEVEMENTS**

- MSc Gold Medalist.

## **DISTINCTIONS**

- MSc (APPLIED PSYCHOLOGY).

## **Work Experiences**

- **LECTURER (CONTRACTUAL) | NATIONAL UNIVERSITY OF MODERN LANGUAGES, ISLAMABAD | FEBRUARY 10<sup>TH</sup> (2023) – CURRENT**
- **VISITING LECTURER | NATIONAL UNIVERSITY OF MODERN LANGUAGES, ISLAMABAD | FEBRUARY 14<sup>TH</sup> (2022) – FEBRUARY 10<sup>TH</sup> (2023)**
- **CLINICAL PSYCHOLOGIST | SMALL STEPS LEARNING CENTER, ISLAMABAD | SEPTEMBER 1<sup>ST</sup> (2021) – JANURARY 31<sup>ST</sup> (2023)**
- **VISITING LECTURER | CAPITAL UNIVERSITY OF SCIENCE AND TECHNOLOGY, ISLAMABAD | OCTOBER 1<sup>ST</sup> (2021) – MARCH 4<sup>TH</sup> (2022)**
- **LAB INSTRUCTOR | CAPITAL UNIVERSITY OF SCIENCE AND TECHNOLOGY, ISLAMABAD | MARCH 5<sup>TH</sup> (2021) – MARCH 4<sup>TH</sup> (2022)**
- **VISITING LECTURER | QAUID-E-AZAM UNIVERSITY, ISLAMABAD | FEBRUARY 15<sup>TH</sup> – AUGUST 31<sup>ST</sup> (2021)**
- **FREELANCER | ONLINE | JANUARY 2019 – CURRENT**
- **CLINICAL PSYCHOLOGIST (INTERNSHIP)| FAUJI FOUNDATION HOSPITAL, RAWALPINDI | JANUARY – AUGUST 2018**
- **CLINICAL PSYCHOLOGIST (INTERNSHIP) | WAPSI DRUG TREATMENT AND REHABILITATION CENTER, RAWALPINDI | AUGUST – DECEMBER 2017**
- **TEACHER | SCHOOL OF SCHOLARS, RAWALPINDI | NOVEMBER 2007 – NOVEMBER 2010**
- **FIELD OPERATIVE | GLOBAL WELFARE ORGANIZATION (N.G.O), RAWALPINDI | NOVEMBER 2008 – NOVEMBER 2010**

## **Diplomas and Certifications**

**HIGHER EDUCATION TEACHING CERTIFICATE LEVEL -1 | NATIONAL UNIVERSITY OF MODERN LANGUAGES, ISLAMABAD | FEBRUARY 2022**

**I.E.L.T.S. | BRITISH COUNCIL| OCTOBER 2021**

**I.E.L.T.S. | BRITISH COUNCIL| FEBURARY 2013**

**ADVANCE DIPLOMA IN INFORMATION TECHNOLOGY (LEVEL 5) | HOLBROOK COLLEGE OF LONDON, LONDON, UK | MAY 2011 - MAY 2012**

**COMPUTER WEB DESIGNING | ZIS ACADEMY , RAWALPINDI | JANUARY 2008**

**COMPUTER HARDWARE AND SOFTWARE | ZIS ACADEMY , RAWALPINDI| JULY 2008**

**I.E.L.T.S. | BRITISH COUNCIL | JULY 2008**

**COMPUTER BASIC I.T COURSE | ZIS ACADEMY , RAWALPINDI | AUGUST 2007**

## **Workshops and Seminars**

### **CONDUCTED**

- 1 DAY WORKSHOP ON MEDIATION AND MODERATION ANALYSIS USING HAYE'S PROCESS MACRO INBUILT MODELS AND CUSTOMS MODELS | NATIONAL UNIVERSITY OF MODERN LANGUAGES, ISLAMABAD | 2023
- 1 DAY WORKSHOP ON EXISTENTIAL PSYCHOTHERAPY: TECHNIQUES & APPLICATION FOR ANXIETY DISORDER | NATIONAL UNIVERSITY OF MODERN LANGUAGES, ISLAMABAD | 2021

### **ORGANIZED**

- SEMINAR ON PSYCHOLOGY IN CONTEXT OF LAW AND CRIME | CAPITAL UNIVERSITY OF SCIENCE AND TECHNOLOGY, ISLAMABAD | 2021
- SEMINAR ON NEED OF PSYCHOLOGY IN JUVENILE DELINQUENCY | CAPITAL UNIVERSITY OF SCIENCE AND TECHNOLOGY | 2021

### **ATTENDED**

- 1-WEEK WORKSHOP ON PSYCHOLOGICAL ASSESSMENT TOOLS AND TESTING | WAPSI DRUG REHAB CENTER, RAWALPINDI | 2018

## PSYCHOLOGICAL RESEARCH PROFILE

### Citations

SOURCES	CITATIONS	h-INDEX	i10-INDEX
GOOGLE SCHOLAR	651	9	9
RESEARCH GATE	629	12	-
PUBLON	265	6	-

### Editorial Board Member

INTEGRATIVE JOURNAL OF MEDICAL SCIENCES | TURKISH JOURNAL | AUGUST 2020

· <https://www.mbmj.org/index.php/ijms/about/editorialTeam>

### Organization Member

GLOBAL BURDEN of DEATH (GBD) | JULY 2020 - PRESENT

### Articles with Public Access Mandates

**THE STATE OF HEALTH IN PAKISTAN AND ITS PROVINCES AND TERRITORIES, 1990-2019: A SYSTEMATIC ANALYSIS FOR THE GLOBAL BURDEN OF DISEASE STUDY 2019.**

PUBLISHED: FEB 2023 IN THE LANCET GLOBAL HEALTH

DOI: [HTTPS://DOI.ORG/10.1016/S2214-109X\(22\)00497-1](https://doi.org/10.1016/S2214-109X(22)00497-1)

**TRACKING DEVELOPMENT ASSISTANCE FOR HEALTH AND FOR COVID-19: A REVIEW OF DEVELOPMENT ASSISTANCE, GOVERNMENT, OUT-OF-POCKET, AND OTHER PRIVATE SPENDING ON HEALTH FOR 204 COUNTRIES AND TERRITORIES, 1990-2050**

PUBLISHED: SEP 2021 IN LANCET

DOI: [HTTPS://DOI.ORG/10.1016/S0140-6736\(21\)01258-7](https://doi.org/10.1016/S0140-6736(21)01258-7)

## Published Research Articles

### **Criminal Recidivism in Pakistan: A Grounded Theory of Social & Environmental Causes and Psychological Consequences**

PUBLISHED: SEPTEMBER 2022 IN NATURE-NURTURE JOURNAL OF PSYCHOLOGY

DOI: [HTTPS://DOI.ORG/10.53107/NNJP.V2I2.6](https://doi.org/10.53107/NNJP.V2I2.6)

### **A Web-Based Cross-Sectional Survey of Coping Mechanisms, Psychological Symptoms, and Mental Health in Pakistan during the Covid-19 Outbreak**

PUBLISHED: SEPTEMBER 2022 IN NATURE-NURTURE JOURNAL OF PSYCHOLOGY

DOI: [HTTPS://DOI.ORG/10.53107/NNJP.V2I2.26](https://doi.org/10.53107/NNJP.V2I2.26)

### **COMPARISON OF STUDENTS' MENTAL WELLBEING, ANXIETY, DEPRESSION, AND QUALITY OF LIFE DURING COVID-19'S FULL AND PARTIAL (SMART) LOCKDOWNS: A FOLLOW-UP STUDY AT A 5-MONTH INTERVAL.**

PUBLISHED: APRIL 2022 IN FRONTIERS IN PSYCHIATRY

DOI: [HTTPS://DOI.ORG/10.3389/FPSYT.2022.835585](https://doi.org/10.3389/fpsy.2022.835585)

### **IMMEDIATE CALAMITY BASED DISTRESS: PSYCHOMETRIC DEVELOPMENT AND VALIDATION OF FEAR OF AFFLICTION SCALE.**

PUBLISHED: FEB 2022 IN NATURE-NURTURE JOURNAL OF PSYCHOLOGY

DOI: [HTTPS://DOI.ORG/10.53107/NNJP.V2I1.16](https://doi.org/10.53107/NNJP.V2I1.16)

### **PSYCHOMETRIC DEVELOPMENT AND VALIDATION OF VICTIM GASLIGHTING QUESTIONNAIRE (VGQ): ACROSS FEMALE SAMPLE FROM PAKISTAN.**

PUBLISHED: INTERNATIONAL JOURNAL OF HUMAN RIGHTS IN HEALTH CARE

DOI: [HTTPS://DOI.ORG/10.1108/IJHRH-12-2020-0119](https://doi.org/10.1108/IJHRH-12-2020-0119)

### **A COMPLEX MODEL OF DIFFERENCES ON GENDER AND INSTITUTION TYPE IN ACADEMIC ACHIEVEMENT, HAPPINESS AND SELF-ESTEEM AMONG ORPHAN AND NONORPHAN CHILDREN FROM PAKISTAN**

PUBLISHED: OCT 2021 IN CURRENT PSYCHOLOGY

DOI: [HTTPS://DOI.ORG/10.1007/S12144-021-02283-5](https://doi.org/10.1007/S12144-021-02283-5)

**SUICIDAL BEHAVIOR SOCIOCULTURAL FACTORS IN DEVELOPING COUNTRIES DURING COVID-19.**

PUBLISHED: SEP 2021 IN L'ENCÉPHALE

DOI: [HTTPS://DOI.ORG/10.1016/J.ENCEP.2021.06.011](https://doi.org/10.1016/j.encep.2021.06.011)

**COVID-19 PANDEMIC AND IMPENDING GLOBAL MENTAL HEALTH IMPLICATIONS.**

PUBLISHED: APR 2020 IN PSYCHIATRIA DANUBINA

DOI: [10.24869/PSYD.2020.32](https://doi.org/10.24869/psyd.2020.32)

**LETTER TO HIGHLIGHT THE EFFECTS OF ISOLATION ON ELDERLY DURING COVID-19 OUTBREAK.**

PUBLISHED: DEC 2020 IN INTERNATIONAL JOURNAL OF GERIATRIC PSYCHIATRY

DOI: [10.1002/GPS.5423](https://doi.org/10.1002/gps.5423)

**PSYCHOMETRIC DEVELOPMENT AND VALIDATION OF ATTITUDE RATING SCALE TOWARDS WOMEN EMPOWERMENT: ACROSS MALE AND FEMALE UNIVERSITY POPULATION IN PAKISTAN.**

PUBLISHED: JUL 2020 IN INTERNATIONAL JOURNAL OF HUMAN RIGHTS IN HEALTHCARE

DOI: [10.1108/IJHRH-12-2019-0090](https://doi.org/10.1108/IJHRH-12-2019-0090)

**CHRONIC PAIN MANAGEMENT A FUNDAMENTAL HUMAN RIGHT: ADAPTATION AND EXAMINATION OF PSYCHOMETRIC PROPERTIES OF PAIN ANXIETY SYMPTOMS SCALE AMONG OSTEOPOROSIS SAMPLE FROM PAKISTAN.**

PUBLISHED: NOV 2020 IN INTERNATIONAL JOURNAL OF HUMAN RIGHTS IN HEALTHCARE

DOI: [10.1108/IJHRH-07-2020-0057](https://doi.org/10.1108/IJHRH-07-2020-0057)

**A NARRATIVE REVIEW OF THE RISKS OF COVID-19 VERTICAL TRANSMISSION DURING PREGNANCY.**

PUBLISHED: AUG 2020 IN FOUNDATION UNIVERSITY JOURNAL OF PSYCHOLOGY

DOI: [10.33897/FUJP.V4I2.162](https://doi.org/10.33897/FUJP.V4I2.162)

**ASSOCIATION BETWEEN UNEMPLOYMENT AND SUICIDE DURING COVID-19.**

PUBLISHED: AUG 2020 IN FOUNDATION UNIVERSITY JOURNAL OF PSYCHOLOGY

DOI: [10.33897/FUJP.V4I2.161](https://doi.org/10.33897/FUJP.V4I2.161)

**PRINCIPAL ETHICAL ISSUES FOR RESEARCH WITH VULNERABLE POPULATION DURING THE COVID-19 ENDEMIC.**

PUBLISHED: AUG 2020 IN FOUNDATION UNIVERSITY JOURNAL OF PSYCHOLOGY

DOI: 10.33897/FUJP.V4I2.163

**ATTACHMENT STYLES, FACEBOOK ADDICTION, DISSOCIATION AND ALEXITHYMIA IN UNIVERSITY STUDENTS; A MEDIATIONAL MODEL.**

PUBLISHED: JAN 2021 IN NATURE-NURTURE JOURNAL OF PSYCHOLOGY

DOI: 10.47391/NNJP.4

**THE MODERATING ROLE OF EMOTIONAL INTELLIGENCE BETWEEN INTER-PARENTAL CONFLICTS AND LONELINESS IN MALE AND FEMALE ADOLESCENTS.**

PUBLISHED: JAN 2021 IN NATURE-NURTURE JOURNAL OF PSYCHOLOGY

DOI: 10.47391/NNJP.5

**LINKING SOCIAL SUPPORT, SOCIAL ANXIETY AND MALADAPTIVE DAYDREAMING. FOUNDATION UNIVERSITY JOURNAL OF PSYCHOLOGY, 2(2), 140-180.**

PUBLISHED: JAN 2018 IN FOUNDATION UNIVERSITY JOURNAL OF PSYCHOLOGY

DOI: 10.33897/FUJP2.16

**THE ROLE OF INTERVENTIONS TO MANAGE AND REDUCE COVID-19 MORTALITY RATE OF THE COVID-19 PATIENTS WORLDWIDE.**

PUBLISHED: AUG 2020 IN FOUNDATION UNIVERSITY JOURNAL OF PSYCHOLOGY

DOI: 10.33897/FUJP.V4I2.158

**VALIDITY AND RELIABILITY OF THE URDU VERSION OF THE MCLEAN SCREENING INSTRUMENT FOR BORDERLINE PERSONALITY DISORDER (MSI-BPD)**

PUBLISHED: 20 AUGUST 2021 IN FRONTIERS IN PSYCHOLOGY.

DOI: [HTTPS://DOI.ORG/10.3389/FPSYG.2021.533526](https://doi.org/10.3389/fpsyg.2021.533526)

**A HINDRANCE TO PROPER HEALTH CARE: PSYCHOMETRIC DEVELOPMENT AND VALIDATION OF OPIOPHOBIA QUESTIONNAIRE AMONG DOCTORS IN PAKISTAN.**

PUBLISHED: 19 AUGUST 2021 IN INTERNATIONAL JOURNAL OF HUMAN RIGHTS IN HEALTH CARE

DOI: [HTTPS://DOI.ORG/10.1108/IJHRH-12-2020-0127](https://doi.org/10.1108/IJHRH-12-2020-0127)

**THE INFLUENCE OF ILLNESS PERCEPTION, ANXIETY AND DEPRESSION DISORDERS ON STUDENTS MENTAL HEALTH DURING COVID-19 OUTBREAK IN PAKISTAN: A WEB-BASED CROSS-SECTIONAL SURVEY.**

PUBLISHED: 20 AUGUST 2021 IN INTERNATIONAL JOURNAL OF HUMAN RIGHTS IN HEALTH CARE

DOI: [HTTPS://DOI.ORG/10.1108/IJHRH-10-2020-0095](https://doi.org/10.1108/IJHRH-10-2020-0095)

## **Research Articles Accepted for Publication**

**CAN INTERVENTION STRATEGIES HELP IN MANAGING AND REDUCING THE MORTALITY OF CORONAVIRUS (COVID-19) DISEASE? A PERSPECTIVE OF GLOBAL HEALTH EMERGENCY.**

ACCEPTED FOR PUBLICATION: IN PSYCHIATRIA DANUBINA

**ROLE OF SOCIAL MEDIA IN TACKLING COVID-19! A NOVEL CONTAGIOUS DISEASE LEADS TO THE CRISIS OF PUBLIC MENTAL HEALTH.**

ACCEPTED FOR PUBLICATION: IN PSYCHIATRIA DANUBINA

**MENTAL HEALTH REPERCUSSIONS AND CHALLENGES IN COVID-19 PANDEMIC: EXPERIENCES ADMIST CONFLICTING STATES.**

ACCEPTED FOR PUBLICATION: IN PSYCHIATRIA DANUBINA

## **Book Chapters Published**

**A RAY OF HOPE: RESILIENCE AMIDST UNCERTAINTY AND OTHER PSYCHO-SOCIAL ISSUES DURING COVID-19 PANDEMIC.**

BOOK NAME: ANXIETY, UNCERTAINTY, AND RESILIENCE DURING THE PANDEMIC PERIOD - ANTHROPOLOGICAL AND PSYCHOLOGICAL PERSPECTIVES

**A WAY FORWARD: PSYCHOLOGICAL ADAPTATION AND TRANSFORMATION OF LIFE POST COVID-19**

COVID-19 PANDEMIC, MENTAL HEALTH AND NEUROSCIENCE - NEW SCENARIOS FOR UNDERSTANDING AND TREATMENT

## **Conferences Attended and Paper Presented**

**FURC EMERGING TRENDS IN PSYCHOLOGY: PREPARING FOR 21ST CENTURY 2017**

Role: Management Team



**NIP INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY: DEVELOPING A FLOURISHING COMMUNITY 2018**

Paper Presented: Mediating role of Self-Esteem between Academic Achievement and Happiness among Orphan and Non-orphan Children

**CUST INTERNATIONAL BUSINESS RESEARCH CONFERENCE 2019**

Paper Presented: Criminal Recidivism: An Exploratory Study of Social & Environmental Causes in Pakistan

**Peer Reviewed Articles for Journals**

<b>Name of Journal</b>	<b>No. Reviewed</b>
BMC Psychology	1
Sleep Medicine	3
Child Abuse & Neglect	4
International Journal of Human Rights in Healthcare	3
Journal of Pediatric Intensive Care	1
Wellcome Open Research	1
F1000 Research	1
Psychology Research and Behavior Management	2
Journal of Criminal Psychology	1
Annals of Translational Medicine	1
Neuropsychiatric Disease and Treatment	1
International Quarterly of Community Health Education	1
Psychological Reports	1
International Journal of Psychiatry in Clinical Practice	1
International Journal of Tropical Disease and Health	1
Journal of Psychiatric Research	1