

# *Ammar Ahmed*



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I am about to complete my Ph.D. in Psychology at National Institute of Psychology, Quaid-I-Azam University, Islamabad. My research is focused on chronic neurological deficits, audiological problems, cognitive psychology, health psychology specifically on vertigo, tinnitus, psychopathology and psychology of hearing. Currently I am working as a Lecturer at Psychology department, National University of Modern Languages (NUML), Islamabad as a regular employee.

## **OBJECTIVE**

To work with an organization or institute that provides the opportunities to service for national interests and image building of Pakistan, thereby developing own expertise and skills in the area of Psychology.

## **PERSONAL PARTICULARS**

**Nationality:** Pakistani  
**Marital Status:** Married  
**Language Proficiency:** English, Urdu

## **EDUCATION**

<b>Year</b>	<b>Degree</b>	<b>Subjects</b>	<b>Awarding Body</b>	<b>%</b>	<b>CGPA</b>
<b>Continue 2019</b>	<b>Ph.D.</b>	<b>Psychology</b>	National Institute of Psychology, Quaid-I-Azam University, Islamabad. <b>(Thesis Submitted)</b>	<b>75%</b>	<b>-</b>
2018	MS	Clinical Psychology	Foundation University, Islamabad	<b>86.10%</b>	<b>3.88/4.00</b>
2016	M. Sc.	Psychology	Foundation University, Islamabad	90.47% Marks	3.92/4.00

## **ACADEMIC ACHIEVEMENTS**

- Certificate of Distinction in M.sc Applied Psychology.
- Merit scholarship for 2nd semesters in M.sc Applied Psychology.
- Translated Tinnitus Scale in M.sc research.

## **PROFESSIONAL EXPERIENCE**

<b>Name of Organization</b>	<b>From Date</b>	<b>To Date</b>	<b>Designation</b>	<b>Field of work</b>
National University of Modern Languages (NUML), Islamabad	1 <sup>st</sup> , March, 2021	31 <sup>st</sup> , December, 2022	Lecturer at Psychology Department	Teaching, Focal Person for Regional Campuses (FSS).
National University of Modern Languages (NUML), Islamabad	3 <sup>rd</sup> , January, 2023	To date	Lecturer (Regular BPS-18) at Psychology Department	Teaching, Focal Person for Regional Campuses (FSS).

## **RESEARCH BACKGROUND**

- Translation of **Tinnitus Scale** in Urdu.
- Further translation and development and translation of Vertigo scale in Urdu.
- Psychopy experience

## **THESIS**

- **Ph.D.** thesis on topic **Understanding Tinnitus Distress in an Integrated Psychosocial Framework Among Patients with Ear Related Problems** (Supervisor: Dr. Naeem Aslam)
- **M.S** research work topic (**Understanding the Influence of Physiological and Psycho-Social Factors on Development of Psychological Problems across Vertigo and Tinnitus Patients: Mediating and Moderating Model**).
- **M.sc:** The Moderating Role of Coping Styles Among Perception Of Tinnitus, And Development Of Stress, Anxiety And Depression In Pakistani Tinnitus Patients.

## **HIGHLIGHTS OF M.Sc. RESEARCH WORK**

- Translation of **Tinnitus Scale** in Urdu.
- To study the moderating role of coping style among perception of tinnitus, stress, anxiety, depression in Pakistani tinnitus patients.
- To study the moderating role of gender between perception of tinnitus, anxiety and depression in Pakistani tinnitus patients.

## **HIGHLIGHTS OF M.S RESEARCH WORK**

Translation of Vertigo scale  
To explore the Antecedent and Consequence of Vertigo

## **COMPUTER/Software SKILLS**

Proficient to MS office (Word, Power point, Excel, Front page), SPSS, AMOS, M.Plus, MATLAB.

## **SKILLS**

Strong analytical, problem solving and decision making skills  
Strong time management, organization, and prioritization skills  
Ability to learn new concepts & techniques  
Planning and monitoring skills; ability to organize work and projects  
Commitment to continuous learning for professional development

## **REFERENCE**

### **Dr.Rubina Hanif**

Director, Professor,  
National Institute of Psychology, Quaid-I-Azam University, Islamabad.  
Post Doc (Goldsmiths, University of London, UK), Fulbright Scholar (University of Houston, USA).  
Email: drrubinahanif@nip.edu.pk

### **Dr. Jamil A. Malik**

Associate Professor  
National Institute of Psychology, Quaid-I-Azam University, Islamabad.  
Ph.D. (VU Amsterdam), Post Doc (Department of Clinical Psychology, Miller School of Medicine, University of Miami, Florida, USA).  
Email: ja.malik@nip.edu.pk, ja.malik@qau.edu.pk; ja.malik@yahoo.com

## Published papers

1. Manzoor, Z., & Ahmed, A. (2023). Relationship between Academic Stress, Coping and Engagement Strategies among Adolescents. *Academy of Education and Social Sciences Review*, 3(3), 255-263.
2. Ahmed, A., & Aslam, N. (2022). Psychopathological symptoms as a common Risk Factor for Tinnitus distress and magnitude: a cross-sectional study. *Journal of the Pakistan Medical Association*, Vol. ahead-of-print No. ahead-of-print. DOI: 10.47391/JPMA.4644 X
3. Ahmed, A., & Aslam, N. (2023). The role of tinnitus distress in the development of somatization symptoms among patients: implications for health care in Pakistan. *International Journal of Human Rights in Healthcare*, 16 (4), 341-351. DOI: [10.1108/IJHRH-09-2021-0183](https://doi.org/10.1108/IJHRH-09-2021-0183) Y
4. Aslam, N., Khan, A., Habib, N. and Ahmed, A. (2021). The moderating role of life satisfaction in the relationship between burnout and depression among nursing staff: a human rights concern in Pakistan. *International Journal of Human Rights in Healthcare*, Vol. ahead-of-print No. ahead-of-print. <https://doi.org/10.1108/IJHRH-02-2021-0028> Y
5. Ahmed, A., Aqeel, M., & Naeem Aslam, B. A. (2021) A cross-sectional study to understand the pervasiveness of psychiatric features among tinnitus and vertigo patients. *Journal of the Pakistan Medical Association*, 71 (10), 2340-2343. X
6. Ahmed, A., & Chughtai, N. A. (2021). Psychiatric and post-traumatic stress disorders among COVID-19 survivors. *Journal of emergency management (Weston, Mass.)*, 18(7), 157-160. Y
7. Aslam, N., Shafique, K., & Ahmed, A. (2021). Exploring the impact of COVID-19-related fear, obsessions, anxiety and stress on psychological well-being among adults in Pakistan. *Journal of Mental Health Training, Education and Practice*, 16(4), 313-321. X
8. Ahmed, A., Aqeel, M., & Aslam, N. (2020). Indigenous context of vertigo: translation and validation of dizziness handicap inventory for diagnosis and evaluation of patients in Pakistani hospitals, *International Journal of Human Rights in Healthcare*, DOI: 10.1108/IJHRH-09-2020-0081 X
9. Aslam, N. & Ahmed, A. (2020). Prospective Impact of COVID-19 on Adolescents: Guidelines for Interventions, *Psychiatria Danubina*, Autumn 2020;32(3-4):603-604 X
10. Ahmed, A., Aqeel, M., & Aslam, N. (2020). COVID-19 health crisis and prevalence of anxiety among individuals of various age groups: a qualitative study. *Journal of Mental Health Training, Education and Practice*. (Ahead of print). <https://doi.org/10.1108/JMHTEP-07-2020-0046> X

11. Chughtai, N. A., & Ahmed, A. (2020). Mitigating the Perils of Suicide Associated with Covid-19 Pandemic. *Foundation University Journal of Psychology*, 4(2), 1-4. **Y**
12. Hamza Shuja, K., Aqeel, M., Jaffar, A., & Ahmed, A. (2020). COVID-19 pandemic and impending global mental health implications. *Psychiatra Danubina*, 32(1), 32-35. **X**
13. Ahmed, A., Aqeel, M., & Ahmed, B. (2020). Tinnitus and Vertigo Symptoms: Precursors of Psychiatric Suffering. *Journal of the College of Physicians and Surgeons--Pakistan: JCPSP*, 30(3), 346. **X**
14. Ahmed, A., Aqeel, M., Akhtar, T., Salim, S., & Ahmed, B. (2019). Moderating Role of Stress, Anxiety, and Depression in the Relationship Between Tinnitus and Hearing Loss Among Patients. *Pakistan Journal of Psychological Research*, 34(4), 753-772. **Y**
15. Aqeel ,M., & Ahmed, A. (2018). Translation, Adaptation and Cross Language Validation of Tinnitus Handicap Inventory (THI) in Urdu. *Journal of Audiology and Otology*, 22(1), 13-19. **Y**
16. Arbab,B., Aqeel,M.,Wasif,S.,& Ahmed, A.(2018). Linking Menopausal Status, Climacteric and Psychological Symptoms: Evidence from Middle Aged Pakistani Women. *Foundation University Journal of Psychology*,1(3),107-132. **Y**
17. Aqeel ,M., Ahmed, A., & Akhtar, T. (2017). The Mediating Role of Tinnitus Perception between Hearing Impairment and development of Psychological Problems in Male and Female Tinnitus Patients. *International Journal of Human Rights in Healthcare* 10(5), 332-343. **X**
18. Aqeel ,M., jami, H., & Ahmed, A., (2017). Translation, adaptation and cross language validation of student: thinking about my homework scale. *International Journal of Human Rights in Healthcare* 10(5), 296-309. **X**
19. Aqeel, M., Ahmed, A., Akhtar, T., Rohail, I., Ahsan, S., Zonash, R., Ahmed, B., & Salim, S. (2017). Moderating role of coping styles among perception of tinnitus and psychological adjustment in Pakistani tinnitus patients. *Ponte International Journal of Sciences and Research*, 4 (73), 15-27. **X**
20. Aqeel, M., Shah, A, A., Rohail, I., Ahsan, S., Shahbaz, K., & Ahmed, A. (2017). The moderating role of parental school involvement between parental attachment and problem faced by truant and punctual students. *Ponte International Journal of Sciences and Research*, 4(73), 234-253.
21. Ahmed, B., Ahmed, A., Aqeel, M., Akhtar, T., & Salim, S. (2017). Impact of tinnitus perception on psychological distress in male and female tinnitus patients. *Foundation University Journal of Psychology*, 1(1), 1-26.
22. Cisheng, W., Jamala,B., Aqeel ,M., Shah ,S,M., Ahmed, A., & Gul, M. (2017). The moderating role of spiritual intelligence on the relationship between emotional intelligence and identity development in adolescents. *Foundation University Journal of Psychology*, 1(1), 77-107.

23. Aqeel, M., Rohail, I., Ahsan, S., Shahbaz, K., Saad, M. B., & Ahmed, A. (2017). Moderating role of the forgiveness between vengeance and aggression in Pakistani murderers, *Wulfenia Journal*, 24(3), 269-283.

### **Paper Presentations in International Conferences**

1. Ahmed, A., Aslam, N.(2021). The mediating role of tinnitus distress between tinnitus magnitude, cognitions and functional difficulties in the development of somatization symptoms. *4th conference, Asian Conference on Science, Technology & Medicine*, Deira Dubai, UAE.
2. Ahmed, A., Aslam, N.(2021). Impact of tinnitus distress, functional difficulties and alexithymia in the development of psychopathology symptoms among patients with ear related problems. *8<sup>th</sup> International conference, Mental Health and Productivity: The Emerging Challenges for Youth*. Organised by National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.
3. Ahmed, A. (2018). The Unpacked Role of Bullying on Self-Esteem and Psychological Distress among Adult Students *7<sup>th</sup> Annual International conference, Cognitive and Behavioral Psychology, GSTF*, Singapore.
4. Ahmed, A., Aqeel, M., Akhtar, T. Ahmed, B., & Alam, A. (2016) The Impact of Coping Strategies and Tinnitus on Development of Depression, Anxiety, Stress: Comparison of Male and Female Pakistani Tinnitus Patients. *6<sup>th</sup> International conference, Psychology of gender in perspective: issues and challenges*. Organised by National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.
5. Ahmed, A., Aqeel, M., Shabber, W., Akhtar, T., Ahmed, B., & Alam, A. (2016) The Moderating role of Gender between Tinnitus and Hearing Impairment among Pakistani Tinnitus Patients. *6<sup>th</sup> International conference, Psychology of gender in perspective: issues and challenges*. Organised by National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.
6. Ahmed, A., Aqeel, M., Akhtar, T. Ahmed, B., & Alam, A. (2016) The Impact of Hearing loss and Tinnitus on Development of Depression, Anxiety, and Stress: Comparison of Male and Female Pakistani Tinnitus Patients. *6<sup>th</sup> International conference, Psychology of gender in perspective: issues and challenges*. Organised by National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.
7. Ahmed, A., Aqeel, M., Akhtar, T., Ahmed, B., & Alam, A. (2016) Translation, Adaptation, and Cross Language Validation of Tinnitus Handicap Inventory (THI). *6<sup>th</sup> International conference, Psychology of gender in perspective: issues and challenges*. Organised by National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.