

## *CURRICULUM VITAE*

### **ASIA MUSHTAQ**

**(HEC-Approved PhD Supervisor)**

Department of Applied Psychology

National University of Modern Languages, Islamabad, Pakistan.

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### **CURRENT POSITION**

Assistant Professor of Psychology (TTS)

National University of Modern Languages, Islamabad

### **QUALIFICATION/DEGREES**

**PhD Psychology:** National Institute of Psychology, Quaid-i-Azam University, Islamabad-2017

Concentration: Developmental Psychopathology, Social and Personality Psychology

**MPhil Psychology:** National Institute of Psychology, Quaid-i-Azam University, Islamabad-2007

Concentration: Developmental Psychopathology, Social and Personality Psychology

**MSc Applied Psychology:** F.G. College for Women, F-7/2, Islamabad-2000

Concentration: Clinical Psychology

### **TEACHING AREAS**

- Developmental Psychopathology
- Clinical Psychology
- Designs and Analyses in Psychology
- Applied Statistics
- Psychometrics/Psychological Testing
- Research Methods
- Developmental Psychology
- Child and Adolescent Abnormal Psychology
- Social Psychology

### **ACADEMIC POSITIONS**

- **Assistant Professor** (TTS-Psychology), National University of Modern Languages, Islamabad (April 2018- till date)
- **Assistant Professor** (Psychology), Preston University, Islamabad Campus (2016-2018)
- **Senior Lecturer** (Psychology), Foundation University, Islamabad (2011-2013)

- **Lecturer** (Psychology), Islamabad Federal College, Study Centre Sarhad University, F-10, Markaz, Islamabad (2007-2011)
- **Lecturer** (Psychology), Government College (W), Fateh Jang, Attock (2002-2004)

## **PUBLICATIONS**

1. Cristian Ramos-Vera; Dennis Calle; Angel García O’Diana; Bruno Bonfá-Araujo; Ariela Raissa Lima-Costa; Mirko Duradoni; María Laura Lupano Perugini; Guy Curtis; Menelaos Apostolou; **Asia Mushtaq**; Anannya Madonna; Radka Čopková; Jacksaint Saintila. (2024). A multinational study of dark triad personality traits comparisons by gender in 15 countries: A network analysis approach. *PloS One*. **(under review)**. (HEC Cat: W, IMF:3.752)
2. Arooj Najamussaqib, **Asia Mushtaq** & Robert Duncan. (2024). Effectiveness of Fun FRIENDS on Social Emotional Functioning of Pakistani School Children. *Journal of Applied Developmental Psychology*. Volume 93, issue 2024, pages 1-10, 101675. <https://doi.org/10.1016/j.appdev.2024.101675>. (Published online 20 July 2024) (HEC Cat: W, IMF:2.2 )
3. Uzma Shafiq & **Asia Mushtaq**. (2024). Validation of Urdu Interpersonal Mindfulness in Parenting (IM-P) Scale on Pakistani Mothers. *Human Nature Journal of Social Sciences*. Volume 05, Issue 02, Pages 221-234. (Published 28 June 2024) (HEC Cat: Y, IMF: N/A)
4. Hafiz Haseeb Nisar & **Asia Mushtaq**. (2024). Perceived Challenges and the Role of Dispositional Factors in Achieving Professional Development among Successful Entrepreneurs. *Human Nature Journal of Social Sciences*. Volume 05, Issue 02, Pages 160-171. (Published 19 June 2024) (HEC Cat: Y, IMF: N/A)
5. Afshan Anjum, **Asia Mushtaq**, Tasnim Rehna, Fazaila Sabih, & Arooj Najamussaqib. (2024). Effectiveness of Montessori Sensorial Training program for children with mild intellectually disabilities in Pakistan: A randomized control trial. *International Journal of Disability, Development and Education*. Volume 71, Issue 01, pages 13-23. <https://doi.org/10.1080/1034912X.2021.2016657>. (Published online 04 January 2022, and Published 23 January 2024) (HEC Cat: X, IMF: 1.3)
6. Aqsa Shahid & **Asia Mushtaq**. (2023). Mediating Role of Negative Emotions in Association between Imprisonment Strain and Institutional Misconduct among Juvenile Offenders of Punjab Prisons. *Pakistan Journal of Criminology*. Volume 15, Issue 3, pages 225-244. (Published 28 September 2023) (HEC Cat: Y, IMF: N/A)
7. Sanam Nawaz & **Asia Mushtaq**. (2023). Validation of Urdu Forms of Bullying Scale in Pakistani Elementary Children. *Ponte*. Volume 79, Issue 6, pages 2-13. <https://doi.org/10.21506/j.ponte.2023.6.1>. (Published 19 June 2023) (HEC Cat: Y, IMF: 0.093)

8. Fazaila Sabih, Anis ul Haque, **Asia Mushtaq**, & Ayesha Shabbir. (2023). Parental Psychopathology: An Exploratory Study of Parenting and Behavioral Problems among Adolescents. *International Journal of Psychology and Psychological Therapy*. Volume 23, Issue 2, pages 175-193. (Published 31 May 2023) **(HEC Cat: Y, IMF: N/A)**
9. Arooj Najamussaqib & **Asia Mushtaq**. (2023). Estimation and Linkage Between Behavioral Problems and Social Emotional Competence among Pakistani Young School Children. *PloS One*. Volume 18, Issue 5, pages 1-14. <https://doi.org/10.1371/journal.pone.0278719>. (Published 25 May 2023) **(HEC Cat: W, IMF: 3.752)**
10. Angélique M. Blackburn, Hyemin Han, Rebekah Gelpí, Sabrina Stöckli, Alma Jeftić, Brendan Ch'ng, Karolina Koszałkowska, David Lacko, Taciano L. Milfont, Yookyung Lee, the COVIDiSTRESS II Consortium, and Sara Vestergren. (2023). Mediation Analysis of Conspiratorial Thinking and Anti-Expert Sentiments on Vaccine Willingness. *Health Psychology*. Volume 42, Issue 4, pages 235-246. <https://doi.org/10.1037/hea0001268>. (Published 02 May 2023) **(HEC Cat: W, IMF: 5.556)**
11. Ayesha Inam, Minahir Shahid, **Asia Mushtaq**, Sahira Zaman, & Samia Wasif. (2023). Understanding the Criminal Personality of Convicted Rapists in Pakistani Prisons. *Russian Law Journal*, Volume 11, Issue 3s, pages 280-292. (Published 6<sup>th</sup> April 2023) **(HEC Cat: X, IMF: 0.368)**
12. Ayesha Inam, **Asia Mushtaq**, Sahira Zaman, Samia Wasif, Mahnoor, & Hania Asghar Khan. (2023). Vaccine Hesitancy and Post Vaccination Adherence to Safety Measures: A Mixed Method Study. *Frontiers in Public Health*, Volume 11, Article No. 1072740, pages 1-12. <https://doi.org/10.3389/fpubh.2023.1072740>. (Published 31 March 2023) **(HEC Cat: W, IMF: 6.461)**
13. Hafiz Haseeb Nisar & **Asia Mushtaq**. (2023). Entrepreneurial Professional Development Inventory for Young Business Graduates in Pakistan. *Ponte*. Volume 79, Issue 3, pages 2-17. <https://doi.org/10.21506/j.ponte.2023.3.1>. (Published 07 March 2023) **(HEC Cat: Y, IMF: 0.093)**
14. Arooj Najamussaqib, **Asia Mushtaq** & Alina Khan. (2022). Psychometric Assessment of the Social emotional Development Assessment Scale in Pakistan. *Ponte*. Volume 78, Issue 4, pages 88-99. <https://doi.org/10.5281/zenodo.7416567>. (Published 09 December 2022) **(HEC Cat: Y, IMF: 0.093)**
15. **Asia Mushtaq**, Ayesha Inam, Arooj Najmussaqib, Anjum Afshan, & Eda Ermagan-Caglar. (2022). Mediating Role of Psychological Maladjustment in Relation Between Dark Triad, Psychological Distress and Subjective Happiness of Pakistani Emerging Adults. *Frontiers in Psychology*. Volume 13, Article No. 906334, pages 1-12. <http://doi.org/10.3389/fpsyg.2022.906334>. (Published 08 July 2022) **(HEC Cat: W, IMF: 4.232)**

16. Blackburn, A.M., Vestergren, S. & the COVIDiSTRESS II Consortium. (2022). COVIDiSTRESS diverse dataset on psychological and behavioural outcomes one year into the COVID-19 pandemic. *Scientific Data*, 9, 331. <https://doi.org/10.1038/s41597-022-01383-6>. (Published 21 June 2022). (HEC Cat: W, IMF: 8.501).
17. Ayesha Inam, **Asia Mushtaq**, Sahira Zaman, & Samia Wasif. (2022). Preliminary Effectiveness of Paths Curriculum for Preschool Children in Pakistan. *Webology*. 19 (3), 3818-3834. (Published 31<sup>st</sup> May 2022) (HEC Cat: X, IMF: 1.565).
18. Ayesha Inam, Sahira Zaman, **Asia Mushtaq**, & Muhammad Usama Babar (2021). The Provision and Implication of Insanity Defense in Pakistani Laws. *International Journal of Criminology and Sociology*, 10, 1754-1764. <https://doi.org/10.6000/1929-4409.2021.10.198>. (Published 31 December 2021) (HEC Cat: X, IMF: 0.396 ).
19. Fazaila Sabih, Maria Jameel, Amna Hassan, **Asia Mushtaq**, & Syeda Shamama-tus-Sabah. (2021). An empirical exploration of social media burnout, loneliness and body dissatisfaction among university students in Pakistan. *ASEAN Journal of Psychiatry*, Volume 22, Issue 4, pages 1-10. (Published 1<sup>st</sup> June 2021) (HEC Cat: Y, IMF: None)
20. **Asia Mushtaq**, Shamsa Arif, & Fazaila Sabih. (2020). Premenopausal Symptoms as Predictor of Quality of Life in Reproductive Aged Women. *Journal of Pakistan Medical Association*. Volume 70, Issue 12, pages 2394–2397. <https://doi.org/10.47391/JPMA.417>. (Published 1<sup>st</sup> December 2020) (HEC Cat: X, IMF: 0.781)
21. Sana Younas, Anila Kamal, Fazaila Sabih, & **Asia Mushtaq**. (2020). A socio-psychological study of Piri-Muridi. *Trames*. Volume 24, Issue 2, pages 145–160. <https://doi.org/10.3176/tr.2020.2.02>. (Published 3<sup>rd</sup> May, 2020) (HEC Cat: W, IMF: 0.51)
22. Saba Zarnaz Hafsa, **Asia Mushtaq**, Fazaila Sabih, Amna Hassan, Syeda Rabia Shaheen , & Fatima Afsar. (2020). Role of Family Care and Support in Experience of Bereavement Among Elders: Case Study. *Ponte*. Volume 76, Issue 4, pages 284-289. <https://doi.org/10.21506/j.ponte.2020.4.22>. (Published 20<sup>th</sup> April 2020) (HEC Cat: W, IMF: 0.093 )
23. Fazaila Sabih, Anis ul Haque, Sana Younas, & **Asia Mushtaq**. (2020). Parenting Practices and Behavioral Problems among Adolescents’ of Parents with Psychopathology: Role of Adolescents’ Coping as Moderator. *Technium Social Sciences Journal*. Volume 5, Issue 1, pages 104-121. <https://doi.org/10.47577/tssj.v5i1.207>.
24. Shabana Noureen, Farrah Khanum, & **Asia Mushtaq**. (2018). Predictive Role of Demographic Variables on Social Anxiety among University Students. *International Journal of Scientific & Engineering Research*. Volume 9, Issue 12, pages 1351-1360.
25. Farrah Khanum, Shabana Noureen, & **Asia Mushtaq**. (2018). Self-concept and social adjustment of children with learning disabilities. *International Journal of Scientific & Engineering Research*. Volume 9, Issue 12, pages 1548-1558.

26. **Asia Mushtaq**, John E. Lochman, Pervaiz N. Tariq, and Fazaila Sabih. (2017). Preliminary effectiveness study of Coping Power Program for aggressive children in Pakistan. *Prevention Science*. Volume 18, Issue 7, pages 762-771. (Article first published online: 05 October 2016). <https://doi.org/10.1007/s11121-016-0721-9>. (HEC Cat: W, IMF: 3.931)
27. Fazaila Sabih, Anis ul Haq, **Asia Mushtaq**, Adnan Sohail, & Bushra Mussawar. (2015). Internalizing and externalizing behavioral problems in children of psychiatrically ill parents. *Journal of Pakistan Psychiatric Society*. Volume 12, Issue 3, pages 15-18. (HEC Cat: Y, IMF: None)
28. **Asia Mushtaq**, Pervaiz N. Tariq, & Fazaila Sabih. (2015). Prevalence of oppositional defiant disorder (ODD) in school children. *Journal of Pakistan Psychiatric Society*. Volume 12, Issue 2, pages 22-25. (HEC Cat: Y, IMF: None)
29. Nicole P. Powell, Caroline L. Boxmeyer, Rachel Baden, Sara Stromeyer, Jessica A. Minney, **Asia Mushtaq**, & John E. Lochman. (2011). Assessing and treating aggression and conduct problems in schools: Implications from the Coping Power program. *Psychology in the Schools*, Special Issue: Cognitive-Behavioral Therapy in the Schools. Volume 48, Issue 3, pages 233–242. (Article first published online: 11 January 2011). <https://doi.org/10.1002/pits.20549>. (HEC Cat: W, IMF: 1.923)

## **ORAL PAPER PRESENTATION/POSTER PRESENTATION**

### **Paper Presentation**

1. Symposia session with 07 research articles on the Theme “*Transformative Perspectives on Child and Adolescent Development*” at 2<sup>nd</sup> International Conference of Applied Psychology (ICAP) on “Creating a Better World for Future” (June 15, 2023) at Al-Mizan Campus by Riphah International University, Islamabad. (Session Chair and Co-author of all the research papers).
2. Paper Presentation at 7th International Multidisciplinary Research Conference (IMRC) on “Post COVID 19 Global Prosperity through Research & Sustainable Development” 25-28 July, 2022) at Bara Gali Summer Campus by Sarhad University of Science and Information Technology, Peshawar.----- “*Predictive Role of Childhood Maltreatment on Social Relationships of Emerging Adults*”.
3. Paper presented at 9th International Virtual Conference on on “Trauma, Abuse, and Violence: Thriving for a World without Torture ”(23<sup>rd</sup> July, 2022-Virtual Conference) by NIP, QAU, Islamabad----- “*Mediating Role of Ego Resiliency in the Association Between Childhood Maltreatment and Perceived Relationship Quality With Romantic Partner in Emerging Adults*”.
4. Paper Presentation at 2nd International Conference on Business, Management and Social sciences (ICBMASS-22): “International Conference on Wellbeing: An Interdisciplinary

Perspective (ICW-22)” (09-10 Feb., 2022-Virtual Conference) by Department of Behavioral Sciences, School of Social Sciences & Humanities (S<sup>3</sup>H), NUST, Islamabad----- “*Remembrance of Childhood Parental Rejection and Current Levels of Intimacy in Young Adults: Role of Psychological Mal-Adjustment*”.

5. Paper presented Paper Presentation at 8th International Conference on "Mental Health and Productivity: The Emerging Challenges for Youth"(21-22 Oct., 2021-Virtual Conference) by NIP, QAU, Islamabad----- “*Parenting Practices and Psychological Dysfunction as Sequential Mediators in the Relationship between Parents and Adolescents’ Psychopathology*”.
6. Paper Presentation at 8th International Conference on "Mental Health and Productivity: The Emerging Challenges for Youth"(21-22 Oct., 2021-Virtual Conference) by NIP, QAU, Islamabad----- “*Exploring Family and Peer Risk Factors of Substance Use Among Upper Class Adolescents*”.
7. Paper Presentation at 8th International Conference on "Mental Health and Productivity: The Emerging Challenges for Youth"(21-22 Oct., 2021-Virtual Conference) by NIP, QAU, Islamabad----- “*Role of Negative Temperament and Cognitive Distortions in the Relationship between Psychopathy and Delinquency among Juvenile Offenders*”.
8. Paper Presentation at 7<sup>th</sup> International Conference on Positive Psychology- Developing a Flourishing Community (29<sup>th</sup>-30<sup>th</sup> Nov, 2018) by NIP, QAU, Islamabad----- “*Impact of Social Anxiety on Psychological Well-being and Social Functioning of Young Adults*”.
9. Paper Presentation at 1<sup>st</sup> International Conference on Developmental Psychopathology- Prevalence, Management & Prevention (13<sup>th</sup>-15<sup>th</sup> Oct, 2009) by NIP, QAU, Islamabad----- “*Social Information Processing Styles in Aggressive-Rejected and Nonaggressive-Popular Pakistani School Children*”.
10. Paper Presentation at 6<sup>th</sup> International Symposium on Psychiatric Updates & Media/Public Awareness—“*Community Based Psychiatric Services, Needs and provisions-Bridging the Gap*” May 1-3, 2009, Lahore---- “*Effect of Aggression and Prosocial Behavior on Peer Nominated Social Status of School Children*”.

### **Poster Presentation**

1. Poster Presentation at 7<sup>th</sup> International Conference on Positive Psychology- Developing a Flourishing Community (29<sup>th</sup>-30<sup>th</sup> Nov, 2018) by NIP, QAU, Islamabad----- “*Behavioral Problems and Situation-Specific Social Skill Deficits in Children with Learning Disabilities*”.
2. Poster Presentation at 1<sup>st</sup> International Conference on Emerging Trends in Psychology: Preparing For 21st Century (18<sup>th</sup> -19<sup>th</sup> December, 2017) by Foundation University, Rawalpindi Campus----- “*Effects of Interpersonal Problems among Couples on their Relationship Quality and Satisfaction*”.

3. Poster Presentation at 1<sup>st</sup> International Conference on Developmental Psychopathology- Prevalence, Management & Prevention (13<sup>th</sup>-15<sup>th</sup> Oct, 2009) by NIP, QAU, Islamabad----  
-----“*Effectiveness of “Coping Power Program” (CPP) in reduction of Behavior Problems in Children*”.
4. Poster Presentation at International Conference on Extremism and Terrorism, (October, 2008) by NIP, QAU, Islamabad ---- “*Social Information Processing Styles in Aggressive Children*”.
5. Poster Presentation at 1st International Conference on Psychotrauma, (August, 2008) Islamabad----“*Stress among Adolescent Affected by Earthquake (2005)*”.

### **ACADEMIC RESEARCH THESIS**

- “Reducing Aggression in Children through a School-based Coping Power Program” (Ph.D. Thesis).
- “Aggressive Children’s Status among Peers and their Social Information Processing Styles” (M.Phil. Thesis).
- “Fear of Crime among Elderly and Young People” (M.Sc. Research).

### **PROFESSIONAL EXPERIENCE**

#### **Reviewer/Editor**

##### **International**

- *PLOS One (Academic Editor)*
- *Current Psychology- A Journal for Diverse Perspectives on Diverse Psychological Issues*
- *BMJ Open*
- *BMC Public Health*
- *Frontiers in Public Health*
- *Frontiers in Psychology*
- *Discover Psychology (Springer Nature)*
- *Journal of Forensic Psychiatry & Psychology*
- *International Journal of Human Rights in Healthcare*
- *International Journal of Psychological Studies*
- *Society for Research in Child Development (SRCD) Biennial Meetings (since 2010)*
- *Insights in Psychology*
- *EC Psychology and Psychiatry Journal.*

##### **National**

- *Journal of Research in Social Sciences*
- *Pakistan Journal of Physiology*
- *Foundation University Journal of Psychology*
- *NUST Journal of Social Sciences and Humanities*
- *Journal of Professional & Applied Psychology*

### **PRACTICAL TRAINING/COURSES**

- Oct, 2009 - April, 2010**      **6 months Study and Training** in Center for Prevention of Youth Behavior Problems (CPYBP), University of Alabama, USA (Dr. John Lochman-foreign supervisor) under HEC-IRSIP.
- (University of Alabama, USA)**      Training of “**Copying Power Program (CPP)**”- a program co-developed by Dr. John Lochman, Professor and Saxon Chair of Clinical Psychology and director of UA’s Center for the Prevention of Youth Behavior Problems, to reduce aggressive behavior in children.
- Attended a seminar course on Clinical Child Psychology offered to the graduate students in Clinical Psychology. Department of Psychology, University of Alabama, USA
- 2005- 2009**      Training and testing of children on “**Assessment of Preschool Intellectual Development (APID)**” a project of Kashmir Education Foundation and National Institute of Psychology in Rawalakot (Pearl Valley & Banjosna) and Basali .
- June-August 2006**      3 months online course in **AUTISM**, A project on “Development of an E-Learning program in Special Education (DELP)” Department of Special Education, Sheikh Zaid Islamic Research Centre, University of Karachi.

### **HONORS/RESEARCH GRANTS**

- 2021      Collaborator in an “*International COVIDiSTRESS project- living with Covid-19 for a year*”. 65+ countries collaborated in this project. Data analysis in progress under the supervision of Dr Sara Vestergren (Lecturer in Social Psychology/Directorate of Health & Society). University of Salford, Manchester, UK. [www.salford.ac.uk](http://www.salford.ac.uk).
- 2019-2020      Collaborator in an international Project: “*Toward Gender Harmony – Understanding the Relationship between Masculinity Threat and Gender Equality Across Cultures*”. Project supported by a HARMONIA 6 grant from the National Science Centre in Poland (2017/26/M/HS6/00360) awarded to Dr. Natasza Kosakowska-Berezecka (PI), University of Gdansk, Poland.



- 2018-2019 Higher Education Commission (HEC) awarded Start Up Research Grant for the project entitled; *Prevalence of Disruptive Behavior Disorders in Pakistani School Children*. Grant Cost is Rs.284000/-.
- December, 2018 Coping Power (Pakistan) has been identified for inclusion in the National Institute of Justice's CrimeSolutions.gov.
- CrimeSolutions.gov is an effort undertaken by the U.S. Department of Justice's National Institute of Justice (NIJ) to identify effective, quality programs and practices in the fields of criminal justice, juvenile justice, and crime victimization to serve as evidence-based models for the field.
- 2009-2010 Scholarship for 6 months study and training in foreign country from Higher Education Commission of Pakistan under International Research Support Initiative Program (IRSIP) (Oct, 2009-April, 2010) at University of Alabama, USA.
- 2004-2005 Scholarship in M.Phil course work (2004-2005) from National Institute of Psychology, Quaid-i-Azam University, Islamabad.
- 2004-2009 Scholarship for M.Phil Leading to PhD (Psychology) from Higher Education Commission of Pakistan under Indigenous PhD 5000 Fellowship Program (2004-2009).

### **RESOURCE-PERSON IN WORKSHOPS/SEMINARS**

- 3<sup>rd</sup> October, 2015** Resource person in a workshop on "Anger Management in children" at Children, Youth and Family Foundation (CYFF), Islamabad
- 26<sup>th</sup> April, 2012** Organizer and Resource person in a workshop on "Management of Disruptive Behaviors in Children" One Day Intensive Training Workshop at Foundation University
- 28<sup>th</sup> June, 2011** Resource person in Fauji Foundation's Teacher Training Summer Program at Foundation University, Islamabad
- 26<sup>th</sup>- 28<sup>th</sup> Nov, 2010** Resource person in a Workshop on "Understanding & Managing Childhood Behavior problems." Three Days Intensive Training Workshop at Children, Youth and Family Foundation (CYFF), Islamabad
- Nov, 2009-Feb, 2010** 2 seminars on "Social Information Processing Styles of Pakistani School Children" at University of Alabama, USA

<b>12<sup>th</sup> Oct, 2009</b>	Resource person in a Workshop on “Management of Children’s Behavior Problems” at NIP, QAU, Islamabad
<b>25<sup>th</sup> June, 2009</b>	Resource person in a Workshop on “Drug Abuse, Prevalence & Prevention” at NIP, QAU, Islamabad
<b>14<sup>th</sup> May, 2009</b>	Guest Speaker in a Seminar on “Social Information Processing” at Government Post Graduate College for Women, 6 <sup>th</sup> Road, Rawalpindi.
<b>13<sup>th</sup> May, 2008</b>	Resource person in a workshop on “Emotional and Behavioral Problems of Children: Awareness, the First Step-II”. Practical training for teachers at Kashmir Foundation School, Basali.
<b>24<sup>th</sup> -26<sup>th</sup> May, 2007</b>	Member of panel discussion in a workshop on “Emotional and Behavioral Problems of Children: Awareness, the First Step-I” at NIP, QAU, Islamabad.
<b>Feb, 2007</b>	Resource person at Women Studies Department, Allama Iqbal Open University, Islamabad.

### **SPECIALIZED TRAINING/WORKSHOPS (CERTIFICATE COURSES)**

- Interpretative Phenomenological Analysis: Introduction and Advanced Data Analysis, by Dr. Fahad Riaz Choudhry, 25<sup>th</sup> September, 2018, at National Institute of Psychology, Quaid-i-Azam University, Islamabad.
- Moderation vs. Mediation: Analysis and Interpretation, by Dr. Jamil Malik, 3<sup>rd</sup> May, 2011, at National Institute of Psychology, Quaid-i-Azam University, Islamabad.
- Structural Equation Modeling (SEM) with AMOS, by Dr. Jamil Malik, 22<sup>nd</sup> & 23<sup>rd</sup> February, 2011, at National Institute of Psychology, Quaid-i-Azam University, Islamabad.
- Structural Equation Modeling (SEM) with AMOS, by Dr. Jamil Malik, 29<sup>th</sup> & 30<sup>th</sup> September, 2010, at National Institute of Psychology, Quaid-i-Azam University, Islamabad.
- Experimental and Survey Data Analysis, by Dr. Sohail Imam, International Islamic University (IIU), Malaysia, 27<sup>th</sup>-29<sup>th</sup> April 2010, at NIP, QAU, Islamabad.
- Construction of Standardized Test, by Dr. Sohail Imam, International Islamic University (IIU), Kuala Lumpur (Malaysia), 28<sup>th</sup> -30<sup>th</sup> April 2009, at NIP, QAU, Islamabad..

- Qualitative Analysis, by Dr. Asar Ajmal, GCU Lahore, 28<sup>th</sup>-29<sup>th</sup> August 2008, at NIP, QAU, Islamabad.
- Self Esteem Enhancement- Pre-Conference Workshop, 9<sup>th</sup>-10<sup>th</sup> October 2008, at NIP, QAU, Islamabad.
- Management Strategies for Special Learning Difficulties, by Rashida Khan, from 23<sup>rd</sup> June-15 July 2008, at NIP, QAU, Islamabad.
- Training in Research Methodology, Information Resourcing and Research Proposal Development, 12<sup>th</sup> Annual Workshop of Psychology at Summer Campus, Bara Gali, University of Peshawar, 15<sup>th</sup> -16<sup>th</sup> June 2008.
- Psychological First Aid Training, organized by Pakistan and Turkish Red Crescent Society, 7<sup>th</sup>-8<sup>th</sup> November 2007, at NIP, QAU, Islamabad.
- Caring for the Elderly, by Help Age International, 1<sup>st</sup> August 2007, at NIP, QAU, Islamabad.
- Psychosocial Intervention for Earthquake Survivors, by Dr. Shehzi Yusaf & Dr. Samina Whale, Clinical Psychologists, Sydney, Australia, 2006, at NIP, QAU, Islamabad.
- Training in Projective Techniques like Rorschach, Bender Gestalt, Hand Test, Draw a Person Test, House-Tree-Person, Embedded Figure Test, Raven's progressive Matrices, Sentence Completion Test, along with traditional assessment tests of personality (TAT, CAT, 16PF, CPI, MMPI, etc.) and intelligence (WISC, WAIS, SAT, OLSAT, etc.)

## **RESEARCH THESIS SUPERVISION**

### **PHD LEVEL**

<b>S#</b>	<b>Date</b>	<b>Student's name</b>	<b>Title</b>
1	December 2023 Awarded	Arooj Najmussaqib	Effectiveness of "Fun Friends" Program in Promoting Social Emotional Competence among Pakistani School Children.
2	November 2024 Awarded	Hafiz Haseeb Nisar	Development and Validation of Professional Development Inventory for Young Entrepreneurs in Pakistan.
3	2024 submitted	Aqsa Shahid	Impact of Incarceration Strain on Prison Misconduct and Recidivism Risk among Juvenile Offenders: Role of General Strain Theory

4	2023 Submitted	Sanam Nawaz	Bullying, Victimization, and Bystander Behavior in School Children: Role of Ecological Factors
5	2024 submitted	Uzma Shafiq	Effectiveness of “Mindful Parenting” Program in Reducing Parenting Stress among Pakistani Parents.
6	2024 ongoing	Ayesha	Working on literature review
6	2024 ongoing	Syed Shahbal	Working on literature review

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### M.PHIL LEVEL

<b>#</b>	<b>Date</b>	<b>Student’s name</b>	<b>Title</b>
1	2017	Shamsa Arif	Impact of Premenopausal Symptoms on Wellbeing and Distress in Married Women and Spousal Social Support as a Moderator
2	2017	Shabana Noureen	Impact of Social Anxiety on the Psychological Well-Being and Social Functioning of Young Adults
3	2017	Farrah Khanum	Self-Concept and Social Adjustment in Children with Learning Disabilities
4	2018	Humaira Bibi	Impact of Self Stigma and Discrimination on Mental Health among Transgender and Cisgender
5	2018	Farzana Arif	Workplace Bullying, Self-Esteem and Job Performance among Nurses of Public Sector Hospitals
6	2022	Sadia Ahmad	Association of Childhood Paternal Rejection with Young Adults’ Current Levels of Loneliness and Intimacy: Role of Psychological Adjustment and Maladjustment.
7	2022	Sumaira Safder	Examining Contextual Factors of Substance Use among Adolescents
8	2022	Ayesha	Intergenerational Transmission of Risks for Psychopathology from Parents to their Children: Gender-Specific Pathway
9	2022	Shehryar Nasir	Association between General Strains, Delinquency and Psychopathy among Adolescents: Role of Contextual Factors
10	2023	Mariam Khan	Association between Dark Traits and Criminal Cognition in University Students: Role of Moral Disengagement and Emotion Recognition.

11	2023	Syeda Hijab Zehra	Impact of Childhood Maltreatment on Social Relationships of Emerging Adults: Role of Cognitive Emotion Regulation and Ego Resiliency.
12	2023	Andleeb Haider	Association between Stress and Self-efficacy in Parents of Children with Neurodevelopmental Disorders: Role of Hardiness and Parenting Styles.
13	2023	Asma Tanveer	Association of Gender Role, Personality Traits with Depression and Anxiety in Adults: Across-sectional Study

<b>S#</b>	<b>Date</b>	<b>Student's name</b>	<b>Title</b>
14	2024	Maria Mukhtar	Parental Rejection and Relationship Quality of University Students: Looking through the Prism of Emotional Intelligence
15	2024	Gul e Lala Shahbaz	Social Media Use Motives and Emotional Contagion and Psychological Adjustment in Emerging Adults: Role of Attentional Control
16	2024	Fareeha Naureen	Role of Mentalization and Epistemic Trust in linking Adolescents' Attachment and Borderline Personality Features
17	2024	Memoona Usman	Promoting Wellbeing in University Students through a Web-based Mindfulness Intervention
18	2024	Maria Samiullah	Exploring the Interplay of Epistemic Curiosity and Self-regulation in Mind Wandering and Creativity of Adults.
19	2024 submitte d	Iram Bhutto	Linking Mental Time Travel, Executive Functioning and Self-regulation with Emotional Wellbeing of University Students
20	2024 submitte d	Moneeba Bukhari	Narcissism and Self-enhancement among Adults: Role of Self-Compassion, Counterfactual Thinking, and Delayed Discounting
21	2025 ongoing	Aiman Irfan	Remembrance of Parental Acceptance-Rejection and Relational Wellbeing in Married Adults: Role of Relationship Attributes
22	2025 ongoing	Aroosa Fazal	Role of Parenting and Coparenting in Socioemotional Development of Children

#### **M.Sc/BS LEVEL**

<b>S#</b>	<b>Date</b>	<b>Student's name</b>	<b>Title</b>
1	January, 2011	Muhammad Tahir	Role of Family and Peer Relations on the Self Concept of Drug Addicts and Non-addicts

2	January 2011	Muhammad Khawar	Perceived Social Support and Death Anxiety among Patients with Chronic Diseases
3	June 2011	Basma Farrukh	Comparing Self Esteem and Decision-Making Styles among Orphan and Non-orphan Adolescents
4	June 2011	Nadia Jamil	Relationship between Perceived Social Support and Decision-Making Styles among University Students
5	December 2011	Javaria Shoukat	Influence of Parenting Styles on Adolescent Risk-Taking Behavior with Relationship to Bullying and Victimization

<b>S#</b>	<b>Date</b>	<b>Student's name</b>	<b>Title</b>
6	December 2011	Shumaila Usman	Relationship Between Locus of Control and Social Anxiety among School Children
7	December 2011	Saima Tazeem	Attachment Styles and Communication Patterns among Married Couples
8	December 2011	Bushra Mussawar	Positive Qualities and Behavioral Problems in Children
9	December 2011	Tehreema Bashir	Relationship between Depression, Anxiety, Stress and Religious Orientation in Adolescents and their Coping Strategies
10	December 2011	Alia Riaz	Relationship between Temperament and Behavior Problems among Preschoolers
11	June 2012	Afsheen Malik	Effects of Peer Pressure on Shisha Smoking of Adolescents
12	June 2012	Amna Shaukat Ansari	Attitude of University Students towards Sex Education: A Qualitative Analysis of the Cultural Taboos Attached
13	June 2012	Maryam Shah	Effect of Body Image on Self Esteem of Adolescents
14	June 2012	Qurat ul Ain Akhlaq	Gender Discrimination and its Effect on Psychological Wellbeing of Female Adolescents
15	June 2012	Mahrukh Mustansar	Relationship between Electronic Media and Child Development
16	June 2012	Andleeb Zafar	Trait Emotional Intelligence, Happiness and Aggression in Adolescents
17	March 2013	Hina Shahid	Effects of Parenting Styles on Personality related Pathological Trends in Adolescents

18	June 2017	Mahrukh Najam	Effects of Interpersonal Problems among Couples on their Relationship Quality and Satisfaction.
19	June 2017	Asra Ayaz	Impact of Parenting Style and Communication Conflict on Perceived Parental Relationship Satisfaction in Adolescents.
20	January 2018	Mahnour Samad	Nature Connectedness: Association between Mindfulness and Happiness in Undergraduate University Students
21	January 2019	Wajiha Kanwal	Association between Child Aggression, Callous Unemotional Traits, and Family Communication

<b>S#</b>	<b>Date</b>	<b>Student's name</b>	<b>Title</b>
22	January 2019	Saymra Ilas	Impact of Street Harassment on Psychological Wellbeing of College Girls
23	January 2019	Nimra Yasin	Impact of Mindfulness on Psychological Wellbeing of University Students
24	June 2019	Sanam Abrar	Parental involvement in children academic motivation
25	June 2019	Rimsha Khalid	Translation and adaption of Adolescent Behavior Questionnaire (ABQ)
26	January 2020	Qurat-ul-ain Mazhar	Association between temperament and behavioral problems in preschoolers: Parental attachment and peer acceptance as moderator
27	January 2022	Afeefa Maryam	Association between Adult Attachment and Marital Satisfaction in Young Adults: Mediating Role of Rumination and Empathy
28	January 2022	Jaweria Jabeen	Impact of Relationship Mindfulness on Conflict Resolution, Psychological and Relational Well-being in Married Couples
29	June 2022	Maryam Shahid	Association between Humor and Psychosocial Adjustment of Early Adolescents
30	June 2022	Khadija Tul Kubra	Violation of Personal Space: Street Harassment through Cultural Lens
31	January 2023	Mah-e-now	Pressure and Demands for Masculinity and Femininity Traits in Youth: A Qualitative Analysis from a Patriarchal Society
32	January 2023	Mariam Manzoor	Impact of Parenting Behaviors on Adolescents' Self-Disclosure and Trust: Role of Emotional Expressivity.

33	June 2023	Wazaait Munir	Role of Maladaptive Schemas in Linking Dark Traits with Emotional Manipulation and Alexithymia: A Cross-Generational Analysis of Dark Tetrad Traits
34	June 2023	Aroosa Fazal	Linking Religiousness, Tolerance and Violent Extremist Attitudes in University Students: Mediating Role of Media Exposure Preferences and Empathetic Tendencies
35	June 2023	Maida Tariq	Association of Academic Self-Efficacy and Educational Hope with Student Engagement and Procrastination in University Students

S#	Date	Student's name	Title
36	January 2024	Aliha Azwar	Association of Humor Styles and Emotion Regulation with Alexithymic and Callous-Unemotional Traits in Adolescents
37	January 2024	Hira Bibi	Association between Parenting Practices and Social Adjustment of Adolescents
38	January 2024	Maryam Amjad	Association between Sleep Quality, Executive Functioning and Decision-Making in Young Adults
39	June 2024	Mahnoor Malik	Role of Adolescents' Emotional Regulation on the Association between Parental Favoritism and Sibling Relationships
40	June 2024	Aleena Gul Sher	Navigating the Abyss: A Qualitative Exploration of Moral Nihilism's Impact on Personal Ethics and Social Dynamics
41	January 2025	Areeba Riaz	The Role of Schadenfreude on Envy along with Counterproductive work behavior and Knowledge hiding behavior in Higher Education Institutions faculty
42	January 2025	Rania Khalid	Personal Narratives of Dream Encounter with the Deceased Loved Ones: A Qualitative Investigation of Meaning Making
43	January 2025	Farwa Batool	Association Between Parental Warmth, Emotional Regulation Competency and Distress Tolerance
44	January 2025	Kanza	

### **PROFESSIONAL MEMBERSHIPS**

- **International Affiliate Member**, American Psychological Association (APA), 750 First St. NE, Washington, DC 20002-4242.
- **Member**, The Society for Research in Child Development (SRCD), 2950 South State Street, Suite 401, Ann Arbor, Michigan 48108.



- **Member**, The Society for Research in Child Development (SRCD)-Asian Caucus
- **Member**, International Society for Interpersonal Acceptance-Rejection (ISIPAR), the Rohner Center, University of Connecticut, Storrs, USA.
- **Member**, The International Society for the Study of Behavioural Development (ISSBD) (<https://issbd.org/>)
- **Member**, Children Youth and Family Foundation (**CYFF**) Islamabad.

### **SPECIAL SKILLS**

- **STATA**
- **Python Basics**
- **Data Management with “R” for Social Scientists**
- **SPSS**
- **AMOS**
- **Systematic Review & Meta-Analysis**
- **MS Office** (Word, Excel, PowerPoint. Access)
- **Strong Management** and **Analytical** skills
- **Good Interpersonal** skills

### **REFERENCE**

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