

TASNIM REHNA

Ph.D. Psychology

HEC Approved Supervisor

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PROFESSIONAL EXPERIENCE:

- Assistant Professor (BPS-19), Department of Applied Psychology, National University of Modern Language, Islamabad, Pakistan (03rd January, 2023 - Date)
- Assistant Professor (TTS), Department of Applied Psychology, National University of Modern Language, Islamabad, Pakistan (27th March, 2019 – 02nd March 2023)
- Assistant Professor (IPFP), Department of Applied Psychology, National University of Modern Language, Islamabad, Pakistan (27-03-2018 – 26-03-2019)
- Lecturer (In-charge) Department of Psychology, Riphah International University, Islamabad, Pakistan (1st Sep. 2015 – 02-03-2018)
- Lecturer, Department of Psychology, Women Institute of Science and Humanities, Islamabad, Pakistan (1st Sep. 2014 – 31st August, 2015)
- Senior Research Officer, National Counter Terrorism Authority, Islamabad, Pakistan (1st May, 2012 – 31st Dec. 2013)
- Psychometrician, National Testing Service (NTS), Islamabad, Pakistan (Jan. 2014 – June 2017 **On Project Bases**)
- Manager Research & Development, Rural Development Policy Institute, Islamabad, Pakistan. (12-10-2009 – 30-12-2011)
- Assistant Manager Research & Development, Rural Development Policy Institute, Islamabad, Pakistan. (07-01--2008 – 10-11-2009)

EDUCATION:

- PhD Psychology (2017; Quaid-i-Azam University Islamabad. Pakistan)
- M. Phil. Psychology (2009; Quaid-i-Azam University Islamabad. Pakistan)
- M.Sc. Psychology (2007; Quaid-i-Azam University Islamabad. Pakistan)

AREA OF RESEARCH:

- Trauma, Stress & Bereavement

- Developmental Psychopathology
- Health Psychology
- Social Psychology

PUBLICATIONS:

1. Zafar, S., Khan, S., But, T. A., & Rehna, T. (2025). Mediating Effect of Cognitive Reappraisal of Emotions Between Marital Commitment and Marital Satisfaction Among Married Couples. *Pakistan Journal of Psychological Research*, 40(1), 13-29.
2. Khan, S., Rehna, T. (2025). Unveiling Interpersonal Dynamics and Childhood Sexual Abuse as Risk Factors for Non-Suicidal Self-Injury among Emerging Adults: A Qualitative Approach. *Nature-Nurture Journal of Psychology*, 4(2), 16-29.
3. Khan, S., Rehna, T. (2025). Beyond the Cut: Exploring Protective Factors Against Non-Suicidal Self-Injury among Emerging Adults. *The Mind-Journal of Psychology*, 4(1), 1-18.
4. Khan, M. & Rehna, T. (2025). Safe Climates, Satisfied Staff: The Crucial Role of Organizational Support in Healthcare Settings. *International Journal of Psychological and Behavioural Research*, 5(1), 15-31.
5. Khan, S., Rehna, T., & Butt, T. A. (2024). The emotional surge: in-depth qualitative exploration of rumination and emotional turbulence in non-suicidal self-injurers. *Frontiers in Psychology*, 15, 1449110.
6. Aqeel, M., Jami, H., Sadia, A., & Renha, T. (2024). Exploring the Link Between Personality Traits, Peer Influence, and School Truancy in Adolescents: A Comparative Study of Truant and Punctual Students. *Bahria Journal of Professional Psychology*, 23(2), 53-67.
7. Fatima, A., & Rehna, T. (2024). Self-Compassion and Psychological Wellbeing Among Patients with Hepatitis-C: Social Support as Moderator. *Pakistan Journal of Psychological Research*, 39(1), 173-194.
8. Mushtaq, A., Afshan, A., Rehna, T., Sabih, F., & Najmussaqqib, A. (2024). Effectiveness of Montessori Sensorial Training Program for Children with Mild Intellectual Disabilities in Pakistan: A Randomized Control Trial. *International Journal of Disability, Development and Education*, 1-11.

9. Afaq, M. Y. M., Rehna, T., & Nadeem, A. (2023). A Holistic Perspective towards Perils of and Pathways to Addiction Recovery in Pakistan: Exploring Indigenous Factors. *Journal of Professional & Applied Psychology*, 4(4), 594-609.
10. Khan, S., Rida-e-Zahra, S., Rehna, T., & Butt, T. A. (2023). Mediating Role of Self-Esteem and Self-Efficacy in Paths Between Covert Narcissism and Mental Wellbeing in Pakistani Doctors. *Pakistan Journal of Psychological Research*, 38(4), 659-674.
11. Ali, U., & Rehna, T. (2023). Grief Reactions and Suicide Bereavement in the Context of Stigma among Parents: An Interpretative Phenomenological Analysis. In *Annales Médico-psychologiques, revue psychiatrique* (Vol. 181, No. 7, pp. 598-603). Elsevier Masson.
12. Yusuf, S., Hanif, R., & Rahna, T. (2022). Psychological Issues among Individuals with Chronic Illnesses: A Multi-Informant Perspective. *Foundation University Journal of Psychology*, 6(2).
13. Iqbal, A., Rehna, T., & Hanif, R. (2022). COVID-19 Stress and Burnout: An Investigation of Healthcare Providers. *Pakistan Journal of Psychological Research*, 37(3), 381-397.
14. Afaq, M. Y. M., Rehna, T., & Akhtar, Z. (2022). The journey from drug addiction to drug recovery; a case report of an inpatient rehabilitation. *Journal of the Pakistan Medical Association*.
15. Aqeel, M., Rehna, T., Hamza S. K., & Abbas, J. (2022). 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. *Frontiers in Psychiatry*, 13, 1-17.
16. Aqeel, M., Abbas, J., Shuja, K. H., Rehna, T., Ziapour, A., Yousaf, I., & Karamat, T. (2022). 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. *International Journal of Human Rights in Healthcare*, 15(1), 17-30.
17. Munawar, K., Aqeel, M., Rehna, T., Shuja, K. H., Bakrin, F. S., & Choudhry, F. R. (2021). Validity and Reliability of the Urdu Version of the McLean Screening Instrument for Borderline Personality Disorder. *Frontiers in psychology*, 12, 3487.
18. Aqeel, M., Haseeb, H. N., Rehna, T., & Ahmed, A. (2021). Self-harm behavior, psychopathological distress and suicidal ideation in normal and deliberate self-harm outpatient's adults. *Journal of the Pakistan Medical Association*, 71(9), 2143-2147.

19. Aqeel, M., Rehna, T., & Sarfraz, R. (2021). The association among perception of osteoarthritis with adverse pain anxiety, symptoms of depression, positive and negative affects in patients with knee osteoarthritis: A cross sectional study. *JPak Med Assoc*, 71(2).
20. Ali, U., Rehna, T., & Zubair, S. (2021). Wish I could see you without closing my eyes: Thematic Analysis of dream content of grieved parents with the perspective of religious, cultural and psychological dimension. *International Journal of Dream Research*, 36-46.
21. Abbas, J., Aqeel, M., Ling, J., Ziapour, A., Raza, M. A., & Rehna, T. (2020). Exploring the relationship between intimate partner abuses, resilience, psychological, and physical health problems in Pakistani married couples: a perspective from the collectivistic culture. *Sexual and Relationship Therapy*, 1-30.
22. Aqeel, M., & Rehna, T. (2020). Association among school refusal behavior, self-esteem, parental school involvement and aggression in punctual and truant school-going adolescents: a multilevel analysis. *International Journal of Human Rights in Healthcare*, 13(5), 385-404.
23. Rizwan, U., Aqeel, M., & Rehna, T. (2020). Linking Aggression, Tolerance and Domestic Violence in Married Working Women; A Moderating Model. *Bahria Journal of Professional Psychology*, 19(01), 49-71.
24. Rehna, T., Hanif, R., & Aqeel, M. (2020). Moderating role of gender on the relationship between cognitive errors and anxiety among adolescents. *Foundation University Journal of Psychology*, 4(1), 86-102.
25. Gul, M., Aqeel, M., Akhtar, T., & Rehna, T. (2019). The Moderating Role of Perfectionism on the Relationship between Parenting styles and Personality Disorders in Adolescents. *Foundation University Journal of Psychology*, 3(2).
26. Rehna, T., Hanif, R., & Hayat Nagra, K. (2019). Traumatic experiences, cognitive errors, and feelings of rejection among internally displaced youth: An analysis of operation Zarb-e-Azb. *European Online Journal of Natural and Social Sciences: Proceedings*, 8(3 (s)), pp-55.
27. Nawaz, S., Ali, U., Najmussaib, A., Ahmed, M., & Rehna, T. (2019). The relationship between parental rejection and social skills among children of single parents. *European Online Journal of Natural and Social Sciences: Proceedings*, 8(2 (s)), pp-195.

28. Javaid, D., Hanif, R., & Rehna, T. (2018). Cognitive processes of cancer patients: A major threat to patients' quality of life. *J Coll Physicians Surg Pak*, 28(3), 218-221.
29. Rehna, T., & Hanif, R. (2017). Verbal cognitive abilities and emotional and behavioral problems of secondary school children. *Foundational University Journal of Psychology*, 2(2), 20-35.
30. Laila, U., Hanif, R., & Rehna, T. (2017). Burnout among medical doctors: examining the role of optimism and pessimism. *Journal of Pakistan Psychiatric Society*, 14(2), 16-19.
31. Javaid, D., Hanif, R., & Rehna, T. (2017). Adequate social support as the predictor of patient's quality of life. *JPMA. The Journal of the Pakistan Medical Association*, 67(8), 1302-1303.
32. Rehna, T., Hanif, R., & Ali, S. Z. (2016). Life stress and somatic symptoms among adolescents: gender as moderator. *J Pak Med Assoc*, 66(11), 1448-1451.
33. Nomaan, S., Hanif, R., & Rehna, T. (2016). Factors Underlying Academic Underachievement Among Pakistani Secondary School Students. *Pakistan Journal of Psychological Research*, 31(1).
34. Rehna, T., & Hanif, R. (2015). Stressful Life Events and Adolescents' Emotional and Behavioral Problems: An Exploratory Study. *Journal of Pakistan Psychiatric Society*, 12(4), 8-11.
35. Rehna, T., Hanif, R., & Tariq, S. (2012). Cognitive errors and anxiety: A comparison of depressed and non-depressed adolescents. *European Journal of Social Sciences*, 27(3), 309-318.
36. Rehna, T., & Hanif, R. (2012). Depression, Cognitive Errors and Anxiety among Adolescents: *a comparison of depressed and non-depressed*. Lambert Academic Publishing, Germany.

RESEARCH PROJECT:

Research Project: Translation, Adaptation, and Construct Validation of Youth Pediatric Symptom Checklist (Y-PSC) for Young Adolescents in Pakistan.

Role: Principal Investigator

Funded by: HEC (SRGP)

Amount: Rs. 285,000/-

Research Supervision PhD

1. Antecedents and Consequences of Truancy Behavior among Elementary and Secondary School Children (**Muhammad Aqeel: 2023**)
2. Exploring the paths to post-traumatic growth among grieved parents: An Interpretive Phenomenological Analysis of their Experiences and Strategies (**Urwah Ali: 2023**)
3. Exploring Indigenous Factors Associated with Recovery of Drug Addicts: A Grounded Theory Study (**Muhammad Yasir Masood Afaq: 2023**)
4. Nonsuicidal Self-Injury among Emerging Adults: A Study of Antecedents and Consequences (**Soulat Khan: 2025**)
5. Outcomes of Psychosocial Safety Climate among Health Professionals: Investigating the Role of Job Demands and Resources (**Maheen Khan: Under Progress**)
6. Development and Effectiveness of Kindness-based Intervention for Emerging Adults: A Psychosocial Wellbeing Program (**Khansa: Under Progress**)
7. Effectiveness of Cognitive Behavioral Intervention for Trauma in Schools with Pakistani Adolescents (**Sana Shaheen: Under Progress**)
8. Effectiveness of Dialectic Behavior Therapy for Cyber Aggression among Emerging Adults (**Afia Misri: Under Progress**)

Research Supervision MPhil

1. Executive Functioning and Decision Making under Stress among Frontline Workers: Role of Hardiness and Cognitive Resilience (**Nasarullah Shah Ghazi: 2023-2026**)
2. Online Misinformation Receptivity and Extremist Ideology among University Students: Role of Confirmation Bias, Critical Thinking, and Social Media Literacy (**Zanib Munir: 2023-2026**)
3. Cognitive Disengagement Syndrome and Psychosocial Functioning of Children with Autistic Symptoms: Role of Parenting Styles (**Faryal Khan: 2023-2025**)
4. Predictive Role of Cognitive Functioning and Self-generated Thoughts in Problem Solving and Mental wellbeing among University Students: A Cross-sectional Study (**Fatima Syed: 2022-2025**)
5. Childhood Traumatic Experiences and Self-harm Behavior among Adults: Role of Parental Attachment and Distress Tolerance (**Saba Khalil: 2022-2025**)

6. Occupational Stress and Job Performance among School Teachers: Moderating Role of Organizational Commitment and Emotional Competence (**Hijab Fatima: 2020-2024**)
7. Perceived Workplace Incivility and Interpersonal Conflict among Working Adults: Role of Cognitive Emotion Regulation. (**Asif Raza: 2019-2023**)
8. Unemployment Stress and Suicidal Ideation among Adults: Role of Cognitive Appraisal. (**Maheen Aurangzeb: 2019-2023**)
9. Pain Catastrophizing and Pain Anxiety in Patients with Rheumatoid Arthritis: Role of Resilience and Social Support. (**Maryam: 2019-2022**)
10. Role of Psychosocial Factors in Relationship between Covid-19 Stress and Burnout among Service Health Providers: A Panel Study. (**Aisha Iqbal: 2019-2022**)
11. Relationship between Self-Compassion and wellbeing among patients with Hepatitis C: Role of Cognitive-emotional Regulation and perceived Social Support. (**Arooj Fatima: 2022**)
12. Temperament and Social Information Processing of Children with Learning Disabilities: Role of Parental Communication Deviance. (**Mehr Un Nisa: 2022**)

Research Supervision MSc

1. Emotional Distress and Coping Strategies among Cancer Patients: Role of Cognitive Appraisal and Perceived Social Support. (Student Name: Quart UL Ain Fatima; MSc Thesis-2020; National University of Modern Languages, Islamabad)
2. Relationship between Mobile Phone Addiction and Musculoskeletal Disorders among University Students. (Student Name: Ayesha Manzoor; MSc Thesis-2019; National University of Modern Languages, Islamabad)
3. Relationship between Perceived Job Stress and Job Performance among Non-Gusseted University Employees. (Student Name: Hassan Raza; MSc Thesis-2019; National University of Modern Languages, Islamabad)
4. Impact of Parenting Styles and Problem Solving Skills on Adolescents' Internalizing and Externalizing Behavioral Problems. (Student Name: Tooba Jehan; MSc Thesis-2019; National University of Modern Languages, Islamabad)
5. Impact of Social Anxiety and Learning Environment on Academic Motivation among Under Graduate Students. (Student Name: Shabeena Zafar; MSc Thesis-2019; National University of Modern Languages, Islamabad)

6. Impact of Perceived Parental Conflict and Emotional Intelligence on Pediatric Symptoms among Secondary School Children. (Student Name: Iqra Khaliq Abbasi; MSc Thesis-2019; National University of Modern Languages, Islamabad)
7. Neuroticism, Self-Serving Bias and Emotional Regulation among University Students. (Student Name: Iqra Jabeen; MSc Thesis-2019; National University of Modern Languages, Islamabad)
8. Test Anxiety, Meta-cognitive Awareness, and Coping Strategies among University Students. (Student Name: Sumayya Bashir; MSc Thesis-2017; Riphah International University, Islamabad)
9. Self-Regulation, Sense of Agency, and Academic Self-Handicapping among University Students. (Student Name: Syeda Noreen Fatima; MSc Thesis-2017; Riphah International University, Islamabad)
10. Effects of Forgiveness on Psychological Flourishing and Quality of Life among University Students. (Student Name: Amber Rashid Khan; MSc Thesis-2017; Riphah International University, Islamabad)
11. Relationship between Psychological Capital, Work-Life Balance, and Job Satisfaction among Telecom Personnel (Student Name: Laraib Ehsan; MSc Thesis-2017; Riphah International University, Islamabad)