

Department of Applied Psychology

Tehmeena Hanif

Name	Tehmeena Hanif
Designation	Lecturer
Education	<ul style="list-style-type: none"> ● PhD Scholar (Psychology) – Fatima Jinnah Women University, Rawalpindi, Pakistan (In Progress) ● MS (Clinical Psychology) – International Islamic University, Islamabad, Pakistan (2017)
Professional Experience	<ul style="list-style-type: none"> ● Lecturer, Psychology – National University of Modern Languages (NUML), Islamabad, Pakistan (February 2022 – Present)
Research Interests	<ul style="list-style-type: none"> ● Clinical Psychology ● Experimental Psychology ● School & Educational Psychology
Publications/Conferences	<ul style="list-style-type: none"> ● Marrium Akbar, Tehmeena Hanif, & Shaima Khan. (2026). Work-life balance and Burnout among Lawyers in Pakistan: Moderating Role of Emotional Intelligence. <i>Advance Social Science Archive</i>, 5(01), 603–611. Retrieved from https://assajournal.com/index.php/36/article/view/1345 ● Esha Irfan, Tehmeena Hanif, & Ammarah Riasat. (2025). Exploring the Impact of School Climate and Mindfulness on Psychological Well-being of Secondary School Students: A Comparative Study of Private and Government Schools. <i>Advance Social Science Archive</i>, 4(01), 1096–1103. https://doi.org/10.55966/assaj.2025.4.1.070. (Category: Y) ● Tehmeena Hanif, & Dr. Iram Gul. (2024). Breaking Barriers: Unveiling The Mental Health Challenges of Students with Visual Impairment in Pakistan. <i>Journal of Population Therapeutics and Clinical Pharmacology</i>, 31(3), 1352–1362. https://doi.org/10.53555/jptcp.v31i3.5131 (Category: X) ● Tehmeena Hanif, Sajida Naz, Ayesha Ahmad & Momina Azmat (2022). A Pragmatic Approach to Academic Challenges of Students with Visual Impairment during Covid-19: Teacher’s Experiences. <i>Pakistan Journal of</i>

Humanities and Social Sciences, 10(4), 1578– 1590.
(Category: Y)

- Faisal Khan, Abdul Qayyum & Tehmeena Hanif (2022). Relationship between Store Environment, Urge to Purchase and Impulsive Buying Behavior. *Journal of Policy Research*, 8 (4),462–471. DOI:<https://doi.org/10.5281/zenodo.7741173>. (Category: Y)

Oral/Paper Presentation

- Oral presentation titled “Translation, Cultural Adaptation, and Psychometric Evaluation of an Urdu Version of Mindfulness-Based Stress Reduction for Students with Visual Impairment” at the International Conference on The Future Reimagined: Innovation through Science, Social Science & Global Collaboration (February 10–12, 2026), Women University Mardan.
- Paper presentation on “*Parental Acceptance-Rejection and Emotional Behavioural Problems in Students with Visual Impairments: Moderating Role of Perceived Social Support*” at the 3rd International Conference on Multidisciplinary Research: Redefining the Boundaries of Social Sciences, Business, Technology, Law and Psychology, held at the University of Haripur in 2025.
- Paper presentation on “*School Climate and Mindfulness as Predictors of Psychological Well-being among Secondary School Students*” at the 15th International CBT Conference, held at the School of Dentistry, Pakistan Institute of Medical Sciences (PIMS), Islamabad in 2025.
- Paper presentation in 3rd International Conference on Innovation in Teaching and Learning, Topic: “*Spouses and parents differences as caregivers of people living with end-stage renal disease*” at the International Islamic University, Islamabad in 2020.
- Paper presentation in the 3rd International Conference on Innovation in Teaching and Learning, Topic: “*Relationship between life satisfaction and emotional*

	<p><i>contagion among caregivers of end-stage renal disease patients” at the International Islamic University, Islamabad in 2020.</i></p>
<p>Honors/Grants (if any)</p>	<ul style="list-style-type: none"> ● Nil
<p>Workshops/Trainings (if any)</p>	<ul style="list-style-type: none"> ● Served as a Focal Person for Departmental Events and successfully organised multiple workshops and seminars (2023–2025) at the Department of Applied Psychology, NUML, Islamabad. ● Successfully organised <i>World Mental Health Day 2024</i> as an Organising Committee Member, Department of Applied Psychology, NUML, Islamabad, and promoted mental health awareness. ● Successfully organised <i>World Mental Health Day and Suicide Prevention Day 2025</i> events as an Organising Committee Member, Department of Applied Psychology, NUML, Islamabad, contributing to the promotion of mental health awareness. ● Workshop attended on Latex for Faculty and Research Scholars at Fatima Jinnah Women University ● Workshop attended on Learning Innovation Division in Collaboration with Islamia College Peshawar ● Workshop attended on Importance and Application of Research Methods in Psychology at University Of Peshawar, Baragali Campus ● Two Days Orientation Workshop on Drug Detoxification and Rehabilitation at Dost Welfare Foundation Peshawar ● Two Days Workshop on Test Construction Ist Series of Training Workshops on Quantitative Data Analysis Using SPSS at International Islamic University Islamabad