

Department of Applied Psychology

Faculty CV

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| Name | Kashmala Zaman | | |
| Designation | Lecturer | | |
| Education | DEGREE | University | PERIOD |
| | PhD (Psychology) | National University of Modern Languages, Islamabad | 2022 - to date |
| | M.Phil (Psychology) | National Institute of Psychology, Quaid-i-Azam University, Islamabad | 2015-2018 |
| | Post graduate Diploma in Clinical Psychology (PDCP) | Foundation University, Islamabad. | 2015-2016 |
| | Masters of Science M.Sc. (Psychology) | National Institute of Psychology, Quaid-i-Azam University, Islamabad | 2014 |
| | Bachelors of Science B.Sc. (Botany, Zoology, and Psychology) | University of Punjab, Lahore | 2012 |

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| <p>Professional Experience</p> | <p>2018 – to date National University of Modern Languages, Islamabad Pakistan Lecturer</p> <p>2017-19 Quaid-i-Azam University, Islamabad Pakistan Visiting Lecturer</p> <p>2018 Fatimah Jinnah Women University, Rawalpindi Pakistan Visiting Lecturer</p> <p>5/2016-12/2016 Oxfam Pakistan Research Assistant</p> |
| <p>Research Interests</p> | <p>Clinical Psychology Developmental Psychology Health Psychology Educational Psychology Positive Psychology</p> |
| <p>Publications/Conferences</p> | <p>Research Publications</p> <ul style="list-style-type: none"> • Zaman. K., & Jami. H. (2016). Body Dissatisfaction and Disordered Eating Behaviours among Mothers During Lactation Period. Pakistan Journal of Psychological Research, 31(2). • Zaman, K., Jami, H., & Kamal, A. (2024). Measuring Body Image Guilt and Shame: Gender and Disordered Eating Behaviors in Perspective. Foundation University Journal of Psychology, 8(1), 28-42. • Riaz, A., Zaman, K., et. al. (2022). Effects of Online Learning Experience, Cognitive Presence, and Psychological Well-Being among university and college students during Pandemic. Journal of Positive School Psychology, 6(10), 1370-1386. • Zaman, K., Jami, H., & Ahmed, Z. (2022). Mental Health and Disordered Eating Behaviors of Adolescents in context of Sexual and Reproductive Health: Mediating Role Of |

Body Image. Journal of Xi'an Shiyou University, 18(10), (594-602).

- Zaman, K., Jami, H. & Ahmed, Z. (2022). Translation and Adaptation of Attitude Towards Sexuality Scale (ATSS) Urdu Version in Pakistan. Journal of Professional & Applied Psychology, 3(3), 389-399). <https://doi.org/10.52053/jpap.v3i3.112>
- Ahmed, Z., Azad, N., Zaman, K., & Ismail (2023). Internalizing Behaviors and Conflict Management Strategies of Adolescents Facing Peer Victimization. Journal of Tianjin University Sciences and Technology, 56 (1), 0493-2137. DOI10.17605/OSF.IO/7ENZ8
- Khattak, A. Z., Bhati, M. I., Zaman, K., Imran, M., Talib, A., & Malik, S. (2023). Rescue Workers Prosocial Behavior And Their Relationship With Counterproductive Work Behavior: Moderating Role Of Social And Emotional Competence. Journal of Positive School Psychology, 7 (4), 836-846.
- Impact Of Professional Quality Of Life On Work Performance Among Teachers Of Heis: Role Of Organizational Support (Muhammad Huraira, Tayyaba Safdar, Kashmala Zaman et al., 2023). Journal Of Population Therapeutics & Clinical Pharmacology,30(17),(1237-1245).
- Muhammad Kamran Bais, & Kashmala Zaman. (2025). Narrative Formation as a tool to influence Public Sentiment – The Case of Volkswagen’s Diesel Emissions Scandal. Social Science Review Archives, 3(3), 2379–2405. <https://doi.org/10.70670/sra.v3i3.1085>
- Zaman, K. & Akhtar, T. (2025). Existential Anxiety, Financial Stress, and Academic Burnout among Adolescents: Moderating role of Mental Toughness. Journal of Psychology, Health and Social Challenges, 3(2), 16-23.
- Zaman, K. & Akhtar, T. (2025). The Mediating Role of Grit in the Relationship among Health Behaviors, Internet Addiction, Emotional Intelligence, and Academic Burnout in Adolescents. Nature-Nurture Journal of Psychology, 5(1), 22-32.

PROFESSIONAL CONFERENCES AND PRESENTATIONS

- 1st International Conference: Contemporary World: Challenges and Transformations (talk)

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| | <ul style="list-style-type: none"> • 2nd International Conference of Psychology: Women’s Mental Health Care (poster) • International Conference of Recent Trends and Interventions in Clinical Psychology (talk) • 1st International Conference on Research in Special Education (talk) • National Conference on Promoting Mental Health in Schools: A way forward (talk) • 6th International Conference Psychology of Gender in Perspective: Issues and Challenges (talk) • International Conference of Social Sciences on Emerging Problems of the • Developing Countries: Indigenous Responses and way forward (talk) • 1st International Conference of Psychology Advancing Women Issues: Local and Global Directions (talk) • The Current Challenges for Psychology: From Crisis to Sustainable Solutions (talk) |
| Honors/Grants (if any) | ----- |
| Workshops/Trainings (if any) | <p>Educational Events Attended</p> <p>Workshops on:</p> <ul style="list-style-type: none"> • Addressing Gender Disparity in Mental Health of Migrants • Faculty Development Program (Cohort-II) |

- Faculty Development Program on Curriculum Development
- NUML Faculty Development Programme on Teaching Techniques for 21st Century
- Acceptance and Commitment Therapy
- Therapies of Emotional Well-being
- Mediation and Moderation Analysis using Processes Macro
- Enhancing Counseling skills through Cognitive Behavior Therapy

Workshop conducted on:

Moderation and Mediation analysis using Hayes process macro at the department of psychology, foundation university school of science and technology on 2nd June 20205