

## Department of Applied Psychology

### Faculty CV

Name	Hina Zahra
Designation	<ul style="list-style-type: none"> <li>Lecturer (Contract)   National University of Applied Modern Languages, Islamabad</li> </ul>
Education	<ul style="list-style-type: none"> <li>PhD (Psychology), National University of Modern Languages, Islamabad (2025-Present).</li> <li>MPhil (Counseling Psychology), Fatima Jinnah Women University, Rwp (2015-2019)</li> </ul>
Professional Experience	<ul style="list-style-type: none"> <li>(02/2022 – present) Lecturer (Contract)   National University of Applied Modern Languages, Islamabad</li> <li>(07/2020 – 01/2022) Lecturer (Visiting Faculty)   National University of Applied Modern Languages, Islamabad</li> <li>(02/2018 – 01/2022) Lecturer (Visiting Faculty)   National Defense University, Islamabad</li> <li>(07/2017 – 12/2021) Lecturer (Visiting Faculty)   PMAS Arid Agriculture University, Rawalpindi</li> <li>(07/2016 – 01/2017) Research Assistant   Fatima Jinnah Women University, Rawalpindi</li> </ul>
Research Interests	<ul style="list-style-type: none"> <li>Cognitive Psychology</li> <li>Organizational Psychology</li> </ul>
Publications/Conferences	<p>Hina Zahra, Aneela Maqsood (PhD), &amp; Sobia Mushtaq. (2026). Impact of Social Media Usage on Physical Health and Psychological Distress Among University Students. <i>Social Science Review Archives</i>, 4(1), 1745–1761. <a href="https://doi.org/10.70670/sra.v4i1.1706">https://doi.org/10.70670/sra.v4i1.1706</a></p> <p>RELATIONSHIP BETWEEN COGNITIVE DISTORTIONS AND MARITAL SATISFACTION AMONG MARRIED INDIVIDUALS. (2026). <i>Frontier in Medical and Health Research</i>, 4(1), 537-541. <a href="https://fmhr.net/index.php/fmhr/article/view/2087">https://fmhr.net/index.php/fmhr/article/view/2087</a></p>
Honors/Grants (if any)	N/A
Workshops/Trainings (if any)	<ul style="list-style-type: none"> <li>Faculty Development Program (FDP)-year 2022</li> </ul>

