

Department of Applied Psychology

Faculty CV

Name	Tayyaba Safdar
Designation	Lecturer
Education	<ul style="list-style-type: none">• PhD in Psychology ,2025 Specialization: Occupational Health psychology,NUML, Islamabad• Mphil Psychology, 2012 Specialization: Personality Pathology,National Institute of Psychology,QUA, Islamabad• MSc Applied Psychology,(Specialization in Clinical Psychology)• Institute of Applied Psychology,University of the Punjab, Lahore
Professional Experience	<ul style="list-style-type: none">• Lecturer at Department of Applied Psychology “National University of Modern Languages Islamabad” from Feb 2014 till date• Beacon house University, Department of Psychology ,as visiting faculty from Sep 2023 -Dec 2023• Lecturer Psychology at “COMSATS” Department of Management Sciences” as visiting faculty from September 2012- July 2013• Participated in a project of Kashmir Education Foundation in Collaboration with <i>National Institute of Psychology</i> .Administration of APID (<i>Assessment of Preschoolers Intellectual Development</i>) at Rawalakot,2012• Participated in a project of Kashmir Education Foundation in Collaboration with <i>National Institute of Psychology</i> Administration of APID (<i>Assessment of Preschoolers Intellectual Development</i>) at Basali,2011

	<ul style="list-style-type: none"> • Provide psychological services to the flood affecteds' at Noshera, Bhakkar, D.G, Khan, Tonsa in Collaboration with” Danish Muslim Aid”,2011 • Worked as Research Supervisor at Bahauddine Zakaria University, 2009 • Volunteer services at Punjab Institute of Mental Health in 2008
Research Interests	<ul style="list-style-type: none"> • Interest A • Interest B
Publications/Conferences	<ul style="list-style-type: none"> • Safdar, T. (2024). Balancing Act: A Holistic Exploration of Work-Family Conflict and its Impact on Physical and Psychological Well-being: A Comprehensive Systematic Review. <i>Bulletin of Business and Economics (BBE)</i>, 13(2), 938-946. DOI: https://doi.org/10.61506/01.00412 • Muhammad Huraira, Tayyaba Safdar, Kashmala Zaman, Samreen Khurshid, Saher Mushtaq, Ansa Talib, & Sayed Shahbal. (2023). IMPACT OF PROFESSIONAL QUALITY OF LIFE ON WORK PERFORMANCE AMONG TEACHERS OF HEIS: ROLE OF ORGANIZATIONAL SUPPORT. <i>Journal of Population Therapeutics and Clinical Pharmacology</i>, 30(17), 1237-1245. https://doi.org/10.53555/jptcp.v30i17.2731 • Riaz, A., Zaman, K., Safdar, T., Shahbal, S., Alsolami, A. R., Alfi, E. A. M., & Alamrani, A. H. (2022). Effects Of Online Learning Experience, Cognitive Presence And Psychological Well-Being Among University And College Students During Pandemic In Pakistan And KSA. <i>Journal of Positive School Psychology</i>, 6(10). • Ashraf, S., Imran, M., Fatima, A., Batool, F., Safdar, T., & Nelson, J. (2022). GLOBAL IMPACT OF COVID-19 ON ENVIRONMENT AND PSYCHOLOGICAL WELL-BEING

	<p>DURING LOCKDOWN. <i>Bahria University Research Journal of Earth Sciences</i>, 7, 1-7.</p> <ul style="list-style-type: none"> • Safdar, T., & Rafique, R. (2010). Anger, Depression and Anxiety in Patients with Acute Myocardial Infarction: A Case Control Design. <i>The Journal of Cardiovascular Diseases</i>, 8, The Punjab Institute of Cardiology. (Recognized by PMDC) • Oral/Paper Presentation
<p>Honors/Grants (if any)</p>	<p>Participated in HEC Project, titled as <i>“Dimensional Approach to Personality Pathology: A Pakistani Perspective”</i></p>
<p>Workshops/Trainings (if any)</p>	