

Faculty Resume

Name:	Saleha Saboor
Designation:	Lecturer
Experience	<ul style="list-style-type: none"> ● (Feb, 2024 – cont.) Lecturer (Contract) National University of Applied Modern Languages, Main Campus Islamabad ● (Feb, 2023 – Feb,2024) Lecturer (Visiting) National University of Applied Modern Languages, Islamabad ● (May, 2019 – Feb, 2023) Lecturer (Regular) IBADAT International University Islamabad (formerly The University of Lahore, Islamabad Campus) ● (May, 2019 – Feb, 2023) Student Counselor, IBADAT International University Islamabad (formerly The University of Lahore, Islamabad Campus) ● (Oct, 2019 – Feb, 2023) Deputy Head of Department, Examination Cell , IBADAT International University Islamabad (formerly The University of Lahore, Islamabad Campus) ● (May, 2021 – Feb, 2023) In-charge, Events Club and In-charge, Social Services Club , IBADAT International University Islamabad (formerly The University of Lahore, Islamabad Campus) ● (2017 – 2018) Worked in Student Psychological Awareness Organization ● (April, 2017 – July, 2017) Clinical Psychologist (Unpaid internship) CDA Hospital, Islamabad
Honors and Awards	<ul style="list-style-type: none"> ● Merit based academic scholarships from Numl Main Campus ● Gold Medalist (Batch Spring 2016), National University of Modern Languages (NUML), Main Campus, Islamabad
Workshops	<p>One day workshop on Dialectical Behavior Therapy</p> <p>One day workshop on Current Psychological Problems and their Treatment</p> <p>Attended workshop on Schizophrenic patients and related therapies</p> <p>Workshop on Cognitive Behavioral Therapy</p>

	<p>3 days workshop on SPSS Software</p> <p>5 days workshop on Professional Development.</p>
Research Interest	<p>My research interests include Clinical, Organizational, and Social Psychology, with a focus on mental health, workplace dynamics, and social behavior. I have previously worked with medical doctors in clinical research. I am also interested in applied research examining psychological outcomes in real-world settings, as well as Neuropsychology and Health Psychology, particularly cognitive functioning and health-related psychological outcomes.</p>
Publications	<ol style="list-style-type: none"> 1. Saboor, S. ., Shuja, N. ., & Shuja, A. . (2025). Impact of Cognitive Behavioral Therapy (CBT) on Depression Severity in Patients with Chronic Illness: A Randomized Controlled Trial. <i>Biological and Clinical Sciences Research Journal</i>, 6(8), 54–57. https://doi.org/10.54112/bcsrj.v6i8.1961 2. Gulzar, M. ., Saboor, S. ., Abbas, S. H. ., & Anser, A. . (2025). Prevalence of Depression and Anxiety in Patients with Type 2 Diabetes Mellitus and Their Association with Glycemic Control: A Cross-Sectional Study: Depression, Anxiety, and Glycemic Control in Type 2 Diabetes. <i>DEVELOPMENTAL MEDICO-LIFE-SCIENCES</i>, 2(8), 34-40. https://doi.org/10.69750/dmls.02.08.0148 3. Nasir Ali, Benazir Javed, Syed Muhammad Omer, Syed Naveed Haider, Maha Abdullatif, Zeinab Alaagib Ahmed Kara, Saleha Saboor. (2024). Comparative Evaluation of Diagnostic Challenges and Long-Term Outcomes in Early-Onset Schizophrenia. <i>Pakistan Journal of Medical & Health Sciences</i>, 18(01), 162. https://doi.org/10.53350/pjmhs02024181162

Research Grants and Contracts	N/A
Other Research or Creative Accomplishments	N/A
Selected Professional Presentations	<p>Thesis presentation on “Smartphone Addiction, Sleep Quality and Self-Control among Employees” (24th Feb, 2022) at Department of Applied Psychology, Numl Main Campus</p>

	Demonstrated strong presentation and communication skills by delivering a session on Stress Management Techniques at the University of Lahore, ISB Campus.
--	--