

Department of Applied Psychology

Faculty CV

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| Name | Sobia Mushtaq |
| Designation | Lecturer |
| Education | <ul style="list-style-type: none">• PhD Applied Psychology (Enrolled), National University of Modern Languages, Islamabad Campus (enrolled in Sep 2025)• MS Clinical Psychology, Foundation University Rawalpindi Campus Pakistan, 2017-2019 |
| Professional Experience | <ul style="list-style-type: none">• Lecturer (Contract) Department of Applied Psychology National University of Applied Modern Languages, Islamabad Pakistan, (09/2023 – present)• Lecturer (Visiting Faculty) National University of Applied Modern Languages, Islamabad Pakistan, (2021 – 2023)• Clinical Psychologist, Rawalpindi Institute of Cardiology (2019- 2020)• Clinical Psychologist, AFIC/NIHD, Rawalpindi (2017-2019)• Trainee Psychologist, AFIMH Rawalpindi (2016, 2 months) |
| Research Interests | <ul style="list-style-type: none">• Clinical Psychology• Health Psychology |
| Publications/Conferences | <ul style="list-style-type: none">• Impact of Social Media Usage on Physical Health and Psychological Distress Among University Students (Social Science Review Archives, 2026). https://doi.org/10.70670/sra.v4i1.1706• Systematic Review of Cognitive Behavioral Therapy for Social Anxiety Disorders in Adults (Journal of Xi'an Shiyou, Natural Science Edition, 2023) |

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| | <ul style="list-style-type: none">● Impact of Occupational stress on Life Satisfaction and Self-Efficacy among Doctors. Abstract publication and Poster Presentation of Research Paper in 1st National Conference on Promoting Tolerance and Wellbeing: Emerging Trends, Challenges and Implications for Research held on March 15th – 17th, 2018 organized by Dept. of Behavioral Sciences, FJWU Rawalpindi |
| Honors/Grants (if any) | Nil |
| Workshops/Trainings (if any) | Nil |
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