



# Nazia Parveen

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**Website:** [https://www.researchgate.net/profile/Nazia-Parveen-12?ev=hdr\\_xprf](https://www.researchgate.net/profile/Nazia-Parveen-12?ev=hdr_xprf)

**Home:** South Asia, Pakistan, (Pakistan)

## ABOUT ME

My name is **Nazia Parveen**, and I am a dedicated psychology researcher from Pakistan with a strong academic foundation and a passion for exploring mental health, stress, and social behavior. I hold an **MPhil in Psychology** from **The Women University Multan**, where I graduated with distinction (CGPA 3.65/4.00) and received a **Gold Medal** at the undergraduate level. My research experience spans multiple areas, including **psychological distress and coping strategies among Afghan refugee students**, **mental health challenges in flood-affected populations**, and **the impact of parenting style on cyberbullying behavior with empathy as a mediating factor**. I am particularly interested in the intersection of **empathy, stress, and social well-being**, and aspire to contribute to evidence-based interventions that promote psychological resilience and emotional health.

## EDUCATION AND TRAINING

### Master of Philosophy in Psychology

*Women University Multan, Pakistan* [ 2022 – 2024 ]

Country: Pakistan | Website: <https://wum.edu.pk/> | Final grade: 3.65/4 | Thesis: The relationship of Psychological distress and coping strategies among Afghan Refugees students at Quetta Balochistan, Pakistan

### Bachelor of Psychology

*Institute of Southern Punjab Multan, Pakistan* [ 2017 – 2021 ]

Country: Pakistan | Website: <https://usp.edu.pk/> | Final grade: 3.99/4- Gold Medalist | Thesis: Impact of Self oriented perfectionism on Academic achievement among university students.

## PUBLICATIONS

### [Impact of Self-Oriented Perfectionism on Academic Engagement among University Students](#)

Authors: Nazia Parveen, Maria Anwar Khan | Journal Name: journal of Professional & Applied Psychology | Volume, Issue and Pages: Vol. 5 No. 2 (2024)

[2023]

### [Unravelling the impact of Perceived Parental Styles on Curiosity and Exploration](#)

Authors: Parveen, N., Khalid, M., Azam, M., Khalid, A., Hussain, A., & Ahmad, M. | Volume, Issue and Pages: Bulletin of Business and Economics (BBE), 12(4), 254-263

[2024]

### [The Psychological and Behavioral Mechanisms of Online Gambling Game Addiction: A Comparative Study of Cognitive Biases, Reward Systems, and Intervention Strategies](#)

Authors: Nazia Parveen, Sidra Ahsen, Hafiz Muhammad Hassaan, Motasem Mirza, Safdar Iqbal | Journal Name: Journal of policy research | Volume, Issue and Pages: Vol. 10 No. 2 (2024): Journal of Policy Research

[2024]

### [Impact of Emotional Intelligence in Organizational Commitment among Employees of Educational Sector: Moderating Role of Personality Traits and Gender](#)

**Authors:** Iram Batool Awan, Hira Khan, Nazia Parveen | **Journal Name:** Review of Applied Management and Social sciences | **Volume, Issue and Pages:** Vol. 7 No. 4 (2024)

[2024]

**[A Qualitative Study Exploring Mental Health Challenges, Coping Strategies, and Social Support Among Flood Victims](#)**

**Authors:** Nazia Parveen, Asma Bashir | **Journal Name:** Pakistan Journal of Humanities and Social Sciences | **Volume, Issue and Pages:** Vol. 12 No. 4 (2024)

[2025]

**[BENAZIR BHUTTO: A DAUGHTER OF DESTINY AND A SYMBOL OF RESISTANCE](#)**

**Authors:** Asmat Batool, Nazia Parveen, Sahil chandio | **Journal Name:** Contemporary Journal of Social Science Review (CJSSR) | **Volume, Issue and Pages:** Vol. 3 No. 2 (2025)

[2025]

**[The Role of Artificial Intelligence in Delivering Mental Health Support to Adults: Opportunities and Ethical Concerns](#)**

**Authors:** hmina Jamil, Sayed Muhammad Shabab, Muhammad Mubashir Hassan, Nazia Parveen | **Journal Name:** International Journal of Multidisciplinary Research and Growth Evaluation | **Volume, Issue and Pages:** 2025; 6(4): 705-716

[2025]

**[THE SOCIOLINGUISTICS OF "ONLINE LINGUISTIC MICRO-TRIBES": HOW DIGITAL COMMUNICATION SHAPES NICHE IDENTITY AND EXCLUSION](#)**

**Journal Name:** Qualitative Research Journal for Social Studies | **Volume, Issue and Pages:** Vol. 2 No. 2 (2025)  
Hira Khan, Tehmina Jameel, Nazia Parveen, Amarah Sajad

[2025]

**[Association Between Gut-Brain Axis Dysfunction and Vestibular Migraine Severity](#)** A peer-reviewed research article published online 1 September 2025, Scopus-indexed journal (Cureus), backed by Springer Nature. Scheduled for inclusion in PubMed Central in approximately six weeks. Co-author.

**Authors:** Muhammad Alryan Masood • Namra Asif • Muhibullah Younus • Bhavna Singla • Sheraz Khan • Shivam Singla • Syed Hassan Elahi • Nazia Parveen • Muhammad Ahsan Ishfaq • Tehmina Jamil | **Journal Name:** Cureus Journal of Medical Science | **Volume, Issue and Pages:** eCollection 2025 Sept | **Publisher:** Cureus (Springer Nature)

[2025]

**[Cross-cultural issues in compassion in healthcare: a narrative review](#)** Write here the description...

**Journal Name:** Journal of Healthcare Leadership

**[Impact of Academic Perfectionism on Test Anxiety among University Students in Pakistan through Mediating Role of Avoidance of Academic Coping Strategies](#)**

**Journal Name:** Journal of Psychiatry and Brain Science

## **WORK EXPERIENCE**

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 – Multan, Pakistan

**City:** Multan | **Country:** Pakistan

**[Visiting Lecturer in Government Graduate College of Science Multan, Pakistan](#)**

[ 2024 – 2025 ]

- Delivered undergraduate lectures in core psychology subjects, including developmental, social, and educational psychology
- Guided students in research projects, presentations, and counseling-related activities to strengthen academic and profession

📍 – Multan, Pakistan

City: Multan | Country: Pakistan

## Visiting Lecturer in National University Of Modern Languages Multan Campus Pakistan.

[ 05/02/2025 – Current ]

- Teaching core and applied psychology courses to undergraduate students.
- Contributing to academic guidance, research support, and student mentoring in the department.

### LANGUAGE SKILLS

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**Mother tongue(s):** Urdu

**Other language(s):**

**English**

**LISTENING C2 READING C2 WRITING C1**

**SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1**

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

### RECOMMENDATIONS

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**Name: Asma Bashir**

Associate Professor Women University, Multan

Email: [asma.bashir@wum.edu.pk](mailto:asma.bashir@wum.edu.pk) | Phone number: (+92) 3214535494

**Name: Maria Anwar Khan**

Associate Professor National University of Modern Languages, Multan Campus Pakistan

Email: [maria.anwar@numl.edu.pk](mailto:maria.anwar@numl.edu.pk) | Phone number: (+92) 3346046076

### FORTHCOMING INTERNATIONAL BOOK CHAPTERS

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**Global Trends in Smog and Air Pollution Control: Smog Control in Developed Nations Lesson for the World**

Global Trends in Smog and Air Pollution Control: Smog Control in Developed Nations Lesson for the World,  
Accepted = (IGI Global Scientific Publishing, Scopus Index International Edited Volume, forthcoming Jan/Feb 2026).

**Gamification and AI in Open Education Psychological Principles for Engagement**

Book Chapter Submitted in IGI Global Publishing ,Scopus Indexed)

**Psychological Safety in Virtual Environments**

Book Chapter Submitted in IGI Global Publishing ,Scopus Indexed.

Status =Accepted

### SUBMITTED RESEARCH PAPERS

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**Bridging gaps in Innovationns:Exploring wages ,gender ,income influence on productivity in higher education**

(Submitted to Journal of knowledge Economy ,Indexed in Scopus , WOS,Q1,Springer)

Status=Accepted

Submission ID=JKEC-D-24-01772R4

## **MEMBERSHIP IN PSYCHOLOGICAL ASSOCIATIONS**

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Member of Pakistan Society of Basic and Applied Neurosciences (PASBAN).

Member of Young Psychological Association (YPA)

Member of Pakistan Association of Cognitive Therapy (PACT)

## **HONORS AND AWARDS**

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Got Gold medal in Bachelors in Psychology

Got trophy in Sports Competition in Bachelors in Institute of Southern Punjab Multan Pakistan

Got shield in Art competition First position in ISP Multan Pakistan.

Got laptop through the Prime Minister Laptop scheme 2014

Got 1st position in Poster competition of Mental health at ISP Multan Pakistan

Got 2nd position in Poster competition in International conference of psychology peace building in COMSAT university Pakistan

## **CERTIFICATIONS**

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Got certificate in Participating in "6th International conference of Drug Abuse and Illicit Trafficking, (Drug abuse awareness and prevention among Teens and Youth ", organized by Young Psychological Association.

Participate as a listener in virtual " 4th international conference on Management education and social science "and got certificate of participation, organized by Research Synergy Foundation Malaysia

Got certificate in Participating as a listener in" 1st International conference on Suicide in Young People, Strategies for prevention" organized by Fatima Jinnah Women University collaboration with PILLS Pakistan

Participate in" Asian Council of Science Editors" as Poster Competition

Participate in "12th International Conference, Technology, Pedagogy, Society, Critical Appreciation of the present and prospectus for the Future" organized by Agha Khan University Karachi

Participate in "International conference CPEC, Sustainable Tourism development for women empowerment in Pakistan" organized by Fatima Jinnah Women University and Karakorum International University Gilgit in collaboration with HEC Islamabad.

Got 2nd position in poster competition theme "Job stress and Burnout" in First international conferences of educational, clinical, social psychology held at Psychology department of women university Multan.

Got certificate in "National Financial Literacy Training Program"

Got certificate of Graphic designer

Got certificate of Spoken language from CLC Multan

Got certificate of best interview and presentation From CLC Multan

Got certificate of Gold Medalist from ISP Multan

## **CONFERENCES, SEMINARS AND WORKSHOPS**

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**First international conferences of Educational, Clinical, Social psychology held at Psychology department of women university Multan.**

**'International conference CPEC, Sustainable Tourism development for women empowerment in Pakistan' organized by Fatima Jinnah Women University and Karaqoram International University Gilgit in collaboration with HEC Islamabad.**

**First International Brain & Bio-Medicine Conference as a Oral Presenter at GCUF University.**

**First International Conference of Peace Building at Comsat University Lahore Campus.**

**International Conference of Spring Congress Ever Changing World: Challenges & Opportunities hosted by MNS University of Multan**

**First International Conference on eating disorder at Punjab University collaboration with PILL and LCWU**

**First International Conference of Social sciences and Psychology at Garrison University Lahore**

**6th International conference of Drug Abuse and Illicit Trafficking, (Drug abuse awareness and prevention among Teens and Youth organized by Young Psychological Association**

**Attend virtually 4th international conference on Management education and social science, organized by Research Synergy Foundation Malaysia.**

**1st International conference on Suicide in Young People, Strategies for prevention organized by Fatima Jinnah Women University collaboration with PILL Pakistan.**

**12th International Conference, Technology, Pedagogy, Society; Critical Appreciation of the present and prospectus for the Future organized by Agha Khan University Karachi**

**International conference of Silver Jubilee Psychiatry Sukkar, Sindh held by Pakistan Psychiatry Society**

**National conference of behavioral sciences in University of Lahore Pakistan**

**PPA 14th international conference in Pakistan**

**International Seerah conference in WUM Pakistan**

**Attend Virtually International Psychology Conference on Mental health and resilience's held at Research Synergy Foundation in Malaysia**

**Attend seminar on" Alzheimer day Awareness" held at Psychology Department of Women University Multan.**

**Attend APNNA seminar awareness session about mental health held at Nishtar Medical Hospital Multan**

**Attend Webinar of "Unlock your Potential; Mental Health Awareness through Life Coaching and N.P., Organized by Young Psychological Association**

**Attend Webinar of "Mental Health Day 2023" organized by Department Teaching, Training & Development Pakistan Institute of Living & Learning (PILL)**

**Attend Webinar of "Chevening Scholarships" of U.K organized By Beaconhouse National University Lahore, Pakistan**

**Attended Online workshop on "Qualitative research workshop" by Research Roof Malaysia**

**Attended Online Workshop On "Hands on SPSS Training" organized by Research Roof Malaysia.**

**Attended Virtual Workshop on "Major parenting challenges of the modern Era" organized by Pakistan Psychological and Medical Organization Islamabad**

Attended Online workshop on "sexual Health and Issues related to mental health" organized by Psyche and the Minds Expert Pakistan.

Attended workshop on "Cognitive Behavior Therapy with Depression" organized by Mind Spark Consultant Lahore, Pakistan.

Attended Webinar "How to Hunt Journal for Publication in HEC "Y-Category

## **SOFTWARE**

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**Proficient in educational, research, and data analysis software to support teaching and academic work**

SPSS.NVIVO • ATLAS.TI • MAXQDA • ENDNOTE • POWER.BI • MENDLEY • EVIWES • SMARTPLS.AMOS.

Skilled in both **quantitative and qualitative data analysis**, with hands-on expertise in **SPSS, Stata, Excel, Power BI, NVivo, ATLAS.ti, and MAXQDA** for statistical testing, data visualization, and report development. Experienced in **thematic analysis, coding of interviews, content analysis, and model building** for qualitative studies. Strong command of **MS Word, PowerPoint, EndNote, and Mendeley** for documentation, reference management, and academic writing. Capable of delivering clear, accurate, and well-structured research outputs across multiple methodologies.