

# Dr. ULFAT NISA

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## PROFILE:

University of Karachi trained social scientist with 19 Plus years of experience in Academia, Clinical practice, applied Research, and Management. Extensive experience of working with National security organizations, International projects, Research and educational, Clinical and Rehabilitation Organizations. Effectively worked with multidisciplinary teams for diverse population sets like, commando police, individuals with mental health problems, organizational employees, street children and adults with drug addiction, female jail inmates, and university students.

## EDUCATION

**Ph.D. in Clinical Psychology**, Institute of Clinical Psychology, University of Karachi, 2014  
(Loneliness, cognitive failures and life satisfaction of internet addicts: a cross sectional study)

**Post Magisterial Diploma in Clinical Psychology**, Institute of Clinical Psychology, University of Karachi, 2007

## WORK EXPERIENCE

1. **Assistant Professor, Psychology**, NUML University Islamabad, Pakistan [August 2025-Date]
2. **HoD Applied Psychology**, NUML University Islamabad, Pakistan [August 2024-2025]
3. **Assistant Professor, Psychology/ Counselling Psychologist**, NUML University Islamabad, Pakistan [September 2020-August 2024]
4. **Senior Assistant Professor, Psychology**, Bahria University Islamabad, Pakistan [August 2017 to July 2020]
5. **Head of Psych Department/Psychologist**, Special Security Unit Sindh Police and Elite Police training center Razakabad, Pakistan [February 2015-to February 2017]
6. **Consultant Clinical Psychologist**, Doctor's lab, Karachi Pakistan [January 2015-to February 2017]
7. **Consultancy** of 100 Schools group therapy sessions on "psychological interventions for promoting mental health among school children": A Project of Unicef (30 days project 2017)
8. **Head of Therapeutic Services**, Karwan-e-Hayyat rehabilitation center karachi, Pakistan [Feb 2014-August 2014]
9. **Consultant Clinical Psychologist**, Bismillah Taquee Hospital, Karachi Pakistan [January 2012 to December 2014]
10. **Student counselor**, Agha Khan University Hospital, School of Nursing, Karachi Pakistan [April 2010 to Dec 2011]

11. **Manager & Clinical Psychologist**, a project of UNODC with female jail inmates, Karachi Pakistan [February 2009 to November 2009]
12. **Clinical Psychologist**, a project of UNODC with street children having drug abuse problems, Karachi Pakistan [July 2008 to May 2009]

## **RESEARCH EXPERIENCE**

### **Research Supervisory Experience:**

1. Effectiveness of Compassion Focused Therapy on Emotional Reactivity, Disordered Eating and Body Image Dissatisfaction Among Adolescents: Mariam Ejaz Sherazi, PhD 2025
2. Role of Social Media Consciousness on Body esteem and Social Appearance Anxiety among young adults. Student: Isra Yaseen MPhil 2023
3. Exploring the role of Kids Shows on Psychological and Social development among early schoolers. Student: Nimra Bashir MPhil 2023
4. Role of nosophobia on orthorexia nervosa and health related quality of life: A cross-sectional study. Student: Amna Naeem MPhil 2023
5. Impact of dark triad personality, general insecurity on collective action: Role of morality and perceived social injustice among young adults. Student: Walijah Mehmood MPhil 2023
6. Association between childhood traumatic experiences and vulnerability to substance abuse among university students: Role of emotional dysregulation and future orientation. Student: Saadia Aleem MPhil 2022
7. Psychological and social factors impacting mental health after early pregnancy loss: A Qualitative study. Student Mahnoor Jadoon MPhil, 2022
8. Psycho-social impacts and coping strategies among couples with Infertility: A Qualitative study Student: Anum Abid MPhil, 2022
9. Parenting stress and psychological distress among mothers of children with neurodevelopmental disorders: Role of emotion regulation and spousal support. Student Nimra Kousar MPhil, 2022
10. Psychological distress and subjective wellbeing of institutionalized orphans: A comparative study approach. Student: Kiran Jahngir MPhil, 2021
11. Emotional intelligence, moral development and prosocial behavior among adolescents with and without paternal presence. Student: Aamir Latif MS 2020
12. Impact of expressed emotions, emotion regulation and shame on non-suicidal self-injury in young adults. Student: Amina Binte Zafar MS 2020
13. Impact of body image on couple satisfaction and infant attachment in post-partum period. Student: Tatheer Zahra MS 2020
14. Parental attachment, resilience and personal growth initiative among single parents. Student: Aasya Murtaza MS 2020
15. A comparative study on ego integrity, rejection sensitivity and gratitude among at home and institutionalized older adults. Student: Rabail Zubair MS 2020
16. Peer attachment, academic resilience and psychological wellbeing among young adults. Student: Rida Kashif MS 2020

17. Fear and uncertainty among women who are experiencing their first pregnancy. Student: Urwa tul wusqa MS 2019
18. Psychological distress, coping strategies and marital adjustment among married university students. Student: Nida Afsheen MS 2019
19. Loneliness, coping strategies and psychological well-being: a comparative study between day and hostel scholars. Student: Sumbal Shehzadi MS 2019
20. The role of personality traits and impulsivity in compulsive and non-compulsive buying. Student: Omme Habiba MS 2019
21. Psychological distress, Hope and Coping strategies among caregivers of patients suffering from schizophrenia. Student: Abira Kiyyani MS 2019
22. Attitude towards mental illness, seeking professional psychological help and coping strategies among psychology & non-psychology students. Student: Ayesha Zaffar MS 2019
23. Post-traumatic growth and meaning in life after lower limb amputation: A study of psychological well-being. Student: Sanam Javed MS 2019
24. Fast food addiction, binge eating and cognitive failure among University students. Student: Uzma MS 2019
25. Relationship of smartphone addiction, marital satisfaction, and cognitive failure among married couples. Student: Behroz Khalil MS 2018
26. Mindfulness, Self-efficacy, Curiosity and exploration: A comparison between undergraduate and postgraduate students. Student: Natasha Khan MS 2018
27. Mindfulness, burnout and self-compassion among university students. Student: Raisa Muneer MS 2018
28. Caregiving burden, quality of life and perceived social support among caregivers of patients with diagnosed psychiatric illnesses. Student: Faryal MS 2018
29. Autobiographical memory marital satisfaction and psychological distress among women's having the experience of miscarriage. Student: Amina Sattar MS 2018

#### **Conference Presentations:**

1. Paper presented in International Conference: 11<sup>th</sup> Cust Applied Business Research Conference (ABRC 2024) 30<sup>th</sup> May, 2023, CUST University Islamabad, Pakistan titled "An investigation into the impact of social media addiction on cognitive failures among young adults: A Cross sectional study".
2. Paper presented in International Research Conference – "Media Revolution: Technological Influence on Journalism, Arts, and Visual Storytelling" May17-18, 2024, SZABIST University Islamabad, Pakistan titled "Cultural Influences on Body Image: A Thematic Analysis of Social Media Perception Among Young Pakistani Women".
3. Paper presented in 2<sup>nd</sup> International Conference of social sciences on Contemporary World: Challenges and Transformations, 16<sup>th</sup> November 2023, Rawapindi women university Islamabad, Pakistan titled "Exploring relationship between social media addiction and cognitive failures"
4. Paper presented in International Conference: 10<sup>th</sup> Cust International Business Research Conference (CIBRC 2023) 9<sup>th</sup> March, 2023, CUST University Islamabad, Pakistan titled "Role of Digital Media in Developing Perseverative Thinking: A Case of Active Digital Media Users". Received best paper award.

5. Participated in 19th International bhurban conference on applied sciences and technology (IBCAST-22), 16-18 Aug2022.
6. Paper presented in International Conference: Islamic Perspective in Modern Psychology (IPMP 2019) 24-26<sup>th</sup> September, 2019, Rippah international University Lahore Pakistan, titled "Coping strategies and marital adjustment among married university students".
7. Poster presented in International Conference: Islamic Perspective in Modern Psychology(IPMP 2019) 24-26<sup>th</sup> September, 2019 Rippah international University Lahore Pakistan, titled "Loneliness among Day Scholars and Hostel Scholars"
8. Paper presented in International Conference: Islamic Prespective in Modern Psychology (IPMP 2019) 24-26<sup>th</sup> September, 2019 Rippah international University Lahore Pakistan, titled " Distress and Coping Strategies Among Caregivers of Patients Suffering from Schizophrenia".
9. Paper presented in International Conference: Empowering Nation through Sciences (ENS 2019), 24-25<sup>th</sup> April 2019, Women University Mardan Pakistan, titled "Attitude Towards Seeking Professional Psychological help among Psychology and non-Psychology Students".
10. Paper presented in International Conference: Empowering Nation through Sciences.(ENS 2019) 24-25<sup>th</sup> April, 2019, Women university Mardan Pakistan, titled "Difference of coping styles between male and female university students".
11. Paper presented in International Conference: Empowering Nation through Sciences.(ENS 2019) 24-25<sup>th</sup> April, 2019, Women university Mardan Pakistan, titled "Psychological distress and marital adjustment among married University students".
12. Poster Presentation in 2nd International Conference: Preventative Strategies in Clinical Psychology: Preemption and Proaction, 13-14<sup>th</sup> March, 2019, University of Management and technology, Lahore Pakistan, titled, "Coping Strategies and Mental Wellbeing: A Comparative Study among Day Scholars and Hostel Scholars".
13. Paper presented in 1st National Conference of Psychology for Sustainable Community: Challenges and Trends, 19-20<sup>th</sup> March, 2019, University of Sargodah, Pakistan titled "Loneliness and Mental Wellbeing: A Comparative Study among Day Scholars and Hostel Scholars".
14. Paper presented in International Conference of Applied Psychology, 15-20<sup>th</sup> December 2012, Punjab University Lahore, Pakistan titled "Internet Addiction and Life satisfaction among University Students: An Exploratory Study".
15. Paper presented in National Rehabilitation Conference, 20-21<sup>st</sup> October 2012, Isra University Islamabad, Pakistan, titled "Cognitive Failures and Internet Addiction among University Students: An Exploratory Study".

### **Paper Publications:**

1. Gillan, R., Munir, R., & Nisa, U., (2026). Influence of Ostracism experience on Academic performance and Self-esteem among University students. *Policy Research Journal*, 4(6), 1657-1665. <https://policyrj.com/1/article/view/2244/1843>

2. Sajjad MW., Tariq, S., & Nisa, U., (2026). Exploring coping mechanisms in low socioeconomic status individuals experiencing physical and emotional stress stemming from household interpersonal conflict and violence. *Policy Research Journal*, 4(1), 1387-1394. <https://policyrj.com/1/article/view/2194/1806>
3. Zahra, H., Mushtaq, S., Farouk, S., & Nisa, U., (2026). Impact of Perceived Organizational Injustice on Moral Injury and Counterproductive Work Behavior among Teachers of Higher Education Institutes (HEI). *Physical Education, Health and Social Sciences*, 4(2), 556-573. <https://journal-of-social-education.org/index.php/Jorunal/article/view/1465>
4. Habib, S., Munir, A., Munir, Q., & Nisa, U., (2026). Narcissism, Forgiveness and Relationship Satisfaction in Romantic Relationships among Emerging Adults. *Social Science Review Archives*, 4(1), 2709–2720. <https://doi.org/10.70670/sra.v4i1.1832>
5. Bukhari, M., Safdar, S., Naz, K., & Nisa, U., (2026). Stigma, attitudes, and willingness toward the HPV vaccine among young adults in Pakistan: a mixed-methods study. *Journal of Medical & Health Sciences Review*, 3(1), 279-292. <https://doi.org/10.65035/sgkqnw10>
6. Saeed, R., Ahmed, A., & Nisa, U., (2025). Influence Of Religion On Pakistani Mainstream Media: An Application Of Beliefs Into Action Scale For Journalists. *Hamdard Islamicus*, 48(1), 37–56. <https://doi.org/10.57144/hi.v48i1.957>
7. Ahmed, A., Hassan, K., & Nisa, U., (2025). An Investigation into the Impact of Social Media Use on Cybercrime Awareness among Pakistani Gen Z. *Review Journal of Social Psychology & Social Works*, 3(2), 1089–1100. <https://socialworksreview.com/index.php/Journal/article/view/266>
8. Ahmed, A., Arshad, M., & Nisa, U. (2025). Social Media Use and Eco-Anxiety among Pakistani Journalists: A Cross-sectional Survey. *Online Media and Society*, 6(2), 61-71. <https://doi.org/10.71016/oms/6yvc5083>
9. Nisa, U., Ahmed, A., Ali, S., Hassan, K., & Naz, A., (2025). An Investigation into the Impact of Social Media Addiction on Cognitive Failures among Young Adults: A Cross Sectional Study. *Clinical Social Work and Health Intervention*, 16(1-2), 95-107. DOI: 10.22359/cswhi\_16\_1\_2\_10.
10. Munir, Q., Khan, B., & Nisa, U., (2025). Social media addiction and body image distress among Pakistani university students: a cross-sectional survey. *Journal of Media Horizons*, 6(3), 2264-2272. <https://jmhorizons.com/index.php/journal/article/view/555>
11. Khan, B., Wahid, D., Nisa, U., (2025). A perspective of mental health practitioners on smartphone-mediated CBT interventions for obsessive compulsive disorder among Pakistani youth. *Center for Management Science Research*, 3(4), 987-997. <https://cmsrjournal.com/index.php/Journal/article/view/329>
12. Assiri, A., Nisa, U., Alshahrani, M., et.al. (2024).The Future of Healthcare Systems within New Transformational and Role Multidisciplinary Collaboration in the Era of Saudi Vision 2030. *Review of Contemporary Philosophy*, 23(2), 632 -649. <https://reviewofconphil.com/index.php/journal/article/view/546>
13. Hamdi, A., Nisa, U., Najmi, A., et.al. (2024). The Role of New Health Regulations in Promoting Patient Safety and Health Equity: Predicting the Future of Hospital Support Services in the Age of Privatization-Systematic Review Based Highlights. *Review of Contemporary Philosophy*, 23(2), 685 -699. <https://reviewofconphil.com/index.php/journal/article/view/549>

14. Nisa, U., Alnazhah, A., Alshammari, M., et.al., (2024). Stress, Burnout and Coping Mechanisms in Nursing During Health Crises: A Systematic Review. *Journal of international crisis and risk communication research*, 7(S9) 1593–1609. <https://jicrcr.com/index.php/jicrcr/article/view/764>
15. Nisa, U., Ahmed, A., & Elahi, H., (2024). Cultural Influences on Body Image: A Thematic Analysis of Social Media Perception Among Young Pakistani Women. *Journal of Peace, Development and Communication*, 8(02). <https://www.pdfpk.net/ojs/index.php/jpdc/article/view/567>
16. Ahmed, A., Nisa, U. ., & Iftikhar, A. . (2023). Digital Media and Perseverative Thinking: A Case of the Students of Psychology among Islamabad-based Public Sector Universities. *Online Media and Society*, 4(3), 58-66. <https://hnpublisher.com/ojs/index.php/OMS/article/view/23>
17. Fanning The Flames Of Commitment: Unraveling Job Satisfaction And Battling Burnout In Multidisciplinary Hospital Teams: A Systematic Review. (2023). *Journal of Namibian Studies: History Politics Culture*, 35, 172-198. <https://doi.org/10.59670/jns.v35i.3360>
18. Ali, AZ. & Nisa, U. (2013). Cognitive failures and internet addiction among university students: an exploratory study. *Pakistan journal of psychology*, Vol-44(1)
19. Ali, U., & Nisa, U., (2010). Comparing types of aggression in individuals with psychotic and neurotic disorders *Bahria Journal of Professional Psychology*, 7, 3-15.
20. Munaf, S., Nisa, U., Shaheen, A., Hussain, S., & Kamrani, F., (2009). Personality type, gender and age difference: A study of Customer’s brand loyalty. *Bahria Journal of Professional Psychology*, 8(1), 38-53.

#### **PROFESSIONAL MEMBERSHIPS & AWARDS:**

- Member, Statutory Bodies-Academic Council (AC), Board of Advanced Studies and Research (BASR), Faculty Board of Studies (FBS)-NUML Islamabad.
- Member, QEC Assessment Bodies-Institutional Performance Evaluation (IPE), Self-Assessment Reports (SARs)—NUML Islamabad.
- Member, Selection Boards, NUML Islamabad.
- Member, Academic and Research Committees, NUML Islamabad.
- Member, NUML Antidrug and Smoking Committee.
- Member, NUML Unfair Means Exam Committee.
- External Examiner, M.Phil & PhD thesis, Bahria University, University of Karachi, CUST, NUMS, Rippah International and other Pakistani Universities.
- External Examiner, Clinical Internship, Bahria University, CUST, NUMS & Rippah International University.
- External Member, Board of Studies, CUST, NUMS, Rippah International University.
- Member Blind Peer Review Committee, National and International Research Journals

- Member Pakistan Psychological Association (PPA)
- Received one year merit scholarship for Mphil leading to PhD in clinical psychology.
- Subject Expert in live awareness shows on NUML Television network, Geo Television, Indus Television & TV one.
- Presented 15 Papers at number of National and International Conferences.
- Chaired scientific sessions at number of National and International Conferences.
- Achieved Best Paper award under the International Conference: 10<sup>th</sup> Cust International Business Research Conference CUST University.
- Organized Seminars and Workshops at NUML.
- University approved PhD Supervisor