

Department of Applied Psychology

Faculty CV

Name	Sania Rehman
Designation	Contract Lecturer
Education	• Masters of Education (B.Ed Secondary) – Virtual University Islamabad, Pakistan (2024–2026) Thesis on Educational Psychology • M.Phil Psychology – Quaid-i-Azam University, Islamabad, Pakistan (2022–2025) Thesis on Industrial-Organizational Psychology and Cyber-psychology • BS Psychology – University of Haripur, Haripur Pakistan (2018–2022) Thesis on Positive Psychology
Professional Experience	• Contractual Psychology Lecturer– National University of Modern Languages, Islamabad (31/08/2026 – Current) • Invigilator – British Council, Islamabad (01/01/2026 – Current) • Visiting Psychology Lecturer – National University of Modern Languages, Islamabad (01/09/2025 – 30-05-2026) • Psychology Lecturer – Government Girls Degree College-2 Haripur (01/11/2024 – 30/05/2025) • Research Supervisor – Government Girls Degree College-2 Haripur (27-01-2025– 30/05/2025) • Assistant Psychologist – Aaghaz Psychological Services, Abbottabad (15-08-2019 – 15-11-2019)
Research Interests	• Cyber-psychology • Environmental psychology • Feminist Psychology
Publications/Conferences	Publications • Sadia, A. & Rehman, S. (2026). The Influence of Emotional Intelligence and Spousal Support on Marital Adjustment among Infertile Women. <i>The Family Journal</i>. https://doi.org/10.1177/10664807261438087 • Rehman, S., Zubair, A., & Javed, M. (2025). Personality as Determinant of Cyberslacking Behavior among IT Professionals. <i>BPA Applied Psychology Bulletin</i>, 304(1):47-65. https://doi.org/10.26387/bpa.2025.00011 • Asghar, A., Khan, H. S., Malik, N., & Rehman, S. (2024). English Translation and Validation of Spousal Self-Disclosure Scale. <i>International Journal of Contemporary Issues in Social Sciences</i>, 3(3), 2797–2802. https://ijciss.org/index.php/ijciss/article/view/1473 Oral/Paper Presentation

	• Presenter – 10th International Conference on Cyberpsychology and Mental Health (2024) • Presenter – 4th International Conference on Business, Management and Social Sciences (ICBMASS-24)
Honors/Grants (if any)	• Gold Medal in BS Psychology – University of Haripur (2024) • 12th Position Overall & Top 5 in Science Group – BISE Abbottabad (2016)
Workshops/Trainings (if any)	• From Data to Insight: Understanding Mediation and Moderation Using Amos-NUML (2026) • Pedagogy and Teaching methodologies, Research and knowledge production, University policies, Governance & Professional conduct, Institutional processes & Faculty support systems- NUML (2025, 2026) • Hum Sath Hain: Drug Prevention in Schools & Life Skill Training – NIP & KKAWF (2024) • Training on Research Tools and Techniques (SPSS) – PASTIC (2023) • Suicide Prevention – Wesleyan University (2023) • Psychological First Aid – Johns Hopkins University (2022)