

Department of Applied Psychology

Faculty CV

Name	Shahida Batool
Designation	Lecturer
Education	• MPhil in Psychology from National Institute of Psychology, Quaid-i-Azam University Islamabad, Pakistan (2022-2024) • PhD in Psychology from National University of Modern Languages Islamabad, Pakistan (2026- Present)
Professional Experience	• Visiting Lecturer, National University of Modern Languages (NUML) Islamabad, Pakistan (September 2025 – July 2026). • Visiting Lecturer, International Islamic University Islamabad, Pakistan (February, 2025 – February 2026)
Research Interests	• Clinical Psychology • Family Psychology • Health Psychology
Publications/Conferences	• Batool, S., Younas, D., Sajjad, M., Riaz, S., Jaffari, R. A., & Mir, T. M. (2025). Social Media Problematic Use and Depression: A Quantitative Study of Pakistani Adults. (2025). Journal of Asian Development Studies, 14(1), 519-523. https://doi.org/10.62345/ • Batool, S., Zahra, M., Hassan, W., Tabassum, R., & Khan, R. S. U. (2025). Problematic Online Gaming and Aggressive Behaviour among Young Adults in Pakistan. Journal of Social Sciences Review, 5(1), 364-370. https://doi.org/10.62843/jssr.v5i1.498 • Zahid, A., Batool, S., Arif, M. B., & Mustafa, S. (2025). Perceived Stress and Anxiety among Parents of Children with Autism: A Quantitative Study of a Pakistani Cohort. Pakistan Journal of Humanities and Social Sciences, 13(1), 83–87. https://doi.org/10.52131/pjhss.2025.v13i1.2638 • Salman, S., Faiza., Sikandar, Z., Batool, S., & Munawar, S., (2023, March 13-15). Contemporary Challenges among afghan refugees: A three stage intervention plan in Pakistan.

	Proceedings of Mental Health of Afghan Refugees: Issue, Challenges, & Solutions for all Stakeholders, National Institute of Psychology, Islamabad. • Conference Presentations: • Paper: 1. Impact of Parenting Practices on Self-harm Behaviour among Youth of Gilgit Baltistan. Pakistan Psychological Association (2023). • 2. Effect of Sleep Pattern on Academic Performances of University Students – First International Multidisciplinary graduate conference (2019). • Poster: 1. Uplifting Mental Health of Vulnerable Segments of Population – NIP-IOM International Conference (2024). • 2. Contemporary Challenges Among Afghan Refugees: A Three Stage Intervention Plan – NIP IOM International Conference (2023).
Honors/Grants (if any)	• Multiple academic and merit scholarships, including OPF Scholarship (2021).
Workshops/Trainings (if any)	• Basic Counselling Skills for Addiction Professionals – 5-day training. • Workplace Prevention Skills – 3-day capacity building training. • Psychological First Aid (Johns Hopkins University, 2022). • Public Health in Humanitarian Crises 2 (Johns Hopkins University, 2023). • Workshops: Art of Parenting Uplifting Mental Health of Children & Adolescents. • APID Screening & Test Project – Kashmir Foundation. • Dyslexia Screening Project – Federal Directorate of Education, Islamabad Model School. Conducted screenings for early identification and intervention among school children.