Department of Applied Psychology

Faculty CV

Name	Muhammad Naveed Bilal
Designation	Lecturer
Education	• PhD Scholar (Clinical Psychology), Department of Clinical Psychology, Shifa Tameer-e-Millat University Islamabad Pakistan (2024) • MS (Clinical, Health Psychology), University of the Punjab Lahore Pakistan (2022) • BS (Clinical Psychology), Foundation University Islamabad Pakistan (2020)
Professional Experience	• Lecturer, Department of Applied Psychology, NUML Islamabad (2025-Current)
Research Interests	• Clinical Psychology and Psychopathology • Health Psychology and Health Behaviour • Forensic and Community Mental Health
Publications/Conferences	• Bilal, M. N., Ehsan, N., Gull, A., & Malik, S. (2025). Childhood abuse, neglect, and dysfunctional family: A case report of a patient with depression and borderline traits. International Journal of Research Publication and Reviews, 6(6), 1084–1087. https://ijrpr.com/uploads/V6ISSUE6/IJRPR47659.pdf • Bilal, M. N., Gull, A., Ehsan, N., & Khalid, N. (2026). Cognitive behavioral therapy for severe methamphetamine use disorder with comorbid major depressive disorder: A single-case study. Frontier in Medical & Health Research, 4(6), 1019–1026. https://doi.org/10.5281/zenodo.20759472 • Gull, A., Bilal, M. N., Ehsan, N., Zahid, H., & Malik, S. (2025). Adolescent substance abuse leading to psychotic symptoms: A clinical case report with focus on theoretical perspectives and 4Ps. International Journal of Research Publication and Reviews, 6(6), 598–601.

	https://ijrpr.com/uploads/V6ISSUE6/IJRPR47588.pdf • Gull, A., Ehsan, N., Bilal, M. N., & Amin, Z. (2026). Delusional disorder, jealous type with comorbid antisocial personality traits: A forensic case report. Review Journal of Neurological & Medical Sciences Review, 4(6), 405–411. https://doi.org/10.5281/zenodo.20811983 • Amin, Z., Ehsan, N., Hassan, S. Q. U., Bilal, M. N., & Shamim, A. (2026). A case study of major depressive disorder in a university student: A biopsychosocial perspective. International Journal of Social Sciences Bulletin, 4(6), 902–906. https://doi.org/10.5281/zenodo.20792388
Honors/Grants (if any)	• Academic Roll of Honor in Masters
Workshops/Trainings (if any)	