Department of Applied Psychology

Faculty CV

Name	Safia Yasmeen
Designation	Lecturer
Education	• MPhil (Clinical Psychology), University of Sargodha, Sargodha/Pakistan (2020-2022) •
Professional Experience	• Lecturer (visiting), Department of Psychology, University of Sargodha, Sargodha/Pakistan (2020-2022) • Worked as a supervisor on WHO projects through LQAS surveys and PCM for the Pakistan polio eradication campaign. • Lecturer, Psychology, Iqra Girls College, Sargodha
Research Interests	• Psychometrics
Publications/Conferences	1. Khan, K. A., Aigerim, D., Xueqing, Z., Adil, A., Ghayas, S., Yasmeen, S., Khalid, K., & Tahir, A. (2021). Construction and piloting of attitude towards research participation scale for university students. *Psychology research and behavior management*, 2071-2079. https://doi.org/10.2147/PRBM.S333450 2. Yasmeen, S., Ghayas, S., Niazi, S., & Ilyas, R. (2025). The Development and Validation of Peace of Mind Scale for Older Pakistani Muslim Adults. *Journal of Religion and Health*, 1-28. https://doi.org/10.1007/s10943-025-02482-5 3. Yasmeen, S., Ghayas, S., & Fatima Makhdoom, I. (2026). Mediating effects of religious practices and peace of mind on the relationship between gratitude and depression among Pakistani older adults. *Discover Public Health*, *23*(1), 404. https://doi.org/10.1186/s12982-026-01747-y 4. Yasmeen, S., Ghayas, S., & Niazi, S. (2026). Construction and Validation of the Critical Religious Thinking Scale for Pakistani University Students. *Journal of Religion and Health*, 1-30. https://doi.org/10.1007/s10943-026-02774-4

	Oral/Paper Presentation 5. Papers presented in the 4th International Conference on Educational Science and Research: education for Sustainable Development, on March 2024 at the Institute of Education, University of Sargodha titled "Relationship of Leisure Activity with Personality Traits and Subjective well-being among University Students". 6. Paper presented in 1st international psychology conference on innovative, futuristic, and ethical practices in psychology, on 30 may 2024 at the Forman Christian College (A Chartered University) titled "Impact of Participation in Leisure Activities on body image, mediating role of health perception among University Students".
Honors/Grants (if any)	• Nil
Workshops/Trainings (if any)	1. Participated in the workshop on Dialectical Behavioral Therapy at the counseling center in July 2021 at the University of Sargodha. 2. Participated in the workshop on Projective Testing and Assessment at the counseling center in July 2021 at the University of Sargodha. 3. Participated in the workshop on Data Management and Visualization with STATA, 2021 at the University of Sargodha. 4. Attended a National Conference on Psychology for Sustainable Community: Challenges and Trends, in March 2024 at the University of Sargodha 5. Attended the 1st International Psychology Conference on Innovative, Futuristic, and Ethical Practices in Psychology, on 30 May 2024 at the Forman Christian College (A Chartered University).