

National University of Modern Languages
Department of Applied Psychology

Post-Event Report

The Department of Applied Psychology, NUML Islamabad, successfully conducted a workshop titled “*From Data to Decisions: Unlocking Insights in Psychology with Statistics*” on 18th December 2025. The workshop focused on the sub-theme Theory, Analysis, Interpretation, and Reporting of Moderation and Mediation Analysis, aiming to enhance students’ and researchers’ statistical understanding and application in psychological research.

The workshop was facilitated by *Ms. Saira Javed*, Lecturer in Clinical Psychology and PhD Scholar (Psychology), Department of Psychology, National University of Medical Sciences (NUMS). She delivered an insightful and comprehensive session, covering key theoretical concepts and practical applications of moderation and mediation analyses. The resource person also emphasised accurate interpretation and effective reporting of statistical findings in research manuscripts.

Students from the Department of Applied Psychology and the Department of Education, NUML Islamabad, attended the session. The session was interactive and engaging, encouraging participants to actively ask questions and discuss real-world research examples. Both students and faculty members showed keen interest, reflecting the relevance and importance of advanced statistical techniques in contemporary psychological research.

In the concluding remarks, *Prof. Dr. Aneela Maqsood*, Head of the Department of Applied Psychology, expressed appreciation to the resource person for delivering a highly informative and well-structured workshop. She highlighted the importance of statistical competence in psychological research, particularly the role of moderation and mediation analyses in evidence-based decision-making. At the conclusion of the session, a shield was presented to the resource person as a token of appreciation in recognition of her valuable contribution to the workshop. The event concluded on a note of gratitude to the speaker and participants for their active engagement and participation.



