



Prof. Dr. Masha Asad Khan

Personal Data

Nationality:	Pakistani
Office:	04299203784 Ext-279 & 252
E-Mail:	masha.khan@kinnaird.edu.pk
ORCID ID:	0000-0002-2594-5284
Present Work Status	Academic Dean of Social Sciences & Law Kinnaird College for Women, Lahore.
Additional charge	Academic Dean of Arts and Humanities (2022-2025) Kinnaird College for Women, Lahore.

Academic Qualifications

Ph.D.

PCD No. **12132**

Subject: Clinical Psychology

Thesis Title: **Efficacy of Rational Emotional Behavior Therapy in the Treatment of Anxiety, Depression and Self Esteem among college girls of Lahore, Pakistan.**

Institution: Centre for Clinical Psychology, University of the Punjab, Quaid-e-Azam Campus, Lahore-54590, Pakistan.

Year of Passing: 2012.

Supervisor: **Prof. Dr. Nosheen K. Rehman**, Director (Retd),

Centre for Clinical Psychology, University of the Punjab, Lahore.

External Reviewers:

(i) Prof. Dr. Michael J. Stevens

Professor of Psychology

Illinois State University Campus Box 4620

Normal, IL 61790-4620, USA.

(ii) Prof. Dr. Danny Wedding,

Professor of Psychology

Associate Dean for Management and International Programs

California School of Professional Psychology

Alliant International University

1 Beach Street,

San Francisco, California 94111

M. Phil.

Subject: Clinical Psychology

Thesis Title: Irrational Beliefs and Self Esteem as Predictors of Depressive Symptoms among Adolescents of Pakistan

Institution: Centre for Clinical Psychology, University of the Punjab, Lahore.

Year of Passing: 2002

Supervisor: **Prof. Dr. Nosheen K. Rehman**
Director, Centre for Clinical Psychology, University of the Punjab, Lahore.

Courses Studied: Research methodology
Clinical interventions
Child Adult Psychopathology
Child Adult
Statistics
SPSS
Psychological testing

Community service: One year community service at Punjab Institute of Mental Health

M.Sc.

Subject: Psychology
Thesis title: Occupational Stress and Management among professionals
Year of Passing: 2000
Institution: Government College Lahore
Supervisor: Mr. Faisal Nisar Ch

Bachelors

Subjects: Applied Psychology & English Literature (Opt Persian)
Year of Passing: 1998
Institution: Kinnaird College for Women
Degree granted by: University of the Punjab, Lahore

Intermediate

Subjects: Psychology, Statistics & Islamiat (Elective) **Year of Passing:** 1996
Institution: Kinnaird College for Women, Lahore
Board: Board of Intermediate and Secondary Education (BISE), Lahore

Matric

Institution: Army Public School for Girls (Azam Garrison), Lahore Cantt.
Year of Passing: 1994
Board: Board of Intermediate and Secondary Education (BISE), Lahore
Position: Secured Third Position in School.

AD Scientific Index ranking:

2022-23: First position in the domain of social sciences and in Psychology at Kinnaird College

2023-24: First position in the domain of social sciences and in Psychology at Kinnaird College

2024-25: First position in the domain of social sciences and in Psychology at Kinnaird College

<https://www.adscientificindex.com/?q=kinnaird+college+for+women>

Book Chapter Published in Edited book by Springer Nature (September, 2020)

Book title: The Sociology of South Asian Women's Health

Chapter Title: Social Barriers to Mental Well-Being in Women of South Asia (pp.129-150)

https://doi.org/10.1007/978-3-030-50204-1_7

Online ISBN978-3-030-50204-1

<https://link.springer.com/book/10.1007/978-3-030-50204-1#about>

Publisher: Springer

© 2020 Springer Nature Switzerland AG.

Research Publications

1. Mahnoor, Khan, M. A. Abid, M., & Maqsood, S. (2025). Intimate partner violence, social support and mental health in married women. *Journal of Applied Linguistics and TESOL*, 8(2), 2420-2432. <https://jalt.com.pk/index.php/jalt/article/view/866/674> published 23.6.2025
2. Muzamil, M., Shiraz, M., Iqbal, F., Shah, G. H., & Khan, M. A. (2024). College students' perceptions about academic institutions' support for diversity and inclusion in Pakistan. *Cogent Education*, 11(1), 1-17. <https://doi.org/10.1080/2331186X.2024.2426976> HEC W category published November, 2024.
3. Khan, M. A., Rahim, A., Haroon, Z., Aziz, A., Ahmed, M., & Abid, M. (2024). Irrational beliefs and Depressive Symptoms in Adolescents: Examining the Mediating Role of Self-Image. *International Journal of Multicultural Education*, 26(1), 198-214. <https://doi.org/10.5281/zenodo.11115279> HEC X category
4. Jafree, S.R., Naveed, A., Ahsan, H. Burhan, S. K., Khan, M. A. *et al.* (2024). Mental health and quality of life in patients with chronic liver disease: A single-center structural equation model. *BMC Gastroenterology* 24, 193 (2024). <https://doi.org/10.1186/s12876-024-03268-x> HEC W category, June, 2024.
5. Saleem, V., Sarfraz, N., Ramzan, M., Naeem, S., Malik, S., & Khan, M. A. (2024). The relationship between the caregiver burden, perceived social support, loneliness and psychological distress among mothers of children with intellectual disability. *Remittances Review*, 9(1), 1629-1643. HEC X category <https://remittancesreview.com/menu-script/index.php/remittances/article/view/1385/811>
6. Christopher, R., Aziz, A., Kashif, M. F., Khan, M. A., Abid, M., & Khan, R. W. (2024). Perceived fear of COVID, contamination sensitivity, coping styles and psychological distress among university students. *Remittances Review*, 9(1), 433-

453. <https://remittancesreview.com/volume-view/?id=19> HEC X category ISSN-2059-6588,2059-6596
7. Ashraf, F., Tariq, S., Farooqi, R., Khan, M. A., Griffiths, M. D., & Asanjarani, F. (2024). Burnout mediates the association between workplace bullying and mental health problems of health practitioners in cancer units. *Iranian Journal of Public Health*, 53(1), 157-166. Impact factor 1.4. X Category <https://ijph.tums.ac.ir/index.php/ijph/article/view/28964> HEC X category
 8. Shaud, S., Khan, M. A., & Jibeen, T. (2024). Self-Consciousness, Couple's Satisfaction, Maternal-Fetal Attachment and Psychological Distress in Women during Pregnancy. *Pakistan Journal of Professional Psychology: Research and Practice*, 15(1), 42-51. <https://pjpprp.pu.edu.pk/jour/pjpprp/article/view/161/345>
 9. Atif, Z., Baig, A., & Khan, M. A. (2024). Living in a hostel in Pakistan: A qualitative study on perspective of young women. *Journal of Research in Psychology*, 2(2), 15-28. <https://doi.org/10.46662/jrp.v2i2.38>
 10. Amna Zafar & Masha Asad Khan (2023). Irrational beliefs, resilience and mental health of university students. *Pakistan journal of professional psychology: Research and Practice*, 14(2), 10-20. <http://pjpprp.pu.edu.pk/jour/pjpprp/issue/view/22>
 11. Humayun, A., & Khan, M. A. (2023). Dwelling in shelter homes: Personality dispositions, coping mechanisms and depression. *Journal of Arts & Social Sciences*, 10(1), 238-244. <https://doi.org/10.46662/jass.v10i1.384>
 12. Sami, M., Aziz, A., & Khan, M. A. (2023). Home sickness, self esteem and college adjustment among students living in hostels. *Research Journal of Social Sciences & Economic Review*, 4(4), 41-52. <https://doi.org/10.36902/rjsser> DOI: [10.36902/rjsser-vol4-iss4-2023\(41-52\)](https://doi.org/10.36902/rjsser-vol4-iss4-2023(41-52))
 13. Haroon, Z., Batool, Y., & Khan, M. A. (2023). Influence of Instagram use on body Surveillance and fear of missing out in young Pakistani adults. *Journal of Arts and Social Sciences* 10(1), 91-98. ISSN: 2414-8512. <https://doi.org/10.46662/jass.v10i1.292>
 14. Gillani, M., Kamran, F., Khan, M. A., Rafique, R., Alkeshnam, A., & Nazar, I. (2023). Perceived Stigmatization, Infertility-related Stress and Quality of Life of Women with Infertility. *Acta Scientific Neurology*, 6(8), 5-11. ISSN: 2582-1121 <https://actascientific.com/ASNE/ASNE-06-0648.php>
 15. Justin, M., Haroon, Z., & Khan, M. A. (2023). Hardiness, Coping Strategies and Professional Quality of Life among Practicing Clinical Psychologists. *The Journal of Academic Social Sciences* 7(1),124-136. <https://doi.org/10.54692/ajss.2023.07011901> Published 2023-06-28
 16. Wasay, S., & Khan, M. A. (2023). Perceived Stigma, Social Support, Care giving Burden and Marital Adjustment among Mothers of Children Diagnosed with Autism Spectrum Disorder. *Bahria Journal of Professional Psychology*, 22(1), 17-29. <https://bjpp.bahria.edu.pk/index.php/BJPP/article/view/503> Publication date: 31.1.2024
 17. Khan, M. A., Zahid, R., & Ahmad, M. (2022). Locus of control, perceived social support and quality of life between mothers of autism spectrum disorder and mainstream children. *Pakistan Journal of Social and Clinical Psychology*, 20(2), 41-47. <https://www.gcu.edu.pk/pages/gcupress/pjscp/volumes/2022-2/5-locus-of-control.pdf>

18. Khan, M. A., Siddiqua, H. A., & Haroon, Z. (2022). The role of post-traumatic stress symptoms and psychological distress on quality of life of covid-19 survivors. *Pakistan Journal of Professional Psychology: Research and Practice*, 13(2), 47-59. <http://pu.edu.pk/home/journal/23/Current-Issue.html>
19. Shakil, M., Khan, B., Ali, A. Z., Javed, S., Mukhtar, A., Khan, M. A., & Muazzam, A. (2022). Investigating distorted thinking patterns and psychological distress in students taking online education during COVID-19 outbreak. *Egitim Arastirmalari-Eurasian Journal of Educational Research*, 92 (2022), 58-69. X Category <https://ejer.com.tr/investigating-distorted-thinking-patterns-and-psychological-distress-in-students-taking-online-education-during-covid-19-outbreak/>
20. Zaheer, Z., & Khan, M. A. (2022). Perceived stress, resilience, psychological wellbeing, and optimism among university students. *Asian Social Studies & Applied Research*, 3(1), 55-67. ISSN(E): 2709-9229. <https://asarcouncil.com/archives2.php?vol=3&jou=1&ver=2&yea=2022>
21. Butt, M., & Khan, M. A. (2022). Perception of home demands, demography, and mental health amongst married women during COVID-19. *Forman Journal of Social Sciences*, 1(2022), 1-29. ISSN: 2790-8437. DOI: 10.32368/FJSS.20220109
22. Khan, S., Khan, M. A., & Naeem, S. (2022). Social isolation, mindfulness, and mental wellbeing among Covid-19 survivor university students. *Clinical & Counselling Psychology Review*, 4(1), 52-64. <https://doi.org/10.32350/ccpr.41.04>
23. Jawad, N., & Khan, M. A. (2021). How built environment shapes the mental health? *Journal of Arts & Social Sciences*, 8(2), 122-132. <https://doi.org/10.46662/jass.v8i2.241>
24. Edgar, N. N. ., & Khan, M. A. (2021). Perception of home demands, social support, and marital adjustment among women during Covid-19. *Pakistan Journal of Women's Studies: Alam-E-Niswan*, 28(2), 97-119. <https://doi.org/10.46521/pjws.028.02.0098>
25. Khan, M., & Shabbir, Z. (2019). Parenting styles aggression and alexithymia among students. *Pakistan Journal of Professional Psychology: Research and Practice*, 10(2), 17-33. http://pu.edu.pk/images/journal/clinicalpsychology/PDF/2_v10_2_19.pdf
26. Ilyas, H., Ahmed, M., & Khan, M. A. (2019). Gender stereotypes and emotional self-disclosure: Predictors of different emotions in young adults. *Pakistan Journal of Professional Psychology: Research and Practice*, 10(1), 1-15. http://pu.edu.pk/images/journal/clinicalpsychology/PDF/V10_No1_2019.pdf
27. Khan, M. A. & Imran, I. (2019). Dark triad personality, body concern, emotional intelligence and selfitis behavior among students. *Journal of Research and Reviews in Social Sciences Pakistan*, 2(2), 424-439. ISSN:2617-5029 (Online) <http://journal.kinnaird.edu.pk/wp-content/uploads/2019/06/4.-Masha.pdf>
28. Usman, R., & Khan, M. A. (2019). Rejection sensitivity, depression, self esteem, quality of life and coping styles among infertile females and males married individuals. *EC Psychology and Psychiatry* 8(6), 528-537. Retrieved <https://www.econicon.com/ecpp/pdf/ECPP-07-00377.pdf> --ISSN: 2453-188X
29. Javed, J., & Khan, M. A. (2018). Appearance schemas, self-esteem and academic achievement among university students. *Journal of Research and Reviews in Social Sciences Pakistan*, 1 (2), 117-126. ISSN:2617-5029 (Online) <http://journal.kinnaird.edu.pk/wp-content/uploads/2018/12/1.APPEARANCE->

SCHEMAS-SELF-ESTEEM-AND-ACADEMIC-ACHIEVEMENT-AMONG-UNIVERSITY-STUDENTS.pdf

30. Usman, R., & Khan, M. A. (2018). Quality of Life, Self Esteem, Coping, Rejection Sensitivity and Depression among Infertile men and women. *Pakistan Journal of Professional Psychology: Research and Practice*, 9(2), 15-28. ISSN: 1818-6416
http://pu.edu.pk/images/journal/clinicalpsychology/PDF/V9_No2_2018.pdf
31. Khan, M. A., & Zaheer, K. (January-March, 2018). Stress, coping, and depression in patients with functional neurological symptom disorder. *The International Journal of Indian Psychology*, 6(1), 50-59. DOI:10.25215/0601.007 ISSN (electronic): 2348-5396.
<https://ijip.in/articles/stress-coping-and-depression-in-patients-with-functional-neurological-symptom-disorder/>
32. Khan, M. A., Ashraf, S., & Kamran, R. (2017). Resilience, perceived social support and locus of control of mothers of children with autistic spectrum disorder and normal children. *Pakistan Journal of Professional Psychology: Research and Practice*, 8(1), 1-15. ISSN-1818-6416 .
http://pu.edu.pk/images/journal/clinicalpsychology/PDF/paper%201_v8_17.pdf
33. Ashraf, S., Yasoob, M., Amin, M., Khan, M. A., & Bukhari, M. H. (2017). *Effects of monosodium glutamate on purkinje cells of the cerebellum of adult albino rats. Annals of Punjab Medical College*, 11(1), 1-6. ISSN: 2077-9143.
<https://doi.org/10.29054/apmc/2017.235>
34. Jibeen, T., & Khan, M. A. (2015). Development of an Academic Achievement Risk Assessment Scale for Undergraduates: Low, Medium and High Achievers. *Multidisciplinary Journal of Educational Research*, 6(1), 23-50. ISSN: 2014-2862. DOI: 10.17583/remie.2016.1697.
<https://hipatiapress.com/hpjournals/index.php/remie/article/view/1697>
35. Jibeen, T., & Khan, M. A. (2015). Internationalization of higher education: Potential benefits and costs. *International Journal of Evaluation and Research in Education*, 4(4), 196-199. ISSN: 2252-8822.
36. Farooq, F., Khan, M. A., & Jibeen, T. (2015). Personality traits, religiosity and sensation seeking behaviour among homosexual males. *Pakistan Journal of Professional Psychology: Research and Practice*, 6(1), 17-30. ISSN-1818-6416.
http://pu.edu.pk/images/journal/clinicalpsychology/PDF/paper%202_v6_1_15.pdf
37. Majeed, R., Khan, M. A., & Khan, M. N. S. (2015). Gender difference in personality of orphans and non orphans of Lahore. *Journal of Global Research in Education and Social Science*, 2(1), 1-7. ISSN No. : 2454-1834
<https://www.ikprress.org/index.php/JOGRESS/article/view/1543>
38. Yaqoob, N., & Khan, M. A. (2014). Patterns of depression, anxiety symptoms and coping styles among early and late adolescent students. *Pakistan Armed Forces Medical Journal*, 64 (4), 573-576. ISSN: 0030-9648.
<https://pafmj.org/index.php/PAFMJ/article/view/1422>
39. Majeed, R., Khan, M. A., & Khan, M. N. S. (July-Dec., 2014). Comparative study of personality differences between orphans and non orphans of Lahore. *Journal of Pakistan Psychiatric Society*, 11(2), 19-22. ISSN: 1997-3446.
http://www.jpaps.com.pk/article/acomparativestudyofpersonalitydifferencesbetweenorphansandnonorphansoflahore_2439.html

40. Fatima, I., Khan, M. A., & Munir, M. F. (2013). Relationship of emotional intelligence with job satisfaction, self esteem and stress among professionals. *Sarhad University: International Journal of Basic and Applied Science*, 1(1), 456-460. ISSN 2307-552X
41. Khan, M. A., Siddique, N., & Jibeen, T. (2013). A comparative study of adjustment problems among mothers of autism spectrum disorder and normal children. *Pakistan Journal of Professional Psychology: Research and Practice*, 4, 1-11. ISSN-1818-6416.
https://www.researchgate.net/publication/335834378_Adjustment_Problems_among_Mothers_of_Children_with_and_without_Autism_Spectrum_Disorder
42. Khan, M. A. & Rahman, N. K. (2010). Identification of relationship of self image with anxiety and depression among college girls of Lahore Pakistan. *Pakistan Journal of Clinical Psychology*, 9(2), 51-64. ISSN 1019-438X
43. Akhtar, S., Saad, B. M., & Khan, M. A. (Apr-Jun 2008). Psychosocial factors associated with symptoms of depression and anxiety following acute myocardial infarction. *Pakistan Journal of Medical Science*, 24(2), 192-197. ISSN: 1682-024X. <https://www.pjms.com.pk/issues/aprjun108/article/article1.html>
44. Rahman, N. K. & Khan, M.A. (2006). Irrational beliefs as predictors of depressive symptoms among urban adolescents of Lahore, Pakistan. *Pakistan Journal of Professional Psychology: Research and Practice*, 1(1), 25-33. ISSN-1818-6416
45. Saad, B.M., Akhtar, S., & Ahmed, M.M. (2004, October). Symptoms of depression and anxiety in post myocardial infarction patients. *Journal of the College of Physicians and Surgeons Pakistan*, 14(10), 615-618. ISSN: 1022-386X

Awards

UN SDG National Champion Award winner: 13th October, 2023, Kinnaird College for Women.

Teaching Experience

Total years: Approximately 24 years

Taught the following subjects at Forman Christian College: A Chartered University

1. Forensic Psychology
2. Industrial and Organizational Psychology
3. Introduction to Psychology
4. Statistics in Psychology
5. Health Psychology
6. Advanced Research methods II
7. University 100

Taught the following subjects at Kinnaird College: Post graduate level:

1. Psycho-diagnosis Child
2. Psycho-diagnosis Adult
3. Clinical Interventions - Child
4. Research methods I: Quantitative research
5. Research methods II : Qualitative research
6. Legal and ethical issues in Psychology

Graduate level: BSc(hns)

1. Clinical Psychology
2. Child Psychopathology
3. Ethics in Psychology
4. Forensic Psychology
5. Motivation in Psychology
6. Report writing and SPSS
7. Research methodology
8. Psychological testing
9. Social Psychology
10. Industrial/Organizational Psychology
11. Adult Psychopathology

**Taught the following subjects at Centre for Clinical Psychology,
University of The Punjab**

1. Social Psychology (BSc hns)
2. Organizational Psychology (BSc hns)
3. Clinical Psychology (BSc hns)
4. Abnormal Psychology (BSc hns)

Taught the following course at Beacon House National University, Lahore

1. Psychopathology (BSc hns)

Taught the following course at Lahore Garrison University

1. Developmental Psychopathology (MPhil)
2. Clinical Interventions (MPhil)

Taught the following course at Govt. Islamia College for Women Cooper road, Lahore

1. Abnormal Psychology
2. Statistics in Psychology
3. Social Psychology

Taught the following course at Garrison Post Graduate College for Women, Lahore Cantt.

1. Abnormal Psychology
2. Statistics in Psychology
3. Clinical Psychology

Taught at Lahore Grammar School for boys

- Work experience as researcher with Dr. Saad B. Malik (Head of the Psychiatry Department, Allama Iqbal Medical College, Lahore)
- Work experience at Punjab Institute of Mental Health (PIMH)
- Work experience as a counsellor at Garrison Post Graduate College for Women, Lahore Cantt.

Event Organized

- An Awareness Session organized on “Vape or trap: Unveiling The Harmful Effects of E-Cigarette” on 29 April, 2025 (as Chair Anti Drug and Tobacco Committee)
- Session organized and conducted on Drug abuse prevention audience 52nd CTO candidates 5.12.2024 (as Chair Anti drug and tobacco committee)
- Awareness seminar on Drug abuse prevention in educational institutes, 3rd October 2024 in collaboration with ANF (as Chair Anti drug and tobacco committee)

- Awareness walk on Drug abuse prevention in educational institutes, 3rd October 2024 in collaboration with ANF (as Chair Anti drug and tobacco committee)
- Snap checking arranged in collaboration with Anti Narcotics Force 3rd October 2024 (as Chair Anti drug and tobacco committee)
- Teacher's Training workshop "Drug use prevention", 10th May 2024 at Kinnaird College (as Chair Anti drug and tobacco committee)
- Awareness seminar on "Dialogue on future threat of new chemical drugs" 05.3.2024 at Kinnaird College (as Chair Anti drug and tobacco committee)
- Role of women on drug use prevention, 8th February 2023 (as Chair Anti drug and tobacco committee)
- Organized HEC Session on Drugs & Electronic gadgets addiction prevalent among youth on 29th November 2022. (as Chair Anti drug and tobacco committee)
- One day symposium on "Say no to drugs" 2.11.2022, at Kinnaird College for Women, LHR (as Chair Anti drug and tobacco committee)

Paper Presentation

- Nasir, K & Khan, M. A. (May, 2024). Perceived sexism, self silencing and psychological distress in young women. 1st International Psychology Conference 29th - 31st May 2024, FCCU, Lahore.
- Sharafat, M., & Khan, M. A. (Jan, 2023). Intimate partner violence, Social support and Mental health in married women. 6 th International Conference on Suicide: Failure of Individual or Humanity? January 4-5, 2023 UMT, Lahore.
- Maqsood, M., & Khan, M. A. (Jan, 2023). Personality Traits, Loneliness and Nomophobia among university students during COVID-19 pandemic. 6 th International Conference on Suicide: Failure of Individual or Humanity? January 4-5, 2023 UMT, Lahore.
- Siddique, S., & Khan, M. A. (Jan, 2023). Emotional intelligence, Fear of missing out and depression among university students. 1st International conference of Social Sciences Research, Theme: Modern approaches in social sciences research: Addressing indigenous and global challenges, 25 & 26 January 2023, Lahore Garrison University.
- Altaf, H., & Khan, M. A. (May, 2022). Intergenerational Trauma, Perceived Discrimination and Social Exclusion amongst Religious Minorities in Pakistan. 3rd International conference on social sciences and humanities, 17 to 19th May 2022, Kinnaird college for Women Lahore. <http://oric.kinnaird.edu.pk/kinnairds-3rd-international-conference-on-social-sciences-and-humanities-17th-19th-may-2022/>
- Batool, A., & Khan, M. A. (2022). Appearance schema negative self-evaluation, and mental health of young women. 3rd International conference on social sciences and humanities, 17 to 19th May 2022, Kinnaird College for Women Lahore. <http://oric.kinnaird.edu.pk/kinnairds-3rd-international-conference-on-social-sciences-and-humanities-17th-19th-may-2022/>
- Naeem, S., & Khan, M. A. (2022). Parenting style, academic achievement, and psychological well being among adolescents. 3rd International conference on social sciences and humanities, 17 to 19th May 2022, Kinnaird College for Women Lahore. <http://oric.kinnaird.edu.pk/kinnairds-3rd-international-conference-on-social-sciences-and-humanities-17th-19th-may-2022/>
- Khan, U. T., & Khan, M. A. (2022). Parental differential treatment, current sibling relationship and satisfaction with life in young adults. 3rd International conference on social sciences and humanities, 17 to 19th May 2022, Kinnaird College for Women Lahore. <http://oric.kinnaird.edu.pk/kinnairds-3rd-international-conference-on-social-sciences-and-humanities-17th-19th-may-2022/>
- Butt, M., & Khan, M. A. (March, 2022). Perception of home demands, depression, anxiety and stress in working and nonworking married women during Covid19. First international conference on Sustainable development goals, 29-31st March 2022, Lahore College for Women University, Lahore.
- Wasay, S., & Khan, M. A. (2021). Perceived stigma, social support, caregiving burden and marital adjustment among mothers having children diagnosed with Autism Spectrum Disorder. International e conference on Clinical Practice and

Rehabilitation: The Interplay of Mind, Body and Soul, 8-9th December 2021. Riphah Islamic International University, Islamabad.

- Khan, S., & Khan, M. A. (2021). Social isolation, mindfulness and mental well being among Covid19 survivor university students. 8th International Conference “Mental health and productivity: The emerging challenges for youth” October 21-22, 2021. Organized by National Institute of Psychology, Quaid e Azam University, Islamabad.
- Zafar, A., & Khan, M. A. (2021). Irrational beliefs and resilience as predictors of
- mental health among university students during Covid 19. 8th International Conference “Mental health and productivity: The emerging challenges for youth” October 21-22, 2021. Organized by National Institute of Psychology, Quaid e Azam University, Islamabad.
- Rizvi, A., & Khan, M. A. (2021). Personality trait, shame-guilt and mental health among incarcerated sex offenders. Paper presentation in session 3B: Pathology at International Conference of Management & Social Sciences 16th -17th June, 2021 at Lahore Garrison University, Lahore.
- Noor, S. N., & Khan, M. A. (2021). Parental differential treatment, emotional dysregulation and psychological wellbeing in young adults. Paper presentation in Session 1C: Parenting and Mental Health at International Conference of Management & Social Sciences 16th -17th June, 2021 at Lahore Garrison University, Lahore.
- Amir, A. N., & Khan, M. A. (2021). Alexithymia and Emotional Abuse in University Students. Paper presentation in session 3C: Educational Psychology at International Conference of Management & Social Sciences 16th -17th June, 2021 at Lahore Garrison University, Lahore.
- Edgar, N. N., & Khan, M. A. (2021). Perception of home demands, social support and marital adjustment among women during COVID-19. Paper presented at 11th PACT International CBT Conference- COVID and the rise of e psychotherapy, March 12-14.
- Arif, R., & Khan, M. A. (Dec., 2020). Rejection sensitivity, emotional expressivity, coping styles and psychological distress between individuals belonging to broken and intact families. Paper presented at International E conference on Psychosocial wellness and rehabilitation: Challenges for practitioners during pandemic, December 2 & 3 2020 Centre for Clinical Psychology, University of The Punjab.
- Imran, I., & Khan, M. A. (2019). Dark Triad Personality, Body concern, Emotional Intelligence and Selfitis behavior among students. Paper presented at Second International conference on Social Sciences and Humanities, October 24-26th 2019 at Kinnaird College for Women, Lahore.
- Mehboob, J., & Khan, M. A. (2019). Pre-menstrual symptoms, Psychological distress, Rumination patterns and Coping styles in Women. Paper presented at Second International conference on Social Sciences and Humanities, October 24-26th 2019 at Kinnaird College for Women, Lahore.

- Rasheed, R., & Khan, M. A. (2019). Social support, marital satisfaction, locus of control and quality of life among mothers of chronically ill and normal children. Paper presented at Second International conference on Social Sciences and Humanities, October 24-26th 2019 at Kinnaird College for Women, Lahore.
- Fatima, S. A., & Khan, M. A. (2019). Personality traits, birth order and locus of control among drug dependents Paper presented at Second International conference on Social Sciences and Humanities, October 24-26th 2019 at Kinnaird College for Women, Lahore.
- Wasay, S., & Khan, M. A. (2019). Mindfulness, Cognitive flexibility and stress among university students. Paper presented at three day International conference on Islamic Perspectives in Modern Psychology, 24-26th September 2019 at Ripha Institute of Clinical Psychology, Ripha International University, Lahore.
- Nazir, S., & Khan, M. A. (2019). Birth order, self efficacy, academic locus of control and procrastination among university students. Paper presented at three day International conference on Islamic Perspectives in Modern Psychology, 24-26th September 2019 at Ripha Institute of Clinical Psychology, Ripha International University, Lahore.
- Rasheed, R., & Khan, M. A. (2019). Social support, marital satisfaction, locus of control and quality of life among mothers of chronically ill and normal children. Paper presented at Second International Conference on Preventive strategies in Clinical Psychology: Preemption & Provocation, 13-14 March, 2019 at Institute of Clinical Psychology, University of Management & Technology, Lahore.
- Zahid, R., & Khan, M. A. (17-19 December, 2018). Locus of control, perceived social support, and quality of life between mothers of Autism Spectrum Disorder and mainstream children. Paper presented at Three day international Conference on gender, religion and cultures: Issues, challenges and prospects, Government College University Lahore.
- Shabbir, Z., & Khan, M. A. (17-19 December, 2018). Parenting styles, aggression and alexithymia in university students. Paper presented at Three day international Conference on gender, religion and cultures: Issues, challenges and prospects, Government College University Lahore.
- Javed, J., & Khan, M. A. (2018). Relationship between appearance schemas, self esteem and academic achievement among university students. Paper presented at First international Conference in Social science and humanities, 25- 27th April 2018, Kinnaird College for Women Lahore.
- Bokhari, M. T., & Khan, M. A. (2018). Widowhood and mental health: New light on gender differences. Paper presented at First international Conference in Social science and humanities, 25- 27th April 2018, Kinnaird College for Women Lahore.
- Usman, R., & Khan, M. A. (2017). The Relationship of Quality of Life with Depression, Self Esteem, Coping and Rejection Sensitivity among Infertile men and women. Paper presented at 1st International Conference—Clinical Psychology and the developing worlds: Issues, Challenges and solutions, 9-10 March, 2017.

- Zaheer, K., & Khan, M. A. (2015). Stress, Coping, and Depression in Patients with Functional Neurological Symptom Disorder. Paper presented at 1st National conference “Indigenizing Clinical Psychology: Issues and Challenges” 16-17th December 2015 .
- Fatima, I., & Khan, M. A. (2012). Relationship of emotional intelligence with job satisfaction, self esteem and stress among professionals. Paper presented at 2nd International Multidisciplinary Conference towards Better Pakistan. Sarhad University of Science & Information Technology Peshawar.
- Majeed, R., & Khan, M. A. (15-19 Dec, 2012). A comparative study of personality differences between orphans and non orphans of Lahore. Paper presented at International Conference of Applied Psychology (ICAPP) “Psychology and Challenges of the Modern World" Department of Applied Psychology, University of the Punjab, Lahore, Pakistan in collaboration with Psychology Subcommittee of HEC’s Committee for the Development of Social Sciences & Humanities (CDSSHHP).

Conference Chair

- Scientific Session chair, Theme: Unveiling the dialects of Qualitative Inquiry, 7th International conference on mental health and rehabilitation: Contemporary trends and advances in clinical practice. 21st November 2024, at Centre for Clinical Psychology, University of the Punjab, Lahore.
- Scientific Session chair, 15th International conference on Navigating applied fields of Psychology: Research, Practices and current developments in Pakistan. 15 November 2024, Lahore Garrison University.
- Scientific Session: Indigenous tool development. International conference on mental well being Rashid Latif Medical University and Centre for Clinical Psychology, Punjab University joint venture. 5-6th March 2024.
- Scientific Session: Psychological Interventions. International conference on mental health & rehabilitation innovation and implementation, 19-21st December, 2023 at Centre for Clinical Psychology, University of the Punjab, Lahore.
- Scientific Session: Social media and Eating disorders. 1st International conference on Eating disorders by Institute of Applied Psychology Punjab University and Lahore College Women University 1-2 June 2023, Institute of Applied Psychology PU.
- Scientific Session 2E: Contemporary Social Problems. 1st International conference of Social Sciences Research, Theme: Modern approaches in social sciences research: Addressing indigenous and global challenges, 25 & 26 January 2023, Lahore Garrison University.
- Scientific Session 5: Impact of Psychological disorders and its handling. International Conference – Trauma Resilience and growth: Navigating the road to psychosocial rehabilitation. Psychology 24-25 November, 2022 at Centre for Clinical Psychology, University of the Punjab, Lahore.

- Scientific Session 6: SDG3- Good health and well being. First international conference on Sustainable development goals, 29-31st March 2022, Lahore College for Women University, Lahore.
- Scientific Session: Counseling, Rehabilitation and therapeutic intervention. 29-31st March 2022. First International Conference on Substance Use Disorder organized by Psychology Department, University of Central Punjab and Phoenix foundation of research and development.
- Scientific Session 1B: Media and Mental health, International e-Conference on "Media and Psychology: Issues and Challenges", 25th November, 2021. Applied Psychology department, University of Management & Technology, Lahore.
- International Conference of Management & Social Sciences 16th -17th June, 2021
Scientific Session 3B: Pathology, at Lahore Garrison University, Lahore.
- 4th International e- Conference on Neglect, abuse and trauma: The living nightmares 18th March 2021, Scientific session III, Theme: Trauma, Institute of Clinical Psychology, University of Management & Technology, Lahore.
- 10th International CBT conference, 5-7th March 2020 at Fatima Jinnah Medical University, LHR, by Pakistan Association of Cognitive Behavior Therapist.
- Second International Conference on Preventive strategies in Clinical Psychology: Preemption & Provocation, 13-14 March, 2019 at Institute of Clinical Psychology, University of Management & Technology, Lahore.
- Conference of Psychology: Impact of Global Challenges on Mental Wellbeing, July 6th & 7th, 2018, joint venture of University of the Punjab, Pakistan Association of Clinical Psychologists, Bahria University Karachi and Riphah International University.
- First international Conference in Social science and humanities, 25- 27th April 2018, Kinnaird College for Women Lahore.

Conference Co-Chair

- Three day International conference on Islamic Perspectives in Modern Psychology, 24-26th September 2019 at Institute of Clinical Psychology, Riphah International University, Lahore.
- International Conference of Recent Trends and Intervention in Clinical Psychology 20-22 March, 2019 at Centre for Clinical Psychology, University of the Punjab, Lahore.
- International Conference: "Peace, conflict and violence: Challenges and resolution strategies", November 29 & 30th 2017. Session theme: Social inequalities, human rights and peace education. Organized by COMSATS Institute of Information Technology.

- International Conference: “Clinical Psychology Outside Clinic”, April 3rd & 4th, 2014, University of the Punjab. Held by Pakistan Association of Clinical Psychology & Centre for Clinical Psychology, University of The Punjab, Lahore, Pakistan.

Conferences Attended

- Attended 5th International Conference of PNQAHE “Stakeholders Engagement in Quality Assurance- Shaping Higher Education with Inputs from all Relevant Voices” on 14-16 April, 2025, FCCU.
- IRC MUN 4.0 6-8th March 2024, Kinnaird College for Women
- Kinnaird’s 4th international conference on social science & Humanities, 26-28th 2024
- 14th International conference of Pakistan Psychological Association, 25.11.2023
- 3rd International conference on social sciences and humanities, 17 to 19th May 2022, Kinnaird college for Women Lahore. <http://oric.kinnaird.edu.pk/kinnairds-3rd-international-conference-on-social-sciences-and-humanities-17th-19th-may-2022/>
- 7th Asian Cognitive Behaviour Therapy Conference, 5th to 7th July 2021, (online) Kuala Lumpur, Malaysia. Website: <https://acbta.org/>
- Islamic Psychology: Emergence and current challenges of 21st Century (IPECC 21)" on 8th & 9th December, 2021. Riphah Institute of Clinical & Professional Psychology Riphah International University, Lahore
- International Conference of Recent Trends and Intervention in Clinical Psychology 20-22 March, 2019 at Centre for Clinical Psychology, University of the Punjab, Lahore.
- Second International Conference on Preventive strategies in Clinical Psychology: Preemption & Provocation, 13-14 March, 2019 at Institute of Clinical Psychology, University of Management & Technology, Lahore.
- First international Conference in Social science and humanities, 25- 27th April 2018, Kinnaird College for Women Lahore.
- Three-Day International Conference on Health and Wellbeing 11-13 December, 2017. Lahore College for Women University.
- 1st International Conference—Clinical Psychology and the developing worlds: Issues, Challenges and solutions, 9-10 March, 2017. Organized by University of Management and Technology.
- 1st National conference “Indigenizing Clinical Psychology: Issues and Challenges” 16-17th December 2015.
- 7th Regional Conference of Psychology, March 2002

- 16th International Psychiatric Conference, December 2006.
- One day national conference on gender issues in 21st century 16 May 2007
- National psychiatric conference December 2006

Focal Person/Moderator

- Focal person from Kinnaird College for the 2nd International Conference on Gender and social sciences; Diversity, opportunity & challenges, 12-13-14th Dec 2022 by Gender Studies Department, Lahore College for Women University.
<https://www.lcwu.edu.pk/news-aug2020/3078-2nd-international-conference-on-gender-and-social-sciences.html>
- Session moderator: Technical session 10, in 3rd International conference on social sciences and humanities, 17 to 19th May 2022, Kinnaird College for Women Lahore.
<http://oric.kinnaird.edu.pk/kinnairds-3rd-international-conference-on-social-sciences-and-humanities-17th-19th-may-2022/>
- Scientific session 1 in First international Conference in Social science and humanities, 25-27, April 2018, Kinnaird College for Women Lahore
- Scientific session 1 in Second international Conference in Social science and humanities, 24-26 October 2019, Kinnaird College for Women Lahore.
- Moderator for the workshop on “Handwriting analysis” by Dr. Rafiq Dar (2021).

Panel discussion/talk/lecture

- **Panelist:** Harnessing Technology: The Future of Mental Health Care in a Post-Pandemic World, 15 International Conference , Pakistan Psychological Association, 25.1.2025.
- **Speaker:** Mental health at workplace, International mental health day celebration. on 29th October 2024 at Rashid Latif Khan University.
- **Panelist:** Role of psychologist in the national solidarity of Pakistan, Pakistan Psychological Association 25.11.23
- **Panelist:** Mental health is a universal human right. Mental health week 15.11.23, Lahore Garrison University.
- Delivered state of the art lecture: Stigma and mental health at mental health Conference 2023 at GCU, Lahore on 19 Oct. 2023.
- **Speaker:** Academics in Psychology. International seminar on rise of Psychology as a profession 15.6.23 at Rashid Latif Khan University.
- **Panelist:** Social Sciences research: Challenges and way forward. 1st International conference of Social Sciences Research, Theme: Modern approaches in social sciences research: Addressing indigenous and global challenges, 25 & 26 January 2023, Lahore Garrison University.
- **Speaker:** Emotional, health and social problems faced by mothers of Autism Spectrum Disorder children: Recommendation for social policy. 5.12.2022. Department of Sociology, Forman Christian College: A Chartered University.
- **Speaker** at Mental health day celebrated by Rashid Latif Medical University, October 2022.

- **Panel discussant** “Prevention in Clinical Psychology: Who will bell the cat?” at the Second International Conference on Preventive strategies in Clinical Psychology: Preemption & Provocation, 13-14 March, 2019 at Institute of Clinical Psychology, University of Management & Technology, Lahore.
- **Guest speaker/panelist** at the launch of Book titled: Women, Healthcare, and Violence in Pakistan (4th May, 2018) by Dr. Sara Rizvi Jaffree. Oxford University Press Pakistan.

Interviewed by Radio Kinnaird 97.6

May, 2024

<https://radio.kinnaird.edu.pk/public/radiokinnaird/podcasts>

Poster Presentation

- Poster title: Perceived stress, resilience and psychological well being in university students: Mediating role of optimisms during Covid 19. 8th International Conference “Mental health and productivity: The emerging challenges for youth” October 21-22, 2021. Organized by National Institute of Psychology, Quaid e Azam University, Islamabad.
- Poster title: Relationship between appearance schemas, self esteem and academic achievement among university students. International Conference: “Peace, conflict and violence: Challenges and resolution strategies”, November 29 & 30th 2017. Organized by COMSATS Institute of Information Technology
- Poster title: Relationship of clinical anger with emotional intelligence and locus of control among drug dependants. International Conference: “Peace, conflict and violence: Challenges and resolution strategies”, November 29 & 30th 2017. Organized by COMSATS Institute of Information Technology
- Poster presentation at COMSAT on 18th May 2017. Title: Perception of young women who veil at university.
- Poster presentation at National Psychiatric Conference on bipolar affective disorder- the current perspective in Pakistan, February 14th 2009.
- Poster presentation at Beaconhouse National University--Mental Health Day 2009

Professional membership

Pakistan Association of Clinical Psychologists (PACP): Membership no. 239

Self Assessment Report (External expert)

- External evaluator for Self-Assessment Report of BS Psychology Program on April 10, 2025 at Forman Christian College: A Chartered University..

Board member

- Approved four PhD scholar proposals as external member of the School Graduate Committee at UMT on Tuesday, March 11, 2025.
- Institute Graduate Committee member for PhD and MS thesis, University of Management and Technology, UMT, Lahore (since 2019 till date).
- Subject Expert (external) Board of Advanced Studies and Advanced Research (BASAR) for PHD, University of Management and Technology, UMT, Lahore (since 2019 till date).
- Subject Expert (external), Department of Sociology, Forman Christian College University (2020).
- Internal member BSc and MS, Applied Psychology, Kinnaird College for Women.
- Board Of Studies: University of Management and Technology, UMT, Lahore, Riphah International University, & Rashid Latif Khan University
- Board of Faculty (2023 onwards) : Rashid Latif Khan University

Associate Editor

- Journal of Research and Reviews in Social Sciences Pakistan, Kinnaird College for Women, Lahore, Pakistan. <https://journal.kinnaird.edu.pk/advisory-board/>

Associate Editor (International)

- Journal of Migration and Health (Elsevier), impact factor, 3.9 since 2022. <https://www.sciencedirect.com/journal/journal-of-migration-and-health/about/editorial-board>

Reviewer

- Rawal Medical Journal (since 2019)
- Business School, University College Punjab (UCP) 2018-19
- International Journal of Fertility and Sterility (2017).

External Examiner Phd

- Ms.Fehriya Masood (15.5.24), Mr. Muneeb (Dated: 1.9.2023). IAP, Punjab University.
- Ms. Faiza Safdar (Dated:23.5.23), Ms. Asma Yousaf (December, 2022), Ms. Tehreen, (December, 2022), Ms. Nazia Bashir (Student), Centre for Clinical Psychology, University of The Punjab (Dated: 15.12.2021)
- Ms. Sadia Dildar, Institute of Applied Psychology, University of The Punjab (Dated: 5.1.2021)
- Ms. Shafaqat Bano, (23.8.2024), Ms. Lamae Zulfikar (16.6.23), Mr. Syed Imran Haider Zaidi (Dated:26.5.23), Ms. Syeda Taskeen Zahra (Dated: 22.3.21) and Ms. Mirrat Gul Butt, (Dated: 7.10.2021) University of Management and Technology

Committee Chair at Kinnaird

- Anti drug and tobacco committee (2022 till date)
- Media Committee (2022-25)
- Election Committee (2021)

Academic Committees (2022-2024)

Member

- Academic Council
- Academic Review
- Academic Planning
- Board of advanced studies and research
- College Accreditation Committee
- Discipline Committee for Administrative Staff
- Committee for the selection of Guests/Speakers and celebrities on events

Research Coordinator (2018-2021):

BSc (Hns) Applied Psychology Dept. Kinnaird College LHR.

Research Supervision

• MS/MPhil Clinical Psychology Thesis Titles

1. Comparison of resilience, perceived social support and locus of control between mothers having autism spectrum disorder and normal children .
2. Comparative study of emotional intelligence, sensation seeking behavior, stress and life satisfaction between drug addicts and non drug addicts.
3. Comparative study of personality factors, stress and anxiety in mothers of intellectually disabled and normal children.
4. Manifestation of depression, anxiety symptoms and coping styles among early and late adolescents.
5. A study of stress and adjustment problems in mothers of pervasive developmental disorder children and normal children.
6. A comparative study of adjustment problems among mothers of pervasive developmental disorder and normal children.
7. A comparative study of personality differences of institutionalized and non institutionalized orphans (CCP, PU).
8. Relationship of depression with self esteem and coping styles in female and male deliberate self harm patients (KCW).
9. The relationship of quality of life with depression, self esteem, coping and rejection sensitivity among infertile men and women.
10. Job satisfaction, resilience and burnout among medical representatives working at hospital emergency department
11. Stress, coping, and depression in patients with Functional Neurological Symptom Disorder (2014).

12. Personality traits, religiosity and sensation seeking behavior among homosexual males (2014).
13. Clinical anger, emotional intelligence, and locus of control among drug addicts.
14. Aggression, self esteem, locus of control and social support in criminals.
15. Locus of control, perceived social support, and quality of life between mothers of Autism Spectrum Disorder and mainstream children. (2018)
16. Self compassion, resilience, personality traits and burnout among medical health professionals. (2018).
17. Dark Triad Personality, Body concern, Emotional Intelligence and Selfitis behavior among students (2019)
18. Pre-menstrual symptoms, Psychological distress, Rumination patterns and Coping styles in Women. (2019)
19. Social support, marital satisfaction, locus of control and quality of life among mothers of chronically Ill and normal children (2019)
20. Self consciousness, couple satisfaction, maternal fetal attachment and psychological distress among first time pregnant women (2019)
21. Emotional expressivity, perceived social support, marital adjustment and subjective happiness among infertile couples (2019)
22. Rejection sensitivity, emotional expressivity, coping styles and psychological distress between individuals belonging to broken and intact families (2020).
23. Emotional intelligence, Self-efficacy, Religiosity and Marital Satisfaction in Married Couples (2020)
24. Psychological distress, post-traumatic stress Symptoms, and quality of life in COVID survivors (2021).
25. Perception of home demands, social support and marital adjustment among working and non-working women (2021).
26. Religiosity, emotional regulation, and fear of negative evaluation and mental health between married and divorced women (2021).
27. Perceived stigma, perceived social support, caregiving burden and marital adjustment among mothers having children diagnosed with autism spectrum disorder (2021).
28. Irrational beliefs, resilience and mental health among university students(2021).
29. Perceived stress, resilience, psychological well being, and optimism among university students (2021).
30. Personality traits, shame-guilt and mental health among incarcerated sex offenders (2021).
31. Social isolation, mindfulness and mental wellbeing among covid-19 survivor university students (2021).
32. Personality traits, Loneliness and nomophobia among university students during Covid-19 (2022)
33. Intimate partner violence ,social support and mental health in married women (2022)
34. Mood regulation, subjective well being, mindfulness and COVID19 stress among university students. (2022)
35. Emotional intelligence, Fear of missing out and Depression among university students (2022)
36. Parenting style, rejection sensitivity, impulsivity and mental health of incarcerated individuals.(2023)

37. Eating attitudes, body image and self-esteem among women with and without Polycystic Ovary Syndrome (Sobia Shabbir, 2023, KCW)
38. Childhood Trauma, Attachment Styles and Psychological Distress in Patients with FNSD. (Maria Ayub, 2023 KCW)
39. Social media addiction, Personality Traits, Fear of missing out, and Phubbing and in university students. (2023 KCW)
40. Dark triad personality, attachment styles, life satisfaction and social media addiction among university students. (2023 KCW)
41. Childhood trauma, Academic Procrastination, Mental Health and Drug use among University Students. (2023, KCW)
42. Parenting styles, impostor phenomenon and mental health among university students (Maham Nasir, 2024 KCW)
43. Perceived Parental Invalidation, Interpersonal Sensitivity and Fear of Intimacy among University Students (Sadia Atif, 2024 KCW)
44. Perceived Sexism, Self Silencing and Psychological Distress in Young Women. (Kshaf Nasir , 2024 KCW)
45. Personality Traits, Rumination and Cyberchondria among Women with PCOS. (Huda Khawar, 2024 KCW)
46. Parent-Child Conflict, Unmet Psychological Needs, Loneliness and Substance Abuse among Young Adults (Tania Asghar, 2024 KCW)
47. Objectified Body Consciousness, social appearance anxiety, and disordered eating patterns among young adults (Mahnoor Butt, 2024 KCW)
48. Masculine Gender Role Stress, Social Desirability and Suicidal Ideation among Young Male Adults (Hareem Hassan, 2025 KCW)
49. Romantic Relationships, Limerence, and Depression among University Students (Kashaf Maqbool, 2025 KCW)

MS Thesis under supervision (2024-25)

- Parentification, Sibling Relationship and Self-concept among Glass Children (Iqra Arif, KCW, 2025)
- Mindfulness, Emotional Regulation and Language Anxiety in University Students (Khadija Ahmed, KCW, 2025)
- Muscularity Oriented Body Dissatisfaction, Social Interaction Anxiety and Masculine Depression in Pakistani Male Adults
- Resilience, Irrational Beliefs and Mental Health of Married Women (Hira Khan, KCW, 2025)
- Personality Traits, Conflict Resolution Styles and Marital Adjustment in Married Working Women (Manoor Asim, KCW, 2025)
- Dark Tetrad Traits, Cognitive Distortions and Gas lighting in Peer Relationship among Young Adults

Applied Psychology BSc (Hons.) Thesis

1. A Comparison of the Effects of Parental Death upon Psychosocial Readjustment and Depression Scores among the Off Springs.

2. Gender Differences in Suicide Ideation and Hopelessness in Professional and Non Professional College Students.
3. The Manifestation of Aggression, Stress and Coping Styles among Female and Male College Students
4. A Comparative Study of Psychosocial Adjustment of Children With And Without Parents
5. The Relationship between Locus of Control, Demography and Substance Dependence among Drug Addicts of Lahore, Islamabad, and Mirpur.
6. Study of Anxiety and Hopelessness among Under Graduate Female College Students before and After Examinations
7. Studying Suicide Ideation and Depression among Male and Female Adults of Lahore.
8. A Study of Value and Academic Achievement among Adolescent Students of Lahore.
9. Emotional Intelligence, Anxiety and Self Esteem among Adolescent Students of Lahore.
10. A Comparison of Direct and Indirect Aggression among Adolescents Students.
11. A Comparison of Anxiety Scores and Coping Strategies of Working and Non Working Females.
12. Emotional Intelligence and Professional Achievement among Professionals.
13. A Study of Impulse Purchase and Post Purchase Satisfaction Among Consumers of Four Shopping Malls of Lahore
14. Internet Use, Social Isolation and Academic Achievement among Adolescents Students of Kinnaird College Lahore.
15. A Study of Depression among Transsexuals of Lahore.
16. A Comparative Study of Mental Health of Veiled and Unveiled Female Students of Lahore.
17. A Comparative Study of Coping Styles among Sex Workers, Transsexuals and HIV Positive Individuals from Karachi and Lahore.
18. Comparison of Coping Styles and Burnout among Teachers and Doctors.
19. Relationship of Body Shape Dissatisfaction with Depression and Self Esteem among Students of Kinnaird College Lahore.

20. A Comparative Study of Life Satisfaction, Self Esteem and Body Esteem of Normal and Overweight Females.
21. Comparison of self esteem, life satisfaction and academic achievement of teenagers living with and without fathers.
22. Psychological Well Being, Optimism, Self Efficacy and Marital Satisfaction among married couples.
23. Relationship of behavioural problems and self concept among school children.
24. Relationship between religious orientation and psychological well-being among Muslim adolescents.
25. A comparative study of birth order, age and gender on emotional intelligence among adults.
26. Relationship of job satisfaction, self esteem and stress among organizational employees.
27. Relationship of parenting styles, self esteem and academic achievement among adolescent students.
28. Relationship between appearance schemas, self esteem and academic achievement among university students (FCCU, 2017)
29. Comparative study of parental stress, quality of life and resilience among mothers of Autism Spectrum Disorder and normal children. (FCCU, 2017)
30. Body mass index, body shape, self esteem and academic achievement of females studying in co education and single sex institutions. (2018)
31. Parenting styles, aggression and alexithymia in university students .(2018)
32. Mindfulness, Cognitive flexibility and stress among university students.(2019)
33. Birth order, self efficacy, academic locus of control and procrastination among university students.(2019)
34. Personality traits, birth order and locus of control among drug dependents.(2019)
35. Self-efficacy, Hostility and Loneliness between Institutionalized orphans, Non-institutionalized orphans and Non-orphans .(2019)
36. Dark triad personality, stress, and psychological wellbeing in juvenile delinquents (BSc, 2020)
37. Orthorexia nervosa, obsessive compulsive symptoms and body mass index in male and female university students. (BSc, 2020)
38. The emergency and Bystander effect in relation to helping behavior (2021)
39. Parental differential treatment, emotional regulation and psychological well-being in young adults (2021)
40. Emotional abuse and alexithymia in university students (2021)
41. Perception of Home Demands and Mental Health of Working vs. Non-Working Women During Covid-19 Pandemic (2022)
42. Intergenerational Trauma, Perceived Discrimination and Social Exclusion amongst Religious Minorities in Pakistan (2022)
43. Parental differential treatment, current sibling relationship and satisfaction with life in young adults (2022)
44. Appearance schema negative self-evaluation, and mental health of young women (2022)

45. Parenting style, academic achievement, and psychological well being among adolescents (2022)
46. Street harassment, self esteem and social anxiety among young women (2022)
47. Parental differential treatment, depression and self esteem among university students (2022)
48. Gender Discrimination, Modern Sexism and Mental Health of female university students (2022)
49. Perceived social support, marital relationship and psychological distress in women with early and late marriage (Kanza Masood)
50. Alexithymia, Mobile phone addiction and Quality of Sleep among University Students. (2023)
51. Narcissistic Parental Personality, Aggression and Mental Health in Young Adults.
52. Personality Traits and Emotional Self Disclosure among Young Adults (2023)
53. Personality dispositions, coping mechanisms and depression among females in shelter homes. (2023)
54. Mobile phone addiction, academic procrastination and anxiety among university students. (2023)
55. Perceived Inter-Parental Conflict, Internalizing Problems, and Externalizing Problems among Youth (2023)
56. Resilience, Mindfulness and Psychological well-being in University students (2024).
57. Religious discrimination, perceived social support, and psychological well-being in religious minorities. (Aiza Jaffrey, 2024)
58. Gratitude, Religious Faith and Psychological well-being among university students (2024).
59. Love and Care for Nature, Religiosity, and Personal Growth Initiative in University Students. (Wafa Zaheer, 2024)

BS Thesis under supervision (2024-25)

- Social support, Postpartum depression, and Marital adjustment in first time mothers.(Fatima)
- Perceived interparental conflicts, mental health problems and relational aggression among university students. (Warda Liaqat, 2025)
- Attachment styles, childhood emotional abuse and dark triad traits among females university students (Aleena Shuja, 2025)
- Perceived Interparental Conflict, Psychological Distress and Aggression among Adolescents (Zainab Khalil, 2025)
- Dark Tetrad Traits, leadership styles, and well-being among professional leaders (Minahil Chishty, 2025)

Workshop Conducted

- Workshop conducted on “Improving team building and communication skills among healthcare practitioners”, at University of Health Sciences, 30.11.23
- Three day workshop conducted on “Guidance and Counseling: Teachers’ Training Workshop” at Garrison Academy for Girls, Lahore, 2004.

Workshops/talks attended

- Attended workshop: “Involvement of Internal External Stakeholders in Higher Education Curricula Development” by Dr Irine Darchia. 5th International Conference of PNQAHE on 14th April, 2025, FCCU.
- Attended Awareness session for Academic Faculty on Islamic Banking Program (AAF-IBP) on 5th March, 2025, KCW.
- QEC: Outcome based education and embedded assessment: Preparing graduates for practical life skills 12th December 2020, KCW.
- ‘Steps to take before, during and after preparing a manuscript for submission’ 18th September, 2019, by Cavin S. loughlin, ORIC, KCW.
- “Seeking collaboration with universities Applying for grant funding” 18th September, Cavin S loughlin by ORIC, KCW.
- Basic introduction to STATA (KCW, May 2019)
- Quantitative data analyses by Dr Kalsoom Akhtar (KCW, 17th January 2019)
- Decision making (FCCU, 7th December, 2016)
- Qualitative research methodology and data analysis by using NVIVO: Two day workshop (FCC, October 2016)
- Academic advising at FCC: Training session for new faculty members (FCCU, 2016)
- Basic rubrics (FCCU, 2015)
- How to publish your research (FCCU, 2015)
- Guidance and counselling course (June 2004)
- Stress and management (CCP, 2001, PU)
- Innovative treatment techniques(CCP, PU)
- Self hypnosis(CCP, PU)
- Positive and negative symptoms in schizophrenia (PANSS)
- Dissertation writing(CCP, PU)
- Quality in psychological treatment services: Reflection & development (CCP, PU)

- Psychology of death and dying (CCP, PU)
- Interdisciplinary parliamentary debate (Kinnaird College for Women, 2013)
- Therapeutic uses of mental imagery (CCP, PU)
- PCEPT: Micro teaching (Kinnaird College for Women)
- ISI web of knowledge (PU, 2007)
- Writing professional goals statement (FCCU, 2015)
- Developing feedback skills (FCCU, 2016)
- How to lose pounds and keep them off (FCCU, 2016)

Training & Others

- Advance English Course from “The British Council”
- Office IT 2000 Computer Course from “Informatics”
- External examiner COMSATS 2017, UMT 2019, Garrison University 2017.
- Training and invigilation certificate FCCU
- Versant English proficiency test 2016 at FCCU

Distinctions and Rewards

- Member ORIC, FCCU (2017-18).
- Member search committee for Psychology, March 2017-18.
- Wrote Newsletter for the Psychology Department, FCCU (2016).
- Coordinator and convener -MS program in Clinical Psychology (2016-17).
- Member of General Education Committee at FCC (2016-17)
- Student advisor at FCCU (2016-17).
- Thesis supervisor: BSc (hns), FCCU (2016-17).
- Reviewer at Journal published by Centre for Clinical Psychology, University of the Punjab, 2016-17, Journal of Clinical and Counselling Psychology (2017) & International Journal of Fertility and Sterility (2017) eISSN:2008-0778
- Versant English Test: 2015
- Member of Learning Group 1 (2015/16): Action research group(preventing student failure) at FCCU. ACCUPLACER- Supervisor—FCCU 2016 & 2017.
- External examiner: Mphil/MS/ADCP child and adult viva at Lahore Garrison University.
- External examiner (Mphil): COMSATS (2017) and Bahaudin Zikriya University (2016).
- Board member of Lahore Garrison University(2016).
- Panel member of the research committee at Kinnaird College for Women.
- Member National Advisory Board of Pakistan Association of Cognitive Therapists
- Member of Board of Studies of Gujrat University (GIFT)
- Tutorship at Allama Iqbal Open University
- Punjab Public Service Commission (PPSC) Position Holder
- Library Committee Advisor at Kinnaird College, Lahore
- Transport in charge At Kinnaird College Lahore
- M.Phil, Class Representative (2001)

- Government College Lahore, Finance Secretary of Ajmal Psychological Society (2000)
- Kinnaird College Lahore Member of Different Clubs i.e. English, Psychology, Social Work Club and Library Committee (1998)
- Senior House Captain of Jinnah House in Matric (1994).
- Talent Scholarship Holder in Matric by Lahore Board (1994).