

ADNAN ADIL, PhD

Professor/Chairperson, Department of Psychology, Bilquis Bano Edhi Block, Government
College Women University Sialkot, Pakistan.

HEC Approved Supervisor (Ref. HEC/HRD/ASA/2021/87734), PCD No. 132010

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Career Objectives

To actualize my true potential by working in an environment that is conducive to creative thinking, academic excellence, and research work to ensure personal and organizational growth.

Academic Qualification

PhD Psychology (2015) National Institute of Psychology (Center of Excellence),
Quaid-i-Azam University Islamabad, Pakistan.

MPhil Psychology (2009) National Institute of Psychology (Center of Excellence),
Quaid-i-Azam University Islamabad, Pakistan.

Professional Experience

May 24 2023-To date Professor of Psychology, Department of Psychology,
Government College Women University Sialkot.

March 2012 -May 23 2023 Assistant Professor of Psychology, Department of Psychology,
University of Sargodha, Sargodha.

Oct. 2004 - Feb. 2012 Lecturer in Psychology, Department of Psychology, University
of Sargodha, Sargodha.

Administrative Experience

July 19 2024-To date Convener, Internal Hardship Committee, Government College
Women University Sialkot.

June 03 2024-To date Member ORIC Steering Committee, Government College Women
University Sialkot.

May 31, 2024-To date Member Affiliation Committee, Government College Women
University Sialkot.

May 30, 2024-June 30, 2024 Member Main Organizing Committee for 5th Convocation of
Government College Women University Sialkot.

November 25 2023-To date Convener Departmental Research Program Coordination Committee
(DRPCC), Department of Psychology, Government College Women
University Sialkot

October 4 2023-To date Member Research Program Coordination Committee (RPCC),
Government College Women University Sialkot

August 11 2023-To date Convener, Inquiry Committee to Deal with Cases of Sexual
Harassment, Government College Women University Sialkot.

May 25 2023-To date	Member, Academic Council, Government College Women University Sialkot.
May 25 2023-To date	Convener, Board of Studies, Department of Psychology, Government College Women University Sialkot.
May 25 2023-To date	Chairperson, Department of Psychology, Government College Women University Sialkot.
2011- May 23 2023	Departmental Controller of Examinations, Department of Psychology, University of Sargodha
2011- May 23 2023	Incharge Post-Graduate Examination Committee, Department of Psychology, University of Sargodha
2011- May 23 2023	Incharge Thesis Committee, Department of Psychology, University of Sargodha
2014-2017	Member Board of Studies in Psychology, Department of Psychology, University of Sargodha
2014-2017	Member Faculty Board of Social Sciences, University of Sargodha
May 2005 - Sept. 2006	Incharge Examinations, Department of Psychology, University of Sargodha, Sargodha.
April 2005 - Sept. 2006	Director of Students' Affairs (Departmental), Department of Psychology, University of Sargodha, Sargodha.
Professional Trainings	
August 25, 2023	Confidence Building Strategies for Adolescents. Rawalpindi Women University, Rawalpindi, Pakistan.
August 23, 2023	Counseling: Enhancing Core Skills. Rawalpindi Women University, Rawalpindi, Pakistan.
June 27-28, 2018	Two-Day Training of Presiding Officers. Election Commission of Pakistan and United Nations Development Program
May 09, 2018	Workshop on Respect-Diversity-Tolerance, University of Sargodha
November 05, 2016	Stress Management, University of Sargodha
November 04, 2016	Sedona Therapy, University of Sargodha
April 28-May 02, 2014	Master Trainer in Testing and Assessment, Higher Education Commission, Islamabad

September 29-30, 2010	Certificate in Structural Equation Modeling with AMOS by National Institute of Psychology, Quaid-i-Azam University, Islamabad.
December 06-08, 2007	Certificate in Project Management, Learning Innovation Division, Higher Education Commission, Islamabad
March 16-April 15, 2006	Completed First Staff Development Program of University of Sargodha, National Academy of Higher Education, HEC, Islamabad.
November 24-26, 2005	Certificate in Psychological Services and Trauma Counseling in Emergency and Natural Disasters by National Task Force, Government of Pakistan.

Publications in National Peer Reviewed Journals

1. Arshad, S., Qadir, F., & Adil, A. (2011). Impact of expressed emotions on caregivers' mental health and relapse symptom severity in schizophrenic patients. *Journal of Behavioral Sciences*, 21 (2), 01-17. http://pu.edu.pk/images/journal/doap/PDF-FILES/Articlenumber.1_Vol_%2021_No_2_2011.pdf
2. Shakeel, S., Ghayas, S., & Adil, A. (2011). Effects of handedness and gender on creativity of students. *Biannual Journal of Gender and Social Issues*, 10 (1), 39-48. <http://jgsi.fjwu.edu.pk/jgsi/article/view/194/140>
3. Adil, A., & Kamal, A. (2012). Role of display rule demands and affective traits in emotional exhaustion among customer services representatives. *Pakistan Journal of Psychological Research*, 27 (1), 01- 20. <http://www.pjprnip.edu.pk/index.php/pjpr/article/view/481>
4. Adil, A., Kamal, A., & Atta, M. (2013). Mediating role of emotions at work in relation to display rule demands, emotional labor, and job satisfaction. *Journal of Behavioral Sciences*, 23 (3), 35-52. http://pu.edu.pk/images/journal/doap/PDF-FILES/Abstract%203_v23_no3_2013.pdf
5. Shabbir, N., Atta, M., & Adil, A. (2014). Conflict management and decision-making styles in college management. *Journal of Behavioral Sciences*, 24 (2), 52-68. http://pu.edu.pk/images/journal/doap/PDF-FILES/Abstract%20No.%204_v24_no2_14.pdf
6. Ishaq, G., & Adil, A. (2015). Relationship between components of self-consciousness and various decision-making styles among university students. *Pakistan Journal of Social Issues*, 6, 28-34. <https://uog.edu.pk/downloads/pjsi%20vol.6.pdf>

7. Adil, A., & Kamal, A. (2016). Impact of psychological capital and authentic leadership on work engagement and job-related affective wellbeing. *Pakistan Journal of Psychological Research*, 31(1), 1-21.
<http://www.pjprnip.edu.pk/index.php/pjpr/article/view/523/448>
8. Ishaq, G., & Adil, A. (2016). Impact of sense of humor on perceived stress among undergraduate medical students: A gendered perspective. *Biannual Journal of Gender and Social Issues*, 15 (1), 35-41. <http://jgsi.fjwu.edu.pk/jgsi/article/download/144/95>
9. Adil, A. & Kamal, A. (2016). Workplace affect as mediator between emotional intelligence and job satisfaction among customer service representatives. *Journal of Behavioral Sciences*, 26 (2), 79-94. http://pu.edu.pk/images/journal/doap/PDF-FILES/Article%20No.%2005_v26_2_16.pdf
10. Shujja, S., Muzaffar, A., Adil, A., & Atta, M. (2017). Impact of real versus step-parental rejection and social competence on psychological maladjustment of Pakistani girls. *Pakistan Journal of Psychological Research*, 32 (2), 353-370.
<http://www.pjprnip.edu.pk/index.php/pjpr/article/view/340>
11. Shujja, S., Malik, N., Adil, A., & Atta, M. (2017). Stepmother rejection, and psychological adjustment among girls: Mediating role of social competence. *Journal of Behavioral Sciences*, 27 (2), 17-29. http://pu.edu.pk/images/journal/doap/PDF-FILES/Abstract%20No.%2002_v27_2_17.pdf
12. Niazi, S., & Adil, A. (2017). Role of mindfulness and psychological wellbeing between external locus of control and depression: A moderated mediation model. *Peshawar Journal of Psychology and Behavioral Sciences*, 3 (1), 1-19.
<https://doi.org/10.32879/pjpbs.2017.3.1.1-19>
13. Adil, A., Kamal, A., Shujja, S., & Niazi, S. (2018). Mediating role of psychological ownership on the relationship between psychological capital and burnout amongst university teachers. *Business Review*, 13(1), 69-82.
<https://businessreview.iba.edu.pk/articles/psychology.pdf>
14. Adil, A., Kanwal, A., Ghayas, S., & Khan, A. (2019). Effect of ego depletion and expectancy beliefs on working memory, problem solving, task persistence, and performance. *Pakistan Journal of Psychological Research*, 34 (2), 233-253.
<http://www.pjprnip.edu.pk/index.php/pjpr/article/view/393>
15. Adil, A., Jabeen, N., & Youssaf, A. (2019). Mediating role of mental toughness between behavioral systems and depression. *Pakistan Journal of Medical Research*, 58(2), 51-58.

- <https://search.proquest.com/openview/0f0dedb6bdf7552b2b1718c1ea3ab544/1?pq-origsite=gscholar&cbl=636375>
16. Adil, A., & Quratulain, Z. (2019). Psycho-socio-cultural and personal attributes of murderers in Punjab, Pakistan. *Pakistan Journal of Criminology*, 11(2), 33-50.
<http://www.pjcriminology.com/publications/2145-2/>
 17. Adil, A., Ameer, S., & Ghayas, S. (2019). Mediating role of flow and study engagement between academic psychological capital and perceived academic stress among university students. *Pakistan Journal of Social and Clinical Psychology*, 17 (2), 12-18.
<https://gcu.edu.pk/wp-content/uploads/2020/04/pjscp20192-2.pdf>
 18. Adil, A., & Kamal, A., & Shujja, S. (2019). Perceived authentic leadership in relation to in-role and extra-role performance: A job demands and resources (JD-R) perspective. *Journal of Behavioral Sciences*, 29 (1), 53-71.
http://pu.edu.pk/images/journal/doap/PDF-FILES/05_V29-1-2019.pdf
 19. Safdar, I., Niazi, S., & Adil, A. (2019). Paranormal beliefs mediate external locus of control and religiosity. *Journal of Behavioral Sciences*, 29 (2), 4-20.
http://pu.edu.pk/images/journal/doap/PDF-FILES/01_V29-2-2019.pdf
 20. Shujja, S., Malik, F., & Adil, A. (2019). Teacher rejection sensitivity and psychological maladjustment among adolescents: Moderating role of peer rejection sensitivity. *Journal of Behavioral Sciences*, 29 (2), 21-38.
http://pu.edu.pk/home/journal/24/V_29_No_2_2019.html
 21. Niazi, S., Adil, A., & Abbas, Q. (2020). Fluid intelligence as the predictor of academic performance and flourishing: Role of academic stress. *Rawal Medical Journal*, 45(3), 569-572. <http://www.rmj.org.pk/?mno=100572>
 22. Adil, A., Shahbaz, R., Khan, A., & Ameer, S. (2021). Mediating role of postpartum depression between perceived spousal support and postpartum maternal bonding. *Journal of Ayub Medical College*, 33 (1), 64-70.
<https://jamc.ayubmed.edu.pk/jamc/index.php/jamc/article/view/7086>
 23. Yousaf, A., Adil, A., Ghayas, S., Niazi, S., & Khan, A. (2021). Relationship between attachment styles and social media addiction among young adults: Mediating role of self-esteem. *Isra Medical Journal*, 13 (1), 48-51. <http://www.imj.com.pk/relationship-between-attachment-styles-and-social-media-addiction-among-young-adults-mediating-role-of-self-esteem/>
 24. Abid, J., Yousaf, A., Adil, A., & Tahir, W. (2021). Mediating role of perceived social support between locus of control and assertiveness among university undergraduates.

- Foundation University Journal of Psychology*, 5(1), 72-80.
<https://doi.org/10.33897/fujp.v5i1.203>
25. Yousaf, A., Adil, A., Niazi, S., Ghayas, S., Khan, A., & Rafique, N. (2021). Mediating role of social isolation between stigma and depression among hepatitis patients. *Rawal Medical Journal*, 46 (1), 41-44. <http://www.rmj.org.pk/?mno=138427>
 26. Niazi, S., Malik, S., Abbas, Q., Adil, A., & Ghayas, S. (2021). The mediating role of fatigue in the relationship between stress appraisal and psychopathological symptoms in University students. *Rawal Medical Journal*, 46 (1), 140-143.
<http://www.rmj.org.pk/?mno=134502>
 27. Ishaq, G., Ghayas, S., & Adil, A. (2021). Development and validation of News Addiction Scale. *Pakistan Journal of Psychological Research*, 36(1), 1-18.
<http://www.pjprnip.edu.pk/index.php/pjpr/article/download/709/556/1545>
 28. Adil, A., Fatima, M., Ishaq, G., & Ameer, S. (2021). Impact of family history on the k factor: Mediating role of attachment styles. *Journal of Behavioral Sciences*, 31 (2), 165-189. http://pu.edu.pk/images/journal/doap/PDF-FILES/8_V31-2-2021.pdf
 29. Khalil, M., Ghayas, S., Adil, A., & Niazi, S. (2021). Self-efficacy and mental health among university students: Mediating role of assertiveness. *Rawal Medical Journal*, 46 (2), 416-419. <https://www.rmj.org.pk/fulltext/27-1600322914.pdf?1630260200>
 30. Tariq, A., Bukhari, I., & Adil, A. (2021). Perceived organizational support as the moderator between psychosocial safety climate and organizational citizenship behaviour among nurses. *Foundation University Journal of Psychology*, 5(2), 86-93.
<https://doi.org/10.33897/fujp.v5i2.300>
 31. Niazi, S., & Adil, A. Abbas, Q., & Khan, A. (2021). Translation and validation of Urdu Flourishing Scale. *Journal of Educational Sciences & Research*, 8 (1), 80-96.
https://jesar.su.edu.pk/uploads/journals/Article_76.pdf
 32. Adil, A., Shahbaz, R., Ameer, S., Ghayas, S., & Niazi, S. (2021). Effect of perceived husband's support on postpartum depression: Mediating role of need for approval. *Journal of the Pakistan Medical Association*, 71 (9), 2203-2207.
<https://doi.org/10.47391/JPMA.1062>
 33. Khan, A., Adil, A., Zulfiqar, M., Niazi, S., & Ghayas, S. (2021). Moderating role of coping mechanism between physical self-care and quality of life among diabetic patients. *Pakistan Journal of Medical Research*, 60 (3), 57-62.
<https://www.pjmr.org.pk/index.php/pjmr/article/view/181>

34. Sultan, H., Hussain, M. S., Ishaq, G., Adil, A., & Chaudhry, R. (2021). Social support, resilient coping and post-traumatic growth in road accident survivors. *Rawal Medical Journal*, 46(4), 991-994. <http://www.rmj.org.pk/?mno=86631>
35. Niazi, S., & Adil, A. (2021). Mediating role of fluid intelligence between working memory and academic achievement of university undergraduates: Does gender matter? *Journal of Education and Educational Development*, 8(2), 379-397. <http://dx.doi.org/10.22555/joeed.v8i2.527>
36. Javed, H., Niazi, S., Adil, A., Yousaf, A., Khan, A., & Ghayas, S. (2022). Body image concern as mediator between obesity and sexual satisfaction: A comparative study of married women with and without polycystic ovarian syndrome. *Rawal Medical Journal*, 47(2), 400-402. <https://www.rmj.org.pk/fulltext/27-1610892034.pdf?1653495649>
37. Yousaf, A., Fayyaz, A., & Adil, A. (2022). Bee honey and mental health: A systematic review. *Rawal Medical Journal*, 47(2), 506-509. <https://www.rmj.org.pk/fulltext/27-1611501088.pdf?1653495663>
38. Ghayas, S., Mehreen, S., Adil, A., & Yousaf, A. (2022). Self-esteem as a predictor of quality of life, depression and anxiety among patients with acne vulgaris. *Journal of Pakistan Association of Dermatologists*, 32 (2), 382-387. <https://www.jpap.com.pk/index.php/jpad/article/view/1693/1745>
39. Shujja, S., Bodenmann, G., Randall, A. K., Adil, A., & Malik, F. (2022). Development and validation of the Dyadic Coping Based Gratitude Questionnaire (DC-GQ). *Journal of Behavioral Sciences*, 32(2), 128-155. http://pu.edu.pk/images/journal/doap/PDF-FILES/7_V32-2-2022.pdf
40. Ameer, S., Malik, S., Adil, A. (2022). Relationship of intrinsic and extrinsic aspirations with quality of life of university students: Mediating role of perceived academic stress. *Journal of Behavioral Sciences*, 32(2), 184-203. http://pu.edu.pk/images/journal/doap/PDF-FILES/9_V32-2-2022.pdf
41. Gondal, U., Adil, A., & Ghayyas, S. (2022). Mediating role of tawakkul between religious orientation and anxiety among Muslim adults. *Foundation University Journal of Psychology*, 6(2), 1-10. <https://doi.org/10.33897/fujp.v6i2.481>
<https://fui.edu.pk/fjs/index.php/fujp/article/view/481>
42. Gondal, U., Adil, A., & Niazi, S. (2022). Tawakkul mediates between religious orientation and depression among Muslims. *Clinical and Counselling Psychology Review*, 3(2), 26-45. <https://doi.org/10.32350/ccpr.32.02>

43. Kazim, S. M., Adil, A., Tariq, S., & Idress, M. (2022). Moderating role of death attitude in the relationship between existential vacuum and spiritual wellbeing. *Journal of Policy Research*, 8(4), 40-45. <https://jprpk.com/index.php/jpr/article/view/120/166>
44. Shahid, H., Akhtar, T., & Adil, A. (2023). Effects of moral injury on psychopathology of Pakistanis affected by war against terror: Moderating role of religiosity. *Human Nature Journal of Social Sciences*, 4(1), 121-136. <http://hnpublisher.com/ojs/index.php/HNJSS/article/view/324/254>
45. Fayyaz, H., Adil, A., & Rashid, S. (2023). Effects of metastereotypes and conflict experience on research supervisor-supervisee relationship quality among university undergraduates. *Pakistan Journal of Psychological Research*, 38 (1), 1-18. <https://doi.org/10.33824/PJPR.2023.38.1.01>
46. Khan, A., Adil, A., & Syed, U. E. (2023). Internet gaming addiction as predictor of aggression and academic performance among young adolescents. *Online Media & Society*, 4(1), 28-35. <http://hnpublisher.com/ojs/index.php/OMS/article/view/320/301>
47. Yousaf, A., Fayyaz, A., Adil, A., & Niazi, S. (2023). Mediating role of death anxiety between supernatural beliefs and life satisfaction among Muslim adults. *IUB Journal of Social Sciences*, 5(1), 95-103. <https://doi.org/10.52461/ijoss.v5i1.1497>
48. Butt, Z., Niazi, S., Adil, A., Yousaf, A., Ghayas, S., & Khan, A. (2023). Hypochondriacal traits, perceived social support and healthy life style as predictors of irritable bowel syndrome in adults. *Rawal Medical Journal*, 48 (4), 827-829. <https://www.rmj.org.pk/fulltext/27-1680242943.pdf?1700030025>
49. Yousaf, A., Adil, A., & Khan, A. (2023). Relationship between post traumatic growth and attachment to god in covid survivors: Mediating role of adaptive coping. *Pakistan Journal of Medical Research*, 62(3), 107-111. <https://pjmr.org.pk/index.php/pjmr/article/view/360>
50. Tahir, W., Adil, A., Bukhari, I., & Rashid, S. (2024). Impact of COVID-stress on loneliness mediated by paranormal beliefs. *Pakistan Journal of Social and Clinical Psychology*, 21(2), 28-35. <https://gcu.edu.pk/pages/gcupress/pjscp/volumes/2023-21-2/4-Paranormal-Beliefs.pdf>
51. Gondal, U., Adil, A., & Yousaf, A. (2023). Moderating role of tawakkul in anxious attachment to God and depression. *Pakistan Journal of Applied Psychology*, 3 (2), 328-336. <https://doi.org/10.52461/pjap.v3i2.1120>

52. Khan, A., Adil, A., Niazi, S., Ghayas, S., & Yousaf, A. (2024). Development and validation of Engagement Aging Scale for older adults. *Pakistan Journal of Psychological Research*, 39(2), 351-369. <https://doi.org/10.33824/PJPR.2024.39.2.20>
53. Gondal, U. M., Adil, A., Shah, F. M., & Shujja, S. (2024). Tawakkul and its dimensions: A thematic analysis of Quranic verses on tawakkul. *VFAST Transactions on Islamic Research*, 12(1), 64-82. <https://vfast.org/journals/index.php/VTIR/article/view/1799>

Publications in International Peer Reviewed Journals

1. Adil, A., & Kamal, A. (2005). Relationship between attachment styles, love, and narcissism among university students. *Indian Psychological Review*, 64 (1), 33-52. <http://111.68.103.6/jobs/aprc.co.in>
2. Ghayas, S. & Adil, A. (2007). Effect of handedness on intelligence level of students. *Journal of the Indian Academy of Applied Psychology*, 33 (1), 85-91. <http://medind.nic.in/jak/t07/i1/jakt07i1p85.pdf>
3. Niazi, S. & Adil, A. (2008). Relationship between panic attacks and aggression with respect to age and gender. *Journal of the Indian Academy of Applied Psychology*, 34 (2), 287-293. <http://medind.nic.in/jak/t08/i2/jakt08i2p287.pdf>
4. Raza, S., Adil, A., & Ghayas, S. (2008). Impact of parental death on adolescents' psychosocial functioning. *Journal of Psychosocial Research*, 3 (1), 1-11. <https://www.printspublications.com/journal/journalofpsychosocialresearch1350312464130386373>
5. Zafar, A. & Adil, A. (2008). Recognition of facial expressions with reference to age and gender. *ArabpsyNet Journal*, 5(18), 238-244. <http://arabpsynet.com/apn.journal/apnJ18/apnJ18-19.HTM#Recognition%20of%20Facial%20Expressions%20With%20Reference%20To%20Age%20&%20Gender>
6. Hadi, R., & Adil, A. (2010). Job characteristics as predictors of work motivation and job satisfaction of bank employees. *Journal of the Indian Academy of Applied Psychology*, 36(2), 294- 299. http://www.jiaap.org.in/jul_2010_dtl.aspx#Job_Characteristics_as_Predictors_of_Work_Motivation_and_Job_Satisfaction_of_Bank_Employees
7. Tahir, I., Ghayas, S., & Adil, A. (2012). Impact of achievement goals, sociability, and gender on academic achievement of university students. *Journal of the Indian Academy of Applied Psychology*, 38 (2), 386-396.

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8. Ghayas, S., Akhter, S., & Adil, A. (2012). Impact of gender and subject on the creativity level of high and low achievers. *Journal of the Indian Academy of Applied Psychology*, 38 (3), 150-156. http://www.jiaap.org.in/Listing_Detail/Logo/ae0353aa-f788-4b73-862e-87aa4dcbe2ec.pdf
 9. Akhter, S., Ghayas, S., & Adil, A. (2013). Self-efficacy and optimism as predictors of organizational commitment among bank employees. *International Journal of Research Studies in Psychology*, 2 (2), 33-42. <https://doi.org/10.5861/ijrsp.2012.131>
 10. Adil, A., & Kamal A. (2013). Moderating role of affectivity in emotional labor and emotional exhaustion among customer services representatives. *Psychological Studies*, 58 (1), 89-98. <https://doi.org/10.1007/s12646-013-0178-x>
 11. Niazi, S., Adil, A., & Malik, N. (2013). Self-efficacy as predictor of motivational goals in university students. *Journal of the Indian Academy of Applied Psychology*, 39 (2), 274-280. http://www.jiaap.org.in/Listing_Detail/Logo/033ab25e-c265-4844-99ff-c1424f5bfd54.pdf
 12. Atta, M., Adil, A., Shujjaa, S., & Shakir, S. (2013). Role of trust in marital satisfaction among single and dual-career couples. *International Journal of Research Studies in Psychology*, 2 (4), 01-10. <https://doi.org/10.5861/ijrsp.2013.339>
 13. Shaheen, S., Bukhari, I., & Adil, A. (2016). Moderating role of psychological capital between perceived organizational support and organizational citizenship behavior and its dimensions. *International Journal of Research Studies in Psychology*, 5 (2), 41-50. <https://doi.org/10.5861/ijrsp.2016.1375>
 14. Adil, A., & Kamal, A. (2018). Impact of perceived authentic leadership and psychological capital on burnout: Mediating role of psychological ownership. *Psychological Studies*, 63(3), 243-252. <https://doi.org/10.1007/s12646-018-0446-x>
 15. Niazi, S., & Adil, A. (2019). Urdu translation of Flourishing Scale: Evidence for the validity and measurement invariance across gender. *BPA Applied Psychological Bulletin*, LXVII (N° 286), 17-30. <https://doi.org/10.26387/bpa.286.2>
 16. Adil, A., Ameer, S., & Ghayas, S. (2020). Impact of academic PsyCap on academic achievement among university undergraduates: Role of flow and self-handicapping behavior. *PsyCh Journal*, 9 (1), 56-66. <https://doi.org/10.1002/pchj.318>

17. Khan, A., & Adil, A. (2020). Urdu translation of Friendship Scale: Evidence for the validity and measurement invariance across gender. *Spanish Journal of Psychology*, 41(e11), 1-12. <https://doi.org/10.1017/SJP.2020.9>
18. Tariq, S., & Adil, A. (2020). Rigidity as mediator between temperaments and social adjustment: A comparative study of teachers of madaris and schools. *Archive for the Psychology of Religion*, 42 (2), 194-210. <https://doi.org/10.1177/0084672420921956>
19. Khan, A., & Adil, A. (2020). Caregiver Abuse Screen for older adults: Urdu translation, validation, factorial equivalence, and measurement invariance. *Current Psychology*, 41, 3816-3826. <https://doi.org/10.1007/s12144-020-00894-y>
20. Adil, A., & Kamal, A. (2020). Authentic leadership and psychological capital in job demands-resources model among Pakistani university teachers. *International Journal of Leadership in Education*, 23(6), 734-754. <https://doi.org/10.1080/13603124.2019.1580772>
21. Shahab, O. S., & Adil, A. (2020). Development and validation of Temperance Scale in Pakistan. *PsyCh Journal*, 9 (6), 911-923. <https://doi.org/10.1002/pchj.394>
22. Shujja, S., Adil, A., Randall, A. K., Bodenmann, G., & Malik, F. (2020). Psychometric properties and validity of Dyadic Coping Inventory-Urdu version for use in Pakistan. *Interpersona*, 14 (2), 183-199. <https://doi.org/10.5964/ijpr.v14i2.4069>
23. Rashid, S., Adil, A., & Gul, S. (2020). Effect of autonomy-supportive parenting and teaching on adolescents' educational aspirations: Moderating role of grade level. *BPA Applied Psychological Bulletin*, LXVIII (N° 288), 19-29. <https://doi.org/10.26387/bpa.288.2>
24. Ghayas, S., Batool, S., & Adil, A. (2021). Relationship between religiosity and depression level of Pakistani elderly population: Mediation role of afterlife belief. *Trends in Psychology*, 29(1), 1-11. <https://doi.org/10.1007/s43076-020-00021-7>
25. Adil, A., Shahbaz, R., Ameer, S., & Gondal, U. (2021). Influence of parental competence on postpartum depression mediated via negative thoughts: Moderating role of type of delivery. *Women & Health*, 61(6), 591-598. <https://doi.org/10.1080/03630242.2021.1940423>
26. Adil, A., Kanwal, A., Yaseen, G., & Ameer, S. (2021). Ego depletion sensitivity as the mediator between avoidance temperaments and subjective vitality. *Polish Psychological Bulletin*, 52(2) 188–196. <https://doi.org/10.24425/ppb.2021.137262>

27. Adil, A., Kausar, S., Ameer, S., Ghayas, S., & Shujja, S. (2023). Impact of organizational socialization on organizational citizenship behavior: Mediating role of knowledge sharing and role clarity. *Current Psychology*, *42*, 5685-5693.
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33. Shahzad, N., Adil, A., & Ghayas, S. (2022). Development and validation of the Religious Sectarian Intolerance Scale for Muslim adults in Pakistan. *Journal of Religion and Health*, *61*(4), 3402-3425. <https://doi.org/10.1007/s10943-022-01504-w>
34. Adil, A., Kamal, A., & Ishaq, G. (2022). Mediating role of deep and surface acting between display rules and job satisfaction among customer services representatives. *Organizational Psychology*, *12* (3), 57-69. <https://doi.org/10.17323/2312-5942-2022-12-3-57-69>
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43. Bilal, Z., Ghayas, S., Adil, A., Khan, A., & Niazi, S. (2024). Development and validation of Apeiroanxiety Scale in the context of the afterlife for Pakistani Muslim adults. *Journal of Religion and Health*, 63, 1642-1660. <https://doi.org/10.1007/s10943-023-01996-0>
44. Wu, J., Ghayas, S., Aziz, A., Adil, A., & Niazi, S. (2024). Relationship between teachers' professional identity and career satisfaction among college teachers: Role of career calling. *Frontiers in Psychology*, 15, 1348217. <https://doi.org/10.3389/fpsyg.2024.1348217>
45. Safia, S., Adil, A., Ghayas, S., & Shujja, S. (2024). Development and validation of Tripartite Schadenfreude Scale. *BPA Applied Psychological Bulletin*, LXXXII(300), 21-45. <https://doi.org/10.26387/bpa.2024.00009>

46. Shujja, S., Adil, A., & Malik, F. (2024). Reciprocal association between spousal rejection and relationship satisfaction in Pakistani married adults: a cross-lagged investigation. *Current Psychology* (Advance online publication). <https://doi.org/10.1007/s12144-024-06587-0>
47. Yousaf, A., & Adil, A. (2024). Development and validation of Ikhlaas Scale for Pakistani Muslim Adults. *Journal of Religion and Health* (Advance online publication). <https://doi.org/10.1007/s10943-024-02113-5>

Papers/Posters Presented in National and International Conferences

2nd National Conference on of Psychology for Sustainable Community: Challenges and Trends organized by University of Sargodha, March 04, 2024

1. Presented Paper Titled “Unveiling Professionalism: Predicting Shame and Guilt Among Medical Doctors with Stress of Conscience as a Mediator”
2. Presented Paper Titled “Chronic Illness and Mental Health: Fear of Progression, Health Anxiety, and Quality of Life”
3. Presented Paper Titled “Affectivity and Health Anxiety: Exploring their Impact on Quality of Life in Chronic Physical Ailments”
4. Presented Paper Titled “Professionalism as Predictor of Emotional Exhaustion Among Medical Doctors: Mediating Role of Stress of Conscience”
5. Presented Paper Titled “Impact of Affectivity and Health Anxiety on Quality of Life Among Older Adults with Chronic Pain: Mediating Role of Pain Sensitivity”
6. Presented Paper Titled “Appearance Based Rejection sensitivity and Self Esteem as Predictors of Dysmorphic Concerns among Overweight Young Adults”

2nd International Conference of Social Sciences on Contemporary World: Challenges and Transformations, 2023 (CWCT-2023) Organized by Rawalpindi Women University, Rawalpindi and Higher Education Commission, November 16, 2023

1. Presented Paper Titled “Relationship of Postpartum Depression, Mother Child Bonding, and Marital Satisfaction among New Mothers”
2. Presented Paper Titled “Parental Psychological Childhood Abuse, Emotional Regulation, and Social Anxiety among Young Adults”.
3. Presented Paper Titled “Impact of Coping Strategies and Perceived Social Support on Quality of Life and Stress among Individuals with Post Traumatic Stress Disorder Symptoms”.
4. Presented Paper Titled “Body Uneasiness and Appearance Anxiety as Predictors of Psychological Well-Being in Women with or without Cosmetic Procedures”.

5. Presented Paper Titled “Relationship between Ethical Ideology and Well-Being of Advocates: The Mediating Role of Proneness to Guilt and Shame”.
6. Presented Paper Titled “Loneliness and Family Support are Indicators of Risk Taking Behaviors among Individuals having Romantic Relationship”
7. Presented Poster Titled “Effects of Moral Injury on Psychopathology of Pakistanis Affected by War against Terror: Moderating Role of Religiosity”.

First International Conference of Positively Happy for Uniting Mental Health and Related Medical/ Allied Fields organized by Positively Happy, Lahore, March 16-17, 2023

1. Presented Paper Titled “Locus of Control as a Predictor of Assertiveness among University Undergraduates: Mediating Role of Perceived Social Support”.
2. Presented Paper Titled “Moderating Role of Social Support in Relation to Quality of Life and Behavioral Problems in Cardiovascular Patients”.

1st International Conference of Social Sciences Research (ICSSR 2023) organized by Lahore Garrison University, Lahore, January 25-26, 2023

1. Presented Paper Titled “Social Intelligence and Coping Strategies as Predictors of Job Stress Among University Employees”.
2. Presented Paper Titled “Organizational Cynicism and Work Alienation as Predictors of Counterproductive Work Behaviors in Government School Teachers”
3. Presented Paper Titled “Impact of Self-compassion and Workplace Ostracism on Emotional Exhaustion Among University Clerical Staff”.

Collaborative Partnerships in Strengthening Social Sciences: Addressing Indigenous and Global Challenges organized by Fatima Jinnah Women University, Rawalpindi under US-Pak University Partnerships Grants Program (UPGP), December 15-17, 2022

1. Presented Paper Titled “Character Strengths as Predictors of Well-being Among University Students”
2. Presented Paper Titled “Attachment Styles as Predictors of Ego Resilience and Gratitude among University Students”
3. Presented Paper Titled “Perceived Parental Rearing Behaviors as Predictors of Self Compassion and Intolerance of Uncertainty among Young Adults”
4. Presented Paper Titled “Job Crafting and Positive Psychological Capital as Predictors of Job-Related Affective Wellbeing among Teachers”

5. Presented Paper Titled “Role of Job Crafting and Psychological Capital between Autonomy and Job-Related Affective Wellbeing among Teachers: A Moderated Mediation Analysis”
6. Presented Paper Titled “Academic Motivation and Perfectionism as Predictors of Academic Procrastination among University Students”

***3rd International Conference on Educational Sciences and Research (ICESR)
Transforming Education for Future: Practice and Projections organized by
University of Sargodha, Sargodha, December 14, 2022***

1. Presented Paper Titled “Academic Motivation and Perfectionism as Predictors of Academic Procrastination among University Students”

***1st International Conference on Contemporary World: Challenges and Transformations
organized by Rawalpindi Women University, Rawalpindi and Punjab Higher Education
Commission, October 12, 2022***

1. Presented Paper Titled “Gaming Addiction as Predictor of Aggression and Academic Performance Among Young Adolescents”
2. Presented Paper Titled “Impact of Love of Money on Emotional Labor and Hedonic Behavior Among Live Video Call Streamers”

***1st National Conference of Psychology for Sustainable Community: Challenges and
Trends organized by University of Sargodha, March 19-20, 2019***

1. Presented Paper Titled “Impact of Organizational Socialization on Organizational Citizenship Behavior: Mediating Role of Knowledge Sharing and Role Clarity”
2. Presented Paper Titled “Impact of Family Functioning on Psychological Well-being of University Students: Mediating Role of Self-Esteem”
3. Presented Paper Titled “Gratitude Based Dyadic Coping: An Emerging Construct”
4. Presented Paper Titled “Association Between Daydreaming and Relationships: A Phenomenological Study”
5. Presented Paper Titled “Distress Tolerance as a Moderator between Substance Craving and Emotional Regulation among Treatment Seeking Substance Abusers”
6. Presented Paper Titled “Mediating Role of Job Burnout between Workplace Incivility and Organizational Commitment”
7. Presented Paper Titled “Emotional Stability as a Moderator between Alienation and Psychological Distress among Orphans”
8. Presented Paper Titled “Paranormal Belief as Mediator between External Locus of Control and Magical Ideation”

9. Presented Paper Titled “Gender as a Moderator between Caregiver Abuse and Social Isolation among Older Adults”
10. Presented Paper Titled “Daydreaming with Reference to Different Stages of Age: A Qualitative Study”

International Conference of Applied Psychology: Practices and Interventions organized by University of the Punjab, Lahore and Higher Education Commission, February 06-08, 2019

1. Presented Paper Titled “Impact of Self-Compassion on Anxiety: Role of Rejection Sensitivity and Emotional Intelligence”.
2. Presented Paper Titled “A Comparative Study of Developmental and Personality Factors among Murderers and their Community Controls”.
3. Presented Paper Titled “Moderating Role of Psychological Well-being in Relationship between Family Work Conflict and Depression in School Teachers of Sargodha District”.
4. Presented Paper Titled “Parental Death and its Impact on Mental Health of Adolescence”.
5. Presented Paper Titled “Marital Status as a Moderator between Negative Outcomes and Mental Well-being”.
6. Presented Paper Titled “Moderating Role of Mental Well-being Between Intimacy and Marital Satisfaction”
7. Presented Paper Titled “Mediating Role of Automatic Thoughts between Parenting Sense of Competence and Post-Partum Depression”
8. Presented Paper Titled “Mediating Role of Pride Between Core Self-Evaluations and Social Phobia in University Students”
9. Presented Paper Titled “Impact of Positive Affect on Quality of Sleep and Psychological Wellbeing: Mediating Role of Gratitude”

International Conference on Gender, Religion, and Culture in Psychology: Issues, Challenges, and Prospects organized by Government College University, Lahore/ Higher Education Commission, December 17-19, 2018

1. Presented Paper Titled “Moderating Role of Perceived Social Support between Work Family Conflict and Marital Adjustment”
2. Presented Paper Titled “Mediating Role of Cognitive Rigidity between Temperament and Social Adjustment: A Comparative Study of Teachers of Schools and Madaris”

3. Presented Paper Titled “Are Teachers of Madaris More Rigid and Less Socially Adjusted? A Comparison Between Teachers of Public Schools and Madaris”
4. Presented Paper Titled “Marital Status as a Moderator Between Negative Outcomes and Mental Wellbeing in Older Adults”
5. Presented Paper Titled “Moderating Role of Number of Children Between Successful Disengagement and Mental Wellbeing”

7th International Conference on Positive Psychology: Developing a Flourishing Community organized by National Institute of Psychology, Quaid-i-Azam University, Islamabad and Higher Education Commission, November 29-30, 2018

1. Presented Paper Titled “Mediating Mechanisms of Competence Need Satisfaction Between Self-Regulation and Quality of Life Among University Undergraduates”
2. Presented Paper Titled “Impact of Academic PsyCap on Study Engagement Among University Undergraduates: Role of Flow and Self-Handicapping Behavior”
3. Presented Poster Titled “Benefit Appraisal of the Helping Situation as Determinant of State Gratitude”
4. Presented Poster Titled “Impact of Emotional Intelligence on Quality of Life: Role of Positive Attributes”
5. Presented Poster Titled “Gender as Moderator Between Burden of Care and Mental Wellbeing”
6. Presented Poster Titled “Moderating Role of Mental Wellbeing Between Intimacy and Marital Satisfaction”
7. Presented Poster Titled “Gender as Moderator Between Parental Discipline and Personal Adjustment”
8. Presented Poster Titled “Mental Wellbeing as a Moderator Between Occupational Stress and Job Satisfaction”
9. Presented Poster Titled “Moderating Role of Perceived Social Support Between Work Family Conflict and Marital Adjustment”
10. Presented Poster Titled “Moderating Role of Education Between Successful Disengagement and Mental Wellbeing”
11. Presented Poster Titled “Moderating Role of Number of Children Between Successful Disengagement and Mental Wellbeing”

12. Presented Poster Titled “Moderating Role of Number of Children Between Successful Disengagement and Mental Wellbeing”
13. Presented Poster Titled “Moderating Role of Number of Children Between Successful Disengagement and Mental Wellbeing”
14. Presented Poster Titled “Moderating Role of Education Between Forced Disengagement and Mental Wellbeing”
15. Presented Poster Titled “Age as a Moderator Between Negative Outcomes and Mental Wellbeing”
16. Presented Poster Titled “Marital Status as a Moderator Between Negative Outcomes and Mental Wellbeing in Older Adults”
17. Presented Poster Titled “Mediating Role of Self-efficacy in the Relationship Between External Locus of Control and Procrastination”

1st International Conference on Management and Commerce Sustainable Entrepreneurship: from Knowledge to Venture organized by University of Gujrat, Gujrat and Higher Education Commission, April 04-05, 2018

1. Presented Paper Titled “Impact of Emotional Display Rules on Emotional Exhaustion: Mediating Roles of Deep and Surface Acting”.
2. Presented Paper Titled “Mediating Role of Opinion Leaders in Relationship between Surrogate Indicator and High-Quality Consciousness: Moderated by Positive Core Self-Evaluation”.
3. Presented Paper Titled “Impact of Psychological Ownership on Work Engagement and Organizational Citizenship Behavior: Role of Newcomers’ Proactive Behavior”.

International Conference on Health and Wellbeing organized by Lahore College for Women University, Lahore and Higher Education Commission, December 11-13, 2017

1. Presented Paper Titled “Mediating Role of Basic Psychological Needs Between Life Aspirations, Mental, and Physical Health Among University Students”.
2. Presented Paper Titled “Psychological Wellbeing as a Moderator in Relationship Between Marital Satisfaction and Depression”.
3. Presented Poster Titled “Mediating Role of Performance Failure Appraisal Between Impulse Control and Active Procrastination Among University Students”.

International Conference on Health Psychology organized by Government College University, Lahore and Higher Education Commission, April 26-28, 2017

1. Presented Paper Titled “Impact of Perceived Authentic Leadership on Burnout in University Teachers: Mediating Role of Promotive and Preventative Psychological Ownership”.
2. Presented Paper Titled “Impact of Self-compassion on Depression: Role of Rejection Sensitivity and Emotional Intelligence”.
3. Presented Paper Titled “Impact of Existential Loneliness and Existential Anxiety on Happiness: Moderating Role of Religiosity and Gender”.
4. Presented Paper Titled “Impact of Life aspirations on Physical Health and Quality of Life: Mediating Role of Basic Psychological Needs”.
5. Presented Paper Titled “External Locus of Control as a Moderator Between Depression and Marital Satisfaction”.
6. Presented Poster Titled “Impact of Parental Rejection on Social Phobia: Role of Pride”.

6th International Conference on Psychology of Gender in Perspective: Issues and Challenges organized by National Institute of Psychology, Quaid-i-Azam University, Islamabad and Higher Education Commission, December 1-2, 2016

1. Presented Paper Titled “Moderating Role of Gender in the Relationship of Adaptive and Maladaptive Sense of Humor with Perceived Stress Among Undergraduate Medical Students.
2. Presented Poster Titled “Moderating Role of Rejection Sensitivity Between Self-compassion and Depression: Looking Through Gender Lens”
3. Presented Poster Titled “Looking Through Gender Lens on Mediating Role of Emotional Labor Strategies Between Perceived Display Rule Demands and Job Satisfaction”
4. Presented Poster Titled “Impact of Love Styles and Conflict Management Strategies on Relationship Satisfaction: An Examination of Gender Differences”
5. Presented Poster Titled “Impact of Flattery and Gender on Helping Behavior Among University Students”
6. Presented Poster Titled “Basic Psychological Needs as Mediators Between Self-regulation and Mental Health: Moderating Role of Gender”
7. Presented Poster Titled “Mediating Role of Performance Failure Appraisal Between Impulse Control and Active Procrastination: A Gendered Perspective”

1st International Conference “Bridging the Gap through 5Es—Education, Equity, Entrepreneurship, Employability, & Empowerment” Organized by Department of Education, University of Sargodha, October 25-26, 2016

Attended the conference as participant.

14th International Conference of Psychology “The Current Challenges for Psychology: From Crises to Sustainable Solutions” Organized by Institute of Applied Psychology, University of the Punjab, Lahore, February 26-28, 2015

1. Presented paper titled “Role of Psychological Ownership and Psychological Capital in the Relationship Between Authentic Leadership and Burnout Among University Teachers”
2. Presented paper titled “Role of Mindfulness and Psychological Wellbeing in the Relationship Between External Locus of Control and Depression”
3. Presented Poster titled “Relationship Between Components of Self-consciousness and Decision- Making Styles Among University Students”.
4. Presented Poster titled “Impact of Sense of Humor on Perceived Stress Among Undergraduate Medical Students: A Gendered Perspective”.

5th International Conference on Educational Psychology Organized by National Institute of Psychology, Quaid-i-Azam University, Islamabad, November 13, 2014

1. Presented paper titled “Role of Psychological Capital and Work Engagement in the Relationship Between Authentic Leadership and Affective Wellbeing Among University Teachers”
2. Presented poster titled “Impact of Job Burnout on counterproductive Work Behaviors Among High School Teachers”.

International Conference on Social Psychology Organized by Department of Psychology, Government College University, Lahore, May 21-22, 2014

1. Presented paper titled “Role of Psychological Wellbeing & Mindfulness Between Internal Locus of Control and Marital Satisfaction: A Moderated Mediation Model”

13th International Conference of Applied Psychology: Psychology and Challenges of Modern World Organized by Department of Applied Psychology, University of the Punjab, Lahore, December 17-18, 2012

1. Presented paper titled “Impact of Display Rule Demands, Emotional Events at Work, and Emotional Labor on Employees’ Job Satisfaction”
2. Presented paper titled “Role of Trust in Marital Satisfaction Among Single and Dual Career Couples”

4th International Conference on Industrial and Organizational Psychology: Trends, Challenges, and Applications Organized by National Institute of Psychology, Quaid-i-Azam University, Islamabad, April 19, 2012

1. Presented paper titled “Role of Display Rules and Affective Traits in Emotional Exhaustion Among Customer Services Representatives”

National Conference on Research in Psychology: Indigenous and Cultural Context Organized by National Institute of Psychology, Quaid-i-Azam University, Islamabad, October 14, 2010

Member Organizing Committee

International Conference on Developmental Psychopathology: Prevalence, Management, & Prevention Organized by National Institute of Psychology, Quaid-i-Azam University, Islamabad, October 13-15, 2009

Attended the conference as participant.

Research Projects

1. Co-principal Investigator in Cross-cultural Individual, Relational, and Community Stressors in the Face of the COVID-19 Pandemic: A Qualitative Study (June 2020-December 2022). Principal Investigator: Claudia Chiarolanza, Sapienza-University of Rome Italy.
2. Co-principal Investigator in Perception of Individual, Relational, and Systematic Stress for Individual around the World living through COVID-19 Pandemic (July 2020-August 2021). Principal Investigator: Ashley K. Randall, Arizona State University, USA.
3. Co-principal Investigator in Translation of the Dyadic Coping Inventory (DCI) into Urdu: Psychometric Properties and Validity for Use of the DCI in Pakistan (April 2019-September 2020). Consultant: Guy Bodenmann, Psychologisches Institut, Universität Zürich, Germany.

Invited Speaker/Resource Person in Conferences/Seminars/Workshops

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|---------------|---|
| 16 May 2024 | One-day Workshop on Sample Size Estimation: Theory and Practice. Government College University, Faisalabad. |
| 04 March 2024 | Chaired the Scientific Session Titled Nurturing Psychosocial Well-being for Good Health: Insights from Diverse Studies at the 2 nd National Conference of Psychology for Sustainable Community: Challenges and Trends organized by University of Sargodha. |

- 03 January 2024 Guest Speaker on “Cyber Security Seminar” organized by Department of Computer Sciences, Government College Women University, Sialkot
- 24 November 2023 Delivered Keynote Speech on the Topic “The Inner Workings: Psychological Sustenance of Violence Against Women” at the 2nd International Symposium “Invest to Prevent Violence Against Women and Girls” organized by the Department of Sociology, Government College Women University, Sialkot
- 16 November 2023 Delivered Keynote Speech on the Topic “Embracing Ubuntu as a Vital Imperative: A Journey to Revive Care and Compassion Within Organizations” at 2nd International Conference of Social Sciences on Contemporary World: Challenges and Transformations, 2023 (CWCT-2023) Organized by Rawalpindi Women University, Rawalpindi and Higher Education Commission, Pakistan
- 26 November 2023 Chaired the 3rd Scientific Session at the 14th International Conference under the Theme “The Social Responsibility of Psychologists for National Solidarity of Pakistan” Organized by Pakistan Psychological Association.
- 07 September 2022 1-Day Workshop on Modeling Through PROCESS Macro. Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan.
- 20-21 October 2021 2-Day Workshop on Advance Data Analysis Techniques (Structural Equation Modeling). Department of Education, University of Sargodha, Sargodha, Pakistan.
- January 21, 2021 Workshop/Webinar on Power Analysis and Determining the Appropriate Sample Size: A Hands-on Experience. Institute of Applied Psychology, University of the Punjab, Lahore.
- December 17, 2018 1-Day Workshop on Interaction, Moderation, and Mediation: Definitions, Discrimination, and Conditional Effects for the Faculty and Research Scholars of Department of Psychology, University of Sargodha.

December 02, 2017	1-Day Extensive Training Workshop on Exploratory Factor Analysis for the Faculty of Department of Psychology, University of Lahore, Sargodha Campus.
August 2017	2-Day Extensive Training Workshop for Combat Efficiency Tests for Military Personnel.
16-17 March 2016	2-Day Workshop on Exploratory Factor Analysis and Logistic Regression for the Faculty of Social and Behavioral Sciences, University of Sargodha, Sargodha
September 2009	Seminar on Emotional Intelligence in Everyday Life Organized by Muhammad Ali Jinnah University, Islamabad
October 2007	2-Day Workshop on Data Analysis Through SPSS by Department of Psychology, University of Sargodha, Sargodha.

Research Work Supervised

MSc Research Theses

1. Ghayas, S. (2004). Effect of handedness on intelligence level of students (Unpublished master's thesis). Department of Psychology, University of Sargodha, Sargodha.
2. Umbreen, I. (2004). Prevalence of thought, perception, and motor disturbances in schizophrenics (Unpublished master's thesis). Department of Psychology, University of Sargodha, Sargodha.
3. Raza, S. (2004). Effects of parental death and gender of adolescents on their psychosocial functioning (Unpublished master's thesis) Department of Psychology, University of Sargodha, Sargodha.
4. Ashraf, Z. (2004). Attitude of people towards women's rights violation. (Unpublished master's thesis) Department of Psychology, University of Sargodha, Sargodha.
5. Sadia, H. (2004). Motivation and job satisfaction among government and non-government teaching professionals with respect to job experience (Unpublished master's thesis). Department of Psychology, University of Sargodha, Sargodha.
6. Ali, A. (2004). Level of anxiety in men and women of different age groups (Unpublished master's thesis). Department of Psychology, University of Sargodha, Sargodha.
7. Niazi, S. (2004). Relationship between panic attack and aggression with respect to age and gender (Unpublished master's thesis). Department of Psychology, University of Sargodha, Sargodha.

8. Zafar, A. (2005). Recognition of facial expressions with respect to age and gender (Unpublished master's thesis). Department of Psychology, University of Sargodha, Sargodha.
9. Akhlaq, A. (2006). Relationship between emotional intelligence and personality with respect to occupation and gender (Unpublished master's thesis). Department of Psychology, University of Sargodha, Sargodha.
10. Gulzar, S. (2006). Impact of flattery and gender on helping behavior (Unpublished master's thesis). Department of Psychology, University of Sargodha, Sargodha.
11. Hadi, R. (2009). Comparative study of management with reference to job characteristics and their outcomes in public and private banking sectors (Unpublished master's thesis). Department of Behavioral Science, Fatima Jinnah Women University, Rawalpindi.
12. Younas, F. (2009). Role of personal and situational factors in ingratiation at workplace (Unpublished master's thesis). Department of Behavioral Science, Fatima Jinnah Women University, Rawalpindi.
13. Javed, S. (2010). Relationship between work motivation and organizational citizenship behavior (Unpublished master's thesis). Department of Behavioral Science, Fatima Jinnah Women University, Rawalpindi.
14. Siddique, H. (2010). Relationship among perceived organizational support, work-family conflict, and job performance (Unpublished master's thesis). Department of Behavioral Science, Fatima Jinnah Women University, Rawalpindi.
15. Anwaar, T. (2010). Social adjustment of hearing-impaired children with normal and hearing-impaired siblings (Unpublished master's thesis). Department of Behavioral Science, Fatima Jinnah Women University, Rawalpindi.
16. Akram, A. (2010). Relationship between behavioral problems and psychological well-being in navy personnel experiencing war against terrorism (Unpublished master's thesis). Department of Behavioral Science, Fatima Jinnah Women University, Rawalpindi.
17. Akhtar, N. (2010). Comparative study of mathematical ability of sixth grade Pakistani and American students (Unpublished master's thesis). Department of Behavioral Science, Fatima Jinnah Women University, Rawalpindi.
18. Munir, S. (2021). Impact of sexual harassment on women's job related and psychological outcomes: Role of job gender context and harassment coping styles. (Unpublished master's Thesis). Department of Psychology, University of Sargodha.

BS Research Theses

1. Abbas, K. (2015). Role of emotional intelligence and rejection sensitivity in the relationship of self-compassion and mental health among university students (Unpublished BS thesis). Department of Psychology, University of Sargodha, Sargodha.
2. Tariq, M. (2015). Impact of love styles on interpersonal conflict management strategies and relationship satisfaction among university students (Unpublished BS thesis). Department of Psychology, University of Sargodha, Sargodha.
3. Shehzad, A. (2015). Role of personal and developmental factors in relationship of procrastination with academic coping strategies and performance failure appraisal among university students (Unpublished BS thesis). Department of Psychology, University of Sargodha, Sargodha.
4. Zia, S. (2016). Impact of parental rejection, core self-evaluations, and pride on mental health of students. (Unpublished BS thesis). Department of Psychology, University of Sargodha, Sargodha.
5. Kazim, M. (2016). Impact of existential conflicts on wellbeing of students. (Unpublished BS thesis). Department of Psychology, University of Sargodha, Sargodha.
6. Haider, A. (2016). Role of basic psychological needs in the relationships of causality orientations, self-regulations, and aspirations on psychological and physical health of students. (Unpublished BS thesis). Department of Psychology, University of Sargodha, Sargodha.
7. Maqsood, S. (2019). Impact of attachment styles on gratitude based dyadic coping and relationship satisfaction among married couples. (Unpublished BS Thesis). Department of Psychology, University of Sargodha, Sargodha.
8. Naseer, R. (2019). Affectivity as predictor of gratitude based dyadic coping and relationship commitment among married couples. (Unpublished BS Thesis). Department of Psychology, University of Sargodha, Sargodha.
9. Noreen, R. (2020). Impact of attachment styles and Stockholm syndrome on relationship satisfaction among married and dating women: Role of entrapment. (Unpublished BS Thesis). Department of Psychology, University of Sargodha, Sargodha.
10. Fayyaz, H. (2020). Effect of metastereotypes and conflict experience on supervisor-supervisee relationship among university students: Role of fear of negative evaluation and teacher's pet phenomenon. (Unpublished BS Thesis). Department of Psychology, University of Sargodha.

11. Qamar, S. (2021). Impact of IPV, learned helplessness, and Stockholm syndrome on relationship satisfaction among married and dating women. (Unpublished BS Thesis). Department of Psychology, University of Sargodha.
12. Nisar, S. (2021). Impact of career resources on wellbeing and academic performance of university undergraduates. (Unpublished BS Thesis). Department of Psychology, University of Sargodha.
13. Arshal, S. (2021). Impact of career supportive parenting and psychological capital on study engagement among university students. (Unpublished BS Thesis). Department of Psychology, University of Sargodha.
14. Altaf, M. (2021). Effects of attachment to God, internal dialogue, and prayers on psychospiritual wellbeing of young adults. (Unpublished BS Thesis). Department of Psychology, University of Sargodha.
15. Khan, M. (2021). Impact of religious struggle, locus of control, PsyCap, and coping on quality of life of cancer patients. (Unpublished BS Thesis). Department of Psychology, University of Sargodha.
16. Athar, H. (2023). Affectivity and wisdom as predictors of flourishing among adults. (Unpublished BS Thesis). Department of Psychology, University of Sargodha.
17. Batool, K. (2023). Cognitive flexibility and wisdom as predictors of resilience among adults. (Unpublished BS Thesis). Department of Psychology, University of Sargodha.
18. Sultan, A. (2023). Ecopsychological self and wisdom as predictors of self-transcendence among adults. (Unpublished BS Thesis). Department of Psychology, University of Sargodha.
19. Latif, A. (2023). Intellectual humility and wisdom as predictors of gratitude among adults. (Unpublished BS Thesis). Department of Psychology, University of Sargodha.

ADCP/MPhil/MS Dissertations

1. Niazi, S. (2013). Mindfulness as mediator, locus of control as moderator of relationship between wellbeing and marital satisfaction (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.
2. Akhlaq, A. (2013). Antecedents and consequences of knowledge hiding in organizations (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.
3. Qurat-ul-Ain, Z. (2015). Comparative analysis of developmental, personality, and cognitive characteristics of murderers and community control. (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.

4. Nazir, S. (2015). Role of organizational culture and spiritual intelligence in relationship between personal values and work outcomes. (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.
5. Jabeen, N. (2016). Role of core beliefs and flow in the relationship of mental toughness and behavioral systems with mental health. (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.
6. Saleem, S. (2016). Impact of psychological resources on knowledge hiding and its outcomes: Role of authentic leadership and organizational culture. (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.
7. Tariq, S. (2016). Antecedents and consequences of mental rigidity among teachers of madrasas and public schools. (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.
8. Asmara, Y. (2016). Impact of core self-evaluations, temperament, and mindfulness on ego depletion and its outcomes. (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.
9. Arooj, M. (2016). Impact of personality on consumer decision making, brand equity, and post purchase dissonance. (Unpublished MS thesis). Department of Psychology, University of Sargodha, Sargodha.
10. Ameen, N. (2016). Impact of social disconnectedness and self-esteem on psychological well-being of retired college teachers. (Unpublished MPhil thesis). Department of Psychology, Faisalabad Women Campus, University of Sargodha, Sargodha.
11. Anjad, A. (2017). Antecedents and outcomes of selfie disorder among university students. (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.
12. Tasneem, I. (2017). Personal dispositions as predictors of stress appraisal, antisocial tendencies and coping among adults: Role of risk-taking behavior and sensation seeking. (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.
13. Kausar, S. (2017). Antecedent and consequences of organizational socialization. Role of newcomer's proactive behavior and leader member exchange relationship. (Unpublished MS thesis). Department of Psychology, University of Sargodha, Sargodha.
14. Omama, S. (2018). Construction and validation of Temperance Scale. (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.

15. Fatima, M. (2018). Correlates of K factor. (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.
16. Shahbaz, R. (2018). Cognitive and relational precursors of post-partum depression. (Unpublished MPhil thesis). Department of Psychology, University of Sargodha, Sargodha.
17. Tariq, M. (2019). Antecedents and consequences of gratitude among young adults. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha, Sargodha.
18. Aslam, A. (2019). The preferred characteristics in mate selection from perspective of individual and in-laws. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha, Sargodha.
19. Qamar, I. (2019). Predictors and consequences of scrupulosity among OCD patients. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha, Sargodha.
20. Khizar, A. (2019). Relationship between emotional dysregulation and cognitive distortions among drug addicts. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha, Sargodha.
21. Naqvi, F. (2021). Psychosocial correlates of quality of life among adolescent girls and women with polycystic ovaries syndrome (PCOS). (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha, Sargodha.
22. Usamma, M. (2021). Development and validation of Tawakul Scale. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha.
23. Safia, S. (2021). Development and validation of Schadenfreude Scale. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha.
24. Shehzad, N. (2021). Development and validation of Religious Sectarian Intolerance Scale for Muslim adults. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha.
25. Tariq, A. (2021). Affectivity and fear of progression as predictors of quality of life among chronically ill patients with physical ailments: Role of health anxiety. (Unpublished ADCP Thesis). Department of Psychology, University of Sargodha.
26. Nawaz, M. (2021). Stress of conscience as predictor of guilt and emotional exhaustion among medical doctors: Role of professionalism and perceived social support. (Unpublished ADCP Thesis). Department of Psychology, University of Sargodha.

27. Pervez, T. (2021). Impact of affectivity and health anxiety on pain sensitivity and quality of life among older adults: Role of metacognition. (Unpublished ADCP Thesis). Department of Psychology, University of Sargodha.
28. Rana, A. (2022). Impact of early maladaptive schemas, attachment, and temperament on psychopathology and interpersonal problems: Role of coping among married couples. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha.
29. Saleemi, A. (2022). Psychological capital and proactive work behaviors as predictors of work engagement and job performance: Role of playful work design. Unpublished MS Thesis). Department of Psychology, University of Sargodha.
30. Latif, M. (2022). Impact of direction of comparison and instrumentality of giving on prosocial behavior among university students. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha.
31. Sarfraz, A. (2022). Impact of temperament and behavioral immune system on preventive health behaviors and quality of life amidst COVID-19: Role of resilience. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha.
32. Maqsood, R. (2022). Impact of personality and attachment styles on mate selection and well-being among young adults: Role of filial piety, psychological needs, and resources. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha.
33. Haider, A. (2022). Ostracism, partner violence, and causality attribution as predictors of relational and psychological well-being among married couples: Role of coping mechanisms. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha.
34. Kainat (2022). Predictors, motives, and consequences of sexting among university students. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha.
35. Batool, I. (2024). Effects of spiritual leadership and workplace spirituality on work behaviors and attitude among excise employees: Role of need satisfaction and organizational culture. (Unpublished MS Thesis). Department of Psychology, University of Sargodha.
36. Bakht, N. (2024). Antecedents and consequences of objectified body consciousness among adolescents and young adults. (Unpublished MS Thesis). Department of Psychology, University of Sargodha.

37. Arif, N. (2024). Amigeist: Measurements, antecedents, and outcomes among individuals in romantic relationship. (Unpublished MPhil Thesis). Department of Psychology, University of Sargodha.
38. Iftikhar, S. (2024). Effects of parental values and styles on parent-child relationship and mental health of adolescents: Role of parenting by lying. (Unpublished MS Thesis). Department of Psychology, Government College Women University, Sialkot.
39. Areej, A. (2024). Cyberchondria across health states: Predictors and consequences in physically ill and healthy adults. (Unpublished MS Thesis). Department of Psychology, Government College Women University, Sialkot.
40. Sajid, A. (2024). Predictors and consequences of nomophobia among young adults. (Unpublished MS Thesis). Department of Psychology, Government College Women University, Sialkot.
41. Asif, A. (2024). A comparative study of psychosocial challenges experienced by left-behind wives in Pakistan. (Unpublished MS Thesis). Department of Psychology, Government College Women University, Sialkot.
42. Javed, Z. (2024). Predictors and consequences of breadcrumbing among young dating adults. (Unpublished MS Thesis). Department of Psychology, Government College Women University, Sialkot.
43. Mirza, H. (2024). Social dynamics and cognitive profiles: A comparative study of autistic children, adolescents, and community controls. (Unpublished MS Thesis). Department of Psychology, Government College Women University, Sialkot.

PhD Dissertations

1. Niazi, S. (2020). Impact of executive functioning and successful intelligence on academic achievement: Role of cognitive affective processing unit. (Unpublished Doctoral Dissertation). Department of Psychology, University of Sargodha, Sargodha.
2. Khan, A. (2021). Indicators of successful aging among healthy and unhealthy old adults: Role of expressed emotions and coping. (Unpublished Doctoral Dissertation). Department of Psychology, University of Sargodha, Sargodha.

PhD Dissertations Under Supervision

1. Yousaf, A. Ikhlas and ghina: Measurement, antecedents, and consequences among Muslim adults. Department of Psychology, University of Sargodha, Sargodha.
2. Tahir, W. Dua: Measurement, antecedents, and consequences among Muslim adults. Department of Psychology, University of Sargodha, Sargodha.

Courses Taught

Test Adaptation and Construction (PhD), Data Analysis (PhD), Advanced Statistics and Computers (MPhil, MS), Consumer Behavior and Marketing Strategy (MPhil, MS), Developmental Psychopathology (MPhil), Advance Research Methods (ADCP), Child Development and Psychopathology (ADCP), Psychology of Advertising and Marketing Research (BS), Fundamental Statistics (MSc and BS), Applied Statistics (MSc and BS), Human Resource Management (MSc, MS), Cognitive and Experimental Psychology (MSc, BS), Forensic Psychology (MSc), Neurological Bases of Behavior (MSc).

Areas of Interest

Industrial/Organizational Psychology, Emotions at Work, Positive Organizational Behavior, Cognitive Psychology, Psychology of Religion, Developmental Psychopathology, Advance Data Analyses, and Psychometrics.

Skills

Data Analyses: Expertise in IBMSPPSS and Amos.

Cognitive and Experimental Psychology: Expertise in Presentation®

MS Office 2019, MS Edge, Mozilla Firefox, MS Windows

Professional Services and Affiliations

Consulting Editor *Pakistan Journal of Psychological Research*.

Consulting Editor *Journal of Behavioral Sciences*.

Consulting Editor *Applied Psychology Review*

Consulting Editor *Pakistan Journal of Applied Psychology*

Reviewer of Numerous Journals of International Repute including *Journal of Religion and Health*, *Frontiers in Psychology*, *Current Psychology*, *BMC Psychology*, *Journal of Pacific Rim Psychology*, *PsyCh Journal*

Member American Psychological Association

Distinctions

Hifz- e-Quran.

HEC Approved Supervisor

Best Researcher Award (2023-24), Government College Women University, Sialkot

Merit Scholarship winner in M. Phil, Masters, Inter, Matriculation, Middle and Primary School Examinations.

Winner of the Indigenous PhD Fellowship by the HEC (Batch III)

Silver Medalist in M. Phil and M.Sc.

6 Academic Excellence Achievement Awards from National Institute of Psychology,

Islamabad.

Best Teacher Award for the Faculty of Arts and Social Sciences (2005- 06), University of Sargodha.

References

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