Resume

Full Name: Dr. Salbia Abbas

Email: salbia.abbas@gcwus.edu.pk

salbia.abbas1992@gmail.com

Scholar ID: https://scholar.google.com/citations?user=PSkGVj8AAAAJ&hl=en

Researcher ID: https://www.researchgate.net/profile/Salbia-Abbas

ORCID: https://orcid.org/0000-0003-4524-3447

Professional Experience:

- Associate Lecturer (BPS-17) 2016 till date, Department of Psychology, GC Women University Sialkot
- Deputy Director Student Affairs (BPS-18, Additional Charge) 2022 till date, GC Women University Sialkot
- Lecturer (Contract 2015-2016), Department of Psychology, GC Women University Sialkot.
- College Teaching Internee (2013-2015), Department of Psychology, Govt. Post Graduate College Sialkot.
- Clinical Internship (2011-2013) Govt. Allama Iqbal Memorial Teaching Hospital Sialkot.

Administrative Experience

- Deputy Director ORIC (2024 till date) GC Women University Sialkot
- Deputy Director Student Affairs (2024 till date) GC Women University Sialkot

- Self-Support Degree Program Coordinator, Department of Psychology, GCWUS. (Since 2019 till date)
- Intermediate Coordinator (2021-2022)
- Incharge Social Work Society 2019- onwards

Qualification

- PhD (Neuropsychology), Department of Psychology (Batch, Fall-2022 to Fall-2025) University of Gujrat.
- M.phil in Psychology, NCBA&E Lahore metropolitan University, Lahore.(2014-2016)
- MSc. Applied Psychology, University of Punjab (2011-2013)
- Advance Diploma in Clinical Psychology Skill Based, Pakistan Council. (2015-2016)
- Bachelors of Arts, Govt. Post graduate College(PU)
- FSc. Pre medical, Govt. Allama Iqbal College for women Sialkot.
- Metric (Science group), Govt. Islamia Girls high School Sialkot.

Honors and Awards

- Best Researcher Award in Young Researcher Category (2023) GC women University Sialkot.
- Certificate of Excellence & Shield in MSc Applied Psychology | Govt. Murray College Sialkot | 2014
- Certificate of excellence for Conducting Online Session on Mental Health Awareness during the Pandemic (Covid-19) | University of Management and Technology, Sialkot, Pakistan | July 2020
- Shield as Jury Member for Statistical Project Exhibition | University of Management and Technology, Sialkot City Campus, Pakistan | March 2020

- Shield from Sports Department for Organizing Sports Gala | Govt. College Women University Sialkot | October 2021
- Shield as Jury for Poster Exhibition | University of Management and Technology, Sialkot City Campus, Pakistan | 2021
- 6-Hour Successful Completion Certificate on Ethics and Governance | PILL in collaboration with Manchester Global Foundation, UK | May 2021
- Excellence Certificate in Gender Inclusivity in Peace Building (Micro Diploma Course) | United States of Peace | September 2021
- Diploma in Psychology (Revised 2017) | International by Alison Morrison | March 2021
- Scholarship for Diploma Program in Research Projects | Clinieria Research Association | 2021
- Shield for Organizing Annual Sports Gala | Govt. College Women University Sialkot | 2022

Research Publications

2026

1. Amna Akram, Kinza Riaz, Prakash K. Singh, Safwan Abdul Rahim, Aseel Smerat, **Salbia Abbas (2026)** From Ethical Principles to Auditable Systems: A RegulatoryOperational Assurance Framework for Trustworthy HealthcareAI International Journal of Drug Delivery technology 16 (23), 23-36.
2. **Dr. Salbia Abbas,** Dr. Muhammad Umair Ashraf, Amra Shahzadi, Amina Khalid (2026). Exploring the Influence of Socioeconomic Status on Cognitions, Emotions, and Behavioral Patterns of Paramedical Staff. ACADEMIA International Journal for Social Sciences 5 (03), 89-102
3. Dr. Muhammad Umair Ashraf, **Salbia Abbas,** Hira Sharief (2026). Relationship among Social Media Use, Socio Cultural Norms and Physical Appearance Concerns in Young Female Adults: Role of Digital Media Beauty Standards ACADEMIA International Journal for Social Sciences**.**

2025

4. **Salbia Abbas &** Rimal malik (2024, October 18). Examining expressions of love: A qualitative analysis of emotional dynamics between adult men and women in Sialkot, with a focus on Asian cultural contexts. *International Journal of Politics Social Sciences Review, 3*(III), 100–103.
5. **Salbia Abbas &** Dr. Muhammad Umair Ashraf**.** (2025, January 1). Role of mental health (short-term psychological disorders) in psychological well-being and satisfaction with life among persons suffering from tachycardia. *Journal of Social Signs Review Online, 3*(1), 1–16.
6. **Salbia Abbas&** Dr. Muhammad Umair Ashraf (2025). Development and validation of the incentive-based behavior and assessment scale (IBBAS). *Journal of Social & Organizational Matters, 4*(1), 391–417.
7. **Salbia Abbas.,** Shahzad, A., Shahid, E., & Basharat, A. (2025, January 3). Parenting styles and peer pressure in relation to academic performance among adolescents. *Research Journal of Psychology, 3*(1), 23–32.
8. Mujitaba, A., Riaz**,** A., **Salbia Abbas,** & Asif, A**.** (2025, January 21). The mediating role of negative core beliefs in parental acceptance rejection and cognitive distortion among young adults. *Journal of Social Sciences Research & Policy, 3*(1), 40–63.
9. **Salbia Abbas**., Saleem, A., Qaiser, N., & Islam, A. (2025, March 1). The impact of resilience and self-compassion on the psychological well-being of government school teachers in Sialkot. *ACADEMIA International Journal for Social Sciences, 4*(1), 527–538.
10. **Salbia Abbas** & Naz, I. (2025, March 1). Role of social support, psychological well-being and satisfaction of life among patients suffering from neuro-traumatic diseases. *ACADEMIA International Journal for Social Sciences, 4*(1), 1161–1178.
11. **Salbia Abbas,** Nadeem, K., Nadeem, U., & Sharif, A. (2025, March 30). Analysis of the relationship among dispositional mindfulness, creativity, and grit: The role of emotional intelligence in university students.

Research Journal for Social Affairs, 3(2), 503–508.

12. **Salbia Abbas.,** Ilyas, K., Waseeq, L., Haider, M., & Shakeel, E**.** (2025, May 20). Analysis of the role of social support, psychological well-being and quality of life among female experiencing dysmenorrhea. *Journal of Social Sciences Research & Policy, 3*(2), 66–77.
13. **Salbia Abbas,** Nasir, Z., Asghar, A., & Shamas, R. (2025, May 30). Hormonal changes, mood disturbances, and sleep: Understanding the triad in menopausal women. *Research Journal for Social Affairs, 3*(3), 427–438.
14. **Salbia Abbas,** Ghaffar, R., & Abid, A. (2025, June 1). Exploring the relationship between climate anxiety and solastalgia among university students in Pakistan: A study of environmental distress and psychological well-being. *Journal of Asian Development Studies, 14*(2), 440–452.
15. **Salbia Abbas,** Naz, I., & Farooq, U. (2025, July 17). Effectiveness of mindfulness-based cognitive behavioral therapy on mental health and coping in patients with neurodegenerative diseases: A pre-post intervention study. *ASSAJ, 4*(1), 977–997. https://doi.org/10.55966/assaj.2025.4.1.067
16. **Salbia Abbas,** Qudrat, E., Faisal, S., Fatima, R., & Qasim, M. **(**2025, July 19). Analysis of the impact of parental acceptance, rejection, emotional regulation, and coping strategies on students. *ACADEMIA International Journal for Social Sciences, 4*(3), 1139–1165.

2024

17. **Salbia Abbas**, Fajar Sattar, Kaneez Rubab, Noor Ul Ain Fatima. *Influence of Pakistani Dramas on the Mental Health, Quality of Life, and Psychological Well-Being among Female University Students.* **Quantic Journal of Social Sciences and Humanities** (Y).
18. **Salbia Abbas**, Momina Sajad, Noor Zaheer. *Association between Financial Crisis and Depression among Primary Caregivers of Visually Impaired Children.* **Journal of Social Sciences and Humanities** (Y).

19. **Salbia Abbas**, Ayesha Sohail, Afifa Fatima. *The Relationship among Resilience, Social Support, and Subjective Well-Being Among Individuals with Mild Sensory Impairment.* **Journal of Social Research Development** (Y).
20. **Salbia Abbas**, Maryam Tariq, Zainab Amin, Syeda Muqadas Ijaz. *Analysis of Nexus Among Socioeconomic Status, Happiness, Gratitude, and Psychological Well-Being in Adults.* **Pakistan Journal of Humanities and Social Sciences** (Y).
21. **Salbia Abbas**, Mafia Razzaq, Maham Shamshaad, Sadia Saeed. *Navigating the Nexus: Understanding Socio-Economic Status, Social Isolation, and Depression among Primary Caregivers of Individuals with Physical Disabilities.* **Pakistan Journal of Humanities and Social Sciences** (Y).
22. **Salbia Abbas**, Mariam Tariq, Zainab Yaseen, Muqadas Shahzad. *Adolescent Quality of Life: Unraveling the Impact of Social Skills and Perceived Social Support.* **Pakistan Journal of Humanities** (Y).
23. **Salbia Abbas**, Saima Arzeen, Sana Nauman, Muttahid Shah. *Analysis of the Influence of Domestic Violence Severity on the Emotional States of Non-Working Women in Sialkot.* **Qlantic Journal of Social Sciences and Humanities** (Y).
24. Arza Nawaz, Ather Mujitaba, Humna Batool, **Salbia Abbas** (2024). *The Nexus of Family Influence, Academic Satisfaction, and Career Adaptability: The Mediating Role of Academic Satisfaction.* International Journal of Social Sciences Bulletin, Volume 2, Issue 4, ISSN: (E) 3007-1917, (P) 3007-190.
25. **Salbia Abbas**, Rimal Malik (2024). *Examining Expressions of Love: A Qualitative Analysis of Emotional Dynamics between Adult Men and Women in Sialkot, with a Focus on Asian Cultural Contexts.* International Journal of Politics & Social Sciences Review.
26. **Salbia Abbas**, Sehar Ishaq**,** Rukhsar Shafique**,** Safwa Batool (2024). *Navigating Mental Health Complexities: The Interplay of Depression, Self-esteem, Literacy, and Gender.* IUB Journal of Social Sciences, 5(2): 272-281. DOI: 10.52461/ijoss.v5i2.2462.

2023

27. Rameez Ali, Mahesir, Dr. Muhammad Latif, **Salbia Abbas**, Rao Muhammad, Vantrigilio. *Newspaper Reporting on Suicide During COVID-19 Lockdown in Pakistan: A Content Analysis.* **Psychiatria Danubina** (Scopus Indexed).
28. **Salbia Abbas**, Sehar Ishaq, Rukhsar Shafique, Safwa Batool. *Navigating Mental Health Complexities: The Interplay of Depression, Self-Esteem, Literacy, and Gender*. **IUB Journal of Social Sciences**, 5(2): 272–281. DOI: 10.52461/ijoss.v5i2.2462 (Y).
29. **Salbia Abbas**, Wajeeha Chaudhary, Aqsa Khalil. *Unveiling the Link Between Perceived Social Support and Psychological Well-Being: A Study on Satisfaction with Life Among Cardiovascular Patients.* **Qlantic Journal of Social Sciences and Humanities**, 4(4): 211–219. DOI: 10.55737/qjssh.535930108 (Y).
30. **Salbia Abbas**, Dr. Iram Naz, Momina Sajjad, Khansa Zarar. *Exploring the Nexus of Social Stigma, Perceived Social Support, and Life Satisfaction Among Women Facing Delayed Conception.* **Qlantic Journal of Social Sciences and Humanities**, 4(3): 389–399. DOI: 10.55737/qjssh.712984632 (Y).
31. Rameez Ali, Dastagir Ali Chandio, Dr. Muhammad Latif, **Salbia Abbas**, Taha Shabbir. *Demography and Risk Factors of Suicide Deaths in Pakistan: A Twelve-Month Content Analysis Study.* **Asian Journal of Psychiatry**, 80. DOI: 10.1016/j.ajp.2022.103364 (W).
32. **Salbia Abbas**, Zoha Batool, Minahil Ashraf (2023). *Exploring the Nexus of Domestic Violence: Impact on Married Women's Physical Health, Psychological Distress, and Magnitude of Abuse.* Pakistan Journal of Humanities and Social Sciences, 11(3), 3287–3296. DOI: 10.52131/pjhss.2023.1103.0612
33. **Salbia Abbas**, Safwa Batool, Dr. Muhammad Latif (2023). *An Empirical Investigation of Association Among Emotional States, Quality of Life, and Satisfaction with Life in Type-I and Type-II Diabetics.* Journal of Pakistan Society of Internal Medicine, 4(3), 246-249.

34. **Salbia Abbas**, Tayaba Dar, Nadia Mir, Hajra Bibi, Hurmat Shakeel (2023). *Emotional Lability and Perceived Social Support in Association with Psychological Well-Being Among University Students: An Exploratory Analysis.* The Therapist, 4(2). DOI: 10.54393/tt.v4i02.133
35. **Salbia Abbas**, Dr. Muhammad Umair Ashraf, Rimsha Chaudhary (2023). *Frequency of Self-Acceptance Level and Depression in Association with Death Anxiety Among Patients Suffering from Hepatitis C.* Pakistan Journal of Health Sciences, 4(6), 300-305. DOI: 10.54393/pjhs.v4i06.900

2022

36. **Salbia Abbas**, Rabia Hanif, Minahil Ashraf, Tehreem Afzal (2022). *The Analysis of Association Between Mindfulness, Religiosity and Psychological Well-being Among Female University Students.* Pakistan Journal of Medical & Health Sciences. DOI: 10.53350/pjmhs22168736. (Y)
37. **Salbia Abbas**, Saira Abbas, Amina Razzaq, Rabia Tanveer, Imnan Safdar (2022). *The Analysis of Relationship Between Religiosity, Resilience and Burnout Among Nurses Working in Emergencies of Hospitals in Sialkot.* Internal Medicine (PJSIM). (Y)
38. **Salbia Abbas**, Saira Abbas, Khadija Ahmed, Samra Noreen (2022). *Impact of Dementia on Life Satisfaction, Happiness and Quality of Life Among Elderly People in Sialkot.* (PJSIM) Internal Medicine, 03(03): 225-229. (Y)
39. **Salbia Abbas**, Fajar Naseer, Fizza Aqeel, Mahnoor Zahid, Farah Ashiq (2022). *Association Between Public Self-Consciousness, Psychological Well-being, and Physical Health Among University Students in Sialkot.* Pakistan Journal of Medical & Health Sciences. DOI: 10.53350/pjmhs22168736. (Y)
40. **Salbia Abbas**, Saira Abbas, Dr. Muhammad Latif, Mahnoor Sarwar (2022). *Social Stigma Level of Self-Acceptance and Quality of Life Among Individuals Suffering from Tuberculosis in Sialkot, Pakistan.* Pak Soc Intern Med, 4(1): 67-71. (Y)

41. **Salbia Abbas**, Saira Abbas, Dr. Muhammad Latif, Mahnoor Sarwar (2022). *Association Between Depression, Anxiety, Quality of Life, and Satisfaction with Life Among Children of Divorced Couples.* J Pak Soc Intern Med, 3(4): 336-338. (Y)
42. **Salbia Abbas**, Sahifa Khan, Muhadisa Naqvi (2022). *Effects of Mysticism on Personality Development: A Comparative Study Among Muslims and Christians in Sialkot, Pakistan.* Al-Milal Journal of Religion and Thought, Vol. 4, No. 1. (Y)
43. Dr. Muhammad Latif, **Salbia Abbas**, Dr. Razia Anjum (2022). *Parental Education, Socio-Economic Status, Psychological Well-being, Self-Esteem and Academic Achievement: A Review.* Journal of Development and Social Sciences, Vol. 3, No. 3. DOI: [10.47205/jdss.2022(3-IV)42](https ://doi.org/10.47205/jdss.2022(3-IV)42). (Y)
44. **Salbia Abbas**, Aamina Ali, Nashit Bukhari (2022). *Relationship Between Marital Satisfaction, Quality of Life and Depression Among Women Facing Domestic Violence in Sialkot, Pakistan.* J Pak Soc Intern Med. (Y)
45. **Salbia Abbas**, **Bushra Kanwal**, **Mina Aslam** (2022). *Impact of Social Support on Depression and Quality of Life Among Non-working Women in Sialkot, Pakistan.* J Pak Soc Intern Med. (Y)
46. **Salbia Abbas**, **Ayesha Nazir**, **Iram Khokhar** (2022). *Role of Emotional Intelligence and Coping Strategies in Marital Satisfaction and Emotional Well-being of Working Women in Sialkot.* Journal of Social Research Development, Vol. 1, Issue 3. (Y)
47. **Salbia Abbas**, Saira Abbas, Dr. Muhammad Latif, Mahnoor Sarwar (2022). *Social Stigma, Self-Acceptance, and Quality of Life Among Individuals Suffering from Tuberculosis in Sialkot, Pakistan.* Journal of Pakistan Society of Internal Medicine, 4(1), 67-71.
48. **Salbia Abbas**, Saira Abbas, Dr. Muhammad Latif, Mahnoor Sarwar (2022). *Association between Depression, Anxiety, Quality of Life, and Satisfaction with Life among Children of Divorced Couples.* Journal of Pakistan Society of Internal Medicine, 3(4), 336-338.

49. **Salbia Abbas**, Sahifa Khan, Muhadisa Naqvi (2022). *Effects of Mysticism on Personality Development: A Comparative Study among Muslims and Christians in Sialkot, Pakistan.* Al-Milal Journal of Religion and Thought, 4(1).
50. Dr. Muhammad Latif, **Salbia Abbas**, Dr. Razia Anjum (2022). *Parental Education, Socio-Economic Status, Psychological Well-Being, Self-Esteem, and Academic Achievement: A Review.* Journal of Development and Social Sciences, 3(3). DOI: 10.47205/jdss.2022(3-IV)42
51. Farah Fehrrun, Hidayat, **Salbia Abbas** (2022). *The Effect of "Kids Moderations" Interactive Multimedia on Religious Moderation Attitudes in Early Childhood.* Indonesian Journal of Educational Research and Review, 1(1), 38-40. DOI: 10.31958/ijecer.v1i1.5811
52. **Salbia Abbas**, Tehreem Tabbasum, Saira Abbas, Khuzaifa Bib (2022). *Social Stigma, Self-Acceptance Against HCV Patients in Sialkot, Pakistan.* Journal of Pakistan Society of Internal Medicine.

2021

53. **Salbia Abbas**, Khuzaifa Bibi, Saira Abbas (2021). *Matrimonial Adjustment and Life Satisfaction Among Early and Late Marriage Couples in Sialkot, Pakistan During COVID-19.* Artifex Novus, 1(2).
54. **Salbia Abbas**, Saira Abbas, Razia Anjum, Sehar Raza, Arifa Shabbir (2021). *Knowledge About Maternal Under-Nutrition on Obstetric Outcomes in Young Pregnant Women in Sialkot-Pakistan.* Journal of Pakistan Society of Internal Medicine.

2018-2020

55. Saima Riaz, Razia Anjum*, Bushra Akram, Iram Naz, **Salbia Abbas*** (2020). *Psychological Wellbeing Scale for Cancer Patients: Revised Version.* Pakistan Armed Forces Medical Journal, 70(4), 1125-1132.

56. **Salbia Abbas**, Shabana Saeed, Saira Abbas (2018). *Impact of Religion on Quality of Life Among Young Female Students.* ORIENT Research Journal of Social Sciences, 3, 1521165.

Peer Reviewer & Editorial Positions

1. Advances in Science, Technology, and Engineering Systems Journal (ASTESJ)

   Country: USA | *Publisher:* Engineering System Publishers (ISSN: 2415-6698) | *Position:* Reviewer
2. Journal of Clinical Case Reports

   Country: Pakistan | *Publisher:* Wiley | *Position:* Reviewer
3. Journal of Medical Case Reports

   Country: USA | *Publisher:* Wiley | *Position:* Reviewer
4. International Journal of Research and Scientific Innovation

   Country: USA | *Publisher:* Research and Scientific Innovation Society (RSIS) Journals | *Position:* Reviewer
5. Global Scientific Review

   Country: UK | *Publisher:* Research Agency | *Position:* Editor
6. SyncSci Publishing

   Country: USA | *Publisher:* International Agency | *Position:* Editorial Board
7. Journal of School Psychology

   Country: USA | *Publisher:* Elsevier | *Position:* Editorial Manager
8. Journal of OCEANOLOGIA

   Country: UK | *Publisher:* Sage Publishers | *Position:* Reviewer
9. International Journal of Research and Scientific Innovation (IJRSI)

   Country: India | *Publisher:* International | *Position:* Reviewer

10. NCAEP

    Country: India | *Publisher:* International | *Position:* Reviewer

11. Journal of Occupational and Organizational Psychology

    Country: India | *Publisher:* Sage Publishers | *Position:* Reviewer

12. PLOS

    Country: International | *Publisher:* International | *Position:* Reviewer

13. Cogent Journals

    Country: International | *Publisher:* Taylor & Francis Group | *Position:* Reviewer

RESEARCH PROJECTS

Projects Title	**Principal / Co Principal Investigation**	**Amount**	**Sponsoring Agency**	**Duration**
Effects of self- compassion, Psychological well-being and apprehension of future consequences towards the psychological distress during covid-19 out break	CO-PI	100,000/-	HEC	1year

Supervised Thesis (MS/ M.Sc./BS (4 years)

MS/ 04 Students

MSc and BS total Students Supervised: almost 500 students have been supervised.

Administrative Services / Community Services / Advisory Services rendered

- Advisory Member, QEC (Convener)
- Member, ORIC (HR)

- Administrative Assistant, Deputy Director, Student Affairs
- Member, Volunteer/Internship/External Linkages Committee
- Focal Person, SSDP Admissions Committee (Departmental)
- Member/Secretary, Rescue 1122 Coordination Committee
- Member/Secretary, University Refreshment Committee
- Member, Departmental Stock Management Committee
- Focal Person, Civil Defense Training
  Civil defense training by Punjab Defense Police at Govt. College Women University Sialkot
- Member, Departmental Research Committee
  Responsible for resolving research and ethical issues related to research.
- Focal Person/Representative, Family Planning Working Group
  (By Govt. of Punjab, Pakistan)
- In charge, Social Work Society, Govt. College Women University Sialkot
- Advisory Positions
- Psychologist Panel, Bahawalpur, Pakistan
  Lifetime Membership, All Pakistan Psychologist Forum
- Eurasia Research
  By Teaching and Education Research Association
  Lifetime Membership, All events, research conferences, and international commercialization
- Health and Life Sciences Learner Community, McMaster University (Sponsored by GCWUS)
  Member, Learner Community Forum
- Community of Professional Certificates, McMaster University (Sponsored by GCWUS)
  Member, Professional Certification Issues and Awarding Events

- High Scope Education Research Foundation
  1970
  Member, School Students and Professionals Forum
- Australia and New Zealand Mental Health Professional Community
  Member, Mental Health Professionals of Australia and New Zealand International Society
- Model United Nations
  Member (Student Advisor)
- United States Institute of Peace
  Member
- Eurasia Teaching and Research Association
  Member
- High Scope Foundation
  Member
- International Society for Substance Use Professionals
  Member
- The Society of Education and Training
  Member
- American Psychological Association
  Member

Conferences

1. **Salbia Abbas.** (May 2025). *Silent suffering and legal silences: A critical content analysis of abortion laws and the rights of sexual assault survivors in Pakistan*. Paper presented at ICRWELL-2025, Begum Nusrat Bhutto Women University, Sukkur, Pakistan.
2. Ashraf, M. U., & **Abbas, S.** (May 2025). *Predictive role of domestic violence in emotional dysregulation, self-esteem issues, and psychological well-being of housewives*. Paper presented at ICRWELL-2025, Begum Nusrat Bhutto Women University, Sukkur, Pakistan.

3. **Abbas, S.,** & Ashraf, M. U. (Feb 2025). *Construction and validation of incentive-based behavioral assessment scale (IBBA)*. Paper presented at 1st International Conference on Sustainability Innovation and Climate Change, Quaid-e-Azam University, Islamabad, Pakistan.
4. *Bread Crumbing and Broken Trust: The Influence of Psychological Distress on Relationship Quality*
   Cyber psychology and Mental Health: Challenges, Trends, and Solutions
   November 2024 | NIP/Quaid-e-Azam University, Islamabad
5. *The Relationship among Resilience, Social Support & Subjective Well-Being Among Individuals with Mild Sensory Impairment*
   15th International Conference on Navigating Applied Fields of Psychology, Research, Practice, and Current Developments in Pakistan. November 2024 | Lahore Garrison University. Co-authors: Ayesha Sohail, Afifa Fatima
6. *Role of Mental Health (Short-term Psychological Disorders) in Psychological Well-Being and Satisfaction with Life Among Persons Suffering from Tachycardia*
   15th International Conference on Navigating Applied Fields of Psychology, Research, Practice, and Current Developments in Pakistan. November 2024 | Lahore Garrison University
   Co-author: Muhammad Umair Ashraf
7. *Analysis of Mental Health Complexities: The Association Between Depression, Self-Esteem, Literacy, and Gender* 2nd International Conference on Brain and Biomedicines (IBBC-2024): Socioeconomic and Malnutrition Burden – A Catastrophe for Brain May 2024 | Department of Physiology, GC University Faisalabad Co-author: Safwa Batool.
8. *Frequency of Self-Acceptance Level and Depression in Association with Death Anxiety Among Patients Suffering from Hepatitis C* 2nd International Conference on Brain and Biomedicines (IBBC-2024): Socioeconomic and Malnutrition Burden – A Catastrophe for Brain

May 2024 | Department of Physiology, GC University Faisalabad

Co-author: Muhammad Umair Ashraf

9. *Exploring the Nexus of Domestic Violence: Impact on Married Women's Physical Health, Psychological Distress, and Magnitude of Abuse*. 14th International CBT Conference May 2024 | Liaqat University of Medical and Health Sciences, Jamshoroo Co-author: Minahil Ashraf
10. *2nd National Conference for Sustainable Community: Challenges and Trends (NCPSC)*

    2nd National Conference of Psychology: Sustainable Community: Challenges and Trends (NCPSC-2024) March 2024 | Department of Psychology, University of Sargodha
11. *Performance Among Working Adults*

    1st International Conference of Social Sciences Research (ICSSR 2023)

    2023 | Lahore Garrison University
12. *An Exploratory Analysis of Association Among Religiosity, Mindfulness, and Psychological Well-Being in Female University Students*

    1st International Conference of Social Sciences Research (ICSSR 2023)

    2023 | Lahore Garrison University.
13. *Empirical Finding of Association Among Religiosity, Resilience, and Burnout in Nurses Working in Emergencies of Hospitals in Sialkot*

    1st International Conference of Social Sciences Research (ICSSR 2023)

    2023 | Lahore Garrison University
14. *Role of Gratitude and Resilience in Association with Burnout on Quality of Life Among Workers of Small Industries in Sialkot*

    2nd International Conference on Applied Psychology

    2023 | Riphah International University, Islamabad.

15. *Analysis of Association Among Gratitude, Resilience, and Psychological Distress in Female University Students*

2nd International Conference on Applied Psychology

2023 | Riphah International University, Islamabad.

16. *An Empirical Investigation of Association Among Emotional States, Quality of Life, and Satisfaction with Life in Type-I and Type-II Diabetics*

14th International Conference of Pakistan Psychological Association (PPA)

2023 | Al-Hamra Hall-II Lahore

17. *Analysis of Emotional Fluctuations and the Influence of Perceived Social Support on the Psychological Well-Being of College Students*

3rd International Conference on Interdisciplinary Approach in Social Sciences

2023 | The Islamia University of Bahawalpur.

18. *Domestic Violence, Life Satisfaction, and Quality of Life Among Young Female Students in Sialkot*

National Institute of Psychology, Quaid-e-Azam University, Islamabad

2022.

19. *Impact of the Course "Introduction to Education EDU-101 on Learning of Undergraduate Students*

Fatima Jinnah Women University, Rawalpindi

2022.

20. *Domestic Violence, Life Satisfaction, and Quality of Life Among Young Females in Sialkot*

9th International Conference on Trauma, Abuse, and Violence

2022 | NIP Quaid-e-Azam University, Islamabad

21. *Suicide News Reporting During COVID-19 Lockdown in Pakistan: A Content Analysis*
International Conference on Media and Communication Studies
2022 | Foundation University School and Technology.

22. *The Analysis of Depression as a Predictive Factor of Drug Abuse*
International Conference on Prevention, Treatment, and Rehabilitation of Drug Use Disorders
2022 | National University of Modern Languages (NUML).

23. *Psychodynamic Psychotherapy Weekend Conference* International Psychotherapy Organization 2021

24. *3-Day Conference by ISSUP on Evidence-based Principles for Effective Drug Demand Reduction*2021.

25. *3rd International Conference on Fiqa Ul Seerah and Contemporary Sociology*
Govt. College Women University, Sialkot 2021.

26. *Two-Day Online Conference on Reinventing Digital Data Learning* 2021.

27. *Three-Day Online Conference on Learning Revolution* 2021.

28. *1st International Conference of Model United Nations - Wind of Change* Online 2021.

29. *International Model United Nations Conference 39.0* Online 2021

30. *7th Asian Cognitive Behavior Therapy Conference* Virtual event from Kuala Lumpur, Malaysia 2021

31. *2nd National Conference on Debates in Contemporary Gender Issues* University of Management and Technology 2021

32. *Teacher Development Conference* ETF 2021

33. *Waqf Awareness and Contribution Trends Conference* 2021

34. *Arab Youth International Model United Nations (MUN) in Dubai* 2022

35. *Poster Presenter: Impact of Media Violence Among Young Children and Youth* NIP Quaid-e-Azam University, Islamabad 2021.

36. *Poster Presenter: Impact of Media Violence on Quality of Life Among Young Children and Youth in Sialkot* National Institute of Psychology, October 2021

Training Workshops/Seminars/Webinars/Symposiums

1. **Participant**: Strategic Cooperation in Higher Education in Pandemic Context: Experiences and Challenges (Technium Science)
2. **Participant**: Seminar on How to Manage Yourself (Part I & II) by the School of Personality Grooming, USA.
3. **Attendee**: Open House Session with Web of Science Editors of Pakistan
4. **Attendee**: Amazon Web Services Summit 2020
5. **Attendee**: Webinar on Aligning Yourself to the Publishing Process
6. **Attendee**: Webinar on World Environmental Day 2020
7. **Attendee**:Training on Accessing HEC Digital Library & ProQuest Database
8. **Attendee**: Developing Future Healthcare Workforce in Pakistan
9. **Attendee**: Food Security: Grow, Nourish & Sustain Together
10. **Guest Speaker**: Education Workforce Development Support Conference, ETF
11. **ORIC Representative**: Global Patent Writing System (Global Women Entrepreneur)
12. **Participant**: Microsoft Workshop Series
13. **Participant**: Two-Day Workshop on Assessment in E-Learning and Quality Assurance Challenges
14. **Panelist/Participant**: Panic Healing and Emotional Intelligence in Battling COVID-19
15. **Participant**: Narrowing the Gender Gap Starts with Science (ICESCO)
16. **Participant**: Boost Your Knowledge with ProQuest Dissertations and Theses Global Database (HEC)

17. **Participant**: Get the Necessary Knowledge to Maximize Your Chance for Your Paper to Get Accepted in Academic Journals – Part 2 (ProQuest)
18. **Participant**: Writing a Teaching Case Study (Emerald Publishing)
19. **Participant**: GGP 2: Structuring a Publishable Paper (Emerald Publishing)
20. **Delegate**: 19th Latest Advances in Psychiatry International Symposium (RCP Virtual Event)
21. **Participant**: IGHD Webinar on Achieving the SDGs and the Impact of COVID-19 (HEC)
22. **Participant**: Prevention and Treatment During the COVID-19 Pandemic (ISSUP)
23. **Participant**: Management of Anxiety and Depression in Children & Adolescents (Society of Pediatric Urgent Care)
24. **Participant**: Constrictive Ways to Manage Stress and Anger (HEC)
25. **Participant**: Healthy Body and Mind Symposium (College of Medicine and Healing Arts)
26. **Participant**: Science Diplomacy Conference (Zoom)
27. **Participant**: COVID-19 Vaccine Hesitancy and Acceptance Webinar (Fatima Jinnah University Rawalpindi)
28. **Participant**: Women in Science and Gender Equity (Institute for Global Health and Development)
29. **Participant**: First Step to Mastering Organization Development (Middle Earth HR Webinars, India)
30. **Participant**: Emerging Perspectives of Water-Based Tourism in India: Sacred River Ganga (India)
31. **Participant**: Life as a Refugee Activist Webinar (Spunkgo Webinars)
32. **Participant**: Experiences of Education for Sustainable Development in the FE and Training Sector (Society of Education and Training)
33. **Participant**: Time Management - How to Maximize the Benefits (Mentor Mit)
34. **Participant**: Citation Management Using Mendeley Software (University of Management and Technology, Lahore)

35. **Participant**: Long Covid: Natural Solutions – Prevention and Management (College of Medicine and Healing Arts)
36. **Participant**: Mental Health of Youth and Substance Use: Addressing Self-harm and Suicide in Young People (ISSUP London)
37. **Participant**: Ableism: Causes and Consequences of Disability Prejudice (Wiley)
38. **Participant**: Integrating UTC Into Clinical Practice (Echolink Association)
39. **Participant**: Leadership Principles for Success (Mentor Mit)
40. **Presenter**: Seminar on Domestic Violence, Life Satisfaction, and Quality of Life Among Young Female Students in Sialkot at the National Institute of Psychology, Quaid e Azam University, Islamabad
41. **Participant**: Seminar on How to Manage Yourself (Part I & II) Organized by the School of Personality Grooming, USA
42. **Participant**: Two-Day Workshop on Assessment in E-Learning and Quality Assurance Challenges
43. **Participant**: Writing a Teaching Case Study (Emerald Publishing)
44. **Participant**: GGP 2: Structuring a Publishable Paper (Emerald Publishing)
45. **Participant**: Webinar on Aligning Yourself to the Publishing Process
46. **Participant**: Webinar on World Environmental Day 2020
47. **Participant**: Preventing and Treatment During the COVID-19 Pandemic (ISSUP)
48. **Participant**: Management of Anxiety and Depression in Children & Adolescents (Society of Pediatric Urgent Care)
49. **Participant**: Constrictive Ways to Manage Stress and Anger (HEC)
50. **Participant**: Science Diplomacy (Zoom)
51. **Participant**: COVID-19 Vaccine Hesitancy and Acceptance Webinar
52. **Participant**: Women in Science and Gender Equity (Institute for Global Health and Development)

53. Participant: Prevention of Emotional Stress through Mindful Movement (Trainee Group)

Organized Events

1. **Powering up Research: Mastering Sample Size Estimation and Power Analysis** | Workshop | Speaker: Prof. Dr. Adnan Adil | 9-10-2024
2. **Ethnobotany: History, Theory, and Applications in a Changing World** | International Seminar (collaboration with Department of Botany and ORIC) | Speaker: Prof. Dr. Hendrik Balslev | 14-10-2024
3. **Handling of Laboratory Animals for Biomedical Research** | Workshop (Organized by Department of Zoology and ORIC) | Speakers: Dr. Hamda, Dr. Muhammad Ume, Dr. Sageer | 15-16-10-2024
4. **Climate Change and Agriculture: Understanding and Reducing Greenhouse Gas Emissions** | Training Session | Speaker: Dr. Muhammad Farooq Qayyum | 16-10-2024
5. **Interactive Session on Art of Public Speaking** | Workshop | Speaker: Dr. Muhammad Rashid Hafeez | 22-10-2024
6. **Young-Islamic Banking Professionals Program** | Collaborative Seminar with Department of Economics and State Bank of Pakistan | Speakers: Representatives of State Bank, Mufti Jalil, GCWUS Representatives | 24-10-2024
7. **How to Publish in Impact Factor Journals: An Editorial Perspective** | International Webinar | Speaker: Prof. Dr. Arshian Sharif | 7-11-2024
8. **Transform Learning Through Digital Resources: A Guide for Research Students** | Workshop (Organized by Department of Sociology and ORIC) | Speaker: Mr. Nusrat Ali | 5-12-2024
9. **Preventing Violence Against Women** | Seminar (Organized by WDC and ORIC) | Speakers: Advocate Adeel Adil, Ms. Sava Javed | 6-12-2024

10. **Violence Against Gender and Women** | Interactive Session (Organized by WDC and ORIC) | Speakers: Dr. Zarrin Fatima, Ms. Salbia Abbas, Dr. Muhammad Umair Ashraf, Mr. Sohaib Saleem | 7-12-2024
11. **Porous Graphene Nanomaterials for Vascular Delivery** | Workshop | Speaker: Dr. Tanveer Tabish | 11-12-2024
12. **Political Conditions and International Relations of Pakistan and United Kingdom** | Interactive Session (Organized by Department of Politics & IR and ORIC) | Speaker: Prof. Dr. Sten Weldmalm | 12-12-2024
13. **Research Grant Proposal Writing** | Workshop | Speaker: Dr. Muhammad Abd ur Rehman | 17-12-2024
14. **Human Rights and Discrimination** | Seminar | Speakers: Mr. Gulshan Aslam, Dr. Rashid Hafeez, Dr. Syeda Sadia, Mr. Sohaib Saleem | 18-12-2024
15. **Iqbal Aur Faiz: Saday Mazi o Ziayay Farda** | International Conference (Organized by Department of Urdu and ORIC) | Various International and National Speakers | 19-12-2024
16. **Documentary Research Conference** | Conference (Organized by Department of Economics and ORIC) | Representatives from UBL, HBL, and Meezan Bank | 20-12-2024
17. **Saqi Nama** | Exhibition (Organized by Department of Fine Arts and ORIC) | 29-11-2024
18. **Entrepreneurial Gala** | Exhibition (Organized by Department of Business Administration) | 12-12-2024
19. **Emotional Expression and Clinical Manifestation of Expressed Emotions** | Exhibition (Organized by Department of Psychology and ORIC) | 17-12-2024
20. **PIDE MOU** | MOU Signing | 11-11-2024
21. **Sundas Foundation MOU** | MOU Signing | 18-09-2024

22. **Dental Zone Clinic MOU** | MOU Signing | November 2024
23. **Baidari Foundation MOU** | MOU Signing | October 2024.

2022- 2023

1. **Annual Sports Gala**, GCWUS
2. **Endowment Camp**, GCWUS
3. **Pink Ribbon Charity Collection Camps**, GCWUS
4. **One-Day Workshop on Psychological First Aid**, GCWUS
5. **2021**
6. **4-Day Series of Workshops on Mental Health Day Awareness**, GCWUS
7. **Sialkot Rising Star Volleyball Championship (Sports Gala)**, Sialkot
8. **Pink Ribbon Charity Collection Camps**, GCWUS
9. **Clinieria Research Training Webinar** (International)
10. **Home Town Community Webinar Series** (International)
11. **Annual Sports Gala**, GCWUS
12. **Blood Donation Camp**, GCWUS
13. **Diabetes Awareness Camp**, GCWUS
14. **5-day Training Workshop on Strengthening Teaching and Research Capacity Building Collaborative Partnership in Social Sciences**, FJWU, UNESEF organized by GCWUS
15. **Pink Ribbon Charity Collection Camps**, GCWUS

Distance Learning Courses (Online)

1. **Mind-shift and Breakthrough Obstacles to Learning and Discover Your Hidden Potential** | MC Master University, Coursera (Sponsored by GCWUS) | International Online | 19-04-2020
2. **Psychological First Aid** | Johns Hopkins University, Coursera (Sponsored by GCWUS) | International Online | 28-04-2020
3. **Positive Psychology** | The University of North Carolina at Chapel Hill, Coursera (Sponsored by GCWUS) | International Online | 24-04-2020
4. **Introduction to Philosophy** | The University of Edinburgh, Coursera (Sponsored by GCWUS) | International Online | 01-04-2020
5. **Management and Facilitation of an After Action Review** | World Health Organization | International Online | 02-05-2020
6. **Buddhism and Modern Psychology** | MC Master University, Coursera | International Online | 05-04-2020
7. **Psychology of Popularity** | The University of North Carolina at Chapel Hill, Coursera (Sponsored by GCWUS) | International Online | 18-05-2020
8. **Understanding Child Development from Synapses to Society** | Utrecht University | International Online | 20-05-2020
9. **Non-Profit Essentials** | Non-Profit Organization | International Online | 20-05-2020
10. **Learning How to Learn: Powerful Mental Tools to Master Tough Subjects** | MC Master University, Coursera (Sponsored by GCWUS) | International Online | 30-05-2020
11. **Turning Research into Business** | Allama Iqbal Open University, Pakistan | National Online | 20-09-2020
12. **Introduction to Peace Building: Introductory Course** | United States Institute of Peace | International Online | 07-07-2020
13. **Financial Literacy Training Program** | National Financial Literacy Program, Govt. of Pakistan | National Online | 01-08-2020

14. **Evidence-Based Prevention Policy Plenary 2** | International Society for Substance Use Professionals | International Pakistan Online | 22-09-2020
15. **Plenary 3: A Focus on Treatment and Recovery** | International Society for Substance Use Professionals | International Africa Online | 06-10-2020
16. **Plenary 4: Epidemiology and Drug Demand Reduction** | International Society for Substance Use Professionals | International Online | 20-10-2020
17. **Strengthening Research Planning Using Elsevier Tools: Scopus, Science Direct & Mendeley** | Higher Education Commission | Online | 22-10-2020
18. **Understanding Traumatic Brain Injury** | Wicken University, Pennsylvania | International Online | 2021
19. **Understanding Dementia** | Wicken University, Pennsylvania | International Online | 2021
20. **Preventing Dementia** | Wicken University, Pennsylvania | International Online | 2021
21. **Anxiety Management** | Mentor Mitr | International Online | 2021
22. **Mental Health of Youth and Substance Use** | ISSUP | International Online | 2021
23. **Policy for Students with Disabilities** | E-Learning Course, HEC | Online | 2021
24. **Webinar on Science Diplomacy** | Virtual University Lahore, MOIT.GOP, Nuclear Society Pakistan | Online | 2021
25. **Constructive Ways to Manage Stress and Anger** | UMT, London Psychology Center, Sialkot | Online | 2021
26. **Get the Necessary Knowledge to Maximize Your Chance for Your Paper to Get Accepted in Academic Journals – Part 2** | Pro-Quest Trainings | Online | 23-03-2021
27. **Addictive Behaviors, Prevention and Treatment During Covid-19** | ISSUP | International Online | 2021
28. **Optimizing Executive Functions in Children with ADHD** | Dr. Nandita De Souza, Ebility Foundation India | Online | 2022

29. **Building Expressive Writing Skills in Children with Autism** | Geetha Gopi Nayar, Ebility Foundation India | Online | 2022
30. **Strategies and Techniques to Improve Mathematical Skills Among Children with Autism** | Ms. Neeta Mehta, Ebility Foundation India | Online | 2022
31. **Improving Attention with ADHD** | Ms. Shivani Wadhwa, Ebility Foundation India | Online | 2022
32. **Pre-Requisites to Improve Handwriting Skills of Children with Special Needs** | Ms. Neeta Mehta, Ebility Foundation India | Online | 2022
33. **Understanding ADHD in Classrooms, at Home, and Other Social Settings** | Ms. Shivani Wadhwa, Ebility Foundation India | Online | 2022
34. **How to Deal with Students' Different Challenges** | Tabiloba Ajayi, Ebility Foundation India | Online | 2022
35. **Strategies and Techniques to Improve Mathematical Skills Among Children with ADHD** | Ms. Shivani Wadhwa, Ebility Foundation India | Online | 2022
36. **Strategies and Techniques to Improve Memory Skills Among Children with Special Needs** | Dr. Marie Gomez, Ebility Foundation India | Online | 2022