



Newsletter

Issue No. 3, Vol. 36 – July-September, 2017

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NIP AND WOMEN UNIVERSITY MARDAN SIGN MOU FOR ACADEMIC COOPERATION



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The National Institute of Psychology, Quaid-i-Azam University Islamabad and the Women University Mardan signed a Memorandum of Understanding for academic cooperation on 22nd September 2017. The MOU seeks to develop academic and educational cooperation and promote mutual understanding between the two parties and will include endeavors like exchange of academic information and materials, exchange of faculty, researchers, research administrative staff and students, conducting collaborative research projects and conducting lectures and organizing symposia.

NIP had especially invited Vice Chancellor Quaid-i-Azam University Islamabad, Prof. Dr. Javed Ashraf to grace the solemn ceremony with his presence and represent Quaid-i-Azam University Islamabad along with its Director, Prof. Dr. Anila Kamal and the rest of the faculty. The Women University Mardan on this occasion was represented by its Vice Chancellor, Prof. Dr. Ghazala Yasmeen; Additional Director ORIC, Dr. Hina Jabeen and members of faculty of its Psychology Department. Prof. Dr. Ghazala Yasmeen and Dr. Hina Jabeen from Women University Mardan while Prof.

NIP Activities



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Dr. Anila Kamal and Dr. Rubina Hanif from NIP signed the MOU. Dr. Hina Jabeen and Dr. Rubina Hanif were given the responsibility of liaison officers from Women University Mardan and NIP respectively to coordinate the specific agreed upon as per the MOU. *Reported by: Ms. Riffat Zahir*

DR. RUBINA HANIF'S PARTICIPATION IN THE WORLD CONFERENCE ON SCIENCE, TECHNOLOGY AND MEDICINE



Dr. Rubina Hanif, Tenured Associate Professor, NIP, delivered a Key Note Seminar on Optimum Functioning in Society: Focusing Mental Health and Well-Being at the World Conference on Science,

Technology & Medicine held in Dubai, UAE on 12th - 14th August, 2017. The conference was organized by the Asian Association of Science Editors.

The major feature of this seminar was the discussion on multiple determinants to enhance positive mental health. The main highlights from the discussion were that mental health and mental illness are determined by social, psychological, and biological factors and that mental health and mental illness have a clear relationship with indicators of poverty, including low levels of education and also that on macro level, mental health for each person may also be affected by individual factors and experiences, social interaction, societal structures and resources, and cultural values. *Reported by: Dr. Rubina Hanif*

NIP'S PARTICIPATION IN THE RAWAL INSTITUTE OF HEALTH SCIENCES' 9TH NATIONAL SYMPOSIUM ON DEPRESSION

The Department of Psychiatry and Behavioral Sciences, College of Medicine, Rawal Institute of Health Sciences Islamabad organized its 9th National Symposium on Depression on September 16th, 2017 at the Pearl Continental Hotel Rawalpindi in

collaboration with Pakistan Association for Social Psychiatry (PASP), Pakistan Academy of Family Physicians-Rawalpindi-Islamabad, Pakistan Medical Association (PMA) Rawalpindi-Islamabad Branch

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and Welfare Association Association Lahore.

A group of NIP students accompanied by Dr. Irum Naqvi and Dr. Syeda Razia Bukhari attended the symposium and presented their research papers in the scientific sessions. The titles and authors of these research papers were: **Impact of Stigma on Quality of Life among Patients with Chronic Depressive Disorders** by Dr. Syeda Razia Bukhari, **Relationship of Self-Compassion, Depression, Anxiety and Stress Among Young Adults** by Umamah Ashraf Malik and Dr. Syeda Razia Bukhari, **The State of Depression and Psychological Well Being among Sojourns** by Mubeen Akhtar, Dr. Anila Kamal, Aliya Abdul Hayee, and Sara Imtiaz, **Relationship between Premenstrual Syndrome and Depression among Adults Females** by Firdous Afzal and Dr. Syeda Razia Bukhari, **Relationship between Adjustment to University Life and Depression among University Students** by Tabassum Ejaz and Dr. Syeda Razia Bukhari, **Relationship of General Self-efficacy and Depression among University Students** by Amenah Rashid and Dr. Syeda Razia Bukhari, **Prevalence of Depression among University Students with Reference to Demographic Factors**



(Gender, SES & Family Structure) by Syeda Ishrat Fatima, Dr. Syeda Razia Bukhari and Dr. Haroon Ur Rashid, **Relationship between Depression and Life Satisfaction among Young Adults** by Farhana Saba and Dr. Syeda Razia Bukhari, **Mediating Role of Sleeping Hours, BMI, Socialization, Physical and Psychological Illnesses: Bi-directional Relationship of Executive Dysfunctioning and Geriatric Depression** by Saira Javed and Dr. Rubina Hanif, **Relationship of Perceived Social Support and Depression among Diabetic Patients** by Misbah Khan and Dr. Syeda Razia Bukhari and **Psychological Distress and Coping Strategies among Pregnant Women** by Dr. Irum Naqvi.

Reported by: Ms. Riffat Zahir

NIP'S PARTICIPATION IN THE ART THERAPY WORKSHOP CONDUCTED AT THE ARMED FORCES INSTITUTE OF REHABILITATION MEDICINE (AFIRM) RAWALPINDI



Dr. Nelofer Kiran Rauf and two NIP M.Phil scholars, Umm-e Eman Syed and Sabah Ali attended an Art Therapy Workshop conducted at the Armed Forces Institute of Rehabilitation Medicine (AFIRM), Rawalpindi on 27th July, 2017 on its final day. The resource person for the week long workshop was Ms. Maryam Ajmal, a Pakistani research student in the area of Art Therapy at the Yaar University Izmir, Turkey. The therapist shared and demonstrated some novel techniques to cater to a person's physical and



psychological challenges to achieve personal well-being and improved levels of functioning. These techniques included Lahad's 6 piece story making and tree drawings that can help people express those thoughts, emotions, and experiences that may be difficult to speak out. The workshop was attended by more than 50 participants who were mostly professionals, belonging to 11 different institutes and universities. Feedback from the participants of the workshop was very positive. *Reported by: Sabah Ali*

A MAGICAL ROAD TRIP TO GILGIT BALTISTAN

Travelling is arguably one of life's most enriching experiences. The morning of 5th July, 2017 brought an opportunity for one such experience for many students and faculty of NIP as it was the day when our annual five-day stay trip was to leave for Gilgit Baltistan. The trip had been planned in collaboration with PTDC Rawalpindi and was to drive through many scenic towns and tourist attraction points of the area.



The travel group left NIP around 10 a.m. in a caravan of three coasters and soon we were cruising on N-5 while listening to music and enjoying the scenery. After passing through Taxila, Wah and Hasan Abdal, we made our first stop near the town of Haripur for a much needed snack break in form of pakoras. Later, we passed through Abbottabad and Manshera before having lunch at a roadside restaurant in Balakot along the bank of Kunhar River. Setting off from Balakot after lunch alongside the raging Kunhar River, we arrived at Kiwai, a small village on the bank of River Kunhar, where spring water coming from the mountain above provides an excellent retreat. Locals have set up hotels alongside the spring and we chose to make our stop at the very well-known Abshar Café for tea. The café has tables, chairs and charpoys placed in the running water from the spring's waterfall and consuming tea and snacks and/or soaking feet in this water while sitting at tables placed in the chilly water is an experience that a large majority of visitors try at this spot to relax and soothe their tired feet. It was almost dark when we resumed our journey and set off for Naran where our dinner and night stay had been planned.

The next morning, we woke up to a breathtaking view in Naran and immediately after breakfast started our long journey towards Gilgit, the final destination of the day. With the increasing altitude the scenery became pleasantly alpine with pine-clad mountainsides

flanking the fast, blue Kunhar River. Passing through Jalkhand and Batakundi, we stopped at Lulusar Lake that is some 48 kilometers away from Naran, on the road ascending towards Babusar Pass. After a short session of selfies and refreshments we continued our journey along the scenic route to Babusar Pass after traversing a narrow, winding road. The Babusar Pass connects the Kaghan Valley to Gilgit Baltistan and offers a fantastic panorama of eternally frozen peaks and windswept valleys that left us spell bound.

The landscape changed dramatically as we descended from Babusar top and approached Chilas. The green mountains were replaced by rugged terrain; the valley was widening and the mountain peaks beginning to soar higher and higher. Stone and shale made up most of the landscape, broken free from the towering mountains and carried along by the Indus River that became visible as we got onto the Karakoram Highway once again at Chilas to get to Gilgit City. Travelling on the world famous Karakoram Highway was an unforgettable experience and left us in complete awe of the surrounding mountains that grew ever more grandiose on the horizon and every corner we turned around shouted at us to take yet another picture. The sheer scale of the scenery we were driving through now was immense; all man made things were dwarfed in



comparison to the soaring peaks. The two interesting and worth mentioning places that we witnessed on the way to Gilgit were the Nanga Parbat view point at Thilachi and the unique geographical venue near Jaglot where three great mountain ranges of world make a junction (Himalayas, Karakoram and Hindu Kush) close to where River Indus, flowing down from lofty mountains of Skardu, joins with River Gilgit, one its main tributaries. It was late afternoon when we reached our hotel in Gilgit. After taking lunch some of us went to explore the city while others chose to

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take some rest before dinner.

After having breakfast in Gilgit the next morning, we started off our journey towards Hunza. Everyone was excited and looked forward to seeing the prime attraction of the trip, the Khunjerab Pass on the Pak-China Border. On the way, we made our first stop at the famous Rakaposhi view point to have a look at the Rakaposhi Peak. We sat along the stream from the surrounding mountains to enjoy this marvelous place and took pictures. There was a restaurant, some roadside food stalls and a gems and a handicraft shop too that many of us visited. Along the way we passed through the Attabad Lake and the series of the 7-kilometer-long five Attabad Tunnels and bridges which are an engineering wonder made with Chinese collaboration. The water of the lake is a striking turquoise shade of blue, surrounded by mountains and it's crazy to think it didn't even exist until 2010 when a devastating landslide led to its formation. The Attabad Tunnels provide alternative route to Gojal Valley which remained cut-off from rest of the region due to the landslide that blocked the Karakoram Highway and created the Attabad Lake. The second stop of the day was made for lunch at a small hotel in Passu that was very close to Passu Glacier and the magnificent Passu Cones, a series of mountains pointed as nails. After about 2 hours from Passu we reached Sost, the last town on Karakoram Highway before the Pak-China Border. Sost is a custom and immigration point for passenger and cargo transport because all traffic crossing the Pakistan-China border passes through it.

The road that connects Sost with the Khunjerab Pass is a twisting 90 km stretch that goes through snowy peaks and plains, with yak herds grazing. There was a gradual ascent until finally, the gate of the Khunjerab



Pass came into view. We had to park our vehicles at some distance from the gate and walk there. However, nothing had really prepared us for the cold that greeted us the moment we stepped out of our coaters. The

extremely cold wind, the near freezing temperature and the change in air pressure left most ears ringing and heads reeling. After hurriedly making our way to the gate, we took a few pictures and quickly headed back. The daylight was almost gone when we set off for our return journey to Hunza. Our destination that evening was Marcopolo Hotel in Gulmit for our night stay.



The next morning we were thrilled to find that the hotel offered captivating views of the mighty Passu Cones and Hunza River. After breakfast and taking loads of pictures of the beautiful surroundings, we left the hotel for our return journey towards Chilas where we were to spend the last night of the trip. On the way, we stopped at Attabad Lake for a while to experience its serene beauty and take photographs. The 22-kilometers long lake is located some midway between Gulmit and Karimabad and is filled with the waters of River Hunza. The next stop on the way was Karimabad, the capital of Hunza Valley where we looked forward to hiking up to the Baltit Fort through the Main Karimabad Bazar. After about a 20-minute steep uphill walk along a cobblestone path, we reached the 700 year old fort and became part of a guided tour complete with a narration of its fascinating history and how its inhabitants used to live over the years. The lunch was taken at a small roadside hotel at the Nanga Parbat view point on the Karakoram Highway before setting off to Chilas where we were to have dinner and spend the last night of the trip.

We left for our long return journey to Islamabad with a heavy heart from our hotel in Chilas at 9 a.m. the next morning. On the way, we stopped at the Babusar Pass, Naran and Abshar Café, Kiwai and reached Islamabad some 15 hours later around 2 a.m. feeling extremely tired but happy to have made beautiful memories that would last a long time. The trip not only gave all of us a respite from our daily routines; also it gave us the chance to explore and experience a region that is ridiculously beautiful to an extent that even the best pictures really don't do it justice!

Reported by: Ms. Riffat Zabir

PROF. DR. ANILA KAMAL DELIVERS KEY NOTE SPEECH AT AIOU'S 1ST NATIONAL GENDER STUDIES CONFERENCE



NIP Director, Prof. Dr. Anila Kama attended the 1st National Gender Studies Conference held by the Department of Gender and Women Studies, Allama Iqbal Open University Islamabad on 10th August, 2017 and delivered the key note speech in its concluding session. The two-day conference had provided a platform to academics, researchers, and students from the discipline of Gender &



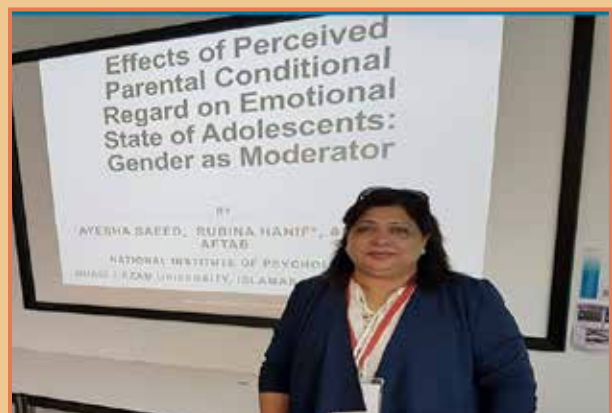
Women Studies and Social Sciences for exchange of experiences, ideas and innovations in doing empirical Gender Research. The title of Dr. Kamal's key-note speech was 'Sexual and Reproductive Health of Youth in Pakistan' and she presented a detailed review on the topic. A floral bouquet and a shield were presented to Dr. Kamal on this occasion.

Reported by: Ms. Riffat Zahir

DR. RUBINA HANIF'S PARTICIPATION IN THE 39TH ISPA CONFERENCE AT MANCHESTER METROPOLITAN UNIVERSITY, UK

Dr. Rubina Hanif, Tenured Associate Professor, NIP, presented a research paper at the 39th International Conference of School Psychology Association at Manchester Metropolitan University, UK held on 18th - 23rd July, 2017. The topic of her presentation was "Effects of Perceived Parental Conditional Regard on Emotional State of Adolescents: Gender as Moderator" The research paper had been co-authored by Ms. Ayesha Saeed and Ms. Raiha Aftab.

The research was conducted to investigate the effect of gender on upbringing of adolescents by using the parenting practice of perceived parental conditional regard and their emotional state. The research was carried out on the sample of 646 (321 boys and 325 girls) adolescents. The data was collected from different public and private educational institutes of Rawalpindi, Islamabad, Lahore, Chakwal and Sargodha. The findings suggested that the girls in the collectivistic culture like Pakistan are brought up in protective environment; they are supposed



to reappraise their emotions according to their circumstances and enact the desired behavior to develop their healthy and positive affiliation toward their parents. Further, perceived parental conditional regard given by mothers showed positive relationship with negative emotional state while perceived parental conditional regard given by fathers showed positive relationship with positive emotional state as well as with negative emotional state.

Reported by: Dr. Rubina Hanif

M.PHIL RESEARCH WORK COMPLETED

Dania Javaid (2017).
Impact of Traumatic Event on Quality of Life: Exploring the Role of Rumination, Post-traumatic Growth and Perceived Social Support (Unpublished M.Phil. Dissertation). National Institute of Psychology, QAU, Islamabad, Pakistan.

This cross sectional study was conducted to examine the relationship between impact of traumatic event and quality of life. Also it aimed to explore the mediating role of intrusive and deliberate rumination, post traumatic growth and perceived social support between study variables. The development of traumatic appraisal questionnaire in order to measure impact of traumatic event was also one of the major objectives of the study. Traumatic Appraisal Questionnaire, (indigenously developed); WHO- Quality of Life-BREF (QOL-Bref) developed by (Orley, Kuyken, Sbazzo, WHOQOL Group, 1995) and translated by Khalid & Kausar (2006); Event related rumination inventory (ERRI), originally developed by Cann, Calhoun, Tedeschi, Triplett, Vishnevsky, and Lindstrom (2011) and translated by Aslam and Kamal (2013); The Post Traumatic Growth Inventory Short Form (PTGI), developed by Tedeschi and Calhoun (2004) and translated by Aslam and Kamal (2013); in order to measure perceived social support, Multi-Dimensional Scale of Perceived Social Support, (MSPSS) developed by Zimet, (1988) and translated by Zafar & Kausar, (2013) was used. A sample of 400 individuals above 18 years ($M = 34.28$, $SD = 12.68$) of age were selected to participate in the current study. The results indicated that the impact of traumatic event was

significantly negatively correlated with quality of life, all of its domains and perceived social support; positively correlated with intrusive and deliberate rumination and uncorrelated with post traumatic growth. Intrusive and deliberate rumination was significantly positively correlated with one another, with post traumatic growth and quality of life but uncorrelated with perceived social support. Post traumatic growth, perceived social support and quality of life was correlated significantly with each other. Furthermore, it was found that the impact of an event significantly predicted intrusive rumination. Deliberate rumination was significantly predicted by impact of an event and intrusive rumination. The post traumatic growth was predicted significantly only by deliberate rumination when the effect of impact of traumatic event, intrusive and deliberate rumination on PTG was explored while no effect of intrusive rumination and impact of traumatic event on PTG was observed. The combined effect of impact of traumatic event, intrusive rumination and post traumatic growth on perceived social support was found to be significant but the effect of deliberate rumination was found to be non significant. Moreover, it was found that quality of life was significantly predicted by impact of traumatic event, post traumatic growth and perceived social support whereas intrusive and deliberate rumination was found to be non significant in predicting quality of life. It was found through model testing that intrusive rumination, deliberate rumination, post traumatic growth and perceived social support significantly mediated the relationship of impact of traumatic event and quality of life and all of its domains i.e., physical health, psychological health, social relationships, environmental functioning and global functioning.

NIP FACULTY ATTEND QAU'S 50 YEARS CELEBRATIONS CEREMONY



On 13th July, 2017, Quaid-i-Azam University completed fifty years of its establishment. The significant day was celebrated by holding a ceremony on the university campus. Dr. Mukhtar Ahmed Chairman Higher Education Commission (HEC) was the chief guest on this occasion. A cake was cut and commemorative shields were distributed among star alumni of the departments of the university who made extraordinary contribution to their respective fields. NIP was represented in the event by the presence of its Director, Prof. Dr. Anila Kamal and members of the faculty including Dr. Irum Naqvi, Ms. Riffat Zahir, Ms. Arooj Mujeeb and Ms. Sara Imtiaz. *Reported by: Ms. Riffat Zahir*

Featured Alumni *Group Captain (Retd)* *Muhammad Arshad Chishti TI (M)*



Group Captain (Retd.) Muhammad Arshad Chishti TI (M) is a distinguished alumnus of the National Institute of Psychology. He has served in the Pakistan Air Force as a psychologist for three decades and is the recipient of the Chief of Air Staff Commendation Certificate and Tamgha-i-Imtiaz (Military) that were bestowed upon him in August 2003 and March 2005 respectively in recognition to his commitment and dedication to service. Group Captain (Retd.) Muhammad Arshad Chishti TI (M) has over 30 years of successful experience in human resource induction, administration and management and organizational development and training of personnel with a reputation for meeting the most challenging organizational goals and objectives. Since his retirement from PAF in 2015, he has been serving as the Principal of Ali Trust College Islamabad.

Group Captain (Retd.) Muhammad Arshad Chishti TI (M) did his M.Sc. in Psychology from the Department of Psychology, Government College University Lahore in 1984 with an academic Roll of Honour. Later he improved his academic qualification during the course of his professional career and earned an M.Sc. in War Studies from Karachi University in 2003, an M.Phil in Psychology from National Institute of Psychology, Quaid-i-Azam University Islamabad in 2000 and a diploma in Clinical Psychology from Government College University Lahore in 2007. During his stay at the National Institute of Psychology as an M.Phil scholar, he adapted the NEO Personality Inventory under the supervision of Prof. Dr Anila Kamal. Based upon his scholarly work, he has several research publications to his credit. He has also attended a substantial number of training courses / workshops both inside and outside of PAF to remain updated in his chosen profession.

Soon after his M.Sc. Group Captain (Retd.) Muhammad Arshad Chishti TI (M) joined Pakistan

Air Force as a psychologist in 1985. During his career that spanned over three decades, he has had the experience of working on various appointments related to selection, placement, and capacity building of PAF personnel. His professional experience with PAF includes serving at the Inter Services Selection Board (ISSB) Kohat, PAF Information and Selection Centre Lahore, Directorate of Human Resource Induction Air Headquarters Peshawar, PAF Information and Selection Centre Rawalpindi and Directorate of Training Officers, Air Headquarters Islamabad.

To perform his assigned professional responsibilities efficiently, he has attended numerous services courses by PAF including the Basic Instructional Technique Course, Psychologist Officers Training, Basic Staff Course, Junior Command and Staff Course and Senior Command and Staff Course. Besides, he also completed several professional courses both from Pakistan and abroad including Manpower, Personnel, Training and Education Course from USA, Survival Course from Pakistan Air Force, Psychometric Measure in Flying Aptitude Test (Psych-tech) from UK, Computer Orientation Course from Pakistan Air Force and Emotional Intelligence Course from Establishment Division, Islamabad.

Besides performing his routine day to day responsibilities at PAF, Group Captain (Retd.) Muhammad Arshad Chishti TI (M) has several other professional contributions to his credit including development of a software based Five Factor Personality Test for counselling of PAF personnel, development of a software based Emotional Quotient Inventory for screening of atypically emotionally impaired candidates during selection, development of Clerical Aptitude Test for the induction of airmen, development of e-testing software for preliminary induction in PAF, development of Belief Rationalization Scale for airmen induction (BRS), adaptation of Emotional Quotient Inventory for screening of PAF officers and adaptation of Coping Response Inventory for the counselling of PAF cadets/ airmen.

Compiled by: Ms. Riffat Zahir