

Newsletter

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TRAINING COURSES CONDUCTED BY NIP FACULTY FOR THE DOCTORS OF ISLAMABAD MEDICAL AND DENTAL COLLEGE



NIP faculty conducted a series of customized training certificate courses for the doctors of Islamabad Medical and Dental College for a two week period from 13th November to 24th November, 2017. The activity was organized by Dr. Rubina Hanif and Mr. Tahir Ellahi under the guidance of NIP Director, Prof. Dr. Anila Kamal. Each course had a four hour duration and most of them were conducted by two presenters each. The topics and presenters for the two week long activity included: **Personality Assessment** by Dr. Jamil A. Malik, **Communication Skills** by Dr. Humaira Jami and Dr. Sobia Masood, **Time Management** by Dr. Nelofar Kiran Rauf and Ms. Raiha Aftab, **Aptitude Assessment** by Ms. Riffat Zahir and Ms. Arooj Mujeeb, **Anxiety Management** by Dr. Syeda Razia Bukhari, **Stress Management** by Ms. Aisha Zubair and Ms. Sara Imtiaz, **Enhancement of Social Skills** by Dr. Irum Naqvi and Mr. Imran Bukhari and **Classroom Management** by Dr. Rubina Hanif and Ms. Saira Khan. Besides NIP Faculty, Dr Uzma Masroor from Bahria University Islamabad, Dr. Saeeda Khanum from NUST and Dr. Sadaf Ahsan from Foundation University Islamabad also conducted a training course each during the two

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week period. The participants' level of interest and motivation to learn throughout the workshop was appreciative. They shared that during this course they had learnt about application of psychology in daily and workplace life and they would be more resourceful in their profession after this training.

On 24th Nov. 2017, the concluding ceremony of the activity was held in which Dean Social Sciences, Quaid-i-Azam University Islamabad, Prof. Dr. Sayed Wiqar Ali Shah participated as the chief guest.



He distributed certificates among the participants, presenters and organizers of the activity and also delivered a short concluding speech in which he appreciated the effort and initiative of NIP team. On this occasion, Prof. Dr Anila Kamal, Director NIP vowed that NIP would keep on working hard in the future not only in research and teaching but in community services as well. The day came to an end after a group photo of the participants, organizers and presenters was clicked

Reported by: Dr. Rubina Hanif

NIP FACULTY AND STUDENTS ATTEND TWO RESEARCH CONFERENCES IN LAHORE

NIP faculty and students attended two research conferences in two universities of Lahore between 11th Dec. 2017 and 13th Dec. 2017.

From 11th to 13th December, 2017, NIP faculty and students attended a three day International Conference on Health and Well-Being that was organized by Lahore College for Women University Lahore's Department of Applied Psychology. Representation of NIP in this three-day conference was marked in several ways. To begin with, Director NIP, Prof. Dr. Anila participated in a panel discussion titled Reflections on the Teaching and Practice of Psychology as a speaker. Two scientific sessions during the conference were also chaired by Prof. Dr. Anila Kamal and Dr. Rubina Hanif. The themes of these scientific sessions were 'Reproductive Health and Wellbeing of Women' and 'Coping, Maintenance and Management of Illness' respectively.

Numerous research papers authored by NIP faculty and students representing diverse themes of the conference were presented in various scientific sessions of the conference. The research papers included: **Gender Differences in Psychological Needs Satisfaction, Fear of Missing Out, and**

Social Media Engagement among Young Adults by Sumiya Kiani and Ms. Aisha Zubair, **Moderating of Beliefs on Food Myths on the Relationship between Body Image and Eating Attitudes among Adolescents** by Dr. Irum Naqvi and Dr. Anila Kamal, **Impact of Parental Dimensions on Socio-Emotional Health of Adolescents: Basic Need Satisfaction as a Mediator** by Syeda Asma Gillani and Dr. Rubina Hanif, **Role of Dispositional Positive Emotions and Appreciative Inquiry in Employee Engagement among University Teachers** by Iqra Ameer and Ms. Aisha Zubair, **Metacognition and Negative Emotional States among Drug Addicts** by Anila Qureshi and Dr. Irum Naqvi, **Treating Post Traumatic Stress Disorder with Cognitive Behavior Therapy: A Case Study** by Firdous Afzal, Dr. Syeda Razia Bukhari and Syeda Ishrat Fatima, **Quality of Life and Psychological Distress among Individuals with Coronary Heart Disease** by Qurat-ul-Ain Irshad, and **Implicit Beliefs of Intelligence, Achievement Emotions, and Academic Self-Efficacy among University Students** by Ayesha Shabbir and Dr. Irum Naqvi.

The second research conference in which NIP participated was organized by Lahore Garrison



University, Lahore on 12th and 13th December, 2017. It was the first ever conference arranged by the university's Psychology Department and its title was '1st National Conference of Psychology (NCP 2017): Emerging Social and Mental Health Issues in Society'. The conference's activities include oral and poster presentations on different aspects of Psychology including clinical and applied areas. From the NIP faculty, Dr. Jamil A. Malik acted as one



of the poster presentations' judges while Dr. Humaira Jami and Dr. Irum Naqvi acted as session chairs for the scientific sessions on Health Psychology and Organizational Psychology respectively. An NIP student, Arooj Mughal delivered an oral presentation titled '**Validation of Scales of Peaceful Personality**' on this occasion. Her research work had been co-authored by NIP director, Prof. Dr. Anila Kamal.
Reported by: Dr. Humaira Jami and Dr. Irum Naqvi

PANEL DISCUSSION ON GENDER BASED VIOLENCE AT FJWU, RAWALPINDI

Fatima Jinnah Women University, Rawalpindi in collaboration with United Nations pursued a 16 days campaign with the mission to eradicate gender-based violence and demand gender equity. In this context, Dr. Humaira Jami from NIP faculty was invited to attend a panel discussion on gender based violence as one of the panelists. The event was held on 7th December 2017 and on this occasion Dr. Jami spoke about the gender based violence faced by transgenders in Pakistan and shared her research findings with the audience. She emphasized the need for ensuring basic human rights for all and the potential for youth activism to eradicate any type of gender based discrimination and violence.

Reported by: Dr. Humaira Jami



ONE-DAY WORKSHOP ON RORSCHACH INKBLLOT TEST AT AFIMH

Dr. Syeda Razia Bukhari from NIP conducted a one day workshop on the Rorschach Inkblot Test (Exner Method) at the Armed Forces Institute of Mental Health (AFIMH) Rawalpindi on 17th November, 2017. She provided comprehensive information and guidance about the measure with the help of hands on activities and role plays. The participants consisted of 20 plus psychologists currently serving in the Pakistan Army. After the workshop, Brigadier Dr. Shoaib Kayani and Maj. Dr. Haroon-ur-Rashid thanked Dr. Bokhari and presented her with a shield to applaud her for conducting a very productive activity.

Reported by: Dr. Syeda Razia Bukhari



7TH GENERAL BODY MEETING OF NIP ALUMNI ASSOCIATION AND ANNUAL GALA DINNER 2017



Since its inception, the NIP Alumni Association (AA-NIP) has made a great contribution towards its mission to enable alumni-to-alumni connections and foster a meaningful, lasting relationship between alumni and the institute/university. In this spirit, the 7th general body meeting and annual gala dinner was organized and held by the NIP Alumni Association

on December 29th, 2017 (Friday) at the National Institute of Psychology, Quaid-i-Azam University Islamabad.

The organizing team of the event from the NIP faculty included Ms. Aisha Zubair (Executive Board Coordinator, AA-NIP) and Dr. Nelofer Rauf



(Executive Board Member, AA-NIP) as event coordinator. Furthermore, Dr. Irum Naqvi (General Secretary, AA-NIP), Ms. Sara Imtiaz (Executive Board member, AA-NIP), and Mr. Tahir Elahi (for Finance/ Administrative Support) were deputed. On the event day, registration desk was managed by Mr. Naeem Aslam (Executive Board Member, AA-NIP), with the support of NIP's M.Phil/ PhD students. A large number of alumni, current students, their families, and faculty of NIP participated in the event. Formal proceedings of the program commenced with the recitation of Holy Quran after which the

guests were welcomed by the NIP Alumni Executive Committee. The evening progressed with an entertainment program presented by the students of NIP. The major highlights of the program included multiple activities comprising tableau performances, funny skits, parodies of celebrities, and poetry recitals. The audience enormously enjoyed the instrumental music and songs and the input by the senior alumni who very fondly shared their nostalgic memories of NIP.

In the end, Dr. Shoaib Kiani (President Alumni Executive Board) expressed gratitude to the guests for their presence. He shared his joy on seeing alumni as significant part of NIP and their warm hearted involvement in the event. After the program a lavish dinner was served which was attended by approximately more than 250 guests including NIP Alumni and their families, faculty, and current students. The fun continued for some more time with a singing session around the fire.

Reported by: Dr. Irum Naqvi

NIP FACULTY AND STUDENTS ATTEND FOUNDATION UNIVERSITY ISLAMABAD'S 1ST INTERNATIONAL PSYCHOLOGY CONFERENCE



The Foundation University Islamabad's Department of Psychology organized its 1st International on 18th and 19th December, 2017. The venue of the two day conference was the university's Rawalpindi Campus. Students and faculty from the National Institute of Psychology participated actively in conference in several capacities. Two scientific sessions of the conference were chaired by Prof. Dr. Anila Kamal and Dr. Rubina Hanif respectively while Dr. Sobia Masood, Dr. Humaira Jami and Dr. Jamil A. Malik were the judges for the poster presentation competition.

The research papers presentations included: **Exploration of Religious Knowledge Regarding Permission to Visit Pirs in Pakistan** by Sana Younas and Dr. Anila Kamal, **Correlates of Value-Oriented among Adolescents: Role of Internet Addiction and Demographic Variables** by Gulnaz Pari and Dr. Humaira Jami, **Impact of Media Exposure to Terrorism on Adolescents' Mental Health in Reference to Terrorist Attack on Army Public School, Peshawar** by Sanam Younis and Dr. Humaira Jami, **Relationship between Depression and Psychological Well-Being among Cardiac Patients: A Comparative Study** by Shazia Yusuf and Dr. Rubina Hanif, **Maternal Attachment, Gender Role Attitude, and Body Image among Young Adults** by Amna Zain and Dr. Irum Naqvi, **Moderating Role of Internalization on Impact of Media Images on Students** by Maria Abubakkar and Prof. Dr. Anila Kamal, **Relationship between Implicit Theories and Forgiveness During Legal Decision Making among Law Students** by Maryam Khan and Dr. Anila Kamal, **Faith Development Process of Transgenders; A Qualitative Inquiry** by Zarnosh Nawaz, **Impulsive Buying: A Psychological Science Moderating Role of Online**

Visual Merchandising in Relationship between E-Loyalty and Online Impulsive Buying among Online Customers by Ammara Nasim and Ms. Arooj Mujeeb, **A Model of Identity Formation of Transgender-Hijras** by Sadaf Rehman, Dr. Mudassar Aziz, and Dr. Gulnaz Anjum, **Personality Traits and Autonomy as Predictors of Facebook Usage and Number of Facebook Friends** by Sobia Basher and Dr. Jamil A. Malik, **Emotional Distress, Resilience and Quality of Life among Infertile Women** by Noreen Akbar and Ms. Aisha Zubair, **Internalization of Beauty Ideals and Appearance Anxiety among Women: Role of Dressing** by Farwa Batool, Dr. Humaira Jami, and Sana Younus, **Cognitive Failures in Pharmaceutical Companies Employees: Role of Mental Toughness, Fatigue, and Demographics** by Ms. Arooj Mujeeb and Dr. Anis-Ul-Haque, **Predicting Marital Adjusting from Emotional Intelligence and Multitasking Ability of Working Married Men and Women** by Saima Kalsoom and Dr. Anila Kamal, **Attitude toward Afghan Refugees: Role of Social Identity In Terror Management Perspective** by Iqra Tariq and Dr. Humaira Jami, **Teaching Effectiveness; Exploring the Role of Personal Variables** by Sidra Shoaib and Dr. Rubina Hanif, **Exploring Mediating Role of Psychological Capital in Relationship of Emotions and Work Engagement among Small Business Entrepreneurs** by Saadiya Abbasi and Dr. Anila Kamal, **Role of Gender and Body Mass Index in Establishing Negative Eating Attitudes and Body Image among Adolescents** by Dr. Irum Naqvi and Dr. Anila Kamal, **Cognitive Appraisals of Perceived Interparental Conflict: Understanding Adolescent Behaviour Problems** by Sana Bukhari and Dr. Sobia Masood, **Self-Compassion, Physical Health and Psychological Well-Being among Young Adults** by Umamah

Ashraf Malik and Dr. Syeda Razia Bukhari, **Role of Secure Attachment and Positive Communication Patterns in Improving the Quality of Marital Relationships** by Naseem Fatima and Dr. Sobia Masood, **A Feasibility Study for Choosing the Best Intervention for School Going Children: A Case Study for a Primary School in Islamabad, Pakistan** by Ms. Raiha Aftab and Dr. Nelofar Kiran Rauf, **The Impact of Parental Attachment and Escape Motives in Development of Problematic Internet Use in Pakistani University Students** by Yusra Afraz and Dr. Sobia Masood, **Role of Positive Work Environment and Burnout in Patient Safety Practices among Nurses** by Sana Ahmad and Ms. Aisha Zubair, **Relationship Between Self-Compassion, Rumination and Depression Among Geriatrics Living in Old-Homes** by Misbah Ilyas

and Mr. Naeem Aslam, **Relationship between Care-Giving Stress and Quality of Life of Caregivers: Moderating Role of Social Support and Emotion Regulation Difficulties** by Neelam Bibi and Dr. Jamil A. Malik, and **Does Gender Moderate the Relationship between Ambivalent Sexism and Attitudes towards Domestic Violence?** by Humma Channa, Dr. Sobia Masood, and Dr. Mustanir Ahmad.

NIP also participated eagerly in the poster presentation competition and won two prizes. The poster made by Umbreen Feroz and Dr. Humaira Jami won the 2nd prize while the poster submitted by Aliya Imtiaz and Dr. Jamil A. Malik was awarded the 3rd prize.

Reported by: Ms. Riffat Zahir

3-DAY WORKSHOP ON ADVANCES IN MEDIATION, MODERATION AND SEM (LEVEL-II)

Dr. Jamil A. Malik conducted the much required and awaited workshop on Advances in Mediation, Moderation, and SEM (Level-II) at NIP from 1st to 3rd Nov. 2017. First day of workshop focused upon learning about factor analysis where emphasis was made on controlling for method related error, then invariance testing was practiced and an understanding was developed for multi-group path models. The second day covered validity testing in AMOS followed by continuation of path models, and feedback loop (or non-recursive models). The third and the last day of the workshop started with the practice of specification search, followed by a thorough understanding of longitudinal data analysis techniques where latent growth curves, mediation models, and simple regression across timeline was seen. The 3-Day activity came to an end



with the distribution of certificates by Dr. Rubina Hanif followed by a group photo of the workshop participants, organizers and the resource person.

Reported by: Ms. Sara Imtiaz

PHD PUBLIC DEFENSE OF MS. TASNIM REHNA



The PhD defense of Ms. Tasnim Rehna was held on 30th November, 2017 in the seminar hall of NIP. The title of the dissertation was 'Adverse Life Events and Adolescents' Emotional and Behavioral Problems: Cognitive Factors and Personality Traits as Moderators'.

The research was supervised by Dr. Rubina Hanif while the external examiners were Dr. Syed Sajjad Hussain and Dr. Nasreen Rafique. The event was well attended by NIP faculty and students as well as guests.

Reported by: Ms. Riffat Zahir

Featured Alumni
Dr. Najma Iqbal Malik



Associate Professor Dr. Najma Iqbal Malik, an alumna from the National Institute of Psychology, Islamabad, is the Chairperson of Department of Psychology at the University of Sargodha where she is engaged in full time teaching,

research and administrative responsibilities. Besides she is professionally known for her expertise in research and counseling skills.

Dr. Malik started her academic career at the National Institute of Psychology as an M.Sc. student in 2001 and later also completed her M.Phil and PhD from here. She has the honor to be the first NIP student from its pioneer M.Sc. batch who has attained all her higher academic degrees from NIP. Her area of research interest was social and developmental psychology and the title of her PhD Dissertation that she completed in 2011 was “Slow Learners and Mental Health Issues: Identification and Assessment of Developmental Skills and Academic Interventions”. Besides being an M.Sc. M.Phil and Ph.D scholar at NIP, she is credited for developing a scale to measure advertisement effectiveness on consumer behavior in her M.Sc. research and also developing an interventional teaching plan for slow learners in primary schools as part of her doctoral dissertation. On a regular basis, she provides lectures to teachers and parents on classroom management techniques, child rearing practices, teaching of Islamic values and ethics in prevention and treatment of emotional disorders. She was part of a research project focusing on assessment of trauma and psychological health problems among Afghan refugees in Pakistan that was carried out by a Denmark based organization called “International Rehabilitation Council for Torture Victims (IRCT)” and a local NGO “SACH” (January–June, 2002). She also worked as a psychologist for Pre-school

Intellectual Development (APID) Assessment for Admissions of Kindergarten students at the Pearl Valley School, Rawalakot, Azad Kashmir (2002 & 2003).

Currently along with her teaching and research duties at the Department of Psychology, University of Sargodha she holds the additional assignments of the Deputy Chairperson Hall Council (Girls), Secretary of Work Place Harassment Cell and Women Empowerment Cell at the university. As a credible member of the University of Sargodha, she is playing an active part as a member of various committees such as the University Semester Regulations Committee, Admission Committee, Sports Society, and Faculty Board of Social Sciences. She is also involved in faculty appointments / selections along with research supervision and evaluation at top ranked universities of Pakistan. Besides being a good team leader she is known as a capable and well respected teacher. She is an HEC approved PhD supervisor and professional affiliate of the American Psychological Association, Pakistan Psychological Association, Asian Society for Social Sciences, and International Association of Computer Science and Information Technology (IACSIT) USA. She is also working as a reviewer for several international and national research journals that include Journal of Family Violence (JOVF), Pakistan Journal of Social Sciences, BZU Multan, and Journal of Gender and Social Issues, Fatima Jinnah Women University Rawalpindi. She has authored multiple research papers published in HEC recognized journals of national and international repute and has also represented University of Sargodha at first class HEC and PHEC international platforms of knowledge sharing and conferences by availing travel grants.

Dr. Malik provides professional help as a consultant / trainer / resource person / counselor / workshop organizer at various platforms including the Police Training School Sargodha, District Jails Sargodha, SOS Village Sargodha, The City School System Sargodha, and The Educators School System Sargodha. She has successfully developed very strong networking ties for her organization with government as well as the non-government sector.

Compiled by: Dr. Najma Iqbal Malik