

# Dr. Mussarat Jabeen Khan

HEC Approved Supervisor

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Pakistan.  
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## **Objective**

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To solve the psychological problems of humanity by showing empathy towards them not by sympathy.

## **Practical Experience**

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- Lecturer at **Department of Psychology- Female Campus, International Islamic University Islamabad** since September, 2009.
- Worked as a Psychologist at **Acid Survivor Foundation (ASF)** from July 2007- August 2008.
- 3 months of “**internship**” at Federal Government College F-7/2 Islamabad, 1<sup>st</sup> March 2006 to 5<sup>th</sup> June 2006.
- 6 weeks of “**internship**” in Federal Government Hospital G-6/2 Islamabad, 1<sup>st</sup> July 2005 to 15<sup>th</sup> August 2005.

## **Publications**

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1. Bibi, H., Naz, S., & Khan, M.J. (2021). Intolerance of uncertainty and affective lability among histrionic and non-histrionic persons. *Rawal Mmedical Journal*, 46(1), 131-134.
2. Waheed, A., Khan, M. J., & Khurshid, M. (2020). Effect of Behavioral Problems of Children with Autism on Their Mother's Quality of Life. *Pakistan Armed Forces Medical Journal*, 70(6), 1666-1670.
3. Salik, S., Masroor, U., & Khan, M.J. (2020). Psychological Vulnerability, Resilience and Social Support among Health Care Professionals during COVID 19: A Cross Cultural Study. *Pakistan Armed Forces Medical Journal*, 70 (1), 331-335.

4. Fatima, T., Ambreen, S., Khan, M.J., & Fayyaz, W. (2019). Relationship Between Life Orientation (Optimism/Pessimism) And Mental Health. *Pakistan Armed Forces Medical Journal*, 69 (5), 992-997.
5. Naz, S., Khan, M.J., Kazmi, F., & Bibi, H. (2019). Music as Mood Regulatory Strategy among Adults and Adolescents. *Bahria Journal of Professional Psychology*, 18(2), 01-20.
6. Khan, M. J., & Arif, H. (2019). Role of Social Support as Predictor of Mental Health Among University Students. *Journal of Research and Reflections in Education*, 13(1), 01-11.
7. Khan, M. J., Shamim, F., & Naeem, B. (2019). Role of Academic Stress as Predictor of Test Anxiety among University Students. *International Journal of Innovation in Teaching and Learning (IJITL)*, V(I), 32-42.
8. Khan, M. J., & Rashid, S. (2019). Moderating Role of Learning Strategies Between Meta-Cognitive Awareness and Study Habits Among University Students. *Pakistan Journal of Psychological Research*, 34(1), 215-231.
9. Akhtar, S., & Khan, M. J. (2019). Effect of Occupational Stress On Burnout And Alexithymia Among Mental Health Professionals. *Pakistan Journal of Physiology*, 15(1), 48-51.
10. Naz, S., Khan, M.J., Khan, M.J., Yasin, S.A., & Bibi, H. (2019). Moderating Role of Extraversion Personality Trait in Emotional Intelligence and Cognitive Styles among University Students. *Pakistan Journal of Social and Clinical Psychology*, 17(1), 31-37.
11. Khan, M. J., Fatima, S., & Masroor, U. (2018). Family relations, quality of life and post-traumatic stress among amputees and prosthetics. *Pakistan Armed Forces Medical Journal*, 68 (1), 125-30.
12. Khan, M.J., Arooj, K., Arif, H., Nazir, N., & Nosheen, M. (2018). Attitude of Male and Female University Students towards Gender Discrimination. *Pakistan Journal of Psychological Research*, 33(2), 429-436.
13. Khan, M. J., & Rashid, S. (2018). Teaching Styles as Moderator between Metacognitive Awareness and Study Habits among University Students. *Journal of Behavioural Sciences*, 28(2), 67-84.

14. Khan, M. J. (2018). Role of peer pressure towards tendency of juvenile delinquency among male and female adolescents. *Pakistan Journal of Criminology*, 10(4), 1-14.
15. Khan, M. J., Fazaldad, G., Waheed, A., & Arif, H. (2017). Level Of Aggression Among Athletes And Non Athletes. *The Shield- Research Journal of Physical Education & Sport science*, 12, 30-39
16. Khan, M. J., & Fazaldad, G. (2016). Social Isolation among Elder Population of Pakistan. *FWU Journal of Social Sciences*, 2(1), 64-74.
17. Khan, M. J., Ali, N., & Ashraf, A. (2016). Attitude of University Students Toward Mentally Ill Individuals. *Pakistan Journal of Clinical Psychology*, 15(1), 33-44.
18. Khan, M. J., & Gul, S. (2016). Differences in Defense Mechanisms between Depressive Patients and Non-Depressive Individuals. *Pakistan Journal of Social and Clinical Psychology*, 14(2), 47-51.
19. Khan, M. J., Younas, T., & Ashraf, S. (2016). Problem Solving Styles as Predictor of Life Satisfaction among University Students. *Pakistan Journal of Psychological Research*, 31(1), 209-222.
20. Loona, M.I., & Khan, M. J. (2016). Self-Compassion and Procrastination among First Born and Last Born University Students. *Pakistan Journal of Psychology*, 47 (2), 45-59.
21. Khan, M. J., Hanif, R., & Tariq, N. (2015). Translation and Validation of Mental Health Inventory. *Pakistan Journal of Psychological Research*, 30(1), 65-79.
22. Khan, M. J., Batool, S.S., & Saqib, T. (2014). Maternal Depression: A Risk Factor of Childhood Mental Illness. *FWU Journal of Social Sciences*, 8(1), 24-30.
23. Khan, M. J., Hanif, R., & Tariq, N. (2014). Relationship of Parental Mental Health with Children's Behavioral Problems: Role of Social Support and Resilience. *Journal of Behavioural Sciences*, 24(1), 115-129.

24. Khan, M. J., Arif, H., Noor, S. S., & Muneer, S. (2014). Academic Procrastination among Male and Female University and College Students. *FWU Journal of Social Sciences*, 8(2), 65-70.
25. Gul,S., Arouj,K., & Khan, M. J.(2014). Emotional self regulation as the predictor of self esteem and life satisfaction among University students. *Pakistan Journal of Clinical Psychology*, 13(2), 33-45.
26. .Khan, M. J. (2014). Construction of Muslim Religiosity Scale. *Islamic Studies*, 53(1-2), 67-81.
27. Qureshi, H. S., Khan, M. J., & Masroor, U. (2013).Increased Aggression And Loneliness As Potential Effects Of Pathological Video-Gaming Among Adolescents. *Pakistan Journal of Social and Clinical Psychology*, 11(1), 66-71.
28. Khan, M. J., Altaf, S., & Kausar, H. (2013). Effect of Perceived Academic Stress on Students' Performance. *FWU Journal of Social Sciences*, 7(2), 146-151.
29. Masroor, U., Khan, M. J., & Iqbal, N. (2013). Psychotherapeutic Intervention Outcomes among Clinical Patients with and Without Personality Disorder Co-Morbidity. *Pakistan Journal of Clinical Psychology*, 12(2), 43-53.
30. Khan, M. J., & Batool, S. S (2013). Translation and Adaptation of Simplifying Mental Illness plus Life Enhancement Skills (SMILES) Program. *Pakistan Journal of Social and Clinical Psychology*, 11(2), 22-27.
31. Ambreen, S., Khan, M. J., & Aslam, S. (2012). Age and Personality as Moderating the Relationship between Social Support and Mental Health. *Indian Journal of Health and Wellbeing*, 3(1), 285-288.

### **Paper Presentations in Conferences**

1. Research paper titled: **“Implementation of SMILES Program on the children of depressive parents”**, presented at 18<sup>th</sup> European Conference on Developmental Psychology, University of Utrecht, Amsterdam, August 29 - September 1, 2017.
2. Research paper titled: **“Teaching Styles As Moderator Between Meta-cognitive Awareness And Study Habits Among Male And Female University Students”**, presented at International conference on building bridges in initial teacher

education; theory and practice; curriculum and assessment; schools and universities, 19-21 May, 2017.

3. Research paper titled: **“Relationship between Personality Traits and Conflict Management Styles among University Students”** presented at 6<sup>th</sup> International Applied Business Research Conference, 26-27 October 2017
4. Research paper titled: **“Effect of Global Identity on Mental Health among University Students”** presented at 2<sup>nd</sup> IIUI-UNCW International Conference on local cities foreign capitals: finding the local anchor in the global cultures. 9-11 October 2017.
5. Research paper titled: **“Relationship between Mental Health and Affective Styles of Emotional Regulation among University Students”** presented at 3 days international conference on health psychology: issues and challenges. 26-28 April 2017, G. C. University Lahore
6. Research paper titled: **“Impact of Mindfulness and Self-Regulation on Subjective Well-Being among University Students”** presented at International conference on peace, conflict and violence: challenges and resolution strategies 29-30 November, 2017, COMSAT Institute of Information technology Lahore.
7. Research paper titled: **“Gender Discrimination Among Male And Female University Students”** presented at 6<sup>th</sup> international conference. Psychology of gender in perspective: issues and challenges. December 1-2 2016, National institute of psychology, Quaid-i-Azam university Islamabad
8. Research paper titled: **“Role of Academic Stress as Predictor of Test Anxiety among University Students”** presented at International conference on innovative in teaching and learning (ICITL, 2016) 25-26 April 2016, Department of education, International Islamic university Islamabad.
9. Research paper titled: **“Relationship between Materialism and Satisfaction with Life: Role of Social Comparison Discrepancy”** presented at International conference of social sciences on emerging problems of the developing countries: indigenous responses and way forward. March 15-17 2016, Shaheed Benazir Bhutto Women University Peshawar.

10. Research paper titled: **“Learning Strategies As Moderator Between Meta-cognitive Awareness And Study Habits Among Male And Female University Students”**, presented at 1<sup>st</sup> International Conference of Gender Studies, 2016, November 14-16, 2016.
11. Research paper titled: **“Social Isolation among Elder Population of Pakistan”** presented at 1<sup>st</sup> international conference of psychology: advancing women issues: local and global directions, December 12 2015.
12. Research paper titled: **“Role of Social Support as Predictor of Mental Health among University Students”** presented at 2<sup>nd</sup> international conference on mental health: “contributions of early Muslim scholars to psychology and its relevance to modern psychology”, 5-6 May, 2015, International Islamic university Malaysia.
13. Research paper titled: **“Conflict Management Styles of Working and Non-Working Women”**, International Conference on Social Psychology, 20<sup>th</sup>-21<sup>st</sup> May, 2014.
14. Research paper titled: **“Relationship between Close Relationship and Loneliness”**, presented at International Conference on Social Psychology, 20<sup>th</sup>-21<sup>st</sup> May, 2014.
15. Research paper titled: **“Translation and validation of Mental Health Inventory (MHI)”**, presented at First International Conference on Mental Health: violence, psychological trauma with possible acute and post traumatic interventions in general and particularly in Pakistani society, 29<sup>th</sup>-30<sup>th</sup> March, 2012.
16. Research paper titled: **“Differences of Defense Mechanisms by Depressive Patients and Normal Individuals”** presented at First International Conference on Mental Health: violence, psychological trauma with possible acute and post traumatic interventions in general and particularly in Pakistani society, 29<sup>th</sup>-30<sup>th</sup> March, 2012.

17. Research paper titled: **“Relationship between Parental Depression and Children Mental Health”**, presented at International conference on Emerging Trends in Psychology, 29<sup>th</sup>-30<sup>th</sup> March, 2011
18. Research paper titled: **“Developmental and validation of Childhood Depression Scale”**, presented at Research in Psychology: Indigenous and Cultural Context, 14<sup>th</sup> October 2010.
19. Research paper titled: **“Maternal Depression and Risk of Depression in Children”**, presented at International conference on Developmental Psychopathology: Prevalence, Management & Prevention, 13<sup>th</sup>-15<sup>th</sup> October, 2009.

### **Workshops attended**

- One day training workshop on **“Designing Sensitive Research and Writing a Research Proposal”**, 20<sup>th</sup> January 2020.
- One day workshop **“Child Protection Issues”**, 15<sup>th</sup> May 2018.
- One day Workshop **“Moderation and Mediation Analysis by Using SPSS”**, 24<sup>th</sup> April 2018.
- One day workshop **“Research Article Writing”**, 19<sup>th</sup> March 2018.
- One day workshop **“Rehabilitation Programming Skills: A Community Reinforcement Programm”**, 5<sup>th</sup> March 2018.
- One day International Workshop on **“Introduction to R”** at University of Utrecht, August 27<sup>th</sup>, 2017.
- 2<sup>nd</sup> series of training workshop on **“Advanced Statistical Analysis”**, 27-29 September, 2017 at IIUI.
- Professional development program for university teachers (PDPUT): Workshop on **“Research Methods and Skills”**, 2-4 February 2016.
- Professional development program for university teachers (PDPUT): Workshop on **“Curriculum Development”**, 4-6 May, 2016.
- Professional development program for university teachers (PDPUT): Workshop on **“Andragogical Skills”**, 1-3 March 2016
- Professional development program for university teachers (PDPUT): Workshop on **“Learners’ psychology”**, 4-6 November, 2015

- Workshop on “**Modern method of mediation, moderation and model testing: Advances in SEM**”, August 19-21, 2015.
- Professional development program for university teachers (PDPUT):  
Workshop on “**Student’s Assessment**”, 12-14 February, 2014
- Five days workshop on “**Interpretation of Projective Techniques, Report Writing Of A Psychological Test and Qualitative Research Methods**”, 29<sup>th</sup> April-3<sup>rd</sup> May 2013.
- One day workshop on “**Clinical Supervision**”, 12<sup>th</sup> September, 2013.
- One day workshop on “**Evidence Based Treatment Strategy (EEG Neuro-feedback Therapy) for a range of psychiatric disorders**”, 10<sup>th</sup> October, 2012.
- One day workshop on “**Psychological Autopsy**”, 28<sup>th</sup> December, 2012.
- One day workshop on “**NVIVO-9: Software for Qualitative Research**”, 14<sup>th</sup> April 2012.
- One day workshop on “**Qualitative Data Analysis**”, 13<sup>th</sup> July 2011.
- Two days workshop on “**Rorschach**”, 5<sup>th</sup> & 6<sup>th</sup> July 2011.
- Two days workshop on “**Understanding the Adult Learner**”, 8<sup>th</sup> and 9<sup>th</sup> July, 2011.
- Two days workshop on “Writing research proposal and writing research report”, 5<sup>th</sup> & 6<sup>th</sup> May, 2010.
- Three days workshop on “**Construction of Standardized Tests**”, 28<sup>th</sup> - 30<sup>th</sup> April 2009.
- Pre-conference workshops on “**Learning Disabilities, Conflict Management, Obsessive Compulsive Disorder Management**”, 11th-14<sup>th</sup> October, 2008.
- One day workshop on “**Caring for the Elderly**”, 1<sup>st</sup> August 2007.
- Two days training workshop on “**Two disasters, Two Countries: Bridging the Psychosocial Experiences of Pakistan and Turkey**” organized by Union of Disaster Psychosocial Services (UDPS-Turkey) at Psychosocial Support Department of Turkish Red Crescent Society, 3<sup>rd</sup>-4<sup>th</sup> April 2006.



- Four days training workshop on **“Psychological Interventions Following Disasters”** organized by Union of Disaster Psychosocial Services (UDPS-Turkey) at Psychosocial Support Department of Turkish Red Crescent Society, 17<sup>th</sup>-20<sup>th</sup> March 2006.
- One day training workshop on **“Rorschach Technique”** at NIP- Quaid-i-Azam University, 29<sup>th</sup> May 2004.

### **Conferences attended**

- International Conference on **“Social Psychology”**, 20<sup>th</sup>-21<sup>st</sup> May, 2014.
- First International Conference on **“Mental Health: Violence, Psychological Trauma with Possible Acute and Post Traumatic Interventions in General and Particularly in Pakistani Society”**, 29<sup>th</sup>-30<sup>th</sup> March, 2012.
- International conference on **“Industrial and Organizational Psychology: Trends, Challenges and Applications”**, 19<sup>th</sup> April, 2012.
- International conference on **“Emerging Trends in Psychology”**, 29<sup>th</sup>-30<sup>th</sup> March, 2011.
- National conference on **“Research in Psychology: Indigenous and Cultural Context”**, 14<sup>th</sup> October, 2010.
- International conference on **“Developmental Psychopathology: Prevalence, Management & Prevention”**, 13<sup>th</sup>-15<sup>th</sup> October, 2009.
- International conference on **“Terrorism and Extremism: Social Psychological Perspective”**, 15<sup>th</sup>-17<sup>th</sup> October 2008.
- First International Conference on **“Psycho-trauma”**, 30<sup>th</sup>-31<sup>st</sup> August 2008.

### **Experience as a Resource Person**

- Conducted Two days workshop as Resource Person on **“Statistical Package for Social Sciences (SPSS)”**, 28<sup>th</sup>-29<sup>th</sup> June, 2011 at Department of Psychology, International Islamic University Islamabad.
- Organized **“First Mental Health Conference”** at Department of Psychology, International Islamic University Islamabad.

- Organized 2<sup>nd</sup> series of training workshop on “**Advanced Statistical Analysis**”, 27-29 September, 2017 at Department of Psychology, International Islamic University Islamabad. .
- Organized many professional conferences, workshops, seminars and other events at Department.

## **Academic Record**

<b>Qualification</b>	<b>Institution</b>	<b>Year</b>	
<b>PhD</b> (Psychology)	G. C. University Lahore	March-2010	Jan-2017
<b>M.Phil</b> (Psychology)	Quaid-i-Azam University Islamabad	Sep-2006	Jan-2009
<b>MSc</b> (Psychology)	Quaid-i-Azam University Islamabad	Jan-2004	March-2006
<b>BSc</b>	Punjab university.	Sep-2001	Aug-2003
<b>HSSC</b>	Federal Board of Intermediate & Secondary Education, Islamabad	Sep-1999	Aug-2001
<b>SSC</b>	Federal Board of Intermediate & Secondary Education, Islamabad	Apr-1997	Aug-1999

- Attended an “**English short summer course**” at National University of Modern Languages (NUML), 9<sup>th</sup> June-11<sup>th</sup> July 2003.

## **Dissertations**

- **Ph.D Dissertation:** Translation, Adaptation and Implementation of SMILES Program for the Children and Adolescent Offspring of Depressive Parents
- **M.Phil Dissertation:** Relationship of Parental Mental Health with Children’s Behavioral Problems and Role of Moderating Factors.
- **M.Sc Dissertation:** Maternal Depression and Risk of Depression in Children.

## **Awards and Achievement**

- Third prize in Poster Presentation Competition at 6<sup>th</sup> international conference. Psychology of gender in perspective: issues and challenges. December 1-2 2016, National institute of psychology, Quaid-i-Azam university Islamabad.

- Awarded Bronze Medal on securing 3<sup>rd</sup> position in M.Phil (Psychology) - 2<sup>nd</sup> semester at National Institute of Psychology, Quaid-i-Azam University Islamabad.
- Academic Performance Award in M.Phil (Psychology) - 2<sup>nd</sup> semester at National Institute of Psychology, Quaid-i-Azam University Islamabad.
- Academic Performance Award in M.Phil (Psychology) – 1<sup>st</sup> semester at National Institute of Psychology, Quaid-i-Azam University Islamabad.

## **Languages**

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- **Urdu** – (Read: Fluent, Write: Fluent, Speak: Fluent)
- **English** – (Read: Fluent, Write: Fluent, Speak: Fluent)
- **Pashto** – (Mother tongue)

## **Interests / Hobbies**

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- Writing research articles