

Dr. Rabia Mushtaq
Assistant Professor
Department of Psychology
Faculty of Social Sciences
International Islamic University Islamabad, Pakistan
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Academic Qualifications

- 2011 – 2017 Doctor of Philosophy (PhD) Psychology from Department of Psychology, International Islamic University Islamabad (IIUI) Pakistan
- 2002-2005 Masters of Philosophy (M.Phil) in Psychology from National Institute of Psychology, Center of Excellence, Quaid -i- Azam University, Islamabad, Pakistan
- 2000-2002 Masters of Sciences in Psychology, Department of Applied Psychology, Govt. Post Graduate College, Satellite Town, Rawalpindi University of the Punjab, Pakistan.
- 1998-2000 Bachelor of Arts Government Post Graduate College for Women, Satellite Town, Rawalpindi ,Pakistan.

Courses Attended during PhD

Clinical Psychology, Psychological Assessment and Measurement, Guidance and Counseling, Research Methods in Psychology, Advanced Statistics, and Muslim Psychology.

Courses Attended during M.Phil

Clinical Psychology, Psychological Measurement, Guidance and Counseling, Research Methods in Psychology, Statistics, and Theories of Psychology.

Area of Specialization during M.Phil & PhD

Psychological Measurement & Assessment, Mental Health & Psychopathology, Clinical Psychology and Social Psychology

Courses Attended during M.Sc

History of Psychology, Research Methods, Statistics, Principles of Psychological Measurement, Abnormal Psychology, Experimental Psychology, Behavioral Neuro Psychology, Social Psychology, and Clinical Psychology

Area of Specialization during M.Sc

Clinical Psychology

Research Work (Thesis/Dissertation/Publications)

- Effect of Overseas Migration on Psychosocial Problems of Left behind Families in Azad Jammu & Kashmir (Ph.D Thesis)
- Relationship of Post Traumatic Stress with Marital and Social Adjustment of Kashmiri Refugees (M.Phil Thesis)
- Attitude towards Internet (M.Sc Survey)
- Five Clinical Case Reports of Psychiatric Patients (M.Sc Project)
- Khalily , T.M., Gul S., **Mushtaq, R** & Jahangir, F, S. (2012) . To Examine Delayed PTSD Symptomatology over Time among Trauma Survivors in Pakistan. *The Online Journal of Counselling and Education*, Vol 1(1)
- **Mushtaq, R.**, Gul S. & Khalily , T.M. (2016). Comparative Study of Maternal psychosocial problems and Academic Performance of children in migrant and non migrant families of AJK. *Pakistan Journal of Public Health*, Vol.6 (3), 29-34
- **Mushtaq, R.**, Khalily , T.M. & Gul S. (2017).Determinants of Depression Anxiety Stress among left behind families in Azad Jammu & Kashmir. *Pak Armed Forces Med J*, Vol.67(3):472-77
- Ehsan, N., Khurshid, M., Abbasi, H.N., Fazaldad, G., Gul, S. & **Mushtaq, R.** (2018). Interfamilial Problems and Marital Dissatisfaction among Fertile and Infertile Couples. *Pakistan Journal of Physiology*, Vol 14(4):44–6
- Ishfaq, W. & **Mushtaq, R.** (2019). Relationship of Death Anxiety and Subjective happiness among Young and Elder Pregnant Women. *Pak J Physiol*, 15(4), 56–8
- Saleem, T., Saleem, S., Mushtaq, R., & Gul, S. (2020). Belief Saliency, Religious Activities, Frequency of Prayer Offering, Religious Offering Preference and Mental Health: A Study of Religiosity Among Muslim Students. *Journal of Religion and Health*, 60(726-735).

RESEARCH SUPERVISION

i) PhD Thesis Supervision

S. No.	Student's Name	Thesis Title	Year/In process
1.	Saima Waqar 60-FSS/PHDPSY/F18	Effectiveness of Positive Psychotherapy on Mental Wellbeing, Sense of Coherence, Social Support and Difficulties among Caregivers of Cerebral Palsy Children	In process
2.	Wardah Ishfaq 61 FSS/PHDPSY/F18	Effect of Islamic Integrated Cognitive Behavioral Therapy on Psychosocial Distress and Resilience among Women with Polycystic Ovaries Syndrome	In process

ii) MS/M. Phil(s) Produced

S. No.	Student's Name	Thesis Title	Year
1.	Sonia Latif 256-FSS/MSCP/F16	Effect of Super Natural Beliefs on Illness Perception and Help Seeking Attitude among Patients with Mental Illness	2020
2.	Droshum Baloch 220-FSS/MSEP/F17	The Relationship of Online Gaming Addiction with Loneliness and Aggression among University Students: Motivation to Play as a Mediator.	2021
3.	Gul Arzo 270-FSS/MSCP/F17	Relationship Of Emotional Self Disclosure with Suicidal Ideation Among University Students: Moderating Role of Spiritual Intelligence	2021
4.	Aqsa Israr 275-FSS/MSCP/F17	Perfectionism, Emotional Regulation and Body Dysmorphic Disorder Symptoms among Men Seeking and not Seeking Hair Transplant	2021
5.	Javeria Amin 179-FSS/MSCP/F15	Implementation Of The Indigenously Adopted Novaco's Model Of Anger Management On Pakistani Adolescents	2021
6.	Somyia Mahmood, Registration # 184-FSS/MSCP/F15	Psychological Issues of Domestic Workers: A Qualitative Study	2018
7.	Wardah Ishfaq 197-FSS/MSCP/F15	Effect of Subjective Happiness and Negative Thought on Death Anxiety among Pregnant Women	2017

8.	Uroosa Javaid 193-FSS/MSCP/F15	Relationship of Workplace Stress and Mindfulness with Mental Well Being among Health Professionals	2017
9.	Khadeeja Hayat 145-FSS/MSCP/F14	Role of Inner Speech, Self Consciousness and Self Deception among Social Anxiety and OCD Patients	2017

iii) MS/M. Phil(s) Supervision

S. No.	Student's Name	Thesis Title	In process
1.	Arooba Khurshid 347-FSS/MSCP/F18	Associations between Religious Orientation, Personality Traits, Homosexuality among Drug Addicts	In process
2.	Maryam Ikram 352-FSS/MSCP/F18	Impact of Spiritual Intelligence and Death Anxiety on Resilience among Patients with Chronic Kidney Disease: Role of Social Support as Moderator	In process
3.	Sidra Mehmood 367-FSS/MSCP/F18	Impact of Emotional Intelligence and Perceived Social Competence on Academic Performance of Adolescents with ADHD	In process
4.	Rabia Sultan 258-FSS-MSEP-F18	<i>“Gratitude, Coping Skills and Mental Health Problems of Blood Cancer Adolescent Patients”.</i>	In process
5.	Hira Rasheed 260-FSS-MSEP-F18	Internet Gaming Addiction and Emotion Regulation among Adolescents : Moderating Role of Personality	In process
6.	Shumaila Zubairy 241-FSS-MSEP-F18	Marital Satisfaction, Partner Abuse And Quality Of Life Among Working And Non-Working Married Women	In process
7.	Romaisa Nasir 244-FSS/MSCP/F16	Personality Traits as a Moderator between Overeating and Social Inhibition among University Students	In process
8.	Irum Naz 210-FSS/MSEP/F17		In process

External Supervisor for MS Viva Voce Examination

- Conducted viva voce examination of students of M.Sc & MS Behavioural Sciences as External Supervisor for Thesis Evaluation, at Fatima Jinnah Women University Rawalpindi Pakistan.

Travel Grants received for Research Papers

- I have also received Higher Education Commission HEC Pakistan's Travel grant for presenting my PhD research work in 11th International Test Commission Conference from 02-05.07-2018 in Montreal Canada.

Papers Presented in Conferences

- Research Paper titled "Comparison of Social Skills between fostered and housed children" by Semra Salik & **Rabia Mushtaq** has been orally presented during 1st International Conference of Psychology on Advancing Women Issues: Local and Global directions, planned on 12th December, 2015
- Research paper titled "Relationship between Irrational Beliefs and Self-Efficacy among University Students" by Khadijah Iqbal & **Rabia Mushtaq** has been awarded prize in Poster presentation competition during 1st International Conference of Psychology on Advancing Women Issues: Local and Global directions, planned on 12th December, 2015
- Religiosity, Family System and Depression Among Adults Dr Seema Gul & **Rabia Mushtaq** paper presented in 2nd Mental Health Conference held at Senate Hall, International Islamic University Kuala Lumpur Malaysia on 5th and 6th May 2015.

- Role of Overseas Migration On Behavioral and Emotional Problems of Left Behind Children in AJK Pakistan **Rabia Mushtaq** , Dr. Seema Gul & Dr. Muhammad Tahir Khalily paper presented in 2nd Mental Health Conference held at Senate Hall, International Islamic University Kuala Lumpur Malaysia on 5th and 6th May 2015.
- Presented Paper titled “Relationship of Post Traumatic Stress with Marital Adjustment of Kashmiri Refugees in 1st International Conference on Mental Health at International Islamic University, Islamabad (29th – 30th March, 2012).
- Presented Paper titled “Post Traumatic Stress among Kashmiri Refugees” in Pakistan Institute of Medical Sciences PIMS Symposium (2005 Symposium).

Conferences Attended/Participated

- Participated in 2nd Mental Health Conference held at Senate Hall, International Islamic University Kuala Lumpur Malaysia on 5th and 6th May 2015.
- Participated in 1st International Conference on Mental Health at Department Of Psychology, International Islamic University, Islamabad (29th – 30th March, 2012)
- Attended two days International Interdisciplinary Conference: Women Universities at agents of change at International Islamic University, Islamabad (26th – 27th November,2010).

- Attended National Conference on “Research in Psychology, Indigenous and Cultural Context”. National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad (14th October, 2010).
- Attended International Conference on Terrorism and Extremism, Social and Psychological perspectives. National Institute of Psychology, Centre of Excellence , Quaid-i-Azam University, Islamabad(15-17th October, 2008).
- Participated in 1st National conference on “The role of Psychologists in the Socio-Economic Development of Pakistan” at National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad (10 September, 2004).

Workshops Attended

- Attended one day workshop on Clinical Supervisor at Department of Psychology, International Islamic University, Islamabad (12 September, 2013).
- Interpretation of Projective Techniques, Report Writing of a Psychological Test and Qualitative Research Methods at Department of Psychology, International Islamic University, Islamabad (29th – 3rd May, 2013).
- Two days workshop on “RORSCHACH” at Department of Psychology, International Islamic University, Islamabad (5-6th October, 2011).
- One day workshop on Standardized test construction by Dr Sohail Imam at

Department of Psychology, International Islamic University, Islamabad (6th May, 2009).

- Attended training of Teaching Methodology by Dr Syed Tahir Hijazi IFC Certified trainer at International Islamic University, Islamabad (31st January, 2009).

Seminar Participation as a Resource Person

In connection with awareness campaign for making University Smoking Free, delivered lecture as a **Resource Person** during a seminar titled **Healthy Life Style** on 23rd February 2018, in International Islamic University Islamabad.

Departmental Responsibilities

- Teaching students of MS, MSc and BS Psychology diverse courses including Psychological Testing, Research Methodology, Cross Cultural Psychology, Educational Psychology, Social Psychology, Mental Health and Psychopathology, Neurological Basis of behaviour (2007- to date).
- Member Curriculum Revision Committee of Department of Psychology (2007 to date)
- Member Admissions Committee Department of Psychology IIUI (2007 to date)
- Member Financial Assistance Committee Department of Psychology IIUI (2007 to date).
- Member Departmental Examination Committee Department of Psychology IIUI (2007 to 2016)
- Focal Person Department of Psychology for Cultural Activities IIUI (2007 till 2018)

- Coordinator for conducting Seminar/Workshop/panel Discussion (2013 till June 2017)
- Member Departmental Disciplinary Committee (2007 to date)
- Member Quality Enhancement Cell IIUI from Department of Psychology (2015 to 2018)
- Member of Courses Exemption Committee of Department of Psychology (2007 to date)

Membership in Professional Bodies

- Lifetime Membership of Pakistan Psychological Association (PPA, 26th November, 2013).
- Academic Staff Association (ASA) IIUI (2007 to date).
- Council of Social Sciences Pakistan COSS (2009 on wards)

Work Experience

- Promoted as an Assistant Professor in Department of Psychology, International Islamic University Islamabad (since July 2018 to date).
- Worked as Lecturer in Department of Psychology, International Islamic University, Islamabad (since 2007 to July 2018).
- Served as Lecturer in University College of Home Economics, Mirpur University of Azad Jammu & Kashmir UAJK (2003- 2007).

References

- **Prof. Dr. Muhammad Tahir Khalily**

Vice President Academics

International Islamic University Islamabad IIUI

Consultant Clinical Psychologist

Contact Phone : 051-9019528

Email: khalily64@gmail.com

- **Dr. Seema Gul,**

Associate Professor

Chairperson Department of Psychology IIUI

Contact Phone : 051-9019338

Email: seema.gul@iiu.edu.pk

- **Prof. Dr. Ghazala Rehman**

Consultant Clinical Psychologist/Head of Psychology

Chartered Psychologist and HCPC Registered Clinical psychologist

Post doc (US 2005-06) PhD., MPhil, MA., BA

White post Healthcare Group, Redhill Surrey UK

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