

Dr. Abaid Ur Rehman

Assistant Professor

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SUMMARY

A dynamic assistant professor and a researcher with PhD in Aviation Psychology and Human Factors Engineering from Shaanxi Normal University, China. Brings over 16 years of experience in teaching and research along with a strong track record in safety climate, risk perception, human error, organizational behavior, emotional intelligence, and psychological well-being. Demonstrates a commitment to collaborative research in the international academic scenario. Actively involved in postgraduate supervision and academic leadership with a consistent focus on innovation and excellence in higher education.

EXPERIENCE

Assistant Professor

Department of Applied Psychology, Bahauddin Zakariya University, Multan, Pakistan

Mar 2024 – Present

- Teach Course and conduct research with masters and undergraduate students
- Developed course outlines and manage classes effectively
- Focal person for departmental Laptop and digitalization programe

Lecturer of Psychology

University of Layyah *Dec 2022 - Sep 2023*

- Developed courses, scheme of study, arranged Board of Studies meetings, and run the board of faculty, resulting in getting approval of the department establishment for the newly established university.
- Senior Teacher & Full-Time Teaching and Research in the Dept. engage students in various internship programs.

In-charge & Lecturer

Department of Psychology Sub Campus Layyah, Bahauddin Zakariya University, Multan, Pakistan

Feb 2021 - Dec 2022

- Methods used to facilitate with an increase satisfaction level of students.
- Coordinated with faculty members to facilitate innovative methods of teaching, consequently increased students' engagement.

Assistant Superintendent

Boys Hostel, Sub Campus Layyah, Bahauddin Zakariya University, Multan, Pakistan

Oct 2011-Aug 2016

- With effective management skills, successfully managed hostel arrangements and maintained student's discipline.
- Coordinated with students and staff by facilitating all sports and recreational activities to enable them to live away from family.

Visiting Faculty

University institute of management sciences, MAS Arid Agriculture University, Rawalpindi

Mar 2009-July 2009

- Proven a dynamic faculty member with an ability to deliver effective lectures on organizational behavior
- Arranged a field tour for students

Lecturer

University of Sargodha *Mar 2007- Oct 2008*

- Delivered and conducted teaching and research at master's level students

EDUCATION

PhD Basic Psychology with major (Aerospace Psychology & Human Factor Engineering)

Shaanxi Normal University, Xi'an, China *sept 2016-2020*

- Safety Climate and Safety Performance Outcomes in Aircraft maintenance personnel's
- Effectively conducted a research project on risk perception and communication barriers of air passengers
- Active engagement in training & seminars
- Active participation in international collaborations and activities

MPhil Psychology (Organizational Psychology)

Quaid-i-Azam University, Islamabad *Sept 2006-Mar 2009*

- Research on Interpersonal conflict and job-related outcomes
- Active participation in classes, workshops and seminars

PUBLICATION

1. Iqra Bibi, Malik Mureed Hussain, Abaid Ur Rehman, & Shahbaz Ali Shazad. (2025). Impact Of Critical Thinking on Decision-Making Among Adults; Mediating Effect of Cognitive Flexibility. *Pakistan Journal of Social Science Review*, *4*(2), 188–200.
2. Iqra Tu Zahra, Malik Mureed Hussain, Abaid Ur Rehman, & Tahira Rafiq. (2025). Impact of Social Media Engagement on Attention Span Among Young Adults: The Mediating Role of Fear of Missing out. *Policy Journal of Social Science Review*, 3(7), 56–65.
3. Anjum, M., Rehman, A. U., Hussain, M. M., & Azeem, M. (2025). The Influence of Emotional Intelligence on Conflict Resolution Styles among Undergraduate Students. *Annual Methodological Archive Research Review*, 3(7), 152-158.
4. Kaleem, E., Rehman, A. U., Hussain, M. M., & Rafiq, T. (2025). Investigating the Influence of Peer Pressure on Risky Decision-Making among Young Adults: The Mediating Role of Impulsivity. *Journal Of Psychology, Health and Social Challenges*, *3*(02), 97-102.
5. Shahzad, S. A., Uzun, A. P. D. G. Ö., Ghaffari, A. S., Hussain, M. M., & Rehman, A. U. (2023). Exploring the Role of Religion in the Dynamics of Bullying and Forgiveness Among High School Students in Pakistan. *European Journal for Philosophy of Religion*, *15*(3), 396-413.
6. Zohaib Rani, Dr. Abaid Ur Rehman, Dr. Malik Mureed Hussain, Shahbaz Ali Shahzad, & Omar Farooq. (2024). Strengthening bonds, enhancing mind: understanding the impact of relationship quality on mental well-being. *International Journal of Contemporary Issues in Social Sciences*, *3*(2), 720–726. Retrieved from https://ijciss.or g/index.php/ijciss/article /view/695
7. Shahzad, S. A., Uzun, G. O., Amin, R., Hussain, M. M., & Rehman, A. U. (2024). Investigating the relationship between emotional intelligence and bullying: A sample from Pakistani high school students. *Pakistan Journal of Life and Social Sciences*, 22(1), 409-423. https://doi.org/10.57239/PJLSS-2024-22.1.0030
8. Latif, H., Hussain, F., Rehman, A. U., & Aisha, S. (2024). The role of coping strategies in the association between resilience and posttraumatic growth among cancer patients. *Multan Journal of Social Sciences*, 5(1), 15. https://doi.org/10.61581/MJSP.VOL05/01/15
9. Shazad, S. A., Rehman, A. U., & Kamran, M. (2023). Exploring the Moderating Role of Emotional Intelligence in the Interplay between Learning Motivation and Second Language Acquisition. *Journal of Arts and Linguistics Studies*, *1*(4), 1051-1066
10. Rehman, A. U., You, X., Wang, Z., & Kong, F. (2021). The link between mindfulness and psychological well-being among university students: The mediating role of social connectedness and self-esteem. *Current Psychology*, 1-10. (IF **2.387)**
11. Ziyu, Wang, Rongjuan Zhu, Abaid Ur Rehman, Xuqun You (2020). Dorsolateral Prefrontal Cortex and Task-Switching Performance: Effects of Anodal Transcranial Direct Current Stimulation. *Neuroscience*. (SSCI-E **(IF 3.708)**
12. Abaid Ur Rehman, Tariq Mahmood Bhutta, Xuqun, You. (2020). Linking Burnout to Psychological Well-being: The Mediating Role of Social Support and Learning Motivation. *Psychology Research and Behavior Management*, *13*, 545. SSCI-E **(IF 3.3)**
13. Abaid Ur Rehman, Mohsin Atta, Samina Aisha, Zain Abbas, Xuqun You (2020). Inter-city bus service quality and the psychological well-being of travelers: a case of long-distance routes

in Pakistan. *International Transaction Journal of Engineering, Management, & Applied Sciences & Technologies*,11,11A8D: 1-9. **(ESCI)**

14. Rehman, U. A & Anis. (2012). The moderating effect of perceived job self-efficacy in Relation between internersonal conflict at work- and job-related outcomes. *Journal of the Indian Academy of Applied Psychology Special Issue, 55-61*
15. Khan Rabia, Rehman. *U. A &* Fatima. *(2009).* Transformational leadership and organizational Innovation: Moderated by organizational size. *African Journal of Business Management* Vol.3 (11), pp. 678-684

CONFERENCES PAPERS

1. Abaid Ur Rehman & You Xuqun. (2019). Safety Attitude and Risk Perception Among Air Passengers: A Cross-Regional Study. *20th International Symposium on Aviation Psychology*, 139-144.
2. Hameed, H & Rehman, U. A. (2011*). Impact of malnutrition on Infants, children and pregnant lactating women of flood affected areas of southern Punjab*. Paper presented in 1ST International conference on parenting: practices and implications 14th to 15th October, 2011 at college of home economics Lahore, Pakistan.
3. Naseem, j. & Rehman, U.A (2011). *Impact of parenting styles on psychological adjustment of mentally handicapped children: A case study from district Layyah*. Paper presented in 1ST International conference on parenting: practices and implications 14th to 15th October, 2011 at college of home economics Lahore, Pakistan.
4. Naseem, A & Rehman, U.A. (2011). *Moderating roles of parenting style in relationship between religiousness and spirituality among school going children*. Paper presented in 1ST International conference on parenting: practices and implications 14th to 15th October, 2011 at college of home economics Lahore, Pakistan.
5. Rehman, U. A, Shahzad, A & Imran, M. (2010). "*Direct and Indirect Effect of Self-Efficacy in Relationship between Interpersonal Conflict and Job Performance*. Paper presented at Second International Conference on Business, Technology & Engineering (ICBTE-2010).

AWARDS & HONORS

- Fully funded Doctoral Scholarship Award (China Government Scholarship)
- Funded Project award (Shaanxi Normal University, China)
- Vice-President International Students Association
- Research Project award (Bahauddin Zakairya University, Multan, Pakistan)
- External Examiner Women University, Multan, Pakistan

RESEARCH SKILLS

- Utilized Amos, Mplus, & SPSS statistical programs extensively
- Survey and evaluation research techniques
- Uses of In-depth Interview Techniques,
- Questionnaires & Focus Groups

PEER REVIEWER

- Current Psychology
- Psychological reports
- Journal of Professional & Applied Psychology

PROFESSIONAL MEMBERSHIPS

- Associate Member American Psychological Association
- Life member Pakistan Psychological Association

NON-ACADEMIC ACHIEVEMENTS

1. First position holder in Road Race from Quaid-i-Azam University, Islamabad, Pakistan.
2. Third position in Hiking from Quaid-i-Azam University, Islamabad, Pakistan.
3. Second position in 5000-meter race from Board of Intermediate & Secondary Education Multan, Punjab Pakistan.
4. Scholarship holder during Intermediate from Govt College Vehari Punjab Pakistan.
5. Merit Scholarship holder during Graduation from Govt College Multan, Punjab Pakistan.
6. First position in 5000-meter race from Govt College Vehari Punjab Pakistan.

REFERENCES

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