

CURRICULUM VITA 2024



Prof. Dr. SARWAT SULTAN

PhD (Bahauddin Zakariya University, Multan Pakistan 2004-2009)
Post-Doc (Curtin University Perth Australia 2012-2013)
Post-Doc (University of Essex, London UK 2018-2019)
Post-Doc Online (Blitz Hiring, Ottawa Canada 2024-2025 in progress)
International Visiting Exchange Program (Michigan State University, USA 2022)

- Professor, Department of Applied Psychology, Faculty of Arts & Social Sciences, Bahauddin Zakariya University, Multan Pakistan
- HEC (Pakistan) Approved Supervisor
- Vice-President (Punjab) Pakistan Psychological Association
- Syndicate Member of Mir Chakar Khan Rind University of Technology DG Khan
- Directress Sports (Female), Bahauddin Zakariya University, Multan Pakistan
- Focal Person of Mental Health Assessment of Students and Community
- Focal Person of Pink Ribbon Cancer

Personal Information

Home Address: 165-A, Phase-1, Wapda Town Multan
Tel. Office: 0092-61-9210447 Cell: 0092-3009635970
ID Card No: 36302-7363224-4
NTN No: 3561961-9
E-mail: sarwatsultan@hotmail.com, drsarwat@bzu.edu.com
Marital Status: Married

Qualifications

2019 Post-Doctorate, University of Essex, London UK
2013 Post-Doctorate, School of Psychology, Curtin University Perth Australia
2009 PhD in Psychology, Bahauddin Zakariya University, Multan
1992 Post-Graduation in Psychology, Bahauddin Zakariya University, Multan
1990 Graduation in Psychology & Economics, Bahauddin Zakariya University, Multan
1988 Intermediate in Psychology, Economics, & Home-Economics, Board of Intermediate & Secondary Education, Multan
1986 Matriculation, Secondary School Education in Arts, Board of Intermediate & Secondary Education, Multan

Academic Positions

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| Feb 18, 1996 – Jun 05, 1997 | Lecturer (Ad-hoc Basis), Govt. Degree College for Women Vehari. |
| Feb 15, 2005 – Dec 02, 2009 | Lecturer , Department of Applied Psychology, BZU Multan |
| Dec 03, 2009 – March 25, | Assistant Professor , Dept. of Applied Psychology, BZU Multan |

2015
 March 26, 2015 – Jan 27, 2021 **Associate Professor**, Dept. of Applied Psychology, BZU Multan
 Jan 28, 2021 – To date **Professor**, Department of Applied Psychology, BZU Multan

Visiting and Honorary Positions

Oct 1992 – Feb 12, 1996 **Lecturer**, Govt. Degree College for Women Multan.
 Aug 2001 – Feb 18, 2005 **Lecturer** (Ad-hoc Basis), Govt. Degree College for Women Vehari.

Awards/Honors

1. Award: HEC Postdoctoral Fellowship 2012
2. Award: Best Researcher Cash Incentive Award 2018
3. Award: Indigenous Postdoctoral Fellowship Award 2018
4. Award: HEC Thematic Research Grant 2019
5. Honor: Winning Indigenous Post-doctorate Research Grant PHEC 2018
6. Award: Pride of Nation Award for Best Performance by Young Psychologist Association 2020.
7. Award: Life Achievement Award by Women University, Multan 2023.

Book Published

1. **Sultan, S.** (2011). Psychological Aspects of Infertility. Lap Lambert Academic Publishing GmbH & Co. KG Dudweiler Landstr. 99, 66123 Saarbrücken, Germany.

Current Assignments in University

1. Directress Female Sports (2018-date)
2. Focal Person: Health Profiling of University Teachers, Staff, and Students (2020-date)
3. Focal Person: Pink Ribbon Breast Cancer Awareness
4. Coordinator M.Phil Program (Regular) (2015-date)
5. Incharge Tele-Counseling Centre for COVID-19, BZU Multan (2021-date)
6. Member Central Library Committee
7. Member Board of Studies in the Subject of Applied Psychology (2005-date)
8. Member Board of Faculty of Arts & Social Sciences (2015-2024)
9. Member Admission Committee for Sport Seats (2018-date)
10. Member Convocation Committee (2015-date)
11. Member TTS Faculty Committee (2021-date)
12. Member Advance Studies and Research Board (2022-date)
13. Member Admission Committee BZU (2024-date)

Performed Assignments in University

1. Member/Secretary Directorate of Research & International Linkages
2. Member Central Library Committee
3. Member Board of Faculty of Arts & Social Sciences
4. Member Examination Committee of Distance Learning Program
5. Coordinator Distance Education
6. Coordinator Lahore Campus
7. Coordinator Advance Diploma in Clinical Psychology

Membership of Academic Bodies in other Universities

1. Member Board of Studies, University of Sargodha
2. Member Board of Studies, University of Gujrat
3. Member Board of Faculty of Education, Govt, Sadiq College Women University Bahawalpur
4. Member Board of Studies, Women University, Multan
5. Member Board of Studies of Education, Govt, Sadiq College Women University Bahawalpur (w.e.f.29/07/2018 for 3 years).
6. Member Syndicate Mir Chakar Khan Rind University of Technology DG Khan 2021

External Examiner in other Universities

1. Islamic University of Bahawalpur, Bahawalpur
2. University of Sargodha, Sargodha
3. University of Gujrat, Gujrat
4. Govt. College University of Faisalabad
5. University of Peshawar, Peshawar
6. UMT, Lahore
7. Islamic University of Bahawalpur, Bahawalnagar Campus
8. Women University Multan
9. National College of Business Administration & Economics Multan

Membership of Editorial Board

1. Pakistan Journal of Social Sciences, Bahauddin Zakariya University Multan
2. Journal of Pakistan Psychological Association
3. Journal of Clinical & Counseling Psychology Review, University of Management & Technology Lahore
4. Journal of Applied Psychology, University of Gujrat.
5. Journal of Sports Science and Physical Therapy University of Wah Journal of Social Sciences (UWJSS), University of Wah, Wah Cantt Pakistan
6. EC Emergency Medicine and Critical Care, www.econicon.com/ECEC-EB.php
7. Journal of Clinical and Professional Psychology (JCPP), Riphah International University Lahore

Membership of Learned Societies

International

1. American Psychological Association

National

1. Pakistan Psychological Association
2. Multan Psychologists Forum
3. Member Board of Studies in Applied Psychology, B.Z. University, Multan
4. Member/Secretary of Research Committee, B. Z. University
5. Member Board of Faculty of Social Sciences, B. Z. University
6. Member of Awaaz Foundation (NGO)
7. Member of Doaaba Foundation (NGO)
8. Member of SPO (NGO)
9. Member of HelpAge Deutschland (NGO)

Taught Courses

1. Psychological Testing.
2. Research Methods.

3. Data Analysis
4. Applied Statistics
5. Consumer Behavior.
6. Human Behavior.
7. Marketing Management.
8. Organizational Behavior
9. Psychotherapy
10. Developmental Psychology.
11. Military Psychology.
12. Forensic Psychology
13. Experimental Psychology
14. Social Psychology.
15. Introduction to Sociology.
16. Introduction to Psychology.
17. Theories of Personality.
18. Positive Psychology.
19. Special Education
20. Ethical Standards
21. Child Psychopathology
22. Environmental Psychology
23. Psychotherapy
24. Cognitive Psychology

New Courses/Innovation/Trend Introduced

1. Designed Curriculum for M.Sc under Semester System. 2008
2. Redesigned Curriculum for M.Sc Under Annual System, 2012
3. Designed Curriculum for BS4-Year Applied Psychology, 2004
4. Redesigned Curriculum for BS-4Year according to HEC Criteria, 2021
5. Designed Curriculum for Advance Diploma in Clinical Psychology,2003
6. Designed Curriculum for M.Phil Applied Psychology, 2010
7. Introduced new courses in BS: 1. Psycholinguistic, 2. Bio-Chemistry, 2014
8. Designed Curriculum for PhD Applied Psychology, 2016
9. Redesigned Curriculum for PhD Applied Psychology, 2021

Theses Supervised

1. M.Sc -- 200
2. BS -- 215
3. ADCP -- 104
4. M.Phil -- 124
5. PhD -- 01+05
6. Post-Doc--01

Computer Skills

1. MS Word
2. MS Excel
3. Power Point
4. SPSS-25
5. SmartPLS
6. AMOS-21
7. CFA

8. Process Macro
9. Windows 2010, 2005XP
10. Internet & E-mail applications

Countries Visited

1. USA –Michigan, Houston, Washington
2. Australia –Perth
3. Canada –Ottawa, Montreal
4. UK –London, Scotland, Oxford, Birmingham, Bristol, Manchester,
5. Turkey –Istanbul
6. France –Paris
7. Italy –Rome, Venice
8. Greece
9. Spain –Barcelona, Madrid, Palma
10. Switzerland –Geneva
11. Portugal –Lisbon
12. Singapore
13. South Korea
14. Hong Kong
15. Saudi Arabia
16. India –Dehli
17. UAE –Dubai, Abu Dahbi
18. Thailand

Conferences Organized

1. 1st International Conference on Current Trends in Psychology, *31 March*, 2016, at Dept of Applied Psychology, BZU, Multan. (Role: Chief Organizer)
2. 2nd International E-Conference on Health Psychology, 18-20, March, 2021, Multan: at Dept of Applied Psychology, BZU, Multan. (Role: Chief Organizer)
3. 2nd International Meritorious Multidisciplinary Virtual Conference, 24, September, 2021, at Islamic Search Centre, Punjab University, Lahore. (Role: Chief Organizer)

Workshops Organized

| No | Date | TITLE/Resource Person | Place & Organizer |
|-----------|------------------|--|---|
| 1 | May 14-15, 2014 | Academic Writing, Combating Plagiarism, Citation Management And Publishing in Impact Factor Journals | Research Centre for Training & Development through High Definition Video Conferencing, NCBA&E Multan |
| 2 | June 14-15, 2014 | SPSS-21 | National College of Business Administration & Economics, Multan |
| 3 | Feb 4-6, 2015 | Test Development | Department of Applied Psychology, Bahauddin Zakariya University, Multan |
| 4 | April 13, 2015 | Test Development | National College of Business Administration & Economics, Multan |
| 5 | Nov 18-19, 2015 | Sensitization Workshop: Aging Population, Older People & Rights | In collaboration with HelpAge Organization Department of Applied Psychology, Bahauddin Zakariya University, Multan |

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| 6 | January 8, 2016 | Sensitization Workshop: Conflict of Speech, Issues, and Rights | In collaboration with SPO Organization Department of Applied Psychology, Bahauddin Zakariya University, Multan |
| 7 | Nov 20, 2016 | Qualitative Research | Department of Applied Psychology, Bahauddin Zakariya University, Multan |
| 8 | Oct 18, 2017 | Hypnotherapy/Dr. Iftikhar Masud Warriach | Department of Applied Psychology, Bahauddin Zakariya University, Multan |
| 9 | Nov 6, 2017 | Awareness Session on Pink day by Shokat Khanam Hospital | Department of Applied Psychology, Bahauddin Zakariya University, Multan |
| 10 | Nov 11, 2017 | Awareness Session on Positive Youth Role is essential for Peaceful Society/ Muhammad Shafiq, Director EHD Organization | Department of Applied Psychology, Bahauddin Zakariya University, Multan |
| 11 | May 02, 2018 | Basics of SPSS by Dr. Imdad-Ullah | Department of Applied Psychology, Bahauddin Zakariya University, Multan |
| 12 | Nov 18, 2018 | Eidetic Therapy /Prof. Khalid Saeed | Department of Applied Psychology, Bahauddin Zakariya University, Multan |
| 13 | Oct 26, 2023 | Qualitative Data Analysis Utilizing Reflective Thematic Analysis Approach by Prof. Dr. Muhammad Saleem. | Department of Applied Psychology, Bahauddin Zakariya University, Multan |
| 14 | Nov 1-3, 2023 | Test Development and Validation by Ms. Nimra Ishfaq | Department of Applied Psychology, Bahauddin Zakariya University, Multan |

Training/Workshops and Conferences (Attended)

| No | PERIOD | | Title | Place & Organizer |
|----|--------------|------|--|---|
| | FROM | TO | | |
| 1 | July 10-15, | 2006 | Effective Teaching Skills | Khanuspur Ayubia organized by Dept. of Psychology, University of the Punjab, Lahore. In collaboration with HEC |
| 2 | June, | 2010 | Motivation & Learning | Bahauddin Zakariya University Multan by HEC |
| 3 | June 6-8, | 2011 | Workshop on Psychosocial Responses to Displacement and Natural Disasters Using Social Theater and Movement Therapies | IOM and WHO Collaborating Centre for Mental Health Research and Training, Institute of Psychiatry, Benazir Bhutto Hospital Rawalpindi |
| 4 | July 26-27, | 2011 | 1 st National Conference on Higher Education. Higher Education in Pakistani Perspective: Prospects and Perils | Staff Training Institute, University of Peshawar, KP, Pakistan. At Bara Gali Campus. |
| 5 | Sep 3-5, | 2011 | The Second Asia Maudsley Forum | Hong Kong Academy of Medicine Jockey Club Building Hong Kong. |
| 6 | March 29-30, | 2012 | 1 st international Conference on Mental Health | Department of Psychology, International Islamic University |
| 7 | Sep 6-8, | 2012 | 17th Australasian Conference on Traumatic Stress ACOTS | Organized by ASTSS & ACPMH Parmelia Hilton Perth, Western Australia |

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| 8 | April 17, 2013 | Positive Thinking Skills: Aussie Optimism PTS Program | School of Psychology and Speech Pathology Curtin University, Perth Australia |
| 9 | May 14-15, 2014 | Academic Writing, Combating Plagiarism, Citation Management And Publishing in Impact Factor Journals | Research Centre for Training & Development through High Definition Video Conferencing NCBA&E Multan |
| 10 | Aug 23, 2016 | International Training Workshop on Eidetic Therapy | NCBA&E Multan |
| 11 | Aug 25-28, 2016 | 15th International Conference of Psychology | University of Peshawar, PPA,HEC At Bara Gali Murree |
| 12 | May 10-11, 2017 | Two Days Training Workshop Understanding Endnote and NVIVO-Research Made Easy | ORIC, Bahauddin Zakariya University Multan |
| 13 | August 23, 2017 | Writing Successful Research Proposal | ORIC, Bahauddin Zakariya University Multan |
| 14 | Oct 10, 2017 | Stress Management | Department of Psychiatry & Behavioral Sciences Nishtar Medical University & Hospital Multan |
| 15 | Nov 10, 2017 | Eidetic Therapy | Department of Applied Psychology, BZU Multan |
| 16 | Feb, 2018 | Resilience, Social Inclusion and Gender | VSO, UKaid, Mera Maan & Indus Consortium for Humanitarian, Environmental Development Initiatives at BZU Multan |
| 17 | April 26, 2018 | Basics of Systematic Reviews Healthcare & Research | Pakistan Institute of Living & Learning (PILL) at BZU Multan |
| 18 | May 02, 2018 | Basics of SPSS | Department of Applied Psychology, BZU Multan |
| 19 | Oct 22-23, 2018 | Capacity Building Training | Life Savors & Kingfisher at Department of Applied Psychology, BZU Multan |
| 20 | Jan 07, 2019 | Team Building for Managers | ORIC, Bahauddin Zakariya University Multan |
| 21 | Jan 30, 2019 | Jehaad for Zero Thalassemia | Rotaract Club Bahauddin Zakariya University Multan |
| 22 | Oct 14-15, 2019 | Grant Writing Retreat | Pakistan Institute of Living & Learning, Lahore |
| 23 | May, 2020 | Training on Critical Thinking, Social Cohesion & Leadership Skills | Lodhran Pilot Project at BZU Multan |
| 24 | April 17-30, 2022 | International Visiting Exchange Program for Female Ulemas | Michigan State University, USA |

Workshops (Conducted)

| No | PERIOD | | Title | Place & Organizer |
|----|----------------|------|--|---|
| | FROM | TO | | |
| 1 | January 06-07, | 2012 | Critical Thinking & Argumentation Skills | Second Educational Management Course, the 74 th FEFA Training Course of 40 days At FEFA Peshawar Campus. |

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| 2 | March 21-22, 2012 | Research Methods | Department of Applied Psychology, Bahauddin Zakariya University, Multan |
| 3 | June 14-15 2014 | SPSS-21 | National College of Business Administration & Economics, Multan |
| 4 | Feb 4-6 2015 | Test Development | Department of Applied Psychology, Bahauddin Zakariya University, Multan |
| 5 | April 13, 2015 | Test Development | National College of Business Administration & Economics, Multan |
| 6 | Nov 18-19, 2015 | Sensitization Workshop: Aging Population, Older People & Rights | In collaboration with Helpage Organization |
| 7 | Jan 8, 2016 | Sensitization Workshop: Conflict of Speech, Issues, and Rights | In collaboration with SPO Organization |
| 8 | Nov 20, 2016 | Qualitative Research | Department of Applied Psychology, Bahauddin Zakariya University, Multan |
| 9 | April 22, 2017 | Smart-PLS | NCBA&E Multan |
| 10 | Dec 12, 2017 | Mediation/Moderation Analysis | University of Gujrat, Gujrat |

Seminars (Lecture delivered)

| No | PERIOD | | TITLE | Place & Organizer |
|----|--------------|----|--------------------------------|---|
| | FROM | TO | | |
| 1 | 11 Jan, 2010 | | Research Methods in Psychology | Department of Psychology Islamia University Bahawalpur |
| 2 | 18 Oct, 2010 | | Stress Management | Department of Psychology University of Sargodha |
| 3 | 22 Dec, 2010 | | APA Research Guidelines-Manual | Department of Psychology BZU, Sahiwal Campus |
| 4 | 07 Jan, 2011 | | Interpersonal Skills at Work | Institute of Management Sciences, BZU Multan |
| 5 | 26 Jan, 2011 | | Second Language Learning | Department of Psychology Multan Post-Graduate College |
| 6 | Feb, 2012 | | Research Methods | Sahiwal Campus, BZU |
| 7 | Nov, 2013 | | Smart-PLS | BZU, Multan |
| 8 | Mar, 2014 | | Trans Contextual Model | NCBA&E Lahore |
| 9 | May, 2015 | | Research Models & Statistics | University of Gujrat |
| 10 | Jan, 2017 | | Psychometrics Properties | University of Bahawalpur |
| 11 | Nov, 2018 | | Human Behavior & Society | Physio College & rehabilitation Centre Multan |
| 12 | Feb, 2019 | | APA Essentials | University of Gujrat, Gujrat |
| 13 | 10 Oct, 2019 | | Mental Health of Adolescents | BZU, Multan |
| 14 | 20 Dec, 2019 | | Statistics in Psychology | GC University Faisalabad |

Psychological Services Provided to Community

1. Prepared the Psychological Personality Profiles of about 5000 Police Officials currently working in different districts of Punjab, Pakistan.
2. Administered the four objective and projective tests of personality measurement to examine the personality traits of Police Officials.
3. The results of Districts; Multan, Vehari, Lodhran, Khanewal, Muzafargar have been submitted to IG Punjab. Many of others are in process.
4. Mental Health Assessment of 40,000 students of Bahauddin Zakariya University, Multan (Jan-March,2020).
5. Provided online counseling to people during COVID-19 (April 2020-present).
6. Mental Health Assessment of 757 Police Officials at CPO Multan (Aug 24, 2022).

| Psychological Assessment of Police Officers/Officials for VIP/VVIP Duty | | | | | |
|--|---|----------------------|-----------------------------------|-------------------------------------|--|
| No. | Request from | Date of visit | Psy-Test Place | Number of officials examined | Session in a day |
| 1 | DPO Vehari | 04-06-2011 | Police Lines, Vehari | 115 | 2 test sessions 1 interview session |
| 2 | DPO Khanewal | 17-06-2011 | Jinnah Library, Khanewal | 417 | 2 test sessions |
| 3 | Superintendent Police, Multan | 22-06-2011 | Police Training Institute, Multan | 30 | 1 test session 1 interview session |
| 4 | DPO Lodhran | 25-06-2011 | Siddique Khan Kanjo Hall, Lodhran | 1164 (40 Elite) | 2 test sessions 1 interview session |
| 5 | DPO Khanewal | 29-06-2011 | Jinnah Library, Khanewal | 600 (219+219+162) | 3 test sessions 1 interview session |
| 6 | DPO Khanewal | 30-06-2011 | Jinnah Library, Khanewal | 417 (217+200) | 2 test sessions 1 interview session |
| 7 | City Police Officer, Multan | 15-11-2011 | Office Multan | 404 Elites 1176 Police | 3 test sessions 1 interview session |
| 8 | Superintendent Police, Traffic Region, Multan | 17-12-2011 | Raza Hall Multan | 700 | 2 test sessions 1 interview session |
| 9 | CPO, Multan | 06-08-2021 | CPO Building | 370 | 2 test sessions |
| 10 | CPO, Multan | 22-08-2022 | CPO Building | 857 | 3 Test Sessions |

| Research Projects Completed | | | | |
|------------------------------------|---|-------------|-----------------------------|---------------|
| No. | Title | Year | Funding Organization | Amount |
| 1 | Effect of Perceived Autonomy Support in Math Education on Behavioral Regulation and Intentions for Homework and Attainment in Class | 2012-13 | HEC | 1.5 million |
| 2 | Strength of Gratitude Intervention broaden- | 2014-15 | Directorate of Re- | Rs.150,000 |

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| | ing problem-solving strategies and Psychological Well-being among Students through Personality Traits | | search & External Linkages BZU, Multan. As PI | |
| 3 | Impact of Cognitive Processing Therapy on Mental health of People Exposed to Flood | 2015-16 | Do | Rs.200,000 |
| 4 | Student Engagement attributed to Learning Outcomes: The Role of Individual, Family, and School-Level Factors | 2015-16 | Do | Rs.200,000 |
| 5 | Analyzing the ways to enhance Emotional Intelligence of Undergraduate University Students | 2015-16 | Do | Rs.150,000 |
| 6 | Impact of Stress Inoculation Intervention on Mental health of People Exposed to Flood | 2016-17 | Do | Rs.200,000 |
| 7 | Treating heart disease by managing marital conflict among female patients with CHD through marital therapy | 2016-17 | Do | Rs.250,000 |
| 8 | Work Family Conflicts: Do Personality Traits Make Difference in Job Stress and Life Stress among Employees? | 2016-17 | Do | Rs.200,000 |
| 9 | National Language and Competency Based Undergraduate and Postgraduate Entrepreneurship Programs as a Disruptive Innovation for the Higher Education Institutions in Pakistan to be effective and efficient | 2016-17 | Thematic Research Grant Program, Higher Education Commission Pakistan As Co-PI (12 months) | 4.0 million |
| 10 | Child Beggary in Punjab | 2016-17 | No one | No one |
| 11 | Enhancing Positive Emotions in Cardiac Patients through Positive Psychology Intervention | 2017-18 | Directorate of Research & External Linkages BZU, Multan As PI (12 months) | Rs.205,000 |
| 12 | Integrating Life Skills Education for Mental Health and Academic Benefits of Youth in Schools | 2018-19 | Punjab HEC As PI (12 months) | 1.5 million |
| 13 | Controlling Social Skills Deficits in Patients with Brain Tumor through Social Skills Training | 2018-19 | Directorate of Research & External Linkages BZU, Multan As PI (12 months) | Rs. 150,000 |
| 14 | Moderating Role of Attributes in Reducing Stress During Second Wave of Covid-19 | 2020-21 | Directorate of Research & External Linkages BZU, Multan As PI (12 months) | Rs.100,000 |

Research Publications

(Total=134: National Journals-92 & International Journals-42)

| No | Title & Journal | Indexing |
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| 1. | Sultan, S. (2006). Differences in the Achievement Goals of Students Studying in Annual and Semester System. <i>Journal of Educational Research</i> , 9(2),52-64. | HEC-Z |
| 2. | Sultan, S., & Chaudry, H. (2008). Gender-based Differences in the Patterns of Emotional Self-disclosure. <i>Pakistan Journal of Psychological Research</i> , 23(3-4), 107-122. | HEC-Y |
| 3. | Sultan, S. (2008). Male/Female-Factor Infertility: What Contributes to Emotional Connotations for Couple? <i>Journal of Educational Research</i> , 11 (1), 102-114. | HEC-Z |
| 4. | Sultan, S. (2008). A Hard Knock to Self-Esteem in Men and Women Facing Infertility. <i>Journal of Gender & Social Issues</i> , 7(1), 10-21. | HEC-Z |
| 5. | Sultan, S., Amin, R., & Zadeh, Z. F. (2009). Patterns of Delusions in Male and Female Schizophrenic Patients. <i>Pakistan Journal of Clinical Psychology</i> , 8(1), 03-14. | HEC-Z |
| 6. | Sultan, S. (2009). Aggression as a Subsequent Response to Hopeless Feelings of Infertility, <i>Pakistan Journal of Social and Clinical Psychology</i> , 7, 31-44. | HEC-Y |
| 7. | Tabassum, T., & Sultan, S. (2009). The Role of Personal Constructs in Marital Satisfaction of Spouses, <i>Bahria Journal of Professional Psychology</i> , 6(1), 46-59. | HEC-Z |
| 8. | Sultan, S. (2009). Being Vital: A Function of Big Five Personality Traits. <i>Journal of Educational Research</i> , 12(1), 132-140. | HEC-Z |
| 9. | Hanif, A., Sultan, S. (2009). The Impact of Managers' Orientation on the Job Satisfaction of their Subordinates. <i>Business Review</i> , 4(2), 87-96. | HEC-Y |
| 10. | Sultan, S. (2009). Depression: A Common Factor Associated With Childlessness. <i>Pakistan Journal of Social Sciences</i> , 29(1), 69-80. | HEC-Z |
| 11. | Batool, N., & Sultan, S. (2009). The Role of Psychological Needs in Processing the Causality Orientations. <i>Journal of Educational Research</i> , 12(2), 191-202. | HEC-Z |
| 12. | Sultan, S. (2009). Correlates of Computer Anxiety among Employees. <i>Pakistan Journal of Social Sciences</i> , 29(2), 293-300. | HEC-Z |
| 13. | Rashid, S., & Sultan, S. (2009). Comparison of Working and Non Working Women on Personal Growth, Emotional Expressiveness and Assertiveness. <i>Journal of Gender & Social Issues</i> , 8(2), 21-30. | HEC-Z (Ulrich) |
| 14. | Hussain, I., & Sultan, S. (2010). Parent's Literacy and Pre School Education: A Study of Practices and Problems of Early Childhood Education in Pakistan. <i>Procedia-Social and Behavioral Sciences Journal (ISSN: 1877-0428)</i> , 2(2), 624-28. | Procedia |
| 15. | Hussain, I., & Sultan, S. (2010). Analysis of Procrastination among University Students. <i>Procedia Social and Behavioural Sciences Journal (ISSN: 1877-0428)</i> , 5, 1-24. | Procedia |
| 16. | Sultan, S. (2010). Marital Discord: The Hidden Burden of Infertility. <i>Pakistan Journal of Psychological Research</i> , 25(1), 31-44. | HEC-Y (Ulrich) |
| 17. | Sultan, S. (2010). Job Components for Employees Satisfaction: A Study. <i>Journal of Social Issues</i> , 4(1), 204-217. | HEC-Y |
| 18. | Sultan, S. (2010). Significance of Instrumental and Integrative Motivation in Second-Language Acquisition. <i>Journal of Educational Research</i> , 13(2), 145-152. | HEC-Z |
| 19. | Sultan, S. (2010). Contribution of Basic Psychological Needs in Predicting Psychological Wellbeing. <i>Pakistan Journal of Psychology</i> , 41(2), 105-122. | HEC-Y |
| 20. | Sultan, S. (2010). Perceived Teachers' Support affecting Students' Achievement Motivation: An Application of Vygotsky Approach. <i>Journal Eclecta Revista de Psicologia General; San Luis Potosi S.L.P. Mexico</i> , VIII(15). | Ulrich |
| 21. | Parveen, S., Sultan, S. (2010). The Manifestation of Aggression among Patients with Conversion Disorder and Obsessive Compulsive Disorder. <i>Pakistan Journal of Social Issues</i> , 2, 12-17. | HEC-Z |
| 22. | Sultan, S., & Tahir, A. (2011). Psychological Consequences of Infertility. <i>Hellenic Journal of Psychology</i> , 8(2), 229-247. | HEC-Y |
| 23. | Rubbani, S., & Sultan, S. (2011). Perceived Parenting Styles as Determinants of Patterns of Aspiration and Achievement Goals among Students. <i>Journal of Psychology and the</i> | HEC-Z Ulrich |

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| | <i>Behavioral Sciences</i> , 22, 14-21. | |
| 24. | Sultan, S. (2011). Stigmatization: Addressing Self-Esteem and Personal Growth in Patients with Psychological and Physiological Illness. <i>Pakistan Journal of Social Sciences; Bahauddin Zakariya University Multan</i> , Vol. 31(1), 29-36. | HEC-Y |
| 25. | Sultan, S. (2011). Linking Self-Efficacy and Emotional Intelligence to Creativity. <i>The Journal of Humanities & Social Sciences</i> , XIX (1), 105-118. | HEC-Y |
| 26. | Husain, I., & Sultan, S. (2011). Learning by Doing: Outcomes of Teaching a Research Course through Group Activities. <i>GSTF Journal on Computing (JOC)</i> , 1(2). ??-?? | Citefactor |
| 27. | Sultan, S. , & Kamran, F. (2011). Equity Sensitivity Predicting Job Satisfaction and Commitment. <i>Journal of Independent Studies; Research-Management and Social Sciences & Economics Karachi</i> , 9(1), 1-10. | HEC-Z |
| 28. | Sultan, S. , Kanwal, F., & Khurram, S. (2011). Effectiveness of Learning Styles: A Comparison between Students Learning Individually and Students Learning Collaboratively. <i>Journal of Educational Research</i> , 14(2), 32-39. | HEC-Z |
| 29. | Hanif, A., & Sultan, S. (2011). Type A-B Personality and Locus of Control: A Combined Factor Determining Job Satisfaction. <i>Business Review</i> , 6(2), 90-96. | HEC-Y |
| 30. | Sultan, S. (2011). Humanistic Vs. Authoritarian Teachers: A Reflection on Students' Academic Motivation and Performance. <i>i-manager's Journal on Educational Psychology</i> , 5(3), 35-40. | HEC-Y (Ulrich) |
| 31. | Sultan, S. (2012). Women's Mental Health in Pakistan: A Comparison between Infertile and Fertile Women. <i>APPAC Archives Journal</i> , 18(4), 8-9. | Scopus |
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| 131. | Sultan, S. , Salman, R., & Shabir, M. S. (2024). Analyzing the Impact of Sleep Disturbances on Major Depression through Serial Mediation of Stress and Rumination. <i>Contemporary Issues in Social Sciences and Management Practices (CISSMP)</i> , 3(2), 231-244. DOI: https://doi.org/10.61503/cissmp.v3i2.174 | HEC-Y |
| 132. | Arshad, S., Hussain, I., & Sultan, S. (2024). Role of Health Literacy in Shaping Dietary Patterns of University Students. <i>Voyage Journal of Educational Studies</i> , 4(3), 147-162. | HEC-Y |
| 133. | Shams, Q. A., Hussain, I., & Sultan, S. (2024). Role of Health Literacy in Shaping the Socialization of University Students. <i>Voyage Journal of Educational Studies</i> , 4(3), 98-107. | HEC-Y |
| 134. | Sultan, S. , Saleem, I., & Frasad, K. (2024). Exposure to Traumatic Life Event Predicting Behavioral and Temperamental Problems, and Life Satisfaction; Evidence from the Mediation of PTSD. <i>Journal of Social Sciences</i> , 6(1). | HEC-Y |

Paper Published in Spanish Language

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| 1 | Dr. Sarwat | Journal Eclecta Revista de Psicología Gen- | Perceived Teachers' Support affect- ing Students' Achievement Motiva- | Vol. VIII No. 15 | Dec, 2010 |
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| Sultan | eral San Luis Potosi S.L.P. Mexico | tion: An Application of Vygotsky Approach | | |
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Research Papers Presented in Conferences

National Conferences-34, International Conferences in Pakistan-63, International Conferences out of Pakistan-19. Total=116

| No | Research Papers Presented in Conferences | National/ International |
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| 1. | Sultan, S. (2007). Open versus Hidden Medical Treatments: The Patient's Knowledge about a Therapy Affects Outcome. Paper presented at 12 th PPA National Conference, Pakistan Psychological Association Lahore, March 17-18, 2007. | National |
| 2. | Sultan, S. & Qamar, S. B. (2007). Interpersonal Aspects of Depression among Female College Students. Paper presented at 12 th PPA National Conference, Pakistan Psychological Association Lahore, March 17-18, 2007. | National |
| 3. | Sultan, S. Riaz, M., & Peerzada, N. (2007). Contribution of Attribution Complexity towards Depression & Anxiety. Paper presented at 12 th PPA National Conference, Pakistan Psychological Association Lahore, March 17-18, 2007. | National |
| 4. | Sultan, S. (2007). Gender-Based Differences in Emotional Self Disclosure. Paper presented at International Conference on New Trends in Psychological Research, Punjab University, Lahore, April 5-7, 2007. | International (in Pakistan) |
| 5. | Saher, R. & Sultan, S. (2007). Self-Leadership as a Determinant of Tolerance of Change in Employees. Paper presented at International Conference on New Trends in Psychological Research, Punjab University, Lahore, April 5-7, 2007. | International (in Pakistan) |
| 6. | Tariq, A., Sultan, S. & Pirzada, N. (2007). Effects of Rapport on the Outcomes of Testing. Paper presented at International Conference on New Trends in Psychological Research, Punjab University, Lahore, April 5-7, 2007. | International (in Pakistan) |
| 7. | Sultan, S. (2009). Psychosocial Conflicts and Illness Signs of People Reacting towards Terrorism. Paper presented at 13 th Annual Conference of Psychology, University of Peshawar, Summer Campus, Bara Gali, June, 18-21, 2009. | National |
| 8. | Sultan, S. (2009). Perceived Autonomy Support Affecting Treatment Motivation and Anxiety among Hepatitis-C Patients. Paper presented at 18 th National Psychiatric Conference at PC Bhurban, Pakistan Psychiatric Society, December, 11-13, 2009. | National |
| 9. | Husain, I. & Sultan, S. (2010). Parent's Literacy and Pre School Education: A Study of Practices and Problems of Early Childhood Education in Pakistan. Paper presented at World Conference on Educational Sciences, Bahcesehir University Istanbul-Turkey. February 4-8, 2010. | International (Turkey) |
| 10. | Husain, I. & Sultan, S. (2010). Analysis of Procrastination among University Students. Paper presented at World Conference on Psychology, Counseling & Guidance, Majesty Mirage Park Resort Hotel Antalya – Turkey. April 21-25, 2010. | International (Turkey) |
| 11. | Sultan, S. (2010). Perceived Teachers' Support Affecting Students' Achievement Motivation. Paper presented at Congresso Internacional de Psicologia Estoril Vigotsky Conference, Lisbon, Portugal. June 24-26, 2010. | International (Portugal) |
| 12. | Sultan, S. (2010). Effectiveness of Virtual Education and Problems Faced By Its Learners In Pakistan. Paper presented at The Fourth CLS International Conference CLaSIC, Centre for Language Studies (CLS) of the National University of Singapore (NUS). December 02-04, 2010. | International (Singapore) |
| 13. | Hussain, I. & Sultan, S. (2010). Learning by Doing: Outcomes of Teaching a Research Course through Group Activities. Paper presented at International Conference on Com- | International (Thailand) |

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| | puter Science Education: Innovation & Technology (CSEIT), Global Science and Technology Forum Singapore at the Hilton Phuket Arcadia Resort & Spa Thailand. December 6-7, 2010. | |
| 14. | Sultan, S. & Kamran, F (2011). Parent-Adolescents' Relationship: A Key Factor for Psychological Well-being of Adolescents. Paper presented at 1 st International Conference on Emerging Trends in Psychology, G. C. University Lahore, March 29-30, 2011. | International (in Pakistan) |
| 15. | Liaquat, S. & Sultan, S. (2011). Boosting Cancer Arising New Horizons of Spiritual Well-being and Hope in Patients. Paper presented at 1 st international Conference on Emerging Trends in Psychology, G. C. University Lahore, March 29-30, 2011. | International (in Pakistan) |
| 16. | Sultan, S. & Khurram, S. (2011). Women's Mental Health In Pakistan: A Comparison Between Infertile And Fertile Women. Paper presented at 16 th International Conference Athens, Greece. May 17 – 20 May, 2011. | International (Greece) |
| 17. | Hussain, I. & Sultan, S. (2011). Analyzing the Training Needs of University Academia for their Professional Development. Paper presented at World Conference on Educational and Technology Researches, Near East University & Gazi University, Kyrenia-North Cyprus. July 06-10, 2011. | International (Cyprus) |
| 18. | Sultan, S. (2011). Patients' Perceived Autonomy Support Affecting their Levels of Depression and Treatment Motivation. Paper presented at The 21 st World Congress on Psychosomatic Medicine New Vision for Psychosomatic Medicine: Beyond Science and Borders, National Museum of Korea, Seoul, Korea. August 25-28, 2011. | International (Korea) |
| 19. | Sultan, S. & Khurram, S. (2011). Perceived Stigma Predicting Treatment Discontinuation among Adults Receiving Treatment for Psychological and Physiological Ailments. Paper presented at 13 th Pakistan Psychological Association Conference "Let Us Join Hands for Pakistan" Hotel Park Plaza, Lahore. November 25-26, 2011. | National |
| 20. | Hanif, A. & Sultan, S. (2011). Social Networking: A Major Curse or Blessing for Youth of Pakistan. Paper presented at 13 th Pakistan Psychological Association Conference "Let Us Join Hands for Pakistan" Hotel Park Plaza Lahore. November 25-26, 2011. | National |
| 21. | Liaquat, S. & Sultan, S. (2011). Change by Self Compassion: Hitting Tolerance & Dysfunctional Attitude among Adults. Paper presented at 13 th Pakistan Psychological Association Conference "Let Us Join Hands for Pakistan", Hotel Park Plaza, Lahore. November 25-26, 2011. | National |
| 22. | Sultan, S. (2011). Which One is Efficient? Treatment Itself or the Knowledge that the Treatment is Being Performed. Paper presented at 19 th National Psychiatry Conference "Psychiatric Complication of Dengue Virus Fever and Psychological Intervention". Pearl Continental Hotel Lahore, Pakistan. December 24-25, 2011. | National |
| 23. | Sultan, S. (2012). Personal Attributes Contributing in Computer Anxiety and Computer Self-efficacy among Distance Learners. Paper presented at 13 th Pakistan Psychological Association Conference. International Islamic University, Islamabad. February 10-11, 2012. | National |
| 24. | Arbab, M. A. & Sultan, S. (2012). Impact of Perceived Leadership on Preferences of Organizational Cultures Resulting into Innovative Work Behavior. Paper presented at 13 th Pakistan Psychological Association Conference, International Islamic University, Islamabad. February 10-11, 2012. | National |
| 25. | Javaid, S. & Sultan, S. (2012). Health Locus of Control In Relation To Hospital Anxiety and Depression among Cardiovascular Patients. Paper presented at 13 th Pakistan Psychological Association Conference, International Islamic University, Islamabad. February 10-11, 2012. | National |
| 26. | Hanif, A. & Sultan, S. (2012). Social Cognitive Factors Predicting Academic Satisfaction. Paper presented at 13 th Pakistan Psychological Association Conference, Interna- | National |

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| | tional Islamic University, Islamabad. February 10-11, 2012. | |
| 27. | Sultan, S. & Kanwal, F. (2012). Efficacy of Equity Sensitivity in Determining the Relationship between Organizational Justice and Organizational Commitment. Paper presented at 13 th Pakistan Psychological Association Conference, International Islamic University, Islamabad. February 10-11, 2012. | National |
| 28. | Sultan, S. & Kanwal, S. (2012). Efficacy of Equity Sensitivity in Determining the Relationship between Organizational Justice and Organizational Commitment. Paper presented at Industrial and Organizational Psychology: Trends, Challenges, and Applications, National Institute of Psychology, Quaid-e-Azam University, Islamabad, April 19, 2012. | National |
| 29. | Sultan, S. (2012). Analyzing Vulnerable Groups and Appropriateness of therapies for PTSD among flood survivors in Pakistan. Paper presented at 47 th APS Annual Conference, Australian Psychology Society. September 27-30, 2012. | International (Australia) |
| 30. | Sultan, S. (2012). Effects of being raised by single mothers and single fathers on emotional and academic development of adolescents. Paper presented at 47 th APS Annual Conference, Australian Psychology Society. September 27-30, 2012. | International (Australia) |
| 31. | Sultan, S. (2012). Single Parenting and Adolescents' Development. Paper presented at AACBT 35 th National Conference, The Hyatt, Sanctuary Cove Gold Coast, Australia, Australian Association for Cognitive and Behavioral Therapy. October 17-21, 2012. | International (Australia) |
| 32. | Sultan, S. (2012). Teachers' attitudes towards ageing affecting their teaching orientations and burnout. Aging: Challenging the Boundaries. Paper presented at 45 th Australian Association of Gerontology National Conference, Brisbane, Queensland, Australia, Australian Association of Gerontology. November 20-23, 2012. | International (Australia) |
| 33. | Liaqat, S. & Sultan, S. (2012). Development of an Indigenous Effective Employee Scale. Paper presented at International Conference of Applied Psychology (ICAPP) "Psychology and Challenges of the Modern World" HEC, CDSHP, & University of Punjab. December 15-19, 2012. | International (in Pakistan) |
| 34. | Musharraf, S. & Sultan, S. (2013). Personality Traits and Religiosity as Predictors of Suicidality. Paper presented at International Conference of Pakistan Psychological Association, Al Hamra Hall III, Mall Road Lahore, Department of Psychology, University of Punjab, Lahore. October 31, 2013. | International (in Pakistan) |
| 35. | Luqman, N. & Sultan, S. (2013). The Confluence of Irrational Belief, Automatic Thought and Perceived Social Support in Relation to Eating Disorder. Paper presented at International Conference of Pakistan Psychological Association, Al Hamra Hall III, Mall Road Lahore, Department of Psychology, University of Punjab, Lahore. October 31, 2013. | International (in Pakistan) |
| 36. | Irshad, G. & Sultan, S. (2013). Difference in Parenting Styles between Juvenile Delinquents and Non-Juvenile Delinquents. Paper presented at International Conference of Pakistan Psychological Association, Al Hamra Hall III, Mall Road Lahore, Department of Psychology, University of Punjab, Lahore. October 31, 2013. | International (in Pakistan) |
| 37. | Anwar, M. K. & Sultan, S. (2014). Emotional, Cultural, and Spiritual Intelligence as Trio Path to Leadership Effectiveness through Personality Traits. Paper presented at Two Days International Conference on Social Psychology, Department of Psychology, GC University, Lahore. May 20-21, 2014. | International (in Pakistan) |
| 38. | Khadija, M. & Sultan, S. (2014). Association between Psychological Needs and Perception of Parents among Suicidal Attempters. Paper presented at Two Days International Conference on Social Psychology, Department of Psychology, GC University, Lahore. May 20-21, 2014. | International (in Pakistan) |
| 39. | Sultan, S. & Saleem, I. (2014). Individual vs. Collaborative Learning: A Strategy for Promoting Social Skills and Academic Confidence among. Paper presented at 5 th Inter- | International (in Pakistan) |

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| | national Conference on Educational Psychology, National Institute of Psychology (NIP) Quaid-i-Azam University, Islamabad. November 13, 2014. | |
| 40. | Sultan, S. & Irshad, S. (2014). Achievement Goals Determining Learning Strategies among Undergraduate College Students. Paper presented at 5th International Conference on Educational Psychology, National Institute of Psychology (NIP) Quaid-i-Azam University, Islamabad. November 13, 2014. | International (in Pakistan) |
| 41. | Sultan, S. , Gul, S. & Naz, A. (2015). Giving versus Receiving Social Support: An Analysis of What Contributes the Most to Favorable Life Outcomes. Paper presented at 14 th International Conference of Psychology, PPA, HEC, & University of Punjab Lahore. March 19-21, 2015. | International (in Pakistan) |
| 42. | Awan, H. & Sultan, S. (2015). Promising Impact of Social Support on Social Anxiety and Social Competence via Alexithymia. Paper presented at 14 th International Conference of Psychology, PPA, HEC, & University of Punjab Lahore. March 19-21, 2015. | International (in Pakistan) |
| 43. | Musharaf, S. & Sultan, S. (2015). Personality Traits and Religiosity as Predictors of Suicidality. Paper presented at 14 th International Conference of Psychology, PPA, HEC, & University of Punjab Lahore. March 19-21, 2015. | International (in Pakistan) |
| 44. | Ishfaq, N. & Sultan, S. (2015). A Probe into the Emotional Problems of Psychologists Committing Suicide through their Piece of Writings. Paper presented at 14 th International Conference of Psychology, PPA, HEC, & University of Punjab Lahore. March 19-21, 2015. | International (in Pakistan) |
| 45. | Murtaza, G., Sultan, S. & Ahmed, F. (2015). Exploring Construct Validity of Resilience Scale in Pakistani Youth. Paper presented at 3rd International Conference on Computational and Social Sciences, Universiti Teknologi Malaysia, Johor bahru Johor, August 25-27, 2015. | International (Malaysia) |
| 46. | Nawaz, A. & Sultan, S. (2015). Daily Life Hassles Affecting Mental Health: An Account of Effectiveness of Intrapersonal communication Skill training. Paper presented at 1st International Conference on Mental Health, Pakistan Psychological Society Grand Regency Hotel Bahawalpur, October 10, 2015. | International (in Pakistan) |
| 47. | Faiz, A. & Sultan, S. (2015). Image of God and Religious Orientation Predicting Mental Health in Elderly People. Paper presented at 21st National Psychiatric Conference, Nishtar Hospital Multan, November 19-21, 2015. | National |
| 48. | Saleem, I. & Sultan, S. (2015). Predictors of Behavioral and Temperamental Problems After a Major Flood: Mental Health of Adolescents at Risk. 21st National Psychiatric Conference, Nishtar Hospital Multan, November 19-21, 2015. | National |
| 49. | Moeen, U. & Sultan, S. (2015). Attachment Styles and Behavioral Problems of Adoptee and Non-Adoptee Adolescents. 1st National Conference "Indigenizing Clinical Psychology: Issues & Challenges", University of Management & Technology, Institute of Clinical Psychology, Lahore, December, 16-17, 2015. | National |
| 50. | Saleem, I. & Sultan, S. (2015). Impact of Behavioral Problems and Exposure to Flood on Life Satisfaction among Adolescent: A Study in Southern Punjab Pakistan. 1st National Conference "Indigenizing Clinical Psychology: Issues & Challenges", University of Management & Technology, Institute of Clinical Psychology, Lahore, December, 16-17, 2015. | National |
| 51. | Saleem, A. & Sultan, S. (2016). Association of gratitude with protection and risk factors among students: evidence for a mediation model of academic achievement. Paper presented at 1st International Conference on Current Trends in Psychology, Pakistan Psychological Association & Department Of Applied, BZU Multan, March 31, 2016. | International (in Pakistan) |
| 52. | Sultan, S. , Anwar, M. K. & Kanwal, S. (2016). Impact of Cognitive Processing Therapy on Mental Health of People Exposed to Flood. Paper presented at 1st National Conference, Department of Psychology, University of Faisalabad, April 28-29, 2016. | National |

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| 53. | Rafiq, S. & Sultan, S. (2016). Contribution of Alexithymia in Social Adjustment: Mediating Role Orderly Played by Parental Bonding. Paper presented at 1st National Conference on Emerging Trends & Challenges in Social Sciences, Department of Sociology, Bahauddin Zakriya University, Multan, November 15-16, 2016. | National |
| 54. | Ashraf, M. & Sultan, S. (2016). A Heavy Toll on Mental Health of Females Incurred through Flood. 1st National Conference on Emerging Trends & Challenges in Social Sciences, Department of Sociology, Bahauddin Zakriya University, Multan, November 15-16, 2016. | National |
| 55. | Fatima, S. & Sultan, S. (2016). Enhancing Social Skills in Children with Autism Spectrum Disorder Through the Implementation of Superheroes Social Skills Program. Paper presented at International Conference on Psychology & Gender in Perspective Issues & Challenges, NIP Quaid-e-Azam University Islamabad, December 2-3, 2016. | International (in Pakistan) |
| 56. | Amin, M., Sultan, S. & Fatima, S. (2016). Treatment Motivation and Hopelessness Before and After Percutaneous Coronary Intervention among Cardiac Patients. Paper presented at 1st National Conference on Emerging Trends, Challenges, & Implementation of Psychology in Community. Department of Applied Psychology, University of Gujrat, December 8-9, 2016. | National |
| 57. | Saleem, I. & Sultan, S. (2016). Friendship Expectation as Predictor of Friendship Adjustment and Social Functioning among Adolescents. Paper presented at 1st National Conference on Emerging Trends, Challenges, & Implementation of Psychology in Community. Department of Applied Psychology, University of Gujrat, December 8-9, 2016. | National |
| 58. | Saqib, M. S. & Sultan, S. (2017). Cultural Translation, Adaptation and Cross Validation of Work Related Basic Need Satisfaction Scale. Paper presented at 1 st International Conference Clinical Psychology and the Developing World: Issues, Challenges and Solutions, Institute of Clinical Psychology University of Management and Technology, Lahore, March 9-10, 2017. | International (in Pakistan) |
| 59. | Sadiq, A. & Sultan, S. (2017). Gratitude Broadening Problem-Solving Strategies through Personality Traits. Paper presented at 1 st International Conference Clinical Psychology and the Developing World: Issues, Challenges and Solutions, Institute of Clinical Psychology University of Management and Technology, Lahore, March 9-10, 2017. | International (in Pakistan) |
| 60. | Khalid, S., Sultan, S. & Muneer, R. (2017). Translation, Adaptation, and Validation of Mental Health Inventory. Paper presented at 1 st International Conference Clinical Psychology and the Developing World: Issues, Challenges and Solutions, Institute of Clinical Psychology University of Management and Technology, Lahore, March 9-10, 2017. | International (in Pakistan) |
| 61. | Sultan, S. & Kanwal, F. (2017). Factors Associated with Delinquency; An Analysis of What Contribute the Most in Delinquent Behavior at School. Paper presented at 5th Academic International Conference on Interdisciplinary Legal Studies, University of Oxford; St. Anne's College Oxford, United Kingdom, March 13-15, 2017. | International (UK) |
| 62. | Sultan, S. , Fatima, S. & Kanwal, F. (2017). Treating Heart Disease by Managing Marital Conflict among Female Patients with CHD through Cognitive Behavioral Couple Therapy. Paper presented at 2nd International Conference on Cardiovascular Medicine and Cardiac Surgery, Doubletree by Hilton Hotel London - Ealing, 2-8 Hanger Lane, Ealing, W5 3HN, United Kingdom, March 15-16, 2017. | International (UK) |
| 63. | Sultan, S. , Kanwal, F. & Gul, S. (2017). Giving Versus Receiving Social Support: An Analysis of What Contributes the Most to Favorable Life Outcomes. Paper presented at 18th International Conference on Social Sciences & Humanities, University of Washington - Rome Center (UWRC), Piazza del Biscione 95, 00186 Roma, Italy, June 8-9, 2017. | International (Italy) |
| 64. | Sultan, S. , Anwar, M. K. & Kanwal, F. (2017). Spiritual Intelligence Linking to Lead- | International (Italy) |

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| | ership Effectiveness Interceding Role of Personality Traits. 18th International Conference on Psychology & Behavioral Sciences 8-9 June, University of Washington - Rome Center (UWRC), Piazza del Biscione 95, 00186 Roma, Italy, June 8-9, 2017. | |
| 65. | Khakwani, F., Sultan, S. & Rashid, S. (2017). Perceived Autonomy Support and Psychological Problems among Cardiac Patients: Interceding Role of Treatment Motivation. Paper presented at 9th National Symposium on Depression: Depression Lets' Talk, Department of Psychiatry and Behavioral Sciences, College of Medicine Rawal Institute of Health Sciences Islamabad. In collaboration with Pakistan association for Social Psychiatry (PASP) at Pearl Continental Hotel, Rawalpindi, September 16, 2017. | National |
| 66. | Sultan, S. , Fatima, S. & Kanwal, F. (2017). Treating Heart Patients by Enhancing Positive Emotions through Positive Psychology Intervention. Paper presented at 2nd Int' IPPS Conference on Theme of Health, Happiness & Positive Psychology, Pakistan Psychological Society The Grand Regency Hotel, Bahawalpur, November 4, 2017. | International (in Pakistan) |
| 67. | Sultan, S. , Kanwal, F. & Saqib, M. S. (2017). Indirect Effect of Gratitude in reducing risk of suicidal ideations through Optimism and Positive Affect. 2nd Int'IPPS Conference on Theme of Health, Happiness & Positive Psychology, Pakistan Psychological Society, The Grand Regency Hotel, Bahawalpur, November 4, 2017. | International (in Pakistan) |
| 68. | Sultan, S. , Kanwal, S. & Khakwani, F. (2017). Appreciation Uniquely Predicts Employees' Job Performance Above Demographics, Commitment, and Organizational Justice. Paper presented at 2nd Int'IPPS Conference on Theme of Health, Happiness & Positive Psychology, Pakistan Psychological Society, The Grand Regency Hotel, Bahawalpur, November 4, 2017. | International (in Pakistan) |
| 69. | Sultan, S. , Kanwal, S. & Khakwani, F. (2017). Emotional & Academic Development of Adolescents under Single Gender Parenting. Paper presented at International Conference on Gender, Human Rights & Islam. Department of Sociology, Bahauddin Zakariya University, Multan, November 23-24, 2017. | International (in Pakistan) |
| 70. | Sultana, K. & Sultan, S. (2017). Mediating Effect of Assertiveness on the Relationship between Generativity and Wellbeing. Paper presented at International Conference on Health and Wellbeing, Department of Applied Psychology, Lahore College for Women University, Lahore, December 11-13, 2017. | International (in Pakistan) |
| 71. | Kanwal, F., Sultan, S. & Fatima, S. (2017). Meditational Pathways between Gratitude and Physical Health by Gender, Age, Personality Traits and Psychological Health. International Conference on Health and Wellbeing, Department of Applied Psychology, Lahore College for Women University, Lahore, December, 11-13, 2017. | International (in Pakistan) |
| 72. | Sultan, S. , Fatima, S. & Kanwal, F. (2017). Character Strength of Gratitude: A Buffer Against Physical, Mental and Behavioral Risks. International Conference on Health and Wellbeing, Department of Applied Psychology, Lahore College for Women University, Lahore, December 11-13, 2017. | International (in Pakistan) |
| 73. | Sultan, S. , Fatima, S. & Kanwal, F. (2017). Factors Associated with Caregivers Burden: Do Coping Strategies Make Any Difference? Paper presented at National Conference of Psychology (NCP-2017). Emerging Social and Mental Health Issues in Society. Department of Psychology, Lahore Garrison University, Lahore, December 12-13, 2017. | National |
| 74. | Rashid, S., Nazar, S. & Sultan, S. (2017). Coping Strategies Mediating the Role of Type A Behavior in Quality of Life of Heart Patients. Paper presented at National Conference of Psychology (NCP-2017). Emerging Social and Mental Health Issues in Society, Department of Psychology, Lahore Garrison University, Lahore, December 12-13, 2017. | National |
| 75. | Irshad, S. & Sultan, S. (2017). Impact of Stress Inoculation Training on Mental Health of People Exposed to Flood. Paper presented at National Conference of Psychology (NCP-2017). Emerging Social and Mental Health Issues in Society, Department of Psy- | National |

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| | chology, Lahore Garrison University, Lahore, December, 12-13, 2017. | |
| 76. | Sultan, S. , Kanwal, F. & Anwar, M. K. (2018). Understanding When Attitudes towards School Leads to School Commitment: Role of Classroom Climate. Paper presented at National Conference Promoting Mental Health in Schools: A Way Forward, Institute of Clinical Psychology University of Management and Technology, Lahore, March 17, 2018. | National |
| 77. | Sultan, S. , Fatima, S. & Kanwal, F. (2018). Enhancing Social Skills in School Children with Low Self-esteem through the Implementation of Superheroes Social Skills Program. Paper presented at National Conference Promoting Mental Health in Schools: A Way Forward, Institute of Clinical Psychology University of Management and Technology, Lahore, March 17, 2018. | National |
| 78. | Sultan, S. , Kanwal, F. & Gul, S. (2018). Work-Family Conflicts: Does Social Support Make Differences in Job and Family Satisfaction among Employees. Paper presented at Interdisciplinary Conference in Psychology, University of Ottawa, School of Psychology, Faculty of Social Sciences 136 Jean Jacques Lussier Vanier Hall Ottawa, Ontario, Canada K1N 6N5 Ottawa Canada, May 17-18, 2018. | International (Canada) |
| 79. | Kaloom, T., Saqib, M. S. & Sultan, S. (2018). The Impact of Curiosity and Exploration on Personal Growth and Life Satisfaction among University Students. Paper presented at 7th International Conference on Positive Psychology: Developing A Flourishing Community, Institute of Psychology (NIP), Quaid-e-Azam University, Islamabad, November, 29-30, 2018. | International (in Pakistan) |
| 80. | Sultan, S. , Fatima, S. & Kanwal, F. (2018). The Role of Emotional Intelligence and Social Support in Adaptive Career Progress among Pakistani Youth. Paper presented at 7th International Conference on Positive Psychology: Developing A Flourishing Community, Institute of Psychology (NIP), Quaid-e-Azam University, Islamabad, November 29-30, 2018. | International (in Pakistan) |
| 81. | Sultan, S. & Kanwal, F. (2018). Moderating Role of Personality Traits in the Relationship between Religious Practices and Mental Health. Paper presented at 3-Day International Conference on Gender, Religion and Culture in Psychology: Issues, Challenges and Prospects, Department of Psychology, GC University Lahore, December, 17-19, 2018. | International (in Pakistan) |
| 82. | Sultan, S. Fatima, S., & Ahmad, H. B. (2019). Analyzing State of Despair in End-of-Life Cancer Patients: Do the Quality of Care and Satisfaction with Treatment Matter? Paper presented at International Conference of Applied Psychology, Practices & Interventions ICAP, Institute of Applied Psychology, University of Punjab, Lahore, February 6-8, 2019. | International (in Pakistan) |
| 83. | Sultan, S. Kanwal, F. & Shabbir, S. (2019). Health Benefits of Giving vs. Receiving Support, Paper presented at International Conference of Applied Psychology, Practices & Interventions ICAP, Institute of Applied Psychology, University of Punjab, Lahore, February 6-8, 2019. | International (in Pakistan) |
| 84. | Sultan, S. Parveen, S., & Kanwal, S. (2019). Adolescents' Food Habits and their Mental Health: A Bidirectional Effect. Paper presented at 4 th International Conference Food and Nutritional Security in Changing Climate, Institute of Food Sciences and Nutrition, Bahauddin Zakariya University Multan, March 3-4, 2019. | International (in Pakistan) |
| 85. | Akram, K. & Sultan, S. (2019). Moderating role of Personality Traits between the relationship of Academic Procrastination and Perfectionism. Paper presented at 2 nd International Conference on Preventative Strategies in Clinical Psychology: Preemption and Proaction, Institute of Clinical Psychology, UMT Lahore, March 13-14, 2019. | International (in Pakistan) |
| 86. | Sultan, S. , Kanwal, S., Anwar, M. K. (2019). Moderating Effect of Social Support between the Relationship of Emotional Intelligence and Mental Health. Paper presented at | National |

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| | 1ST National Conference of Psychology For Sustainable Community: Challenges and Trends, Department of Psychology, University of Sargodha, Sargodha, March 19-20, 2019. | |
| 87. | Sultan, S., Kanwal, S., Anwar, M. K. (2019). Examining the Effect of Work Engagement on Employees' Work Performance through Cultural Intelligence Paper presented at 1 st National Conference of Psychology For Sustainable Community: Challenges and Trends, Department of Psychology, University of Sargodha, Sargodha, March 19-20, 2019. | National |
| 88. | Sultan, S., Kanwal, S., Anwar, M. K. (2019). Psychological Detachment from Work during Break-time as a Predictor of Improved Work Engagement and Mental Health among Bankers. Paper presented at 1 st National Conference of Psychology For Sustainable Community: Challenges and Trends, Department of Psychology, University of Sargodha, Sargodha, March 19-20, 2019. | National |
| 89. | Shabbir, S., Safdar, T., & Sultan, S. (2019). Spirituality and Life Satisfaction among Cardiac Patients: Mediating Role of Gratitude. Paper presented at Riphah Institute of Clinical and Professional Psychology (RISPP). Riphah International University, Lahore, Pakistan, September 24-26, 2019. | International (in Pakistan) |
| 90. | Sultan, S., Kanwal, S., & Kanwal, F., & Anwar, M. (2019). Minifying the Academic Burnout among Religious and Non-religious Students through Cognitive Behavior Therapy. Paper presented at Riphah Institute of Clinical and Professional Psychology (RISPP). Riphah International University, Lahore, Pakistan, September 24-26, 2019. | International (in Pakistan) |
| 91. | Sultan, S., Awan, I., & Aslam, Y. (2019). Religiosity Really Matters: Outcomes of Positive and Negative Religious Coping among Students awaiting Term Results. Paper presented at Riphah Institute of Clinical and Professional Psychology (RISPP). Riphah International University, Lahore, Pakistan, September 24-26, 2019. | International (in Pakistan) |
| 92. | Farooq, U., Anwar, M. K., Sultan, S., & Saleem, M. (2019). Personality Traits as Moderator between Mindfulness and Academic Stress. Paper presented at 2 nd International Conference on Social Sciences and Humanities, Kinnaird College for Women Lahore, Pakistan, October 24-26, 2019. | International (in Pakistan) |
| 93. | Sultan, S., Husain, I., & Kanwal, F. (2020). Individual vs. Collaborative Learning: A Strategy for Promoting Social Skills and Academic Confidence among Students. Paper presented at International Conference on Teaching and Learning (ICOTAL, 2020), Department of Education, The Islamia University Bahawalpur, March 5-6, 2020. | International (in Pakistan) |
| 94. | Sultan, S., Shafiq, N., & Shafiq, M. (2020). Exercising Positive Coping Strategies for Math Anxiety: A Case for Pakistani Elementary School Female Students. Paper presented at International Conference on Teaching and Learning (ICOTAL, 2020), Department of Education, The Islamia University Bahawalpur, March 5-6, 2020. | International (in Pakistan) |
| 95. | Fatima, N., Anwar, M.K., Saleem, M., Sultan, S., & Hussain, F. (2020). The impact of self-control on work-stress through mediating role of regulatory focus among employees. Paper presented at International Conference on Teaching and Learning (ICOTAL, 2020), Department of Education, The Islamia University Bahawalpur, March 5-6, 2020. | International (in Pakistan) |
| 96. | Ajmal, A., Anwar, M.K., Saleem, M., Sultan, S., & Hussain, F. (2020). How aggression affect self-compassion among adolescents. Paper presented at International Conference on Teaching and Learning (ICOTAL, 2020), Department of Education, The Islamia University Bahawalpur, March 5-6, 2020. | International (in Pakistan) |
| 97. | Yaseen, M., Saleem, M., Anjum, H., Khan, A. D. & Sultan, S., & Hussain, F. (2020). Impact of Forgiveness and Positive Emotion in Promoting Mental Health of Undergraduates. Paper presented at International Conference on Teaching and Learning (ICOTAL, 2020), Department of Education, The Islamia University Bahawalpur, March 5-6, 2020. | International (in Pakistan) |
| 98. | Sultan, S., Saleem, M., & Khan, A.D. (2020). Impact of Life Skills on Academic Bene- | International (in Pakistan) |

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| | fits of Adolescents in Schools: Gender Variations in Focus. Paper presented at International Conference on Teaching and Learning (ICOTAL, 2020), Department of Education, The Islamia University Bahawalpur, March 5-6, 2020. | |
| 99. | Sultan, S., Shabbir, S., & Kanwal, S. (2020). The Craze of Social Media Hosting the Question Regarding its Impact on Youth. Paper presented at International Conference on Teaching and Learning (ICOTAL, 2020), Department of Education, The Islamia University Bahawalpur, March 5-6, 2020. | International (in Pakistan) |
| 100. | Sultan, S., Zainab, S.R.G., Hussain, M. S., Aleem, S. (2020). Effects of Online Education and Social Distancing during Covid-19. Paper presented online Meritorious Multidisciplinary Virtual Conference (IMMVC, 2020), Meritorious Research Group, Multan. August 16-19, 2020. | International (in Pakistan) |
| 101. | Sultan, S., Waheed, A., & Hussain, A. (2020). Emotional Responses and Personal Copings of Frontline Healthcare Workers in Wake of Covid-19. Paper presented online International E-Conference on Psychosocial Wellness & Rehabilitation: Challenges for Practitioners during Pandemic (ICPWR, 2020), Institute of Clinical Psychology, University of the Punjab, Lahore, December 02-03, 2020. | International (in Pakistan) |
| 102. | Sultan, S., Waheed, A., & Hussain, A. (2021). Motivational Factors Controlling Psychological Impact of COVID-19 among Frontline Medical Staff. Paper presented at International Online Medical Sociology Annual Conference, Department of Sociology, Bahauudin Zakariya University, Multan, January 04-05, 2021. | International (in Pakistan) |
| 103. | Najma, R., & Sultan, S. (2021). Impact of Procrastination on Mental Wellbeing and Academic Achievement: Role of Academic Self-efficacy. Paper presented at International E-Conference on Health Psychology (IHP-2021), Department of Applied Psychology, Bahauudin Zakariya University, Multan, March 18-20, 2021. | International (in Pakistan) |
| 104. | Khan, S., & Sultan, S. (2021). Dental Anxiety Predicting Dental Attendance: Exploring Mediating Effect of Cynical Hostility. Paper presented at International E-Conference on Health Psychology (IHP-2021), Department of Applied Psychology, Bahauudin Zakariya University, Multan, March 18-20, 2021. | International (in Pakistan) |
| 105. | Sultan, S., Waheed, A., & Riaz, S. (2021). Understanding When Caregivers's Burden Affects their Wellbeing: Role of Coping Styles. Paper presented at International E-Conference on Health Psychology (IHP-2021), Department of Applied Psychology, Bahauudin Zakariya University, Multan, March 18-20, 2021. | International (in Pakistan) |
| 106. | Sultan, S. & Kanwal, F. (2021). Examining the Mediating Role of Academic Resilience in Meanings of Education and Academic Achievement. Paper presented at 2 nd International Meritorious Multidisciplinary Virtual Conference, Islamic Search Centre, Punjab University, Lahore, September 24, 2021. | International (in Pakistan) |
| 107. | Ehtisham, M., Sultan, S., & Kanwal, F. (2021). Factors of Selfie Addiction Leading to the Symptoms of Body Dysmorphic Disorder among Female Adolescents. Paper to be present at 8 th International Conference, "Mental Health and Productivity: The Emerging Challenges for Youth" Virtual Conference. National Institute of Psychology, <i>Center of Excellence</i> , Quaid-i-Azam University, Islamabad, Pakistan, October 19-20, 2021. | International (in Pakistan) |
| 108. | Sultan, S. (2022). Analysis of Effectiveness of Intervention by Removing Self & Social Stigma of Addiction. Paper presented at International Conference on Substance Abuse, Prevention and Treatment, National University of Medical Sciences NUMS, Rawalpindi, June 11, 2022. | International (in Pakistan) |
| 109. | Motasem, M., Sultan, S. Anwar, M. K., & Batool, I. (2022). Impact of Social Media Addiction and Cognitive Distortion on Gratitude and Psychological Burden. Paper presented at 6 th International Congress on Life, Social, and Health Sciences in a Changing World, Istanbul Turkey, July 02-03, 2022. | International (Turkey) |
| 110. | Sultan, S., Anwar, M. K., Sadaf, A., Ayub, U., & Sajid, M. (2022). Impact of Parenting | International (in Pakistan) |

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| | Styles on Victimization and Anti-Social Behavior of Children. Paper presented at 9 th International Conference on Trauma, Abuse, and Violence: Thriving for a World Without Torture, National Institute of Psychology NIP, Quaid-e-Azam University, Islamabad. July 23, 2022. | |
| 111. | Sultan, S. (2022). Perceived Public Stigma and Attitudes towards Seeking Psychological Help among Pakistani People. Paper presented at 2nd International Conference on Interdisciplinary Approach in Social Sciences “Mental Health for All: Social Determinants, Challenges, and Sustainable Remedies” Department of Applied Psychology, The Islamia University of Bahawalpur, Pakistan. November 22-23, 2022. | International (in Pakistan) |
| 112. | Sultan, S., Mirza, M., & Kanwal, F. (2022). Image of God and Religious Orientations as the Hidden Drivers of Mental Health among Adults. Paper presented at International Conference on Contemporary Issues in Sociology and Public Health. Department of Sociology, Bahauddin Zakariya University Multan. November 25-26, 2022. | International (in Pakistan) |
| 113. | Sultan, S., & Salman, R. (2023). Mediating Role of Delegating Leadership Style between Openness Personality Type and Glass Ceiling Effect among Educators. Paper presented at 2 nd EURASIA International Scientific Research and Innovation Congress. Ankara, Turkey. September 06-08, 2023. | International Turkey |
| 114. | Sarfraz, S., Sultan, S., & Latif, H. (2023). Workplace Stress & Mental Health Issues among Police Officer: Analyzing the Effects of Personal Protective Factors. Paper presented at UMTEB XIV International Scientific Research Congress. Naples Italy. September 14-15, 2023. | International Italy |
| 115. | Najaf, E.D., Sultan, S., & Mirza, M. (2023). Parental Control and Distress Tolerance among University Students: Role of Emotional Regulation. Paper presented at 14 th International Psychological Conference, Pakistan Psychological Association. AlHamra Hall, Lahore. November 25, 2023. | International (in Pakistan) |
| 116. | Sultan, S. (2024). Indigenous Perspective of Theory and Practice, 1 st Kohsar National Conference on Psychology, Murree. July 04-07, 2024. | National |

Theses Supervised

M.Phil (117), PhD (08), Postdoc (1)

PostDoc Research Supervision (01)

| No | Title of Thesis | Student Name | Session | Status |
|----|---|-----------------|-----------|-----------|
| 1 | Integrating Life Skills Education for Mental Health and Academic Benefits of Youth in Schools | Muhammad Saleem | 2018-2019 | Completed |

PhD Research Supervision (08)

| No | Title of Thesis | Student Name | Session | Status |
|----|---|-----------------------------------|-----------|-------------|
| 1 | Effects of Procrastination on Mental Health and Academic Achievement: Exploration Through Mediation Moderation Model | Rahat Ul Ain Najma Roll No. 14 | 2016-2020 | Completed |
| 2 | A Study on Transformation of Health Literacy into Health Behavior through Mediation and Moderation Analysis of Psych-Social Factors among University Students | Saba Arshad | Fall 2021 | In Progress |
| 3 | A Study on Academic and Psychological Outcomes | Qurat-ul Ain Shams | Fall 2021 | In Progress |

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|---|--|-------------------------------|-----------------------|-------------|
| | of Digital Literacy through a Moderated-Mediation Model among Prospective Teachers | | | |
| 4 | Literature Review | Aqsa Batool PHDAP-23-03 | 2023-2026 (Spring) | In Progress |
| 5 | Literature Review | Mehvish Shafiq PHDAP-23-04 | 2023-2026 (Spring) | In Progress |
| 6 | Literature Review | Asma Javed PHDAP-23-05 | 2023-2026 (Spring) | In Progress |
| 7 | Literature Review | Sabahat Nawaz PHDAP-23-09 | 2023-2026 (Spring) | In Progress |
| 8 | Literature Review | Sehrish Irshad PHDAP-23-03 | 2023-2026 (Fall) | In Progress |

M.Phil Research Supervision (117)

| No | Title of Thesis | Student Name | Status |
|------------------|--|---------------------------|-----------|
| 2009-2011 | | | |
| 1 | Effectiveness of Therapeutic Intervention utilizing Cognitive and Behavior Therapies among Special Children | Nisbat Batool | Completed |
| 2 | Relationship between Intellectual Functioning and Behavioral Problems among Children with Hearing Impairment | Ruqia Safdar Bajwa | Completed |
| 3 | Perceived Social Support Mediating Perceived Stress and Job Satisfaction in Armed Forces | Safia Rashid | Completed |
| 4 | Emotional Abuse and Self Silencing within Intimate Relationships between Women Diagnosed with Depression and Anxiety | Sarah Mahmood | Completed |
| 5 | Positive Psychological Capital: A Mediating Factor between Perceived Authentic Leadership and Performance of Employees | Afia Hanif | Completed |
| 6 | Development of an Indigenous Effective Employee Scale | Sidra Liaqat | Completed |
| 7 | Impact of Quality Management on Organizational Culture and Work Creativity of Employees | Manika Arbab Aslam | Completed |
| 2010-2012 | | | |
| 8 | Translation and Standardization of Revised Child Anxiety and Depression Scale | Tariq Mehmood | Completed |
| 9 | Personality traits and Religiosity Affecting Suicidal Ideation among Psychiatric Patients | Sadia Musharraf | Completed |
| 10 | Parental Stress Determining Coping Strategies amongst the Parents of Special Children | Zulekha Sajjad | Completed |
| 11 | Factors of Perceived Stress and Coping Styles in Parents of Children with Down Syndrome | Muneeza Manzoor | Completed |
| 12 | The Confluence of Irrational Belief, Automatic Thoughts, and Perceived Social Support in Respect of Eating Problem | Nabia Luqman | Completed |
| 13 | Effects of Psychological Interventions on Immune Parameters and Quality of Life in Cancer Patients | Ata-ul-Mohsin | Completed |
| 14 | The Aspects of Identity in Bicultural Youth and its Relationship with Academic Confidence and Social Adjustment | Aamir Shehzad Sanjrani | Completed |
| 15 | Impact of Mothers' Dysfunctional Attitudes on their Children Self Esteem, Personality Modes and Depression | Jawaria Khalid | Completed |
| 2011-2013 | | | |

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| 16 | Examining the effect of Self Efficacy on Employee Performance Through their Cultural Intelligence | Nukhba Tareen | Completed |
| 17 | Dispositional and Situational Predictors of Perceived glass Ceiling effect. | Shumyla Nawazish | Completed |
| 18 | Emotional, Cultural and Spiritual Intelligence as Trio Path to Leadership Effectiveness Through Personality Traits. | Maria Anwar Khan | Completed |
| 19 | Bidirectional Work-family Conflict Affecting Job Performance mediated by Psychological Well-being and Intention to Turnover | Samina Mansoor | Completed |
| 20 | Finding the construct validity of the Resilience Scale in Pakistani adolescent sample. | Murtaza Sheikh | Completed |
| 21 | Effect of Interdependence of Innovative Behavior among Lower, Middle and Higher Level Worker. | Rubina Naz | Completed |
| 22 | Impact of Teacher's Professional Competence on Elementary Science Student's Performance as Moderated by Class Environment. | Muhammad Shafi | Completed |
| 2012-2014 | | | |
| 23 | Contribution of Alexithymia and Emotional Intelligence in Social Adjustment: Mediating Role Orderly Played by Attachment and parenting Styles. | Samira Rafiq | Completed |
| 24 | Association of Gratitude with Protecting and Risk Factors among Students: Evidence for a mediation moderation model of academic achievement. | Muhammad Ausama Saleem | Completed |
| 25 | Academic Engagement as a Schooling Outcome: The Role of Student, Teacher and Parent Attributes. | Ghowash Irshad | Completed |
| 26 | Emotional perturbation affecting occupational burn out among Teachers through Personality Traits. | Hafiza Rabia Akram | Completed |
| 27 | Promising Impact of Emotional Regulation and Social Support on Social Anxiety and Social Competence via Alexithymia. | Hadia Zulqarnain | Completed |
| 28 | The Role of Learner and Instructor Attributes in Motivation toward Foreign Language Learning | Sarah Imtiaz | Completed |
| 29 | Gratitude broadening problem-solving strategies among Managers through Personality Traits. | Ayesha Sadiq | Completed |
| 30 | Joint Effects of Age, Gender and Religiosity on Death Anxiety: Evidence for Mediating and Moderating Role Played by Personal Attributes. | Afia Rasool | Completed |
| 2013-2015 | | | |
| 31 | Peer Relations and delinquency: An account of Self Concept & Motivation | Afra Mahmood | Completed |
| 32 | Image of God and Religious orientation Predicting Mental Health in Elderly People. | Anam Faiz | Completed |
| 33 | Analysis of Achievement goals through Assessment among Male and Female Students. | Muhammad Akram | Completed |
| 34 | Attachment Styles and Behavioral Problems of Adopted and non-adopted Adolescents. | Umm-e-Laila Moeen | Completed |
| 35 | Influences of Alexithymia, and Dissociative Experiences on Eating Symptoms via Coping Strategies. | Rizwana Malik | Completed |
| 36 | Impact of Stress Inoculation Intervention on Mental health of People Exposed to Flood. | Sehrish Irshad | Completed |
| 37 | Daily Life Hassles Affecting Mental Health: An Account of Effectiveness of Intrapersonal communication Skill training. | Abeera Nawaz Chishti | Completed |
| 38 | Effectiveness of Intrapersonal Communication Skill Training on | Arooj Siddiqui | Completed |

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| | Student Emotional Intelligence | | |
| <u>M.Phil Theses from BZU Lahore Campus</u> | | | |
| 2013-2015 | | | |
| 39 | Marital Satisfaction: Role of Temperaments and Social skills of Husbands and Wives | Samra Semab | Completed |
| 40 | Impact of interpersonal mistreatment on job out with macerating effects of psychological capital | Shoaib Ahmad | Completed |
| 41 | Personality Traits and creativity of university Teachers | Alisa Fatima | Completed |
| 42 | Perceived stress, self-esteem and coping strategies among adult college students of Multan | Shazia Bashir | Completed |
| 43 | The Psychological Impact of Media Covered Terrorism on Pakistani Youth | Rabia Arshad | Completed |
| 2014-2016 | | | |
| 44 | Translation and Validation of Mental Health Inventory. | Shumaila Khalid | Completed |
| 45 | Validation And Translation of Minnesota Multiphasic Personality Inventory 2 RF: Assessment For Personality and Psychopathology, | Momina Abid | Completed |
| 46 | Risk and Protective Factors of Internet use Among College Students. | Saira Aslam | Completed |
| 47 | Enhancing Social Skills In Children with Autism Spectrum Disorder through the Implementation of Superheroes Social Skills Program. | Shabbih Fatima | Completed |
| 48 | Quality of Life and Internalizing Disorder Dealt with Stress Management Technique in Dialysis Patients. | Rabia Muneer | Completed |
| 49 | Role of Body Surveillance and Social Comparison on Body Image Among Adults: A Moderating Role of Self Compassion. | Mehvish Manzoor | Completed |
| 50 | Adaptation of Beck Youth Inventories of Emotional and Social Impairment (2 nd Edition) BY1-II For Use In Pakistan. | Sumaira Naz | Completed |
| 51 | Work Related Basic Needs Satisfaction Scale (Adaptation And Validation) | Muhammad Saqib Shabir | Completed |
| <u>M.Phil Theses (12) Distance Learning Program BZU</u> | | | |
| 2014-2016 | | | |
| 52 | Effect of peer relationship on the behavioural problems of children | Amina Aslam | Completed |
| 53 | Effect of social anxiety and parental attitude on the academic achievement of high school children | Ruqaya Shafi | Completed |
| 54 | Locus of control and level of job satisfaction among Textile workers in District Multan | Sundas Irshad | Completed |
| 55 | Personality traits and material satisfaction among working and non working women | Maryam Umar | Completed |
| 56 | Association of emotional deregulation traits with attributional biases among failure students | Safoora Jabin | Completed |
| 57 | Excessive mobile phone usage affecting physical and psychological well being among young adults | Shabnam Yasmeen | Completed |
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| 59 | Body dissatisfaction and eating; Exploring the role of autonomous support | Memoona Khalid | Completed |
| 60 | Effects of work place spirituality on employee's work place attitude | Syeda Rubab | Completed |
| 61 | Coping strategies and moderator of the relationship between at- | Nayyar Sultana | Completed |

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| | tachment and marital adjustment. | | |
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| 66 | Specific Learning disabilities, conduct problems and Somatic Complaints in Adolescents | Ayesha Rafiq | Completed |
| 67 | Depression, Stress and Burden among caregivers of cardiac Patients | Sidra Nousheen | Completed |
| 68 | Role of Parental Rejection in Life Satisfaction and Psychological well-being of young Adults | Asma Rafiq | Completed |
| 2015-2017 | | | |
| 69 | Beyond the Glass Ceiling: Do Men and Women Identify the Barriers of Women Promotion differently? | Tayyaba Nasir | Completed |
| 70 | Enhancing Spiritual Well-being & Sense of Dignity by Reducing State Despair through Positive Psychology Intervention in Cardiac Patients | Mehreen Fatima Ahmad | Completed |
| 71 | Structure of Health and Quality of Life due to Disease and Disabilities among Patients with Cardio Vascular Disease | Isbah Saleem | Completed |
| 72 | Psychological Wellbeing Linking to Life Satisfaction through Forgiveness for Intimate Partner Violence | Shamsa Kanwal | Completed |
| 73 | The other side of Coin: Perceived Positive Effect of Illness on Perceived Quality of Life among Terminally Ill Patients. | Quratul Ain Javaid | Completed |
| 2016-2018 | | | |
| 74 | Parental Behaviors and Optimal Children Outcomes; A Cross-lagged Panel Analysis | Bushra Habib | Completed |
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| 76 | Perception of Inequity As a Risk Factor for Job Related Outcomes: A Mediation/Moderation Model | Tooba Sitwat | Completed |
| 77 | Exercising Positive Coping Strategies for Math Anxiety: A case for Pakistani Elementary School Female Students. | Nida Shafiq | Completed |
| 78 | Patient perceived autonomy support affecting treatment motivation, depression, anxiety, and stress in CHD and Diabetes Mellitus | Sarfraz Hader | Completed |
| 79 | Impact of Personal Attributes on Job-related Outcomes: Exploration through Moderated Mediation Approach | Bushra Tassawar | Completed |
| 80 | Workplace Harassment: An Analysis of What at Risk the Most from Mental Health and Job Related Outcomes? | Saba Idrees | Completed |
| 81 | Work-family Conflict: Do Organizational Commitment and Self-efficacy make Differences in Job related Outcomes | Maryam Dastagir | Completed |
| 82 | Understanding When Caregivers Burden Affects their Wellbeing: Role of Ways of Coping | Abdul Waheed | Completed |
| 2017-2019 | | | |

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| 83 | Benefits of Sports Motivation and Mindfulness to Athletes Performance; Effects of Mental Training Program | Saima Mohuddin | Completed |
| 84 | Managing Depression and Quality of Life in Epilepsy Patients through CBT | Talha Jabbar | Completed |
| 85 | A shift into Social Media and its Impact on Students Changing Behaviors | Sumaira | Completed |
| 86 | The IncurSION of Social Media and its Impact on Social Life-styles of Male and Female Students | Komal | Completed |
| 87 | Protective Factors Mitigating the Effects of Childhood Adversity on Mental and Physical Health of Adolescents | Maham Ejaz | Completed |
| 88 | Job Characteristics Affecting Work Engagement and Burnout among Teachers: Role of Distributive Justice | Farwa Nazar | Completed |
| 89 | Positive Outcomes of Psychological Empowerment among Teachers: Role of Psychological Needs and Personality Traits | Toqeer Ahmad | Completed |
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| 90 | Contextual Factors Moderating the Personal Characteristics in Order to Enhance Creativity among Academics | Komal Akram | Completed |
| 91 | Indirect Effect of Gratitude in Reducing Risk of Suicidal Ideation through Meaning in Life and Optimism | Kainaat Qadir | Completed |
| 92 | Dental Anxiety Predicting Poor Dental Attendance, Cynical Hostility, and Oral Health QOL: Exploring Mediating and Moderating Effects | Sana Khan | Completed |
| 93 | Towards Women Career Progression: Know what really the Role of Personality Traits and Leadership Styles in Glass Ceiling | Rutaba Salman | Completed |
| 94 | Role of Meaning of Education in Academic Achievement through Academic Self-efficacy and Academic Stress | Sehrish Ameen | Completed |
| 95 | Managing Psychological Problems and Copings among Cancer Patients through Religious Cognitive Behavior Therapy | Tahira Hameed | Completed |
| 96 | Factors Associated with Selfi Addiction Leading to Dysmorphic Disorder among Adolescents | Maham Ehtisham | Completed |
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| 97 | Impact of Hardiness on Organizational Commitment among Police Personals: Job Satisfaction as Mediator | Mariyam Iqbal | Completed |
| 98 | The Buffering Effect of Resilience upon Anxiety and Depression Associated with Daily Stress of Parenting a Child with an Autism Spectrum Disorder | Syeda Samama Gillani | In progress |
| 99 | Differential Effects of Individual VS. Contextual Factors on Learning Approaches and Academic Achievement | Laraib | Completed |
| 100 | Perceived Parental Rejection in Developing Behavior Deficits and Criminal Tendencies among Delinquents: Mediating Role of Self Capacities | Tahira Kalsoom | In progress |
| 101 | Unveiling Potential Factors Mediating the Effect of Beliefs About Creativity on Creative Performance | Khadija Hussain | Completed |
| 102 | Awareness, Preferences and Attitudes Towards COVID-19 Vaccination in Pakistani Population | Zainab Noor | Completed |
| 103 | Internalizing and Externalizing Problems as Predictors of Interpersonal Difficulties: Gender and Rejection Sensitivity as Moderators | Sidra Hameed | Completed |
| 2021-2023 | | | |
| 104 | Leadership Styles and Organizational Performance: Analyzing the | Muhammad Tariq | Completed |

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| | Role of Work Engagement as a Mediator | | |
| 105 | Impact of Centrality of Religiosity on Political Participation with mediating effect of Grit among Young Adults | Yasir Arfat | Completed |
| 106 | Mediated-Moderation through Self-Stigma and Social Support between the Relationship of Job Stress and Mental Health Issues among Rescue Workers | Amna Anjum | Completed |
| 107 | Workplace Stress and Mental Health Issues among Police Officers: Analyzing Impacts of Personal Protective Factors | Shahnoor Sarfraz | Completed |
| 108 | Parental Control and Distress Tolerance among University Students: Role of Emotional Regulation | Durr-e-Najaf | Completed |
| 109 | Adult Attachment Styles Predicting Dysfunctional Attitudes and Relationship Satisfaction among Married Couples: Role of Emotional Regulation | Zara Wakeel | Completed |
| 110 | Impact of Maladaptive Perfectionism and Competitive Anxiety on Life Satisfaction among Female Athletes: Role of Self Esteem | Hadiqa Mehmood | Completed |
| 2022-2024 | | | |
| 111 | Increasing Academic Performance by Handling Procrastination through Cognitive Behavior Therapy | Rehana Aslam | Completed |
| 112 | Resilience and Mental Health | Rida Noor | Completed |
| 113 | Impact of Sense of Coherence on Psychological Wellbeing: The Chain Mediating Role of Affect and Meaning in Life among Heart Patients | Komal Riaz | Completed |
| 114 | Impact of Mindfulness on Wellbeing: The Chain Mediating Role of Caring for Bliss and Self Compassion among Emerging Adults | Rija Fatima | Completed |
| 115 | Impact of Positive Childhood Experiences on Wellbeing: The Chain Mediating Effect of Psychological Resilience and Personal Control among Adults | Iqra Riaz | Completed |
| 116 | Impact of Helicopter Parenting on Social Competence: The Chain Mediating Effect of Insecure Peer Attachment and Self Efficacy among Adults | Sehrish Batool | Completed |
| 117 | Impact of Alexithymia on Aggression: The Chain Mediating Effect of Impulsivity and Emotional Dysregulation among Prisoners | Zainab Aslam | Completed |
| 2023-2025 | | | |
| 118 | Predictive Aspects of Gratitude, Psychological Needs, and Materialism for Happiness among Women of Elite Class: A Moderated Mediation Model | Ayesha Abid | In progress |
| 119 | Unveiling the Impact of Victimization on Emotional Distress through Social Anxiety and Minimization among School Students | Areej Khan | In progress |
| 120 | Role of Social Media Literacy and Fear of Missing Out in the Relationship between Social Media Addiction and Body Image Dissatisfaction among Young Girls | Komal Akbar | In progress |
| 121 | Rumination and Depression among Caregivers of Cancer Patients: Testing a Moderated Mediation Model of Optimism and Hopelessness | Iqra Imran | In progress |
| 122 | Cyberbullying Moderating the Mediated Paths of Social Competency between Social Media Usage and Psychological Wellbeing among Young Adults | Saman Sarwar | In progress |
| 123 | The Confluence of Buying Intention and Gender in Linking the Emotional Advertising to Consumer Buying Behavior among | Maham Nadeem | In progress |

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| | Brand Customers | | |
| 124 | The Extent of Gratitude and Social Wellbeing among Nurses: Applying the Perceived Stress as Moderator and Life Satisfaction as Mediator | Ftaim tuz Zahra | In progress |