



Dr. Farzana Ashraf

Tenured Associate Professor (Psychology)
COMSATS University, Lahore, Pakistan

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Personal

Statement:

Dr. Farzana Ashraf is a tenured associate professor of psychology in the Department of Humanities at COMSATS University Lahore, Pakistan, with over 15 years of experience in research and academia. With a Ph.D. from the University of the Punjab, she has published around 75 research papers, 105 conference papers, and 11 international projects. Her expertise lies in child and family dynamics, social media addiction, mental health, and cognitive psychology. She has received several awards, including the Higher Education Commission Research Productivity Award (2017), the Best Faculty Award (2025), and the Best Research Papers Award. She serves on the editorial boards of international journals, reviews for them, and has supervised around 80 research theses. Her research work has been published in top-tier journals, and she continues to contribute to the field of psychology through her research, teaching, and professional services.

Education: _____

Ph. D (2015): Institute of Applied Psychology, University of the Punjab, Lahore (CGPA: 3.83)
Major: Educational Psychology, Social Psychology, Neuro-clinical symptomologies
M. Sc (2007). Institute of Applied Psychology, University of the Punjab, Lahore (CGPA: 3.49)
Major: Counseling Psychology, Social Psychology
Graduation (2004): University of the Punjab, Lahore. (A Grade)

Expertise and Areas of Interest: _____

Major expertise: International research collaborations and cross-cultural studies.

Academic: Artificial Intelligence, Educational Psychology, school psychology, Research and Assessment, Data Analysis (SPSS, AMOS, N-vivo), Adolescent Social Psychopathology, Cognitive executive functioning.

Non-academic: a member of the Departmental Academic Review Committee (DARC), departmental representative of Quality Enhancement Cells (QEC), student advisor, event management, course offerings/ allocations, admission, and examination

Employment History:

1. COMSATS University, Lahore	- February 10, 2025 – April 18, 2025: Head of Department - May 22/2023 -present: Associate Professor - June 15/2016 – May 21/2023: Assistant Professor
2. University of Management & Technology, Lahore	March 3rd/2014 - June 14/2016: Assistant Professor
3. Govt. Fatima Jinnah Post Graduate College for Women	October 1st/2012–February 28, 2014: Lecturer
4. University of Punjab, Lahore	February 15- June 15, 2008: Lecturer

Courses Taught

Graduate	Application of AI in Psychology, Counseling and Guidance, Advanced Research Methods, Advanced Statistical Analyses, Data analysis and SPSS, Psychometrics
Undergraduate	Quantitative and Qualitative research methods, Counseling and Guidance, Personality Theories, Social Psychology, Psychological Measurement and Assessment, Neurological Basis of Behavior, Positive Psychology, Health Psychology, Educational Psychology

Summary of Research Contribution

Total Publications	75	Citations	1183
Quartiles	Q1=19, Q2=16, Q3=8	Indexing	h=22, i10=29
Impact Factor	68.5	Research Projects	11
First Author	21	Conference Papers	103
Corresponding Author	29	Theses Supervision	100

International Research Collaborations:

- 2022 (continue): Online Spontaneous Meta-Cognition Survey Project by Université Grenoble Alpes 1251 avenue centrale Domain Universitaire de Saint-Martin-d'Hères.
- 2021 (Completed): An international project on "Arabic translation and validation of the Multidimensional Cognitive Attentional Syndrome Scale (MCASS)" by Mai Helmey, Department of Psychology, Menoufia University, Egypt. Web Link: <https://www.researchgate.net/project/Arabic-translation-and-validation-of-the-Multidimensional-Cognitive-Attentional-Syndrome-Scale-MCASS>
- 2020 (Completed): An international project on "Sexual Satisfaction Among Men, Women and Couples: An Evaluation Of A New Questionnaire by Andrej Starc, Department of Public Health, University of Ljubljana. Web link of project: <https://www.researchgate.net/project/SEXUAL-SATISFACTION-AMONG-MEN-WOMEN-AND-COUPLES-AN-EVALUATION-OF-A-NEW-QUESTIONNAIRE>
- 2020 (Completed): An International Project on "Worldviews and Well-being in Asia during COVID-19 outbreak" by Phatthanakit Chobthamkit. web link of project:

<https://www.researchgate.net/project/Worldviews-and-Well-being-in-Asia-during-COVID-19-outbreak>

- 5- 2020 (Completed): International Cross-Cultural Project on “Experiences of people living in lockdown cities in the world” by Jacob Owusu Sarfo, PhD., RN, RCP, Senior Lecturer of Behavioural Sciences, School of Biomedical and Allied Health Sciences, All Nations University, 97 N.K. Boateng KF1908, Koforidua, Eastern Region, Ghana. Web link of project: <https://www.researchgate.net/project/Experiences-of-people-living-in-lockdown-cities-in-the-world-An-international-survey>
- 6- 2020 (Completed). International Project on “Psychological Coping with the COVID-19 Pandemic” by Nikolett Eisenbeck (Ph. D), Institute of Psychology, Károli Gaspar University of the Reformed Church in Hungary, University of Almería, Spain. Web link of project: <https://www.researchgate.net/project/Psychological-coping-with-the-COVID-19-pandemic>
- 7- 2020 (Completed): International Cross-Cultural Project on “Fear and Health-Seeking Behavioural Intentions in COVID-19 Pandemic” by Jacob Owusu Sarfo, PhD., RN, RCP, Senior Lecturer of Behavioural Sciences, School of Biomedical and Allied Health Sciences, All Nations University, 97 N.K. Boateng KF1908, Koforidua, Eastern Region, Ghana. Web link of project: <https://www.researchgate.net/project/Fear-and-Health-Seeking-Behavioural-Intentions-in-COVID-19-Pandemic-A-Cross-Cultural-Project>
- 8- 2020 (Completed): International Cross-Cultural Project on “Students' Anxiety in Mathematics Survey” by Jacob Owusu Sarfo, PhD., RN, RCP, Senior Lecturer of Behavioral Sciences, School of Biomedical and Allied Health Sciences, All Nations University, 97 N.K. Boateng KF1908, Koforidua, Eastern Region, Ghana. Web link of project: <https://www.researchgate.net/project/Students-Anxiety-in-Mathematics-Survey-Cross-Cultural-Project>
- 9- 2020 (Continue): A research project “Worldviews and Well-being (during COVID-19 outbreak)” carried out from the University of Kent in the UK, under the supervision of Professor Robbie Sutton. Web link of project: <https://www.researchgate.net/project/Experiences-of-people-living-in-lockdown-cities-in-the-world-An-international-survey>
- 10- 2020 (Continue): International Study on Students' Attitude toward Mathematics by Dr Thomas Hunt, School of Human Sciences, University of Derby, Kedleston Road, Derby DE22 1GB. Web link of project: <https://www.researchgate.net/project/Cross-cultural-attitudes-towards-mathematics>
- 11- 2008 (Completed): Worked with Beacon House National University of Pakistan, School of Education, Beaconhouse University. Lahore conducted research, and I worked as a research associate on this project for three months.

Memberships, Achievements, Scholarships, and Distinctions: _____

1. Received “Best Faculty Award” 2025 by COMSATS University, Lahore.
2. Pakistan Psychological Association
3. Pakistan Association for Social Psychiatry
4. Social Science & Humanities Research Association (SSHRA)
5. HEC-approved supervisor since June 2021
6. Secured the COMSATS University, Lahore, research productivity award 2017
7. Scholarship On Holding 1st position in **Ph. D** (GPA 3.92) and M. Phil (GPA: 4 & 3.65)
8. My paper, "Impact of Integrative Models on Mental Health of Children with Cancer: An Intervention-Based Study," won third prize among more than 35 national and international

universities presenting their research papers in the Three Days International Conference on Health Psychology: Issues and Challenges, held on 26th -27th April 2017 by the Department of Psychology, Government College University, Lahore.

9. My paper, "Link between Psychological Adjustment and Communication Competency in Hostile and Days Scholar," won first prize in the poster competition at the 1st International Conference on Peace, Conflict and Violence: Challenges and Resolution Strategies, held on November 29-30 by the Department of Humanities, COMSATS Institute of Information Technology, Lahore.

Publications: (IF: 64, H Index 22)

- 1- Ashraf, F., & Najam, N.** (December, 2011). Age and Gender Differences in Parent-Adolescent Conflict. *Journal of Behavioral Science*. 21(2), 77-82. (ISSN-1028-9097; HEC X Category Journal). http://pu.edu.pk/images/journal/doap/PDFFILES/Article%20no.6_Vol_%2021_No_2_2011.pdf
- 2- Ashraf, F., & Najam, N.** (December, 2014). Validation and Adaptation of Learning Disabilities Checklist in Public Sector Schools of Pakistan. *Pakistan Journal of Psychological Research*. 29(2), 223-244. (HEC X Category Journal, Q4). <http://www.pjprnip.edu.pk/index.php/pjpr/article/view/296>
- 3- Ashraf, F., & Najam, N.** (July, 2015). Comorbidity of Anxiety Disorder and Major Depression among Girls with Learning Disabilities. *Pakistan Journal of Medical Research*. 54(4), 109-112. (HEC Y Category). [https://www.dropbox.com/sh/b19a6svpn55qjcj/AADeSWGlc_9c5yNKKNTwW8xpa?dl=0&lst=&preview=482014+Anxiety+and+Depression%2CPJMR2015+\(4\)%2Cp109-112.doc](https://www.dropbox.com/sh/b19a6svpn55qjcj/AADeSWGlc_9c5yNKKNTwW8xpa?dl=0&lst=&preview=482014+Anxiety+and+Depression%2CPJMR2015+(4)%2Cp109-112.doc)
- 4- Ashraf, F., & Najam, N.** (June, 2017). Co-Morbidity of Specific Learning Disabilities and Depressive Symptoms in a Non-Clinical Sample of Adolescents. *Journal of Postgraduate Medical Institute*. 31(2). 105-109. <https://jpmi.org.pk/index.php/jpmi/article/view/2018>. (HEC Y Category Journal, Q4)
- 5- Ashraf, F., & Najam, N.** (June, 2017). Identification of Learning Disabilities among Students: A Gender Perspective. *Pakistan Journal of Social and Clinical Psychology*. 15 (1). 36-41 (HEC Y Category Journal)
- 6- Ashraf, F., Malik, S., & Arif, A.** (July 2017). An epidemiological study of prevalence and comorbidity of obsessive-compulsive disorder symptoms (SOCO) and stress in Pakistani Adults. *Pakistan Journal of Medical Science*. 33 (4). 835-839. (HEC W Category, IF:1.7, Q2). doi: <https://doi.org/10.12669/pjms.334.13045>
- 7- Abbass, K., **Ashraf, F.**, & Nusrat, A. (December, 2017). Psychosocial Predictors of Deliberate Self-Harm in Adolescents: A Correlational Study. *Pakistan Journal of Clinical Psychology*. 16 (2). 31-43. (HEC Y Category Journal)
- 8- Masood, A., Sulman, M., Rashid, S., **Ashraf, F.**, & Qaisar, S. (January, 2018). Objectified body consciousness, perceived body Image as predictors of disordered eating Patterns in medical students. *Pakistan Journal of Clinical Psychology*. 17, (1), 55-68. (HEC Y Category). <http://rj.icpuok.edu.pk/index.php/pjcp/article/download/106/98>
- 9- Fatima, S., **Ashraf, F.**, & Jibeen, T. (April, 2018). Psychosocial Correlates of Mental Disorder Symptoms in Cardiovascular Patients. *Journal of Pakistan Psychiatric Society*, 15(2), 14-21. (ISSN: 1726-8710, 2224-8897: HEC Y Category Journal)

- 10- Masood, A., Kamran, F., Qaisar, S., & **Ashraf, F.** (December, 2018). Anger, Impulsivity, Academic Stress, and Suicidal Risk in suicide Ideators and Normal Cohorts. *Journal of Behavioral Sciences*, 28 (2), 20-37. **(HEC Y Category Journal)**
- 11- Nusrat, A., **Ashraf, F.** & Saeed, R. (July, 2019). Effectiveness of Instructors' and Peers' Oral feedback on the Accuracy of English Writing: A Study of Pakistani ESL Undergraduate Learners. *International Journal of English Linguistics*, Canadian Center of Science and Education. 9(4), 314-325. doi: 10.5539/ijel.v9n4p314. (ISSN: 1923-869X).
- 12- Ashraf, F.**, Niazi, F., Masood, A., & Malik, S. (March, 2019). Gender Comparisons and Prevalence of Child Abuse and Post-Traumatic Stress Disorder Symptoms in Adolescents. *Journal of Pakistan Medical Association*. 69 (3), 320-324. **(HEC X Category: IF:0.78, Q4).**
- 13- Ashraf, F.**, Mehboob, D., Nusrat, A. (June, 2019). Predictive Role of Personality Characteristics in Positive Emotions and Creativity: A Study of Pakistani Nuns. *Pakistan Journal of Psychological Research*, 34 (2) 383-400. **(HEC Y Category Journal. Q4)**
- 14- Nusrat, A., **Ashraf, F.**, Khan, S., Jabeen, R., & Aziz, S. (2019). Is Indirect Written Feedback Valuable? A Study Targeting ESL University Students in Pakistan. *International Journal of English Linguistics*. 9(5); 340-350. doi:10.5539/ijel.v9n5p340. (ISSN:1923-869X, Q4).
- 15- Ashraf, F.**, Ahmad, H., Shakeel, M., Aftab, S., Masood, A. (November,2019). Mental Health Problems and Psychological Burnout in Medical Health Practitioners: A Study of Associations and Triadic Comorbidity. *Pakistan Journal of Medical Sciences*. 35 (6). 1558-1564. doi: <https://doi.org/10.12669/pjms.35.6.444>. **(HEC W Category: IF: 1.7, Q2).**
- 16- Masood, A., Sulman, M., Arshad, A., & **Ashraf, F.** (March, 2019). Symptomatic Complications and Quality of Life in Pakistani Patients with Iron-Deficiency Anemia. *Proceedings of the Pakistan Academy of Sciences: Pakistan Academy of Sciences. Life and Environmental Sciences* 56 (1): 7-15 (2019). ISSN: 0377-2969,0377-2969. **(HEC Y Category)**
- 17- Nusrat, A., **Ashraf, F.**, & Francoise-Narcycombes, M. (December 2019). Effectiveness of Direct and Indirect Teachers' Feedback on the Accuracy of English Writing: A Quasi-Experimental Study of Pakistani Undergraduate Students. *3L: Language, Linguistics, Literature*. 25(4). 84-98. (ISSN: 0128-5157) **(HEC W Category, IF: 0.097, Q1)**
- 18- Masood, A., Sulman, M., Kamran, F., & **Ashraf, F.** (January, 2020). Belief System as a Determinant of Treatment Outcome in Patients with Low Back Pain. *The Journal of Islamic International Medical College (JIIMC)*. 15 (2), 122-126. **(HEC Y Category: ISSN: 1815-4018, 2410-5422)**
- 19- Shakil, M., Allah-Baksh, H., **Ashraf, F.**, & Batool, F. (March, 2020). Parenting practices, family environment, and children's emotional problems of single and married working mothers. *Pakistan Journal of Clinical Psychology*. 19, 1, 47-61. **(HEC y Category).** <http://rj.icpuok.edu.pk/index.php/pjcp/article/download/258/235>
- 20- Masood, A., Salman, M., Kamran, F., **Ashraf, F.**, & Arshad, A. (April, 2020). Contours of Positivity as Determinants of Maternal Psychological Well-Being in Pakistani Children with and without Hearing Impairment. *International Journal of Disability, Development and Education*. 69(4). 1123-1135.(published online April 24, 2020). doi.org/10.1080/1034912X.2020.1755424. **(HEC W Category: IF: 1.54, Q1).**
- 21- Ashraf, F.**, Jibeen, J., & Masood, A. (May, 2020). Perceived Stress in Relation to Obsessions and Compulsions in South Asian Adults: Moderating Role of Socio-demographic Characteristics. *Community Mental Health Journal*. 56(1), 680-691. (Published online in December, 2019). <https://doi.org/10.1007/s10597-019-00529-y>. (ISSN: 1573-2789,0010-3853 **HEC W Category IF: 1.76, Q1)**
- 22- Ashraf, F.**, Lee, S. A., & Crunk, A. E. (June, 2020): Factorial validity of the Urdu version of the obsession with COVID-19 scale: Preliminary investigation using a University Sample in

- Pakistan, *Death Studies*. 46(5), 1059-1064. doi.org/10.1080/07481187.2020.1779F. Published online: 18 Jun 2020. (ISSN: 1091-7683,0748-1187, **HEC W Category: IF: 2.245, Q1**)
- 23- Shakil, M., Fatima, Z., & **Ashraf, F.** (July, 2020). The Mediating Role of Fear of Negative Evaluation Between Negative Affect and Life Satisfaction Among University Students. *Pakistan Journal of Clinical Psychology*. 19(2); (**HEC Y Category**). <https://rj.icpuok.edu.pk/index.php/pjcp/article/view/306>
- 24- Ashraf, F.**, Ahmad, H., Aftab, S. (August, 2020). Interactive Role of Personal and Work-Related Factors in Psychological Burnout: A Study of Pakistani Doctors. *Journal of the Pakistan Medical Association*. 70(8), 1413-1417. doi.org/10.5455/JPMA.35303 (ISSN: 0030-9982. **HEC W Category: IF: 1.78, Q2**).
- 25- Ashraf, F.**, Najam, N., & Nusrat, A. (October, 2020). Prevalence and Comorbidity of Psychiatric Symptomology in Pakistani Female Adolescents. *Archives of Clinical Psychiatry (Revista de Psiquiatria Clinica)*. 47(5):125-129. DOI: 10.1590/0101-60830000000247 (ISSN: 1806-938X, 0101-6083). **HEC W Category: IF: 1.59, Q1**.
- 26- Shakeel, M., **Ashraf, F.**, & Wajid, A. (November, 2020). Sexual functioning as a predictor of depressive symptoms and life satisfaction in females with Polycystic Ovary Syndrome (PCOS). *Pakistan Journal of Medical Sciences*, 36(7). 1500-1504. <https://doi.org/10.12669/pjms.36.7.2562> (ISSN: 1682-024X,1681-715X, **HEC W Category: IF: 1.7, Q2**)
- 27- Ashraf, F.**, & Najam, N. (November, 2020). An epidemiological study of prevalence and comorbidity of non-clinical dyslexia, dysgraphia, Dysgraphia and Dyscalculia symptoms in Public and Private Schools of Pakistan. *Pakistan Journal of Medical Sciences*, 36(7). 1659-1663. <https://doi.org/10.12669/pjms.36.7.2486> (ISSN: 1682-024X,1681-715X, **HEC W Category: IF: 1.7, Q2**)
- 28- Farooqi, R., **Ashraf, F.**, & Nazir, I. (December, 2020). Interpersonal Communication, Teamwork Effectiveness, and Organizational Commitment in Pakistani Nurses. *Pakistan Journal of Psychological Research*. 35 (4). 657-692. (ISSN: 1682-024X,1681-715X, **HEC Y Category: Q4**)
- 29- Sarfo, J. O., García-Santillán, A., Adusei, H., Molchanova, V. S., Drushlyak, M., Semenikhina, S., Donyeh, P. S., Zand, S., Najafi, R., Enea, V., Malik, S., **Ashraf, F.**, Malik, N. I., Ansah, E. W., Wongcharee, H., Egara, F. O., Tipandjan, A., Cudjoe, J., Azam, U., Hassan, M. S., Helmy, M., & Vally, Z. (December, 2020). Gender Differences in Mathematics Anxiety Across Cultures: A Univariate Analysis of Variance Among Samples from Twelve Countries. *European Journal of Contemporary Education*. 9(4): 878-885 DOI: 10.13187/ejced.2020.4.878. (E-ISSN 2305-6746, ISSN: 2304-9650,2305-6746, **IF: 1.99, HEC X Category; Q3**)
- 30- Shakil, M., **Ashraf, F.**, Muazzam, A., Amjad, M., & Javed, S. (January, 2021). Work status, death anxiety, and psychological distress during the COVID-19 pandemic: Implications of the terror management theory, *Death Studies*, 46(5):1100-1105, DOI: 10.1080/07481187.2020.1865479 (ISSN: 1091-7683,0748-1187, **HEC W Category, IF: 2.245, Q1**)
- 31- Zareen, G., & **Ashraf, F.** (February, 2021). Sub-clinical borderline personality disorder symptoms as a predictor of suicidality and non-suicidal self-injury in young Pakistani females. *Journal of the Pakistan Medical Association*. 71(2), 740-743. DOI: <https://doi.org/10.47391/JPMA.1088>. (ISSN: 0030-9982, **HEC X Category, IF: 0.48, Q2**).
- 32- Ashraf, F.**, Fatima, S., & Najam, N. (March, 2021). Reading Deficits, Executive Functions, and Social Adjustment Problems: Direct and Mediated Relations. *American Journal of Psychology*. 134 (1), 61-74 (**HEC W Category: IF: 1.06, Q2**)
- 33- Shakil, M., Aslam, R., **Ashraf, F.**, & Idrees, M. (March, 2021). Demographic Characteristics, Coping Skills, and Parental Sense of Competence of South Asian Working and Non-Working

- Mothers. *Pakistan Journal of Psychological Research*. 36 (1)707-723. <https://doi.org/10.33824/PJPR.2021.36.1.07>. (ISSN: 1682-024X,1681-715X. **HEC Y Category; Q4**).
- 34- Ashraf, F.,** Zareen, G., Nusrat, A., Arif, A., & Griffiths, M. (March, 2021). Correlates of Psychological Distress Among Pakistani Adults During the COVID-19 Outbreak: Parallel and Serial Mediation Analyses. *Frontiers in Psychology*. 12:647821. <https://doi.org/10.3389/fpsyg.2021.647821>(**HEC W Category: IF: 3.92, Q1**)
- 35- Jaffer, S., **Ashraf, F.,** & Arif, A. (April, 2021). Alexithymia and anxiety symptoms in Pakistani adolescents: a study of compounded directions. *Journal of the Pakistan Medical Association*. 71(4):1139-1143. doi: 10.47391/JPMA.1247. (ISSN: 0030-9982, **HEC X Category, IF: 0.78, Q2**).
- 36- Arif, A., **Ashraf, F.,** & Nusrat, A. (May, 2021). Stress and coping strategies in parents of children with special needs. *Journal of the Pakistan Medical Association*. 71 (5)1369-1372. doi: <https://doi.org/10.47391/JPMA.1069>. (ISSN: 0030-9982, **HEC X Category, IF: 0.78, Q2**).
- 37- Yıldırım, M., Arslan, G., Green, Z. A., **Ashraf, F.,** Sugawara, D., Tanhan, A., Asağlı, M., Helmy, M., & Çiçek, I. (September, 2021). Validation and utility of the Meaning in Life Measure for Turkish university students. *Journal of Happiness and Health*, 1(1), 40-48.
- 38- Shakil, M., **Ashraf, F.,** Aziz, A., & Muazzam, A. (2021). Cognitive Distortions, Depression, and Suicidal Ideation In Mastectomized Breast Cancer Patients. *PalArch's Journal of Archaeology of Egypt/Egyptology*. 18(17), 361-374 (**HEC X Category Journal**)
- 39- Khan, H. R., **Ashraf, F.,** Ullah, I., Tahir, M. J., Dominari, A., Shoib, S., Naeem, H., Reddy, R., Mukherjee, P., Akram, I., Kamada, S., Memon, R. R., Khan, M. M. K., Raut, S., Shalaby, M. M. M., Anwar, R. U., Farooq, M., Soparia, K. K., Ramalho, R., Lin, C., & Pakpour, A. H. (September, 2021). Cross-Cultural Prevalence of Sleep Quality and Psychological Distress in Healthcare Workers during the COVID-19 Pandemic. *Brain and Behavior*. 11(11):e2383 <http://doi:doi:10.1002/brb3.2383>. Epub ahead of print (**HEC W Category; IF: 2.70, Q2**)
- 40- Ashraf, F.,** Jibeen, T., & Najam, N. (November, 2021). Do Metacognitions Mediate the Path from Reading Deficits to Internalization and Externalization Behaviours in Pakistani Adolescents? *Psychology, Health and Medicine*. 27(4):956-963. <http://doi:10.1080/13548506.2021.1995884> (**HEC W Category: IF: 2.42, Q2**)
- 41- Eisenbeck, N., Carreno, D. F., Wong, P. T. P., Hicks, J. A., García, A. M. A., Puga, J. L., Greville, J., Testoni, I., Biancalani, G., López, A. C., Villareal, S., Enea, V., Schulz-Quach, C., Jansen, J., Sanchez-Ruiz, M., Yıldırım, M., Arslan, G., Fernando, J., Cruz, A., Sofia, R. M., Ferreira, M. J., Ashraf, F., et al., (January, 2022). An international study on psychological coping during COVID-19: Towards a meaning-centered coping style. *International Journal of Clinical and Health Psychology*. 21(1), 100256, <https://doi.org/10.1016/j.ijchp.2021.100256>. (HEC W Category; IF: 5.35, Q1).
- 42- Ullah, I., Ali, S., **Ashraf, F.,** Hakim, Y., Ali, I., Rahat Ullah, A., Chattu, V. K., Pakpour, A. H. (February 2022). Prevalence of depression and anxiety among the general population in Pakistan during the COVID-19 lockdown: An online survey. *Current Psychology*. (ISSN: 0963-7214), 8:1-8. , **HEC W Category, IF: 4.19, Q1**)
- 43- Shakil, M., **Ashraf, F.,** Tariq, S., Asmat, A., Muazzam, A., & Hassan, N. (January 2022). The Prevalence And Comorbidity Of Death Anxiety And Psychological Distress in the Pakistani Population During the COVID-19 Pandemic. *PalArch's Journal of Archaeology of Egypt/Egyptology* 19 (1), 620-632. (**HEC X Category, Q4**)
- 44- Ashraf, F.,** Lee, S. A., Jobe, M. C., Mathis, M. A., & Kanwal, T. (2022). Bereavement in Pakistan during the COVID-19 Pandemic: Psychometric Analysis of the Pandemic Grief Scale-Urdu Version (PGS-UV). *Death Studies*, 46:6, 1465-1471, (ISSN: 1091-7683,0748-1187, <https://doi.org/10.1080/07481187.2022.2048197>. **HEC W Category, IF: 2.245, Q1**)

- 45- Zaman, M., Babar, A., Babar, M., Sabir, F., **Ashraf, A.**, Tahir, M. J., Ullah, I., Griffiths, M. D., Lin, C., & Pakpour, A. H. (2022). Prevalence of gaming addiction and its impact on sleep quality: A cross-sectional study from Pakistan. *Annals of Medicine and Surgery*. (HEC W Category; IF: 1.6 Q1) <https://doi.org/10.1016/j.amsu.2022.103641>.
- 46- Chen, C., Ishfaq, M., **Ashraf, F.**, Sarfraz, A., & Wang, K. (2022). Mediating Roles of Optimism Bias and Risk Perception in the Relationship Between Emotional Intelligence and Decision-Making. A Serial Mediation Model. *Frontier in Psychology*. (HEC W Category: IF: 2.92, Q1).
- 47- Rahim, R., Nusrat, A., Tariq, S., Farooqi, R., & **Ashraf, F.** (2022). Mobile-Assisted Vocabulary Learning (M Learning): A Quantitative Study Targeting ESL Pakistani Learners. *Webology*. 19(3). 1342-1364. (HEC X Category, Q3)
- 48- Sarfo, J. O., García-Santillán, A., Ansah, E. W., Adusei, H., Sarfo, J. C., Bastos, R. V. S., Donyeh, P. S., Molchanova, V. S., Drushlyak, M., Semenikhina, O., Zand, S., Enea, V., Malik, S., **Ashraf, F.**, Malik, N. I. Wongcharee, H., Egara, F. O., Tipandjan, A., Azam, U., Hassan, M. S., Helmy, M., Vally, Z., & Najafi, R. (2022). Psychometric Properties of the Anxiety Toward Mathematics Scale Using Samples from Four Continents. *European Journal of Contemporary Education*. 11(2): 504-514. <http://10.13187/ejced.2022.2.504>. (E-ISSN 2305-6746, ISSN: 2304-9650, 2305-6746, (IF: 1.99, HEC X Category; Q3)
- 49- Farooqi, R., Atiq, A., & **Ashraf, F.** (2022). Nightmare and Psychosis Proneness: Mediating Role of Lucid Dreaming in Pakistani Adults. *Pakistan Journal of Psychological Research*, 37(2) 187-203. <https://doi.org/10.33824/PJPR.2022.37.2.12> (HEX X Category)
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- 58- Phatthanakit Chobthamkit,**Farzana Ashraf.** (December, 2024). Belief in a just world for the self and others, Karma, system justification, and well-being during the COVID-19 pandemic: Evidence from 15 Asian nations. *Asian Journal of Social Psychology.* (**Impact Factor: 2.1, Q1**)
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- 64- Majeed, S., **Ashraf, F.**, Niaz, U., & Kanwal, M. (April, 2025). Influence of Stressful Life Events on Partners' Hostility and Rejection in Pregnant Women: Exploring the Mediating Role of Anxiety Sensitivity. *Review Journal of Social Psychology & Social Works*, 3(2), 189-203. Retrieved from <https://socialworksreview.com/index.php/Journal/article/view/187>
- 65- Din, S. S., **Ashraf, F.**, Javed, J., & Ashraf, W. (April, 2025). Hidden Struggles of Suicidal Youth: How Alexithymia and Depressive Symptoms Contribute to the Digital Self-Harm. *Dialogue Social Science Review (DSSR)*, 3(4), 779-791. Retrieved from <https://thedssr.com/index.php/2/article/view/512>
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- 67- Niaz, U., **Ashraf, F.**, Kanwal, M., & Majeed, S. (April, 2025). Emotional Blindfolds: The Triangular Impact of Immature Defenses, Father Alienation, and Childhood Emotional Neglect on Guilt in Substance Abusers. (2025). *Kashf Journal of Multidisciplinary Research*, 2(04). <https://doi.org/10.71146/kjmr406>
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- 70-Jacob Owusu Sarfo, **Ashraf, F.**, et al. (August, 2025). Gender and Age Differences in Behaviours Related to Mathematics Anxiety Across Six Asian Countries. *Journal of Advocacy, Research and Education*. 12(2): 148-157. doi: 10.13187/jare.2025.2.148 (**HEC X Category; Q2**)
- 71-**Ashraf, F.**, et al., (2026, April). Evaluating the Impact of Integrative Art Therapies on Psychological Well-Being in Pediatric Oncology: A Single-Group Pre-Post Study. *Nursing Reports*, 16 (25). <https://doi.org/10.3390/nursrep16040125>. (**IF: 2, Q1**).
- 72-Yıldırım, M., **Ashraf, F.**, Aksoy, S., & Alkhulayfi, A. M. A. (2026, June). Psychometric Properties of the Urdu Version of the Stress-Related Growth Measure and Its Associations with Resilience and Life Satisfaction. *International Journal of Applied Positive Psychology*. 11, 34. <https://doi.org/10.1007/s41042-026-00299-5> (**Q1**)
- 73-Saifullah, K., Ashraf, F., Fatima, F., Jahangir, M., Asanjrani, F. (2026, June). A Qualitative Study on the Impact of Sleep Deprivation on English Language Comprehension in Undergraduate Students. *Applied Psychology Review*. 5(1).
- 74- Alimirzaie, M., **Ashraf, F.**, Sadiq, U., & Asanjrani, F. (2026, July). Maternal sensitivity training programs: preventing maltreatment through community-based interventions. *Attachment & Human Development*. (**IF: 1.9, Q1**)
75. Green, Z. A., Shams, H. A., Yıldırım, M., **Ashraf, F.**, Fekih-Romdhane, F., & Gómez-Salgado, J. (2026, AUGust). Psychological Capital and Innovative Work Behavior among Pakistani Healthcare Professionals: A Career Construction Model of Adaptation-Based Serial Mediation of Career Adaptability and Work Engagement. *Healthcare*. 14, 2387, <https://doi.org/10.3390/healthcare14152387>. (**IF:3.4, Q1**).
76. Green, Z. A., & **Ashraf, F.** (2026). Career Construction Model of Adaptation in Academics: Temporal Associations Among Personal Growth Initiative, Career Adaptability, Academic Self-Efficacy, and Academic Well-Being in Pakistani Undergraduates. *Journal of Career Assessment*. (**IF: 3.3, Q1**).

Conference Papers:

8th International Conference on "Transitional Generation" organized by the School of Professional Psychology (SPP) at the University of Management and Technology (UMT) on May 18-19, 2026.

1. Rabiya Ilyas, and Farzana Ashraf. (2026). Impact of AI-Generated Self-Images on Body Image Dissatisfaction, Self-Appearance Consciousness, and Self-Criticism Among Individuals with Overweight
2. Malaika Gulzar, and Farzana Ashraf. (2026). Moderating Role of Executive Functioning in the Link between Resilience and Emotional Distress in Adolescents

International Conference on Mental Health, Adolescents, and Integrated Islamic Values in Psychology (MHAIYP) organized by the Department of Clinical Psychology, NUR International University, Lahore, on June 14th, 2025.

3. Kashaf Rohan, Laiba Islam, Shehroz Fareed, Shifa Shah, and Farzana Ashraf. (2025). Medical Student Paradox: Unpacking the Connections between Cyberchondria, Pain Catastrophizing, and Medical Student Syndrome
4. Alina Hameed, Sara Zulfiqar, Sakira Khalid, Sania Ashfaq, and Farzana Ashraf. (2025). Doctors on the Frontline: Exploring the Interplay between Emotional Intelligence, Resilience, and Decision-making in Medical Doctors

Unity in Diversity: Many Threads One Tapestry Two-Day International Conference May 07 – 08, 2025

Parallel Academic Sessions, Thursday, May 08, 2025, organized by Air University, Islamabad

5. Noor Ul Huda, Tanzeela Iqbal, Mehrosh Batool, Jaweria Tariq, and Farzana Ashraf. (2025). Beyond The Veil of Sleep: Unraveling the Complex Relationships Between Nightmares, Preservative Cognition, And Self-Silencing Behaviors in Young Adults.
6. Aqsa Mushtaq, Memoona Sajid, Hira Sajid, Aqsa Mehboob, and Farzana Ashraf. (2025). The Existence Paradox in Social Media Influencers: How Fear of Missing Out Fuels the Vicious Cycle of Doom Scrolling and Existential Anxiety.
7. Muhammad Naeem, Areej Asif, Areej Iqbal, Ayesha Nasir, and Farzana Ashraf. (2025). Unmasking the narcissist: investigating the role of social media in revealing and concealing pathological narcissism and gaslighting tendencies
8. Maryam Khalid, Adeena Shahzad, Komal Batool, Sehrish Noreen, and Farzana Ashraf. (2025). Exploring the Relation Among Nomophobia, Cognitive Deficit, And Caffeine Expectancy in Young Adults

International Conference of Psychology Media & Behavioral Sciences (ICPMBS-25)

By: Riphah Institute of Clinical and Professional Psychology, RIU Lahore & Department of Communication & Media Research, PU Lahore Day One: 19 February 2025

9. Saira Majeed and Farzana Ashraf. (2025). Pregnancy under Pressure: The Mediating Impact of Alexithymia on the Relationship between Stressful Life Events and Intimate Partner Rejection.
10. Urooj Niaz and Dr Farzana Ashraf. (2025). Psychoanalytic Mental Inhibitions and Guilt and Shame: The Moderating Role of Physical Abuse and Neglect Among Substance Abusers.

International Conference on Implications of Psychology in Modern World Challenges Organized by: Department of Humanities, COMSATS University, Islamabad, Lahore Campus In collaboration with 15th International Conference, Pakistan Psychological Association & APA Division 48, Society for the Study of Peace, Conflict, and Violence Day One: November 13, 2024

11. Urooj Niaz and Farzana Ashraf. (2024). Psychoanalytic Mental Inhibitions and Guilt and Shame: The Moderating Role of Physical Abuse and Neglect Among Substance Abusers
12. Haleema Bukhari and Farzana Ashraf (2024). Secondary Traumatic Stress, Compassion Fatigue, and Work Disengagement in Mental Health Providers

7th International Conference on Mental Health and Rehabilitation: Contemporary Trends and Advances in Clinical Practices. 20th November, 2024

13. Samahir Khalid and **Farzana Ashraf**. (2024). Relationship between Burnout, Resilience, and Cognitive Deficits in Adults Working in Emergency Situations
14. Shehzada Minahil, **Farzana Ashraf**, and Aleena Hameed. (2024). Relationship between Post-Traumatic Stress Disorder Symptomology, Work-Family Conflict, and Cognitive Deficits in Rescue Workers

2nd National Conference of Psychology for Sustainable Community: Challenges & Trends held on March 5th, 2024, by the Department of Psychology, University of Sargodha, Sargodha

15. Shumaila Nawaz, **Farzana Ashraf**, and Roha Rehmat. (2024). Effect of Stress, Academic Efficacy, and Relationship Satisfaction on Subjective Well-being.
16. Shumaila Nawaz, Ruman Jamil, Faiza Akram, Nosaiba Sohail, and **Farzana Ashraf**. (2024). Moderating the Role of Anxiety Sensitivity in the Link between Social Support and Emotional Regulation in Community Adolescents.

17. Maryam Ghaffar, Ayesha Ahsan, Sajeela Haider, Aqsa Javed, and **Farzana Ashraf**. (2024). Differential Associations of Higher Education Expectations with Career Aspirations and Depressive Symptoms in Medical Students.
18. Kinza Saher Basra, Maryam Nawaz, Laiba Nadeem, Roha Ameen, and **Farzana Ashraf**. (2024). Exploring the Influence of Grandiosity: A Mediated Analysis of Hyper-sensitivity and Self-Objectification among Online Buyers.
19. Muskaan Ismail, Mahnoor, Muhammad Faiz Javaid, and **Farzana Ashraf**. (2024). Depression, Self-Compassion, and Sleep Problems in Left-Behind Learners.
20. Atqa Khan, Seerat Shafique, Ayesha Javaid, Alisha Nasir, and **Farzana Ashraf**. (2024). Effect of Necrophobia on Frustration Tolerance in Rescue Workers: Moderating Role of Impulsivity.
21. Zia-Ur-Rehman, Shumaila Nawaz, and **Farzana Ashraf**. (2024). Self-Harm, Resilience, and Meaning in Life in Young Adults.

6th International Conference on Mental Health and Rehabilitation (ICMHR), Lahore, Pakistan, on December 19, 2023.

22. Nawaz, S., Ashraf, F., Haq, A. (2023). Social Networking Addiction, Violent Attitudes, and Suicidal Ideation in Emerging Adults.
23. Nawaz, S. **Ashraf, F.** (2023). The moderating role of gender between Social Networking Addiction and Pornography Craving in Emerging Adults.

14th International Conference of Pakistan Psychological Association (PPA), Lahore, Pakistan, on November 26, 2023.

24. Nawaz, S. **Ashraf, F.** (2023). Emotional Needs, Social Networking Addiction, and Pornography Craving in Emerging Adults.

International Conference on Peacebuilding: Policies, Research & Strategies, held on March 15-16, 2023, by COMSATS University Islamabad. Lahore

25. Ayesha Waseem, Shazia Aziz, **Farzana Ashraf**. (2023). Impact of Social Media Addiction on Violence and Aggression in Young Adults.
26. Muneeba Shakil, Barrira Awan, and **Farzana Ashraf**. (2023). Mental Health and Coping Styles of Acid Burn Victims Concerning Their Demographic Characteristics.
27. Saif Ali, **Farzana Ashraf**, Shazia Aziz. (2023). Association of Perceived Addiction to Obscene Content with Guilt, Obsession, and Verbal Abuse in Young Adults.
28. Muhammad Tahir Mahmood and **Farzana Ashraf**. (2023). Depression, Anxiety, and Stress, in Pakistani Juveniles: An Identification of Risk to Mental Health
29. Muhammad Ahtesham Ul Haq and **Farzana Ashraf**. (2023). Link of suicidal ideation with tendencies of corporal punishment of children and intimate violence.

All Pakistan Online Education Summit held on 16-17 October 2021 by the University of Management and Technology, Lahore

30. Saleem, M., Nusrat, A., & **Ashraf, F.** (2021). Exploring Students' Perception of Learning English in a Blended Learning Environment: A Qualitative Study Targeting ESL Pakistani University Learners.

8th International Conference on Mental Health and Productivity: The Emerging Challenges for Youth held on 21- 22 October 2021 by the National Institute of Psychology, Quaid-E-Azam University, Islamabad

31. Nawaz, A., & **Ashraf, F.** (2021). Problematic mobile phone usage, cognitive flexibility, and alexithymia in young adults.
32. Asif, M., & **Ashraf, F.** (2021). Link of Emotional Intelligence with Empathy: Mediating and Moderating Role of Assertiveness and Passive Aggressiveness.

33. Fareed, T., **Ashraf, F.**, & Nawaz, A. (2021). The link between attitude towards honor killing and violent tendencies in young adults.
34. Fatima, K., **Ashraf, F.**, & Asif, M (2021). Goal Orientation, Test Anxiety, and Aggression in Medical and Non-Medical Students.
35. Aslam, S., **Ashraf, F.** (2021). Relationship between Executive Functioning, Anger, and Emotional Regulation in Epileptic Patients.

1st International Conference 2020. Recent Advances and Challenges in Basic & Social Sciences in Contemporary Research held on February 12– 13, 2020, by Government Post Graduate Islamia College (Women), Cooper Road, Lahore, in collaboration with Punjab Higher Education Commission (PHEC), Lahore

36. Zulfiqar, A., & **Ashraf, F.** (2020). Screening of Learning Disabilities in Pakistan: A Pilot Study. 14th The international neuropsychiatric conference on psychiatric updates held on April 12th to 14th, 2019, Pearl Continental Hotel, Bhurban (Murree Hills), Pakistan

37. **Ashraf, A.**, Ahmad, H., & Malik, S. (2019). Burnout as A Risk Factor of Poor Mental Health: A Study of Mental Health Status of Medical Health Professionals (MHP) in Pakistan.
38. Khalid, A., & **Ashraf, F.** (2019). Impact of Cyber Victimization and Bullying on Mental Health of Medical Health Professionals.
39. Iqbal, H. Z., Malik. S., & **Ashraf, F.** (2019). Circadian Typology and Sleep Quality among Nurses: Moderating Role of Work Schedules.

1st National Conference of Psychology for Sustainable Community: Challenges and Trends" held on 19-20 March 2019. The conference was organized by the Department of Psychology at the University of Sargodha, Sargodha.

40. Zulfiqar, A., Amin, A. & **Ashraf, F.** (2019). Executive Functioning in Adolescents: Interactive Role of Age and Gender.
41. Zubair, T., & **Ashraf, F.** (2019). Adjustment of Afghan Students in Pakistani University.
42. Shehzadi, N., & **Ashraf, F.** (2019). Perceived Stress Among University Students.
43. Wajid, A., & **Ashraf, F.** (2019). Academic Motivation in Young and Older University Students.
44. Ghazal, A., & **Ashraf, F.** (2019). Body Image as a Function of Age and Education among Gym and Non-Gym Users.
45. Masroor, R., & **Ashraf, F.** (2019). Coping Skills of University Students: A Cross-Sectional Study. Poster
46. Muslim, Z., & **Ashraf, F.** (2019). Marital Adjustment in Married Pakistani Women by Zoha Muslim.

2nd "International Conference Preventive Strategies in Clinical Psychology: Preemption and Proaction" held on March 13-14, 2019, organized by the Institute of Clinical Psychology, University of Management & Technology, Lahore.

47. **Ashraf, A.** (2019). Bullying, Mental Health Problems, and Burnout at Workplace: Direct and Moderated Associations.
48. Hafeez, M., & **Ashraf, A.** (2019). Ideals in Intimate Relationships: A Gender Perspective.
49. Sadia, H., Tahir, R., & **Ashraf, A.** (2019). Orientation towards Close Relationships and its Mental Health Outcomes in Young Adults.
50. Naqvi, M. S., Bokhari, K. S., & **Ashraf, A.** (2019). Onychophagia (Nail-Biting) as an Indicator of Positive or Negative Perfectionism.
51. Salabat, F., & **Ashraf, A.** (2019). Single Parents in Comparison of Both Parents: Moderated Link between Maternal Abuse and Academic Success in Adolescents.
52. Malik, N., Munir, S., & **Ashraf, A.** (2019). Impulsive Personality and Sexual Self-Concept in Married Adults: Moderating Role of Gender.

53. Saeed, R., Munir, A., **Ashraf, A.** (2019). Association of Neuroticism with Smoking in Adults.
54. Mukhtar, N., Kainat F., & **Ashraf, A.** (2019). Loneliness as a Matter of Personality: A Correlational Study in Adolescence.
55. Kanwal, T., Abbas, M., & **Ashraf, A.** (2019). Which Personality is more Creative? An Assessment of the Big Five Model.
56. Mehmood, T., & **Ashraf, A.** (2019). Prevalence and comorbidity of Mental Health Problems in Pakistani Juveniles.
57. Raza, Z. T., Akhtar, F., & **Ashraf, A.** (2019). The General Aggression Model in Relation to Introversion: Moderating Role of Gender.
58. Arshad, M., & **Ashraf, A.** (2019). Association of Narcissistic Personality with Cognitive Distortion.

2nd "International Conference on Innovation in Teaching and Learning" held on October 17-18, 2018, organized by the Department of Education, Faculty of Social Sciences, International Islamic University, Islamabad.

59. Masood, A., Sulman, M., & **Ashraf, F.** (2018). Perceptual and demographic determinants of quality education in higher education institutes of Pakistan.

Three-Day International Conference on Health and Wellbeing" held on 11th - 13th December, organized by Lahore College for Women University, Lahore.

60. Mahmood, T., Adnan, R., **Ashraf, F.**, & Akram, M. (2017). Mediating role of smoking tendencies and habits in the relationship between authoritative parenting and anxiety symptoms in young adults.
61. Yousuf, M., Naqvi, S. M., **Ashraf, F.**, & Akram, M. (2017). Perceived Parenting and Mental Disorders' Symptoms in Adolescents: Role of Birth Order.
62. Jaffer, S., & **Ashraf, F.** (2017). Relationship between Executive functions, Alexithymia, and Anxiety Symptoms across adolescence.
63. Iftikhar, A., Awan, B., **Ashraf, F.**, & Raza, Z. (2017). Relationship of Disordered Eating Patterns And Sleep Disturbances with Anxiety Symptoms.
64. Waheed, S., & **Ashraf, A.** (2017). Role of Disordered Eating Patterns and Body Esteem In Determining Emotional Distress In Pakistani Young Adults.

National Conference of Psychology (NCP, 2017): Emerging Social and Mental Health Issues in Society" was held on December 12-13, at Lahore Garrison University.

65. Ishtiaq, U., Bakhsh, H B., **Ashraf, A.**, & Shakeel, M. (2017). Mediating Role of Emotional Expressiveness and Emotional Dependency in the Psychological Distress.
66. Shahid, Z., Yaseen, M., **Ashraf, F.** (2017). Link between Frustration Intolerance and Coping Mechanisms in Pakistani Adults: Direct and Moderated Links of Gender and Employment Status.
67. Khalid, A., **Ashraf, F.**, & Shakeel, M. (2017). Narcissism and Brand Consciousness in Young Men and Women.
68. Hassan, S., Naqash, M., & **Ashraf, F.** (2017). Does Gender Matter to Workplace Bullying? Same and Opposite Gender Comparisons.
69. Tahir, N., Tahir, N., **Ashraf, F.**, & Raza, Z. (2017). A Study of "Pet Effect" Examining Psychological Well-being and Frustration Tolerance in Adults.

1st International Conference on Peace, Conflict and Violence: Challenges and Resolution Strategies" held on November 29-30, by the Department of Humanities, COMSATS Institute of Information Technology, Lahore.

70. **Ashraf, F.**, & Najam, N. (2017). Association of executive functions with delinquent behavior among teenagers.

71. Riaz, M., & **Ashraf, F.** (2017). Effect of personality characteristics and family environment on aggressive behavior of young criminals in Pakistan.
72. Ayub, M., **Ashraf, F.**, & Jaffer, S. (2017). Posttraumatic Growth in Survivors of Suicide Bombing in Pakistan: Enhancing the Role of Resilience.
73. Ayub, M., **Ashraf, F.**, & Jaffer, S. (2017). Role of Resilience in Reducing the Psychological Distress in Survivors of Suicide Bombing in Pakistan.
74. Ayub, M., **Ashraf, F.**, & Jaffer, S. (2017). Association between post-traumatic growth and psychological distress in survivors of suicide bombing in Pakistan.
75. Khursheed, A., Majeed, R., & **Ashraf, F.** (2017). Link between Psychological Adjustment and Communication Competency in Hostelite and Day Scholar.
76. Salabat, F., Rehman, S., & **Ashraf, F.** (2017). Achievement Motivation and Test Anxiety among Students with Highly Educated Parents: A Correlational Study.

Three Days International Conference on Health Psychology: Issues and Challenges" held on 26th -27th April by the Department of Psychology, Government College University, Lahore.

77. **Ashraf, F.**, Faran, M., & Awan, B. (2017). Workplace bullying as a risk factor of poor mental health outcome: The Mediating role of job-related psychological strain.
78. Awan, B., & **Ashraf, F.** (2017). Impact of Integrative Models on Mental Health of Children with Cancer: An Intervention-Based Study.
79. Ayub, M., & **Ashraf, F.** (2017). Suicide Bombing in Relation to Psychological Distress and Resilience in Pakistani Adults: A Comparative Study.
80. Durrani, M., & **Ashraf, F.** (2017). Role of locus of control in developing intimate relationships and mental health outcomes in married couples: A Comparative Study.

1st International Conference on Clinical Psychology and the Developing World's Issues, Challenges and Solutions" (March 9-10, 2017), organized by the Institute of Clinical Psychology, University of Management & Technology, Lahore.

81. Munir, H., **Ashraf, F.** (2017). Impact of Electronic Media Content on ^victimization and Violent Behavior in Offenders in Gujarat Jail.
82. Mehmood, N., & **Ashraf, F.** (2017). Impact of Personality Characteristics, Emotional Intelligence, and depressive Symptoms in Youth.
83. Sohail, N., & **Ashraf, F.** (2017). Post-Traumatic Stress Disorder Symptoms, Post-Traumatic Growth and Resilience in Cancer Survivors.
84. Mehr-U-Nisa, & **Ashraf, F.** (2017). Does Childhood Abuse Linger in Adulthood: Impact on Anxiety Symptoms and Self-Efficacy?
85. Jafer, S., & **Ashraf, F.** (2017). Pessimism, Emotional Regulation, and Sleep Problems: A Matter of Handedness.
86. Niazi, F., & **Ashraf, F.** (2017). Perceived Parental Abuse in Adolescents: Emotional Dysregulation and Post-Traumatic Stress Disorder (PTSD) Symptoms.
87. Khan, M., & **Ashraf, F.** (2017). Suicidal Ideation in Relation to Academic Success: Role of Optimistic and Pessimistic Orientations in a Non-clinical Sample of Young Adults.

6th International Conference on "Psychology of Gender in Perspectives, Issues and Challenges (December 1-2, 2016) held at the National Institute of Psychology, Quaid-E-Azam University, Islamabad.

88. Sohail, N., & **Ashraf, F.** (2016). Gender difference in posttraumatic stress disorder symptoms and resilience among cancer survivors.
89. Zareen, G., Riaz, M., Muhammad, R., & **Ashraf, F.** (2016). Association between Life Orientation and Mental Health Problems among Nurses.
90. Amin, Z., Akram, S., & **Ashraf, F.** (2016). Relational Satisfaction, Fear of Abandonment, and Psychosomatic Symptoms: A Comparative Study.

4th International Conference on Research in Education: Combating Contemporary Challenges through Education (November, 23-25, 2016), organized by the Institute of Education and Research, University of the Punjab, Lahore.

91. Abbas, K., & **Ashraf, F.** (2016). Psychosocial Predictors of Self-Harming Behavior in Students at Middle and Elementary Level: A Cross-sectional Study.

92. Amin, S M., & **Ashraf, F.** (2016). Social Learning Preferences in Students: Exploring Maternal Relationship as a Direct and Indirect Contributing Factor.

1st International Conference on Gender: Global Gender Perspective (November 14-16, 2016) organized by the Department of Gender Studies, Lahore College for Women University, Lahore.

93. Abbas, K., & **Ashraf, F.** (2016). Does Self-Harm Behavior Predict Psychosocial Problems Differently in Adolescents: A Gender Perspective?

The 7th Postgraduate Student Conference on Research in Education was Held from 24 to 25 March 2016 at the Institute of Education and Research, University of the Punjab, Lahore.

94. Rizwan. M., & **Ashraf. F.** (2016). Academic Performance and Anxiety among Students: A Gender Perspective.

95. Amin, S. M., & **Ashraf. F** (2016). Separation Anxiety among Hostel Students of Attock, Bahawalpur, and Lahore.

The 1st National Conference on Indigenizing Clinical Psychology: Issues and Challenges was held on 17-18 December at the Institute of Clinical Psychology, University of Management & Technology, Lahore.

96. **Ashraf, F.,** & Arif, A. (2015). Prevalence of Obsessive-Compulsive Disorder Symptoms in Association with Stress among Non-clinical Sample of Female Adults.

97. Amin, S. M., & **Ashraf. F** (2015). Relationship between Separation Anxiety and Parenting Styles among Adolescents.

98. Arif. A., & **Ashraf. F** (2015). Level of Stress and use of coping strategies by parents of children with special needs.

The 2nd International Conference on Mental Health was held from 5 to 6 May 2015 at the International Islamic University Malaysia, Kuala Lumpur, Malaysia.

99. Rizwan. M., & **Ashraf. F.** (2015). Aggression and Academic Performance among University Students: A Gender Perspective.

14th International Conference of Psychology (ICP 2015) held from 19th-21st March 2015 at the Institute of Applied Psychology, University of the Punjab, Lahore

100. **Ashraf, F** (2015). Relationship between Family Environment and Perceived Social Support among Female Adolescents in Pakistan.

International Conference in Educational Psychology held on 13th November 2014 at the National Institute of Psychology, Quaid-E-Azam University, Islamabad

101. **Ashraf, F.,** & Najam. N. (2014). Adolescent Adjustment: Does Gender and Age Have an Impact?

102. **Ashraf, F.,** & Najam. N. (2014). Learning Disabilities as a Symptom of Depression in Adolescents.

International Conference of Applied Psychology (ICAPP), Lahore, Pakistan, on December 17, 2012.

103. **Ashraf, F.** (2012). Factors Associated with Perceived Social Anxiety and Perceived Parental Authority among Female Adolescents in Pakistan.

Theses Supervisions:

1- MS/M. Phil Theses University of Management and Technology, Lahore

1- Faiza Niazi (2016). Emotional Dysregulation, Post-Traumatic Stress Symptoms, and Abuse among Adolescents.

- 2- Bushra Awan (2016). Impact of Integrative Models of Expressive Art Therapies on Mental Health of Children with Cancer: An Experimental Study.
- 3- Nida Sohail (2016). Resilience, Post Traumatic Growth, and Post Traumatic Stress Symptoms among Cancer Survivors. M. Phil thesis, University of Management and Technology, Lahore
2- MS/M. Phil Theses Riphah University, Faisalabad
- 4- Relationship between Cognitive Errors and Emotional Intelligence
3- MS/M. Phil Theses COMSATS University, Lahore
- 5- Faiza Zafar (2026) Cultural, Cognitive, and Digital Determinants of Generalized Anxiety Disorder: Filial Piety, Self-focused Brooding, and Doomscrolling Across Millennials and Generation Z.
- 6- Ayesha (2026). How Filial piety and Gerascophobia shaped Perceived ageism and Hedonic Well-being in young adults.
- 7- Sumaiya (2026). Exploring the Impact of Technostress on Work Wellbeing: The Mediating Role of Emotional Intelligence and the Moderating Effect of Job Autonomy In Medical and Paramedical Staff
- 8- Tahira Sabat (2026). Technostress, Patient-Doctor Relationship Quality, and Burnout in Medical and Paramedical Staff: The Moderating Role of Dark Personality Triad
- 9- Tanzeela Iqbal (2026). Executive Functions, Pain Catastrophizing, Behavioral Avoidance Endurance, and Self-Care Related Efficacy in Patients with Musculoskeletal Pain Disorders
- 10- Hira Sajid (2026). Discomfort Intolerance, Pain Catastrophizing, Gratitude, and Perceived Family Functioning in Migraineurs
- 11- Samahir Khalid (2026). Cyberchondria, Pain Catastrophizing, Cognitive Attentional Syndrome, and Somatic Symptom Disorder Tendencies in Migraineurs
- 12- Kashaf Rohan (2026). Executive Functions, Intolerance of Uncertainty, Emotional Coping, and Pain Catastrophizing in Patients with Panic Disorder
- 13- Shehrooz Fareed (2026). Executive Functions, Alexithymia, Emotional Coping, and Mental Wellness in patients with panic disorders.
- 14- Atqa Khan (2025). Neural Velocity, Emotive Recalibration, and Attentional Capacity in Patients Diagnosed with Bipolar I and Bipolar II. Shumaila Nawaz (2025).
- 15- Effectiveness of Mindfulness-Based Interventions and Art Therapy on Emotional Regulation of Children with Attention Deficit Hyperactivity Disorder
- 16- Alisha Nasir (2025). Evaluation of the Reciprocal Effect of Motivational Interviewing and CBT on Cognitive Functioning of Patients with Methamphetamine Use Disorder
- 17- Maham Kanwal. (2024). Yearning, Spiritual Beliefs, Coping Strategies, and Delayed Grief Functioning in Bereaved Adults
- 18- Saira Majeed (2024). Association between Stressful Life Events, Alexithymia, Anxiety Sensitivity, and Intimate Partner Acceptance Rejection among Pregnant Women.
- 19- Haleema Bukhari (2024). Secondary Traumatic Stress, Compassion Fatigue, Burnout, and Vicarious Posttraumatic Growth in Mental Health Providers
- 20- Rabia Rehman (2024). Early Maladaptive Schemas, Alexithymia, Emotional Regulation, and Death Anxiety in Adults with Phobias.
- 21- Zia U Rehman (2024). Development of the Therap-Ease Mobile Application for Psychotherapy and Mindfulness Techniques with Evaluation of User-Experience
- 22- Huma Javed (2024). Childhood Maltreatment, Drug Stigmatization, Emotional Regulation, and Cognitive Functioning in Substance Abusers
- 23- Warda Ashraf (2024). Creativity, Cognitive Functioning, and Attribution Style in Children with Dyslexia Symptoms

- 24- Saba Shahab Din (2024). Cyberbullying, cyber victimization, Alexithymia, digital self-harm, and Depressive Symptoms among Adolescents with a history of suicidal attempts.
- 25- Urooj Niaz (2024). Psychoanalytical Defense Mechanisms, Childhood Trauma, Parental Attachment, Guilt and Shame in Substance Abusers

4- M. Sc: Govt. Fatimah Jinnah College for Women, Lahore.

- 26- Anila Ashiq (2014). Psychological Health Problems of Working & Non-Working Women.
- 27- Sidrat Akhtar (2014). Self-Image, Identity Formation & Moral Development Among Adolescents.
- 28- Benish Iqbal (2014). Perceived Conflict Behavior, Aggression, and Depression among School-Going Pakistani Adolescents.

5- M. Sc: Govt. Fatimah Jinnah College for Women, Lahore.

- 29- Mariam Riaz (2016). Personality Characteristics, Family Environment, and Aggressive Behavior Among Criminals.
- 30- Kanwal Abbas (2016). Psychosocial Correlates of Bullying and Self-Harm Behavior in Adolescents.

6- BS: University of Management and Technology, Lahore

- 31- Rabia Lubna (2014). Anxiety and Depression among Married and Unmarried Males.
- 32- Asra Kamal (2014). Social Support and Psychological Well-being among Hijras.
- 33- Ayesha Hameed (2014). Bullying Behavior and Psychological Problems among Adolescents.
- 34- Naila Hameed (2014). Psychological Health Problems among Women.
- 35- Hawaida Munir (2016). Impact of media content on victimization and violent Behavior in offenders.
- 36- Dania Mehboob (2016). Personality Characteristics, Positive Emotions, and Creativity in Nuns.
- 37- Maria Sana Amin (2016). Mother Adolescent Relationship and Empathy: Mediating Role of Positive and Negative Experiences.
- 38- Ariha Khan (2016). Impact of Workplace Bullying on Mental Health of Employees.

7- BS: COMSATS University Islamabad, Lahore Campus

- 39- Umme Habiba and Rida Fatima (2026). Ostracism Sensitivity, Cognitive Flexibility and Aggression in Emerging Adults.
- 40- Maleeha Ijaz and Areeba Zahid (2026). Existential Vacuum, Ostracism Sensitivity, and Frustration Discomfort in Young Adults
- 41- Zertashia Haider (2026). Paradox Mindset, Role-Breadth Self Efficacy and Vigor in Corporate Employees
- 42- Anam Sharif and Rabia Mumtaz (2026). Existential Vacuum, Attitude Towards Violence, Tolerance Toward Diverse Others and Frustration Discomfort in Emerging Adults
- 43- Samra Arif (2025). Digital Hoarding, Executive Skills, and decision fatigue in university teachers and Administration staff.
- 44- Fariha Sajid (2025). Decision Fatigue, Executive Skills, And Social and Workplace Adjustments in Teachers and Administration Staff
- 45- Hafsa Ashfaq (2025). Trauma Bonding, Love Bombing, and Guilt Tripping in Young Married Adults
- 46- Esha Atif (2025). Eating Attitudes, body image, and distress in adolescents
- 47- Malika Gulzar (2025). Executive Function, Resilience, and Distress in Adolescents
- 48- Amina Nazir (2025). Executive Function, Sleepiness, and Distress in Adolescents
- 49- Asma Saeed (2024). Efficacy of Art Therapy on Hope and Delayed Gratification in Juvenile Delinquents: A Quasi-Experimental Pre-post Study
- 50- Amna Shafiques (2024). Efficacy of Art Therapy on Hope and Impulsivity in Juvenile Delinquents: A Quasi-Experimental Pre-post Study

- 51- Shehzada Minahil. (2024). Relationship between Post-Traumatic Stress Disorder Symptomology, Work-Family Conflict, and Cognitive Deficits in Rescue Workers
- 52- Samahir Khalid (2024). Relationship Between Burnout, Resilience, and Cognitive Deficits in Adults Working in Emergency Situations
- 53- Nadia Ashraf. (2023). Moderating Role of Social Support between Personality Traits and Emotional Regulation in a Sample of University Hostel Students
- 54- Roha Rehmat. (2023). Effect of stress, academic efficacy, and relationship satisfaction on subjective well-being
- 55- Dawood Aslam. (2023). Association Between Perfectionism, Burnout, and Sleep Disturbance in Pakistani Computer Programmers
- 56- Wardah Fatima. (2023). Effect of Coping methods on Virtues of Positive psychology in Language Learning among University students
- 57- Javeria Saeed. (2023). The effect of Korean drama on body image, antisocial, and paranoid behavior.
- 58- Khadija Zafar. (2023). Relationship between prosocial behavior, gratitude, and life assessment in university students
- 59- Shumaila Nawaz. (2023). Social Networking Addiction, Emotional Needs, and Pornography Craving In Emerging Adults
- 60- Hajra Farooq. (2023). Relationship between Religiosity, gratitude, and life assessment in University students.
- 61- Ayeza Akhtar. (2023). Contractual job insecurity, psychological distress, and perceived social support among employees
- 62- Jameela Yousaf. (2023). The moderating role of attention control problems between job insecurity and mental health problems among employees
- 63- Muhammad Ahtsham ul Haq. (2023). Social Networking Addiction, Violent Attitudes, and Suicidal Ideation In Emerging Adults
- 64- Maryam Ayyaz. (2023). University adaptation stress and academic efficacy among university students
- 65- Maham Sundas. (2023). Social networking addiction, emotional needs, and appetitive Aggression in emerging adults
- 66- Awais Ranjha. (2023). Association between Perfectionism, Memory Deficits, and Generalized Anxiety in Computer Programmers.
- 67- Noor Fatima. (2023). Gender Difference in Foreign Language Learning Enjoyment Among Private And Government Schools
- 68- Zia-Ur-Rehman Zulfiqar. (2023). Self-Harm, Resilience, and Meaning in Life in Young Adults
- 69- Usba Tufail. (2023). Relationship between Rejection Sensitivity, Peace of Mind, and Generalized Anxiety Disorder in young adults of Pakistan
- 70- Ayesha Waseem. (2023). Impact of social media addiction on violence and aggression among young adults
- 71- Muhammad Saif Ali. (2023). Association of Perceived Addiction To Internet -Pornography with Guilt, Obsession, and Verbal Abuse
- 72- Fareha Fatima. (2023). Relationship between Meaning in Life, Self-Harm & Death Anxiety in Adults
- 73- Syeda Fatima Zahra. (2023). Relationship between Neuroticism, Peace of Mind, and Generalized Anxiety Disorder Symptoms in Young Adults
- 74- Kainat Saifullah. (2023). A Qualitative Analysis of Impacts of Sleep Deprivation on English language comprehension in the classroom

- 75- Rohma Manahal. (2023). Non-verbal intelligence and depression in children with symptoms of dyslexia; comparison with asymptomatic children
- 76- Zainab Sohail. (2022). Relationship between Depressive Symptoms and Spousal Relationships in Patients with Mood Disorders: Mediating Effect of Religious Orientation
- 77- Hamza Ashraf. (2022). Mediating Role of Leadership Skills in Motivation and Workplace Stress
- 78- Zaib-un- Nisa. (2022). Relationship between Depressive Symptoms and Memory Failures: Moderating Role of Religious Orientation
- 79- Afifa Arshad. (2022). Relationship between Exposure to Trauma and Sleep problems: Mediating Role of Memory failures in Patients with Mood Disorders
- 80- Saira Ahsan (2022). Moderating Role of Neurotic Traits in the Relationship between Cohesiveness and Psychiatric Symptoms across X, Y, and Z Generations.
- 81- Tooba Khalid (2022). link between prenatal stress, antenatal care, and depression in women.
- 82- Mishal Kham (2022). Relationship between body shaming, neurotic tendencies, and disordered eating behaviors.
- 83- Zainab Rasheed (2022). Relationship between Emotional Abuse, Fear of Missing Out, and Self-Doubt in Young Adults.
- 84- Waiza Batool (2022). Psychopathic Tendencies and Moral Competence in Police Officers.
- 85- Ayesha Amin (2022). Relationship Between Cognitive Flexibility, Memory Deficits, and Problem-Solving in Young Adults.
- 86- Aneeza Nawaz (2021). Moderating Role of Alexithymia in the Link between Problematic Mobile Phone Usage, Cognitive Flexibility: An Online Survey Study from Pakistan.
- 87- Tariq Fareed (2021). Link between Honor Killing and Violent Tendencies in Pakistani Adults.
- 88- Maira Asif (2021). Link of emotional intelligence with empathy: Mediating and moderating role of Passive aggressiveness and assertiveness.
- 89- Neha Malik (2021). Relationship between Nomophobia, Socialization, and Locus of Control: Direct and Moderated Links.
- 90- Kainat Fatima (2021). Goal Orientation, Test Anxiety, and Aggression in Medical and Non-Medical Students.
- 91- Zainab Tahir Raza (2021). Self-compassion, empathy, and helping behavior in employees.
- 92- Tanzeel Munawar (2020). Linking Perceived Gender Equality with Self-image and Emotional Stability.
- 93- Zoha Muslim (2020). Role of Media Exposure in Self-Consciousness and Body Dysmorphic Symptoms in a Normative Sample of Young Adults.
- 94- Ayesha Zulfiqar (2019). Validation and Translation of Learning Disabilities Checklist.
- 95- Ayesha Khalid (2019). Cyber Victimization and Mental Health Problems in Pakistani Doctors.
- 96- Nawal Tahir (2019). Apraxia and Aphasia in Relation to Executive Functioning among Pakistani School Students.
- 97- Tahir Mahmood (2018). Maternal Abuse and Mental Health Problems in Juveniles: Moderating Role of Bullying Behaviors.
- 98- Faiza Salabat (2018). Maternal Abuse, Academic Performance, and Mental Health Problems: Moderating Role of Parenting.
- 99- Sana Rehman (2018). Shame and Guilt in Relation to Depressive Symptoms and Empathy in Juveniles.
- 100- Sadia Jaffer (2017). Executive Functioning, Alexithymia, and Anxiety Symptoms across Adolescence

Course/ Curriculum Development:

Developed the following courses for the upcoming Ph. D Program at the Department of Psychology, University of Management & Technology, Lahore

1. Literature Review and Critical Thinking
2. Developed courses of Counseling Psychology Elective (I), Counseling Psychology Elective (II), and Counseling Internship Guidelines for M. Phil Program at the Department of Psychology, University of Management & Technology, Lahore
3. Developed courses of Quantitative research methods, and wrote a literature review for Ph. D Program at the Department of Psychology, University of Management & Technology, Lahore

Conferences/Symposiums/ Workshops & Seminars:

1. Chaired A session on "Emotional Depths: Journeys through Psychosis, Depression, and Mood Dysregulation" in a two-day international Conference on Mental Health, Human Dignity, and Climate Change: Mitigating Global Psychological Risks (MHHDCC-25), organized by the University of Central Punjab on 29-30th October 2025.
2. Organized a seminar on "Mental Health Awareness" on May 7th, 2025, at CUI Lahore.
3. Moderated a session on "Transformational Innovations," Presented by Dr. Adeel Nawab on May 6th, 2025, at CUI Lahore
4. Organized a three-day workshop on "Beyond the Inkblot: Exploring the Intersection of Art, Psychology, and Perception" dated April 28th to 30th 2025, at CUI, Lahore
5. Organized a one-day training workshop for visiting faculty of the campus on March 13th, 2025, at CUI, Lahore
6. Moderated a session at the 1st International Conference on Women's Empowerment and Leadership on December 4th, 2024
7. Moderated a session at the International Conference on Implications of Psychology in Modern World Challenges, organized by the Department of Humanities, COMSATS University, Islamabad, Lahore Campus, in collaboration with the 15th International Conference, Pakistan Psychological Association & APA Division 48, Society for the Study of Peace, Conflict, and Violence. Day One: November 13, 2024
8. Presented a Workshop on Planning Publication for Impact Factor Journals, September 27th, 2024, organized by GC University, Faisalabad
9. Workshop on "Data Collection and Data Analysis in Qualitative Research" (June, 2023)
10. Workshop on "Research Paper/ Report Writing" (2023)
11. Faculty training workshops for online teaching at COMSATS University, Lahore (2021-2024)
12. One-day workshop on Scale development at the Department of Psychology, University of Central Punjab, Lahore (2022).
13. One-day workshop on Instrument Development in Survey Research at the University of Management & Technology, Lahore (Dec 20, 2019)
14. One-day workshop on Factor Analysis at COMSATS University, Lahore Campus (Dec 6, 2019)
15. One-day workshop on Sampling Techniques in Research at COMSATS University, Lahore Campus (Nov 6th, 2018)

Administrative and Other Roles: _____

Administrative

1. Served as Head of Department from February 8th 2025 to April 18th 2025

2. Member of DARC (Fall 2022- Fall 2025)
3. Member of CARC (Fall 2023-Fall 2025)
4. Member of Departmental Academic Advisory Committee (Spring 2024 to present)
5. 4Member of Departmental Supervisory Committee (Spring 2024 to present)
6. Member of Departmental Disciplinary Committee (Fall 2024 to Present)
7. Member of Campus Convocation Committee (Fall 2022 to Present)
8. Member of the Campus Committee on Tobacco and Drug Control (Spring 2024 to Present)
9. Member of Campus Hostel Committee (Fall 2025 to Fall 2025)
10. Convenor of Student Counseling Center, Department of Management Sciences (Spring 2024 to present)
11. Convenor, Institutional Performance Enhancement Report Committee (Spring 2026)
12. Program coordinator of BS Psychology (2019-Fall 2025)
13. Batch Advisor (2016 to present)
14. Course Offering and Course Allocation (2019-Fall 2025)
15. Area in charge of all courses of BS Psychology (Fall 2020 to present)
16. Resource person for OBE training and CDFs compilation (Spring 2025-Fall 2025)
17. Advisor, Student Development Program (Alumni of Psychology) (Spring 2025 to present)
18. QEC team leader of the Humanities department (Fall 2022-Fall 2025)
19. Convener, Departmental Event Management Committee (Fall 2025 to present)

Others

External Examiner of the following Universities since 2016 to present

1. University of the Punjab
2. Govt College University, Lahore
3. University of Central Punjab, Lahore
4. University of Management and Technology, Lahore
5. Kinnard College for Women University, Lahore
6. University of Sargodha, Sargodha
7. Riphah International University, Faisalabad