



Newsletter

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ELECTIONS OF THE NIP STUDENT CLUB



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March 27, 2017 witnessed the elections of the NIP student club. The elections were conducted under the supervision of NIP student affairs in-charge Dr. Jamil Malik. Five posts were available for the students to contest on including the posts of president, vice president, general secretary, financial secretary and information secretary. Prior to the Election Day, the students aspiring to contest for the available posts were asked to obtain and fill the required nominations papers. Once that was done, they were allowed to run an election campaign within NIP to promote them and win students' hearts and votes.

For the position of president, the nominated candidates included Rabea Hassan (M.Sc. 3) and Arooj Dawood (M.Phil. 2). For the post of general secretary, competition was between Dilsher (M.Sc. 3) and Hadia Tariq (M.Sc. 2) while the candidates competing for the seat of information secretary were Shainza Iqbal (M.Sc. 2) and Qurat-ul-ain (M.Sc.1). The remaining two positions did not face any competition so the two candidates who applied were directly elected on the basis of no opposition. Hence voting was held for the posts of president, general secretary and information secretary on the Election Day.

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NIP Activities

The presiding officer and the whole team started their work at 11:15 am in the morning. The polling agent showed the empty ballot boxes and ballot papers to the candidates for assuring fair play. Then the boxes were sealed and the voting started. A large number of NIP students used their right to elect the student governing body by casting their votes. Total available votes in NIP were 230 out of which 190 were casted. The vote casting process continued relentlessly till 2 pm. The whole process of election was held fairly as per the voters and administrators. After 2 pm, ballot boxes were opened by the presiding officer in the presence of candidates.

After the counting was finished, the results were declared. According to the results, Rabea Hassan (M.Sc. 3) was elected as the president of the NIP student club, Dilsher (M.Sc. 3) as general secretary and Qurat-ul-ain (M.Sc. 1) as information secretary. Kiran Khan (M.Sc. 3) and Ammara Malik (M.Sc. 2) had already won unopposed as the vice president and financial secretary respectively. After the declaration of election result, the new student body was congratulated by the NIP director Dr. Anila Kamal, Dr. Jamil A. Malik and Mr. Imran Bukhari and was given best wishes for its tenure and future activities.

Reported by: Kiran Khan (M.Sc. 3)

NIP'S PARTICIPATION IN THE 1ST INTERNATIONAL CONFERENCE ORGANIZED BY THE INSTITUTE OF CLINICAL PSYCHOLOGY, UMT LAHORE

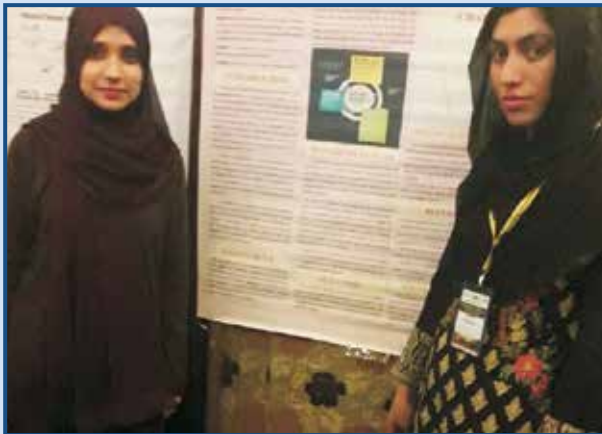
On 9th and 10th March, 2017, the Institute of Clinical Psychology at the University of Management and Technology (UMT), Lahore organized its 1st international conference. The conference's theme was titled *Clinical Psychology and the Developing World: Issues, Challenges and Solutions*. The venue of the conference was Faletti's Hotel, Lahore which witnessed the presence of NIP faculty and students on both days.

Representation of NIP in the two-day conference was marked in several ways. On the first day of the conference, Director NIP, Prof. Dr. Anila delivered a talk as a guest speaker in the conference's inaugural session while Dr. Rubina Hanif chaired a scientific session. Earlier, several NIP students and faculty had attended pre-conference workshops of their choice offered by the Institute of Clinical Psychology, UMT for students and professionals.

Numerous research papers authored by NIP faculty and students representing diverse themes of the conference were presented in various scientific sessions held on both days. The research papers included: *Stereotypes about Married and Unmarried (never married) Working Women* by Saima Kalsoom and Dr. Anila Kamal, *Impact of Handling Interpersonal Conflict on Marital Quality of Married Couples* by Sadaf Ahsan and Dr. Rubina Hanif, *Impact of Perceived Social Support on Psychological Problems among University Students in Pakistan* by Firdous Afzal and Dr. Syeda Razia Bukhari, *Emotional Intelligence and Self-Assertiveness among University Students* by Maryam Khan and Dr. Irum Naqvi, *Relationship between*



Brooding Ruminaton, Reflective Ruminaton, Depression and Poor Sleep Quality among University Students by Kalsoom Nawaz and Mr. Naeem Aslam, *Prevalence of Depression among Research Students* by Sumera Zehra and Dr. Syeda Razia Bukhari, *Depression, Anxiety and Stress as Negative Predictors of Life Satisfaction in Male and Female University Students* by Farhana Saba and Dr. Syeda Razia Bukhari, *Role of Personal Growth Initiative*



as Moderator between Stress and Mental Health among Adolescents by Sadia Zaman and Dr. Irum Naqvi, Stress, Sociotropic Cognitions, and Disordered Eating Behaviours among Parents by Zill-e-Ursh Nayyer and Dr. Irum Naqvi, Impact of Depression on Psychological Well-being of Blood Cancer Patients by Shazia Yusuf and Dr. Rubina Hanif, Dark Triad of Personality as Predictor of Lying Behavior and Social Skills among Adolescents by Mubeen Anwar and Ms. Aisha Zubair, An Education Based Comparative Study in Perception about Quality Of Life after Being Exposed To a Trauma by Dania Javaid and Dr. Rubina Hanif, Parental Marital Adjustment and Home Chaos as Predictors of Externalizing Behavior Problems of Children by Aqsa Sultan and Dr. Muazzama Abidi, Relationship between Parental Bonding, Social Interaction Anxiety and Internet Addiction among University Students by Ms. Arooj Mujeeb and Nazia Hussain, Gender Role, Disordered Eating Behaviours and Body Mass Index among Adolescents: Exploring Moderating Role of Gender by Qurat-UI-Ain and Dr. Irum Naqvi, Exploring Attitudes towards Honor Killings in Pakistan: Perpetrators Perspective by Sadia Huda and Dr. Anila Kamal, Cognitive Behavior Therapy as an Effective Treatment for Obsessive Compulsive Personality Disorder: A Case Study by Farhana Saba and Dr. Syeda Razia Bukhari, and Process of Identity



Formation of Intersexual-Hijras by Sadaf Rehman, Dr. Mudassar Aziz and Dr. Gulnaz Anjum.

NIP students and faculty also participated in the poster competition held as a part of the conference. The most exciting aspect of this participation was that poster made by NIP's counseling centre intern Syeda Ishrat Fatima and Dr. Syeda Razia Bukhari was awarded first position by the judges.

Reported by: Ms. Riffat Zahir

**THREE DAY ADVANCED TRAINING WORKSHOP AT NIP
(Modern Methods of Mediation, Moderation & Model Testing:
Advances in SEM)**

Dr. Jamil. A. Malik, Assistant Professor-TTS, from NIP and a very well-known resource-person for his command on advanced statistical analyses conducted a three day advanced training workshop on *Modern Methods of Mediation, Moderation & Model Testing: Advances in SEM* from 21st Feb. 2017 to 23rd Feb. 2017. For some time, students and professionals both had been requesting for this immensely popular and useful workshop and therefore it was received very positively by both students and professionals especially those interested in learning advanced data analysis skills for their research through computer soft wares of SPSS, and AMOS.



The workshop content was spread over three days and provided workshop participants with an opportunity for ample hands-on practice of the material lectured upon by the workshop facilitator. To begin with, Dr. Malik provided a thorough introduction to Structural Equation Modeling (SEM) and AMOS and demonstrated how to work with AMOS graphics. Once that was done, the concepts of model identification, hypothesis testing, path analysis and model modification



were covered with the help of examples and supervised practice. Later, the workshop included sessions on CFA, PROCESS Macro on SPSS and a comprehensive review of number of contemporary approaches for mediation and moderation analysis. The participants were also guided to recognize mediator and moderator in their research and also to run moderated mediation and mediated moderation. The workshop facilitator also spent time on helping participants report the complex data for publication according to the APA 6th Publication Manual. Along with supervised practice on data provided by him, he also encouraged participants to discuss and practice various analyses on their own



research data. At the end of the three-day workshop, the workshop facilitators and participants received certificates from Director NIP, Anila Kamal who highly appreciated Dr. Jamil A. Malik for sharing his advanced practical research knowledge and skills with the participants.

Reported by: Ms. Riffat Zahir

**PAPER PRESENTATION BY DR. RUBINA HANIF
AT A SYMPOSIUM ORGANIZED BY THE
INSTITUTE OF APPLIED PSYCHOLOGY, PUNJAB UNIVERSITY LAHORE**

In connection with International Women’s Day celebrations, the Institute of Applied Psychology (IAP), organized a one day symposium entitled “*Psychology for Change: Women and Community*” on 21st March, 2017 at Al-Razi Hall, University of the Punjab (PU), Lahore. On this occasion, Dr Rubina Hanif, Associate Professor-Tenured, from NIP presented a paper based on latest research. The title of her presentation was “*Women as Effective Agents of Change at workplace: Exploring Work-Family Conflicts and Work-Family Enrichment*”. The findings of this research show the changing trends on how the work-family nexus is structured by gender

at workplace and suggest the positive and effective role of women at workplaces. Dr. Hanif’s work was appreciated by those present on the occasion and she was awarded a shield for her contribution.



Reported by: Dr. Rubina Hanif

PHD PUBLIC DEFENCES

Ms. Irum Naqvi defended her PhD dissertation on 9th January, 2017. The title of her work was ‘*Attitudes and Myths Related to Eating Among Adolescents*’. Prof. Dr. Anila Kamal supervised her PhD research work while Dr. M. Jahenzeb Khan and Dr. Tanvir Akhtar were the external examiners.



Ms. Asia Mushtaq’s PhD defence took place on 31st January, 2017. The research work was supervised by Prof. Dr. Naeem Tariq (retd. NIP) and was titled ‘*Reducing Aggression in Children through a School Based Coping Power Program*’. Prof. Dr. Syed Sajjad Hussain and Dr. Tanvir Akhtar were the external examiners for this PhD dissertation.



The PhD defence of Mr. Shahid Irfan was held on 14th February, 2017. The title of his dissertation was ‘*Extremism Tendencies, Personality Traits, Social Axioms,*



and Gender Role Beliefs among Young Adults’. The research was supervised by Prof. Dr. Anila Kamal while the external examiners were Dr. Mumtaz Jaffery and Dr. Tanvir Akhtar.

Reported by: Ms. Riffat Zahir

Featured Alumni Dr. Farah Malik



Prof. Dr. Farah Malik is the current Director of the Institute of Applied Psychology and the Center for Clinical Psychology University of the Punjab, Lahore. Prior to her current appointment, she served at the same institute as a Professor of Applied Psychology from 2012-2016.

Dr. Malik has a PhD in Psychology from the National Institute of Psychology, Quaid-i-Azam University, Islamabad and also has the honor of earning two Post-doctoral Fellowships: one from the University of Birmingham, UK and the second one from the University of Connecticut, USA on the prestigious Fulbright Program. She also has earned several other academic credentials to her credit including the Fellowship of International Medical Sciences Academy (IMSA, USA), a certificate course on advanced research and statistics from the School of Psychology, University of Birmingham, UK, a research fellowship under Charles Wallace Trust Award from the School of Psychology, Brain and Behavioral Centre, University of Birmingham, UK, an honorary research fellowship from the University of Birmingham, UK, an honorary research fellowship under HEC-BEC Academic link, University of Birmingham, UK, a certificate course in Clinical & Forensic Psychology, School of Psychology, University of Birmingham UK, and a certificate training course in E-Prime (Software for Experimentation) and Cognitive Psychology.

Her association with the National Institute of Psychology, Quaid-i-Azam University, Islamabad goes back to the time when she joined it for her M.Phil in Psychology. Besides being an M.Phil and Ph.D scholar at NIP, she also possesses the experience of working at her alma mater as a research associate and later as a visiting member of the faculty for a period of three years.

Dr. Farah Malik is a very well-known figure in the circle of Psychology in Pakistan and has earned immense respect due to her sheer dedication and

commitment to her career. Most of her professional life has been spent in Lahore as a university teacher and in several roles associated with it. Before joining the Institute of Applied Psychology University of the Punjab, Lahore, she served at the Department of Psychology, Government College University Lahore from 2003 to 2012 in several capacities including lecturer, an assistant professor, an associate professor, in-charge of the Clinical Psychology Unit and Chairperson Department of Psychology. Additionally she has been rigorously involved in the editorship of research journals at both Government College University Lahore and University of the Punjab, Lahore. She is also the consulting editor of several peer-reviewed journals of the country. She has a rich and vast experience of teaching and supervising research at the M.Phil/MS./PhD level and has been responsible for introducing/designing several new courses and programs. Her efforts in this regard were recognized by HEC in 2009 by awarding her the prestigious *HEC Best University Teacher Award*.

Dr Farah Malik has a long and a distinguished career in presenting her research work at conferences and publishing research. She has published her research work in journals of national and international repute and has presented her research work at both national and international forums. She has the honor of organizing numerous conferences, workshops, training sessions and seminars at various esteemed educational institutions of the country and is frequently requested to chair and speak on such platforms. She has been the member of several international professional bodies including the American Psychological Association, (APA) as an international affiliate. She also has been a member of the Section on Child Maltreatment of the APA Division 37 of Child, Youth, and Family Services and member of the International Society for Acceptance and Rejection (ISIPAR, USA).

NIP is very proud of Dr. Farah Malik's achievements and wishes her the very best for her future endeavors.

Compiled by: Ms. Riffat Zahir

ADDITION OF COMPUTERS TO NIP COMPUTER LAB



Twenty brand new computers were recently added to NIP' computer lab courtesy OXFAM. The computers have been exclusively reserved for M.Phil/PhD. scholars and were placed in the computer lab after refurbishing a separate section. The new section was opened by NIP director, Prof. Dr. Anila Kamal in the presence of

faculty and computer lab staff on 1st Feb. 2017. M.Phil/PhD. scholars have appreciated and welcomed the addition of new computers to NIP's computer lab and hoped that this initiative will provide further facilitation to their research work.

Reported by: Ms. Riffat Zahir

NIP FACULTY'S TRIP TO MURREE



On 6th January, 2017 a group of NIP faculty went to Murree on a short day trip. The trip was planned by Dr. Rubina Hanif with the consent and facilitation by NIP director, Prof. Dr. Anila Kamal. The group left NIP for Murree at about mid-day and reached Murree after enjoying snacks and each other's company on the way. It was thrilling to see freshly fallen snow on the destination. Like all visitors around, the group spent time taking pictures in the snow-clad surroundings and walking about in the snow for a while. A scrumptious lunch, tea and pakoras were enjoyed by the group at a road-side restaurant on the way back to NIP.



Reported by: Ms. Riffat Zahir

M.PHIL RESEARCH WORK COMPLETED

Syeda Najam-us-Sahar (2016)

Leadership Style, Organizational Culture and Knowledge Management Processes among Service-Sector Employees (Unpublished M.Phil. Dissertation). National Institute of Psychology, QAU, Islamabad, Pakistan.

The study aimed to study the relationship between transformational leadership and knowledge management processes. Further, the study was conducted to explore the mediating role of organizational culture in the relation between transformational leadership and knowledge management processes. The sample of this study consisted of 275 subjects from service sector organizations. Transformational leadership was measured by Multifactor Leadership Questionnaire-5X Short (Bass & Avolio, 1995) and organizational culture was measured by Denison Organizational Cultural Survey (Denison & Neale, 1994). Knowledge Management Processes were measured by knowledge management processes scale (Tayyab, 2008). The alpha reliability coefficient value of the Multifactor Leadership Questionnaire-5X Short was .92. The alpha reliability coefficient value of the Knowledge Management Processes Scale was .68 and reliabilities of its subscales ranges from .82 to .67. The alpha reliability coefficients of the Denison Organizational Cultural Survey is .88. The alpha coefficients of the cultural traits are .85 and .76 respectively. Results of this study, demonstrated that the relationship between transformational leadership and knowledge management processes is mediated by organizational culture. The relationship between transformational leadership and knowledge creation was mediated by involvement and adaptability organizational culture. The mediating effect is less clear with the involvement and adaptability cultures in the relation between transformational leadership and knowledge transformation; and knowledge transfer; they did not make any significant change in the variance. Across demographics, females were found to report higher knowledge management processes, knowledge transformation, knowledge transfer and transformational leadership. Participants having masters and above education reported higher knowledge creation. Age range from 31 to 40 years was found to report higher knowledge creation. Findings from the present study provided an empirical framework for understanding the role of organizational culture in the relation between transformational leadership and knowledge management processes among service sector employees.

Sadaf Zaheer (2016)

Bullying among Adolescents as a Group Process: Exploring the Role of Empathy, School Culture and Parenting Styles (Unpublished M.Phil. Dissertation). National Institute of Psychology, QAU, Islamabad, Pakistan.

The study aimed to examine the relationship between bullying, participant roles, school culture and parenting styles and to explore the mediating role of empathy between study variables. Identification and assignment of adolescents in the participant roles was also one of the major objectives of the study. Adolescents aged 12-18 years (N=423) were recruited from 25 urban high schools of Pakistan. Five self-report measures including Illinois Bully Scale (Shujja & Atta, 2011), Index of Empathy for Children and Adolescents (Bryant, 1992), Participant Role Questionnaire (PRQ)-Self Report (Higgins & Sath, 1997) and one peer nomination measure of Participant Role Questionnaire-Peer Nomination (Salmivalli et. Al., 2005) were used to collect data. Research was conducted in three phases i.e. Phase I included the translation and adaptation of scales used in the current study, Phase II was the pilot study which was further divided into two steps: Step I involved the identification and assignment of different participant roles to the adolescents and Step II involved establishing the psychometric properties of the scales and to check the general trends of the data. The last Phase III was the main study which was completed in four steps: In Step I, participant roles were identified and assigned using the same procedures and methods used in Step I of the Pilot Study for the total sample. Step II of the main study was the structural validation of the study instruments, Step III was the hypothesis testing and Step IV included model testing. Results showed that school culture along with its four subscales was the strongest predictor of bullying behavior and participant roles. Perceived authoritative parenting styles (mother and father) had a significant negative relationship with bullying. Findings of the model testing showed that school culture had indirect significant negative relationship with bullying for model with peer-nominated participant roles and had a both significant direct and indirect negative relationship for model with self-reported participant roles. Both models confirmed the mediating role of empathy in a relationship between i) school culture and bullying process ii) parenting styles and bullying process.