



# Newsletter

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## SPRING GALA AT NIP



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Spring marks the end of biting winter and welcomes a season of opportunity. It symbolizes “new life” and brings with it a time of joy and euphoria. It gives everyone a chance to find joy in life, a new beginning! Falling into the inevitability of life, the student council at the National Institute of Psychology celebrated this beautiful season by organizing a Spring Gala on 14th April, 2017.

The preceding weeks consisted of sports matches that were organized by our proficient sports coordinators. There were a variety of games that were held to enable the students to bring forth their talents and potentials. The games included chess, badminton, luddo, cricket and table tennis. The students as well as teachers participated enthusiastically. The competition got tougher with the passing days and finally resulted in our worthy champions, who had played persistently and devotedly.

The Spring Gala provided perfect ending to prior exuberant weeks. It buzzed with a cheerful crowd that took part in multiple games and activities with

## NIP Activities



sheer excitement Several groups of active peppy students enjoying goodies at the food stalls that had been especially set up for the occasion brought zest to the event. A variety of sports activities were arranged for the faculty, staff, alumni and the students. Everybody had a rollicking good time at the event which can be witnessed in the large number of pictures and selfies that kept clicking throughout the event. The highlight of the day came at the end when NIP director, Prof. Dr. Anila Kamal distributed

the prizes among the winners and organizers. In her speech she exhibited her benevolent hope for the institution. She also envisioned a qualified roseate future for the future events to be more flourishing and thriving in their fashion and decorum. She also appreciated the NIP Student Club for their devotion and commitment towards making this event a memorable and extraordinary experience.

*Reported by: Samiya Firdous (M.Sc. 1)*

## NIP'S PARTICIPATION IN GC UNIVERSITY LAHORE'S MENTAL HEALTH WEEK AND INTERNATIONAL CONFERENCE ON HEALTH PSYCHOLOGY

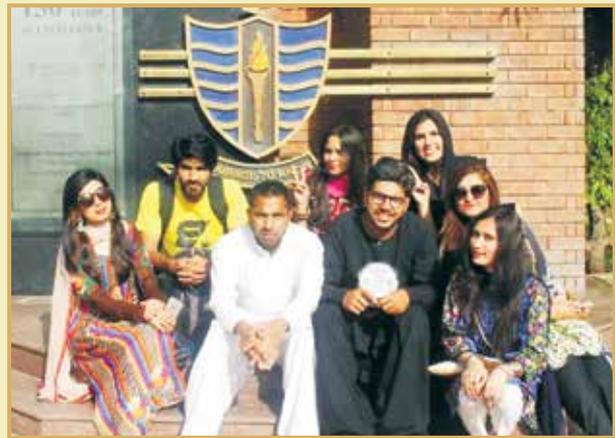
Faculty and students from the National Institute of Psychology participated in the Mental Health Week 2017 and 3-Day International Conference on Health Psychology organized by GC University Lahore. The event spanned from 24th April to 28th April, 2017 and held multiple activities during this time.

One of the highlights of the event was the Inter-Universities Performing Arts Competition based upon the conference's theme that was held on 24th April, 2017. Students from NIP accompanied by Ms. Arooj Mujeeb participated in this competition through its performing arts team and staged their stellar performance with a play "Main Manto Hun". The story, written by Hasham Tahir from M.Sc. 4, depicted the issues and challenges



faced by a patient of Disruptive Identity Disorder, who considers himself as Saadat Hasan Manto, Pakistan's prolific writer and playwright. The script effectively highlighted the miseries, life and mental health of a person suffering from Disruptive Identity Disorder. The play was greatly appreciated by the audience and judges and secured 2nd position in the competition. It was also acknowledged for highlighting the challenges encountered by people living with a patient of Disruptive Identity Disorder. After the announcement of results, a shield and acknowledgment certificates were handed over to the NIP team on the occasion by the judges in a huge round of applause.

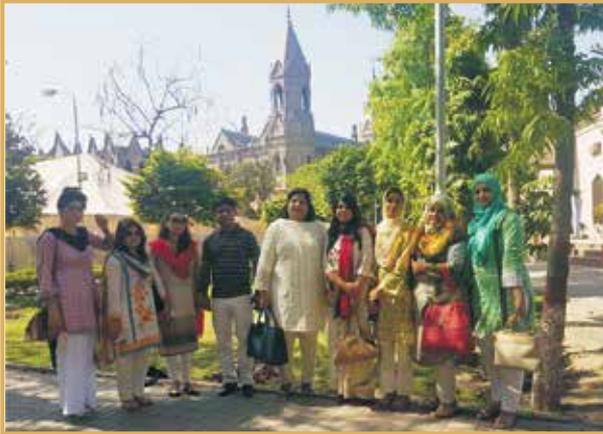
Another group of students led by Dr. Rubina and Dr. Jamil A. Malik attended and presented in the scientific sessions of the 3-Day international conference held at GC University Lahore as a part of its Mental Health



Week. The research papers included: *Does Depression Affect Psychological Well-Being of Diabetic Individuals: A Comparative Study* by Shazia Yusuf and Dr. Rubina Hanif, *Relationship between Medication Belief and Treatment Adherence in Allergy Patients: Moderation by Mode of Treatment* by Faryal Farid and Dr. Jamil A. Malik, *Impact of Cyberbullying and Cyber Victimization on Mental Health and Well-Being of Young Adults: Moderation by Gender* by Sadia Musharaf and Dr. Anis-ul-Haq, *Behaving and Feeling like Vulnerable Child, an Internalized Bad Parent or a Health Person: the Interplay of Child Schema Mods and Hope among Young Adults* by Meh Para Siddique and Dr. Rubina Hanif, *Relationship between Peer Victimization, School Connectedness and Mental wellbeing among Adolescents* by Sadaf Arif, Saira Khan and Rayna Sadia, *Marital Quality of Married Couples: Examining the Role of Forgiveness* by Sadaf Ahsan and Dr. Rubina Hanif, *Mediating Role of Perceived Social Support in Relationship between Post-Traumatic Stress Symptoms and Quality of Life among Traumatized Individuals* by Dania Javaid and Dr. Rubina Hanif, *Death Anxiety, Coping and Rumination*



## NIP Activities



among students after Terrorist Attacks in Pakistani Universities by Tahreem Zia and Naeem Aslam, *Internalized Stigma of Mental Illness in Patients with Mental Health Problems* by Dr. Syeda Razia Bukhari and Misbah Khan, *Psychological Flourishing of Married Couples : Development & Validation of Indigenous Scale* by Samar Fahd and Dr. Rubina Hanif,



and *Comprehensive Instrument of Measuring Morality* by Aasma Munir and Dr. Jamil A. Malik. The faculty and students also spent some time exploring Lahore and enjoyed their shopping and eating out experience.

*Reported by: Kiran Khan (M.Sc. 4) and Ms. Riffat Zahir*

## FIVE-DAY WORKSHOP ON DATA ENTRY AND ANALYSIS THROUGH SPSS IN COLLABORATION WITH THE NATIONAL EDUCATION ASSESSMENT SYSTEM (NAES)



A five-day workshop was held at NIP from 15th to 19th May 2017 in collaboration with National Education Assessment System (NEAS), Ministry of Federal Education and Professional Trainings, Islamabad. Mr. Muhammad Usman (System Analyst, NIP) was the resource person of this workshop. In the inaugural session on the first day of the workshop, Prof. Dr. Anila Kamal, Director, NIP welcomed the participants after which Dr. Syed Kamal-ud-Din, Director, NEAS shared the aims and objectives of the workshop with the participants.

The main aim of the workshop was to provide in-depth understanding of the data entry process for the



National Assessment Testing 2016 (NAT-2016) and its basic analyses to the district education officers, subject specialists and IT personnel. Two participants each from Azad Jammu Kashmir, Balochistan, FATA, Gilgit-Baltistan, Islamabad, Khyber Pakhtunkhwa, Punjab and Sindh participated in the workshop.

The content and outline of the workshop was designed to orient the participants with all the major aspects of NAT-2016 data entry. Topics that were covered in five days of the workshop included: introduction to SPSS, creating data file structure and data entry into SPSS, importing and exporting data set to/from other software (MS-Excel, Dbase, FoxPro etc.), data screening,

data manipulation and data transformation, (sort cases, split file, merging of files, select cases from the huge data set etc.) and descriptive analysis with interpretation and reporting along with graphical representation of data.

In the closing ceremony of the workshop on the last day, Federal Secretary Ministry of Federal Education and Professional Training, Mr. Shoaib Mir had been invited as the Chief Guest. He distributed certificates among the participants and appreciated the efforts of NIP and the resource person for organizing the

workshop. He also congratulated the participants for attending the workshop and for learning skills that would be very beneficial for them in their professional lives. Before leaving, he was taken to NIP computer lab for a visit where he looked at the data entry process of NAT-2016. The participants of the workshop while sharing their experience of attending the workshop expressed their immense satisfaction with the quality of the workshop and applauded the arrangements and organization on part of NIP.

*Reported by: Muhammad Usman, System Analyst NIP*

## PHD DEFENSE AT NIP



Ms. Nelofer Kiran Rauf defended her PhD dissertation titled 'Child Characteristics, Coping and Stress in Parents of Children with Autism' on 15th May, 2017 in the Seminar Hall of NIP in the presence of an audience consisting of NIP students, alumni and faculty. The dissertation



was supervised by Prof. Dr. Anis-ul-Haq while Dr. Muhammad Jahenzeb Khan and Dr. Tanvir Akhtar were the external examiners.

*Reported by: Ms. Riffat Zahir*

## SZABIST STUDENTS VISIT NIP TEST RESOURCE CENTRE (TRC)

On April 2, 2017, the NIP Test Resource Centre (TRC) hosted a group of Psychology students from SZABIST who visited the institute for the purpose of exposure and learning about psychological tests. The students were accompanied by a faculty member, Ms. Aliya Abdul Hayee who also happens to be a former NIP student. The students were given information about a variety of tests available and developed at NIP with a detailed discussion on their administration, scoring and interpretation along with the process of acquiring tests and relevant materials. The orientation session was followed by distribution of souvenirs to TRC staff from Ms. Aliya Abdul Hayee and a photograph with NIP Director, Dr. Anila Kamal and Ms. Arooj Mujeeb, incharge TRC.

*Reported by: Ms. Arooj Mujeeb*



## A SEMINAR AT THE FOUNDATION UNIVERSITY RAWALPINDI CAMPUS



Prof. Dr. Anila Kamal attended a seminar on psycho-education held at the Foundation University Rawalpindi Campus on 8th May 2017 as the guest of honor. The seminar was conducted by Foundation University's BS Psychology students and consisted of several activities. In the beginning, formal presentations on mental health related issues were presented by students on



which Prof. Dr. Anila Kamal provided constructive feedback. This was followed by an activity based on the pattern of the Art Therapy. The seminar concluded with a very insightful and informative question/answer session with Prof. Dr. Anila Kamal.

*Reported by: Ms. Riffat Zabir*

## NIP OUTREACH SERVICES FOR TRAINING AND SKILLS DEVELOPMENT OF RESEARCHERS

With its ultimate endeavor of establishing and promoting research standards across the nation, skills development of research scholars of higher education institutions is one of the core objectives of the National Institute of Psychology. For this purpose, the institute facilitates higher education institutions by sending its learned faculty to upgrade research skills of scholars at various educational institutions of Pakistan. Following this tradition, Dr. Jamil A. Malik (Assistant Professor, NIP), conducted a five-day workshop at the University of Sindh, Jamshoro from 17th to 21st April, 2017 along with Dr. Sharif Abbassi (Associate Professor, University of Sindh, Jamshoro) and Prof. Dr. Ashique Jathial (Professor, University of Sindh Jamshoro).

The fundamental objective of the workshop was to equip the research scholars with a set of skills and potentiality to undertake the research very effectively in the disciplines of social sciences and to turn completed research into publishable material of high quality in the form of dissertation, articles, journals and books. The training workshop was organized at the University

of Sindh, Jamshoro with the collaboration of the Learning Innovative Division, HEC Islamabad, Pakistan Scientific and Technological Center (PASTIC) and Pakistan Institute of Living and Learning (PILL). It attracted participants from all across Pakistan though initially the university had anticipated around twenty five participants mainly consisting of their own employees pursuing their M.Phil or Ph.D degrees along with scholars from the nearby universities. However, it





was heart warming to receive workshop participation interest from Islamabad, Karachi, Larkana, Okara, Gujranwala, and many other parts of country and see 43 enthusiastic participants come to the the workshop reflecting their keen interest in the area. The participants appreciated the organizers and the

trainers for offering them a venture full of learning, understanding, utilization and usefulness.

It is appropriate to mention here that earlier in 2017, Dr. Jamil A. Malik also conducted the following activities as part of the NIP Outreach Services:

- Three-Day Workshop titled *Modern Methods of Mediation and Moderation: Advances in Structural Equation Modeling* at the Institute of Applied Psychology, Punjab University Lahore (7th to 9th February, 2017)
- Three- Day Workshop on “SPSS as a Research Tool” at the University of Haripur (17th to 19th March, 2017)
- Sessions on Faculty Development Training Program at COMSATS Islamabad (21st to 22nd March, 2017)

*Reported by: Dr. Jamil A. Malik*

## NIP FACULTY RECEIVE RECOGNITION AT AN AWARD CEREMONY HELD AT QUAID-I-AZAM UNIVERSITY



On 9th June 2017, Dr. Javed Ashraf, Vice Chancellor of Quaid-i-Azam University (QAU), hosted an award ceremony to honor members of the faculty who have received external awards and HEC research grants under the National Research Programme for Universities (NRPU). Prof. Dr. Arshad Ali (Executive Director HEC) was the chief guest on this occasion. Certificates of recognition and appreciation were distributed among 54 faculty members for acknowledging their services and exceptional contribution for the university.

From NIP, Prof. Dr. Anila Kamal (Director), Dr. Sobia Masood (Assistant Prof.), and Dr. Humaira Jami (Assistant Prof.) attended the event. Prof. Dr. Anila Kamal (Principal Investigator) received Award Certificate for her research project “*Childhood Exposure to Domestic Violence: Prevalence, Risk Factors, Mental Health and Personality*”. The project has recently been approved and awarded grant by HEC under National Research Programme for Universities (NRPU). Dr. Sobia Masood and Dr. Humaira Jami are the co-investigators with Dr. Anila Kamal on this project.

Prof. Dr. Anila Kamal (Principal Investigator) also received certificate of acknowledgement for the completion of research project “*Sexual and Reproductive Health of Youth*” funded by Oxfam. Dr. Humaira Jami was the co-livestigator on this project. The project was completed between May-Dec 2016.

*Reported by: Dr. Humaira Jami*



## Featured Alumni Dr. Iffat Rohail



Dr. Iffat Rohail, an alumna from the National Institute of Psychology, Islamabad is an Assistant Professor of Psychology at the Foundation University Rawalpindi Campus where she is engaged

in full time teaching and research. Currently she is also the internal editor of the Foundation University Journal of Psychology (FUJP) and the clinical training in-charge for psychology students. She is the member of various committees at her work place including the Discipline Committee, Grievances Committee, Harassment Committee, and the Counseling Cell. She is a professional affiliate of the Children Youth Families Foundation (CYFF) Islamabad and also runs private practice as a clinical psychologist with her areas of expertise including adolescent issues, psychological testing and personality assessment, and guidance and counseling.

After obtaining her M.Sc. degree in Applied Psychology from the University of Punjab Lahore, Dr. Rohail joined the National Institute of Psychology, Islamabad as an M.Phil scholar and remained here as a student till she earned a PhD in Psychology in 2010. Her area of research was Clinical Psychology and the title of her PhD Dissertation was “*Daily Stressors, Coping Strategies and Adjustment of Adolescents*”. Besides being an M.Phil and Ph.D scholar at NIP, she also worked at her alma mater as a junior research assistant from 1989-1992 and was part of a research project funded by the National Institute of Psychology Islamabad. The research was titled *Daily Stressors and Coping in Adolescents* and she worked on it with Dr. Nighat Gillani from 2005-2006.

Dr. Iffat Rohail has had a rich professional record and she has worked as an academic and as a psychologist at several esteemed institutions of the country. Her employment profile carries work experience as a consultant clinical psychologist at MEDICSi (Private Hospital) Islamabad, as a counseling psychologist at Chaklala Medical and Dental Complex Rawalpindi,

as a counseling psychologist at Femina Counseling Services Islamabad, as an adjunct faculty at Fatima Jinnah Women University Rawalpindi, as a visiting faculty at NUST Military College of Signals, as a senior visiting faculty member at Foundation University College of Liberal Arts and Sciences (FUCLAS) besides others.

Also an avid researcher, Dr. Rohail has conducted research and presented her work at national and international conferences and symposiums. She supervises students’ research from diverse areas and has published research articles in both local and foreign peer-reviewed journals. Her research interests include adolescent issues, stress and coping, romantic and inter-personal stressors, and psychological distress and adjustment. She has been a part of three cross-cultural studies that focused upon adolescent stress and coping. The findings of the studies were presented in the National Conference of National Institute of Psychology Islamabad, Conference of the German Association for Psychology, and at a symposium held by the European Association for Research on Adolescence, Spain. As a part of her M.Phil research thesis, she developed an indigenous problem checklist for Pakistani adolescents. Additionally, she has translated two questionnaires from English to Urdu: *the Coping across Stress Questionnaire (CASQ)* and the *Problem Questionnaire (PQ)*.

Dr. Rohail has conducted several workshops, seminars, and lectures as a resource person from the platform of reputable universities and other esteemed organizations including Foundation University Rawalpindi, COMSATS Islamabad, Riphah International University Rawalpindi, International Islamic University Islamabad, Lawrence College Murree, Army Public School/ College for Girls Rawalpindi, PAF Air Base Chaklala and the Children, Youth and Families Foundation Islamabad. She also possesses the honor of appearing as guest speaker in eight television programs related to adolescent problems and stress coping on between 2012 and 2013.

*Compiled by: Ms. Riffat Zabir*