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A TALK WITH DR. FOUZIA SAEED



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To solemnize the International Women's Day, NIP arranged a talk with the ex-Executive Director, Lok Virsa Islamabad Dr. Fouzia Saeed on 5th March, 2018. The title of this talk was '**Cultural Context of Sexual Harassment: Lessons Learnt and Future Directions**' keeping in view Dr. Saeed's dynamic profile as a renowned social activist, gender expert, trainer/facilitator, development manager, folk culture promoter, and author. Specifically, Dr. Saeed was requested to talk on women issues, research methodologies and her work in field of women and human rights because of having worked for decades on women's issues, especially those linked to violence against women, prostitution and women in the entertainment business, women's mobility and sexual harassment.

Speaking on the occasion, Dr. Fouzia Saeed shed light on sexual harassment issues faced by women and the anti-sexual harassment law for the

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NIP Activities



protection of women at workplaces. She also talked about different qualitative research methodologies that can be used for addressing issues like rape, prostitution, sexual assault, and sexual harassment etc. through research. Additionally, she enlightened the audience about the importance of raising one's voice and how to become a responsible member of the society/community.

Reported by Nida Jamshed

TREE PLANTATION DAY AT NIP



On 8th March 2018, the faculty and staff of NIP took part in a tree plantation activity on the NIP premises. The activity was arranged under the leadership of NIP Director, Prof. Dr. Anila Kamal. The purpose of the activity was to create a natural and pleasing environment on the NIP premises, to create awareness about environment conservation activities



and to realize the importance of trees in human life. The trees available for plantation included olive, fig and grapefruit. The faculty and the staff participated actively and enthusiastically in the activity with the assistance of the NIP gardeners and vowed to look after the plants that they had planted.

Reported by: Ms. Riffat Zahir

NIP'S PARTICIPATION IN HAZARA UNIVERSITY'S FIRST INTERNATIONAL CONFERENCE ON MENTAL HEALTH

The Psychology Department at the University of Hazara, Mansehra organized its first international conference on 16th and 17th Feb. 2018. The conference's title was '1st International Conference on Mental Health: Gender Issues, Challenges & Outcomes'. NIP faculty and students participated actively in the 2-Day event. To start with, NIP Director, Prof. Dr. Anila Kamal delivered an address in the inaugural session of the conference as a key note speaker and later chaired a session as well.

Furthermore, two sessions were moderated by Dr. Rubina Hanif and Dr. Sobia Masood respectively and several research papers were presented by NIP faculty and students.

The research papers presented by NIP faculty and students on this occasion included: **Eating and Food Myths Beliefs as a Mental Health Issue: A Gender Perspective** by Prof. Dr. Anila Kamal, **Moderating Role of Gender in Relationship**



between Personality Traits and Positive Mental Health by Nadia Batool and Dr. Rubina Hanif, Self-Concept Perception of Married as Compared to the Unmarried Working Women by Saima Kalsoom and Prof. Dr. Anila Kamal, Qualitative Exploration of Perceived Gender Discrimination about Adult Pakistani Women by Sadia Zaman and Dr. Irum Naqvi, Parental Emotional Abuse and Delinquency among Slum Dwelling Adolescents: Mediating Role of Resilience by Nida Rashid, Ms. Saira Khan and and Dr. Nelofar Kiran Rauf, Impact of Parent-Adolescent Relationship on Emotional Regulation of Parent-Adolescent Relationship on Emotion Regulation of Adolescents: Gender as a



Moderator by Ayesha Saeed and Dr. Rubina Hanif, A Qualitative Exploration of Coercive Control in Martial Relationship: Does Gender Matter? by Rabia Saleem and Dr. Sobia Masood, Relationship between Self- Critical Perfectionism, Self-Compassion and Depression among University Students by Summia Waheed and Ms. Riffat Zahir, Indirect Exposure to Terrorism: Differential Perceptions and Experiences across Gender by Sanam Younas and Dr Humaira Jami, and Emotional Intelligence and Social Anxiety among University Students by Amjad Khan and Dr. Nelofar Rauf.

Reported by Ms. Riffat Zahir

HEC'S BEST YOUNG RESEARCH SCHOLAR AWARD FOR DR. JAMIL A. MALIK

Dr. Jamil A. Malik from the NIP faculty has been awarded with the Prestigious Best Young Research Scholar Award in Social Sciences (2015/16) by Higher Education Commission Pakistan. Dr. Malik received his award at a ceremony held by HEC for the 6th HEC Outstanding Research Awards in Islamabad on 1st March, 2018.

Reported by Ms. Riffat Zahir



A RECREATIONAL TRIP TO MANGLA DAM AND ROHTAS FORT

On 13th January, 2018 NIP students went on a much awaited day recreational trip to Mangla Dam and Rohtas Fort. Ms. Raiha Aftab and Dr. Nelofar Kiran Rauf from the faculty and Mr. Tahir Ellahi and Mr. Muhammad Hanif from the staff accompanied the students.

Reported by Ms. Riffat Zahir



A DISCUSSION ON CHILD ABUSE



The Alumni Association National Institute of Psychology (AA-NIP), Quaid-i-Azam University Islamabad in collaboration with the National Press Club held a discussion ‘Child Sexual Abuse: Psychosocial Impact and Media Reporting’ on March 30th, 2018. The participants included the Patron in Chief Alumni Association Prof. Dr. Anila Kamal, President Alumni Association Dr. Shoaib Kiani, Vice President Alumni Association Dr. Tanvir Akhtar, NIP faculty and students, a number of alumni graduates, and guests. Prof. Dr. Seema Pervez (Ex-Director and Alumni NIP) contributed in the discussion by sending her statement on e-mail which was shared with the audience on the spot. Additionally, several journalists participated in this discussion including President National Press Club President Muhammad Tariq Chaudhry and its General Secretary Mr. Shakeel Anjum respectively, senior journalists and television anchor persons Amir Zia, Fouzia Kalsoom, and Maira Imran. Maliha Hussain, an expert on child sexual abuse and a well-known human right activist

also attended the event. The discussion was carried out in a round table format and was convened by Dr. Humaira Jami from the NIP faculty. The worthy speakers stressed upon the need to realize the importance of all stakeholders (including parents, teachers, educationists, professional care givers, health experts, policy makers, human right activists, government and non-governmental organizations of the society), and asked each of them to play their pivotal role in controlling this social menace. The speakers also emphasized upon the coordination from civil society, academia, and media institutions to eliminate the occurrence of child abuse in the society and urged the media to play an effective and responsible role in this regard. The discussion also highlighted the application of Media Psychology to help the media personnel in getting trained in reporting such sensitive issues and the grass root level training of parents to educate their children about their personal safety.

Reported by: Dr. Irum Naqvi

TEACH FOR PAKISTAN SEMINAR

Teach for Pakistan, a non-profit company, held an information session at NIP on March 6, 2018. The company recruits and trains graduates who then go on a two-year fellowship to teach in low-income schools that lack quality teachers. A 3-member team from the company led the interactive session, informing the audience about the company, its fellowship program, experience of working with children, and the positive impact the company has had on the lives of those children.



Reported by Sadaf Rehman

NIP FACULTY'S PARTICIPATION IN THE 2ND ANNUAL ACSE CONFERENCE IN DUBAI, UAE

Dr. Rubina Hanif, Dr. Nelofar Kiran Rauf and Ms. Raiha Aftab from the NIP Faculty participated in the 2nd Annual ACSE Conference from 20th to 22nd March 2018 in Dubai, UAE. The conference was organized by the Asian Council of Science editors. Eminent researchers from around the world participated in the conference with the aim of sharing their knowledge from the diverse areas of science, technology and medicine. Over 300 participants attended the conference with over 100 oral presentations and 50 poster presentations. During the three-day event, the NIP faculty presented their papers in the areas related to emotional and behavioral problems of children and adolescents, resilience among adolescents with disabilities, and



sexual harassment and women with disabilities.

Reported by: Dr. Nelofar Kiran Rauf

NIP'S PARTICIPATION IN UMT, LAHORE'S NATIONAL CONFERENCE

A group consisting of NIP students and Dr. Rubina Hanif, Dr. Irum Naqvi and Ms. Raiha Aftab from the faculty attended University of Management, Lahore's National Conference on 17th March, 2018. The conference had been arranged by UMT's Institute of Clinical Psychology and was titled as 'Promoting Mental Health in Schools: A Way Forward'.

On this occasion, NIP participated in multiple ways. Dr. Rubina Hanif chaired a scientific session, Dr. Irum Naqvi and Ms. Raiha Aftab presented their research papers while several students contributed as the authors of the oral research presentations along with the faculty.

The titles and authors of the NIP research papers



included: **Exploring the Role of Sexual and Reproductive Health (SRH), Body Image and Life Skills in Promoting Mental Health among Adolescents** by Kashmala Zaman, Dr. Humaira Jami and Prof. Dr. Anila Kamal, **Prevalent Food Myths and Their Role in Establishing Unhealthy Eating Attitudes among Adolescents** by Dr. Irum Naqvi and Prof. Dr. Anila Kamal, **Relationship between Attachment Styles, Quality of Friendship, and Stress in Younger and Older Adolescents** by Tehmina Khanum, Ms. Raiha Aftab and Dr. Nelofar Kiran Rauf, and **Friendship Quality and Relationship Maintenance Strategies among Adolescents** by Sadaf Tanwir and Ms. Raiha Aftab.

Reported by Ms. Riffat Zahir



AN INTERNATIONAL CERTIFIED SEMINAR AT FJWU, RAWALPINDI



On 6th Feb. 2018, NIP Director Prof. Dr. Anila Kamal attended an international certified seminar organized by the Behavioral Sciences Department of the Fatima Jinnah Women University, Rawalpindi as the chief guest. The seminar focused on the behavioral management of emotional and behavioral problems of school students. Dr. Ghazala Rehman, an NIP alumna and a consultant clinical psychologist who currently lives and works in the UK was the resource person for the seminar. Speaking on this occasion, Dr. Kamal shared her views about the topic with the audience and at the end of the event, distributed certificates among the participants.

Reported by: Ms. Riffat Zahir

PANEL DISCUSSION ON ISSUES AND CHALLENGES FACED BY 21ST CENTURY WOMEN AT FJWU, RAWALPINDI

Dr. Sobia Masood from the NIP faculty participated in a discussion titled 'Issues and Challenges faced by 21st Century Women: the Coping Strategies' as a panelist at the Fatima Jinnah Women University, Rawalpindi. The activity had been organized to commemorate the International Women's Day on 9th March 2018 and its discussion topics included women spaces at public sphere (indigenous context), work-life balance, and participation of women and youth in political processes. Dr. Masood talked in detail about the strategies for balancing work life with family life and thereby live a productive life on both personal and professional fronts with minimum issues.

Reported by: Dr. Sobia Masood



M.PHIL RESEARCH WORK COMPLETED

Farwa Batool (2017).

Predictors of Self-Worth in Context of Self-Objectification among Hijab and Non-Hijab Wearing Women (Unpublished M.Phil. Dissertation). National Institute of Psychology, QAU, Islamabad, Pakistan.

The present study was aimed to investigate the relationship among internalization, self-surveillance, appearance anxiety, safety anxiety, and self-worth in the context of self-objectification among hijab

and non-hijab wearing women basing upon self-objectification theory (Fredrickson & Roberts, 1997). Moreover, role of various demographic variables was also explored in relation to the study variables. Self-Objectification Questionnaire (Noll & Frederickson, 1998), Socio-cultural Attitude towards Appearance Questionnaire4 (Schaefer, et al., 2015), Surveillance subscale of Objectified Body Consciousness Scale (McKinley & Hyde, 1996), Appearance Anxiety Scale (Dion et al., 1990), Contingencies of Self-Worth Scale (Crocker,

Luhtanen, Cooper, & Bouvrette, 2003), and the Safety Anxiety Scale developed in the current study were used to measure variables. The study was conducted in three phases. In the first phase Safety Anxiety Scale was developed basing upon focus group discussions with hijab and non-hijab wearing women. Exploratory factor analysis (N = 260) resulted in three subscales that is Dressing Related Anxiety, Men/Situation Related Anxiety, and Reaction/Coping to Anxiety. In Phase II, validation of the other measures was conducted on the same sample of women participants through confirmatory factor analysis. The third phase was the main study for hypotheses testing and model testing. Sample consisted of 461 female participants with their age ranging between 18 to 30 years. As hypothesized, the results showed that there was a significant positive relationship of self-objectification with internalization, self-surveillance, appearance anxiety, appearance related self-worth, competition related self-worth, and with the approval from others' contingent self-worth. Whereas self-objectification showed significant negative relationship with safety anxiety, family support related self-worth, virtue related self-worth and the God's love related self-worth. On group comparison, non-hijab wearing women scored significantly high on internalization,

self-objectification, self-surveillance, appearance anxiety, self-worth contingent to appearance, and approval from others as compared to hijab wearing women who had high score on safety anxiety and God's love contingent self-worth. Models based on self-objectification theory were tested. The model for women wearing hijab (n = 238) revealed self-objectification and appearance anxiety as mediators for internalization in predicting appearance contingent self-worth. Internalization directly predicted the self-surveillance, self-worth contingent to appearance, and approval from others. For non-hijab wearing women self-objectification, self-surveillance, and appearance anxiety mediated the relationship of internalization with appearance and competition contingent self-worth. A unique path observed in this model was that internalization predicted self-surveillance, which further indulged women to self-objectification affecting their self-worth in some domains. A uniqueness in all the three models was that safety anxiety appeared as an independent predictor for all the contingencies of self-worth and showed no relationship with any of the other study variable. Findings are discussed in cultural context. Implications in education and research domains are discussed.

PHD PUBLIC DEFENSES AT NIP

Public defenses of two NIP PhD scholars were held between January and March 2018. The first public defense was held on 31st January, 2018 for Ms. Fazaila Sabih whose PhD research titled '**Parenting Practices and Behavioral Problems among Adolescents having Parents with Psychopathology: Adolescents' Coping and Effortful Control as Moderators**' had been supervised by Prof. Dr. Anis-ul-Haq. The external examiners for this PhD dissertation were Dr. Tanvir

Akhtar and Dr. Mumtaz Jaffery. The second public defense took place on 27th March, 2018 for Ms. Um-e-Laila. The title of her PhD research was '**The Role of Personality Dimensions and Burnout among Human Service Professionals: Examining Job Demand and Resource Model**' and it had been supervised by Dr. Rubina Hanif. Dr. Tanvir Akhtar and Dr. Aneela Maqsood were the external examiners for this dissertation.

Reported by Ms. Riffat Zahir



Featured Alumni
Dr. Sobia Aftab

Sobia Aftab, PhD, an alumna from the National Institute of Psychology, Quaid-i-Azam University, Islamabad is working as an Associate Professor of Clinical Psychology at the Institute of Clinical Psychology, University of Karachi where she is involved in teaching, M. Phil/ PhD research supervision and clinical internship supervision. She has a PhD in Clinical Psychology from the Institute of Clinical Psychology, University of Karachi, Pakistan and has also been awarded a Post-Doctorate in Clinical Psychology from Georgia Southern University, USA under the Fulbright Post Doc Visiting Scholar Award by the United States Education Foundation, USA. Being selected among seven young scholars from developing countries over the world for International Testing Commission Scholarship Program in 2012 is another jewel in her success crown.



Dr. Sobia still remembers her very first day at NIP as an M.Sc. student when in the very first class the teacher asked students to introduce themselves and speak about their future goals. On her turn, she shared her goal to attain a PhD in Clinical Psychology and then to do a Post Doctorate in Clinical Psychology. The whole class laughed loudly at her and asked her to stop day dreaming. For her, both then and now, the motivating force and key to her success has been a quote by Napoleon Hill, “Whatever your mind can conceive and believe the mind can achieve”. Though her success path was not free of obstacles, she has always used those obstacles as stepping stones and her determination, persistence and perseverance transformed her dreams into reality. She believes that though the irony of life is that it does not come up with a manual to guide you but you can be successful the way you want.

Dr. Aftab has diverse career achievements. She is a practicing consultant clinical psychologist, certified instructor of hypnotherapy, certified hypnotherapist, and a board certified hypnotist of the National Guild of Hypnotists (NGH), USA. She is a licensed master practitioner of NLP,

USA; and Transformation Mind Technologies® Practitioner. She is involved in providing psychological assessment, psychotherapy and counseling services to individuals with various mental health problems and also serves as a resource person and trainer for national and international workshops and training courses. Besides, Dr. Aftab is the Assistant Editor of Pakistan Journal of Psychology; Assistant Book Review Editor of Pakistan Journal of Clinical Psychology; Member Editorial Board of Pakistan Journal of Applied Psychology; Member Advisory Board of Pakistan Journal of Women’s Studies: Alam-e-Niswan; and Member Departmental Research Committee at the Institute of Clinical Psychology. She is also publishing in various journals of national and international repute and has served as the General Secretary for Pakistan Psychological Association, Karachi Chapter, Sindh-Pakistan from 2012 to 2013 and for the Society for the Rehabilitation of the Emotionally Handicapped from 2012 to 2014. Moreover, she regularly appears as a subject expert to promote positivity, provide solutions and bring awareness to society about psychological and social issues on various television channels.

Following her passion to serve humanity, she has been a part of the Transformation International Society (TIS), a not-for-profit quality organization that provides free of cost services to deserving people in health care, education, and vocational training. She has developed, in collaboration with TIS founder and chairman, Transformation Wellness Clinics: a mental health care set up where quality and standard mental health treatment services to general community and people with mental illnesses are provided. She has also developed for TIS, the Transformation Integrated Learning School System, a unique system which envisions to intervene into the first 10 years of child’s life to facilitate healthy child development and instill moral education, character development, and learning inspiration.

Compiled by: Dr. Sobia Aftab