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NIP SPRING GALA 2018



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Spring is the season that arrives with a message of hope, a new start, a new beginning. Keeping its tradition, the National Institute of Psychology celebrated its annual spring gala on 20th April, 2018. The event was enthusiastically organized by NIP's newly elected student council under the supervision of NIP student affairs in-charge Dr. Rubina Hanif.

The actual day was preceded by a Sports Week in which NIP students, faculty and staff participated actively in a variety of games including chess, luddo, badminton, table tennis and cricket. For a week or so, the institute buzzed with students and even faculty and staff engaged in playing and witnessing an array of sports matches. As the days progressed, excitement continued to grow and winners for various games started emerging. Everyone keenly looked forward to the culmination of fun and frolic on 20th April.

For 20th April, 2018, the student council had dedicatedly made preparations and arrangements; from decorating the venue, to setting up of stalls, to rehearsing for the event's proceedings, to arranging the sound

NIP Activities



system, everything had been carefully planned and taken care of. However as fate would have it, the organizing team's biggest and unforeseen challenge arrived on the scene on the morning of 20th April when they had to move the event indoors because of an unexpected heavy downpour. The decoration team set to this seemingly impossible task and successfully set up the new venue at merely an hour's notice and the event started in NIP's Sports Hall almost on the previously scheduled time.

An array of items was showcased by the students including speeches, skits, singing/music performances, and cultural dances. To make the event more colorful and exciting, the matches of tug of war and musical chairs were also held on the same

day. At the end of the program, certificates were distributed among the winners and organizers by NIP Director, Prof. Dr. Anila Kamal. In her speech, she appreciated the efforts made by the NIP student body and NIP student affairs in-charge Dr. Rubina Hanif for organizing a very successful and fun-filled activity. She also expressed the hope that NIP would always strive for the best and achieve even more success in the future. At the end of the day, everybody went home happily having a bag full of sweet memories to cherish for the rest of their lives.

Reported by:

Ghillmaan Rai, Nadia Majeed and Iqra (M.Sc. 3)

Compiled by: Ms. Riffat Zahir

PRE-CONFERENCE WORKSHOP: PAINS AND PLEASURES OF PARENTING BY PROF. (RETD.) DR. SEEMA PERVEZ



As has been the case in the past, the National Institute of Psychology has organized a series of pre-conference workshops for its upcoming 7th International Conference scheduled to be held on November 29-30, 2018. The first pre-conference workshop of the series was held on 25th June, 2018. The resource person for the one-day workshop titled *Pains and Pleasures of Parenting* was renowned psychologist and former NIP Director, Prof. (Retd.) Dr. Seema Pervez. The workshop had an interactive and participatory format and intended to facilitate parents of school going children. The resource person, very effectively, shared the problems parents might face while raising their children, provided



some guidelines for better parenting and suggested practical ways of releasing the stress created by children's behavior and attitude. Throughout the day, Dr. Seema Pervez encouraged the participants to share their personal parenting experiences and offered them specific advice which made the session even more interesting and worthwhile. At the end, NIP Director, Prof. Dr. Anila Kamal expressed her heartfelt gratitude to Dr. Seema Pervez and presented a floral bouquet to her. On this occasion, certificates were also distributed among the participants and a group photo consisting of the workshop resource person, organizers and participants was taken.

Reported by Ms. Riffat Zahir

ELECTIONS OF NIP STUDENT COUNCIL (2018-19)

On April 5th, 2018, elections for the NIP student council for the year 2018-19 were held under the supervision of NIP student affairs in-charge Dr. Rubina Hanif. The students had the choice to contest on five posts: president, vice president, general secretary, finance secretary and information secretary. Before the actual day, the interested students filled in the required nomination forms and ran their respective election campaigns on the NIP premises to promote themselves.

On the Election Day, voting was held for four posts only as Isma Younas from M.Sc. 1 was the only candidate to apply for the post of information secretary and was thus declared the winner without any competition. The polling process continued between 10.30 a.m. and 2.15 p.m. after which the ballot boxes were opened by the presiding officer for counting in the presence of candidates and NIP student affairs in-charge Dr. Rubina Hanif. According to the results, the winners were Tariq Gorchani from M.Sc. 1 (President), Sultan Ghulam



Dastageer from M.Sc.2 (Vice President), Ghilman Rai from M.Sc. 3 (General Secretary) and Hamna Qureishi from M.Sc. 2 (Finance Secretary). After the declaration of results, all elected candidates gave speeches individually and revised their agendas. They were congratulated by Dr. Rubina Hanif and NIP Director, Prof. Dr. Anila Kamal and given best wishes for their tenure.

Reported by Qurat-ul-ain (M.Sc. 3)

SEMINARS AND INFORMATION SESSIONS AT NIP

Educational Psychology: Scope and Challenges



On Tuesday 8th May, 2018, Ms. Sheena Sohail from the Diocesan Board of Education came to NIP and shared her experiences of working as an educationist. In this capacity, she has been delivering motivational lectures all over Pakistan and has worked with the leading institutions of the country. She highlighted the fact that searching meaning and finding purpose of life can help an individual to direct his/her life and be a productive member of the society. While interacting with students she focused on the importance of self-awareness and creativity. She shared that every individual has different potentials and one, therefore, needs to recognize his/her own potential and strive for bringing a positive change in the community. She further stated that one should also work on maintaining his/her individuality as learning to respect one's own self can lead to satisfaction and overall better quality of life. She also emphasized that one needs to keep the element of hope and optimism intact. She shared that tolerance and acceptance are key for building of societies that are accepting of itself and others.

Understanding Autism: An Orientation about Applied Behavioral Analysis (ABA) and Autism Resource Centre, Islamabad

In continuation of autism awareness, a seminar was conducted at the National Institute of Psychology on 17th April, 2018. Ms. Fatima Sarwar (Coordinator, Autism Resource Centre, Islamabad) who has been working with autistic children for the last two years, shared her experience of working with them. She stated that the Autism Resource Centre is one of the few services available for autistic children in the twin cities of Islamabad and Rawalpindi and focuses upon exclusive education and development of individualized education plans to deal effectively with the problems exhibited by these children. She highlighted the core symptoms of autism and



shared that it is unique in the sense that every child exhibits different symptoms. On this occasion, she also emphasized upon the importance of involving family and teachers for effective intervention with such children. Later, she introduced the technique of applied behavioral analysis; the technique that has been considered as most effective when working with autistic children. She stressed that since working with these children is challenging, it is crucial to intervene as early as possible as an early intervention is required for a better management of the problem.

Orientation Session by Aston University, UK on Collaboration and Research Opportunities



On April 3, 2018 two representatives from Aston University, Birmingham, UK visited NIP. Aston University is the 2nd leading university in the UK, in the city of Birmingham and has received accreditation from The British Psychological Society as Stage 1 Professional Training. On this occasion, Thomas Austin (Regional Manager) and Muhammad Ali (Business Development) provided an orientation session on collaboration and research opportunities for the prospective students. The session focused on the university's M.Sc. Health Psychology program which is available both on campus and online and is one of the only two distance-learning courses accredited by The British Psychological Society. The representatives shared that the university provides

3500-5000 pounds to its students per course while other private scholarships are also available. They also encouraged NIP students to seek any relevant

information and guidance from them in this regard.

Reported by Ms. Saira Khan

ONE-DAY SEMINAR: INCLUSION OF CHILDREN WITH AUTISM SPECTRUM DISORDER (ASD) AT NISE

On Monday, 9th April 2018, a one-day seminar was held at the National Institute of Special Education, Islamabad (NISE) on the topic of inclusion of children with autism spectrum disorder (ASD). The seminar is organized every year on the occasion of the World Autism Day. The event was attended by a group of NIP students along with Dr. Nelofer Kiran Rauf and NIP Director, Prof. Dr. Anila Kamal. The event was well-attended by participants and guests from across Pakistan along with a large number of parents of autistic children. NIP students were appreciative of the learning opportunity that the seminar provided and thanked NIP for organizing the educational and informative visit.

Reported by: Zara Salman



ONE-DAY RECREATIONAL TRIP TO NATHIAGALI

On the persistent insistence of the students, the NIP Student Council arranged a one-day recreational trip to Nathiagali on 13th May, 2018 in collaboration with Pakistan Tourism Development Cooperation (PTDC). From the NIP faculty Ms. Raiha Aftab (trip supervisor) and Ms. Saira Khan accompanied the students. Mr. Muhammad Hanif and Mr. Muhammad Naveed Aslam from the non-teaching staff also joined the trippers.

The caravan of three coasters departed for their destination around 9:30 a.m. On the way, we stopped for breakfast/refreshment at a roadside restaurant and reached Nathiagali around 11:30 a.m. The scenic views, fresh and cool breeze and the mesmerizing greenery of the location made everyone fall in love

with nature. After spending some quality time in fall in love with nature. After spending some quality time in the area, the expedition moved towards Khanaspur where a hall had been booked for lunch. After consuming luscious and appetizing food, we set out to explore some famous points in Ayubia and Khanaspur, inclusive of which were Bhutto Point, Ground/ Jungle Point and Shangla Point. Selfies and groupies kept clicking all through this time. Subsequently, the caravan set out on the way back to NIP. The return journey was made exciting by stopping for tea and pakoras at a roadside stall and enjoying the music being played by the trippers. We finally arrived back at NIP at around 9:15 p.m. and a beautiful journey became a wonderful memory!

Reported by: Aimen Khattak (M.Sc. 1)



**MOU BETWEEN NIP AND DEPARTMENT OF PSYCHOLOGY,
FOUNDATION UNIVERSITY ISLAMABAD**

On 8th May, 2018, the National Institute of Psychology, Quaid-i-Azam University Islamabad and Department of Psychology, Foundation University Islamabad signed a Memorandum of Understanding to promote academic cooperation and collaboration. The MOU signing ceremony was held at the Foundation University Rawalpindi Campus and was attended by NIP Director, Prof. Dr. Anila Kamal who also signed the MOU on NIP's behalf. The same task was performed by Prof. Dr. Akhtar Nawaz Malik (Director Foundation University, Rawalpindi Campus). As per the MOU, both parties agreed to collaborate in the areas of exchange of expertise, scholarly collaborations, conducting joint research and development projects, cooperation in individual projects, exchange of researchers and students, exchange of academic information,



development of journals and search for opportunities to collaborate in the future.

Reported by: Ms. Riffat Zahir

TRAINING AT UNIVERSITY OF NEBRASKA OMAHA (UNO), USA

Two members of NIP faculty, Dr. Humaira Jami (Assistant Prof.) and Ms. Arooj Mujeeb (Research Associate cum Lecturer) participated in a residential training: "Civic Engagement, Teaching Methodology, and Research Techniques" that took place at the University of Nebraska Omaha (UNO), USA from April 30, 2018 to May 18t, 2018 under UNO-Pakistani Universities Linkage Program (PULP). The training was conceived and hosted by UNO, and funded by the US State Department. Under this program, fifteen faculty members from Pakistan including five from Quaid-i-Azam University participated this year.

During their training, Dr. Humaira Jami and Ms. Arooj Mujeeb learned effective teaching strategies, evaluation techniques, use of technology, leadership, conflict management, curriculum planning, civic

engagement, etc. at higher education level. They learned how to carry out collaborative research through community engagement and how to establish link between academia and the community. This program offered them a unique opportunity to interact with senior members of the faculty at UNO as their mentors to plan collaborative research and other related future prospects. During their stay, they also interacted with various religious and immigrant communities residing in Omaha, Nebraska that helped them to appreciate significance of peace and tolerance across the world.

Since their return from the US, Dr. Jami and Ms. Mujeeb have shared their University of Nebraska Omaha experience with the NIP community on two occasions. On 2nd July, 2018, Ms. Arooj Mujeeb conducted an information session about her PULP



training as a part of the monthly Research Group Meeting (RGM). On 3rd July, 2018 both members of the faculty enlightened the NIP teaching staff by delivering a detailed presentation titled *Civic Engagement, Teaching Methodology, and Research*

Research atNIP
Techniques at University of Nebraska Omaha (UNO), USA. The initiative was applauded by all those who attended.

Reported by: Dr. Humaira Jami

PHD PUBLIC DEFENSE OF MR. NAEEM ASLAM



The PhD public defense of Mr. Naeem Aslam was held on 30th April, 2018. The dissertation's title was *Understanding Trauma and Growth in an Integrative Psycho-Social Framework among Flood Affected Individuals*. Prof. Dr. Anila Kamal had supervised this research work and it was evaluated by Dr. Tanvir Akhtar and Dr. Uzma Masroor as external examiners. The defense was attended by NIP students, faculty and guests. After the defense Mr. Naeem Aslam was congratulated and appreciated for his thorough and extensive research work.

Reported by: Ms. Riffat Zahir

M.PHIL RESEARCH WORK COMPLETED

Fatima Naseem (2017).

Attachment Styles and Quality of Marital Relationships: The Role of Communication Patterns and Disagreement Tolerance among Married Couples (Unpublished M.Phil. Dissertation). National Institute of Psychology, QAU, Islamabad, Pakistan.

The study was conducted to check the relationship of attachment styles and the quality of marital relationships with the mediating role of communication patterns and disagreement tolerance among married couples.

For measurement, Urdu version of Adult Attachment Scale (Anwar, 2010), Couple Communication Patterns Questionnaire (Zafar, 2005), Tolerance for Disagreement Scale (Teven, Richmond, & McCroskey, 1998), and ENRICH Couple Satisfaction Scale (Olson & Larson, 2008) were used. Tolerance for Disagreement Scale and ENRICH Couple Satisfaction Scale were translated in the present study.

This study consisted of three phases: Phase I was the translation phase. The scales were translated by following the translation guidelines of Brislin (1980). Phase II was pilot study which was conducted on a sample of 30 married couples ($N = 60$). The results indicated good reliability of instruments and the direction of interrelationship of study variables as assumed. Phase III was conducted with a sample of 200 couples ($N = 400$). The translated instruments

were validated through CFA. Results of correlation analysis showed significant positive relationship among secure attachment, positive communication patterns, disagreement tolerance, and quality of marital relationship, and among anxious attachment, avoidant attachment, and negative communication patterns. Anxious and avoidant attachment, and negative communication patterns were negatively correlated with secure attachment, positive communication patterns, disagreement tolerance, and relationship quality. Both husbands' and wives' secure attachment, positive and negative communication, and disagreement tolerance influenced each other's relationship quality, anxious attachment of wife and avoidant attachment of husband influenced each other's relationship quality. Positive communication patterns, negative communication patterns, secure attachment, and avoidant attachment predicted marital quality. Age, years of marriage, SES, and no. of children, and years of education significantly correlated with marital quality. Gender differences were found on anxious and avoidant attachment, and disagreement tolerance. More negative communication patterns and more disagreement tolerance were reported by working people than non-working people. Differences were observed in positive communication and disagreement tolerance among types of marriage. Gender, years of marriage, and type of marriage moderated between study variables. Limitations and implications of the current study as well as suggestions for future studies were also discussed.

Featured Alumni
Dr. Salma Siddiqui



Dr. Salma Siddiqui, a distinguished alumna from the National Institute of Psychology, Islamabad is the founding Head of Department of Behavioral Sciences (DBS), School of Social Sciences

& Humanities, NUST; that she established in 2012. Apart from her duties and responsibilities as the Head of Department, Dr. Salma Siddiqui also engages in full-time teaching; mentoring in-training post-graduate students, honing their clinical skills through teaching and supervision, whilst emphasizing ethical practice. Besides her academic credentials, she is a sought-after mental health practitioner.

Dr. Siddiqui nurtured her competence and skills in the intellectually stimulating academic environment of Department of Psychology, Karachi University. She secured merit positions both in BA Honors and MA Psychology. She completed her supervised training in Clinical Psychology from the Institute of Clinical Psychology, Karachi where she received training in psychotherapy from experts like Dr. Brummel-Teneva from Netherlands and Dr. John Gillis from Oregon State University, USA.

Dr. Siddiqui started her professional career in 1986 as a lecturer at Karachi University and later had the privilege of teaching in many esteemed academic institutions. She joined NIP in 1989 and completed her PhD in 1993 under the supervision of Dr. Ashiq Ali Shah. Her Ph.D. thesis was titled “The Assessment of Attributional Styles of Depressives and Non-depressives through an Indigenously Developed Depression Scale”. The scale (Siddiqui-Shah Depression Scale, better known as SSDS) has been widely used in in Pakistan for both screening and research. She is currently involved in revising the psychometric properties of SSDS.

Dr. Siddiqui has been involved in developing a number of academic and training programs. She developed programs at the Institute of Behavioral Sciences, Karachi, on pursuance of renowned psychiatrist Dr. Haroon Ahmad; helped develop M.Phil Psychology at Islamia University, Bahawalpur and contributed in

designing and teaching many new courses at the Clinical Psychology Unit, GC University Lahore. At NUST she has developed and taught interdisciplinary curriculum for engineering students as well.

Dr. Siddiqui was awarded Fulbright Fellowship in 2010 where she worked with her advisor John E. Lochman at the Center for Prevention of Youth Behavior Problems, University of Alabama, USA. During her fellowship she received extensive training in interventions for adolescents’ behavioral and emotional problems. She also engaged in research and teaching at the Department of Psychology, University of Alabama and contributed to Dr. Lochman’s book titled *Anger and Aggression: School - Based Cognitive-Behavioral Interventions, Cognitive Behavioral Interventions in School Settings: A Handbook for Practice.*

Dr. Siddiqui’s interest in research is reflected in her publications in national and international journals. She has also presented her papers on various national & international platforms and contributes through review committees for various journals. She is also recipient of research grants by HEC for projects focusing on self-harm among adolescents and other mental health related issues.

In the aftermath of APS&CS Peshawar Attack in 2014, she worked closely with the team of mental health professionals and not only helped establish the Psycho-social Support Center for the surviving families, but also closely supervised the process, facilitating the families in coming to terms with their trauma. She has also spoken on multiple global platforms, highlighting the detrimental impact of war and trauma for survivors, while also emphasizing the need for community engagement and response, evoking impactful discourse.

Currently, she is working on launch of BS Psychology program at the Department of Behavioral Sciences, besides pursuing her various research and advocacy ventures. She hopes to continue to find ways for improvement in specialized courses, interdisciplinary research activities, in Psychology; and promote competent, ethical, culturally sensitized practice, to help change the Mental Health landscape in Pakistan, for the better.

Compiled by: Ms Umbreen Akhtar, Lecturer, DBS NUST