NIP celebrated Spring Gala 2014 on 11th April, 2014 with full zeal and zest. The multiple activities and competitions were held to make the day full of enjoyment. The building of NIP was decorated by students with colored ribbons and balloons. They shared the responsibilities with the event organizers i.e., Dr. Rubina Hanif and Mr. Mohsin Sajjad with enthusiasm and eagerness. The thrilling competitions of games including three leg race, tug of war, sack race, chatti race, spoon race, musical chair and singing were held between students, faculty and staff. The winners were awarded certificates at the spot by Director NIP, Prof. Dr. Anila Kamal. Along with games, food stalls with variety of yummy eatables were also source of enjoyment for the participants. Further, event went more colorful due to some stalls by M.Phil/Ph.D students in the supervision of their course instructor (Health Psychology), Dr. Jamil A Malik. They presented various fun activities in order to create awareness of healthy lifestyles. This successful event would be one of the memorable and happy day in the lives of all the participants.

Reported by: Dr. Rubina Hanif
NIP FACULTY AND STUDENTS PARTICIPATION IN TWO DAYS INTERNATIONAL CONFERENCE ON SOCIAL PSYCHOLOGY AT GC UNIVERSITY

To mark 150 years of academic excellence of GC University, International Conference on Social Psychology was an event arranged in May, 2014. This conference provided a broad overview of Social psychology, both classic and current. The overarching goal of this conference was to provide the participants with a working knowledge of social psychology and to stimulate an interest in ourselves, the world around us, and the connections between the two. This concerns how we become who we are, how our personalities are shaped by others, the groups we belong to, the social structures around us, and our interactions as social beings. NIP Faculty and Students Participated in this event and presented the papers. Some of the papers that were presented by NIP students and faculty were the “Spiritual Intelligence and Conflict Resolution among Couples”, “Voting Behavior and its Relationship with Civic Engagement and Political Efficacy among Adolescents and Adults”, “Post Traumatic Growth, Trajectory among Flood Exposed Individuals: Evidenced from a Longitudinal Study”, “Comparison of Voters and Non Voters on Social Demographic and Personality Factors in General Elections 2013, Pakistan”, “An Exploration of Impression Management Styles among University Students”, “Character Strengths, Learned Optimism, and Social Competence Among University Students”, Emotion Regulation and Adjustment Among Medical Students”, and “Family functioning, Health Promoting Behavior, and Quality of Life Across Generations”.

Professor Dr. Anila Kamal, Dr. Jamil. A. Malik, Dr. Humaira Jami, Ms. Aisha Zubair, Ms. Shaista, and Mr. Naeem Aslam were the co-authors of these papers. Reported by: Editor Newsletter

PHD PUBLIC DEFENSE OF MS. NAZIA IQBAL

A Ph.D public defense of Ms. Nazia Iqbal was held on Monday, 31st March 2014 at NIP seminar hall. The title of her research was “Role of Adult Attachment, Conflict Resolution, Communication Competence and Social Support in Marital Satisfaction among Couples”.

The research was supervised by Professor Dr. Anila Kamal. The external examiners were Prof. Dr. Seema Pervez, and Dr. Tanvir Akther. A large number of students and faculty members attended this academic activity. Reported by: Irum Naqvi

NIP FACULTY ATTENDED THE 7TH ASIAN RECOVERY SYMPOSIUM “TREATMENT WORKS: CELEBRATE RECOVERY”

The 7th Asian Recovery Symposium is a yearly event organized by the Colombo Plan to support and recognize the efforts of the recovering persons from drug addiction in Asia and the Pacific. The Symposium was held in Islamabad, Pakistan in collaboration with the Ministry of Interior Narcotics Control of Pakistan as well as two non-government organizations. The theme of the event was “Treatment Works, Celebrate Recovery”. This event was attended by 126 participants including 21 foreign participants from Asian countries. NIP Faculty Dr. Jamil A. Malik and Mr. Naeem Aslam attended the symposium. Reported by: Jamil A. Malik
NIP STUDENTS AND FACULTY CELEBRATED THE CLEANLINESS DAY AT NIP

It is always inspirational to do something out of the ordinary in your daily life routine which can make you more pious and responsible towards your community and nation. On the same positive note NIP also contributed with full attribution and enthusiasm for the cleanliness day which was organized for all departments of Quaid-i-Azam University. We as being the students of NIP are interlinked with the University and it is our prime duty to take part in every community service that is organized for our betterment. Along with the whole university we also decided to organize a day to clean up all the litter and debris from our department as much as we can. Clean surroundings are very important to live a healthy life for two main reasons; Nature is to be treasured and as humans its our prime responsibility to take care of our surroundings. If surroundings are clean its eventually going to benefit us. Another main reason for cleaning the litter around our department was to prevent minor diseases or bacteria to spread. The more litter we would have around us, the more dangerous it would be towards our health. As responsible citizens and also student of QAU it should be our prime most responsibility to not only organize just one day for cleanliness but make sure to throw any trash that is dispose by us in proper trash cans. And also to stop any person from throwing off litter around and make them realize the importance of clean environment for the sake of health and survival. Being part of this wonderful activity I have witnessed my self that each student of NIP was enjoying and had a great feeling of satisfaction after it. Doing such activities increase one’s morale and one should definitely give it a try to experience this side of life.

by: Saba Zahid MSc II

VOLUNTARY HIV COUNSELING AND TESTING (VCT) TO INJECTING DRUG USERS (IDUs):
(Project Funded by HEC and Implemented by National Institute of Psychology, Quaid-i-Azam University)

The current project aimed to see the prevalence of HIV among injecting drug users and provide them VCT counseling services. Injecting drug users (IDUs) are one of the most vulnerable groups for HIV AIDS. Needle sharing is the major source for transmitting HIV virus among IDUS and unsafe sexual practices make the IDUs more vulnerable to spread the disease. Wives and children of the IDUs are at the risk of developing HIV AIDS. Despite the rapid spread of HIV infection among IDUs in Pakistan, little is known about their drug injecting and sexual behaviors. HIV moves into the community at large through sexual contact and through perinatal transmission.

NIP make a framework for the 2014-2015 period that sets out the strategies and priorities for controlling the epidemic and play the role for prevention of HIV among IDUs by providing service through VCT. NIP through this Project establishing effective partnerships and networks with drug Treatment and Rehabilitation Centers for Referral the clients for VCT Services. It helps in reducing the stigma associated with HIV/AIDS; safeguarding the rights of those already infected; and providing care and support to individuals, households, and communities affected by HIV/AIDS. To date we have provided the 60 VCT counseling sessions and screening to the IDUs. Approximately 30% of the client were found to be HIV positive. That indicates a serious epidemic ratio and required more attention to provide service and follow-up. The future activities for this project are to provide 300 VCT services to IDUs and develop support network for positive individual and their families. VCT Project tries to establish bi-referral mechanism with other organizations to provide collective benefits of affected population. Professor. Dr. Anila Kamal is the Principal Investigator and Mr. Naeem Aslam is the Co-Principal Investigator of this project.

Reported by: Mushtaq Ali Channa, VCT Counselor
SPORTS AT NIP: CRICKET MATCH BETWEEN NIP BOOMERS AND NIP RIDERS

Cricket event was held in National Institute of Psychology as a part of Health Psychology course taught to M.Sc IV and M.Phil. The sports activity filled passion and excitement in the middle of tight scheduled routine of NIP. The two classes formed two teams for this friendly match; one team was NIP boomers from M.Sc IV and other was NIP Riders from MPhil. NIP boomers color code was red and they dyed the whole atmosphere red whereas NIP riders had black color for their team. The supporting campaign started a week before the cricket match. Posters were pasted in every corner of NIP. Boomers made their bat and ball and get it signed from the faculty and supporters. NIP boomers and riders were seen practicing for the match at the front and back side of NIP during free time. Those who weren’t participating in the match were seen commentating and cheering their team.

Administration of NIP also facilitated the event to be a successful one. Everyone was excited for the match. Faculty members and the Director of NIP, Prof. Dr. Anila Kamal also supported both teams during the match. Their presence raised the spirit and confidence of the match. Match was held on 21st March, 2014. It was the beautiful day with light shower. The match started with the high morale and passion. The whole atmosphere was filled with hooting and songs. NIP riders won the toss and the match. This event was successful as it highlighted the importance of getting involved in physical activity which is not emphasized nowadays. Overall, the activity provided an event for everyone to enjoy themselves which made everyone glad at the end of the day.

Reported by: Shaista Waqar

NIP FACULTY PRESENTED PAPER IN SECOND INTERNATIONAL CONFERENCE ON MARKETING HELD IN INSTITUTE OF BUSINESS ADMINISTRATION KARACHI

The marketing field is constantly evolving. With the advent of digital platform and the emergence of borderless world, marketing practices have undergone major changes. It is this dynamic nature of marketing that makes it so challenging and appealing. The second International Conference on Marketing was held by Institute of Business Administration, Karachi on 3-4th May, 2014. It aimed to explore the changes happening in the various facets of marketing and the opportunities that present themselves for research and practice. The conference featured keynote speakers, plenary sessions and parallel sessions. The conference provided an opportunity for participants to network with seasoned scholars and practitioners and gain from their experiences and practices. Ms. Shaista Waqar participated in this conference. She presented research paper on “Print Media Political Advertisements in Pakistan’s General Elections, 2013: A Qualitative Analysis” (Nabeel Ahmad & Shaista Waqar) in this conference in the session with focus on Advertising. The research was much appreciated for the relevance of the topic, originality of the research and strong research method used in the study. The paper won the AWARD FOR BEST PAPER OF THE SESSION.
A brief Article on CULTURAL VARIATIONS OF THE EXPRESSION OF PSYCHOLOGICAL SYMPTOMS: WEST VS EAST DILEMMA

Is it true that people in west and east typically see the world in two different ways? Since the ancient times, it is evident that Chinese understood earlier the formation of tides due to the force of gravity pull between moon and earth than the Greeks who did not understand this concept until late eighteenth century. Westerners emphasize on nouns more while easterners use verbs that express the interactions between the world and these nouns. For example we’ll find that the mothers of west usually focus more on nouns like “this is a red apple but if there would be a mother from east she would rather say “I am buying an apple for your doll”. A person in east will ask that “I want to drink more” focusing on the word “drink” which shows operation between the juice and a person. But in west a person says “I want to have more juice” by focusing on the noun “Juice”. “Yin and Yang” (complementary /interconnection) is a representation of an eastern principle that everything is arising from some conditions. Traditional portraits in east have broad backgrounds as compared to western portraits. Have you ever notice that westerners take zoomed photographs of themselves with small backgrounds as compared to easterners who tend to focus on the background too?

Moreover, if the child from east will be asking to make his home picture he will draw it from the viewer’s eye. The picture of a home drawn by the western child consists of rooms, kitchens, bathroom etc. which shows his own eye’s view. In western news papers the headlines are like “100 died in air crash” but if we look into the news papers of east we will find headlines like “100 died in air crash due to the bad weather” which represents that the information without context is not sufficient. So this basic difference due to the individualism and collectivism in these two parts of the world give rise to the two different worlds of psychology, behavioral manifestations and their practical considerations. It has been said that western societies are “guilt based” and eastern societies are “shame based”. A guilt statement would be “I have done something wrong” (even if it is never discovered by someone else). A shame based statement would be “I have done something wrong” (in the eyes of other people). If an Asian family in Britain reports to the British psychologist about the odd behavior of their brother in a way that “what will the neighbor say?” the practitioner might think contemptible. Somatization is the defense mechanism in which a patient places himself in his own estimation in a category “ill” rather than “mad”.

The western patient will describe his mood first and somatic symptoms afterwards, but the Pakistani or Indian patient will do the other way around as the fear of being labeled by the society is more. Similarly, the dichotomy of mind and body is more understandable in west. Paranoiac delusions of schizophrenic in east would be like “my enemy has introduced magic evil object is in my house” but the western schizophrenic would rather say that “there is some thing wrong going with my body”.

Hysteria is most culturally variable as it is a complete language of communication. It’s easy for Pakistani girls to say that sprit is dancing in front of her. If English girls report she might just be told not to be silly. To engage in Para suicidal activity and then admitted to hospital is more better for her. So both these girls are making same dramatic gesture that signals the massage that “I cannot cope” but the ways of communications are different. Culture has been identified as one of the etiological factors leading to the development of eating disorders. In collectivist cultures it is more prevalent as the concept of “ideal body” in front of community is more there.

In dealing with an unfamiliar culture the practitioner enters in a landscape where it is not always possible to identify important landmarks and separate the uncommon features from the common ones. In a nutshell it is essential for a practitioner to understand the cultural context of the problems with which they are presented, what leads to them and how they appear in the eyes of the client and to see more into the fabrics of society.

by:Rahma Sohail, MSC 4

Farewell Party to Sajjad Hussain Shah

Syed Sajjad Hussain Shah, Accountant at NIP, has been retired from NIP. He served the institute for more than 25 years. In his farewell party, NIP faculty and staff participated. Director, NIP, Professor Dr. Anila Kamal, while in her address appreciated his services and congratulate him on his successful completion of his tenure. Moreover, she said that he was a dutiful and hardworking person and wished him good luck for his future endeavors. Reported by: Tahir Ellahi
FEATURED ALUMNI
MAJ ASIM SIDDIQUE BHATTI

Maj Asim Siddique Bhatti has completed his M.Sc Psychology from National Institute of Psychology Quaid-i-Azam University Islamabad in January 2001. He is an NIP Alumni since Feb 2001. Maj Asim is specialized in Human Resource Management with an overwhelming interest and aptitude in Personnel selection and Personality assessment. He has wide research experience and understanding in the field of stress experiences at Work Place at managerial level and how stress is detrimental in relation to Job Involvement, productivity and Job Satisfaction.

He Joined Pakistan Army as a professional psychologist in May 2002 and is serving as a military psychologist for last 12 years. He has an extensive experience in the field of military personnel selection through intelligence testing, and by use of various projective and semi projective techniques. He has served at various Key appointments at military establishments and has rendered marvelous psychological services through his intellectual acumen and professional insight.

Besides, personnel selection he has been very agile in grooming the budding military psychologists by arranging various lectures and seminars pertinent to his areas of interest and has contributed significantly in enlightening their mental horizon. He has been a very active member at Research and Evaluation Cell at Inter Services Selection Board and has contributed in an excellent fashion in the development of various personality and intelligence test. He has the honor of training various newly inducted psychologists at military establishments. He has also wide experience in the field of counseling related to the issues raised during training of recruits.

His areas of interest include intelligence testing, personality assessment, psychological Measurement, contemporary concerns in the areas of Industrial/Organizational Psychology, Applied Statistics, Qualitative and Quantitative research, Spirituality and Stress Management. He has recently completed his M.phil degree from National Institute of Psychology Quaid-i-azam University Islamabad, under the supervision of Prof. Dr. Anila Kamal. His area of interest for research was spirituality and religiosity with a special focus on believe in Piri-Muridi (Master-Disciple) relationship and its relationship with personality. He is one of the pioneers in addressing the issue of Piri-Muridi both from psychological and religious perspective and by the use of Multi Method approach he has been very successful in unveiling various key proposition on the subject in addition to various personality correlates that predispose a person to indulge in such practices. Moreover, through his research and various lectures and seminars he has intended to create awareness among our general populace about the malpractices which our current pseudo Pir’s are carrying. His motto is to educate people of this scientific era about the role of a psychologist which is much more focused and goal oriented and to make our people safe from various evils and malpractices of various fake Spiritual Healers.

Maj Asim has multidimensional interests and expertise starting from research to teaching, personality assessment, counseling, spirituality and religiosity etc. He is very active NIP Alumni who despite of being posted at localities far from Islamabad, he remains in touch with the Institute and keeps himself abreast with the latest happenings and developments. In his social life he is married and has one daughter. He is optimistic about the future of Psychology in Pakistan. He has good literary taste. He reads books and research articles. He is planning to write research articles from his M.Phil work. He is good sports men who play badminton and is a good swimmer. In his near future he is planning to do Ph.D in the field of Psychological testing which would not only satisfy his intellectual quest but will also be of great utility for armed forces Selection Wing.
The present study aimed at examining the feelings of schadenfreude among adolescents. The main objective was to determine the relationship between social comparison, self-esteem, episodic envy, and belief in just world and schadenfreude. The mediating role of self-esteem and episodic envy and the moderating effect of belief in just world-others was investigated. The study also aimed to test a proposed model of relationships through Structural Equation Modelling (SEM). Further, gender differences were explored in all study variables. The research was carried out in four parts. Part-I was based on the development and validation of schadenfreude scale. Part-I was comprised of two phases: phase-I was consisted the development of the scale whereas phase-II was about the establishment of psychometric properties of the scale. In phase-I item pool was generated with the help of previous literature as well as information obtained through focus groups and it was finalized through committee approach. In this phase factor structure of schadenfreude scale was also determined by conducting Exploratory Factor Analysis (N=330). In phase-II psychometric properties of the scale were established by conducting Confirmatory Factor Analysis (N=320), descriptive statistics, alpha reliabilities, and Pearson correlations. Part-II of the present study was consisted of translation of episodic envy and belief in just world-others scale. This phase was comprised of two steps by adopting the standard translation and back-translation method followed by committee approach. In part-III pilot study (N=100) was carried out in order to test the psychometric properties of all scales as well as to check the trends in data. Descriptive statistics, alpha reliability coefficients, item-total correlation, Pearson correlation, and in dependent sample t-test was applied in order to test the psychometric properties. Part-IV was based on main study which carried out in two phases. In phase-I, hypothesis testing was done whereas Phase-II aimed at testing the proposed model of predictive relationship between study variables. For this purpose, sample was comprised of 650 adolescents, including male and female adolescents. After collecting the sample, the data was subjected to various statistical analyses. Descriptive statistics and correlation between variables were computed to test univariate normality of the data. Multiple Regression Analysis was computed to test the prediction of social comparison, self-esteem, episodic envy, and belief in just world on schadenfreude. Multiple Regression Analysis was carried out in order to test the mediating role of self-esteem and episodic envy in the relationship between social comparison and schadenfreude. Multiple Moderation Analysis was also computed to test the moderating effect of belief in just world-others in the relationship between episodic envy and schadenfreude. Results showed that social comparison, self-esteem, episodic envy and belief in just world-others predict schadenfreude among adolescents. Social comparison was negatively correlated with self-esteem and positively correlated with episodic envy and schadenfreude. Self-esteem had negatively correlation with episodic envy and schadenfreude whereas episodic envy and belief in just world-others were positively correlated with schadenfreude. Results also revealed that self-esteem and episodic envy act as a mediator in the relationship between social comparison and schadenfreude. Findings also indicated the moderating effect of belief in just world in the relationship between episodic envy and schadenfreude. Results of t-test showed more episodic envy and schadenfreude among female adolescents as compared to male adolescents. As this part of the study was also aimed at testing the proposed model of predictive relationship between study variables. Structural Equation Modelling (SEM) was executed through Analysis of Moment Structure (AMOS) 18. The significant findings appeared with few differences in predictive paths among variables but the entire major proposed paths were found significant as social comparison leads to low self-esteem and episodic envy, which in turn leads toward schadenfreude. Similarly model show the buffering effect of belief in just world in the relationship between episodic envy and schadenfreude. Finally, limitations, suggestions, and implications were discussed. This research is supervised by Dr. Rubina Hanif, Assistant Professor at NIP.
the study, to determine demographic characteristics of the sample. The present research was carried out in two studies, where first study was further divided into two phases. The first phase of study-I aimed to develop Sexual Harassment Myths Questionnaire. House maids were targeted for interviews because of their conservative backgrounds and low educational level, where high chance of sustained myths in their belief system. Second phase of study-I aimed at determining soundness of psychometric properties of the developed instrument, and also, through exploratory factor analysis three categories of sexual harassment myths were identified; Sexual Harassment Myths about Victim, Sexual Harassment Myths about Sexual Harassment Situation and Sexual Harassment Myths about Harasser. Study-II was aimed to test objectives of the present study, for which 362 individuals from University campus were taken. The sample consisted of men and women students (n = 310), teachers (n = 36) and (n = 16). The results of study – II illustrated women students’ experience of Sexual Coercion differed significantly from men’s perception of sexual coercion; however men’s experiences of gender harassment from women supporting staff and unwanted sexual attention from teacher and supporting staff differed significantly from women’s perception of sexual harassment experience from men. When compared to the results of previous study (Abid, 2004), the percentage of sexual harassment experiences among women increased after ten years and significant differences were found in previous study between women’s experience of sexual harassment and men’s perception of women’s experiences of sexual harassment, however these differences were found to be insignificants in the present study. Belief in sexual harassment myths differed significantly among men and women students. Moreover, the relationship between sexual harassment experiences among men and women was found to be significantly and positively correlated with belief in sexual harassment myths. Relationship between sexual harassment myths and perception of sexual harassment experiences among men and women was also significantly and positively correlated. However, negative relationship was found between perception of unwanted sexual attention and sexual harassment myths about victim among men; and also between perception of women about gender harassment, and sexual harassment myths about harasser. Furthermore, in allusion to sexual harassment bill, the awareness regarding existence of this bill in their university was average but very little awareness was found regarding its implementation. This research is supervised by Prof. Dr. Anila Kamal.

Present research aimed to explore the phenomenon of Knowledge sharing and its association with customer oriented attitude and organizational performance among IT professionals. Demographic variables such as age, education and organizational experience included to investigate any differences. The research was carried out in three parts. The main aim of the first part of the study was the exploration of the knowledge sharing phenomenon among IT Professionals. Seven in-depth interviews were conducted and analyzed through hybrid thematic analysis. The objective of the second part of the study was the development and pilot testing of the knowledge sharing questionnaire. With the help of corrected item-total correlation and reliability analysis a psychometrically reliable and valid questionnaire was developed. In third part of the study knowledge sharing questionnaire was applied along with organizational performance and customer-oriented attitude scale on a large sample(N=350) to see the prevalence of proposed phenomenon among IT professionals in our local context as well as any differences among age, experience and education. The results indicate that knowledge sharing determinants such as perceived behavioral control, subjective norms and knowledge sharing attitude are positively associated with behavioral intention and knowledge sharing behavior, however behavioral intention also partially mediates the relationship between knowledge sharing determinants and knowledge sharing behavior. Organizational performance was significantly associated with knowledge sharing behavior. Knowledge sharing behavior was also significantly associated with customer-oriented attitude. The age and education was not significantly associated with knowledge sharing behavior and the results were in-line with previous literature. The organizational experience was associated with knowledge sharing. The overall findings were also validated through path analysis. This research is supervised by Prof. Dr. Anis Ul Haq.

**NIP STUDENT WON 2ND PRIZE IN POETRY COMPETITION**

A poetry competition, arranged by “Debating and Literary Society of Quaid-i-Azam University”, was held on 19th May, 2014 at Geo-Physics auditorium. Nimra Meher, student of M.Sc III, at National Institute of Psychology, participated in the competition and won the 2nd prize. In the Prize distribution ceremony, worthy Vice Chancellor QAU, Dr. Eatzaz Ahmad awarded her the shield. Topic for her poetry was “Mann” (Dil).

**PRIDE MOMENTS FOR NIP**

Congratulations to Ms. Saima Ambreen for Receiving The Best Teacher Award

Ministry of Education, Government of Baluchistan, has given best teacher award to few teachers of schools, colleges and universities. Ms. Saima Ambreen, PhD Scholar of NIP has received the best teacher award for excellence in the field of education on nomination from University of Baluchistan, Quetta.