



DR. NIMRAH ISHFAQ
Ph.D. Quaid-e-Azam University
Silver Medalist M.Sc Applied Psychology

I am striving to pursue my career in a reputed institution and apply my skills to contribute to the institution's success and betterment of society through active learning.

Academic Certification

Degree	University / Board	Session	G.P/ Division	MAJORS
PhD	Quaid-e-Azam University Islamabad	2016-2024		Criminal Psychology
M.Phil	Quaid-e-Azam University Islamabad	2012-2014	4	Applied Psychology
M.Sc	Bahauddin Zakria University Multan	2009-2011	1st	Applied Psychology
M.B.A	Allama Iqbal Open University	2007-2009	1st	H.R.M
B.A	The Islamia University of Bahawalpur	2004-2006	1st	Eng Lit., Psychology
F.Sc	B. I. S. E Bahawalpur	2002-2004	1st	Pre.Medical
SSC	F. B. I. S. E Islamabad	2000-2002	1st	Science

Thesis Dissertations

1. Early life trauma, personality dynamics, criminal attitude, and psychopathology among convicts in central jails of Punjab (PhD).
2. Mediating effect of aggression, emotional immaturity, and social desirability on psychological maltreatment and delinquent tendencies among Juvenile Delinquents and Students (M.Phil)
3. A probe into the emotional problems of the Psychologists who have committed suicide through analyzing their writings (M.Sc).

Publications

1. Ishfaq, N., & Kamal, A. (2025). Emotional Abuse to Delinquent Tendencies: Comparative Study on Juveniles and Students in Punjab, Pakistan. *Journal of the Korean Academy of Child and Adolescent Psychiatry*. 36(1), 36-46. <https://doi.org/10.5765/jkacap.240029> (IF=.80)
2. Ishfaq, N., & Kamal, A. (2024). Explaining the Relationship between Obsessive Compulsive Personality Traits and Comorbid Psychiatric Symptoms among Convicts, Pakistan. *Psychological Studies*. 69, 235–246. <https://doi.org/10.1007/s12646-024-00788-0>. (IF=1.3)
3. Ishfaq, N., & Kamal, A. (2024). Intervening effect of maladaptive personality domains on defense styles and comorbid psychiatric symptoms among convicts imprisoned in Central Jails Pakistan. *Indian Journal of Psychological Medicine*. 02537176241232740. (IF=2.8)
4. Ishfaq, N., & Kamal, A. (2024). Defense styles and comorbid psychiatric symptoms among convicts, Pakistan. *Current Psychology*, <https://doi.org/10.1007/s12144-024-05616-2>. (IF=2.39)
5. Ishfaq, N., & Kamal, A. (2023). Measuring criminal thinking among convicts imprisoned in Punjab prisons of Pakistan. *Journal of Criminal Psychology*. Vol. ahead-of-print No. ahead-of-print. <https://doi.org/10.1108/JCP-09-2023-0057>. (IF=1.65)
6. Ishfaq, N., & Kamal, A. (2023). Maladaptive personality domains and crime-related characteristics among convicts incarcerated in central jails of Pakistan. *Journal of Criminal Psychology*, 13(4), 265-281. <https://doi.org/10.1108/JCP-11-2021-0043>. (IF=.69)
7. Ishfaq, N., Kamal, A., & Hutsebaut, J. (2022). Exploring the alternative model of personality disorders (AMPD) in a sample of convicts in Pakistan. *Testing, Psychometrics, Methodology in Applied Psychology*. 29(4). 461-474. (IF=1.61)

8. Ishfaq, N., & Kamal, A. (2022). Association between general trauma and comorbid psychiatric symptoms among female convicts. *Journal of Loss and Trauma*, 28(3), 279-281. (Letter to Editor; **IF=5.15**)
9. Ishfaq, N., Kamal, A. (2022). Explaining the predictive relationship between early life trauma and comorbid psychiatric symptoms among convicts in Pakistan. *Journal of Police and Criminal Psychology*, 37, 423–432. (**IF=1.81**)
10. Ishfaq, N., Kamal, A. (2021). Role of education in criminal thinking among convicts in southern Punjab, Pakistan. *Psychology and Education*. 58(5), 4304-4311. (**IF=.1**)
11. Ishfaq, N. (2020). Content analysis of writings by psychologists who have committed suicide. *Journal of Clinical and Community Medicine*, 1(5), 114.
12. Ishfaq, N., & Kamal, A. (2019). Mental health and imprisonment: Measuring cross-cutting symptoms among convicts in Punjab, Pakistan. *Asian Journal of Psychiatry*, 44, 127-132. (**IF= 2.59**)
13. Ishfaq, N. & Kamal, A. (2019). Empirical evidence of multi-facets of delinquency in Pakistan: Revised Self-Reported Delinquency Scale. *Pakistan Journal of Psychological Research*, 34 (1), 115-137.
14. Ishfaq, N., & Kamal, A. (2018). Translation and validation of Emotional Maturity Scale on Juvenile Delinquents of Pakistan. *Psycho-Lingua*, 48(2), 140-148.

Workshops & Seminar Delivered

- ✓ Strategies Preventing Violent Extremism in “Peace Building Training Workshop for School Faculty” was organized by The House of Light School (October 10, 2018).
- ✓ Perception Management in “Inclusive Islamic Society Peace Building and National Cohesion held in Maiden Event at District Level (Toba Tek Singh) by Paigham-e-Pakistan (October 30-31, 2018)
- ✓ Ethics of Disagreement and Anger Management in “Social Cohesion Through Interfaith Dialogue” held at Quaid e Azam University in collaboration with Paigham-e-Pakistan (July, 2019).
- ✓ Presented Rawalpindi Divisional Research Findings (PhD data) to IG Prison Punjab on World Mental Day Seminar held at Central Jail Rawalpindi (October 8, 2020)

Working/Field Experience

- **Qualitative data collection** from respondents belonging to flood effected areas of Southern Punjab (IOM, 2011).
- **Team Leader and Research Assistant** in International Organization on reproductive health (Oxfam, 2016).
- **Individual and Organization** based assessments and evaluation - Working on conviction (awarded jail) and analyzing the environment of prisons since past 8 years – Establish **Regional and Mechanisms-Based Models and Cross Validations**.
- **Translated and Adapted** 9 instruments with respect to Pakistani Culture (3 in MPhil and 6 in PhD). Conducted **Interviews and Surveys** of criminals.
- Actively participated in organizing **Conferences and Events** held in Bahauddin Zakaria University, Islamia University Bahawalpur, National Institute of Psychology during my respective academic and visiting faculty period.
- Have conducted **training sessions** on ethics of disagreement, anger, and perception management (last one was at Quaid-e-Azam University, Islamabad, 2019).
- Recently conducted an **awareness session** on Drug Abuse Prevention in Sadiq Dain High School Bahawalpur on 24 November 2022.

Training & Workshops Attended

- ✓ Structural Equation Modeling (SEM) with AMOS (February 26-28, 2014)
- ✓ Mediation and Moderation Analysis Using Processes Macro (August 2, 2016)

- ✓ Modern Methods of Mediation, Moderation, & Model Testing: Advances in SEM (February 21-23, 2017)
- ✓ Advances in Mediation, Moderation, & SEM: Level-2 (November 1-3, 2017)
- ✓ Conditional Process Analysis for Customized Models: Practice with PROCESS macro (November 5, 2018)
- ✓ A User's Guide to Publishing in Journals in Psychology: A Practical Workshop (November 27, 2018)
- ✓ Designing Sensitive Research and Writing a Research Proposal (January 20, 2020)
- ✓ Psychological First Aid (2024)
- ✓ Medical First Aid (2024)

Technical Research Skills (Data Analysis)

1. Proficiency in Analysis of Moment Structures (**AMOS**) – Structural Equation Modeling, Measurement Model Testing.
2. Proficiency in Statistical Package for Social Sciences (**SPSS**) – Multivariate and Univariate Analysis, Regression, Chi-Square
3. Proficiency in **Process Macro** – Mediation Moderation Analysis
4. Qualitative Content Analysis

Paper Presentation

1. A Probe into the Emotional Problems of Psychologists Committing Suicide through their Piece of Writings poster presentation at 14th International Conference of Psychology (March 19-21, 2015).
2. Mediating Effect of Emotional Immaturity and Aggression on The Relationship Between Psychological Maltreatment and Delinquent Tendencies among Delinquents oral presentation at 1st International Conference (ICCTP-2016).

Volunteer Work, Participant/Organizer

1. Attained Consolation Prize in All Pakistan Performing Arts Competition Emerging Trends in Psychology (March 31st, 2011).
2. Organizer of Gala Dinner 7 May 2015 at Islamia University of Bahawalpur.
3. Conference Organizer at 1st International Conference (ICCTP-2016) "Current Trends in Psychology: Security Issues in Pakistan & Its Psychological Implications (March 31, 2016).
4. Volunteer work in registration committee in 6th International Conference "Psychology of Gender in Perspective: Issues and Challenges (December 1-2, 2016).
5. Moderated the session at 7th International Conference "Positive Psychology: Developing a Flourishing Community" (November 29-30, 2018).

Teaching Experience

- **Regular faculty** member as Lecturer at **Bahria University, Islamabad Campus** (2023).
 - ✓ Introduction to Social Psychology
 - ✓ Difference in Cross-Cultural Psychology
 - ✓ Educational Psychology
 - ✓ Research Methodology
 - ✓ Deviant Behavior
 - ✓ Forensic Psychology
 - ✓ Statistic Tools for Social Sciences
- Visiting faculty member as Lecturer at **Quaid-e-Azam University** and **Shifa Tameer-e-Milat College [Shifa International University]** (2020).
 - ✓ Introduction to Psychology

- ✓ Psychological Assessment
- ✓ Gender Development
- **Visiting faculty member as Lecturer in Bahauddin Zakria University** at M.Sc and B.S level. (2012, 2015-2016)
 - ✓ Research Methodology
 - ✓ Introduction to Psychology
 - ✓ Disaster Management
 - ✓ Developmental Psychology
 - ✓ Health Psychology
 - ✓ Cognitive Psychology
 - ✓ Behavioral Neuro Science
 - ✓ Criminology
- **Visiting faculty member as Lecturer in Islamia University Bahawalpur** at M.Sc. and B.S level. (2014-2015)
 - ✓ Social Psychology
 - ✓ History of Psychology.

Professional Certification

- ✓ **Forensic Psychophysiology**; The Art of Truth Verification, accredited by the American Polygraph Association & International Society of Polygraph Examiners (2021).
- ✓ Attended a 5 days seminar on **Forensic Assessment Interview Technique, Integrated Interrogation Technique & Forensic Statement Analysis** (2021).
- ✓ 8-hour Advanced Polygraph Seminar on **Interviewing and Post Interviewing Techniques** (2021).

Aims and Goals

I am motivated and task focused who can travel across places and learn. I want to settle in a place where psychologically oriented opportunities are great in number. Looking forward to doing my duty in best way possible.

Personal Information:

Father Name	Ch. Ishfaq Husain
Date of Birth	22 August 1987
CNIC No.	31202-2575454-2
Marital Status	Single
Religion	Islam
Citizenship	Pakistani
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