

Dr. SAIMA ARZEEN

Ph.D. in Psychology & HEC approved supervisor

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Carrier Objective : An enthusiastic, highly motivated, dedicated and result oriented person with a broad and acute interest in different areas of psychology. Seeking to work as a Researcher to acquire professional development and interesting experiences while contributing to the short- and long-term plans of the organization.

Work Experience

Lecturer (BPS-18, Regular) University of Peshawar, Pakistan | February 2012 – Present

Additional Responsibilities:

- **Coordinator, Post-Forensic Diploma Program (March 2021 – Present)**
- **Coordinator, M.Sc. Program (March 2012 – March 2016)**

Lecturer (BPS-18) University of Hazara, Haripur Campus, Pakistan | November 2010 – February 2012

Lecturer (BPS-18) University of Wah, Wah Cantt, Pakistan | August 2005 – November 2010

Educational Background

Ph.D. in Psychology (2021)

University of Peshawar, Pakistan

M.Phil. in Psychology (2008)

Quaid-i-Azam University, Islamabad, Pakistan

M.Sc. in Psychology (2004 –)

Department of Psychology, University of Peshawar, Pakistan

Trainings & Workshops

- **Resource Person, Psychology of Learning and Education for University Lecturers, University of Peshawar (2014)**
- **Active Citizenship Training for Facilitators, British Council (Sept 7–11, 2015)**
- **Seminar on Qualitative and Quantitative Research Approaches, Preston University, Peshawar (Dec 21, 2015)**
- **Seminar on Developing Communication Skills for Students (May 25–26, 2017)**
- **Workshop on Understanding and Management of Autism (Aug 10–12, 2021)**
- **One-Month Psychological Testing Course (June 23 – July 23, 2023)**
- **One-Week Research & Capacity Building Workshop, LUMS (Supported by Swedish International Development Cooperation - SIDA) (Oct 20–25, 2023)**

Published Research Work

1. Zeb, H., Zeb, R., & Arzeen, S .(2024). Self-Regulation, Self-Efficacy and Duration in an Institute as Contributory Factors in Academic Cynicism. *International Journal of Human and Society (IJHS)*, 4(02), 146-160. Retrieved from <https://ijhs.com.pk/index.php/IJHS/article/view/488/150>

2. Arshad, S., Zeb, R., & Arzeen, S. (2024). Relationship of Youth Development with Life Satisfaction, Intentional Self-Regulation, Parental Education and Hope. *Journal of Asian Development Studies*, 13(2), 1262-1273. Retrieved from <https://doi.org/10.62345/jads.2024.13.2.101>
3. Hayat Muhammad, Saima Arzeen, Summiya Ahmad, & Shakir Ullah. (2024). Psychosocial factors leading to Internet gaming disorder: A mediating role of personal disposition. *International Journal of Multicultural Education (IJME)*, 26(1). <https://doi.org/10.5281/zenodo.11115180>
4. **Arzeen, S.**, et al. (2024). Innovative minds, transformed projects: Unveiling the crucial link between transformational leadership, innovative work behavior, and project success. *Journal of Business and Management Research*, 3(1), 277–295. Retrieved from <https://jbmr.com.pk/index.php/Journal/article/view/119>
5. Farwa Ali, Roomana Zeb, Saima Arzeen, Hira Nauman, & Bargees Khattak. (2024). Pathways To Marital Satisfaction: Emotion Regulation, Attachment Styles And Length Of Marriage. *Journal of Population Therapeutics and Clinical Pharmacology*, 31(4), 1383-1395. <https://doi.org/10.53555/jptcp.v31i4.5824>
6. **Arzeen, S.**, et al. (2024). A study of self-esteem, academic self-concept, and locus of control among behavioral problem and non-behavioral problem children. *Journal of Medical Sciences*, 32(1), 40–46. <https://doi.org/10.52764/jms.24.32.1.8>
7. Hayat Muhammad, Saima Arzeen, Uzma Shaheen, Faheem-U-Din, Abdur Raheem, & Summiya Ahmad. (2024). The Mediating Function Of Personal Disposition In The Association Between Psychological Factors And Addictive Behavior. *Kurdish Studies*, 12(5), 648–657. <https://doi.org/10.53555/ks.v12i5.3297>
8. Ali,F., Zeb,R., & Arzeen,S.,(2023).The role of Gender differences and length of marriage in Attachment Styles, Marital Satisfaction, and Emotion Regulation. (2023). *International Journal Of Human And Society*, 3(4), 508-519. <https://ijhs.com.pk/index.php/IJHS/article/view/328>
9. Arzeen, N., Arzeen, S., Zeb, R., & Shah, M. (2023). The Role of Gender, Age and Education in the Emotional Responses of Parents of Children with Developmental Challenges. *Pakistan Journal of Humanities and Social Sciences*, 11(4), 4465-4473.<https://doi.org/10.52131/pjhss.2023.1104.0712>
10. **Arzeen, S.**, et al. (2023). Crafting success: How cognitive styles moderate emotional intelligence for project outcomes. *IUB Journal of Social Sciences*, 5(2), 248–258. <https://doi.org/10.52461/ijoss.v5i2.2444>
11. Zeb,R., Arzeen, S.,& Dayan,U. (2023). Strength validity evidence of multidimensional personality inventory (MDPI) through convergent-discriminant validity and simulated contrasted group method. *Journal of Asian Development Studies*, 12(3), 176-186. DOI: <https://doi.org/10.62345/>
12. Nauman,H., zeb,R., &Arzeen, S. (2023). Balancing ambitions and responsibilities: Investigating job satisfaction and work-family conflict among female academics. *Journal of Asian Development Studies*, 12(3), 61-72. DOI: <https://doi.org/10.62345/>
13. Zainab, S., Arzeen, N., & Arzeen, S. (2023). Impact of Parental Bonding on Alexithymia and Psychological Distress among Pakistani Adolescents. *International Journal of Psychology and Cognitive Education*, 2(1), 21–30. <https://doi.org/10.58425/ijpce.v2i1.141>
14. Aslam, I., Arzeen, N., & Arzeen, S. (2023). The role of ICT self-efficacy as a moderator in the relationship between self-directed learning, e-learning readiness, and student engagement. *Pakistan Journal of Health Sciences*, 4(3), 202-206. DOI: <https://doi.org/10.54393/pjhs.v4i03.628>.
15. **Arzeen, S.**, et al. (2023). Influencing role of demographic factors in emotional and behavioral problems among school children of Khyber Pakhtunkhwa Pakistan. *Journal of Peace, Development and Communication*, 07(01), 64–76. <https://doi.org/10.36968/JPDC-V07-I01-07>
16. Zeb,H., Zeb,R., & Arzeen, S. (2022). Help me focus on my studies: Academic cynicism, stress, and self-efficacy as predictors of academic performance through self-regulation. *Webology*, *Webology (ISSN: 1735-188X)*, 19(3). [https://www.webology.org/data-cms/articles/20230920093007pmWEBOLOGY%2019%20\(3\)%20-%20296.pdf](https://www.webology.org/data-cms/articles/20230920093007pmWEBOLOGY%2019%20(3)%20-%20296.pdf)

17. **Azeen, S., et al. (2022).** Children's conduct and self-esteem: A predicting role of parents' smartphone addiction. *International Journal of Health Sciences*, 6(S5), 5305–5317.
<https://doi.org/10.53730/ijhs.v6nS5.9768>
18. **Arzeen, S., & Jahanzab, M., Arzeen, N. (2021).** Organizational and individual factors as predictors of innovative work behavior among software engineers. *Pakistan Journal of Educational Research*, 4(4), 451-463. <https://pjer.org/index.php/pjer/article/view/371>
19. Qureshi, N., Shah, S. M., Arzeen, N., & Arzeen, S. (2021). Psychological distress and mental well-being among doctors working in major teaching hospitals of Peshawar, Pakistan. *Khyber Medical University Journal*, 13(1), 40-2. <https://doi.org/10.35845/kmuj.2021.20141>
20. **Arzeen, S., & Jahanzab, M. (2021).** Effect of perceived transformational leadership style and innovative work behavior: A moderating role of psychological empowerment. *International Review of Social Sciences*, 9(3), 20-30. <https://irss.academyirmbr.com/papers/1615615897.pdf>
21. Arzeen, N., Irshad, E., Arzeen, S., & Shah, S. M (2020). Stress, depression, anxiety, and coping strategies of parents of intellectually disabled and non-disabled children. *Journal of Medical Sciences*, 28(4), 380–383. <https://doi.org/10.52764/jms.20.28.4.17>
22. Muhammad, H., Arzeen, S., & Ullah, S. (2019). Life satisfaction, religiosity, positive-negative affect, and academic performance in undergraduates. *Journal of Professional Psychology Research and Practice*, 10(2), 34-46. <https://doi.org/10.62663/pjpprp.v10i2.62>
23. Arzeen, S., et al. (2013). An investigation of the relationship between life satisfaction and psychological capital among university students. *Peshawar University Teacher Association Journal (PUTAJ)*, 20, 449-454.
24. **Arzeen, S., et al. (2013).** An investigation of the relationship between wisdom and subjective well-being for a sample of Pakistani adolescents. *FWU Journal of Social Sciences*, 7(1), 39-46.
<https://sbbwu.edu.pk/journal/SUMMER-2013-vol-7-No-1/6.pdf>
25. Raza, L., Arzeen, S., & Zeb, H. (2012). Weekday and weekend effect on mood of university students. *Journal of Law and Society*, 42, 59-60.
26. **Arzeen, S., et al. (2012).** Perception of parental acceptance and rejection in emotionally empathic and non-empathic adolescents. *Pakistan Journal of Social and Clinical Psychology*, 9(3), 60-69.
<https://www.gcu.edu.pk/pages/gcupress/pjscp/volumes/pjscp2012july-10.pdf>

MPhil Theses Supervised & Co- Supervised

1. **Anum Saeed (2023–2025)** – *A Comparative Analysis of The Psychological Impact of Terrorism on Affected and Non-Affected Families*. Department of Psychology, University of Peshawar, Pakistan.
2. **Farwa Ali (2022–2024)** – *The Role of Peer Victimization and Emotion Regulation with Parenting Style and Aggressive Behavior Among Adolescents*, Department of Psychology, University of Peshawar, Pakistan.
3. **Tabinda (2021–2023)** – *The Moderating Role of Empathy in Psychopathic Traits and Antisocial Behavior in KPK*, Department of Psychology, University of Peshawar, Pakistan.
4. **Zaib-un-Nisa (2022)** – *Intelligent Quotient in Association with Dietary and Physical Status of Primary School Students*, Department of Human Nutrition, Faculty of Nutrition Sciences, The University of Agriculture, Peshawar, Pakistan.
5. **Abbas Khan (2015)** – *Impact of Anemia on Cognitive Function and Physical Work Capacity of Adolescent Girls in District Peshawar*, Department of Human Nutrition, Faculty of Nutrition Sciences, The University of Agriculture, Peshawar, Pakistan.
6. **Sakina Bibi (2015–2016)** – *Clinical Characterization of Cutaneous Leishmaniasis and Its Impact on Psychosocial Aspects of Patients*, Department of Zoology, University of Peshawar, Pakistan.