

Dr. Roomana Zeb

Email: roomazeb@uop.edu.pk

Objective

To acquire and impart knowledge.

Education

- 2014 Ph.D in Psychology
Development and Standardization of Multi Dimensional
Personality Inventory
Shaheed Benazir Bhutto Women University Peshawar
- 2003 - 2004 Masters in Philosophy (Gold Medal)
University of Peshawar (Private student)
- 1996 – 1997 Masters in Psychology (Gold Medal)
University of Peshawar (Department of Psychology)
- 1994-1995 Bachelors in Arts (2nd in college in Humanities group)
University of Peshawar (Jinnah College for Women)
- 1992-1993 F.A (over all 3rd in BISE Peshawar)
Peshawar Board (Jinnah College for Women)
- 1990-1991 Matric :Humanities group (1st in Humanities group in school)
Peshawar Board (University Model School)

Experience

Assistant Professor: Assigned Personal Grade 20 (without the change of title)
on 02.12.2025

Assistant Professor: Since October 2015 till date, Department of Psychology,
UoP.

Lecturer : Since September 2008 to October 2015 , Department of Psychology,
University of Peshawar.

Lecturer: December 2005 – August 2008 Shaheed Benazir Bhutto Women
University Peshawar.

Lecturer: September 2002-March 2003, Jinnah College for Women against a
leave vacancy post.

Lecturer on ad hoc: September 1999- September 2001, Department of
Psychology, UoP.

Publication

- 1) Liaqat, M., Zeb, R., & Sami, M. (2026). Development and

- establishment of psychometric property of patience scale in Urdu (PSU). Pakistan Journal of Social Sciences Review (PJSSR), 5 (4), 47-66. Retrieved from <https://pjssrjournal.com/index.php/Journal/article/view/740>
- 2) Zeb, R., Hussain, F. S., Urooj, B., Fatima, S. H., & Fatima, K. (2025). Gender differences in social phobia and its relationship with perceived stress. Policy Research Journal, 3(12), 1164–1171. Retrieved from <https://doi.org/10.5281/zenodo.18264908>
 - 3) Zeb, R., Haroon, M., Bukhari, S. M. (2025). Optimism and conflict management styles: constructive humor as a mediator. (2025). International Journal of Social Sciences Bulletin, 3(12), 645-653. <https://doi.org/10.5281/zenodo.18092994>. <https://ijssbulletin.com/index.php/IJSSB/article/view/1648>
 - 4) Tariq, J. R., Zeb, R., & Syed, S. (2025). Development And Establishment Of Psychometric Properties Of Zehni Sehat Ka Paimana (Mental Well-Being Scale). Competitive Research Journal Archive, 3(04), 01-11. <https://thecrja.com/index.php/Journal/article/view/184>
 - 5) Zeb, R., & Hafeez, L. (2025). Impact of Perceived Social Support on Mental Well Being: Self Compassion as a Mediator. Competitive Research Journal Archive, 3(03), 153-161. <https://thecrja.com/index.php/Journal/article/view/164>
 - 6) Zia, M., & Zeb, R. (2025). Technology in Educational Context: ChatGPT Usage, Academic Procrastination, Conscientiousness, and Academic Self-Efficacy. International Journal of Human and Society, 5(03), 79- 88. <https://ijhs.com.pk/index.php/IJHS/article/view/865>
 - 7) Durrani, Y., & Zeb, R. (2025). Exploring The Role Of Internet Addiction And Childhood Trauma In Maladaptive Daydreaming: Comparison Across Different Generations. The Journal of Research Review, 2(03), 100–109. Retrieved from <https://thejrr.com/index.php/39/article/view/176>
 - 8) Hamid, M., & Zeb, R. (2025). Childhood Trauma as Predictor of Cluster C Personality Disorders and Post Traumatic Growth. International Journal of Human and Society, 5 (02), 256-268
 - 9) Mughal. H., Zeb, R., & Irshad, E. (2024). The role of distress tolerance skills training in enhancing quality of life in conversion patients: A feasibility trail. International Journal of Human and Society, 4(1), 528-536.

- 10) Malik, S., Zeb, R., & Sadiq, M. (2024). Parenting styles and family structure: The overlooked concepts in ADHD. *Journal of Population Therapeutics and Clinical Pharmacology*, 31(6), 1651–1659. <https://doi.org/10.53555/jptcp.v31i6.6740>
- 11) Ali, F., Zeb, R., Arzeen, S., Nauman, H., & Khattak, B. (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>
- 12) Ali, F., & Zeb, R. (2023). Adaptation of Thematic Apperception Test in Pakistan. *FWU Journal of Social Sciences*, 17 (4), 78-87. DOI;<http://doi.org/10.51709/19951272/Winter2023/6>
- 13) Satti, T. A., Zeb, R., & Arzeen, S. (2023). Finding the links between social media use, false self, social comparison and interpersonal relationships. *Journal of Population Therapeutics and Clinical Pharmacology*, 30 (18), 455–466. <https://doi.org/10.53555/jptcp.v30i18.3099>
- 14) 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/>
- 15) Rohner, R.P., Ali, S., Filus, A., Senese, V.P., Molaver, A.D., Ahmed, R.A., Carrasco, M.A., Ibrahim, M., Koltcheva, N., Sajid, B., Uddin, M.K., Izquierdo-Sotorrío, E., Khaled, Z., Nasti, C., Shahnaz, I., Zeb, R., Holgado-Tello, F.P., Massaro, R., Riaz, M.N., González, M.J., & Britner, P.A. (2023). Reliability and validity of the interpersonal rejection sensitivity scale: A multicultural study. *Current Psychology*, 43, 7986-7996 <https://doi.org/10.1007/s12144-023-04980-9>
- 16) Khattak, B., Zeb, R., Arzeen, S., Nauman, H. (2023). Unraveling the threads of hope: Religiosity, resilience, and locus of control in the aftermath of terrorism. *Russian Law Journal*, 11 (1). 222-233. <https://www.russianlawjournal.org/index.php/journal/article/view/2743>
- 17) Khalil, A., Zeb, R., Arzeen, S., & Haq, S. U. (2023). Balancing life and death: unraveling the impact of work environment on death anxiety, resilience, and spiritual well-being among health professionals in intensive care and non-intensive care units. *Russian Law Journal*, 11 (2), 582-592. <https://www.russianlawjournal.org/index.php/journal/article/view/2743>

- 18) Riaz, W., Zeb, R., & Arzeen, S. (2023). Development and Validation of Endemic Hope Scale. *Pakistan Journal of Medical and Health Sciences*, 17 (4), 503-507 DOI: <https://doi.org/10.53350/pjmhs2023174503>
- 19) Sajid, B., Zeb, R., & Riaz, M.N. (2022). Urdu Translation and Adaptation of Interpersonal Rejection Sensitivity Scale. *Pakistan Journal of Psychological Research*, 37 (4), 571-584. DOI: [10.33824/PJPR.2022.37.4.34](https://doi.org/10.33824/PJPR.2022.37.4.34)
- 20) Jahangiri, F. R., Zeb, R., Arzeen, S. (2022). Organizational stress and job performance: Coping strategies as a mediator. *Indian Journal of Economics and Business*, 21 (2). 701-712. <https://www.ashwinanokha.com/resources/63.%20Fawad%20Riaz%20Jahangiri.pdf>
- 21) 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*, 19(3), 4158-4175. <https://www.webology.org/abstract.php?id=4900>
- 22) Zareef, M., Zeb, R., & Arzeen, S. (2022). Impact of big five personality factors on job crafting. *Indian Journal of Economics and Business*, 21(1) 989-1000. <https://www.ashwinanokha.com/resources/75.%20Mahreen%20final%20draft%20submission.pdf>
- 23) Rahim, S., Jahangir, F., & Zeb, R. (2018). Development and Validation of Attitude towards Honour Killing Scale. *Pakistan Journal of Psychological Research*, 33(1), 191. https://pjpr.scione.com/newfiles/pjpr.scione.com/127/127-PJPR_1.pdf
- 24) Zeb, R., Riaz, M.N., & Jahangir, F. (2015). Religiosity and Optimism as Predictors of Psychopathology and Mental Health. *Journal of Asian Development Studies*, 4(1), 67-75.
- 25) Zeb, R., Nazir, M. N., & Jahangir, F. (2013). Development and Standardization of Multi Dimensional Personality Inventory. *FWU Journal of Social Sciences*, 7(2), 113-123.
- 26) A chapter on "Phobic Disorders" in "Classification of Mental Disorders Vol I". The edited book prepared by Dr. Rahat Sajjad and published by Top Printers Pvt Ltd, Peshawar, in 1998.

Paper presentation

- 1) The creation of a human bomb, paper presented at 14th annual conference of psychology held at Baragali campus from 23-27 June

Research Work

Supervision of MPhil Scholars

- 1) Miss Mahreen Zia (2025). The role of conscientiousness, academic Procrastination and academic self-efficacy in Chatgpt usage. Department of Psychology. University of Peshawar.
- 2) Miss Myra Hamid (2025). Impact of childhood trauma on personality disorders and posttraumatic growth. Department of Psychology. University of Peshawar.
- 3) Miss Tayyeba Abrar Satti (2023). Moderating role of social comparison in social media use, false self, and interpersonal relationships. Department of Psychology. University of Peshawar.
- 4) Miss Mehreen Zareef (2021). Impact of big five personality factors on job crafting and its relation with workplace-wellbeing. Department of Psychology. University of Peshawar.
- 5) Miss Sadaf Arshad (2021). The impact of positive youth development on life satisfaction and its relationship with intentional self-regulation, parents' educational level and hope. Department of Psychology. University of Peshawar.
- 6) Miss Mahnoor Qazi (2021). Social networking, media exposure and education as determiners of universality diversity orientation. Department of Psychology. University of Peshawar.
- 7) Miss Farwa Ali (2021). A study of marital satisfaction, its relation with attachment styles, emotion regulation and length of marriage as a moderator. Department of Psychology. University of Peshawar.
- 8) Miss Hareera Zeb (2021). The role of academic cynicism, stress and self-efficacy in academic performance through self-regulation. Department of Psychology. University of Peshawar.
- 9) Miss Huma Mughal (2020). Effectiveness of Dialectic Behavior Therapy (DBT) in enhancing distress tolerance and emotional regulation for the treatment of Conversion Disorder. Department of Psychology. University of Peshawar.
- 10) Miss Abida Khalil (2020). Death anxiety, resilience and spiritual

wellbeing: A comparative study of health professionals working in intensive care units and general wards. Department of Psychology. University of Peshawar.

- 11) Miss Faiza Ali (2021). Adaptation of Thematic Apperception Cards. Department of Psychology. University of Peshawar.
- 12) Mr. Umair Ahsen (2021). Attachment to God, emotional intelligence, and forgiveness in clinical and nonclinical sample. Department of Psychology. University of Peshawar.
- 13) Miss Barjees Khattaq (2018). The role of religiosity, locus of control and resilience in protecting Army Public School affectees (16 December 2014) against psychopathology. Department of Psychology. Shaheed Benazir Bhutto Women University Peshawar.
- 14) Miss Hira Jamshed (2018). Impact of emotional intelligence on the relationship between work-family conflict and job satisfaction. Department of Psychology. Shaheed Benazir Bhutto Women University Peshawar.

Supervision of PhD Scholars

- 1) Shazia Malik (2025). Parenting Styles, and Family Structure as Moderator of Child Impulsivity and Attention Deficit Hyperactive Disorder. Department of Psychology. University of Peshawar

Workshops/ Certificate Courses Conducted

- 1) One day workshop on Test construction and adaptation on February 8, 2025 at Government Degree College Sarai Saleh
- 2) Two days certificate course on Research Methods. 12-13 December 2024. Department of Psychology University of Peshawar.
- 3) One day workshop on Test construction and adaptation on May 21, 2024 at Shaheed Benazir Bhutto women University Peshawar.
- 4) Guest speaker at Khyber Pakhtoon Khawa Judicial Complex Peshawar on the topic of spiritual wellbeing on June 24, 2023.
- 5) One day workshop on SPSS held on 26.05.2023 at Fata University.
- 6) Guest speaker at Preston University Peshawar Campus on Qualitative and quantitative approaches to Research Methods in December 2015.
- 7) Resource person of Research Method module of Professional competency enhancement course for teachers (PCEPT) from 20 Dec-18 Jan 2011
- 8) A guest speaker of a Teacher's Refresher Course at F.G Boys Public

High School Peshawar Cantt from 5 – 15 June 2005.

Workshops Attended

- 1) Developing the communication skills of students. Excel learner Academy in collaboration with British Council in 2017.
- 2) AMOS SEM. 20-21, 2018. Department of Psychology, University of Peshawar.
- 3) Qualitative and quantitative data analysis using SPSS arranged by Centre for Human resource and Career Development (CHRCDD) from 22-26 September 2014.
- 4) Building Bridges to provide Mental Health care in the SAARC Region, 5th SAARC Psychiatric Federation Conference held at Fountain House Lahore from 25-27th March 2011.
- 5) War on Terror: Psych-social effects and workshop on Neuro-Psychology. 14th annual conference of psychology held at Baragali campus from 23-27 June 2010.
- 6) Effective professional communication arranged by Staff Training Institute from Jan 18-22, 2010. University of Peshawar.
- 7) Psychosocial aspects of disasters and conflicts, 13th held at Baragali campus annual conference of psychology held at Baragali campus from 18-21 June 2009.
- 8) Managing References and Citations using End Note® held on 13 June 2009 at Quaid-e-Azam college of commerce, University of Peshawar .
- 9) Statistical Package for Social Sciences held between 09-14 June 2008. Shaheed Benazir Bhutto Women University Peshawar
- 10) Rorschach: A comprehensive system held between 27-30 Nov 2008. Shaheed Benazir Bhutto Women University, Peshawar
- 11) Effective Measurement and evaluative Techniques held on February 23, 2008. Shaheed Benazir Bhutto Women University, Peshawar
- 12) Projective Techniques held between 6-7 Aug, 2007. Shaheed Benazir Bhutto Women University, Peshawar
- 13) Staff Development Course held between Feb 28 to March 22, 2007. Shaheed Benazir Bhutto Women University, Peshawar
- 14) Exploring Opportunities for PhD and Post Docs in Foreign Universities held between 21-23 December 2006. Shaheed Benazir Bhutto Women University, Peshawar
- 15) Semester System held between 27 July 2006. Shaheed Benazir Bhutto Women University, Peshawar
- 16) A Training Course in Psychology, arranged by the department of Psychology, University of Peshawar, from 13-18 March, 2006.
- 17) A one day workshop on Semester System, arranged by GIKI, Topi.
- 18) Psychological Issues of Children: Post Disaster, from Jan 28-29, 2006. Arranged by Pakistan Pediatric Association.
- 19) Management of Disaster: Focus on Children and Families, from 23-26 Jan, 2006. Arranged by Pakistan Pediatric Association.
- 20) Stressful Life Events and the Role of Psychologists, from 18-22 June,

2005. At Baragali Campus of Peshawar University.

21) Sociopsychological Determinants of crime in Pakistan, from 02-03 March, 2005. Arranged by Pakistan Academy for Rural development.

22) Psychology in the 21st Century, in 1998 at Baragali Campus.

Computer Skills / Expertise

Certificate course in Applications of Contemporary Data Analysis Tools (2014) from National Institute of Psychology, Quaid-e-Azam University Islamabad, encompassing SPSS, Amos, NVivo, Endnote soft wares.

Certificate of MS Office, from Brains Degree College and Computer Institute (1999).

Personal Information

- Date of Birth: 18-02-1975
- Marital Status: Married
- Nationality: Pakistani
- Interest: Book reading.