

DR. SUMMIYA AHMAD (Associate Professor)

(Chairperson, Department of Psychology, UoP)

House # R-38 near Masjid e Wusta Tatara Girls Hostel Road, University Campus, University of Peshawar

Ph: Cell: +92-300-5876768 E-mail: Summiya-ahmad@uop.edu.pk

Summiya-ahmad@outlook.com

EDUCATION

Ph.D (Psychology), 2008, Department of Psychology, University of Peshawar

M.Sc. (Psychology), 1998, Department of Psychology, University of Peshawar

B.A ,1996, Frontier College for Women, Peshawar

F.A ,1994 ,Frontier College for Women, Peshawar

S.S.C ,1992,Presentation Convent High School, Peshawar.

WORK EXPERIENCE

I worked in the department on regular bases as Lecturer (BPS-18) with effect from 14.05.2005 to 07.02.2011, Assistant Professor (BPS 19) with effect from 08.02.2011 to 09.10.2015 and Associate Professor (BPS-20) with effect from 10.10.2015 till date.

M Phil Supervised/Co Supervised

Self Esteem, Mental Well Being, Perceived Social Support and Fear of Negative Evaluation in Dermatological Patients

Behavioral Problems, Depression and Anxiety among off springs of Drug addicts

Depression, Psychological Well-being and Burden experience in the Care Takers of Schizophrenics

Birth Order and its effects on Personality Traits

Antenatal emotional state in relation to Nutritional status and Birth Outcomes (Co Supervised)

Narcissism, Self-Esteem and the number of Selfies people post on Social Networking Sites

You are what you wear: Fashion Consciousness, Narcissism and Compulsive Buying among present Generation Y

Impact of Parenting Styles on Attachment and Altruism among Adolescents

Brand Image as a function of Self-Concept, Vanity and Self-Esteem: A Comparative Study among Brand Conscious Consumers and non-Conscious Consumers

The relationship between Emotional Intelligence and Job Satisfaction among Secondary School Teachers

Work place harassment: Psychological distress and moderating role of coping strategies among female university teachers

Impact of Grit on Psychological Wellbeing, Emotional Intelligence and Resilience of Students

The effect of dysmenorrhea on work productivity, quality of life and mood in unmarried working women

The effect of Religiosity on Resilience, Perceived Stress and Quality of Life among Pakistani students

Effects of Personality and Emotional Intelligence on Career Decision- Making difficulties among students

Effect of sociocultural attitude in perfection, vanity and self-compassion among adolescents and adults in Peshawar

Perceived Social support, Ego Integrity and Geriatric Depression among Elderly population in Islamabad and Rawalpindi

Prevalence and severity of Misophonia and its relationship with Anxiety, Obsessive-Compulsive disorder and Aggression

Effect of function of clothing on social appearance, anxiety, perfectionism, neuroticism and mood among adolescence, early adulthood and middle adulthood

Impact of Forgiveness on Happiness, Mental Well-being, and Prosocial Behavior among Adults.

The Effect of Structured and Unstructured Doodling on Anxiety, Affect and Happiness; An Experimental Study.

Mindfulness, Resilience, Social Media Addiction and its relationship with Academic Anxiety among University Students.

Exploring Narcissism, Machiavellianism and Psychopathy Traits in Doctors at Tertiary Care Hospitals in Peshawar.

Mindfulness, Psychological – wellbeing and Life Satisfaction between Problematic and Non-problematic internet users.

The relationship of Spirituality with Happiness, Forgiveness and Mindfulness among University Students.

PhD Supervised/Co Supervised

Impact of self-stigma and discrimination on psychological well-being of physically disabled individuals: moderating role of social support and coping strategies

Self-concealment and social self-efficacy among undergraduate students: The impact of AI-CHATBOT on depression, anxiety and stress

The development of dark triad traits and their role in shaping decision-making and social influence

Dysmenorrhea & presenteeism: Investigating the role of social, Medical and work-related factors and evaluating management strategies for period related challenges

The role of psychological capital towards teacher's job commitment and students' academic achievements (Co Supervised)

Role of Interpersonal Acceptance, Rejection on Emotional Intelligence, Personality, Subjective Well-Being and Perceived Stress among Substance Abusers

High level of Emotional Intelligence, Self-efficacy, Life satisfaction and Tolerance Mitigate Stress, Depression and Anxiety in Multiple Sclerosis Patients

Impact of Social Media Addiction on Empathy and Psychological problems among University students

Role of Basic Psychological Needs, Motivation, And Achievement Goals in Academic Engagement of University Students

A qualitative study of psychological problems among parents of children with cerebral palsy in Pakistan.

Psychosocial Antecedents of Attitude towards War and Peace in Khyber Pukhtunkwa: Role of Social Dominance Orientation Perspective.

The role of adverse childhood experiences, attachment styles, emotional dysregulations, antisocial and social dominance in adult violence among adults of conflict affected areas.

COURSES TAUGHT AT M-PHIL AND PH D

Guidance and Counselling

Advance Educational Psychology

Deviance and Crime

Community Psychology

Military Psychology

Adolescents Behavioral Problems

Research Methodology

Psychology of Sports and Exercise

School Psychology

Basic Skills in Psychotherapy and Counselling

Adolescent's Concerns, Problems and Challenges

COURSES TAUGHT AT M.SC.

- History and Contemporary Psychology
- Developmental Psychology
- Learning, Cognition and Motivation
- Counseling Psychology
- The Counseling Profession: A Historical Perspective
- Intervention Strategies in Counseling
- Counseling in Specific Setting
- Research Methodology
- Social Psychology
- Theories of Personality
- Educational Psychology
- Gender and Psychology
- Organizational Behavior
- Social Psychology
- Positive Psychology
- Train Students in the field of Counseling Psychology.

MEMBERSHIPS

- . Life member and Division Head, Pakistan Psychological Association (PPA)
- . Life member Pakistan Inclusive Psychological Society (PIPS)
- . Had been member Board of Advanced Studies & Research (BASAR), City University of Science and Information Technology, Peshawar, Pakistan
- . Had been member Scrutiny of Application Forms, University of Swat, Peshawar
- . Had been Member Board of Faculty, College of Home Economics, University of Peshawar
- Had been member Association of Clinical Psychologists Delhi (DACP), INDIA.

- Had been member Students Affairs Committee, Department of Psychology, University of Peshawar
- . Convener Students Scholarship Committee, Department of Psychology, University of Peshawar.
- . Member Department Semester Committee.
- . Member Graduate Studies Committee of the Department.
- . Member Board of Studies at University of Sargodha.
- Had been Coordinator BS 4-years Integrated Program, Department of Psychology, University of Peshawar
- . Coordinator Mphil/Ph D Program of the Department
- . Member Selection Board Agriculture University, Peshawar
- . Member Selection Board Women University Mardan

Few of the Publications

1. Ali, N., Ahmad, S., & Muhammad, H. (2024). Investigating The Interrelationship Among Adverse Childhood Experiences, Attachment Styles and Adult Violence in Adults from Conflict-Affected areas of Khyber Pakhtunkhwa. *Remittances Review* 9(S3). 417-434. ISSN : 2059-6588(Print) | ISSN 2059-6596(Online).
2. Saeed, S., Ahmad, S., & Muhammad, H. (2024).Analysing the Direct and Indirect Effevcts of Coping Self-Efficacay on Well-being via Quality of Life . *Pakistan Journal of Health Sciences* 4(5). ISSN : 2790-9352(Print) | ISSN 2790-9344 (Online).
3. Habib,H., & Ahmad,S. (2024).An Exploratory Study: Lack of Assertiveness and its relation with Aggression and Appearance Anxiety. *Research Journal of Psychology*,3(2),119-132.
4. Saeed, S., Ahmad, S., & Muhammad, H.(2024). Translation and validation of Attitude towards Peace and War Scale (APWS). *Remittances Review*,9(S 2). ISSN : 2059-6588(Print) | ISSN 2059-6596(Online). pp. 513-531
5. Zahra, S., Iqbal, S & Ahmad, S. (2024). Effect of increased social media networking due to Covid-19 outbreak on the span of attention in adolescents in Pakistan. *Pakistan Journal of Educational Research* 7(1), 2707-7985 (E) / 2663-0443 (P).
6. Ullah, A., Ahmad, S. (2024). A qualitative study of psychological problems among parents of children with cerebral palsy in Pakistan. *Migration Letters. (S10) 21*, ISSN (P): 1741-8984 (E): 1741-8992.
7. Shah,N.S., Ahmad, S., & Ullah, A. (2024). The power of acceptance and rejection: a comparative study of parental acceptance-rejection and emotional intelligence among

substance users and non-users of Pakistan. *Journal of Substance Use*.

<https://doi.org/10.1080/14659891.2024.2345921>

8. Muhammad, H., Ullah, S., & Ahmad, S. (2023). The troika of covid-19, media exposure, and mental health: The mediating role of worry and intolerance of uncertainty. *Pakistan Journal of Humanities & Social Sciences Research* (6)1, ISSN (P): 2663-9211 (E): 2663-922X.
9. Muhammad, H., Ahmad, S., & Arzeen. S. (2023). Injustice and violence: a test of the revenge model. *Current Psychology*, <https://doi.org/10.1007/s12144-023-04852-2>.
10. Akbar, H., Ahmad, S., & Muhammad, H. . (2023).College Students' Struggles with Career Decisionsand Their Personality : Struggles of college students in career making decisions. *Pakistan Journal of Health Sciences*, 4(08).
<https://doi.org/10.54393/pjhs.v4i08.885>
11. Rukhsar. Iqbal,Bin.Mohsin., and Ahmad, S.(2023). Importance of Social Support And Subjective well-Being With Mediating Effect Of Happiness Amongst University students during Covid-19. *International Journal of Psychological and Behavioural Research* (IJPBR) (3),1. ISSN (P): 2790-9859 (E) 2790-9867. 74-91.
12. Habib,H., Ahmad,S., & Mohammad, H. (2023).The prevalence and relationship between Tolerance and Life Satisfaction in male and female Multiple Sclerosis patients in Peshawar, Pakistan. *Journal of Development and Social Sciences*,4(1),148-157.P-ISSN: 2709-6254.
13. Shah,N.S., & Ahmad, S. (2023). Personality traits as a psychological determinants of Emotional Intelligence and Perceived Stress among Substance Abusers of Peshawar Pakistan. *Journal of Positive School Psychology*,7(2),1150-1159.
14. Muhammad, H., Ullah, S., & Ahmad, S. (2022). Mitigation of Depression,Anxiety,Stress, and Aggression via Religiosity/Spirituality during the 3rd wave of Covid-19 among University Students. *Pakistan Journal of Humanities & Social Sciences Research* 05 (01), ISSN (P):2663-9211(E):2663-922X.
DOI:<https://doi.org/10.37605/pjhssr.v5i1.354>.(94-111)
15. Shah, I., Ahmad,S., Zia,K.,Ali,H.(2021). Impact of Trust and Marital Satisfaction on Intimacy among Wedded Couples: A Covid-19 Lockdown Analysis. *Webology*18(5),4222-4233. ISSN:1735-188X.

CONFERENCES/WORKSHOPS CONDUCTED

- Training on “Psychological effect of Computer Technology” for Librarians of University of Peshawar, organized by STI (Staff Training Institute) in collaboration with HEC, 2008.
- Training on “Counseling with Earthquake Victims” for the field staff of Blue Veins.
- Training on” Stress Management” for Medical Officers of KMC.
- Training on “School Children Counseling” for the F.G school teachers.
- Training on “General Counseling” for F.G school teachers.

. Training on “Guidance, Counseling and Career Planning “ to Government College teachers at Hetta, Hayatabad, Peshawar, January 5th 2016.

CONSULTANCY

Took consultaies with different national and international organizations and trained their staff .

CONFERENCES/WORKSHOPS ATTENDED

- Invited to Co-chair Scientific Session of 2nd International Conference on Women’s Mental Health Care September 15, 2022 organized by Shaheed Benazir Bhutto Women University Peshawar under the project of USEFP.
- . 13th Annual conference of Psychology on ‘Psycho Social Aspects of Disasters and Conflicts at the Summer Camp Bara Gali. Peshawar (18th – 21st June, 2009).
- “Counseling Strategies in Dealing with Trauma of Abuse, 2007.
- “Training in Research Methodology, information Resourcing and Research Proposal Development”. (15th – 16th June, 2008). Summer Camp Bara Gali. Peshawar
- Stressful Life Events and the Role of Psychologists, Workshops on “Projective Techniques”, 2005.
- Emerging Global Scenario and Islamic Identity, Workshops on Hypnoanalysis and Speech therapy, 2004.
- Training in Research Methodology, Information Resourcing and Research Proposal Development for M-Phil/Ph-D Scholars in Psychology, 2008.
- Workshop on “Projective Techniques” organized by Higher Education Commission and British Council Link Activities, 2007.
- National workshop on “Technique in Psychotherapies: A Multidimensional Approach” organized by the Delhi Association of Clinical Psychologists (DACP), 2006.
- Workshop on “Semester System” organized by Higher Education Commission, 2006.
- A Training Course in Psychology organized by Higher Education Commission, 2006.
- Staff Development Course under the scheme of National Academy of Higher Education organized by Higher Education Commission, 2005.
- 50 Years of Psychology in Pakistan and future Developments organized by Psychology department, University of Peshawar, 1998.

