

UROOJ TARA

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RESEARCH INTERESTS

Developmental Psychology, Neurodevelopmental Disorders, Behavior Management & Counseling, Social Skills Interventions

EXPERIENCE

Clinical Psychologist (July'2019-July'2020): Speech Therapy Club and Intervention Center for Learning Disabilities (STCICLD)

Rehab Psychologist (April'2018-Sep'2018): Armed Forces Institute of Rehab Medicine

Lecturer (April'2017-Feb'2018): Silver Oaks Schools & Colleges

EDUCATION

Ph.D., 2021-till date – National Institute of Psychology, Quaid-e-Azam University, Islamabad, Pakistan

Thesis Title: *Parent-assisted Children's Friendship Training with Children Having Autism Spectrum Disorder: A Randomized Controlled Study*

MS in Clinical Psychology, 2019- Foundation University Islamabad with 4/4 CGPA.

B.Ed. (1.5 years), 2018- Allama Iqbal Open University, Islamabad.

BS Hons. in Psychology, 2016- International Islamic University Islamabad, Pakistan with 3.84/4 CGPA.



PUBLICATIONS

International

- Tara, U., Rauf, N., & Arshad, A. (2025). Treatment Effectiveness of Pakistani Version of Children's Friendship Training Program for Autistic Children. *Current Psychology*, [in press]
- Tara, U., Rauf, N., & Arshad, A. (2024). Parent-assisted Friendship Intervention for Improving Play and Social Skills in Pakistani School Children with Autism: A Randomized Controlled Pilot Study. *Journal of Applied Social Science*, 19367244241306295.
- Tara, U., & Rauf, N. (2024). Unveiling the interplay of social skills and sociocultural dynamics in children with Autism Spectrum disorder in Pakistan. *International Journal of Developmental Disabilities*, 1-13.
- Tara, U., Nelofar, R., & Warraich, A. (2024). Assessing Social Skills and Quality of Play in Children on Spectrum: A Preamble for Parent-Assisted Children's Friendship Training (CFT) in Pakistan. *INSAR 2024*.
- Tara, U., & Ahsan, S. (2020). Cognitive hardiness as a moderator in the relationship between generalized workplace harassment and anger among working women in Pakistan. *Journal of Human Behavior in the Social Environment*, 30(8), 971-988.

National

- Warraich, A., Rauf, N. K., Aftab, R., Tara, U., & Shahid, S. (2024). The Cultural Adaptation and Validation of an Urdu Version of the Revised Social Communication Checklist (SCC-R) for Pakistani Children with Autism Spectrum Disorder. *Social Science Review Archives*, 2(2), 857-870.



JOURNAL REVIEWER

Reviewer at international journals



CONFERENCE PRESENTATIONS

- Tara, U., Rauf, N. & Arshad, A. (November 2024). Feasibility of Parent-mediated PEERS Program for Enhancing Social Skills in Children on Spectrum. 3rd International

Conference of Social Sciences “Contemporary World: Challenges and Transformations, 2024”, Rawalpindi Women University, Pakistan

Tara, U., & Rauf, N. (March 2024). Parent-assisted Friendship Training Program for children with Autism. International Conference on Mental Well-being-2024, Lahore, Pakistan.



WORKSHOPS

- Workshop attended on” Research and Medical Writing: A step by step Guide” at Armed Forces Institute of Rehabilitation Medicine, Rawalpindi on April 24, 2018.
- Workshop attended on” Article Writing” at Armed Forces Institute of Rehabilitation Medicine, Rawalpindi on September 25, 2018.



HONORS/AWARDS

- HEC Indigenous PhD scholarship awardee.
- Gold medal - MS Clinical Psychology, Foundation University Islamabad.
- Moderator in 9th International conference at Quaid-e-Azam University, 2024.
- Participated as a counselor in one-day Counseling Camp at FAST-NUCES, Islamabad Campus on October 11, 2018
- Facilitator in 1st International conference at Foundation University Islamabad, 2017.
- Assessment psychologist in Prime Minister Cochlear Implant Program at AFIRM, 2018