

FARAH JABEEN

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PROFILE SUMMARY

Passionate and dedicated Psychology professional with strong academic grounding (MPhil in Psychology, Quaid-i-Azam University) and hands-on experience in research, and teaching. Adept at designing and delivering curriculum-aligned lessons, facilitating student engagement, and conducting empirical research in psychology. Committed to fostering inclusive learning environments, and contributing to the academic community through teaching, research, and service.

EDUCATION

Quaid-i-Azam University

Islamabad

MPhil in Psychology

Graduation Date: January 2025

Relevant Coursework: Data Analysis & Research Methods | Applied Statistics | Psychosocial Interventions in Disaster Management | Clinical Psychology | Seminars in Theories of Psychology | Occupational Health Psychology | Cognitive Psychology | Educational & Positive Psychology | Personality theories | Experimental Psychology | Psychopathology | Psychological Testing | Advanced Social Psychology

RESEARCH EXPERIENCE

Bachelor's Research Experience

- Conducted research on psychological factors in university students using validated methodologies and statistical techniques.
- Coordinated data collection, analysis, and reporting for a university-wide project.
- Collaborated with professors, students, and external analysts to ensure seamless project execution.

MPhil Research Experience

- Conducted advanced research on workplace well-being and stress resilience, generating policy-oriented recommendations for promoting sustainable and inclusive practices in high-stress sectors.
- Authored a thesis integrating psychological resilience with organizational development, focusing on disaster and crisis management.
- Reviewed 30+ academic articles and created evidence-based reports to support psychosocial policy frameworks.
- Applied IBM SPSS and Excel for statistical modeling, correlation analysis, and visualization.
- Presented findings at an international conference; engaged with academics and practitioners to translate data into actionable insights.

WORK EXPERIENCE

Researcher | Youth Addiction Detox

June 2025- Present

- Conduct in-depth research on various forms of addiction among youth, such as vaping, internet pornography, and opioid use disorders.
- Analyze cognitive, psychological, and behavioral factors contributing to addictive patterns.
- Collaborate with a multidisciplinary team to interpret data and generate actionable insights.

Intern | Bacha Khan Medical Complex

Sep 2021- oct 2021

- Conducted Psychosocial assessments with a clinical team to assess 30+ clients, identifying mental health concerns, including those related to disabilities and accessibility barriers.
- Collaborated with cross-functional teams to implement tailored psychosocial interventions and tracked outcomes through standardized data collection.

The QIMS, Swabi, KPK

2021 / 2024

- Delivered engaging General Science and Social Studies lessons to 50+ students, leading to a 35% improvement in critical thinking skills.
- Led awareness and advocacy campaigns around emotional well-being, inclusion, and resilience among students and families. Developed inclusive content and coordinated workshops aligned with community capacity-building and social progress goals.

Volunteer Teacher

2016-17

- Volunteered to support a school facing a shortage of teachers by teaching and assisting students across multiple subjects.
- Helped students improve academic performance through personalized guidance and classroom support.

SKILLS & INTERESTS

Technical Skills: SPSS, Microsoft Excel, Word, PowerPoint, Google Workspace

Research Skills: Data Analysis, Literature Review, Report Writing, Documentation, Statistical Modeling

Soft Skills: Communication, Workshop Facilitation, Team Collaboration.

COURSES & CERTIFICATIONS

- **Psychological First Aid** – *Johns Hopkins University*
- **Strategic Project Management** – *Saylor Academy*
- **Managing Emotions in Uncertainty** – *Yale University*
- **APA Membership** – *American Psychological Association*
- **Public Relations** – *Saylor Academy*
- **Leaders of Social Impact** – *CSR Forum Pakistan*

PUBLICATION/ CONFERENCE

Conference Presentation

Presented Paper: *Mental health challenges of Special Education Teachers*

Conference: *International Conference on Uplifting Mental Health of Vulnerable Segments of Population 2024*

Format: *Presentation*

Role: *Lead Researcher / Presenter*

1. Publication

Mental Health Outcomes Among Montessori Educators in Pakistan. (2025). Journal of Asian Development Studies, 14(2), 193-197. <https://doi.org/10.62345/jads.2025.14.2.16>

2. **Jabeen F.** (2021). *Relationship of Perfectionism with Depression, Anxiety and Stress in College and University Students.* (Unpublished Bachelor's thesis). Women University Swabi.

3. **Jabeen F.** (in press). *Emotional Labor strategies, Burnout And Mental Health of Special Education Teachers (2025). Critical Review of social science.*

LANGUAGES

- English
- Urdu
- Pashto