

SAMINA BILAL

Contacts:

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OBJECTIVE:

To obtain a job as “lecturer of psychology” in government education department where I can be able to perform and enhance my professional skills and knowledge.

Mission:

Committed to provide Psychology students with broad understanding and multifaceted discipline knowledge through psychological theory and practical understanding under prescribed government program.

EDUCATION:

DEGREE AND CERTIFICATIONS:

S.No	Degree/Certificate	Board/University	Passing year	Grade/Division
1	MS (Clinical psychology)	Foundation University Rawalpindi	2018	3.6 (CGPA)
2	PGDCP (Post graduate diploma in clinical psychology)	Foundation University Rawalpindi	2015	3.0(CGPA)
3	M. Sc (Applied psychology)	Gujrat University	2013	1st
4	B. Sc	Punjab university	2011	2nd
5	HSSC	Federal Board	2009	2nd
6	SSC	Federal Board	2007	1st

PROFESSIONAL EDUCATION:

7	B.Ed	AIOU	2015	1st
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PROFESSIONAL WORKING EXPERIENCE:

"HUMAN DEVELOPMENT RESEARCH FOUNDATION" DECEMBER 2014 – PRESENT

Human Development Research Foundation is an organization, which helps the community by providing innovation solution in their social life and by contributing in the field of research targeting mental health and education sector by providing services. <http://hdrfoundation.org/>

Research Projects:

South Asian Hub for Advocacy, Research and Education on Mental Health. (SHARE)

- Funded by National Institute of Mental Health (NIMH), USA
- Collaborated with "Liverpool University"& "London School of Hygiene and Tropical Medicine", UK

1. Thinking Healthy Program-Early (THP-E)

- Funded by National Institute of Health (NIH), USA
- Collaborated with "Duke University" USA

My key roles as Trainer/Research Associate:

- Translations, adaptations and finalization of Assessments tools.
- Data collection, entry, cleaning, data management and basic statistical analysis (SPSS).
- Supervision of fieldwork and other tasks related to the projects.
- Psychosocial assessment of pregnant mothers within the community.
- Managing problems and challenges related to fieldwork.
- Conducting In-depth Interviews (IDIs) and Focus group discussions (FGDs).
- Qualitative data analysis.
- Report and Paper writing.

Publications:

Published Papers

1. Effectiveness of a peer-delivered, psychosocial intervention on maternal depression and child development at 3 years postnatal: a cluster randomized trial in Pakistan
Published in September 2020 (<https://authors.elsevier.com/c/1bc857tf1cwkZt>)
2. Effectiveness of the Thinking Healthy Programme for perinatal depression delivered through peers: pooled analysis of two randomized controlled trials in India and Pakistan
Published in 23 November 2019(<https://pubmed.ncbi.nlm.nih.gov/32090783/>)

3. Psychometric Validation of Multidimensional scale of perceived social support during pregnancy in rural Pakistan. (<https://doi.org/10.3389/fpsyg.2021.601563>)

International Course Certifications:

- **Protecting Human Research Participants.** (National Institutes of Health (NIH))
- **Good Clinical Practice** (London School of Hygiene & Tropical Medicine.)
- **Introduction to the Principles and Practices of Clinical Research** (NIH Clinical Center, National Institute of Health)

Personal Information:

Name :	Samina Bilal
Husband:	Rifat Ullah
Date of Birth	22 April 1991
CNIC no	38301-1692119-2
Domicile	Kohat
Religion	Islam
Nationality	Pakistani
Marital Status	Married

KEY SKILLS & ABILITIES:

- Microsoft Office (Power point, Word, Excel)
- SPSS
- Equipped with common communication tools like skype/conference call.
- Hardworking and dedicated
- Ability to priorities own work in response to deadlines.
- Able to organize tasks effectively
- Ability to resolve problems independently
- Possessing a creative approach to problem-solving
- Good communicator with all ages

Language Proficiency

- URDU
 - ENGLISH
 - PASHTO
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