

Asma Masood

Visiting Lecturer | Clinical Psychologist | Research Assistant

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Summary

Experienced Visiting Lecturer at Bahria University Islamabad, skilled in delivering engaging psychology courses using real-world examples. Also works as a Clinical Psychologist and researcher at PsychCare Clinic, specializing in assessments and diagnostic reporting. Published authors of various articles in a reputable journal recognized by HEC.

Work Experience

09/2023 – Present Islamabad	Bahria University, E8 Campus, Islamabad, Visiting Faculty Member (VFM) - Teaching Self-Management and Social & Psychological Development courses to BBA students in the Management Sciences Department. - Apply interactive and student-centred teaching methods to enhance classroom engagement and learning outcomes. - Foster a dynamic and participatory learning environment, encouraging critical thinking and self-awareness. - Incorporate real-world examples and case studies to effectively link theoretical knowledge with practical business applications.
03/2022 – Present Islamabad	PsychCare, Islamabad, Clinical Psychologist Assessment & Research Associate - Managed and supervised daily clinical operations, ensuring smooth workflow and operational efficiency. - Conducted psychological assessments and produced comprehensive, accurate, and timely reports. - Led evidence-based research projects, integrating findings into therapeutic practices. - Maintained organized and up-to-standard clinical documentation and administrative records. - Oversaw clinic inventory, ensuring timely procurement and continuous service delivery. - Coordinated and supervised remedial therapy sessions, maintaining high standards of client care. - Designed and mentored the internship program for psychology students, enhancing clinical learning experiences. - Collaborated effectively with visiting consultants, demonstrating strong organizational and communication skills. - Recognized for a calm demeanour, initiative-driven approach, and the ability to manage diverse responsibilities efficiently.

Education

09/2020 – 06/2022 Islamabad	Master of Science (MS) in Clinical Psychology, Air University, Islamabad CGPA: 3.7 / 4.0
06/2015 – 07/2019 Islamabad	Bachelor of Science (BS-Hons) in Psychology, Air University, Islamabad CGPA: 3.4 / 4.0

Skills

Technical & Analytical Skills

- SPSS (Statistical Package for the Social Sciences)
- Microsoft Word
- PowerPoint Presentation
- Data Entry

Clinical & Psychological Skills

- Psychological Testing
- Case Formulation
- Treatment Planning
- Report Writing

Academic & Research Skills

- University-level teaching
- Course content and lecture material development
- APA formatting and referencing
- Article and blog writing

Research Experience

03/2024 – Present

Independent Research Consultancy (Part- Time, Remote)

- Support psychology-related academic projects including theses, proposals, synopses, and research articles.
- Conduct literature reviews, editing, rephrasing, and plagiarism reduction to meet academic standards.
- Perform SPSS-based data preparation and analysis (descriptive statistics, correlations, regressions, t-tests).
- Prepare essential research documents such as consent forms, demographic sheets, and standardized scales.
- Guide students and researchers in research methodology, design, and academic publishing.

03/2022 – 02/2024

Research Assistant to PhD Scholar

- Supported the development and refinement of PhD dissertation chapters through academic writing and editing.
- Conducted data entry and created structured SPSS data sheets for statistical analysis.
- Performed quantitative analyses including correlation, descriptive statistics, independent samples t-tests, and regression analysis.
- Interpreted both quantitative and qualitative data, with a focus on accurate presentation and clarity in findings.
- Designed essential research documents such as informed consent forms, demographic sheets, and identified suitable standardized scales.
- Co-authored multiple research articles targeted for publication in academic journals.
- Applied best practices to minimize plagiarism and enhance originality in academic writing.
- Gained in-depth understanding of the research process, including planning, data collection, analysis, interpretation, and academic dissemination

Publications

19/10/2022

Relationship of Occupational Stress with Psychosomatic Symptoms and Mental Wellbeing in Medical Professionals: An Exploratory Study,

Journal of the Dow University of Health Sciences (JDUHS), 16(2) [↗](#)

Masood, A., Salik, S., & Masroor, U.

07/07/2025

Exploring Gender Differences in Work Stress and Workplace Cognitive Failures Among Medical Doctors, *Pakistan Journal of Rehabilitation, 14(2)* [↗](#)

Masood, A., & Salik, S.

12/12/2025

Integrating eidetic psychotherapy for holistic intervention: addressing learning difficulties, emotional, and behavioral challenges in adolescents with specific learning disorders, *Pakistan Journal of Clinical Psychology, 24(01)*

Salik, S., Amin, R., & Masood, A.

26/11/2025

Comparison of Work-Related Stress and Physical Symptoms Among Healthcare Professionals in Outpatient and Emergency Departments,

MedERA: Journal of CMH LMC and IOD, 7(2), 308-314 [✉](#)

Khadim, M. T., Salik, S., & Masood, A.

National Level Contributions

Facilitated mental health and wellbeing awareness sessions at the Government of Islamabad's first Summer Fiesta, engaging students from public schools and colleges focusing on emotional regulation, stress management, and psychological awareness among students.

References

Finished Upon request