

YUMNA ALI_ PHD PSYCHOLOGY

Feb 2023-Feb 2026

Based in Pakistan- Open for post-doc fellowships

Email: yumnaaali123@gmail.com

[linkedin.com/in/yumna-ali-9825b2258](https://www.linkedin.com/in/yumna-ali-9825b2258)

<https://orcid.org/0000-0002-5364-5238>

<https://scholar.google.com/citations?user=VoYS07gAAAAJ&hl=en>

<https://www.scopus.com/authid/detail.uri?authorId=57223023974>

Summary

My PhD in Psychology is completed. I continue to work on cross-cultural projects.

Grants

1. Grants: HEC Conference Grant -Hazara University and Nottingham University, UK
2. Grants: Individual- University of Galway, Ireland
3. Grants: ANSS Australia Speaking Grant-University of Sydney, Australia

I have completed my PhD in Psychology from Hazara University, Pakistan, with co-supervision from the University of Nottingham, UK, as of 10th June 2026.

I completed my General Certificate of Secondary Education from the University of Cambridge and hold a TEFL certificate from City University New York. I have completed my virtual research training from the Saudi National Institute of Health. I have published in the university journals of Russia, Romania, Poland, Ukraine, Lithuania, the Netherlands, Denmark, Bosnia, Switzerland, Sweden, Norway, Azerbaijan, and Spain.

I am a lifetime member of the Pakistan Psychological Association (PPA), which can be accessed online PPA/LM/24/1313, and a member of the American Psychological Association (APA).

My peer review record is of 220+ articles in high-impact factor journals.

Editorial Roles

Journal of Research in Nursing- SAGE

Multipsyche- WILEY

Work Experience

Advisory Board -Wales Saint David Trinity University-Coaching Psychology

Global Reach Member Lab- Nottingham University

Visiting Keynote Speaker- in person (2024-present)

Herzen State University, Saint Petersburg, Russia

Disability Case Manager

HEC Pakistan

Dec 2022 - May 2023 (6 months)

University Lecturer-Psychology

Lahore Leads University

Mar 2022 - Mar 2023 (1 year 1 month)

University Lecturer-Psychology

Government College University (GCU), Lahore

Aug 2020 - Nov 2021 (1 year 4 months)

Hospital Representative

Khairunisa Eye Hospital

Feb 2019 - Feb 2021 (2 years 1 month)

Hospital Representative

Ittefaq Hospital (Trust)

Feb 2018 - Mar 2020 (2 years 2 months)

Psychology Research Assistant

EzCare Medical Clinic

Mar 2019 - Nov 2019 (9 months)

Sep 2018 - Oct 2019 (1 year 2 months)

Training And Development Officer

CENTER OF ECONOMIC RESEARCH PAKISTAN

Sep 2018 - Apr 2019 (8 months)

English Second Language Instructor

Alma Mater School

Dec 2017 - Oct 2018 (11 months)

Business English Teacher

Let's Talk İngilizce Kursu, Türkiye

Feb 2017 - Sep 2017 (8 months)

Special Education Supervisor

Scarsdale Senior High School

Sep 2016 - May 2017 (9 months)

Human Resources Assistant

Pakistan Professional Women Forum Mar 2013 - Dec 2015 (2 years 10 months)

Student Counselor

Trivium Student Facilitation Services

May 2014 - Sep 2015 (1 year 5 months)

Human Resources Specialist

Panasian Group

Mar 2014 - Aug 2015 (1 year 6 months)

Editor-Book Launch-Alternate therapies to healing

Mariam Healing Center

May 2013 - May 2015 (2 years 1 month)

Academic Tutor

Brilliant Writings

Dec 2011 - Dec 2014 (3 years 1 month)

Banking Intern

Askari Bank

Jun 2008 - Aug 2008 (3 months)

Education

Hazara University- co-supervision, University of Nottingham, UK

Doctor of Philosophy - PhD, Psychology

Feb 2023 – June 2026

Mindfulness Intervention

Government College University (GCU), Lahore

Master of Science - MS Industrial/Organizational Psychology, Workplace spirituality

Lahore School of Economics

Bachelor's Double Majors, Occupational stress

University of the Punjab

Bachelor of Arts - BA

Jan 2011 - Jan 2013

University of Cambridge

GCSE

University of Oxford

Mindfulness(remote)

Sep 2022 – Sep 2024

Annemarie-Schimmel Hause

German language

Feb 2018 – Feb 2020

Hunter College

TEFL-City University Newyork, Adult and Continuing Education and Teaching

May 2017 – Aug 2017- Awarded

Licenses & Certifications

Canadian Masters Equivalence of Psychology - World Education Services

Gold medal - Government College University

Apr 2021

Silver medal - British Council

Sep 2009

IELTS SCORE – overall 7.5 CAE Exam- English Level C1

PUBLICATIONS

Peer-Reviewed Journal Articles

2026

1. Altisent, S. A., Ali, Y., Edwards, A. M., & Kotera, Y. (2026). *Gossip Tendencies, Soft Skills and Daily Stress Responses in Pakistani Doctors and Nurses*. Social Issues
2. Ali, Y. (2026). *Commentary: Exploring the Potential of ChatGPT as a Learning Tool for Psychiatric Nurses*. Journal of Research in Nursing. SAGE
3. Ali, Y. (2026). *Navigating Spiritual Competencies in Caregivers: Role of Spiritual Dryness and Coping*. Vestnik Chelyabinsk State University.

2025

4. Poudel, D., Aledeh, M., Parveen, N., Ali, Y., et al. (2025). *Compassion in Healthcare: A Narrative Review of Cross-Cultural Perspectives*. Journal of Healthcare Leadership. DOVE
5. Kotera, Y., Hara, A., Newby, C., Miyamoto, Y., Ozaki, A., Ali, Y., et al. (2025). *Development and Evaluation of a Mental Health Recovery Priority Measure for Cross-Cultural Research: Global INSPIRE*. Social Psychiatry and Psychiatric Epidemiology. Springer
6. Zahid, A., Ali, Y., & Kazmi, S. F. (2025). *The Relationship among Adult Sleep Quality, Lucid Dreaming, and Anxiety and Preoccupation about Sleep among University Students*. International Journal of Dream Research.
7. Ali, Y., Alqurashi, R., Asfahani, A. A., John, C. E., & Kotera, Y. (2025). *Psychological Safety in Saudi Arabian Healthcare: A Scoping Review*. The Journal of Medicine, Law and Public Health.
8. Ali, Y., Kotera, Y., Cotterill, M., Edwards, A. M., & Palmer, S. (2025). *Sport Emotions, Anxiety, Task and Ego Orientation in Pakistani Adolescents: Mediating the Role of Coaching in Athlete Purpose*. MDPI
9. Ali, Y., Shah, S. M. I., & Zabelina, E. (2025). *Effects of Exercise Causality Orientations and Behaviour Regulation on Mental, Physical and Spiritual Well-Being in Pakistani Adults*. Functional Research in Sports, University of Qom
10. Fatima, N., Ahmed, M. A., Ali, Y. S., et al. (2025). *Pain Management in Acute Apical Abscesses with Valacyclovir Monotherapy after Emergency Chamber Opening*. Signa Vitae.

2024

11. Kotera, Y., Martinez-Rives, N. L., Aledeh, M., Ali, Y., et al. (2024). *Cross-Cultural Psychology and Compassion*. Encyclopedia.
12. Ali, Y., & Kazmi, S. F. (2024). *Mediation of Climate Anxiety in Doctors and Nurses: A Structural Equation Modelling Study*. Ethics in Progress.
13. Ali, Y., & Kazmi, S. F. (2024). *Competitive Sports Anxiety, Healing Imagery and Achievement Goal: Mediating Role of Coaching Feedback in Young Pakistani Athletes*. Reabilitacijos Mokslai.

14. Ali, Y., Kazmi, S. F., & Kaminker, J. (2024). *Clinical Insight into Psychosis and Spiritual Emergence on Valued Living in Psychotic and Non-Psychotic Individuals of Pakistan*. Journal of Transpersonal Research.
15. Ali, Y., & Kazmi, S. F. (2024). *Role Ambiguity and Occupational Stress as Predictors of Nurses' Job Satisfaction*. Organizational Psychology.
16. Ali, Y., & Shah, S. M. I. (2024). *Family Cohesion, Children's Thoughts and Children's Cognitive Assessment: The Mediating Role of Sport Anxiety*. Psychology in Education.
17. Ali, Y., & Kazmi, S. F. (2024). *Impact of Demographic Factors on Healthcare Workers' Professional Lives: Case of South Asia*. ASERC Journal of Socio-Economic Studies.

2023

18. Ali, Y., & Kazmi, S. F. (2023). *Nursing Stress and Thought Control in a Multiperspectival Interpretive Phenomenological Analysis from the United Kingdom, United States and Switzerland*. Reabilitacijos Mokslai.
19. Riaz, H., & Ali, Y. (2023). *The Relationship among School Mindfulness, Classroom Anxiety and High School Student Life Satisfaction*. Educational Challenges.
20. Ali, Y., & Kazmi, S. F. (2023). *Urdu Translation and Validation of a 14-Item Measure to Assess Stress Management Skills in Healthcare Workers*. Ethics in Progress.
21. Ali, Y., & Shah, S. S. A. (2023). *Impact of Nurse Practice Environment, Organizational Commitment and Intent to Leave in Hospitals of Pakistan*. Pakistan Journal of Social Research.
22. Rajkumar, T., Hennessy, A., Ali, Y., & Makris, A. (2023). *Clinical Characteristics and Sequelae of Intrapartum Hypertension – A Retrospective Cohort Study*. BMC Pregnancy and Childbirth.
23. Ali, Y., Amin, F., Ali, H., & Draz, U. (2023). *Dark Triad of Personality, Difficulties in Emotional Regulation and Career Exploration Behaviour in Students*.

2022

24. Ali, Y., Ahmad, S., & Munawar, S. (2022). *Self-Esteem, Belief in Personal Mastery and Goal Commitment in Students of Pakistan*.

2021

25. Ali, Y., & Hasan, S. S. (2021). *Workplace Spirituality, Ethical Behaviour and Ethical Climate in Nursing Profession*.

INTERNATIONAL CONFERENCE PAPERS & PRESENTATIONS

1. A Phenomenological Study of Communicating Romantic Love When One Partner Suffers Psychosis: Evidence from Pakistani Couples (2026)-Aarhus University, Denmark

2. AGROFORESTRY IMPROVES RURAL LIVELIHOODS IN HAZARA KHYBER PAKHTUNKHWA, PAKISTAN: ROLE OF SOCIO-ECONOMIC FACTORS- University of East Sarajevo, Bosnia- AGROSYM 2026
3. HEC Pakistan successful grant, hosted guests from International Islamic University Malaysia, and University of Nottingham to Hazara University for conference
4. Interplay of Digital Competence, Digital Socialization and Digital Burnout: The Mediating Role of Self-Regulation in AI-Based Learning Among High School Students in a Developing Country, Free International University, Moldova
5. Effects of Spiritual Fortitude and Athlete Mindfulness on Physical Disability Identity of Pakistani Paralympians, Moderator for University of Rzeszow , Poland and Azerbaijan University, Azerbaijan
6. Effects of Engagement in Athletic Training and Athlete Mindfulness on Para-Athletes' Anxiety in Pentathlon Parasports Education, University of Lodz, Poland
7. Recovery Through Pentathlon Sports in Community-Based South Asian Patients with Schizophrenia (2026)-Bern University of Applied Sciences, Switzerland
8. Situation of Autism in Pakistan: A Descriptive Study (2026)-Moscow State University, Russia
9. General Surgeons as First Responders to Duodenal Trauma from War in Pakistan's Military Hospital (2026), Japan
10. Career Growth and Sports Education for Paralympic Modern Pentathlon Athletes in Developing Regions of Pakistan (2025), RUDN, Russia
11. Acculturation Stress and Culture Distance in Migrants: Mediation of Foreign Language Confidence and Grammar Learning Awareness (2025), University of Novi Sad, Serbia
12. Impact of Natural Disaster Preparedness, Moral Injury and Distress on Emergency Intervention Skills of Frontline Medical Workers During Pakistan's Climatic Crisis (2025), SAANZ, Victoria University of Wellington on Kelburn campus, New Zealand
13. General Surgeons as First Responders to Auricular Hematoma for South Asian Kabaddi Players (2025), Japan Surgical Society, Japan
14. Clinical Aspect of Mindfulness as Single Session Therapy for Para-Athletes (2025), Kristiana University, Norway
15. Impact of Qawwali Music in Bereaved Adults – A Pilot Study (2025), co-authored poster with Dr. Stuart Whomsley NHS UK-presented by British Psychological Society
16. Work Integrated Learning Approach in Medical Trainees (2025), Kristiania University, Norway

17. Impact of Perceived Health Competence and Health Care Empowerment During Smog Season (2025), University of Galway, Ireland
18. Effect of Wearable Fitness Technology Trust on Sports Injury Prevention Awareness and Athletic Performance in Pentathletes (2025), Western Academy of Applied Sciences, Serbia
19. Impact of Gender Role Beliefs, Conflict and Homophobia on Social Worker Empowerment (2025), Vienna University, Austria
20. Impact of Teacher Multicultural Attitude and Communication Training on Work Culture (2025), Hamburg University, Germany
21. Dementia Diagnosis and Caretaker Burden: Case of Pakistan (2025), University of Sydney, Australia
22. Healthcare Workers' Professional Lives: Case of South Asia (Maastricht University, Netherlands 2024)
23. Integration of Afghan Refugees in Salzburg, Austria (2023)- presented in Pakistan at the UN Mission.