

Sehrish Khan

PhD Scholar in Psychology

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ACADEMIC QUALIFICATION

PhD in Psychology

2020 to present
Fatima Jinnah Women University, Rawalpindi.

M.Phil. in Psychology

2017-2019
University of Sargodha, Sargodha.
Thesis: *Prevalence and Relationship of Smartphone Addiction, Nomophobia, and Social Anxiety among College and University Late Adolescents.*

BS Honors in Psychology – CGPA 3.70

2013–2017
University of Sargodha, Sargodha.
Thesis: *Relationship of Body Comparison, Appearance Contingent Self-worth, Self-compassion, and Dysmorphic Concern among University Students.*

Intermediate – 79%

2011–2013
Federal Board of Intermediate & Secondary Education.

Matriculation – 86%

2007-2009
Federal Board of Intermediate & Secondary Education.

WORK EXPERIENCE

Quaid-i-Azam University (School of Management Sciences), Islamabad.

September 2025 to February 2026
Visiting Lecturer

Fatima Jinnah Women University, Rawalpindi.

October 2022 to August 2024
Visiting Lecturer

National University of Modern Languages, Rawalpindi.

September 2021 – July 2023
Visiting Lecturer

Govt. Degree College for Women, Sargodha.

November 2018 – May 2019
College Teaching Intern

Combined Military Hospital, Abbottabad.

September – December 2016
Intern Clinical Psychologist

INTERNATIONAL PUBLICATIONS

Khan, S., Makhdoom, I. F., Atta, M., & Malik, N. I. (2021). Relationship of Self-Compassion and Dysmorphic Concern in the Role of Appearance Contingent Self-worth among University Students. *Ilkogretim Online*, 20(5).

Khan, S., Atta, M., Malik, N. I., & Makhdoom, I. F. (2021). Prevalence and Relationship of Smartphone Addiction, Nomophobia, and Social Anxiety among College and University Late Adolescents. *Ilkogretim Online*, 20(5).

TECHNICAL SKILLS

Statistical Package for the Social Science (SPSS)

Microsoft Office 365

LANGUAGES

Urdu and English

BIG FIVE PROFILE

Openness

Conscientiousness

Extroversion

Agreeableness

Neuroticism

HOBBIES

Shopping, cooking, baking, and tourism.

CERTIFIED TRAINER

Acceptance and Commitment Therapy (ACT)

GUEST SPEAKER

World Mental Health Day Symposium at Women University of AJK Bagh

Training Workshop on ACT at National University of Modern Languages

CERTIFICATES OF PARTICIPATION

Workshop on Effective Scientific Research and Academic Writing Skills

Workshop on Enhancement of Cognitive Abilities among Children

Workshop on Power of Gratitude

Workshop on Grief Counselling

Workshop on Happiness

Academic Writing for Publication

NATIONAL PAPER PRESENTATION

Relationship of Body Comparison, Appearance Contingent Self-worth, Self-compassion, and Dysmorphic Concern among University Students

February 2018

1st International Conference on Mental Health: Gender Issues, Challenges, and Outcomes, Department of Psychology, Hazara University, Mansehra.

ACADEMIC PROJECTS DURING BS HONORS

Focus Group on Superstitions

Objective: to understand the common beliefs about superstitions, their impact on society and to restructure those beliefs.

Seminar on Forgiveness

Objective: to create awareness about the power of forgiveness, peace of mind and its impact on daily functioning.

Workshop on Marital Counselling

Objective: to create awareness on how to deal with marital problems and how to resolve marital conflicts.

Relationship between Emotional Intelligence and Coping Strategies among University Teachers

Research Report

Prevalence of Conduct Disorder, Schizophrenia, & Depressive Disorders

Case Study in Fountain House and DHQ, Sargodha.

Understanding Open Access Publishing and the Open Future (Wiley Research Training)

Role of AI in Open Access Publishing (Wiley Research Training)

Mixed Methods Research

Research Ethics in Digital/AI Age: What is Plagiarism?

Qualitative Research

Quantitative Research

Grants and Proposal Writing

Conducting and Publishing Systematic Reviews

Reporting Statistical Results

Research Proposal and Writing in Social Sciences Research

AI and Research: The Big Picture

Demystifying the Publication Process and Tips for Early Career Researchers (Wiley Research Training)

Avoiding Common Pitfalls in Social Science Manuscripts: What Editors Often Reject and Why (Elsevier)

An Introduction to Case Writing (Emerald Publishing)

Mastering the Art of Writing for Peer-Reviewed Publications (Springer Nature)

Online Webinar: Maximizing IEEE Xplore resources for your study and research