



KISHWAR ALTAF



+92 304 5275687



kishwaraltaf0@gmail.com



Dhoke Syedan, Girja Road, Street #2,
Rawalpindi – 46000

PERSONAL PROFILE

Dedicated and compassionate Clinical Psychologist with extensive experience in research, teaching, and clinical practice. Skilled in psychological assessment, Cognitive Behavioral Therapy (CBT), and evidence-based interventions, with a strong track record in women's mental health and community outreach. Passionate about advancing psychological research, delivering impactful training and workshops, and promoting mental well-being through education, mentoring, and therapeutic care. Seeking opportunities to contribute to clinical, academic, and research initiatives that make a meaningful difference in mental health.

EDUCATION

Master of Science – Clinical Psychology

National University of Medical Sciences (NUMS)

CGPA: 3.91

Thesis: “Application of CBT-based Interventions on Psychological Distress and Coping Skills among Women with **PCOS**: A Randomized Controlled Trial”

Training includes hands-on experience in statistical analysis, data interpretation, and research methodologies, complemented by practical duties at NUMS Clinic and participation in case conferences and workshops.

Bachelor of Science – Applied Psychology

Riphah International University

CGPA: 3.84

Thesis: “Impact of Stress Management and Lifestyle Intervention on Quality of Life of Women with PCOS”

WORK EXPERIENCE

Visiting Lecturer

Bahria University, Islamabad, Pakistan

January 2026 – Present

Trainee Clinical Psychologist

Armed Forces Institute of Mental Health (AFIMH), PEMH,
Rawalpindi, Pakistan | Feb 2023 – Jan 2025

Camps Coordinator

Pak Young Psychologist Academy, Rawalpindi, Pakistan
July 2021 – August 2022

Training Coordinator

Pak Young Psychologist Academy, Rawalpindi, Pakistan
June 2020 – June 2021

RESEARCH EXPERIENCE

Research Assistant (Hybrid)

Fauji Foundation Hospital, Rawalpindi, Pakistan

(April 2025 – Present)

WHO-funded project: “Bridging Barriers in Rheumatoid Arthritis Care in Pakistan: A Multistakeholder Exploration and Evaluation of Educational Interventions.”

RESEARCH CONFERENCES

Poster Presentation: “Role of Stress in Onset of PCOS” – 1st International Conference of Applied Psychology (ICAP)

Oral Presentation: “Impact of Stress Management and Lifestyle Intervention on Quality of Life of Women with PCOS” – 33rd International Congress of Psychology (ICP), Prague.

Oral Presentation: “Application of Cognitive Behavioral Therapy (CBT) on Psychological Distress and Coping Skills among Women with PCOS” – 15th International CBT Conference, PACT (2025).

Oral Presentation: “Beyond Symptoms: The role of Cognitive Behavioral Therapy (CBT) in improving PCOS-related Quality of Life” 4th International Conference of Social Sciences–Contemporary World: Challenges and Transformations (CWCT–2025)

PUBLICATIONS

- Chaudhary, S. Z., & Altaf, K. (2026). Exploring the Protective Role of Emotional Regulation in the Association between Sexual Abuse and Dissociative Experiences. *Research Journal of Psychology*, 4(1), 194–205. <https://doi.org/10.59075/rjs.v4i1.321>
- Altaf, K., Rizwan, M., & Siddiqui, R. S. (2025). Psychological Distress and Coping Styles in Young Adult Women: A Community-Based Correlational Study from Pakistan. *Journal of Applied Research and Multidisciplinary Studies*, 6(1), 100–116. <https://doi.org/10.32350/jarms.61.05>
- ♦ Altaf, K., & Rizwan, M. (2025). Distribution Of Psychological Distress And Coping Skills Among Women With And Without PCOS: Insights From A Screening Sample. *Academia International Journal for Social Sciences*, 4(3), 2131–2143. <https://doi.org/10.63056/acad.004.03.0517>
 - ♦ Altaf, K., Shahzadi, K., Noor, N., Ibrar, E., & Rehman, D. F. U. (2025). Childhood Trauma and Dissociative Experiences: Moderating Role of Perceived Social Support among Adults. *American Journal of Psychology*, 7(1), 1–26. <https://doi.org/10.47672/ajp.2610>
 - ♦ Altaf, K. (2024). Challenging the Silence: Reshaping PCOS Awareness and Infertility Stigma in Pakistan. *Academia International Journal of Social Sciences*, 3(2a), e1. <https://doi.org/10.63056/acad.003.02.0453>
 - ♦ Altaf, K. (2024). Quality of Life of Women with PCOS through Stress Management and Lifestyle Intervention. *International Journal of Psychological and Behavioural Research*, 4(1), 78–101. <https://doi.org/10.37605/ijpbr.v4i1.6>
 - ♦ Altaf, K., & Zahra, K. (2024). Shifting the Paradigms: Empowering Slum Dwellers through Hygiene Training and Educational Awareness. *Journal of Health and Rehabilitation Research*, 4(2), 3–4. <https://doi.org/10.61919/jhrr.v4i2.963>
 - ♦ Altaf, K., Mehreen, K., Khatoon, B., & Tariq, M. (2023). Role of Stress in Onset of Polycystic Ovarian Syndrome (PCOS). *Journal of Health and Rehabilitation Research*, 3(2), 1122–1127. <https://doi.org/10.61919/jhrr.v3i2.276>
 - ♦ Sadia, R., Altaf, K., & Khan, S. (2024). Impact of Stress Management and Lifestyle Interventions on the Quality of Life of Women with PCOS. *International Journal of Psychology*, 59, 354–354.

WORKSHOPS & TRAINING

- Psychologist's Professional Training
- Seminar on Borderline Personality Disorder
- Psychological First Aid (Mental Health Assistance)
- Stress and Anger Management
- Cognitive Behavioral Therapy for Insomnia

LEADERSHIP & ACTIVITIES

- ICATS Examination Center Inspector Coordinator at BDSP
- Community Outreach Program for Slum Dwellers Mental Health Campaign
- Educational Community Outreach Programs Psychological First Aid Workshop
- Mental Health Camp, World Mental Health Day 2023

SKILLS & INTERESTS

Teaching Skills

- Delivering Lectures (Hybrid / Online / In-person) Designing and Grading Assessments
- Mentoring and Counseling
- Organizing Workshops and Training Sessions

Research Skills

- Data Collection & Entry Data Analysis (SPSS, NVivo)
- Research Design & Methodologies Scientific Writing & Reporting Project Management

REFERENCE

- Will be provided on demand.