



Dr. Muhammad Imran Afzal

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PhD in D & E Psychology

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Google Scholar:

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EDUCATION

PhD in Psychology

Northeast Normal University, Changchun, Jilin, China. <https://en.nenu.edu.cn/>

- | **Thesis:** *Effect of Stress Management Training on Perceived Caring Burden and Quality of Life of Caregivers of Cancer Patients in Pakistan*
- | **Graduated:** 2025
- | **Primary Subject Classification;** *Applied Psychology*
- | **Secondary Subject Classification;** *Developmental and Educational Psychology*
- | **Research Area;** *Clinical Psychology*

Masters in Psychology

University of Southern Punjab, Multan, Pakistan. <https://www.isp.edu.pk/>

- | **Major:** *Applied Psychology*
- | **Graduated:** 2015

Bachelor of Arts

Bahauddin Zakariya University, Multan, Pakistan. <https://bzu.edu.pk/>

- | **Major:** *English & Journalism* | **Graduated:** 2013

SELECTED PUBLICATIONS

PEER-REVIEWED JOURNAL ARTICLES

1. Yue, Y., Afzal, M. I., & Wang, L. (2024). Imitation-inhibition training reduces observation-inflation effect in face-to-face scenarios. *Memory & Cognition*. Advance online publication. IF: 2.200. DOI: <https://doi.org/10.3758/s13421-024-01632-6>
Indexing: Web of Science (SCIE), Scopus, PsycINFO.
2. Afzal, M. I., Jamshaid, S., et al. (2023). Stigmatization, panic disorder, and death anxiety among COVID-19 patients in Pakistan. *Acta Psychologica*, 236, 103924. IF:

2.3. DOI: <https://doi.org/10.1016/j.actpsy.2023.103924>

Indexing: Web of Science (SCIE, SSCI), Scopus, PsycINFO.

3. Jamshaid, S., Bahadar, N., Jamshed, K., Rashid, M., **Afzal, M. I.**, Tian, L., & Zong, M. (2023). Pre- and post-pandemic (COVID-19) mental health of international students: Data from a longitudinal study. *Psychology Research and Behavior Management*, 16, 431–446. **IF: 3.5**

DOI: <https://doi.org/10.2147/PRBM.S395035>

Indexing: Web of Science (SCIE, SSCI), Scopus, PubMed Central, PsycINFO.

4. **Afzal, M. I.**, Rashid, M., et al. (2023). Communication obstacles among international students in China. *Sustainable Business and Society in Emerging Economies*, 5(3).

DOI: <https://doi.org/10.26710/sbsee.v5i3.2783>

Indexing: Google Scholar, Crossref, Dimensions. (*Note: Open-access journal*)

BOOK CHAPTERS

1. **Afzal, M. I., et al.** (2024). The Role of Artificial Intelligence in Regenerative Tourism and Green Destinations. *AI in Sustainable Tourism: Evidence from Chinese Hospitality* (pp. 85–100). **Publisher: Emerald Publishing Limited.**

DOI: <https://doi.org/10.1108/978-1-83753-746-420241006>.

2. **Afzal, M. I., & Wang, L.** (2023). Determinants of caregivers' burden of cancer patients: A systematic review. *Reimagining Innovation in Education and Social Sciences*. **Publisher: CRC Press/Taylor & Francis.**

DOI: <https://doi.org/10.1201/9781003366683-37>

Publisher: CRC Press/Taylor & Francis.

3. Jamshaid, S., Jabeen, M., Jamshed, K., **Afzal, M. I.**, & Ali, S. (2023). Decision making in COVID-19: Students' cognitive styles and moods during post-pandemic times. *Reimagining Innovation in Education and Social Sciences* (pp. 12–25).

Publisher: Routledge. **DOI:** <https://doi.org/10.1201/9781003366683-2>

Publications: 10+ | First-Author: 4+

TEACHING & ACADEMIC SKILLS

- Curriculum Development & Instructional Design
- Student Mentoring & Academic Supervision
- Assessment & Evaluation Methods
- Academic Writing & Research Guidance

RESEARCH & PROJECT EXPERIENCE

Research Associate – Publications & International Linkages

Center for Sustainability Research and Consultancy (CSRC), Pakistan Office | Nov 2017 – Present

- Coordinated international research collaborations with universities in China, Malaysia, Indonesia, and the Netherlands.
- Managed editorial processes for academic journals, including peer review, indexing, and publication workflows.
- Organized 5+ international conferences, workshops, and seminars on interdisciplinary research topics.
- Facilitated MOUs and research partnerships between institutions.

Publishing Assistant

CSRC, Pakistan Office | Mar 2015 – Oct 2017

- Supported journal production, marketing, and distribution across print and digital platforms.
- Assisted in conference publications and post-event academic dissemination.

CONFERENCE PRESENTATIONS

- **Presenter**, 6th International Conference on Education Innovation, Indonesia (2022)
- **Presenter**, International Conference on Economics, Business & Social Sciences, Malaysia (2022)
- **Presenter**, 5th ICEI: Innovation Resilience in Education Post-Pandemic, Indonesia (2021)

TECHNICAL & RESEARCH SKILLS

- **Statistical Analysis:** SPSS, Smart PLS4, R
- **Research Methods:** Quantitative, Qualitative, Mixed-Methods, Survey Design, Systematic Reviews
- **Software:** Microsoft Office, EndNote, Canva

- **Languages:** English (Fluent), Urdu (Native), Chinese (Basic)
- **Professional Tools:** Academic Writing, Peer Review, Research Ethics
- **Editorial Reviewer:** Springer Nature, (Discover Psychology) Springer Nature
Headquarters: London (Global), Berlin (Corporate), New York City (Sales)

PROFESSIONAL TRAINING & CERTIFICATIONS

- Consultant Coordination, Punjab Food Authority, Lahore (2025-2026)
- Scientific Research Paper Writing Workshop-Amsterdam, Netherlands (2022)
- Writing Discussion & Conclusion for Thesis-Amsterdam, Netherlands (2022)
- Critical Literature Review Writing-Amsterdam, Netherlands (2022)
- Psychological Course Certification-Al-Murtaza Educational Society, Karachi
- Completed Award Certification Course, Couch of the Chinese WUSHUBINGDAI

PROFESSIONAL MEMBERSHIPS

- American Psychological Association (APA)

REFERENCES

1. Dr. Wang Lijuan

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Northeast Normal University, Changchun, Jilin, China

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2. Dr. Gou Juan

Associate Professor

Northeast Normal University, Changchun, Jilin, China

Email: guoj374@nenu.edu.cn