

SAIMA SULTANA

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ACADEMIC PROFILE

A committed and research-oriented academic with a strong background in Psychology, higher education pedagogy, and empirical research. Experienced in delivering undergraduate and graduate-level instruction, mentoring students, and contributing to curriculum design. Research interests span dark personality traits, superstitious beliefs, mental health among vulnerable populations, and scale development. Committed to fulfilling HEC-aligned academic standards and advancing the discipline of Psychology in Pakistani higher education.

EDUCATION

MPhil Psychology – Quaid-i-Azam University, Islamabad	2023 – 2025
Shahadat-ul-Alia (Islamic Studies) – Tanzeem Ul Maddaris Pakistan	2025 – 2026
Shahadat-ul-Sanvia Khalsa (Islamic Studies) – Tanzeem Ul Maddaris Pakistan	2023 – 2024
BS Psychology – National University of Modern Languages (NUML), Islamabad	2018 – 2022
F.Sc. (Pre-Medical) – Punjab College, Mirpur, AJK	2015 – 2017
Matriculation (Science) – Minhaj ul Quran, Mirpur, AJK	2013 – 2015

TEACHING EXPERIENCE

Visiting Lecturer | University of Kotli Azad Kashmir *October 2022 – Present*

- Deliver undergraduate and graduate-level Psychology courses using evidence-based, learner-centred pedagogical strategies.
- Design course outlines, assessments, and evaluation rubrics in compliance with HEC guidelines.
- Provide academic mentorship and research supervision to undergraduate students.
- Contribute to departmental curriculum review and programme development.

Visiting Lecturer | Ghazi Elahi Bakhsh Govt. Girls Degree College, Mirpur, AJK *May 2022 – September 2022*

- Taught core Psychology courses at the graduate level with emphasis on interactive learning.
- Organised mental health awareness seminars and workshops for students.

RESEARCH PROFILE

MPhil Dissertation

- Role of Superstitious Beliefs and Neuroticism in the Relationship between Belief in Black Magic and Fear of Loss among Young Adults (Quaid-i-Azam University, 2023–2025)

Research Studies

- Dark Personality Triad, Family Support, Spiritual Well-being, Suicidal Ideation, and Coping Strategies among Prisoners in Azad Kashmir.

Scale Development

- Fear of Loss Scale – Original psychometric instrument developed and validated.
- Adolescents' Attitudes toward Suicide Survivors Scale – Developed for use with Pakistani adolescent populations.

Publications

- Aslam, A., Javed, S., & Sultana, S., (2026). Digital Fatigue, Emotional Intelligence, and Psychological Well-being among University Students in Pakistan. International Journal of Social Sciences Bulletin, 4(6), 166–182.
<https://ijssbulletin.com/index.php/IJSSB/article/view/2405>

CLINICAL EXPERIENCE

Clinical Trainee | BASES, Islamabad *December 2019 – February 2020*

- Completed supervised training in psychological assessment and therapeutic techniques.
- Observed and participated in individual and group counselling sessions.

Clinical Trainee | DHQ Hospital, Mirpur, AJK *June 2022 – September 2022*

- Conducted psychological evaluations and documented case studies in a hospital setting.
- Developed applied clinical skills under qualified supervision.

Clinical Trainee | New Rehat Rehab Clinic, Mirpur, Azad Kashmir *September 2025 – October 2025*

- Gained hands-on experience in a rehabilitation setting, assisting in the assessment and management of patients with substance use and co-occurring psychological disorders.
- Participated in multidisciplinary case reviews and contributed to individualised treatment planning.

COMMUNITY ENGAGEMENT & LEADERSHIP

General Ambassador | The Project Suicide, Islamabad *February 2024 – July 2024*

- Designed and led mental health awareness campaigns at institutional and community levels.
- Facilitated peer-support workshops on suicide prevention and psychological resilience.

Examination Invigilator | Federal Board of Intermediate & Secondary Education (FBISE), Islamabad *2024*

- Administered examinations in accordance with FBISE regulations, ensuring academic integrity.

Main Organizer, Seminar on Self-Discovery and Personal Growth | Department of Psychology, University of Kotli, Azad Kashmir *May 2026*

- Planned and led a departmental seminar on self-discovery and personal growth, facilitating interactive sessions aimed at enhancing students' self-awareness, emotional regulation, and psychological well-being.

Organizing Committee Member, Seminar on Mental Health Advocacy | Department of Psychology, University of Kotli, Azad Kashmir *October 2023*

- Contributed to the planning and coordination of a seminar on mental health advocacy, supporting event logistics and outreach to promote awareness of psychological well-being among students.

PROFESSIONAL DEVELOPMENT & TRAINING

- **Psychological First Aid** *PNCA, Islamabad*
- **Research Methods in Psychology** *Institute of Clinical Psychology*
- **Building Life Skills in Youth** *Institute of Clinical Psychology*
- **Drugs Knock Every Door** *NUML, Islamabad*
- **Communicating like a Pro & Dealing with Anxiety** *Soul Welling*
- **Bipolar Disorder & Solution-Focused Therapy** *Soul Welling*
- **Othello Syndrome & Pathological Jealousy** *Sarim Maqbool Foundation*
- **Self-Discovery** *Sarim Maqbool Foundation*
- **Self-Confidence** *GMK Welfare Foundation*
- **How to Become a Better Person** *GMK Welfare Foundation*

CERTIFICATIONS

- International Behavior Therapist (IBT) Training – Maroof International Hospital, Islamabad
- Lifestyle Medicine, NUMS Islamabad
- Cognitive Behavioral Therapy (CBT)
- Neuro-Linguistic Programming (NLP)
- Speech Therapy

SKILLS & COMPETENCIES

Academic & Pedagogical

- Curriculum Design & Development
- Undergraduate & Graduate Instruction
- Student Mentorship & Academic Advising
- Assessment & Examination Design

Research & Analytical

- Quantitative & Qualitative Research
- SPSS (Statistical Analysis)
- Psychometric Scale Development
- Literature Review & Academic Writing

Clinical & Applied

- Psychological Assessment & Testing
- Counselling Techniques
- CBT & NLP Applications
- Mental Health Awareness & Outreach

LANGUAGES

Urdu: Fluent

English: Fluent

Pothwari: Native