



DR.SABIR ZAMAN  
(HEC APPROVED SUPERVISOR)  
Assistant Professor (Psychology)  
International Islamic University Islamabad.

#### JOB HISTORY

| Job Title            | Organization                               | from | To   |
|----------------------|--------------------------------------------|------|------|
| Assistant Professor  | International Islamic University Islamabad | 2025 | Date |
| Lecture (Psychology) | International Islamic University Islamabad | 2017 | 2024 |
| Lecturer (Visiting)  | International Islamic University Islamabad | 2012 | 2014 |

#### OBJECTIVE

*To Employ My Abilities and Potential to Obtain Excellent in Performance of My Life Attainment.*

#### SKILLS

**Planning and organization**  
**Basic computer programing**  
**Problem solving, training and education, creative thinking, team work and time management.**

#### Education

| DEGREE                                            | DATE       | INSTITUTION                                          |
|---------------------------------------------------|------------|------------------------------------------------------|
| Doctor of Philosophy                              | 24/07/2020 | International Islamic University Islamabad           |
| Master of Sciences (MS)                           | 32/03/2014 | International Islamic University Islamabad           |
| Master of Science (M.sc)                          | 31/12/2009 | Preston University Kohat (Isbd Campus)               |
| Bachelor of Arts                                  | 22/08/2006 | University of Punjab Lahore                          |
| Higher Secondary School Certificate (Pre-Medical) | 30/08/2001 | Board of Intermediate & Secondary Education Peshawar |
| Secondary School Certificate (Science)            | 30/08/1999 | Board of Intermediate & Secondary Education Peshawar |

#### Seminar, Workshop and Conferences/Certificates

1. Competency-based training workshop for fostering foundational counselling skills” held by International Organization for Migration, 20 February, 2024.
  2. International Conference on Covid-19 Studies (Paper Presentation), Institute of Economic Development & Social Researches held in June 19-20, 2020 Ankara, Turkey.
  3. 8<sup>th</sup> CUST International Business Research Conference (CIBRC), 8th CIBRC 2019 as a **Discussant and paper presentation.**
  4. Clinician-Administration PTSD Scale for DSM-5(CAPS-5) Clinician Training (online) held by **U.S department of Veterans Affairs.**
  5. 1<sup>st</sup> International Conference on psychosocial Intervention in March 2012 Islamabad. (as a member of organizing committee).
  6. Attend workshop as a participant on evidence base treatment strategy held in June 26, 2012.
  7. Workshop on psychological autopsy held December 28, 2012.
- 1<sup>st</sup> International Conference on Psycho trauma as participant in August 2008 Islamabad

#### Publications

#### Indexing

1. Halim, S, Khalid, S, Majeed, R, **Zaman,S**, Exploratory Factor Analysis of an Assessment Tool of Human Capital for Medical Professionals in Pakistan. **Journal of Health Organization and Management.** online Scopus/WoS
2. **Zaman, S**, Arouj, K, Irfan, S, Zareen,S, Gender Differences in the Development of Post-Traumatic Stress Disorder Symptoms among Hospitalized Patient with Physical injuries. PJMR

- 3 Masood, M. A., **Zaman, S.**, Arif, M., Khattak, A. Z., & Malik, K. (2025). The role of motivation and sociodemographic profile of students to learn English as a second language. **Discover Education**, 4(1), 498. Scopus
- 4 Khattak, A. Z., **Zaman, S.**, Bukhari, A. A. S., Shah, S. U., Abdullah, M., & Wazir, S. M. (2025). A Systematic Review of Neurophysiological and Self-Report Psychological Inventories for Cannabis Use Disorder. **Applied Neuropsychology: Adult**, 1-10. Scopus/WoS
- 5 Khalid, S, Batool,S, **Zaman,S**, Khattak, AZ, Khan.MM, Why University Teachers Use Different Conflict Resolving Styles? Role of Emotional Empathy and Forgiveness in Gender Differences. **Journal of Applied Research in Higher Education** Scopus/WoS
- 6 Khalid, S, Zaman.S, Khattak.A, Batool.S, Ghani. M.U, Hussain.B (2025) COVID-19 and Vaccine Uptake Response: Personal Beliefs and Perception of Religious Leaders and Clerics Belonging to Tribal Areas in KP Province, Pakistan Rawal Medical Journal. Scopus/WoS
- 7 Hussain.B, Khalily. M.T, Zaman.S, Imtiaz. A, Batool.S, Khalily. M.Y (2025) Psychological Distress Associated with the Misuse of Anabolic Androgenic Steroids among Bodybuilders in Pakistan. Rawal Medical Journal. Scopus/WoS
- 8 Khattak, A, Zaman, S, Shah, S, Shafiq, F, Nazir, J, Abdullah, M. The Mediating Role of Coping Strategies in the Relationship between Illness Perception and Quality of Life among Hashish Users in Pakistan. *Advances in Dual Diagnosis* Scopus/WoS
- 9 Hussain. B, M.T. Khalily, Waqas. A, Rahman. A, Angelakis. I, Zaman, S, Akhtar.T, (2024). Acceptability and efficacy of the culturally adapted Problem Management Plus intervention for people with disability in Pakistan: A feasibility cluster randomized controlled trial. *Frontiers in Psychiatry* Scopus/WoS
- 10 Khalid, S, Batool, S, Zaman, S, (2024). Examining the role of adverse childhood experiences in its association with vindictiveness, emotional awareness, hurt feelings, and self-esteem. *Discover Psychology*. Scopus/WoS
- 11 Uman, M., Khalily, MT., Zaman, S., Izhar, H, (2024). Examining the Impact of Maternal and Paternal Parenting Styles on Maladaptive Schemas in Adults with Depression: Mediating Role of Self-Efficacy. *Mental Health and Social Inclusion*. Scopus/WoS
- 12 Zaman, S., Arouj, K., Zareen, M. S., & Shah, A. A. (2024). Sociodemographic Factors and Its Correlation with Schema Modes and PTSD among Orthopedic Trauma Survivors. *European Journal of Trauma & Dissociation* Scopus/WoS
- 13 Abbas, M., Zaman, S., Muslim Khan, M., Zareen, S., & Hussain, B. (2024). Exploring the psychopathic tendencies and personal experiences of individuals with methamphetamine substance users: a mix method study. *Journal of Substance Use*, 1-6. Scopus/WoS
- 14 Zareen, S. Akhtar, T. Zaman, S. (2024) Sociodemographic Characteristics as Predictors of Climate Change Anxiety among Adults in Flood Affected Areas of Pakistan. *Annals of Human and Social Sciences*
- 15 Hussain. B, Khalily. TM, Zaman, S, (2024). Integrated Psychological Intervention for Amelioration of Mental Health Problems of Individuals with Physical Disabilities in Pakistan. *Al-Qirtas*.
- 16 Sadaqat U, Khalid S, Zaman S, Zareen S, Hussain M (2024),Psychosocial Factors as Potential Predictors of Sustained Recovery amongst Substance Use Disorder. *Journal of Substance Use*. Scopus/WoS
- 17 Ullah R, Zaman S, Khan MM (2023) Lived Experiences and Daily Life Fatigue among Non-Medical Prescribed Opioid Users in Pakistan: A Thematic Analysis. *Journal of Professional & Applied Psychology*.
- 18 Kiani, F, Maqssod. A, Zaman. S, (2023). Parental Stress as a Predictor of Internalizing and Externalizing Behavioral Problems among Children in Context of Pakistan" *Pakistan Journal of Psychological Research* Scopus
- 19 Hussain. B, Zaman. S, Akhtar. T, Khalily. Y, (2023).Determinants of Violence and Aggression towards Health Care Doctors in Health Management Hub Pakistan" A short Survey Report. *Violence and Gender*. Scopus/WoS
- 20 Zaman. S, Hussain. B, Irfan. S, Khattak. A and Shaheen. A, 2024.Sociodemographic Characteristics and Related Factors of Substance Use in Pakistan; A Retrospective Study *Journal of Substance Use*. Scopus/WoS
- 21 Khalid, S, Batool, S, Zaman, S, Kamran. M, (2022). Self-Disclosure Paradox: The Contextual Requirements for the Relationship of Self-Disclosure and self-Disclosure Flexibility with Personal Growth in Young Adults Pakistan *Journal of Society, Education and Language*.



- 22 Zaman, S, Arouj, K, Irfan, S, Hussain, and B, Confirmatory Factor Analysis of Urdu Translated Clinician Administered PTSD Scale. Journal of Medical Sciences Peshawar.
- 23 Naila, F. Khan, MM. Khan, M. Imran, A. Zaman, S. (2021) Screening For Anxiety And Depression In Women With Breast Cancer A Cross-Sectional Observational Analytical Study. Journal of Pharmaceutical Negative Results (Y)
- 24 Khan, MM. Naila, F. Muneeb, P. Afridi, A. Zaman, S. (2021) Effectiveness Of Cognitive Behavioral Therapy For Premenstrual Dysphoric Disorder (PMDD) A Randomized Controlled Trial. Journal of Pharmaceutical Negative Results
- 25 Saleem, F, Arouj, K, Zaman, S, Shaheen, A, (2021) The Role of Resilience on Burden and Perceived Public Stigma among Primary Caregivers of Psychiatric Patients. Journal of Professional & Applied Psychology.
- 26 Zaman, S, Irfan, S, Khalid, S, Khattak, A, Hussain, B, (2021). Health-Care Professionals Coping Responses to the Covid-19 Pandemic in Pakistan; Applied Nursing Research.
- 27 Zaman, S., Irfan, S., Khattak, A, (2021) Public Responses and Mental Health Consequences to the Coronavirus-19 Pandemic in Pakistan. Pakistan Journal of Medical Research.
- 28 Zaman, S., Hussain, B. Irfan. S. & Khan, M, M., (2021) Psychosocial functioning of the patient with spinal cord and whiplash injury: A case report. Journal of Pakistan Medical Association.
- 29 Zaman, S., Arouj, K., Irfan, S. & Yousaf, I., (2021) Maladaptive schema modes as the predictor of post-traumatic stress disorder among trauma survivors. Journal of the Pakistan Medical Association.
- 30 Zaman, S., Arouj, K., & Irfan, S. (2020). Recurrent bilateral frontal lobe lesion with maladaptive schema modes and PTSD symptoms: a case study. Journal of the Pakistan Medical Association, 1-8.
- 31 Khalid, S, Batool, S, Ashraf, S, Khalid, S, **Zaman, S.** (2020). Differential Impact of Mothers' and Fathers' Parenting Style on the Personal Growth of Emerging Adult; A Retrospective Investigation. **Psychology and Education.**
- 32 Zaman, S., Arouj, K., & Irfan, S. (2020). Cross language validation of Urdu version of clinician-administered PTSD scale (CAPS-5). Journal of Medical Sciences Peshawar, 28(3), 274-277.
- 33 Zaman S, Khalid S, Irfan S, Khattak A, & Tahir, N. M. (2020). Relationship between paranormal belief and personality traits among university student in Pakistan. Ponte Journal International Journal of Sciences and Research, 76(No. 7/1 Jul 2020), 137-151.DOI: 10.21506/j.ponte.2020.7.10
- 34 Zaman S, Arouj K, Irfan S. The relationship between post-traumatic stress disorder and acquired brain injury among civilian patients. Clinical Neurology and Neurosurgery. 2020:105981.
- 35 Zaman S, Irfan S, Hussain B, Nawaz MT, Khalid S. Cross-cultural insights on lived experiences of opioid users among young adults. Drugs and Alcohol Today. 2020
- 36 Zaman S, Arouj K, Khan MM. Maladaptive schema modes among traumatic and non-traumatic brain injury patients. Journal of Medical Sciences. 2019; 27(4):263-8.
- 37 Zaman S, Arouj K, Irfan S. Dysfunctional schema modes in individuals with frontal lobe lesion; multiple CASE study analysis. Interdisciplinary Neurosurgery. 2019; 18:100532.
- 38 Zaman S, Khalily M. Executive Functioning and Dysfunctional Schema Modes in Individuals with Frontal Lobe Lesion and Temporal Lobe Epilepsy; Mega Case Analysis. Journal of Psychology & Clinical Psychiatry.

#### Editorials & Letter to Editors

- 1 **Zaman. S**, The Silent Epidemic: Pakistan's Growing Mental Health Challenges (2025) *Journal of Psychology Health and Social Challenges* 3(2): 1
- 2 **Zaman, S.**, Irfan, S., Khattak, A, (2021) Public Responses and Mental Health Consequences to the Coronavirus-19 Pandemic in Pakistan. **Pakistan Journal of Medical Research.**
- 3 **Zaman. S**, Irfan, S. Surging use of prescribed opioids among the Pakistani population. *Journal of Pakistan Medical Association.*
- 4 Khattak, A.Z, & **Zaman, S** (2020) Novel Coronavirus Pandemic and its Psychological Impact, *Journal of Professional & Applied Psychology.*

#### Under Review

| S.NO | Paper Title | Indexing |
|------|-------------|----------|
|------|-------------|----------|



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|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 1  | Substance-Induced Psychosis: A Cross-Sectional Study of Psychotic Symptoms in Inpatients with Substance Use Disorder: <i>Journal of Substance Use</i>                                                                                      | Scopus/WoS |
| 2  | Self-Perceived Socio-Cultural Experiences and Self-Esteem among Parents of Children with Autism: A Comparative Analysis of Rehabilitation and Civic Life Experience: <i>International Journal of Disability, Development and Education</i> | Scopus/WoS |
| 3  | Public Perceptions and Belief towards Digital Mental Health: A Systematic Review: <i>Informatics for Health and Social Care</i>                                                                                                            | Scopus/WoS |
| 4  | Psychometric Properties of Urdu-Translated National Stressful Events Survey Acute Stress Disorder Short Scale among Trauma Survivors: <i>Anxiety, Stress, &amp; Coping</i>                                                                 | Scopus/WoS |
| 5  | Experiences, Responses, and Perceived Needs in Siblings of Children with Developmental Disorders: <i>Child care, Health and Development</i>                                                                                                | Scopus/WoS |
| 6  | Confirmatory Factor Analysis and Psychometric Properties of an Assessment Tool of Human Capital for Medical Professionals: <i>Humanities and Social Sciences Communications</i>                                                            | Scopus/WoS |
| 7  | Cynical Distrust Predict Psychological Well-Being among Parents of Children with Neurodevelopmental Disorders: The Mediating Role of Suggestibility: <i>Mental Health Review Journal</i>                                                   | Scopus/WoS |
| 8  | Objectified Body Consciousness as Mediator between Social Media Engagement, Social Anxiety: Theoretical and Governance Implications in Digital Ecosystem: <i>Human Technology</i>                                                          | Scopus/WoS |
| 9  | Psychiatric Morbidity and Neuroimaging Findings in Women With Chronic Pelvic Pain: <i>Turkish Neurosurgery</i>                                                                                                                             | Scopus/WoS |
| 10 | Assessing Emotional and Social Competence Among Emergency Services: A Psychometric Validation: <i>International Journal of Emergency Services</i>                                                                                          | Scopus/WoS |
| 11 | Psychological Capital and its Association with Emotional Labor, the role of Compassion Fatigue, and Turnover Intention among Nurses: A Mediation-Moderation Analysis: <i>Journal of Medical Sciences Peshawar</i>                          | Scopus     |

#### Thesis Supervised (MS Clinical and Educational Psychology)

| Name Student      | Research Topic                                                                                                                                       | Year |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Muhammad Aaqib    | Moderating Role of Social Support Between Negative Life Events and Psychological Distress Among Institutionalized and Non- Institutionalized Orphans | 2022 |
| Aqib Masood       | Role of Motivation and Sociodemographic Profile of Students to learn English as a Second Language                                                    | 2022 |
| Imran Said        | Role of Academic Motivation in Academic Achievement Among Graduate Students: Moderating Role of Self-Efficacy                                        | 2022 |
| Nazakat Hussain   | Self- Regulation, Recovery Support and Abstinence Self-Efficacy Among with Substance Use Disorder                                                    | 2022 |
| Muhammad Ali Shah | Prevalence Of Symptoms Of Psychosis Among Indoor Drug Addicts                                                                                        | 2022 |
| Muhammad Abbas    | Psychopathic Inclination and Subjective Experiences among Methamphetamine (ICE) Users.                                                               | 2022 |
| Abrar Ahmed       | Exploring The Relationship Between Psychiatric Morbidity and Quality of Life Among Lady Health Workers: Family Support As Moderator                  | 2022 |
| Syed Ali          | Relationship Between Psychological Birth Order and Trait Emotional Intelligence With Academic Performance                                            | 2023 |
| Abdullah Pasha    | Impact of Parenting Style on Academic procrastination, among students, mediating role of academic stress.                                            | 2023 |
| Rizwan Ullah      | Lived Experience and Daily Life Fatigue Among Non-Medical Prescribed Opioid Users: Qualitative Study                                                 | 2023 |



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|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Waqar Saleem</b>      | Relationship Between Material Value and Self Transcendence Among Adolescents With Internet Addiction: Mediating Role of Meaning in Life               | 2023 |
| <b>Shabbir Ahmed</b>     | Impact of Emotional Regulation in Relationship Between Life Orientation And Self Control Among Depressed Patient                                      | 2023 |
| <b>Muhammad Hassan</b>   | Bullying victimization and social interaction anxiety as predictor of friendship quality among school students.                                       | 2023 |
| <b>Arsalan Afzal</b>     | The Role of Parental Involvement on Emotional Regulation and Social Competence among Adolescents.                                                     | 2023 |
| <b>Zahida Maryam</b>     | Impact Of Attachment Styles on Personal Growth and Academic Motivation among Students                                                                 | 2023 |
| <b>Aqsa Bibi</b>         | Impact of Self-Management Skills and Luck on procrastination among university students: Mediating role of personality traits.                         | 2023 |
| <b>Romana</b>            | Effect of Mindfulness on Self-Regulation and Emotional Awareness among High School Students                                                           | 2023 |
| <b>Uzair Ahmed</b>       | Experiences, Responses, and Perceived Needs in Siblings of Children with Developmental Disorders",                                                    | 2025 |
| <b>Afzal Jamal</b>       | Impact Of Caregiving Burden on Mental and Physical Health of Primary Caregivers of Hematological Cancer Patients: Moderating Role of Spiritual Health | 2025 |
| <b>Usama Satti</b>       | The Role of Chronotype in Emotional Stability, Cognitive Functioning, and Self-Harm Tendencies Among Young Adults                                     | 2025 |
| <b>Manzoor Ahmed</b>     | Effect of Social Support, Psychological Resilience and Stress on Mental Health Among Competitive Athletes                                             | 2025 |
| <b>Muhammad Ali Khan</b> | Role Of Social Perception and Self-Esteem in Behavioral Problems Among Individuals With Alopecia,                                                     | 2026 |
| <b>Haseeb Ahmed</b>      | Cynical Distrust and Psychological well-Being: The Mediating Role of Suggestibility in Parents of Children With Neurodevelopmental Disorders          | 2026 |

#### Publications History

| No of Publication | HEC Recognize Categories |
|-------------------|--------------------------|
| 10                | W                        |
| 12                | X                        |
| 16                | Y                        |
| 38                | W,X,Y                    |

#### Responsibilities

Managing Editor: Journal of Psychology, Health and Social Challenges

Principle Reviewer: Psychology of Addictive Behavior

Reviewer: Journal of Clinical Neurosciences

#### References

Prof Dr. Muhammad Tahir Khalily (Kahlily64@gmail.com)

Dean of Social Sciences

Shif Tameer-e-Milat University Islamabad.

Dr. Alamzeb Associate Professor of Psychology (alamzeb@niu.edu.pk)

Iqra National University Peshawar Pakistan

