

Maria Mansha

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📍 Rawalpindi, Pakistan

Professional Summary

Dedicated and academically driven Clinical Psychologist holding an MS in Clinical Psychology (GPA 3.89), with over two years of experience in teaching, student supervision, and academic research. Proficient in delivering engaging lectures, mentoring undergraduate students, and guiding research projects with a strong foundation in research methodologies, experimental design, and statistical analysis using SPSS. Passionate about promoting academic excellence, contributing to curriculum development, and integrating evidence-based psychological practices within higher education environments.

Education

MS Clinical Psychology | GPA (3.89) | Riphah International University, Islamabad | 2022 – March 2025

BS Applied Psychology | GPA (3.70) | Foundation University, Islamabad | Sep 2017 – Aug 2021

FSc Pre-Medical | APSACS FWO Chaklala, Rawalpindi | Aug 2015 – Dec 2017

Matriculation | F.G. Girls High School Chaklala, Rawalpindi | April 2012 – Dec 2014

Professional Experience

Clinical Psychologist | Peace of Mind Clinic | Feb 2024 – May 2026

Clinical Psychologist | The New Life Rehabilitation | Aug 2023 – Jan 2024

Clinical Psychologist | Najjat Trust | Sep 2022 – June 2023

Internships

Trainee Clinical Psychologist | New Inception for Women | Nov 2024 – Mar 2025

Trainee Clinical Psychologist | Peace of Mind Clinic | Oct 2023 – Feb 2024

Trainee Clinical Psychologist | Sedum Special Children School | Jul 2023 – Sep 2023

Trainee Clinical Psychologist | STL Special Children School | Feb 2023 – Jun 2023

Trainee Psychologist | Fuji Foundation Hospital | Sep 2020 – Dec 2020

Trainee Psychologist | The New Life Rehabilitation | Jun 2020 – Aug 2020

Research Experience

MS Thesis (Quantitative Study) | Riphah International University | Aug 2024 – Mar 2025
Emotional Regulation, Rumination, Experiential Avoidance, and PTSD among Adults

Qualitative Research Project | Riphah International University | Dec 2024 – Jan 2025
Lived Experience of Harassment

Qualitative Research Project | Riphah International University | Oct 2023 – Jan 2024
Silent Screams: Adolescents' Encounters with Dating Violence

BS Thesis (Quantitative Study) | Foundation University | Sep 2020 – Aug 2021
Mediating Role of Motivation on Positive Reinforcement and Learning Behavior in Young Adults

Publications:

Mansha, M., Khalid, A., Bano, A., Ilyas, M., & Shahid, A. (2026). Connected but lonely: Exploring the relationship between social media use and emotional isolation in Generation Z. Annual Methodological Archive Research Review.

<https://doi.org/10.5281/zenodo.21009968>

Khalid, D. A., Mansha, M., Khan, A. H., Laiba, & Jamil, N. (2026). The Effect of Short-Form Video Addiction (TikTok/Reels) on Attention Span and Academic Performance Among University Students: A Cross-Sectional Study. Social Science Review Archives, 4(1), 5521–5536.

<https://doi.org/10.70670/sra.v4i1.2412>

Workshops

- **Health& Wellness Program by OMER-E-RAWAN** | Jan 26-29, 2026
- **Health& Wellness Program by OMER-E-RAWAN** | Dec 15-18, 2025
- **Mental Health Awareness Project (Social Anxiety Focus)** | Apr 2023
- **Adolescents' Awareness Workshop (We Make Our Own Story)** | Jan 2020
- **Self-Comparison Awareness Workshop (Road to Happiness)** | Dec 2019

Skills

Academic & Teaching: Lecture Delivery, Student Supervision, Curriculum Support, Assessment design

Research: Research Methodology, Statistical Analysis (SPSS), Experimental Design, Academic writing

Technical: MS Word, Excel, PowerPoint, Basic LMS (if used: Moodle/Google Classroom – you can mention) SPSS, Quantitative & Qualitative Research, Test Construction, MS Word, Excel, Outlook

Professional: Communication, Teamwork, Leadership, Decision-Making, Active Listening

Certifications

- APA | Disorder due to Substance Use & Addictive Behaviors | Jun 2025
- APA | Anxiety & Related Disorders | Jun 2025
- Johns Hopkins University | Psychological First Aid | Jul 2025
- Queen Mary University | Research Methodologies | Jul 2025
- Shifa Tameer-e-Millat University | Health Professions Education | Nov 2024
- APA | Membership Certificate | 2024
- NIDA Clinical Trials Network | Apr 2023
- Foundation University | Test construction and standardization | Feb 11, 2020

Professional Membership

- The Association For Humanistic Psychology, Member since January 1, 2026
- Australian & New Zealand Mental Health Association, Member since Dec 2025
- American Psychological Association (APA), Member since Apr 2024
- Certified Cognitive Behavioral life coach Oct 12, 2024
- Cognitive Behavior Therapy life time Membership Dec 16, 2024

Languages

- English | Urdu | Pahari

