

Hooria Huda

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EDUCATION

Bahria University, Islamabad

2019 - 2023

Bachelors of Science in Psychology

- Balochistan Education Endowment Fund (BEEF) Scholar, 2023
- Member of Psychology Club, 2022 to 2023
- Member of Community Support Program (CSP) Club 2022 to 2023
- Psychology Intern, BIPBS, Completed 2022
- **Thesis Statement:** *Parental Autonomy Support, Control Behaviors, Filial Closeness, and Filial Behaviors in Emerging Adults.*

Garrison Academy, Quetta

2016 - 2018

Intermediate - PreMedical

EXPERIENCE

Pakistan Institute of Living and Learning (PILL)

Quetta

Community Research Technologist (Site Lead)

October 2024- Present

- Led and managed all site-level operations and research activities, including coordination and supervision of timelines, logistics, and personnel, ensuring alignment with overall project objectives.
- Recruited, screened, and enrolled research participants from diverse community populations, ensuring strict adherence to ethical research standards and informed consent procedures.
- Conducted quantitative and qualitative data collection and in-depth interviews with trial participants and caregivers in accordance with approved study protocols.
- Transcribed qualitative interviews and research materials, ensuring linguistic accuracy, cultural sensitivity, and timely completion.
- Ensured data quality, completeness, and accuracy through standardized data collection, verification, and entry procedures.
- Managed confidential research records and electronic databases using REDCap, in compliance with data protection and ethical guidelines.
- Conducted systematic literature reviews on mental health and related topics to support ongoing and future research initiatives.
- Supported IRB/Ethics Committee submissions, approvals, amendments, and renewals, ensuring continued protocol compliance.
- Trained, guided, and supervised field staff and research assistants on study procedures, ethical conduct, and data collection standards.
- Assisted in the preparation of research reports, manuscripts, presentations, and dissemination materials.
- Initiated and formalized collaborations and MOUs with external organizations to strengthen community and institutional partnerships.
- Led community outreach activities, awareness sessions, and stakeholder meetings to promote PILL's research initiatives.
- Communicated regularly with senior management and project leadership, providing progress updates and ensuring alignment with overarching research goals.

Institute of Developmental Studies and Practices (IDSP)

Quetta

Self-Development Theme Intern

Dec 2023- Jan 2024

- Coordinated mental health awareness sessions in collaboration with a senior psychologist at IDSP, facilitating valuable insights and resources.
- Conducted Psychological Evaluation sessions with CMWs, ensuring comprehensive assessments.
- Refined the tutorial form through research.
- Conducted a study circle related to Mental Health Awareness.
- Part of UCD's research team, where we studied and discussed its Foundation paper.

- Observed clients, took their history, conducted assessments and tests, provided individual counseling, and maintained case records.
- Participated in case conferences and team meetings to discuss client progress and treatment adjustments.
- Provided education and resources to clients and their families to support ongoing mental health and well-being.

CERTIFICATIONS

Children of Adam - Lay Counselor Program	March- April, 2024
Good Clinical Practice	October, 2024
Safeguarding Matters e-learning course	October, 2024
Cochrane Interactive Learning	November, 2024
Research Development Framework	November, 2024
Theory of Change Course	January, 2026
Publishing and Funding Your Global Health Research - NIHR	January- March, 2026
Diploma in Health Research Project Management	January, 2025- June, 2026
mhGAP - Intervention Guide Training	May, 2026 - July, 2026

SKILLS

Research & Data Management

- Quantitative & Qualitative Data Collection
- Baseline Assessments & Psychometric Scale Administration
- Qualitative Interviews
- Thematic Analysis
- Systematic Reviews
- Transcription & Translation
- REDCap · SPSS · NVivo (Basic)
- IRB & Ethics Compliance
- Grant Writing
- Paper Writing

Project & Operations Management

- Project Management
- Planning & Prioritization
- Coordination & Supervision
- Performance Management
- Monitoring & Evaluation
- Time Management
- Documentation & Compliance
- Project Software (Asana, Trello)
- Canva, Microsoft Office

Clinical and Community Work

- mhGAP-IG Training
- Low Intensity Interventions
- Community Outreach
- Stakeholder Management
- Theory of Change

Leadership and Communication

- Team Training & Supervision
- Facilitation · Relationship Building
- Negotiation
- Decision Making
- Conflict Resolution

PERSONAL INFORMATION

Psychology graduate with 2+ years of experience in mental health research and community-based work. Currently serving as Community Research Technologist (Site Lead) at Pakistan Institute of Living and Learning (PILL), Quetta, leading site-level research operations including participant recruitment, qualitative and quantitative data collection, ethics compliance, and stakeholder engagement. Trained in mhGAP-IG, Low intensity Interventions. Certified in Good Clinical Practice, Theory of Change, and Health Research Project Management. Passionate about bridging research and community impact in the context of Pakistan.