

Muqqadas Saba

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About me

Psychology graduate with training and hands-on experience in research, clinical psychology, and digital mental health interventions. Worked as a research assistant and assistant psychologist, with active involvement in an eHealth-supported intervention project targeting young people with substance use disorders (SUDs) in Pakistan. Demonstrated competence in research, psychological assessment, psychotherapy facilitation, academic writing, data analysis using SPSS, and Mplus. Highly motivated to contribute to evidence-based mental health research and service delivery, particularly in Pakistan. Looking forward to starting a career in the academia sector.

Experience

Assistant Psychologist | CUST

Mar 2025 – July 2026

- Conducted intake interviews with clients under clinical supervision to gather comprehensive psychosocial histories.
- Conducted clinical and psychological interviews, ensuring structured assessment and accurate documentation.
- Conducted psychological assessments, including administration, scoring, and preliminary interpretation of assessment tools.
- Actively participated in case formulation and treatment.
- Written detailed case reports, session summaries, and progress notes in accordance with ethical and professional standards.
- Maintained confidentiality, informed consent procedures, and ethical compliance throughout clinical practice.
- Coordinated with supervisor and team to ensure continuity of care.

Research Assistant | Capital University of Science and Technology (CUST) Feb 2024 – June 2026

- Assisted in adaptation and digitalization of mhGAP intervention guide SUD module in Urdu.
- Actively involved in conceptualization to reporting stages of projects.
- Facilitated research writing, including manuscript drafts, administrative notings, minutes of meetings, and documentation.
- Coordinated in participant recruitment, assessment, and follow-up activities.
- Conducting focus group discussions (FGDs) and trainings with participants following standardized research protocols.
- Performed audio transcription, coding, and thematic analysis for qualitative datasets.
- Conducted quantitative data analysis using SPSS.
- Prepared research reports, summaries, and presentations for academics and stakeholders.
- Coordinating and communicating with project collaborators, institutional authorities, and external stakeholders.
- Managing project budget and timelines to ensure smooth execution of research activities.

Intern | Wellbeing Center, Rawalpindi

Feb 2023 – May 2023

- Developed strong rapport-building skills while interacting with clients from diverse backgrounds.
- Assisted clinical psychologists and therapists during assessment and therapy sessions.
- Supported client assessments, documentation, and report preparation.
- Observed and assisted in psychotherapeutic interventions, gaining exposure to real-world clinical practice.
- Maintained ethical standards, client confidentiality, and professional conduct at all times.

Research Intern | Islamabad Capital Territory Police (ICTP) Sep 2022 – Jan 2023

- Conducted research on deviance-related behaviors within the police department.
- Assisted in data collection, field coordination, and literature review.
- Contributed to the writing of research papers and analytical reports aimed at departmental reforms.
- Gained exposure to institutional research environments and applied psychological research.

Student Volunteer | Strive Trust, Islamabad

Feb 2022 – Mar 2022

- Served as Team Lead, managing a team of 10 members.
- Conducted research aligned with the organization's mission and campaign objectives.
- Actively participated in awareness campaigns under supervisory guidance.
- Designed visual and promotional material as a graphic designer for outreach activities.
- Developed leadership, coordination, and project management skills.

Projects

eHealth-Supported Interventions for Improving Care for Young People with Substance Use Disorders (SUDs) in Pakistan at CUST | HEC-Funded NRP Project

This project focused on the translation, adaptation, development, and evaluation of mobile application-based intervention i.e., mhGAP-IG SUD module, for young people with substance use disorders (SUDs) in Pakistan. The study integrates digital health tools, evidence-based psychological interventions, and contextual adaptations to address treatment gaps in low-resource settings.

Research and Publication

- Yousaf, I., Khan, M., Haqqani, S., & **Saba, M.** (2025). Anxiety scale for children with autism spectrum disorders: Translation, cross-cultural adaptation and psychometric evaluation. *Research in Autism*, 123, 202548.
- Yousaf, I., Asif, **M.**, **Saba, M.**, Shakoor, S., Khoso, A. B., & Chaudhry, N. Anxiety and Social Functioning among People Living with HIV/AIDS (PLWHA) in Pakistan: A Cross-Sectional Study.
- **Graduate Thesis (MS Psychology):** Nature Connectedness, Depression and Anxiety among Young Adults: The Mediating Role of Climate Change Anxiety and The Moderating Role of Social Connectedness
- **Undergraduate Thesis (BS Psychology):** Comparative Study of the Restorative Environment and Social Intelligence among University Employees of Lahore and Islamabad

Publication Under Review

- Yousaf, I., Asif, M., **Saba, M.**, Haqqani, S., Khoso, A. B., & Chaudhry, N. Translation and Contextualization of the Substance Use Disorders Module of the WHO mhGAP Intervention Guide for Primary Care Settings in Pakistan. *Malaysian Journal of Medical Sciences*.
- Yousaf, I., Haqqani, S., **Saba, M.**, Naseem, F., Asif, M., & Sahar, N. Digitalization of the Substance Use Disorders Module of the WHO mhGAP Intervention Guide for Primary Care Providers in Pakistan: A Usability Testing. *Journal of Telemedicine and Telecare*.

Education

Capital University of Science and Technology (CUST), Islamabad July 2025
Master of Science in Psychology
CGPA: 3.88 / 4.00

Capital University of Science and Technology (CUST), Islamabad February 2024
Bachelor of Science in Psychology
CGPA: 3.83 / 4.00

Skills

- **Research Methods:** Focus Group Discussions (FGDs), Interviews, Thematic Analysis
- **Statistical Analysis:** SPSS, Mplus
- **Writing:** Research Writing, Documentation, Psychological Assessment & Case Reports
- **Office Applications:** Microsoft Word, Excel, PowerPoint
- **Design Software:** Adobe Photoshop, Adobe Illustrator (Basic)

Research Interest

- eHealth & Digital Mental Health Interventions
- Environmental and Organizational Psychology
- Youth Mental Health
- Community & Public Mental Health
- Psychological Assessment & Intervention
- Implementation Research in Low-Resource Settings

Extracurricular & Professional Activities

- Executive Member – CUST Helping Hands Society
- Participated in Training Workshop on "Be Soft on Yourself" by CUST 2022
- Media Team Member (Graphic Designer and RJ) – Capital Media Club
- Event Organizer – Capital Arts and Literary Club
- Organizing Team – Zindigi Prize (Stress Awareness Activities 2023)
- Organizing Team Member – Entrepreneurship Week at CUST
- Represented Psychology Department at Pakistan Expo on Disaster Risk Reduction (PE-DRR) 2025
- Management of Mental Health Camp 2025 – Wellbeing Center CUST
- Participated in Faculty Development Program 2024 & 2025 CUST.
- Delivered Workshop on "Peer Counseling" to BS Psychology Students