

Syed Qamar Ul Hassan



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PROFESSIONAL SUMMARY

I am a Clinical Psychologist with experience in assessing, diagnosing, and treating psychiatric disorders in both adults and children. My therapeutic approach combines different evidence-based methods, including CBT, ABA, REBT, PCT, and is tailored to meet the unique needs of each client. Along with clinical practice, I am skilled in research, with expertise in data collection, statistical analysis, interpretation, randomized controlled trials (RCTs), and academic writing. This dual focus allows me to contribute effectively to both clinical work and the advancement of psychological research.

EDUCATION

2024-Present: PhD Student (Clinical Psychology)

Department of Clinical Psychology, Shifa Tameer e Millat University Islamabad, Pakistan.

Research Title:

CGPA: 3.55

2023: Masters (MS) in Clinical Psychology

Department of Psychology, International Islamic University Islamabad, Pakistan.

Thesis Title: When Goals Fade into Feeds: Investigating the Influences of Social Media Addiction on Goal Adjustment among University Students – The Moderating Role of Academic Procrastination"

CGPA: 4.00

2020: Bachelor of Science (BS) in Applied Psychology

Institute of Applied Psychology, University of the Punjab Lahore, Pakistan.

Thesis Title: Communication Barriers, Social Comparison and Goal Adjustment in Students from Gilgit Baltistan

CGPA: 3.51

2025 Bachelor of Education (B.Ed. 1.5 Yrs)

Islamabad Federal College, Pakistan.

Major Areas: Comparative Education, Classroom Management & Educational Psychology etc.

CGPA: 3.46

RESEARCH SKILLS

- **Research Design & Methodology:** Randomized Controlled Trials (RCTs), cross-sectional, longitudinal, case-control, cohort studies, intervention studies, experimental and quasi-experimental designs, mixed-method approaches.
- **Quantitative Methods:** Survey design and validation, psychometric testing, scale development, hypothesis testing, multivariate analysis, regression modelling, ANOVA/MANOVA, structural equation modelling (SEM), mediation/moderation analysis.
- **Qualitative Methods:** Thematic analysis, grounded theory, phenomenological analysis, narrative analysis, content analysis, interview and focus group techniques, NVivo software use.

- **Mixed Methods Research:** Integration of qualitative and quantitative data, sequential and concurrent designs, triangulation approaches, joint display analysis.
- **Psychological Assessment & Measurement:** Administration and interpretation of standardized clinical, social, and educational psychology tests; neuropsychological assessments; wellbeing and mental health measurement scales.
- **Populations of Interest:** Clinical psychology (mood, anxiety, personality, and trauma-related disorders), social psychology (group dynamics, attitudes, stigma, identity), educational psychology (learning difficulties, motivation, student wellbeing), neurological/health psychology (cognitive impairment, chronic illness, brain injury).
- **Statistical & Analytical Tools:** SPSS, NVivo; data cleaning, coding, descriptive and inferential analysis; meta-analysis techniques.
- **Ethics & Applied Practice:** Designing ethically sound protocols, informed consent, data confidentiality, culturally sensitive research in diverse populations.
- **Academic & Professional Skills:** Systematic literature review, PRISMA framework, APA writing style, peer-reviewed publication preparation, research presentations, figure/table preparation.

PROFESSIONAL EXPERIENCE

- **Senior Lecturer Psychology**
November 2024 – March 2026
Kohat University of Science and Technology, Kohat, Pakistan.
- **Clinical Psychologist**
February 2025 – March 2026
KUST Counselling Centre, Kohat Pakistan.
- **Clinical Psychologist**
September 2024- Present
Institute of Psychiatry, Benazir Bhutto Hospital Rawalpindi, Pakistan.
- **Visiting Lecturer Psychology**
February 2024 – January 2025
International Islamic University, Islamabad, Pakistan
- **Clinical Internee**
November 2022- July 2023
Armed Forces Institute of Mental Health Rawalpindi, Pakistan.

PUBLICATIONS

- **Title:** Cognitive-Behavioral Intervention in a Family Context: A Single-Case Design Study of a 14-Year-Old with Mild Intellectual Disability
Journal: International Journal of Research Publication and Reviews
Journal Link: <https://ijrpr.com/uploads/V6ISSUE6/IJRPR48575.pdf>
- **Title:** Addressing Attention Deficit Hyperactivity Disorder through Brief behavioural Intervention: Evidence from a Clinical Case Study
Journal: International Journal of Research Publication and Reviews
Journal Link: <https://ijrpr.com/uploads/V6ISSUE6/IJRPR48576.pdf>

- **Title:** Communication Barriers, Social Comparison and Goal Adjustment in Students from Gilgit Baltistan.
Journal: international journal of contemporary issues in social sciences
Journal Link: <https://ijciss.org/index.php/ijciss/article/view/532>
- **Title:** Supervisor Perfectionism and Student Performance, Creativity and Academic Procrastination.
Journal: Journal of Health and Rehabilitation Research
Journal Link: <https://doi.org/10.61919/jhrr.v4i1.371>
- **Title:** Relationship of Attentional Control and Intolerance of Uncertainty with Hoarding Behaviour among University Boarding Students
Journal: Journal of Health and Rehabilitation Research
Journal Link: <https://jhrlmc.com/index.php/home/article/view/758>
- **Title:** Investigating the Influence of Excessive Social Media Use on Social Comparison among University Students
Journal: Journal of Media Horizons
Journal Link: <https://thejmh.org/index.php/journal/article/view/38>

TRAINING AND WORKSHIP

- **Training on Narrative Exposure Therapy (NET)** by Dr Benjamin and Trainers
13th April 2026 to 18th April 2026
University of Bielefeld Germany
- **Training on Eye Movement Desensitizing and Reprocessing (EMDR)** by Dr. Saima Sandhu-USA
20th – 22nd Dec 2018 & 11th – 13th Feb 2019
Institute of Applied Psychology, University of the Punjab, Lahore
- **Training workshop on Cognitive Behavior Couple Therapy (CBCT)** by Dr. Madeeha Latif
14th Nov 2019
Pakistan Association of Cognitive Therapist (PACT)
- **Training workshop on Trauma Therapy** by Prof. Dr. Uzma Ali
10th Oct 2019
Centre for Clinical Psychology, University of the Punjab, Lahore
- **International Conference of Applied Psychology Practices & Interventions (ICAP)**
6th, 7th and 8th Feb 2019
Institute of Applied Psychology, University of the Punjab, Lahore
- **10th International CBT Conference by PACT**
8th & 9th March 2020
Fatima Jinnah Medical University

VOLUNTARY EXPERIENCE

- 2017-Remained Volunteer in Quat e Uran Foundation Pakistan.
 - 2018- Member and volunteer of project Chadar, Arfa Karim Foundation Lahore, Pakistan.
 - 2018- Participated in Fundraising Campaign for Shaukat Khanam Memorial Cancer Hospital Lahore.
 - 2019- Fundraising for Edhi Foundation during a fellowship at Amal Academy.
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LANGUAHGES

- **English** (Medium of Instruction Throughout the Academic Career)
- **Urdu** (National Language)
- **Balti** (Native Language)

REFERENCES

- Dr. Rafia Rafique
Professor and Director
Institute of applied Psychology
University of the Punjab, Lahore Pakistan.
Telephone: +92-300 4215694
Email: director.appsy@pu.edu.pk
- Dr. Muhammad Tahir Khalily
Professor & Vice Chancellor
Khushal khan Khattak University, Karak, Pakistan.
Contact Number: +92-347 5710446
Email: khalily64@gmail.com
- Dr. Neelam Ehsan
Professor at
Department of Clinical Psychology
Shifa Tameer e Millat University Islamabad, Pakistan.
Contact Number: +92-321 5701436
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Dr Muhammad Aqeel
Associate Professor at Department of clinical Psychology,
Shifa Tameer e Millat University Islamabad Pakistan.
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- Dr. Syeda Ayat-e-Zainab Ali
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Department of Clinical Psychology
Shifa Tameer e Millat University Islamabad, Pakistan.
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