

Ramiza Zia

Rawalpindi, Pakistan

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Ramiza Zia

Professional Summary

Dedicated Psychology professional with a distinguished academic record (CGPA 3.64) and diverse experience across clinical rehabilitation, special education, and digital advocacy. Proven expertise in conducting psychological assessments, managing complex case studies involving neurodevelopmental disorders, and presenting original research at international scientific congresses. Skilled in bridging the gap between clinical theory and public awareness through meticulous documentation and strategic digital communication.

Education

Rawalpindi Women University
BS Psychology, CGPA 3.64 / 4.00

Rawalpindi
2020–2024

FBISE
FSC (Pre-Medical), 73%

Rawalpindi
2018–2020

FBISE
Matriculation, 87%

Rawalpindi
2016–2018

Certifications Professional Development

National Institute of Psychology (NIP)
Building Peace and Addressing Polarisation

Quaid-i-Azam University, Islamabad

- Completed specialized **Online Skill-Based Training** under HEC NRPU Project - 14887.
- Acquired conflict resolution strategies and psychological frameworks for addressing societal polarisation.

International Publications & Presentations

World Women Studies Conference-IX
Presenter

Baku, Azerbaijan
Mar 2026

- Delivered** an oral and technical presentation on original research titled "*The Impact of Nomophobia on Brain Fog: Mediating Role of Quality of Sleep Among Young Novice Drivers*".
- Recognized** by the conference committee and Baku Girls University for significant academic contributions to the field of cognitive psychology.

9th International Scientific Research and Innovation Congress
Presenter

Venice, Italy
Sept 2024

- Defended** original research findings before an international panel of experts organized by ISARC, Turkey.
- Synthesized** complex data into a professional academic presentation for a global audience.

Clinical Case Studies

Anxiety & Mood Disorders: Evaluated clinical presentations of **Unspecified Anxiety Disorder** and Depressive Disorders; utilized Mental Status Examinations (MSE) to differentiate comorbid symptoms.

Special Education: Documented behavioral patterns and motor skill challenges for children with **Cerebral Palsy**, ASD, and ADHD; conducted Functional Behavioral Assessments (FBA) to identify maladaptive antecedents.

Addiction & Recovery: Analyzed behavioral trajectories of patients with Substance Use Disorders; identified environmental triggers to support relapse prevention strategies.

Diagnostic Frameworks: Integrated DSM-5 criteria into comprehensive case reports, ensuring clinical

observations were supported by standardized diagnostic benchmarks.

Academic Research Projects

Rawalpindi Women University

Rawalpindi

BS Thesis

2024

- **Investigated** the interplay between digital dependency and sleep quality as predictors of cognitive impairment and hazardous driving behaviors within a Traffic Psychology framework.

Social Psychology

Rawalpindi

Documentary Project

2024

- **Produced** a documentary exploring the psychological impact of the Caste System through in-depth qualitative interviews and societal analysis.

Digital Media Advocacy Experience

Women Development Center-RWU

Rawalpindi

Digital Media Intern

Apr 2025–June 2025

- **Managed** the organization's digital ecosystem across Instagram and Facebook, curating evidence-based mental health content to drive community awareness.
- **Designed** psycho-educational graphics and campaigns, translating complex psychological concepts into accessible digital media.
- **Orchestrated** empowerment initiatives and facilitated group discussions to address socio-psychological barriers in marginalized populations.

Clinical Internship Experience

Psychological Wellness Center - RWU

Rawalpindi

Clinical Intern

Jan 2025–Mar 2025

- **Administered** standardized psychological assessments and conducted structured intake interviews for university students.
- **Streamlined** diagnostic workflows for senior clinicians through accurate preliminary data gathering.

SEDUM School for Special Children

Rawalpindi

Special Education Intern

July 2024–Aug 2024

- **Executed** systematic behavioral observations for children with neurodevelopmental and physical disorders, including Cerebral Palsy.
- **Applied** behavioral modification techniques to assist in Individualized Education Program (IEP) development.

IRC-Islamabad Rehab Clinic

Islamabad

Rehabilitation Intern

July 2023–Aug 2023

- **Monitored** patient behavioral trajectories during high-intensity addiction recovery cycles.
- **Documented** clinical progress and crisis management interventions in a high-stakes rehabilitative setting.

Technical & Creative Skills

Research: Quantitative & Qualitative Research Methods, Experimental Design, SPSS Analysis.

Clinical: Psychological Assessment, Case Management, Documentation, Theoretical Application.

Professional: Social Media Management (Instagram/FB), Digital Content Strategy, Project Management, Public Speaking.

Media Arts: Professional Photography, Videography, Adobe Lightroom, and Digital Content Design.

Languages

Proficient: English, Urdu, Punjabi