



Rustam Ali

Passport: ZL1845511 **Nationality:** Pakistani **Date of birth:** 11/12/2001

Place of birth: Kohat, Pakistan **Gender:** Male **Phone number:** (+92) 3130145340

Email address: rustamali14466@gmail.com

Home: Hayat Shaheed Colony Pindi Road Kohat, 26000 kohat (Pakistan)

ABOUT ME

Completed an **Advance Diploma in Clinical Psychology** also **Bachelor's in Psychology** from **Kohat University of Science and Technology (GPA 3.8)** with clinical and hands on experience. Served as a **volunteer Assistant Psychologist** at the department of **welfare, Special Education** and center for **intellectually and physical challenged children** Skilled in communication, teamwork, and problem-solving.

EDUCATION AND TRAINING

Bachler's of Studies in Psychology

Kohat University of Science and Technology, Main Campus [26/10/2021 – 12/09/2025]

City: Kohat | **Country:** Pakistan | **Website:** www.kust.edu.pk | **Final grade:** GPA 3.80 | **Thesis:** The Impact Of Online Shopping Addiction On Decision Making Quality Among Online Consumers :The Moderating Role Of Impulsivity

During My **Final Year Research Project** I investigates how **online shopping addiction** influences **consumers' decision-making quality**, with a specific focus on the **moderating role of impulsivity**. The study aims to highlight whether individuals with **higher impulsivity** experience **greater negative** effects of **shopping addiction** on their **judgment** and **purchasing decisions**. This project strengthened my interest more and I want to study how social and cognitive factors shape decision-making and impact human interaction. With this research I have learned discipline in academic writing, data analysis, and also ethical research practices.

Advance Diploma In Clinical Psychology

Kohat University of Science and Technology, Main Campus [20/10/2025 – Current]

WORK EXPERIENCE

Rehman Psychiatric Clinic – Kohat

As a Psychologist Work Experience

[12/2024 – 02/2025]

During my **internship** at **Rehman Psychiatric Clinic**, I assisted in patient assessments, observed and supported therapeutic sessions, and participated in the development of treatment plans. I also gained hands-on experience in mental health evaluations, counseling techniques, and maintaining clinical documentation.

AL Ibrahimi Psychological Center And Healthways Hospital Kohat

Assistant clinical psychologist

[05/2025 – 10/2025]

Provided Psychological Assessment Therapy Treatment Planning And Clinical Documents Services As a assistant Clinical Psychologist and also completed two months course in Cognitive Behavioral Therapy at AL Ibrahimi Psychological Center And Healthways Hospital Kohat Focusing on practical therapeutic techniques and intervention strategies

Nistar Special Education Complex Kohat

Assistant clinical psychologist

Work as a volunteer one year as a assistant psychologist with special needs childrens conducting psychological assessment and applying appropriate therapeutic techniques based on individual disorders

VOLUNTEERING

[02/02/2023 – 13/06/2025] Kohat
Son of Kohat Students Organization Worked as a volunteer in both **university programs** and the **SOK Student Federation**. Participated in various social and community activities, including event coordination, student engagement, and team collaboration.

PUBLICATIONS

[2025]
INVESTIGATING THE INFLUENCE OF ACADEMIC BURNOUT ON GOAL ADJUSTMENT IN WORKING AND NONWORKING UNIVERSITY STUDENTS: MODERATING ROLE OF COPING STRATEGIES This study examined the **relationship among Academic Burnout,Coping Strategies and Goal adjustment in working and nonworking University Students**. A correlational research design was used with a **sample of 200 students from Kohar University of Science and Technology (KUST)**. Findings indicated a significant relationship among the variables, and coping strategies were found to play a moderating role in the relationship between Academic Burnout and Goal Adjustment. These dynamics are explained by **social psychology**. Burnout arises from social comparison and role conflict. Coping strategies are socially learned, and goal adjustment resolves the cognitive dissonance between exhaustion and academic expectations, protecting self-concept..
Authors: Muhammad Saqib,Rohail Khan, Syed Qamar Ul Hassan, Rustam Ali, Muhammad Nasir, Ubaid Idrees | **Journal Name:** International Journal of Social Sciences Bulletin | **Volume, Issue and Pages:** Vol.3 Issue 10, p263-295 | **Publisher:** International Journal of Social Sciences Bulletin

LANGUAGE SKILLS

Mother tongue(s): Pashto
Other language(s): English | Urdu | Punjabi

HOBBIES AND INTERESTS

Reading Psychology And Self Help Books ,Volunteering In Community Projects, Traveling And Exploring Cultures, Fitness And Outdoor Activities (Running, Hiking)

COURSES

Google Analytics For Beginners
[31/08/2023]
Introduction To Cybersecurity
[03/11/2025 – 12/2025]
Cognitive Behavioral Therapy
Basic English Communication
Adobe Photoshop And Video Editing

SKILLS

Social Skills

Efficiently coordinated group tasks, university events, and local city programs, ensuring clear communication, smooth organization, and timely completion of all activities.

Research Skills

Collected and managed online research data using QR-based survey tools, efficiently handling participant responses and developing strong basic skills in research and data analysis during BS-level projects.

Leadership Skills

Led small student teams during volunteer projects, motivating members and ensuring goal achievement through collaboration.

Time Management

Successfully handled multiple academic and volunteer tasks at the same time, always meeting deadlines and maintaining steady, high-quality performance.

Communication Skills

Gave presentations and led team discussions during university events, and local city programs helping classmates communicate better and share ideas more effectively.

Technical Skills

Proficient in MS Word for academic writing and formatting, with the ability to create and manage PDF files efficiently. Experienced in basic data entry, online survey tools, and cloud-based platforms like Google Forms and email for research and communication.