



Greenwich University

PAKISTAN PSYCHOLOGICAL ASSOCIATION

15TH INTERNATIONAL CONFERENCE

NAVIGATING APPLIED FIELDS OF PSYCHOLOGY
RESEARCH, PRACTICE, AND CURRENT DEVELOPMENT IN PAKISTAN

Post Publication

NOVEMBER 13-14, 2024

Venue: Dr. Kamal Khan Auditorium, Greenwich University

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ACKNOWLEDGEMENT

Greenwich University offers its gratitude to the distinguished guests, scholars, officials and participants for their exemplary efforts and dedication in orchestrating a successful International Sustainability Summit. Your commitment to fostering global dialogue and advancing scholarly exchange for sustainability is truly commendable. This monumental achievement not only reflects your unwavering passion but also underscores the ability to conjoin diverse discursive patterns for a just, inclusive and prosperous future for all. The Department of Social Sciences and Humanities also extends its gratitude to all the organizing committee members, concerned departments, faculty members, staff and volunteers for their outstanding contributions to ensure smooth conduct of conference proceedings.

Conference Committee Members

Dr Ambreen Atiq (Associate Head, Department of Education)

Dr. Naveed Ahmed Mughal (Provost, Greenwich University &
President, Greenwich Global College)

Mr. Ali Jillani (Vice Chair, Karachi Research Chair)

Dr. Rab Nawaz (Director, Quality Enhancement Cell)

Mr. Aftab Shah (Head, Department of Psychology)

Ms. Maria Tahir (Coordinator Department of Psychology)

Mr. Mohammad Talha Rafiq (Head, Marketing & Admissions)

Mr. Rohail Intikhab (Head, Corporate & Media Affairs)

Mr. Faham (Head of Film & Production)

Mr. Syed Waqar Haider Zaidi (Creative Planner)

Ms. Dr Uzma Qazi (Volunteer)



Greenwich University

Greenwich University is among the pioneers of private tertiary education in Pakistan. Since its evolution from an institute to a University in 1997, Greenwich is committed to excellence by producing competent and conscious future leaders driven for social transformation. Greenwich now enjoys the status of an internationally acclaimed institution with services in educational leadership for over three decades, recognized among top ten business schools in Pakistan. Its journey from pioneer to premier has nurtured artists, business leaders, composers, directors, educators, entrepreneurs, musicians, public servants, scholars and social scientists contributing to several aspects of human endeavor. Greenwich's alumni make their Alma Mater proud by securing leadership positions across prestigious organizations around the world. Empowered by its charter and stimulated by its vision, Greenwich characterizes a global persona promoting a beyond border approach to education. The internationalization process led to memberships and accreditations with reputed educational entities, and several collaborations with top-notch universities around the world. Greenwich University enjoys membership status with premier international educational entities like NAFSA: Association of International Educators, International Association of Universities (IAU), Association of Commonwealth Universities (ACU), Association to Advance Collegiate Schools of Business (AACSB), and International Network for Quality Assurance Agencies (INQAAHE), among others. Redefining horizons, Greenwich's academic partnerships expand across five continents of the world with over 15 high-ranking partners in Australia, Austria, Benin, Canada, China, Malaysia, Russia, Spain, Uganda, United Kingdom and the United States. The university has graduated students from more than 20 countries of the world, including Turkey, Korea, Iran, Japan, Egypt, UAE, Mauritius, Pakistan, India, Nepal, Sri Lanka, Kenya, Tanzania, Madagascar, Comoros, Cameron, Congo, and Nigeria.

Greenwich serves as an efficient knowledge-production hub with its research contributions acclaimed across conferences, symposia and fora at the national and international levels. Greenwich's International Conferences on Sustainable Businesses in 2017, Globalization and Third World in 2018, Applied Research in Business, Management and Economics in 2020, Post Truth Era: Trends in Media in 2021, Inclusion, Innovation and Leadership in Higher Education in 2022, and Policy Coherence for Sustainable Development in 2023 have attracted global scholarship, thought-leaders and officials to engage with local narratives producing valuable knowledge to inform academic discourse and governance reforms processes. Greenwich's

emphasis on social transformation led to the establishment of its affiliate policy-think Karachi Research Chair (KRC) in 2018 as a strategic platform for collective reflection and collaborative action to orchestrate social and policy change. KRC now leads the Advocacy Group of the Asia Pacific Regional CSOs Engagement Mechanism (APRCM) and has represented it as a lead discussant across various intergovernmental processes including the United Nations High Level Political Forum (HLPF) 2023, Global Peoples' Assembly (2022), World Social Forum (2021), Asia Pacific Forum on Sustainable Development (2019-23), and several other policy advocacy forums across national, regional and global levels.

Greenwich also strives to inform global narratives to enhance bi and multilateral relations for Pakistan through cultural diplomacy. The University has the privilege of taking its 25-member delegation to the European Parliament in Brussels in 2018/19, and engages with consulates, embassies and foreign missions on a regular basis to enhance cultural exchange. Greenwich is among the few Pakistani Universities to have the prestigious Erasmus Plus program of the European Commission enabling its students to study for a semester abroad in Austria.

Greenwich's outstanding work on Sustainable Development has earned it unprecedented achievements, most notably its ranking among the top 100 Universities globally in the Times Higher Education's Impact Ranking while being number 1 in Pakistan. The University's unwavering commitment to excellence has earned numerous prestigious laurels, including "Tamgha-i-Imtiaz" - the first-highest decoration for civilians in Pakistan - for the Vice Chancellor, among other awards.



Pakistan Psychological Association (PPA) is the only Academic and Professional Organization of Pakistani Psychologists. It was established in March 1968 at Dhaka, by a Convention specially called for this purpose. PPA has a membership of about several hundred qualified Pakistani Psychologists working in various fields of life including College and University Teaching, Clinical Practice, Counseling, Provincial and Federal Public Service Commission's Organizations, NGOs, Health departments and in the Armed Forces.

Mission

The Pakistan Psychological Association is dedicated to:

1. **Advocating:** for the recognition and integration of psychology as a vital field in Pakistan's healthcare system and educational institutions.
2. **Fostering:** a community of passionate psychologists, researchers, and mental health professionals who work collaboratively to address the unique challenges faced by the Pakistani population.
3. **Providing:** accessible and affordable mental health services to individuals from all walks of life, with a focus on underserved communities.
4. **Promoting:** cutting-edge research that contributes to the global understanding of mental health issues and informs evidence-based practices tailored to the Pakistani context.
5. **Facilitating:** mental health awareness and destigmatizing conversations around psychological well-being through public education campaigns and community outreach programs.
6. **Establishing:** professional standards, ethical guidelines, and continuous learning opportunities for psychologists to ensure the highest quality of care for their clients.
7. **Collaborating:** with government agencies, non-profit organizations, and international partners to develop and implement comprehensive mental health policies and programs that address the unique needs of the Pakistani population.
8. **Empowering:** individuals to take charge of their mental health, providing them with the tools and resources necessary to lead fulfilling, resilient, and emotionally balanced lives.

By working towards these goals, the Pakistan Psychological Association aims to create a society where mental health is prioritized, psychological services are readily available, and individuals are empowered to thrive and reach their full potential.



Dear Esteemed Guests, Distinguished Speakers, Respected Faculty, and Dear Students,

It is with great pleasure and enthusiasm that we hosted a prestigious conference hosted by Greenwich University. Our institution has always been committed to advancing knowledge, fostering intellectual exchange, and creating platforms for innovation. On 13,14 November 2024, Greenwich University proudly hosted the Pakistan Psychology Association Conference, a premier event dedicated to advancing the understanding and application of psychology in Pakistan. Themed "Navigating Applied Fields of Psychology: Research, Practice, and Current Development in Pakistan," the conference brought together leading academics, practitioners, researchers, and students from across the nation.

The event provided a platform to explore the dynamic and evolving landscape of psychology in Pakistan, addressing crucial areas such as mental health, educational psychology, industrial-organizational psychology, and community well-being. Through keynote speeches, panel discussions, and interactive workshops, participants delved into groundbreaking research, innovative practices, and policy advancements shaping the future of psychology in the region.

This landmark event underscored Greenwich University's commitment to fostering academic excellence and contributing to the advancement of psychology in Pakistan. It also highlighted the role of interdisciplinary collaboration in addressing the nation's psychological and social challenges.

The Pakistan Psychology Association Conference serves as a beacon for future endeavors, inspiring participants to continue their efforts in research, practice, and policy development. Greenwich University extends its heartfelt gratitude to the organizers, speakers, and attendees who made this event a resounding success. We look forward to more initiatives that promote the growth of psychology and its vital role in improving lives across Pakistan.

Dr. Seema Mughal



The 15th International Conference of Pakistan Psychology Association Conference, hosted at Greenwich University, was a remarkable event that brought together leading experts, scholars, practitioners, and students under the theme "Navigating Applied Fields of Psychology: Research, Practice, and Current Development in Pakistan." This conference highlighted the transformative power of psychology in addressing real-world challenges and fostering societal well-being.

The sessions explored diverse areas, from applied research and clinical practices to developmental psychology and mental health innovations. Speakers shared groundbreaking studies and initiatives tailored to Pakistan's unique cultural and societal contexts, providing a roadmap for advancing the discipline in the country.

This event served as a dynamic platform to explore contemporary issues, share innovative research, and discuss practical solutions tailored to the unique socio-cultural landscape of Pakistan. With an emphasis on applied psychology, the discussions ranged from mental health challenges and intervention strategies to advancements in psychological research and their implications for education, healthcare, and organizational behavior.

We extend our heartfelt gratitude to the esteemed keynote speakers, panelists, and contributors who enriched the discourse with their expertise. Special thanks to Greenwich University for providing a collaborative space that inspired meaningful dialogue and learning.

This publication encapsulates the collective wisdom and progress showcased during the conference, aiming to stimulate further research and application in the field of psychology. We hope it serves as a valuable resource for professionals and students dedicated to advancing psychological sciences in Pakistan and beyond.

As we move forward, we encourage the community to reflect on the insights gained and to continue contributing to the growth and application of psychology to address the evolving needs of our society.

Dr Ambreen Atiq

PROGRAM OUTLINE

| No | Name of Presenter | University/Affiliation | Topic | Time | Mode |
|----|-------------------------------|---|--|-------|--------|
| 1 | | | Recitation | 9:30 | |
| 2 | Dr Ambreen Atiq | Greenwich University | Welcome note | 9:35 | |
| 3 | Ms Maria Session briefing | Greenwich University | GU Documentary | 9:40 | |
| 4 | Speech by Key note Speaker | Kevin L. Ladd Chancellor's Professor Indiana University South Bend | | 9:50 | Online |
| 5 | Speech by Key note Speaker | Dr Aneeq Ahmad Henderson State University | | 10:00 | Online |
| 6 | Speech by Guest of Honor | Dr Bashir Arain CEO, Bashon Pahrma Pvt Limited | | 10:10 | Onsite |
| 6 | Dr.Nooreen Begum | SZABIST University | Trend of Drug Use among Children and Adolescents with Substance Use Disorders | 10:20 | Onsite |
| 7 | Khalida Rauf | SZABIST University, Karachi | The Impact of Media Portrayals on the Stigmatization of Individuals with PMDD and PMS | 10:30 | Onsite |
| 8 | Dr Ambreen Atiq | Greenwich University | The Impact of social media on household women (A Case study of Karachi region) | 10:40 | Onsite |
| 9 | Rashda Khan | University of Karachi | Perceived parenting styles and the psychological correlates in alpha children: new frontiers of parenting in Pakistan | 10:50 | Onsite |

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|----|---|----------------------------------|---|-------|--------|
| 10 | Dr Ziasma | University of Karachi | Investigating the Relationship Between Ibadur-Rehman and the Psychological Well-being of Young Adults” | 11:00 | Online |
| 11 | Dr Lubna Somroo Dr Muniza Malik Marvi Panwhar | University of Sindh | Gender Differences in the Emotional intelligence and Psychological well-being among University students in Pakistan | 11:10 | Online |
| 12 | Aisha Ikhlq | Institute of Clinical Psychology | University students: A study of gender difference in level of depression, anxiety and stress | 11:20 | Onsite |
| 13 | Manahil Shaikh Syeda Duaa Raghieb Naqvi | Bahria University Karachi | Invisible wounds: The relationship between vicarious trauma, psychological distress | 11:30 | Onsite |
| 14 | Chair: Dr Qudsia Tariq Dr Seema Munaf | University of Karachi | | 11:40 | |
| 15 | Thank note by Dr Naveed Mughal | Greenwich University | | 11:55 | |
| 15 | Certificate distribution | | | 12:00 | |
| 16 | Tea and Refreshment for Speakers and Guests | | | 12:15 | |

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| 1 | | | Recitation | 9:30 | |
| 2 | Dr Ambreen Atiq | Greenwich University | Welcome note | 9:35 | |
| 3 | Ms Maria | Greenwich University | GU Documentary | 9:40 | |
| 4 | Speech by Key Note Speaker | Dr James Kay Kabarak University Kenya | | 9:50 | Online |
| 5 | Speech by Guest of Honor | Dr Shaista Eefandi Ziauddin Hospital | | 10:00 | Onsite |
| 6 | Dr Rab Nawaz Dr Naveed Mughal | Greenwich University | Workplace mental wellness mental health affects the way we think, feel, and act. it directly impacts the management of relationships | 10:10 | Onsite |
| 7 | Sidra Shoaib Dr Ameena Zehra | Bahria University, Karachi University of Karachi | Contributing Factors of Academic Dishonesty in Universities: A Qualitative Study | 10:20 | Onsite |
| 8 | Waizah Fasih Syeda Qirat Fatima Zafar Khoula Chaghtai | Bahria University | Doodling & Recall: A Sketchy Connection Exploration in Light of the Stroop Task | 10:30 | Online |

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|----|---|---|---|-------|--------|
| 9 | Imrana Imdad | SZABIST Karachi | Depression, Anxiety, and Overcrowding: Mental Health in Balochistan Prison Setting | 10:40 | Online |
| 10 | Amna bdulghafoor Rabia Mushtaq | ICP University of Karachi | Exploring the Predictive Association between Infertility Stress and Marital Satisfaction among Married Couples | 10:50 | Onsite |
| 11 | Muneeba Khalid Muneeba Izhar | University of Karachi | Understanding climate change perceptions among university students: a qualitative analysis | 11:00 | Onsite |
| 12 | Eeman Khalil Ruqayya Sarosh | Bahria University Karachi | Virtual Violence, Real Life Consequences: Exploring the Influence of Violent Video Gaming on Aggressive Tendencies | 11:10 | Onsite |
| 13 | Maria Tahir | Greenwich University | To find the relationship between social media usage and impulsivity based on gender difference | 11:20 | Onsite |
| 14 | Syeda Manal Rizvi | SZABIST Karachi | Health Protective Behaviors in Pakistani Young Adults: An Exploration of the Impact of Locus of Control and Self-Efficacy | 11:30 | Onsite |
| 15 | Dr Muniza Malik | Sindh University | The Emotional intelligence and Psychological well-being among University students in Pakistan | 11:40 | Onsite |
| 14 | Chair: Dr Zi Asma Dr Ambreen Atiq | University of Karachi Greenwich University | | 11:50 | |
| 15 | Thank note by Dr Ali Jilani | Greenwich University | | 12:10 | |
| 15 | Certificate distribution | | | 12:15 | |

About 15th PPA Scientific Session 1

Wednesday 13 Nov 2024

Inaugural Ceremony

The session commenced with a warm welcome note delivered by Dr. Ambreen Atiq, who graciously welcomed the distinguished guests, keynote speakers, presenters, and participants. She emphasized the significance of fostering international collaborations in psychology and the importance of disseminating high-quality research through publications.

Ms. Maria provided a detailed session briefing, highlighting the key themes and objectives of the scientific discussions, as well as the pivotal contributions of the participants in advancing psychological research.

Keynote Addresses

1. Prof. Kevin L. Ladd, Chancellor's Professor, Indiana University South Bend, delivered an insightful keynote speech, emphasizing the integration of psychological research with contemporary global challenges.

2. Dr. Aneeq Ahmad, Henderson State University, followed with his keynote, addressing innovative methodologies in psychological research and their practical implications for mental health and well-being.

Guest of Honor Speech

The Guest of Honor, Dr. Bashir Arain, CEO of Bashon Pharma Pvt. Limited, shared his perspective on the intersection of psychology and industry, shedding light on the importance of applied research in pharmaceutical and mental health solutions.

Paper Presentations

An engaging segment featured research presentations from prominent academics and emerging scholars:

1. Dr. Nooreen Begum (SZABIST University)
2. Khalida Rauf (SZABIST University)
3. Dr. Ambreen Atiq (Greenwich University)
4. Rashda Khan (University of Karachi)
5. Dr. Ziasma (University of Karachi)
6. Dr. Lubna Somroo, Dr. Muniza Malik, Marvi Panwhar (University of Sindh)
7. Aisha Ikhlaq (Institute of Clinical Psychology)
8. Manahil Shaikh and Syeda Duaa Raghieb Naqvi (Bahria University Karachi)

The session was expertly chaired by Dr. Qudsia Tariq and Dr. Seema Munaf from the University of Karachi, who provided thoughtful commentary and facilitated productive discussions.

Dr. Shaiq delivered the vote of thanks, appreciating the contributions of all speakers, presenters, and organizers. The ceremony concluded with the distribution of certificates to presenters and session participants by the Guest of Honor, Dr. Bashir Arain.

The event concluded with tea and refreshments for the speakers and guests, providing an opportunity for networking and informal discussions.

About 15th PPA Scientific session 2

Thursday 14 Nov 2024

Closing Session

The closing ceremony began with a welcome note by Dr. Ambreen Atiq (Greenwich University), who acknowledged the contributions of all participants and reiterated the importance of knowledge-sharing for advancing psychological research and practice.

Ms. Maria provided a detailed session briefing, summarizing the major themes, highlights, and contributions made during the scientific session. She emphasized the impact of collaborative efforts on enriching the field of psychology.

Keynote Addresses

1. Dr. James Kay, from Kabarak University, Kenya, delivered a thought-provoking keynote speech focusing on the global challenges in psychology and the role of multidisciplinary approaches in addressing them.

2. Dr. Shaista Eefandi, Guest of Honor from Ziauddin Hospital, spoke about the intersection of mental health services and public health, offering practical solutions to bridge gaps in service delivery.

Paper Presentations

The session featured diverse and impactful research presentations by prominent scholars and emerging researchers, including:

1. Dr. Rab Nawaz, Dr. Naveed Mughal (Greenwich University)
2. Sidra Shoaib, Dr. Aameena Zehra (Bahria University)
3. Waizah Fasih, Syeda Qirat, Fatima Zafar, Khoula Chaghtai (Bahria University)
4. Imrana Imdad (SZABIST Karachi)
5. Amna Abdulghafoor, Rabia Mushtaq (Institute of Clinical Psychology, University of Karachi)
6. Muneeba Khalid, Muneeba Izhar (University of Karachi)
7. Eeman Khalil, Ruqayya, Sarosh (Bahria University Karachi)
8. Maria Tahir (Greenwich University)
9. Syeda Manal Rizvi (SZABIST Karachi)
10. Dr. Muniza Malik (University of Sindh)

The session was chaired by Dr. Zi Asma and Dr. Ambreen Atiq, who facilitated engaging discussions, ensuring a constructive exchange of ideas and insights.

Dr. Shaiq delivered the vote of thanks, expressing gratitude to the keynote speakers, researchers, and organizers for their contributions to the success of the conference. Certificates were distributed to all presenters and contributors by the Guest of Honor, Dr. Shaista Eefandi. The ceremony concluded with tea and refreshments for the speakers and guests, fostering informal networking and discussions.



Brig Dr. Bashir Arain

Brig Dr. Bashir Arain is a distinguished professional known for his multifaceted contributions to the fields of medicine, pharmaceuticals, and social work. Currently serving as the CEO of Bashon Pharma Pvt Ltd, he has dedicated his career to improving healthcare access and quality. His leadership in the pharmaceutical industry is complemented by a strong foundation in medical education and military service, making him a respected figure in both sectors.

Brig Dr. Bashir Arain's educational journey began with earning his MBBS degree from Liaquat University of Medical and Health Sciences (LUHMS) in Jamshoro, which equipped him with essential medical knowledge and skills. He further pursued a Master of Science in Hospital Management in 2004, enhancing his understanding of healthcare systems and administration. Additionally, he holds an MBA in Human Resources from Preston University, which has provided him with the managerial acumen necessary to lead a successful organization in the competitive pharmaceutical landscape.

Brig Dr. Bashir Arain's career is marked by significant achievements in both military and civilian healthcare. He served as a Brigadier in the Pakistan Army, where he was instrumental in managing medical services and healthcare delivery within the military framework. This experience not only honed his leadership skills but also deepened his understanding of healthcare challenges in various contexts. Transitioning to the private sector, he took on the role of CEO at Bashon Pharma Pvt Ltd, where he leverages his medical expertise and strategic vision to drive the company's mission of providing high-quality pharmaceutical products and services.

Beyond his professional endeavors, Brig Dr. Bashir Arain is deeply committed to social work and community service. He is the owner and director of the Brig Bashir Foundation, which focuses on humanitarian efforts aimed at improving health outcomes in underserved populations. His philanthropic initiatives often emphasize health education, disease prevention, and access to essential medications. Through these efforts, he advocates for better healthcare policies and practices, striving to make a meaningful impact on public health and well-being.

Brig Dr. Bashir Arain exemplifies a blend of medical expertise, leadership, and social responsibility. His contributions to the pharmaceutical industry and his commitment to community service reflect a dedication to enhancing healthcare access and quality. As he continues to lead Bashon Pharma Pvt Ltd and engage in philanthropic activities, his influence in both the medical and social sectors remains significant, inspiring others to follow in his footsteps.

DR BASHIR ARAIN MESSAGE

Dr. Bashir, a retired soldier and Army Medical Corps doctor, shared his thoughts on the critical importance of addressing mental health in society. Speaking at the event, he emphasized how mental health issues extend beyond the individual, affecting families, institutions, and even national stability.

He pointed out that while physical illnesses cause pain to individuals, mental health conditions can impact entire families or organizations. For instance, he noted that a military general with a mental illness could disrupt the chain of command, potentially compromising national security. Similarly, a politician's mental health issues could affect a nation, citing the example of former President Trump and the Pentagon's cautious approach regarding sensitive decisions during his tenure.

After his retirement, Dr. Bashir became a social worker and observed the significant role psychologists play in society. He stressed that psychologists are vital in understanding and addressing mental health issues, highlighting their integral role in military recruitment and their broader societal impact.

Dr. Bashir concluded by calling for greater appreciation of psychologists and their contributions to improving mental health, emphasizing that society is in the early stages of fully addressing these challenges. He humbly stated that he had come to the event to listen and learn from the experts.



PROF. DR. SHAISTA EFFENDI

Dr. Shaista Effendi is a pioneering force in Pakistan's medical landscape, known for her expertise in Plastic, Reconstructive, Microvascular, Burn, and Aesthetic Surgery. With an MBBS from Dow Medical College, an FRCS from Edinburgh, and Level 6 CPCAB qualifications from the UK in Counselling and Psychotherapy, Dr. Effendi blends surgical mastery with a compassionate, holistic approach to healing. Currently a Consultant at Dr. Ziauddin University Hospital in Karachi, she has profoundly impacted both the physical and emotional well-being of her patients, providing not only advanced surgical care but also psychological support for stress, addiction, and trauma-related conditions.

Dr. Effendi's commitment to excellence and innovation led her to establish Pakistan's largest free 65-bed Burns Centre at Civil Hospital, Karachi. Her vision didn't stop there—she also revitalized the Plastic Surgery Department, bringing in pioneering services like microvascular surgery, cancer reconstruction, and the country's first multidisciplinary cleft lip and palate clinic. Through her leadership, Dr. Effendi has trained countless doctors and staff, setting new standards in patient care and rehabilitation.

Beyond her clinical achievements, Dr. Effendi is a respected academic and advocate. She is a member of various national and international medical boards, including the British Association of Plastic, Reconstructive, and Aesthetic Surgeons. She also played a pivotal role in establishing the Pakistan Association of Plastic Surgeons and commissioning plastic surgery fellowships and examinations, elevating the field's standards across Pakistan. Her contributions have shaped both policy and practice, solidifying her influence in medical education and specialty training.

A champion of holistic patient care, Dr. Effendi goes beyond traditional surgery, using her counseling expertise to support individuals through complex psychological challenges, from body dysmorphia to gender issues. Her work exemplifies a rare fusion of medical skill, visionary leadership, and deep empathy, making her a true leader in both the surgical and mental health arenas in Pakistan.

DR SHAISTA EEFANDI MESSAGE

Dr. Shaista Effandi, a plastic surgeon specializing in trauma, birth defects, cancers, dysmorphia, and gender issues, shared how her work with burn and trauma patients led her to pursue counseling and psychotherapy, believing that addressing mental health is key to recovery.

She congratulated the event organizers, acknowledging their efforts in elevating the institution to international standards and emphasizing the privilege of studying there. She highlighted her work with financially challenged students through an institution founded by her great-great-grandfather, now producing professionals worldwide.

Dr. Effandi urged attendees to recognize the blessings of their cultural and historical heritage, emphasizing self-discovery and personal accountability. She encouraged introspection, asking, "Who am I, and what is my purpose?" and stressed the importance of aligning actions with meaningful goals.

She emphasized the need to adapt to advancements like AI for diagnostics, management, and research. Additionally, she reminded the audience to protect their values amidst external distractions, urging positive thinking, productive discussions, and personal growth.

Dr. Effandi concluded by advising students to stay present, dress appropriately, and engage meaningfully in their surroundings. She expressed gratitude for the opportunity to speak and apologized once again for her late arrival.



PROFILE:KEY NOTE SPEAKER 1: DR ANEEQ AHMED

Professor Dr. Aneeq Ahmad is a distinguished neuroscientist and academic leader, currently serving as a Professor and Chair at Henderson State University in Arkadelphia, USA. With a comprehensive background in psychology and neuroscience, Dr. Ahmad has made significant contributions to the fields of behavioral neuroscience and neuroscientific research, particularly in understanding the biological foundations of behavior, vision, and neurological disorders.

Dr. Ahmad completed his MSc in Psychology from Government College University, Lahore, where he first developed an interest in the field of psychology. He went on to earn both his MS and PhD in Behavioral Neuroscience from the prestigious University of Wisconsin, USA, one of the leading institutions for neuroscience research. His doctoral research laid the foundation for his ongoing exploration of the brain's role in behavior, cognition, and sensory processing.

In addition to his academic qualifications, Dr. Ahmad further honed his research expertise during a research fellowship with the National Institute of Health (NIH) in the United States, where he worked alongside leading experts in neuroscience and contributed to cutting-edge research projects aimed at understanding neurological and behavioral health.

Dr. Ahmad is an internationally renowned neuroscientist, and his work has earned him a prominent place in the global academic community. He is an active member of several prestigious organizations, including the Society for Neuroscience (SFN), the Association for Research in Vision and Ophthalmology (ARVO), the American Psychological Association (APA), and the Southwestern Psychological Association (SWPA). His membership in these organizations underscores his dedication to advancing knowledge in the areas of neuroscience, psychology, and vision science.

Beyond his research contributions, Dr. Ahmad has been serving as a consulting editor for numerous scientific journals, providing expert feedback and guidance on research in the fields of neuroscience, psychology, and vision science. His role as an editor allows him to shape the direction of cutting-edge research and ensure the publication of high-quality studies that push the boundaries of scientific understanding.

DR ANEEQ AHMED MESSAGE

Dr. Aneeq, speaking at the 15th International Conference organized by the Pakistan Psychological Association, highlighted the importance and limitations of linear models in psychological research. He explained that these models are extensively used worldwide, including in Pakistan, due to their simplicity and versatility.

Dr. Aneeq elaborated that linear models are effective in exploring relationships between variables, such as how increasing stress levels can lead to higher rates of depression. Their widespread adoption is driven by several factors:

- They are straightforward to understand and interpret.
- They offer flexibility, allowing researchers to build on them with variations like multiple regression or machine learning.
- They are cost-effective, requiring minimal computational resources and accessible tools like SPSS or R.

However, Dr. Aneeq pointed out some limitations of linear models. He noted that they often oversimplify complex psychological phenomena, struggle with non-linear relationships, and are sensitive to outliers. While useful for hypothesis testing, their predictive accuracy is limited compared to more advanced models.

In conclusion, Dr. Aneeq emphasized that although linear models remain foundational and continue to grow in use, researchers should approach them with an understanding of their limitations, especially when addressing intricate psychological constructs.



PROFILE KEYNOTE SPEAKER 2: DR JAMES KAY

Dr. James Kay is a distinguished Senior Lecturer in Counselling Psychology at Kabarak University, where he specializes in a range of psychological disciplines, including Counselling Psychology, Educational Psychology, Positive Psychology, and Human Resource Counselling. With a deep commitment to both research and practical application, Dr. Kay has built a career that spans the academic, clinical, and applied realms of psychology, contributing to the well-being and mental health of individuals and communities alike.

Dr. Kay's academic background and clinical experience have equipped him with a broad and diverse skill set that spans several key areas of psychology. His expertise in applied psychology allows him to effectively integrate theoretical knowledge with real-world practices, helping individuals address their psychological challenges in ways that promote personal growth and well-being. Additionally, Dr. Kay is highly skilled in clinical health psychology, where he works to improve mental and physical health outcomes through evidence-based therapeutic practices.

A major aspect of Dr. Kay's work includes the use of Cognitive Behavioral Therapy (CBT), a well-established therapeutic approach for treating a wide range of mental health conditions, from anxiety and depression to more complex psychological disorders. His psychological assessment skills further enable him to evaluate individuals' mental health needs, providing tailored interventions that address specific psychological and emotional challenges. Through his work in mental health, Dr. Kay is dedicated to improving overall psychological well-being, advocating for both preventive measures and therapeutic support.

Dr. Kay's academic pursuits also extend into specialized areas of psychology, including emotion psychology and forensic psychology. His work in emotion psychology focuses on understanding the role emotions play in human behavior and mental health, while his interest in forensic psychology allows him to explore the intersection of psychology and the legal system. This diversity in his expertise enables him to approach psychological issues from multiple perspectives, enriching his understanding of how to best serve individuals in clinical, educational, and professional settings.

MESSAGE BY DR JAMES

In contemporary times, digital therapy and counseling have become increasingly significant, offering accessible mental health support through online platforms. Digital therapy overcomes geographical barriers, enabling people in remote or underserved areas to access mental health care. It provides support to individuals with limited mobility or those unable to attend in-person sessions. It offers flexibility in scheduling, making therapy available at any time. Reduces costs associated with travel and infrastructure. Technology-based interventions like cognitive-behavioral therapy (CBT) apps are tailored to address conditions such as anxiety, depression, and PTSD. During COVID-19, digital therapy became a vital resource for mental health care, establishing its necessity in crises. There are some Challenges of Digital Therapy also, for example, Risks of data breaches or unauthorized access to sensitive information. Limited access for individuals without reliable internet or technology, Connectivity problems can disrupt therapy sessions and lead to frustration. Ensuring informed consent and clear boundaries in the digital space. Digital interventions may not be suitable for crises involving immediate risk, such as suicidality. There are Future Directions and Opportunities also, for example, Improved AI-driven tools for initial diagnosis and treatment guidance, equipping therapists with skills to adapt traditional practices to digital formats, International standards and regulations to address ethical, legal, and cultural considerations. Use of data analytics and machine learning to tailor treatments based on individual needs and progress as technology evolves, digital therapy will likely become a more integrated and essential component of mental health care, bridging the gap between traditional practices and modern demands.



PROFILE: KEY NOTE SPEAKER 3: DR KEVIN L LADD

Dr Kevin L Ladd, a distinguished Professor of Psychology and the Director of the Social Psychology of Religion Lab at Indiana University South Bend, has been an integral part of the faculty since 2001. Earning a Ph.D. from the University of Denver in 2000. He specializes in social psychology with a deep focus on the multifaceted intersections of human behavior, belief systems, and physiological processes.

His research spans a diverse array of interests, including the relationship between science and religion, the psychology of prayer, wisdom, and music, as well as the roles of ritual, health, and coping mechanisms in human experience. Additional expertise includes the study of prejudice, psychometrics, neuroimaging, synesthesia, and spiritual transformation. Dr Kevin L Ladd is also known for contributions to understanding character development, personality, clergy and congregational performance, and even the psychology of magic. This breadth of expertise reflects a commitment to exploring the nuanced dimensions of human thought, emotion, and social interaction, providing valuable insights to both academic and applied contexts.

MESSAGE BY DR KEVIN LADD:

Dr. Kevin Ladd, while addressing psychologists in Pakistan, shared insights about the future directions in psychology. He began by expressing his gratitude for the opportunity and wished the event to be productive and enlightening.

Dr. Ladd introduced himself as the Chancellor's Professor of Psychology at Indiana University, with extensive experience in the Social Psychology of Religion Laboratory and leadership roles in key psychology organizations. Drawing from these experiences, he highlighted several important areas of focus for the field:

1.Replication Crisis: He emphasized the importance of revisiting past findings to ensure their validity. The trend of prioritizing novel research over verifying existing knowledge has contributed to the replication crisis. Dr. Ladd stressed that re-examining past studies is crucial for strengthening the field's foundation.

2.Open Science: He advocated for transparency in research through open science practices, where researchers share their methods and data publicly. This approach not only allows peers to verify and critique work but also fosters real-time collaboration and improvement.

3.Registered Reports: Dr. Ladd highlighted registered reports as a transformative publishing model. Researchers submit their study designs for review before data collection, receiving feedback early in the process. Journals commit to publishing the work regardless of whether the results are significant, reducing bias and enhancing research quality.

4.Quality over Quantity in Publications: He referenced a recent article questioning the overproduction of research. Echoing early concerns from William James, he suggested that a focus on fewer, more rigorous studies could lead to deeper and more meaningful contributions to the field.

5.Global Collaboration: Dr. Ladd criticized the practice of imposing Western-developed tools on other cultures without adapting them to local contexts. He urged for genuine collaborations that involve partners from the outset, ensuring research reflects diverse human experiences. He also noted the need to move beyond "WEIRD" (Western, Educated, Industrialized, Rich, Democratic) biases in psychology.

6.Application of Research: Lastly, he stressed the importance of applying psychological insights to improve real-world conditions. Drawing inspiration from philosophers like Roger and Francis Bacon, he encouraged psychologists to bridge the gap between knowledge and practical application.

Dr. Ladd concluded by emphasizing the need for humility, collaboration, and a commitment to advancing psychology as a tool for enhancing human well-being across diverse contexts.

SESSION CHAIRS INTRODUCTION:

DR QUDSIA TARIQ (Professor, Former Chairperson, Department of Psychology, University of Karachi)

DR SEEMA MUNAF (Meritorious Professor, Former Director, Institute of Clinical Psychology, University of Karachi)

DR ZIASMA HANEEF (Professor, Department of Psychology, University of Karachi)

DR AMBREEN ATIQ (Associate Head, Department of Education, Greenwich University, Karachi)

PAPER PRESENTERS:

1. Dr. Rab Nawaz, Dr. Naveed Mughal (Director, QEC, Greenwich University, HOD, Greenwich university)
2. Dr. Ambreen Atiq (Assistant professor, Greenwich University)
3. Khalida Rauf (Professor, SZABIST University)
4. Dr. Ziasma (Professor, University of Karachi)
5. Dr. Muniza Malik (Assistant Professor, University of Sindh)
6. Dr. Lubna Somroo, Marvi Panwhar (Assistant Professor, University of Sindh)
7. Dr. Nooreen Begum (Assistant Professor, SZABIST University)
8. Rashda Khan (Research Scholar, University of Karachi)
9. Aisha Ikhlaiq (Research Scholar, Institute of Clinical Psychology)
10. Manahil Shaikh and Syeda Duaa Raghib Naqvi (Research Scholar, Bahria University Karachi)
11. Sidra Shoaib, Dr. Ameena Zehra (Research Scholar, Bahria University, Professor, University of Karachi)
12. Waizah Fasih, Syeda Qirat, Fatima Zafar, Khoulia Chaghtai (Research Scholars, Bahria University)
13. Imrana Imdad (Research Scholar, SZABIST Karachi)
14. Amna Abdulghafoor, Rabia Mushtaq (Research Scholar, Institute of Clinical Psychology, University of Karachi)
15. Muneeba Khalid, Muneeba Izhar (Research Scholar, University of Karachi)
16. Eeman Khalil, Ruqayya, Sarosh (Research Scholars, Bahria University Karachi)
17. Maria Tahir (Coordinator, Greenwich University)
18. Syeda Manal Rizvi (Research Scholar, SZABIST Karachi)



SESSION CHAIR: DR QUDSIA TARIQ

Dr. Qudsia Tariq is a highly respected practicing clinical psychologist, researcher, and educator, with a dedicated focus on serving the community and advancing the field of psychology. Her career has been marked by a deep commitment to both academic excellence and practical application, as she works tirelessly to identify and address the psychological challenges faced by individuals and communities.

Dr. Qudsia Tariq's work as a clinical psychologist has been transformative, helping people navigate a wide range of mental health issues through evidence-based therapeutic approaches. In her role as a researcher, she is particularly interested in exploring societal problems from a psychological perspective, seeking to uncover the underlying factors that contribute to mental health challenges in diverse communities. By identifying these issues, Dr. Tariq aims to develop targeted interventions that can effectively support and uplift individuals at both the personal and societal levels.

In addition to her clinical and research roles, Dr. Qudsia Tariq is an accomplished educator, teaching psychology at various academic levels. She has served as the Chair of the Department of Psychology at the University of Karachi, where she significantly contributed to shaping the department's academic programs and research initiatives. Her leadership and academic mentorship have had a lasting impact on the psychology community, both at the university and beyond.

Dr. Qudsia Tariq's goal is to continue her growth as a researcher and educator, using her knowledge and skills to foster positive change. She is deeply invested in promoting mental health awareness and empowering individuals to address psychological challenges in a proactive and informed manner. Through her work, Dr. Qudsia Tariq strives to make a meaningful impact, advocating for healthier, more resilient communities and helping to build a more inclusive and compassionate society.



SESSION CHAIR: DR SEEMA MUNAF

Dr. Seema Munaf is a highly respected Consultant Clinical Psychologist and retired Meritorious Professor with a remarkable career spanning over 35 years in teaching, research, and clinical practice. She retired from the Institute of Clinical Psychology (ICP), University of Karachi on September 29, 2020, after decades of dedicated service, including administrative roles as In-charge, Assistant to the Director, and Director.

Dr. Munaf earned her PhD in Clinical Psychology under the supervision of Prof. Dr. Farrukh Z. Ahmad in 1991. She also completed a SAARC Commonwealth AMDISA Postdoctoral Fellowship for cross-cultural research on higher education management under Prof. Arif A. Waqif. Throughout her career, she has made significant contributions in areas such as psycho-diagnosis, psychotherapy, research design and methodology, consumer behavior, market research, and neuropsychology. At ICP, she actively taught and supervised students at MPhil and PhD levels, and was deeply involved in research supervision and internship training.

In 2004, Dr. Munaf served as Project Director for a successful HEC development project, "Strengthening of Institute of Clinical Psychology, University of Karachi", and in 2005, she was appointed as a member of the Prime Minister's National Task Force for Psychosocial Relief following the earthquake disaster.

She was the first President of the Sindh and Balochistan Chapters of the Pakistan Association of Clinical Psychologists (PACP), elected in 2011, and received several prestigious awards for her contributions to the field, including the Outstanding Abstract Award at the 3rd International Mental Health Conference (2006) organized by the Institute of Psychiatry, King's College London, and the Merit Award for Outstanding Research Presentation at the Canadian-American Conference (2015). Dr. Munaf's expertise also extended to international collaborations. In 2006, she served as an external examiner for a PhD student at Fielding Graduate University, California, and was a team member of the International Father Acceptance-Rejection (IFAR) Project (2008), chaired by Prof. Dr. Ronald P. Rohner at the University of Connecticut. With over 100 publications, including two books and numerous papers in national and international journals, Dr. Munaf has left an indelible mark on the field of clinical psychology.



SESSION CHAIR: PROF DR ZIASMA

Prof. Dr. Ziasma Haneef Khan is a distinguished clinical psychologist, academic leader, and researcher with an extensive career in higher education and psychological practice. Currently serving as a Professor of Psychology in the Department of Psychology at the University of Karachi, Dr. Khan is also the In-charge of the Student Financial Aid Office, where he plays a pivotal role in supporting students' financial needs and facilitating their academic journey.

Dr. Khan holds a Doctor of Philosophy (Ph.D.) in Psychology, and is recognized as an HEC (Higher Education Commission) Approved Supervisor since 2013, guiding and mentoring graduate and postgraduate students in their academic and research pursuits. His academic work, coupled with his rich clinical experience, has made him a leading figure in the fields of psychology and mental health.

As a clinical psychologist, Dr. Ziasma has significant experience in both therapeutic practice and psychological assessment. His expertise spans a wide range of psychological issues, including mental health disorders, emotional regulation, and behavioral interventions. Throughout his career, Dr. Khan has worked with diverse populations, helping individuals address mental health concerns through evidence-based therapeutic approaches.

At the University of Karachi, Dr. Ziasma has played a critical role in shaping the psychology curriculum, fostering academic excellence, and promoting research in the department. Her leadership as a senior faculty member has been instrumental in the development of the university's psychology programs. Furthermore, her position as an HEC-approved supervisor has allowed her to guide many budding psychologists in their research and professional development.

Her contributions extend beyond academia, as she is deeply committed to social responsibility and community service. Through her work in the Student Financial Aid Office, she helps students who face financial barriers, ensuring that they have access to higher education and opportunities for personal and professional growth.

As an accomplished educator, clinical psychologist, and researcher, Prof. Dr. Ziasma Haneef Khan continues to be a leading figure in the academic and clinical psychology communities. She remains committed to advancing the field of psychology, making impactful contributions to mental health, and fostering the development of future leaders in the discipline.



SESSION CHAIR: DR AMBREEN ATIQ

Dr. Ambreen Atiq is an accomplished academic, researcher, and educator with over a decade of experience in the field of Education. She holds a PhD (2019) and completed her Post-Doctoral Fellowship in 2022, further enhancing her research expertise and contributing to the advancement of knowledge in her area of specialization. Dr. Ambreen Atiq's academic career has been marked by her commitment to education, with a particular focus on research that addresses key issues affecting individuals and communities.

Dr. Atiq is a well-established researcher who has made significant contributions to the field through her extensive publications in reputed international journals. Her research interests are diverse and include topics related to mental and spiritual wellbeing, social issues, education and behavioral studies. Her work has been widely recognized for its rigor and impact, and she has presented her research at numerous international conferences, further solidifying her reputation as a leading scholar in her field.

In addition to her research contributions, Dr. Atiq serves as the Managing Editor of a prestigious research journal, where she plays a crucial role in overseeing the editorial process, ensuring the publication of high-quality, peer-reviewed articles, and promoting research excellence. Her editorial experience enhances her ability to evaluate, critique, and contribute to the body of academic work within her discipline. As an educator, Dr. Atiq has over 10 years of experience teaching at various academic levels. Her teaching approach emphasizes critical thinking, research-driven learning, and the practical application of psychological principles to real-world problems. She is passionate about mentoring students and guiding them through the research process, helping them develop both theoretical and practical skills in Education.

Dr. Ambreen Atiq's academic journey is driven by her mission to advance the field of Education, contribute to the development of future researchers, and address the complex challenges faced by individuals and society. Through her extensive research, editorial work, and dedication to teaching, she continues to make valuable contributions to the academic and professional communities, fostering a deeper understanding of human behavior and psychological processes.

Her well-rounded expertise, combined with her leadership in academia, solidifies Dr. Ambreen Atiq as a distinguished scholar and a highly respected figure in Education.

THEMES OF THE 15th PPA CONFERENCE 2024

1. MENTAL HEALTH AND WELL-BEING: GENDER DIFFERENCES, STRESS, AND COPING MECHANISMS

This theme would explore the various dimensions of mental health, including depression, anxiety, and stress, with a focus on gender differences. It would cover how different populations—such as university students, individuals with PCOS, and incarcerated persons—experience mental health challenges, and how factors like emotional intelligence, psychological well-being, and coping mechanisms (e.g., locus of control and self-efficacy) influence mental health outcomes.

Key Topics:

- Gender differences in depression, anxiety, and stress among university students
- Emotional intelligence and psychological well-being in various contexts
- Impact of psychological distress in women with PCOS
- Mental health in challenging environments (e.g., prisons, substance abuse)
- Relationship Between Ibadur-Rehman and the Psychological Well-being of Young Adults
- Predictive Association between Infertility Stress and Marital Satisfaction among Married Couples
- Workplace Mental Wellness

2. SOCIAL INFLUENCES ON PSYCHOLOGICAL HEALTH: MEDIA, PARENTING, AND SOCIAL MEDIA

This theme would delve into how external factors—such as media portrayals, parenting styles, and social media usage—shape psychological health and behavior. The focus could be on stigmatization, self-esteem, academic dishonesty, and behavioral tendencies like impulsivity, aggression, and substance use. It would also look at how media influences public perceptions of conditions like PMDD/PMS, and the role of social media in shaping impulsivity and mental health, especially with regard to gender differences.

Key Topics:

- The impact of media portrayals on mental health (PMDD/PMS stigma)
- Social media's role in impulsivity and gender differences
- Parenting styles and their psychological effects on children
- Academic dishonesty in university settings and contributing factors
- Gender Differences in the Emotional intelligence and Psychological well-being among University students in Pakistan
- A Sketchy Connection Exploration in Light of the Stroop Task

3. RESILIENCE, COPING, AND HEALTH BEHAVIOR: SOCIAL AND PSYCHOLOGICAL DETERMINANTS

This theme would focus on the interplay between individual traits (such as emotional intelligence and self-consciousness) and environmental or social factors (like locus of control and substance use) in shaping resilience, coping strategies, and health behaviors. It could cover topics such as health-protective behaviors, the impact of climate change on mental well-being, and how individuals in high-stress or trauma-prone occupations (e.g., criminal lawyers) cope with psychological distress.

Key Topics:

- Exploring health-protective behaviors in young adults
- Coping with vicarious trauma in high-stress professions
- Climate change and mental health
- Substance use and its impact on adolescent and young adult mental health
- Trends of Drugs use
- Relevance of Restorative Justice in Honor-Based Violence (HBV)

These themes collectively address critical aspects of mental health, social influences, and resilience, offering rich opportunities for cross-disciplinary discussions.

WORKPLACE MENTAL WELLNESS

MENTAL HEALTH AFFECTS THE WAY WE THINK, FEEL, AND ACT. IT DIRECTLY IMPACTS THE MANAGEMENT OF RELATIONSHIPS.

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ABSTRACT:

Mental health significantly impacts how we think, feel, and behave. It influences not only individual well-being but also the management of relationships and work dynamics. The importance of mental well-being has gained more attention in recent years, becoming a critical conversation globally. However, in many cultures, including ours, simply mentioning mental wellness often leads to stigmatization, where terms like “mental” are wrongly associated with madness or insanity. This misconception is harmful and ignores the fact that mental health issues, such as anxiety, depression, or bipolar disorders, are serious challenges that many people face silently.

The fine line between intelligence and madness is often discussed by philosophers and thinkers like Aristotle and Edgar Allan Poe, who referred to the intense focus of geniuses on their work, sometimes interpreting it as a form of madness. This isn't the medical insanity that we fear, but rather an extreme dedication to one's field of study or craft. Mental health, in its true sense, refers to the state of emotional, psychological, and social well-being that enables individuals to cope with the challenges of life. Poor mental health can lead to debilitating conditions that affect personal and professional life.

It's crucial to view mental wellness not only on an individual level but also as a collective societal responsibility. The risk factors contributing to mental health challenges are numerous, from financial strain to social rejection, trauma, or personal loss. Financial instability, for instance, can lead to feelings of hopelessness and, in extreme cases, suicidal ideation. Sadly, in some instances, the pressures of life have led individuals to harm themselves and their loved ones, as we've seen in tragic cases where financial struggles have resulted in the loss of lives.

Stress, particularly in the workplace, is a major contributor to mental health issues. Regardless of position, professionals experience stress due to unrealistic expectations, poor management, and unhealthy work environments. Inadequate leadership, such as a toxic manager or supervisor, can exacerbate stress levels, leading to anxiety or panic attacks among team

members. When employees are under constant pressure, the body's natural stress response—such as the release of cortisol—can negatively impact physical health as well.

Organizations need to take proactive steps to address mental wellness. Human Resources must have systems in place to identify employees who may be struggling with mental health issues, ensuring that proper support structures are available. The responsibility, however, should not fall solely on HR; organizational leadership, particularly the CEO, should remain actively involved. Both HR heads and senior leadership must remain vigilant and take responsibility for ensuring that employees in high-stress roles are not overwhelmed and receive the support they need.

By fostering an environment of understanding and care for mental wellness, organizations can not only improve individual well-being but also enhance productivity and workplace harmony. It's time we address mental health not as a taboo, but as an integral part of creating healthier, more effective workplaces.

Keywords: mental wellness, leadership, societal responsibility, organizations

THE IMPACT OF SOCIAL MEDIA ON HOUSEHOLD WOMEN ETHICS (A CASESTUDY OF KARACHI REGION)

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ABSTRACT:

Internet has become an integral part of our daily life encapsulating time and place, creating new horizons and dimensions, promoting old behaviors not only at individual level but also at social and global ones. It has transformed people's ideologies, religiosity and ethical values in everyday life. The massive use of Internet has created many social and ethical problems, in terms of diversion from cultural and religious ideologies and moral values. It is an extremely alarming fact that various components of Internet are rapidly promoting unethical behaviors and standards among men, women and children of all sections of the society. The ease of access and 24x7 availability of profanity, vulgarity and mere filth in multiple forms poses a serious threat to the collective moral character of any society. And what is more frightening is the fact that the speed at which it is affecting us is increasing with every day that passes by. There is a need to protect the basic concept of moral and ethical values and standards from the worst effects of Internet. In this research we examined different concept of ethics and analyze different dimensions of Internet that have markedly impacted the ethical values and social life of Pakistani Muslim women in Karachi region.

Key words: social media, ethical values, Islamic perspective, ideology, Internet

EXPLORING THE RELATIONSHIP BETWEEN IBAD-UR-RAHMAN PERSONALITY CHARACTERISTICS AND PSYCHOLOGICAL WELL-BE- ING AMONG YOUNG ADULTS.

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Background: The growth and development of one's personality is crucial for overall well-being. However, the concept of "Ibadur-Rehman," found in Surah al-Furqan, verses 63-77, which represents the highest level of personality development, is an area of research that has been underexplored among young adults in Pakistan.

Objectives: 1) To investigate how the concept of Ibadur-Rehman is understood among religious scholars affiliated with Islamic Institutes. 2) To understand the relationship of Ibadur-Rehman in the psychological well-being of young adults

Method: A survey method was used to collect data from 20 Religious scholar's affiliated with academia.

Participants completed a questionnaire comprising of five demographic items and eight semi-structured questions designed to uncover the significance of Ibadur-Rehman, investigate gender differences, and evaluate its impact on the emotional distress and psychological well-being

Results: Content analysis of the responses provided by the participants was conducted; revealing that the personality of Ibadur-Rehman is a predisposition influenced by environmental factors and is consistently exhibited in both genders. Attributes such as forgiveness, humility, courtesy, and gratitude were found to transcend religious boundaries. Furthermore, participants underscored the misuse of social media and the influence of negative role models on young adults, resulting in a deviation from Islamic moral and ethical principles.

Conclusion: The findings of the present study, suggest that educational institutions could benefit from integrating the concept of Ibadur-Rehman into their curricula. It also recommends that in therapeutic sessions addressing existential meaning, the therapists should also work on bringing insight into the characteristics of Ibadur-Rehman personality in the treatment of their clients

Keywords: Religious scholar, personality, young adults, forgiveness, humility, courtesy

THE IMPACT OF MEDIA PORTRAYALS ON THE STIGMATIZATION OF INDIVIDUALS WITH PMDD AND PMS

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ABSTRACT

The study explores the misrepresentation in media portrayal of menstrual period can result in false perception of this phase and further explores attitudes toward Premenstrual and menstrual period is accompanied by various physical and psychological changes.

The study is conducted with an intention to explore these misconceptions and develop a true understanding of these real issues. This was carried out by adopting qualitative research approach.

To extract information, an interview questions was prepared which was guided by such research questions as, how far the physical and psychological experiences of people going through PMDD and PMS are appreciated? Does media portrayal of menstrual period representative of real experiences?

it was administered on participants who visited doctors and psychologists for their Premenstrual Dysphoric Disorder (PMDD) and Premenstrual Syndrome (PMS). The responses to the interviews were transcribed then coded, various themes were identified. The implications of identified themes were discussed in detail. Recommendations have been made how to align media portrayal more real experiences and how healthcare organizations should take onboard doctors and psychologists on a platform where these issues could be addressed genuinely.

Keywords: media portrayal, Premenstrual syndrome (PMS), Premenstrual Dysphoric Disorder (PMDD), experiences and stigma.

TREND OF DRUG USE AMONG CHILDREN AND ADOLESCENTS WITH SUBSTANCE USE DISORDERS

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ABSTRACT

This study aims to explore the trend of drug use among Children and adolescents with Substance Use Disorders. The retrospective study was conducted at the Model Addiction Treatment and Rehabilitation Center (MATRC), Anti Narcotics Force Karachi. Retrospective data between January 2022 and June 2024 was analyzed in all 365 adolescents' patients with Substance Use Disorders, records were reviewed. Data was retrieved on age, education, occupation, reasons of drug use and type of drug use and other sociodemographic variables. SPSS 28 was used to run descriptive statistics for data analysis. Children and adolescents with Substance Use Disorder (SUD) predominantly have limited education, with 55.88% being uneducated (23.83%) or having only primary education (32.05%). A vast majority (98.90%) are single, and half (50.68%) are unemployed. Ice (44.65%) and Cannabis (24.10%) are the most popular drugs, used mainly via foil (66.02%) or smoke (23.28%). Daily drug use frequency is high, with 69.30% using 1-2 (32.87%) or 3-4 times (36.43%). Duration of use is typically 2 years (27.12%) or 3 years (17.26%), with first use age often between 10-14 years (55.34%) or 15-19 years (39.72%). Cannabis is the primary drug for most (84.38%), with no family history of drug use (78.63%). Daily expenses on drugs are moderate, ranging from 100-500 Rs (57.53%) to 600-1000 Rs (31.23%), with average family income between 20000-30000 (35.06%) and 30000-40000 (29.86%). The main reasons for substance use are fun/pleasure (87.12%) and peer pressure (4.38%). In conclusion, this study reveals alarming trends of drug use among children and adolescents with Substance Use Disorders, including low education levels, high unemployment, early initiation, and frequent use of Ice and Cannabis. The majority of them mentioned fun/pleasure and peer pressure as reasons for use, highlighting the need for targeted interventions and support services to address these factors and prevent further substance use disorders in this vulnerable population.

Keywords: Substance Use Disorders; Trends; Socio-demographics

THE EMOTIONAL INTELLIGENCE AND PSYCHOLOGICAL WELL-BEING AMONG UNIVERSITY STUDENTS IN PAKISTAN

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ABSTRACT

From last two decade emotional intelligence in comparison to scholastic intelligence has become a topic of interest of research. Traditional or scholastic intelligence refers to the academic record or performance, which thought as a key of success in all walks of life. On the other hand, emotional intelligence refers to the understanding of moods and emotions of oneself as well as of others and using this information to guide thoughts and behaviours (Lu et al., 2022). It is an ability to manage emotions in times of stress and conflict, and controlling oneself in excitement. Emotional intelligence is characteristic of mature character and self-control to delay pleasure. Intellectual ability represents cognitive abilities like logic, abstract thinking, problem solving, learning, memory etc., undoubtedly an important aspect of mind but for successful socio-emotional adaptation, stable interpersonal relationships, resilience to frustrations and daily life stresses emotional intelligence plays significant role (Drigas & Papoutsis, 2018; Immordino-Yang, 2007). Emotional intelligence also found highly related with the psychological health or well-being of the individual. Psychological well-being is an important asset of mental health and it depends on the perception of well-lived life and positive adaptation in living environment. Psychological well-being is composed of self-acceptance, positive relationship, autonomy, personal growth and purpose in life (Balzaroti et al., 2016; Morales-Rodriguez et al., 2020). The present study was conducted on the University students from undergraduates to MS and Doctorate male and female students. The aim of the study was to assess the predictive relationship of emotional intelligence and psychological wellbeing among university students. Also to assess the differences between genders and different age groups of the students from undergraduate to doctorate students. The sample (N = 100) was

collected online via google forms from different Universities across the country. The age range of the participants was 19-45 years. Two scales namely, Brief Emotional Intelligence Scale and Ryff Psychological Wellbeing Scale were used to collect the data. It was hypothesized that emotional intelligence would be a significant predictor of the psychological wellbeing of the participants. Further there would be differences in the emotional intelligence and psychological wellbeing of the participants.

Key Words: Emotional Intelligence, Psychological Wellbeing, University Students, Male and female students

TO FIND THE RELATIONSHIP BETWEEN SOCIAL MEDIA USAGE AND IMPULSIVITY BASED ON GENDER DIFFERENCE

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ABSTRACT

This study explores the relationship between social media usage and impulsivity, with a focus on gender differences among university students in Karachi. Utilizing the SONTUS Scale (Social Networking Usage Scale) and the Barratt Impulsiveness Scale (BIS-11), the research analyzes data from 50 participants (25 males and 25 females) aged 18-25. Findings indicate a positive, albeit weak, correlation between impulsivity and social media usage, suggesting that higher impulsivity is associated with greater social media engagement. Additionally, gender differences in impulsivity and social media use were minimal. The results underscore the need for further investigation into how impulsivity influences social media behavior and the potential implications for mental health and academic performance.

Keywords: Social Media, Impulsivity, Gender Differences, SONTUS Scale, Barratt Impulsiveness Scale, University Students, Behavioral Addiction, Internet Usage

UNDERSTANDING CLIMATE CHANGE PERCEPTIONS AMONG UNIVERSITY STUDENTS: A QUALITATIVE ANALYSIS

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ABSTRACT

Awareness about climate change has grown since the 1980's, particularly in developed nations, where measures to mitigate its adverse effects are being implemented. The United Nations recognizes the significant impact of climate change on social and economic development and has established the reduction of its effects as a global sustainability goal (SDG). While developed countries actively pursue this goal, there remains a considerable lack of awareness in developing and underdeveloped nations, where concern about climate change risks is relatively low. This study aimed to explore the perspectives of young students in Pakistan—a developing country—on the climate change issue. A qualitative approach was employed, using nine semi-structured, open-ended questions on climate change awareness, administered to 43 university students from Karachi via Google Forms. The responses were analyzed for recurring themes. The analysis revealed several key themes: Awareness and Knowledge (76%), which included scientific literacy and policy understanding; Concern and Anxiety (68%), highlighting fears about the future, including eco-anxiety and intergenerational consequences; Skepticism and Misinformation (15%), reflecting doubts and distrust in information sources; Personal Responsibility and Lifestyle Changes (63%), focusing on efforts to reduce carbon footprints and adopt sustainable practices; Advocacy and Activism (21%), demonstrating increased involvement in climate-related movements; and Institutional Responsibility and Policy (22%), emphasizing the role of government and corporations in addressing climate change. These themes offer valuable insights into how university students in Pakistan perceive and engage with climate change.

Keywords: Climate change, college students, qualitative study, semi-structured questionnaire

UNIVERSITY STUDENTS: A STUDY OF GENDER DIFFERENCE IN LEVEL OF DEPRESSION, ANXIETY AND STRESS

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Dr Seema Munaf

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OBJECTIVE: The study aimed to determine overall level of depression, anxiety and stress of university students and intend to find out gender difference on these three variables.

STUDY DESIGN: Basic research and two group comparative study.

PLACE AND DURATION OF STUDY: The study was carried out at Institute of Clinical Psychology, University of Karachi, with duration of three years.

SUBJECT AND METHODS:

The participants included 600 university students, men and women equal in number. Mage for men were 20.45 years, SD=1.75, and for women Mage was 20.15 years, SD=1.46. They were enrolled in under graduation program of universities and were selected through random sampling from 2 public and 2 private sector universities of Karachi, Pakistan.

RESULTS: Mean scores indicate that overall depression (M=6.97) and anxiety (M=7.79) level of student falls in the moderate ranges, whereas their stress (M= 8.01) seems to be in mild range. Application of t' test indicate significant gender difference on variable of depression (t (598) -2.07, $p<.05$), that is more in men (M=7.31) than women (M=6.62). However, insignificant gender differences were found on variables of anxiety (t (598) 1.45, $p>.05$) and stress (t (598) 1.62, $p>.05$).

CONCLUSION:

Depression seems to be more in men than women, whereas anxiety and stress appears as similar. The plausible reason may be that Pakistani society in general expects more from a man to take financial responsibilities, even when their education is incomplete. Hence during university education, male emerging adults may become more vulnerable to depression due to additional demands from their family.

IMPLICATIONS:

This research has many positive implications which can be utilized by the academics, as well as education counsellor and mental health professionals too in handling their issues.

RECOMMENDATIONS: An in-depth and continuous exploration through research will help in developing a strong support system for them in the universities and provide a learning environment that can fosters them in their crucial stage of life also.

KEY WORDS: University students, gender, depression, anxiety, stress

HEALTH PROTECTIVE BEHAVIOURS IN PAKISTANI YOUNG ADULTS: AN EXPLORATION OF THE IMPACT OF LOCUS OF CONTROL AND SELF-EFFICACY

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ABSTRACT

This study explores the relationship between Health Self-Efficacy, Health Locus of Control, and Health Protective Behaviors in Young Adults. A correlational research design focused on a sample of 256 young adults (aged 18-25) from different socioeconomic and educational backgrounds. They were surveyed using a snowball sampling technique utilizing the Health Protective Behavior Scale, Health Self Efficacy Scale, and Multidimensional Health Locus of Control Scale. The findings revealed a statistically significant positive correlation between the variables Health Protective Behaviors and Health Self-Efficacy ($r = .256, p < .01$), Health Protective Behaviors and Internal Locus of Control ($r = .404, p < .01$), and Internal Locus of Control and Health Self-Efficacy ($r = .241, p < .01$). However, the correlation between Health Locus of Control and Health Self-Efficacy was not significant ($r = .089, p > .05$). Regression analysis indicated a statistically significant impact of Internal Locus of Control and Health Self-Efficacy on Health Protective Behaviors in young adults ($B = .976, p < 0.01$). ANOVA results demonstrated a significant effect of socioeconomic status on health protective behaviors, $F(3, 250) = 4.62, p = .004$. In contrast, no significant gender differences were found in the scores, with males ($M = 96.39$) and females ($M = 97.09$) showing similar means ($p = .720$). Given the double burden of diseases in Pakistan and ever-growing health concerns, more research is needed to better understand the health behaviors of people in the country, especially those in the age of Young Adulthood so that the course and direction of health behaviors can be effectively influenced.

Keywords: Health Protective Behaviors, Health Locus of Control, Internal Locus of Control, Health Self Efficacy

DEPRESSION, ANXIETY, AND OVERCROWDING: MENTAL HEALTH IN BALOCHISTAN PRISON SETTING

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ABSTRACT

This study investigates the mental health challenges faced by prisoners in the four most overcrowded prisons in Balochistan province. It examines the coping mechanisms employed by the prisoners to manage conditions such as depression, anxiety, and other mental health-related issues. Using a quantitative research approach, the study involves 200 participants from four overcrowded facilities in Quetta, Gaddani, Kech and Kharan districts. The findings reveal that nearly all prisoners in Baluchistan experience varying degrees of depression or other mental health challenges. Alarming, there is a significant lack of measures implemented by prison authorities to address these issues. The jail department, under the jurisdiction of the Ministry of Interior, has taken no meaningful steps to improve mental well-being of prisoners. Prison authorities struggle to improve the situation due to insufficient funding, limited space, and a lack of psychiatric staff and facilities. Women prisoners face additional hardships, especially when separated from their infants and husbands. This study is framed within the Social Psychological Theory of Coping, Coping Theory, Learned Helplessness Theory of Depression, and Cognitive Appraisal Theory of Stress. Conducted in four Balochistan prisons, this research highlights the urgent mental health issues plaguing the prison system in the province.

Keywords: Mental health, Prison overcrowding, Coping Mechanism, Balochistan

CONTRIBUTING FACTORS OF ACADEMIC DISHONESTY IN UNIVERSITIES: A QUALITATIVE STUDY

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ABSTRACT

The current research aims at the development of indigenous comprehensive theory of contributing factors of academic dishonesty. For that qualitative research design was used where data was collected through online telephonic in-depth interviews and data was analyzed through reflective thematic analysis (Barun & Clarke, 2012; 2019; Clarke & Braun, 2006; 2017). The cross-sectional data was collected from 30 university students including post graduate (n=10), graduate (n=10) and undergraduate (n=10) students. They all belonged to both public (n=15) and private (n=15) sector universities of Karachi, Pakistan from the faculty of Management (n=15) and Social Sciences (n=15). The results showed that the most highlighted factors that are attributed to academic dishonesty was institutional factors which included lack of quality education, monitoring and supervision, infrastructure and organization work and academic culture. For students their attitude towards studies and education and grade centrism, prior training and moral development was found to most relevant factor of academic dishonesty. For faculty members lack of professionalism, inadequate execution of job, displacement of responsibility, incompetency, inadequate evaluation and grading, inadequate teaching, favored and biased behavior, personal and psychological and needs teacher-student relationship were most relevant factors. Lastly an especial emphasis was given on the declining moral standards as a society and increasing normative acceptance of unethical behaviors. The findings of the current study have important implications for higher education institutes and commission.

Keywords: Academic Dishonesty; University Students; Institutional Factors; Qualitative Research

INVISIBLE WOUNDS: THE RELATIONSHIP BETWEEN VICARIOUS TRAUMA, PSYCHOLOGICAL DISTRESS, AND AGGRESSION IN CRIMINAL LAWYERS IN KARACHI

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ABSTRACT

This study explores the intricate relationships among Vicarious Trauma (VT), Psychological Distress (PD), and Aggression among criminal lawyers in Karachi, employing a quantitative survey-based approach. A purposive sample of 202 licensed criminal lawyers practicing in Karachi participated in the study, drawn from various law firms, the City Court, and the High Court. Participants completed a structured questionnaire comprising demographic questions, the Vicarious Trauma Scale (Vrklevski & Franklin, 2008) to measure trauma exposure, the Kessler Psychological Distress Scale (K10) (Kessler RC et al., 2003) to assess levels of psychological distress, and the Buss-Perry Aggression Questionnaire (Buss & Perry, 1992) to assess aggressive tendencies. Results indicate a significant positive correlation between vicarious trauma (VT) and psychological distress, suggesting that higher levels of vicarious trauma exposure correspond to increased psychological distress levels among participants. Furthermore, the study explored the link between vicarious trauma and aggression, revealing a slight correlation with feelings of hostility but no overall significant relationship with aggression. The study also uncovered a notable finding, a significant correlation between psychological distress and aggression among criminal lawyers. This finding highlights the relationship between emotional well-being and behavioral responses in high-stress professions like law practice. Overall, these findings contribute valuable insights into the mental health challenges faced by criminal lawyers in Karachi, highlighting the need for targeted interventions to buffer the impacts of vicarious trauma and foster healthier professional environments.

Keywords: vicarious trauma, secondary traumatic stress, burnout, psychological distress, aggression, hostility, lawyers, criminal lawyers, stress, law.

DOODLING & RECALL: A SKETCHY CONNECTION EXPLORATION IN LIGHT OF THE STROOP TASK

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ABSTRACT

The study investigates the relationship between doodling and memory recall, in comparison to other activities such as watching a colorful video. Research design was independent measures experimental design with a total number of 30 participants (15 males and 15 females), aged 18-35, drawn from different occupations and areas of life. In this experiment, participants were divided into 3 groups (2 experimental and 1 control). Experimental groups consisted of a doodling and a video group. Following a consent and demographic form, all the participants were shown a congruent stroop task video. Afterwards they were either asked to doodle, watch a video or sit idle; depending upon their group type. After the retention interval, they were asked to recall the colors shown in the congruent stroop effect video initially. Our analysis of the independent t-test showed no significant findings or difference in recall between the groups which concludes that low cognitive load activities can be introduced in breaks between learning as they do not hinder memory retention.

Keywords: recall, doodling, independent measures design, congruent stroop effect, retention interval, cognitive load

VIRTUAL VIOLENCE, REAL LIFE CONSEQUENCES: EXPLORING THE INFLUENCE OF VIOLENT VIDEO GAMING ON AGGRESSIVE TENDENCIES

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ABSTRACT

A correlational study was conducted to explore the real-life implications of playing violent video games (i.e. include weaponry, bloodshed, screaming etc.), on the players aggressive tendencies as well as to evaluate whether gender differences exist, in display of those tendencies. Our sample comprised 97 participants, ages 15-30 years. The research was conducted online, and a survey form was posted which included a consent form, demographic form, video gaming questionnaire and the Buss-Perry Aggression Questionnaire (1992) which assessed aggression on 4 subscales: Verbal Aggression, Physical Aggression, Anger and Hostility. The results were statistically analyzed, to reveal a positive correlation between violent gaming and aggression. Another positive correlation was discovered between long time violent gamers (i.e. have been playing for 11-22 years) and their scores on the aggression questionnaire. However, no significant difference was found between the overall aggression of female and male violent gamers in our results. One was not more or less aggressive than the other.

Keywords: Video Gaming, Aggression, Online survey, Correlation

PERCEIVED PARENTING STYLES AND THE PSYCHOLOGICAL CORRELATES IN ALPHA CHILDREN: NEW FRONTIERS OF PARENTING IN PAKISTAN

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ABSTRACT

Fast transformation of social milieu, seen with the emergence of technology and bombardment of information in the form of internet gadgets and additional weight experienced during and after Covid outbreak, placed the Alpha Generation (who are now in their early/middle adolescence) to constantly pursue multiculturalism, which is in addition to their own unique physical, cognitive, and psychosocial demands, make it challenging for parents to adopt a parenting style in harmony with the idiosyncratic needs of their children, so that the goals of socialization are achieved.

The aim of the present study was to explore the perceived parenting styles and the psychological correlates of alpha children as practiced in Karachi, Pakistan. The data consisted of a sample of 200 early/middle adolescents (age range: 10 to 13 years), (89 males & 111 females) belonging to all three (lower, middle, upper middle class) socio-economic strata, studying in an English medium school. To collect data, simple random sampling was used. Children were assessed on Perceived Parenting Style Scale (PPSS), Self –Perception Profile for Children (SPPC) and Child and Youth Resilience Measure (CYRM-12). The Cronbach's Alpha for perceived parenting styles was .57 (Authoritative parenting style=.57, authoritarian parenting style=.62, permissive parenting style .68), for SPPC .88 and for CYRM-12 was .76. The focus of the present study was: 1). What is the most prevailing parenting style in the culture of Karachi with alpha children, 2). How does parenting style impact alpha children. The research hypotheses developed include: H1: There is a likelihood of significant relationship between perceived parenting style and self-esteem, among alpha children. H2: There is a possibility of a significant relationship between perceived parenting style and adjustment among alpha children. H3: There would be a significant relationship between perceived parenting style and resilience among alpha children. H4: There would be a significant difference between perceived parenting styles as an outcome of gender among alpha children. After scoring, analyses of data was

done by using SPSS version-23. The study found the positive correlation between authoritative parenting style and psychological correlates and negative correlation with authoritarian and permissive parenting styles. Though some show statistically significant and other show insignificant hypothesized relationship between variables.

The results of the study provide the evidence of the shifting trends in parenting in the form of authoritative parenting style in Pakistan reflecting that the family unit is ready to play its new role. Implications are discussed.

Key words: Parenting Style, Authoritative parenting style, Permissive parenting style, Authoritarian parenting style, Alpha Children, Self-esteem, Resilience, Adjustment.

EXPLORING THE PREDICTIVE ASSOCIATION BETWEEN INFERTILITY STRESS AND MARITAL SATISFACTION AMONG MARRIED COUPLES

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ABSTRACT

Objective: The purpose of the current study is to determine the relationship between infertility stress and marital satisfaction among married couples. **Background:** Infertility refers to the inability of an individual, whether male or female, to actively try to conceive for a year or more without success (Practice Committee of the American Society for Reproductive Medicine, 2015). Studies found an inverse relationship between infertility-related distress and marital satisfaction among individuals experiencing infertility (Bahrainian, et al., 2009). **Hypothesis:** The hypothesis suggests that marital satisfaction would be significantly predicted by infertility stress in married couples with infertility. The study was conducted in Karachi, Pakistan from September 2023 to December 2023. 40 married couples were selected by using a purposive sampling technique from the Gynecology and Obstetrics departments of various hospitals and infertility clinics in Karachi, Pakistan. The age range of the participants was between 20-40 years ($M=1.80$; $SD=.403$). **Material and Method:** Brief interviews of the participants were conducted and Urdu versions of Infertility-Related Stress Scale, and Enriched Marital Satisfaction Scale were administered. Data analysis was performed through SPSS, V-25 using Regression analysis to explore the predictive association between infertility stress marital satisfactions. **Result:** Findings indicated a significant predictive association between infertility stress and marital satisfactions ($R^2=.26$, $\beta=-.52$, $P<0.000$). **Conclusion:** This highlights that there exists a notable relationship between infertility-related stress and marital satisfaction, which significantly impacts individuals coping with fertility-related difficulties. **Implications:** These findings would help to establish specialized infertility counseling services and to enhance empathetic and impactful care, devise personalized interventions so, couples can better manage infertility-related stress, which in turn may improve marital satisfaction and overall relationship well-being.

Keywords: Infertility related stress, Marital Satisfaction, Married Couples, Pakistan

Theme 1: Mental Health and Well-Being

This theme focuses on understanding gender differences in mental health, particularly concerning stress, depression, and anxiety. It explores how societal expectations and individual coping mechanisms influence mental health outcomes, especially among university students and young adults.

Recommendations:

1. **Gender-Specific Mental Health Support:** Develop counseling and support systems catering to the unique mental health challenges faced by men and women, considering societal pressures such as financial responsibilities for men and family roles for women.
2. **Awareness Campaigns:** Launch initiatives that destigmatize mental health issues and encourage open dialogue, emphasizing that mental health challenges are common and treatable.
3. **Curriculum Integration:** Introduce emotional intelligence and stress management techniques as part of educational curricula to equip students with tools for resilience.
4. **Educator Training:** Provide teachers and counselors with training to identify and address early signs of psychological distress among students.
5. **Institutional Partnerships:** Collaborate with mental health professionals to implement university-wide support systems that proactively address students' needs.

Theme 2: Social Influences on Psychological Health

This theme examines the interplay between external social factors, such as media portrayals, parenting styles, and social media usage, and their impact on psychological health. It highlights the role of these influences in shaping behaviors like impulsivity, academic dishonesty, and stigma around health issues.

Recommendations:

1. **Media Responsibility:** Encourage accurate and empathetic media representations of conditions like PMDD and PMS to reduce stigma and foster understanding.
2. **Parental Workshops:** Organize sessions for parents on effective parenting styles to positively impact children's psychological development.
3. **Social Media Regulations:** Advocate for policies that minimize harmful content and prioritize the mental well-being of users, particularly adolescents and young adults.
4. **Media Literacy Programs:** Introduce educational programs to teach critical consumption of social media, addressing impulsivity and reducing negative mental health impacts.
5. **Research on Academic Dishonesty:** Support interdisciplinary studies to understand the psychological, institutional, and social factors contributing to academic dishonesty, leading to effective interventions.

Theme 3: Resilience, Coping, and Health Behavior

This theme explores the interaction between individual psychological traits (e.g., emotional intelligence, self-efficacy) and external factors (e.g., environmental stressors, health behaviors) in shaping resilience and coping mechanisms. It also focuses on high-stress environments, such as prisons and legal professions, and their impact on mental well-being.

Recommendations:

1. **Workplace Wellness Programs:** Develop initiatives that provide stress management resources, particularly in high-stress professions like law and healthcare.
2. **Public Health Campaigns:** Create campaigns encouraging health-protective behaviors, such as regular exercise, mental health checkups, and a balanced diet.
3. **Incarcerated Populations:** Implement mental health programs for prisoners, addressing the compounded challenges of overcrowding, trauma, and isolation.
4. **Support for High-Stress Professions:** Offer training and resources for professionals exposed to vicarious trauma (e.g., lawyers, therapists), including regular mental health check-ins.
5. **Climate Change Awareness:** Integrate mental health support into climate change policies and educate communities on coping strategies for eco-anxiety and related stressors.

These themes collectively emphasize the need for a holistic approach to understanding and addressing psychological well-being, leveraging education, policy, and community engagement to create impactful changes.



DR NAVEED MUGHAL

Distinguished Keynote Speakers, Guests of Honor, Esteemed Presenters, Organizers, and Participants,

As we bring the 15th International Pakistan Psychological Conference to a successful conclusion, it is my great honor and privilege to deliver this thank note on behalf of the organizing committee. Over the past two days, on the 13th and 14th of November 2024, we have witnessed an extraordinary gathering of minds from across the globe, united by our shared commitment to advancing the field of psychology and addressing pressing global challenges.

First and foremost, I extend my heartfelt gratitude to our keynote speakers, whose inspiring addresses have enriched our understanding of critical issues in psychology. Dr. Kevin L. Ladd, Dr. Aneeq Ahmad, and Dr. James Kay, your thought-provoking insights have set a benchmark for excellence, encouraging us to think beyond conventional paradigms.

To our Guests of Honor, Dr. Bashir Arain and Dr. Shaista Eefandi, thank you for gracing this event with your presence and sharing your invaluable perspectives. Your words have inspired us to bridge the gap between academic research and practical applications in mental health and wellness.

To the presenters, both seasoned researchers and emerging scholars, your contributions have been the cornerstone of this conference. From innovative methodologies to groundbreaking findings, your work has illuminated the diverse and evolving landscape of psychology. Your dedication is a testament to the vitality and promise of this field.

I also extend my gratitude to the session chairs, including Dr. Qudsia Tariq, Dr. Seema Munaf, Dr. Zi Asma, and Dr. Ambreen Atiq, for guiding the discussions and fostering an environment of collaboration and intellectual rigor.

To the organizing team and volunteers, your tireless efforts behind the scenes have ensured the seamless execution of this event. Without your commitment and attention to detail, this conference would not have been the resounding success that it was.

Finally, to all participants, thank you for your enthusiasm and engagement. Your presence and contributions have made this event a vibrant platform for learning, networking, and growth.

As we reflect on the success of these two days, let us take forward the knowledge, ideas, and collaborations that have been cultivated here. May we continue to advance psychological research and practice, contributing to a better and more understanding world.

Once again, thank you all, and I look forward to seeing many of you at future events.

Warm regards,
Dr. Naveed Mughal

Day 1 Pictorial Glimpses



Day 2 Pictorial Glimpses



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We extend our deepest gratitude to Vice Chancellor Greenwich University, Dr Seema Mughal, Dr. Ambreen Atiq, Dr. Naveed Ahmed Mughal, Dr Rub Nawaz and all volunteers for their unwavering support in making this conference a success.