



Mental Health,
Human Dignity
& Climate Change

Mental Health, Human Dignity and Climate Change: Mitigating Global Psychological Risks (MHHGCC-25)

Conference Program 29th October, 2025

Day 1

Venue: Auditorium

Time	Event	
11:00	Recitation of the Holy Quran	
11:10	National Anthem	
11:15	Welcome Note by Dr. Khalid Manzoor Butt Dean: Faculty of Humanities and Social Sciences & Faculty of Languages and Literature	
11:25	Address by the Chief Guest	
11:50	Address by the Guest of Honour	
12:10	Address by Pro Rector Dr. Hammad Naveed	
12:30	Keynote Speaker Prof. Dr. Evelin Lindner HumanDHS & University of Oslo Topic: Dignifying the Socio- and Eco-Spheres of the World: A Call for Taking Global Responsibility	
12:55	Keynote Speaker Prof. Dr. Beate Seibt University of Norway Topic: Business as unusual: Dignifying communities and eco-systems	
1:15	Vote of Thanks by Dr. Shazia Hasan Head of Department of Psychology, UCP	
1:30	Lunch Break	
2:30	Scientific Session I (A to F)	
3:30	Panel Discussion Panel Chair: Dr. Asir Ajmal Moderator: Dr. Bushra Naz Concluding Remarks: Dr. Shazia Hasan	Panelists: Dr. Rafia Rafique Dr. Shahida Batool Dr. Abul Kalam Azad Dr. Uzma Ali Dr. Saqib Bajwa
7:00 Onwards	Dinner	

Mental Health, Human Dignity and Climate Change: Mitigating Global Psychological Risks (MHHGCC-25)

Conference Program 30th October, 2025

Day 2

Venue: Auditorium

Time	Event	
10:00	Recitation of the Holy Quran	
10:05	National Anthem	
10:10	Welcome Note by Dr. Shazia Hasan, HoD, Department of Psychology, UCP	
10:15	Keynote Dr. Muhammad Younis Zahid Former Director Environment (Retd), Environment Protection Department	
10:30	Keynote Dr. Gulnaz Anjum University of Limerick, UIO Topic: Climate Justice, Community Repair and Dignity under Urban Extreme Heat and Floods	
10:45	Keynote Dr. Mohammad Abul Kalam Azad Former Director at Center for General Education Manarat International University, Bangladesh Topic: Healing the Mind, Restoring the Earth: An Islamic Perspective on Mental Health, Human Dignity, and Environmental Balance	
11:00	Keynote Speaker Dr. Anca Murescu University of Limerick. Ireland	
11:15	Vote of Thanks by Dr. Bushra Naz	
11:20	Panel Discussion Panel Chair: Dr. Rubina Hanif Moderator: Ms. Momina Nayyer Concluding Remarks: Dr. Shazia Hasan	Panelists: Dr. Zaqia Bano Dr. Noor ul Zaman Rafiq Dr. Junaid Rasool Dr. Um-e-Kulsoom
12:00 - 1:15	Scientific Session II (A to I)	
	Online Session (TBA)	
1:15 - 1:45	Tea Break	
2:00 - 3:00	Closing Ceremony and Certificate Distribution Session by Dr. Khalid Manzoor Butt and Ms. Naeema Sarfaraz	
04:00	Social Evening	

Scientific Session I-A (02:00-03:15 PM)

Theme: Climate Change, Environment, and Psychological Well-being

Venue: Auditorium: Building A

Session Chair: Dr. Farhat Jameel

Professor, Institute of Psychology, Beaconhouse
National University, Lahore.

Session Co-Chair: Dr. Afsheen Gul

Associate Professor, Department of Psychology,
Kinnaird College for Women, Lahore.

Moderator: Ms. Syeda Ayesha Noor

Facilitator: Ms. Qaswa Shahzad

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-3	Lived Experiences of Smog Induced Mental Health Problems in Women Noor Fatima & Dr. Bushra Naz Department of Psychology, University of Central Punjab, Lahore.
2	MHCH-102503-5	Smog Exposure on Physical and Psychological Health of Asthmatic and Non-Asthmatic Individuals Hira Amjad & Samreen Arshad Department of Psychology, Government College University, Lahore
3	MHCH-102503-30	From Struggle to Strength: Management of Smog Induced Mental Health Problems in Women Noor Fatima & Dr. Bushra Naz Department of Psychology, University of Central Punjab, Lahore.
4	MHCH-102503-121	Securitizing Climate Change in Pakistan: A Buzan Approach Arooj Fatima Doha

		Department of International Relations and Political Science, Faculty of Humanities & Social Sciences, University of Central Punjab, Lahore.
5	MHCH-102503-28	Climate Change Adaptation Practices in Agriculture Ifra Khalil & Iqra Sageer Lahore School of Behavioral Sciences, The University of Lahore
6	MHCH-102503-45	Rapid Climate Change, Climate Anxiety, and Psychological Well-being among University Students in Pakistan Baseerat Iftikhar & Naimat ur Raheem Department of Applied Psychology, University of the Punjab, Lahore
7	MHCH-102503-92	Climate Change Worry, Intolerance of Uncertainty and Mental Well-Being in Young Adults Syeda Ain Ul Yaqeen Kinza & Amina Sarwar Department of Psychology, Fazaia College
8	MHCH-102503-127	Exploring the interplay of psychological variables in response to climate change Syeda Ayesha Noor, Ayesha Kashif & Ayesha Ahmed Khan Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

Scientific Session I-B (02:00-03:15 PM)

Theme: Identity, Dignity, and Marginalized Experiences

Venue: Room Building B-014 (Ground Floor)

Session Chair: Dr. Ayesha Sarfaraz

Associate Professor and Head of the
Department of Psychology, University of
Home Economics, Lahore.

Session Co-Chair: Dr. Ayesha Majeed

Assistant Professor at Department of Psychology,
Government College University Lahore.

Moderator: Ms. Shagufta Shaheen

Facilitator: Ms. Fatima Amir

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-23	Lived Experiences of HIV Positive Women Fatima Imran & Arooj Nazir Department of Psychology, University of Central Punjab, Lahore
2	MHCH-102503-6	Shadows of Silence: Understanding the Cycle of Abuse, Silence, and Women's Dignity in Marriage Shumaila Saleem, Maryam Javed & Zunaira Amin Department of Psychology, University of South Asia, Lahore
3	MHCH-102503-44	Coping Strategies and Lived Experiences of Women with Endometriosis Rooha Waseem & Mansoor Ahmed Department of Psychology, University of Central Punjab, Lahore
4	MHCH-102503-46	The Psychosocial Complexities of Motherhood: A Study on Mothers with All-Female Children Anusha Javaid & Iqra Sageer Lahore School of Behavioral Sciences, The University of Lahore
5	MHCH-102503-51	Experiences of Individuals Living with Emotionally Abusive Intimate Partners Muqadas Shafique & Muhammad Munib Ur Rehman Department of Psychology, GC University, Lahore

6	MHCH-102503-7	Exploring the Social and Emotional Challenges of Spouses of Breast Cancer Patients Mahazeb & Naeema Sarfraz Department of Psychology, University of Central Punjab, Lahore
7	MHCH-102503-40	Tokophobia, Medical Mistrust and Self Efficacy in first Pregnancy Sadia Noreen & Huma Yasin Department of Psychology, COMSATS Lahore Campus

Scientific Session I-C (2:00-3:15 PM)

Theme: Clinical Assessment, Cultural Adaptation, and Psychometrics

Venue: Board Room Building C

Session Chair: Dr. Humaira Naz

Assistant Professor, Center for Clinical
Psychology, Punjab University, Lahore.

Session Co-Chair: Dr. Umara Rauf

Assistant Professor Department of Psychology
Government College Women University, Sialkot.

Moderator: Ms. Noor ul Ain

Facilitator: Ms. Unaiza Moiz

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-4	Translation and Validation of Internalized Stigma of Substance Use for Caregivers (ISSA-C) Scale Namood-e Sahar & Dr. Irum Naqvi National Institute of Psychology, Quaid-i-Azam University, Islamabad
2	MHCH-102503-56	Urdu Translation and Validation of the Revised Version of the Mental Health Self-Direction Scale for Individuals with Anxiety Disorders Bismil Jameel Lahore School of Behavioral Sciences, University of Lahore
3	MHCH-102503-73	Development and Validation of Cognitive Flexibility Scale for Young Adults Amna Laldin, Nimra Munawar & Eza Rabab Lahore School of Behavioral Sciences, University of Lahore
4	MHCH-102503-31	Non-Suicidal Self-Injury and Depression: Investigating Emotional Dysregulation through Automatic Negative Reinforcement Wajeeha Nadeem & Dr. Shazia Hasan Department of Psychology, University of Central Punjab, Lahore
5	MHCH-102503-125	From Traits to Tactics -Thriving: How Personality Shapes Impression Management and Work Engagement in the Corporate Sector

		Dr. Muhammad Zohaib, Khan, Dr. Muhammad Kashif Fida & Dr. Bushra Naz Post-Doctoral Scholar, University of Yorkville ON, Canada Post- Doctorate Andrews State University, United States of America (USA)
6	MHCH-102503-67	Trends of Drug Use among Women with Substance Use Disorders: A Socio-Demographic and Behavioral Analysis Bushra Iqbal, Dr. Nooreen Begum, Dr. Tarique Arain & Dr Nazish Anwar Model Addicts Treatment & Rehabilitation Centre (MATRC) Sukkur

Scientific Session I-D (02:00-03:15 PM)

Theme: Trauma, Abuse, and Psychopathology

Venue: Conference Hall Building A

Session Chair: Dr Mohammad Abul Kalam Azad, Associate Professor, Director, Center for General Education, Manarat International University, Bangladesh.

Session Co-Chair: Dr. Rubab Kazmi
Professor, Department of Applied Psychology,
Lahore College for Women University, Lahore.

Moderator: Ms. Arooba Amjad

Facilitator: Ms. Zainab Sadaf

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-22	Exploring the Experiences of Self-Blame and Non-Disclosure in Trauma Induced Psychosis Rabbia Zahid & Momina Nayyer Department of Psychology, University of Central Punjab, Lahore
2	MHCH-102503-32	Psychological Adversities, Ego-Dystonicity and Post-Traumatic Growth among Young Adults with Romantic Relationship Betrayal Shiza Gull & Prof. Dr. Shamaila Asad Lahore School of Behavior Sciences, University of Lahore
3	MHCH-102503-76	The Role of Childhood Emotional Abuse and Neglect in Predicting Bullying Perpetuation and Bullying Victimization among Adolescents Fizza Aqeel & Dr. Umara Rauf Department of Psychology, Government College Women University, Sialkot
4	MHCH-102503-78	Relationship between Premarital Anxiety and Psychache among Young adults Nadia Mir & Dr. Umara Rauf Department of Psychology, Government College Women University, Sialkot

5	MHCH-102503- 59	Silent Scars: Unveiling the Lived Realities of Young Men Surviving Childhood Sexual Abuse Laiba Mahmood & Arooj Nazir Department of Psychology, University of Central Punjab, Lahore.
6	MHCH-102503- 101	Exploring the Mental Health Issues of the Individual with Peripheral Neuropathy Samra Saleem & Arooba Javed Department of Psychology, Islamia University of Bahawalpur
7	MHCH-102503-77	Relationship between Benign Masochism and Drug Dependence among Individuals with SUDs. Mahnour Zahid & Dr. Umara Rauf Department of Psychology, Government College Women University, Sialkot
8	MHCH-102503-27	Lived Experiences of Individuals Recovering from Opioid Use Disorder through Medication-Assisted Treatment Program in Pakistan Subhan Ur Rehman & Arooj Nazir Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

Scientific Session I-E (02:00-03:15 PM)

Theme: Personality, Cognition, and Emotional Processes

Venue: Meeting Room Building A

Session Chair: Dr. Haziq Mehmood

Dean, School of Professional Psychology,
University of Management and Technology,
Lahore.

Session Co-Chair: Dr. Wahida Anjum

Associate Professor, Lahore School of Behavioral
Sciences, University of Lahore.

Moderator: Ms. Amna Shahid

Facilitator: Ms. Sidra Ibrar

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-9	Cluster C personality traits as risk factor for insomnia and suicidal ideation Fatima Tariq & Dr. Shazia Hasan Department of Psychology, University of Central Punjab, Lahore
2	MHCH-102503-19	Abandonment Schema and Limerence: The Mediating Role of Interpersonal Cognitive Distortions among Young Adults M. Munib ur Rehman & Prof. Dr. Ivan Suneel Department of Psychology, Forman Christian College University, Lahore
3	MHCH-102503-20	Distress, Emotion regulation, and cognitive failure in IT professionals Mahruxh Khan & Dr. Bushra Naz Department of Psychology, University of Central Punjab, Lahore
5	MHCH-102503-48	Hyper criticalness Schema, Implicit Beliefs of Intelligence, Academic Self-Efficacy and Imposter Syndrome among High Stake Exam Takers Tooba Hassan Department of Psychology, Government College University, Lahore

6	MHCH-102503-58	Personality Traits, Critical Life Events and Nightmare Distress Among Middle Aged Adults Hira Ashiq & Saima Bano Department of Professional Psychology, Bahria University, Lahore
7	MHCH-102503-126	Expectations from Caregivers of Women with Post-Operative Complications After Delivery: A Qualitative Study Unsha H Qureshi & Dr Hina Javed Rana School of Professional Psychology, University of Management and Technology Lahore
8	MHCH-102503-64	Evaluating Cognitive Function through MOCA: An Occupational Therapy Perspective in Substance Use Disorder Rehabilitation Mr. Muhammad Hammad, Noreen Begum, Bushra Iqbal & Mr. Muhammad Ali Sindh Institute of Physical Medicine and Rehabilitation Model Addicts Treatment & Rehabilitation Centre (MATRC) Sukkur

Scientific Session I-F (02:00-03:15 PM)

Theme: Digital Behaviors, Media, and Mental Health

Venue: Webinar Room Building C

Session Chair: Dr. Khawer Bilal Head of Department, Senior Associate Professor, Department of Professional Psychology, Bahria University, Lahore.		Session Co-Chair: Dr. Nida Zafar Chairperson, Assistant Professor, Department of Psychology, Lahore Garrison University.
Moderator: Dr. Madeeha Masood		Facilitator: Ms. Ajiya Khawaja
Sr#	Code	Title Author and Affiliation
1	MHCH-102503-33	Exploring Perceived Risks of Vlog Consumption In Young Adults Rameen Arshad & Iqra Sageer Department of Applied Psychology, Lahore School of Behavioural Sciences, The University of Lahore
2	MHCH-102503-34	Efficacy of Cognitive Behavior Therapy Based Counseling for Internet Gaming Addiction Among Youth Mobeen Rauf & Dr. Umara Rauf Department of Psychology Government College Women University Sialkot, Pakistan
3	MHCH-102503-65	Socio-Emotional Experiences of Maladaptive Daydreamers Having Parasocial Relationships Sameea Hassan & Rabia Dasti Centre for Clinical Psychology, University of the Punjab
4	MHCH-102503-82	Social Media Addiction, Sleep Quality and Subjective Well-Being in College Students Dr. Hira Jahangir Sajia Jabeen & Nimra Munawar Higher Education Department, Government of Punjab, Lahore

		Government College University, Lahore & Department of Applied Psychology, Lahore School of Behavioral Sciences, The University of Lahore
5	MHCH-102503-89	Fear of Missing Out, Impulsiveness, and Mental Well-Being in Android Users Laiba Saleem & Samer Fatima Department of Psychology Fazaia College Lahore
6	MHCH-102503-66	From AI Dependence to Impostor Syndrome: The Mediating Role of Fear of Negative Evaluation Muhammad Qasim Arif, Nimra Munawar & Eza Rabab Lahore School of Behavioral Sciences, University of Lahore, Lahore
7	MHCH-102503-104	Work Incivility, Digital Self-Efficacy and Fatigue in Remote Worker Zohra Fatima & Aliya Department of Psychology, University of Central Punjab, Lahore
8	MHCH-102503-83	Affiliate Stigma, Social Support and Quality of Life in Caregivers of Depressive Patients Dr. Hira Jahangir, Dr. Arooj Zahra Rizvi & Sajia Jabeen Higher Education Department, GOP, Lahore, Superior University Faisalabad and Healing Spring, Institute, Lahore

Scientific Session II-A (12:00- 1:15 PM)

Theme: Spirituality, Leadership, and Well-being

Venue: Building C Room 202

Session Chair: Dr. Rabia Iftikhar

Assistant Professor, Clinical Psychology Unit,
GC University, Lahore.

Session Co-Chair: Dr. Shazia Habib

Assistant Professor, Clinical Psychology Unit,
Government College University, Faisalabad.

Moderator: Ms. Aliya Attique Babry

Facilitator: Ms. Hafsa Yaseen

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-25	Proactive Work Designs and Job Performance: Investigating the Role of Job Autonomy and Work Flow among IT Professionals Fatima Ramzan & Dr. Haziq Mahmood Department of Psychology, University of Management and Technology, Lahore
2	MHCH-102503-50	Knowledge-Oriented Leadership, Knowledge Sharing, and Employee Performance in University Teachers Ishmal Zahra & Shagufta Shaheen Department of Psychology, University of Central Punjab, Lahore
3	MHCH-102503-52	Spiritual Leadership, Workplace Spirituality, Spiritual Transcendence, and Organizational Virtuousness in Doctors Amna Tariq & Shagufta Shaheen Department of Psychology, University of Central Punjab, Lahore
4	MHCH-102503-35	From Passion to Fulfilment: How Calling Shapes Career Satisfaction in Preschool Teachers Tehreem Asad & Shagufta Shaheen Department of Psychology, University of Central Punjab, Lahore
5	MHCH-102503-26	Mindfulness, Emotional Regulation, and Language Anxiety Among University Students Khadija Ahmad & Prof. Dr. Masha Asad Khan

		Department of Psychology, Kinnard College for Women University, Lahore
6	MHCH-102503-63	Religious orientation and relationship commitment: a mediating role of moral intelligence among married couples Taiba Umar & Dr. Fatima Naeem Malik Department of Psychology, Bahria University Lahore Campus
7	MHCH-102503-94	Perceived Parenting Styles, Perfectionism, and Achievement Motivation Among University Students Natalya Idrees & Dr. Ruhi Khalid Department of Psychology, Beaconhouse National University, Lahore
8	MHCH-102503-124	Stress, Psychological Flexibility, and Eudaimonic Well-Being in Young & Middle Adults Ms. Fatima Zafar & Dr. Humaira Naz Centre for Clinical Psychology, University of the Punjab, Assistant Professor, Centre for Clinical Psychology, PU

Scientific Session II-B (12:00- 1:15 PM)

Theme: Clinical Assessment, Cultural Adaptation, and Psychometrics-II

Venue: Auditorium Building A

Session Chair: Prof. Dr. Amina Moazzam,
Professor and Chairperson, Department of Applied
Psychology, Lahore College for Women
University, Lahore.

Session Co-Chair: Dr. Qaiser Abbas
Associate Professor, Applied Psychology,
Government College University, Faisalabad.

Moderator: Ms. Zash eer Aman

Facilitator: Mr. Abdul Rehman

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-10	Initial Development of the Precursors to Self-harm Scale (PSS) Maria Noor, Dr. Muniba Shakeel & Areej Asif Department of Humanities, COMSATS Lahore
2	MHCH-102503-11	Translation and Language Adaptation of Young Schema Questionnaire Short Form on the Clinical Population of Pakistan Mahvish & Dr. Muneeba Shakil Department of Humanities, COMSATS Lahore
3	MHCH-102503-12	Cultural Sensitivity in Clinical Diagnosis: Adaptation and Validation of Urdu DIVA-5 for Adult ADHD Shifa Shah & Dr. Maryam Amjad Department of Humanities, COMSATS Lahore
4	MHCH-102503-14	Doomscrolling, Emotional Reactivity and Psychological Distress in Young Adults Javeria Kainat & Zameena Farooq Department of Humanities, COMSATS Lahore
5	MHCH-102503-16	Covert Narcissism, Emotion Dysregulation, and Social Inhibition: Differential Mediating Pathways for Adolescents and Young Adults Laiba Ulfat & Dr. Shameem Fatima

		Department of Humanities, COMSATS Lahore
6	MHCH-102503-17	Covert Narcissism and Social Inhibition in Emerging Adults: Explanatory Role of Cognitive Flexibility and Emotional Regulation Mahnoor & Dr. Shameem Fatima Department of Humanities, COMSATS Lahore
7	MHCH-102503-37	Understanding Narcissistic Traits and Their Influence on Interpartner Violence: The Mediating Role of Romantic Partner Conflict in Pakistani Married Couples Maria Arslan, Sara Subhan, Ayesha Jabeen & Hina Rana Department of Clinical Psychology, School of Professional Psychology, University of Management and Technology, Pakistan Department of Psychology, Jeffrey Cheah School of Medicine and Health Sciences, Monash University, Malaysia
8	MHCH-102503-42	Parental Bonding, Empathy Gap, and Machiavellianism Momina Mehmood & Maryam Hussain Department of Clinical Psychology, University of Management and Technology, Sialkot Campus
9	MHCH-102503-13	Invisible Identities: Intersex Experiences and Epistemic Injustice in Pakistani Society Asim Ali Shah & Dr. Maryam Amjad Department of Humanities, COMSATS Lahore
10	MHCH-102503-41	Cognitive Flexibility and Psychological Resilience as Determinants of Extremist Attitudes in Youth Laiba Khursheed & Huma Yasnin Department of Psychology, COMSATS Lahore

Scientific Session II-C (12:00- 1:15 PM)

Theme: Evidence-Based Strategies in Mental Health

Venue: Board Room Building C

Session Chair: Dr. Shameem Fatima

Associate Professor, Department of
Humanities, COMSATS University Islamabad,
Lahore Campus.

Session Co-Chair: Dr. Muneeba Shakeel

Associate Professor, Department of Humanities,
COMSATS University Islamabad, Lahore Campus.

Moderator: Ms. Ayesha Khalil

Facilitator: Ms. Afifa

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-8	Effectiveness of Cognitive Behavioral Therapy for Premenstrual Dysphoric Disorder Zainab Sohail & Dr. Alia Asmat Department of Psychology, University of Central Punjab, Lahore
2	MHCH-102503-71	Effectiveness of Basic Life Skills Training Program (BLSTP) for thinking skill improvement in young adults Areej Fatima & Dr Urooj Sadiq Department of Professional Psychology, Bahria University Lahore
3	MHCH-102503-68	Evaluating Culturally Adapted CBT and Family Interventions for First Episode Psychosis in a Low-Resource Setting Ayesha Mushtaq, Zaib Un Nisa, Akhtar Zaman, Fizza Ameer, Aqsa Sharif, Javeria Israr, Ameer Bux, Dr. Imran Bashir Chaudhry & Dr. Omair Husain Pakistan Institute of Living and Learning and Centre for Addiction and Mental Health, Toronto
4	MHCH-102503-90	The COMFORT Program for Managing Emotional and Adjustment Difficulties in Hostel Students. Ajwa Asim & Dr. Nazia Bashir Center for Clinical Psychology, University of the Punjab

5	MHCH-102503-91	Efficacy of Sexual Health Manual for Married Individuals in Pakistan Minahil Ejaz & Hidna Iqbal Center for Clinical Psychology, University of the Punjab
6	MHCH-102503-80	Efficacy of Self Help Plus (SH+) Intervention in Managing Psychological Distress and Emotional Dysregulation among Females with Premenstrual Syndrome Laraib Fatima, Dr. Fatima Naeem Malik & Lubna Kanwal Dar Department of Psychology, Bahria University Lahore Campus
7	MHCH-102503-53	Evaluating the Effects of Murotal Al-Qur'an Therapy on the Quality of Life in Mothers of Intellectually Disabled Children Taiba Parveen & Dr Wahida Anjum Lahore School of Behavioral Sciences, University of Lahore
8	MHCH-102503-2	Efficacy of Trauma Focused Group therapy on children living in Orphanage Ume Kalsoom & Dr. Aasma Yousaf Center for Clinical Psychology, University of the Punjab

Scientific Session II-D (12:00- 1:15 PM)

Theme: Advancing Practice through Case Studies

Venue: Building C Room 201

Venue: Building C Room 201		
Session Chair: Dr. Urooj Sadiq Senior Associate Professor, Department of Professional Psychology, Bahria University, Lahore.		Session Co-Chair: Dr. Musaffa Butt Assistant Professor, Department of Psychology, Government College University, Lahore.
Moderator: Ms. Saba Fayyaz		Facilitator: Ms. Zunaira Farooq
Sr#	Code	Title Author and Affiliation
1	MHCH-102503-85	From Distraction to Focus: Behavioral Intervention in a 13-years Boy M. Ali Jawad & Umaiza Bashir School of Professional Psychology, University of Management and Technology
2	MHCH-102503-61	Case Study: Effectiveness of Association Splitting for an OCD Patient in Pakistan Sehar Waheed, Dr. Shazia Hasan & M. Sohail Department of Psychology, University of Central Punjab, Lahore Department of Psychology, Rashid Latif Khan University
3	MHCH-102503-69	Therapeutic Management of Autism Spectrum Disorder through Applied Behavior Analysis and Sensory Integration Techniques: A Case Study Alina Khaliq Department of Psychology, University of Central Punjab, Lahore
4	MHCH-102503-93	Navigating Grief and Self-Worth: A Case of Major Depressive Disorder with Anxious Distress Rabia Department of Psychology, University of Central Punjab, Lahore
5	MHCH-102503-1	Navigating Early Gender Identity: Insights from an 8-Year-Old Journey

		Aqsa Khan Asif & Momina Nayyer Ehsas Clinic, Gulberg Lahore, and Department of Psychology, University of Central Punjab, Lahore
6	MHCH-102503-43	Parent–Child Relationship Strain and its Role in Substance Dependence: A Case Study Alishba Malik & Naeema Sarfraz Department of Psychology, University of Central Punjab, Lahore
7	MHCH-102503-100	Intervening in Mania: A Case Report on Bipolar I Disorder with Psychotic Features Atiqa Maqbool & Momina Nayyer Department of Psychology, Faculty of Humanities and Social Sciences University of Central Punjab Lahore

Scientific Session II-E (12:00- 1:15 PM)

Theme: Women's Mental and Emotional Health

Venue: Webinar Room Building C

Session Chair: Dr. Khalid Mehmood Bhatti
Associate Professor, Department of Applied
Psychology, Government College University,
Faisalabad.

Session Co-Chair: Dr. Nazia Bashir
Clinical Psychologist, Center for Clinical Psychology,
Punjab University, Lahore.

Moderator: Ms. Maryam Bibi

Facilitator: Ms. Maham Khan

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-84	Workplace Ostracism, Emotional Exhaustion, and Mental Well-being of Young Women Bankers Dr. Hira Jahangier, Ahmad Yar Ahmad, Ayesha Jahangir, & Arooj Zahara Rizvi Higher Education Department, Lahore, Superior University Lahore, Bank Alfalah, Limited, and Superior University Lahore
2	MHCH-102503-86	Glass Ceiling Perception, Self-Efficacy, and Work Engagement in Female Bank Employees Esha Amir & Amina Sarwar Department of Psychology, Fazaia College
3	MHCH-102503-87	Technophobia, Workplace Stress, and Job Performance in College Teachers Asma Asad & Wuzna Haroon Department of Psychology, Fazaia College
4	MHCH-102503-29	The Impact of Emotional Neglect on Psychological Well-Being and Relationship Satisfaction in Romantic Relationship Maryam Javeed & Mastan Khan Department of Psychology, University of South Asia
5	MHCH-102503-18	Lived Experiences of Premenstrual Exacerbation among Women with Depression Noor Fatima & Dr. Alia Asmat

		Department of Psychology, University of Central Punjab, Lahore
6	MHCH-102503-49	Psychiatric Comorbidities, Coping Styles, and Health-Related Quality of Life among Women with Polycystic Ovary Syndrome Noor Fatima & Dr. Wahida Anjum Lahore School of Behavioral Sciences, The University of Lahore
7	MHCH-102503-97	Silent Suffering: Insights from a 38-year-old Woman's Battle with Persistent Depression Rakhshanda Naz & Momina Nayyer Department of Psychology, University of Central Punjab, Lahore
8	MHCH-102503-105	Premenstrual Syndrome, Disordered eating, and Academic performance in university students Anika Asim Sufi & Amber Baseer Department of Psychology, University of Central Punjab, Lahore
9	MHCH-102503-107	Social media usage, body image, and self-esteem among working and non-working women of Pakistan Zainab Mubeen Department of Applied Psychology, University of Arden (UK)
10	MHCH-102503-107	Unspoken Pain: A Case of Conversion Disorder with Dissociative and Regressive Features in a Young Pakistani Woman Hafsa Yaseen & Momina Nayyer Department of Psychology, Faculty of Humanities and Social Science University of Central Punjab Lahore

Scientific Session II-F (12:00- 1:15 PM)

Theme: Balancing the Mind: Emotional Imbalance, Coping, and Regulation

Venue: Meeting Room Building A

Session Chair: Dr. Hafiz Ghufran Ahmed,
Associate Professor, Islamic International
University, Islamabad.

Session Co-Chair: Dr. Saadia Dildar
Assistant Professor, Clinical Psychology Unit,
Government College University, Lahore.

Moderator: Dr. Faiqa Yaseen

Facilitator: Ms. Farah Shakeel

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-38	Childhood Adversities, Psychological Distress, Growth Initiative, and Suicidal Ideation in Substance Use Patients Malaika Farooq & Dr. Bushra Naz Department of Psychology, University of Central Punjab, Lahore
2	MHCH-102503-74	Personality Traits, Distress Tolerance, and Emotional Reactivity in Psychology Students Aqsa Ijaz & Dr Meshwish Arooj Naz Department of Psychology, Government College University Lahore
3	MHCH-102503-75	Attachment Styles, Emotional Regulation, and Resilience Among Orphans Sehar Yasmeen & Zarafsheen Khalid Department of Psychology, University of Central Punjab Department of Psychology, Kinnaird College for Women
4	MHCH-102503-79	Psychosocial Impacts and Coping Strategies of Residents Living Near Marble Mining Blasting Sites: A Phenomenological Study Aleen Fatima & Elum Khan Behavioral Sciences Dept., Azra Naheed Medical College, and Society for the Protection of the Rights of the Child with UNHCR
5	MHCH-102503-88	Mindfulness, Resilience, and Compassion Fatigue in Psychiatry Staff (Psychiatrists and Clinical Psychologists) Fatima Nawaz & Sana Nouman

		Department of Psychology, Fazaia College
6	MHCH-102503-95	Impact of sleep deprivation on psychological distress and cognitive dysfunction in IT Professionals Mahrugh Khan & Dr. Bushra Naz Department of Psychology, University of Central Punjab, Lahore
7	MHCH-102503-96	Emotional Desensitization to Violence and Interpersonal Relationships: The mediating role of Empathy among Police Officers Sana Shoukat & Dr. Aasma Yousaf Center for Clinical Psychology, University of the Punjab

Scientific Session II-G (12:00- 1:15 PM)

Theme: Psychological Profiles: Patterns, Traits, and Social Behavior

Venue: Conference Hall Building A

Session Chair: Prof. Dr. Sarah Shahed

Professor, Department of Psychology, Forman
Christian College, Lahore.

Session Co-Chair: Dr. Shazia Habib

Assistant Professor, Department of Psychology,
Government College University, Faisalabad.

Moderator: Ms. Hareem Azam

Facilitator: Ms. Sania Jameel

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-98	Exploration of Dependency Traits in Pakistani Young Adults Sania Jamil & Noorul Ain Basit Department of Psychology, Faculty of Humanities and Social Sciences, Lahore
2	MHCH-102503-106	From Charm to Harm: The Dark Triad's Pathway to Workplace Incivility in Legal Profession Zainab Department of Psychology, Faculty of Humanities and Social Sciences, Lahore
3	MHCH-102503-108	Role of big five personality traits in predicting motivations of university students to use AI applications Fatima Saher Arden University, Ivy College of Management Sciences, Lahore
4	MHCH-102503-122	Exploring the Role of Emotional intelligence and Resilience in Predicting Internalizing-Externalizing Behavior among Offspring of Parents with Mental Illness Rabia Khawar, Saher Mehmood, Samavia Hussain, Imtiaz Ahmad Dogar, Tehreem Sultan & Maria Manzoor

		Department of Applied Psychology, Government College University Faisalabad, Department of Psychiatry and Behavioral Sciences, District Head Quarter Hospital Faisalabad, Punjab
5	MHCH-102503-123	Role of Gender Differences in Prosocial Behavior and Friendship Quality in School Children Farhan Hashmi & Rabia Iftikhar Department of Psychology, Government College University, Lahore
6	MHCH-102503-102	Modern Cities, Marginalized voices: Mega Urban Development Projects Creating Climate and Social Vulnerabilities Lamia Islam Khan The Mushtaq Ahmad Gurmani School of Humanities and Social Sciences, Lahore University of Management Sciences
7	MHCH-102503-62	Emotional Desensitization to Violence and Interpersonal Relationships: The mediating role of Empathy among Police Officers Maizam Ejaz Nur International University, Lahore

Scientific Session II-H (12:00- 1:15 PM)

Theme: Emotional Depths: Journeys through Psychosis, Depression, and Mood Dysregulation

Venue: Building C Room 203

Session Chair: Dr. Rabia Khawer

Professor. Department: Applied Psychology.
Faculty: Arts & Social Sciences. Faisalabad.

Session Co-Chair: Dr. Farzana Ashraf

Associate Professor, Department of Humanities,
COMSATS University Islamabad, Lahore Campus.

Moderator: Mr. Hamid Bilal

Facilitator: Ms. Tehreem

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-109	Understanding Psychotic Recovery: A Case Study of a 29-Year-Old Male with Schizophrenia Alishba Nawaz Khan & Naeema Sarfaraz Department of Psychology, University of Central Punjab, Lahore
2	MHCH-102503-110	Understanding Schizophrenia Through One Man's Journey: A Case Report Eiman Amer & Naeema Sarfaraz Department of Psychology, University of Central Punjab, Lahore
3	MHCH-102503-112	Silent Battles: Chronic Schizophrenia in the Shadow of Family Absence Maham Khan & Naeema Sarfraz Department of Psychology, University of Central Punjab, Lahore
4	MHCH-102503-24	Brief Psychosis Triggered by Climate-Related Stress: A Case Report Kinza Bint Sultan Department of Psychiatry & Behavioral Sciences, Sir Ganga Ram Hospital

5	MHCH-102503-115	Reclaiming Reality; A Journey Through Schizophrenia in Adulthood Faria Shoukat & Naeema Sarfraz Department of Psychology, University of Central Punjab, Lahore
6	MHCH-102503-117	Navigating Psychotic Reality; Insights from a 49-Year-Old Journey Zunaira Farooq & Naeema Sarfraz Department of Psychology, University of Central Punjab, Lahore
7	MHCH-102503-119	Understanding Persistent Psychotic Features: A Case Study of Schizophrenia (Continuous Type) Fatima Basharat & Momina Nayyer Department of Psychology, University of Central Punjab, Lahore
8	MHCH-102503-120	Unraveling Psychosis: A Clinical Insight into Trauma-Induced Schizophrenia Ayman Jalal & Naeema Sarfraz Department of Psychology, University of Central Punjab, Lahore
9	MHCH-102503-113	Eid, Loss, and the Manic Mind: A Biopsychosocial Case Study of Festival-Linked Mania in Bipolar I Disorder Esha Rasheed & Naeema Sarfaraz Department of Psychology, Faculty of Humanities and Social Sciences University of Central Punjab, Lahore

Scientific Session II-I (12:00- 1:15 PM)

Theme: Case Studies-II

Venue: Building C Room 204

Session Chair: Dr. Mahwesh Arooj Naz

Assistant Professor, Clinical Psychology Unit,
GC University, Lahore.

Session Co-Chair: Dr. Hina Rana

Assistant Professor, University of Management
and Technology, Lahore.

Moderator: Ms. Pakeeza Haider Qasmi

Facilitator: Ms. Amina Atique

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-103	Unspoken Pain: A Case of Conversion Disorder with Dissociative and Regressive Features in a Young Pakistani Woman Hafsa Yaseen & Momina Nayyer Department of Psychology, University of Central Punjab, Lahore
2	MHCH-102503-111	Unraveling Obsession: CBT Approach for 25-Year-Old Male with Abuse-Linked OCD Qaswa Shahzadi & Momina Nayyer Department of Psychology, University of Central Punjab, Lahore
3	MHCH-102503-114	Cognitive Reappraisal and Cultural Constraints: A Case of Panic Disorder Managed by CBT Zainab Sadaf & Naeema Sarfaraz Department of Psychology, University of Central Punjab, Lahore
4	MHCH-102503-100	Clinical Intervention: A Case Report on Bipolar I Disorder with Psychotic Features Atiqa Maqbool & Momina Nayyer Department of Psychology, University of Central Punjab, Lahore

5	MHCH-102503-116	Echoes of Faith and Fear: A Clinical Case of Bipolar 1 Disorder with Psychotic Manifestations Aimal Fatima & Naeema Sarfaraz Department of Psychology, University of Central Punjab, Lahore
6	MHCH-102503-118	Navigating Anxiety in Emerging Adulthood: A Case of Generalized Anxiety Disorder in a 20-Year-Old Female Sidra Ibrar & Naeema Sarfaraz Department of Psychology, University of Central Punjab, Lahore
7	MHCH-102503-99	Untangling Emotional Turmoil: A Clinical Case of Borderline Personality Disorder Afifa Ramzan & Momina Nayyer Department of Psychology, University of Central Punjab, Lahore

Scientific Session Online-I (12:00- 1:15 PM)

Theme: Virtual Explorations: Digital Dialogues on Mental Health, Trauma, and Society

Venue: Online		
Session Chair: Dr. Muhammad Kashif Fida School of Leadership, Andrews University, Michigan, US.		Session Co-Chair: Dr. Muhammad Zohaib Khan Post-Doc Scholar, University of Yorkville, ON. Canada
Moderator: Miss Arooj Nazir		Facilitator: Ms. Iram Mehboob
Sr#	Code	Title Author and Affiliation
1	MHCH-102503-36	Repressed fear of death: A Predisposition to psychopathology Gary Carl & Dr. Sidra Afzal University of Sunderland
2	MHCH-102503-39	Perceived Performance Management, Work Task Motivation, Learned Helplessness, and Presenteeism in University Teachers. Samreen Sajid & Maryam Hussain Department of Psychology, University of Management and Technology, Sialkot Campus
3	MHCH-102503-54	The Economic Impact of Substance Use: Analyzing Spending Behaviors and Financial Burdens among Drug Users Dr. Nooreen Begum, Muhammad Hammad Mursalein & Bushra Iqbal Model Addiction Treatment and Rehabilitation and Anti-Narcotics Force

4	MHCH-102503-55	Witnessing the Floods from Afar: A Quantitative Study of Media Exposure, Empathy, and Climate-Induced Psychological Trauma in Pakistan Mubsirah Zafar, Aelia Zaidi & Zunaira Raiz Department of Psychology, University of Karachi
5	MHCH-102503-81	Beyond Slow Learning: A Neuropsychological Exploration of Developmental and Adaptive Deficits Amna Saleem Khan Lodhy, Fariha Tariq & Maria Arslan The Little Angels Home and Department of Clinical Psychology, School of Professional Psychology, University of Management and Technology
6	MHCH-102503-47	Developing a Measure for the Unseen Self: The Shadow Archetype Scale (SAS) Misha Javed & Maryam Hussain Department of Clinical Psychology, University of Management and Technology, Sialkot Campus