Mental Health, Human Dignity and Climate Change:
Mitigating Global Psychological Risks (MHHDCC)

Oct 27 - 30, 2025

Department of Psychology,
University of Central Punjab
& Human Dignity and Human Studies
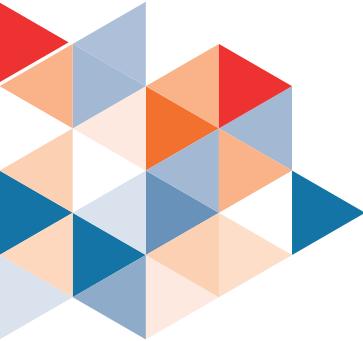
Ms. Khadija Amer

Group Director
Punjab Group

It is a privilege to share this message for the International Conference on Mental Health, Human Dignity, and Climate Change: Mitigating Global Psychological Risks (MHHDCC), held from 27–30 October 2025 at the University of Central Punjab, Lahore. This gathering opened an essential space for dialogue on some of our era's most pressing issues—mental health, human dignity, and the accelerating climate crisis, and how these challenges intersect and shape our lives. Over four days, scholars, practitioners, and policymakers from across the globe explored how our well-being is linked to individual and community dignity, both deeply impacted by the climate emergency. The crises humanity faces today—climate change, displacement, violations of dignity, and forced migration—are not distant worries, but realities reshaping societies and leaving lasting psychological and social scars. Global media ensures none are untouched, whether enduring displacement or witnessing it, demanding urgent, collective attention.

For Pakistan, these are not abstract concerns. Rising temperatures, repeated monsoon disasters, and vulnerable communities' displacement have already imposed heavy psychological and human costs. Climate change is not just an environmental challenge—it is human, social, and psychological.

This conference provided a timely platform for exploring sustainable responses, inclusive mental health systems, and dignity-based policy frameworks. We affirmed mental health as the foundation of resilience for those on the frontlines of climate change, recognizing that addressing the crisis is a moral and psychological imperative requiring compassion, innovation, and collective resolve. The University of Central Punjab convened this conference with Human DHS, the University of Oslo, the University of Limerick, and the World Dignity University, facilitating a truly global exchange of ideas.

My gratitude goes to the Dean, Faculty of Humanities and Social Sciences, Dr. Khalid, Dr. Shazia Hassan, and the organizing team. Their dedication made this event a true platform for international dialogue. This conference marks the beginning of a journey, strengthening our commitment to nurturing minds, honoring dignity, and addressing the climate crisis. May the ideas shared inspire us to advance this work daily and build a resilient, compassionate future for all.

Mental Health,
Human Dignity
& Climate Change

Dr. Hammad Naveed

Pro-Rector
University of Central Punjab

It is my great honour to extend heartfelt gratitude to the organizers of this conference and to our distinguished participants for joining this timely dialogue on Mental Health, Human Dignity, and Climate Change: Mitigating Global Psychological Risks. These are not abstract concerns but pressing realities that are reshaping societies, displacing populations, and challenging the dignity and well-being of individuals across the globe.

In keeping with UCP's commitment to addressing contemporary global challenges through research and innovation, the Department of Psychology has taken the lead in hosting this international gathering in collaboration with our esteemed national and international partners. Issues such as forced migration, the increasing frequency of climate-induced disasters, and the profound psychological toll of human rights violations demand urgent attention. They compel us to reconsider how we support communities, safeguard dignity, and build resilience. Importantly, these crises affect not only those who endure them directly but also those who witness them, creating shared layers of distress and responsibility that transcend borders.

Through this conference, we aspire to foster meaningful conversations that bridge research and practice, engaging students, scholars, and policymakers alike. I am confident that the exchange of knowledge over these sessions will not only deepen academic understanding but also provide transformative insights to guide real-world action toward a more compassionate, equitable, and sustainable future.

I am sincerely thankful to our collaborators, speakers, and contributors both national and international for generously sharing their expertise on this vital cause. I also commend the dedication of our organizing team and faculty members, whose tireless efforts have turned this vision into reality.

I wish you all a rewarding experience filled with constructive dialogue, impactful learning, and a renewed commitment to safeguarding human dignity in the face of today's most urgent global challenges.

Mental Health,
Human Dignity
& Climate Change

Prof. Dr. Khalid Manzoor Butt

Dean, Faculty of Humanities & Social Sciences
Dean, Faculty of Languages & Literature
UCP University of Central Punjab, Lahore

It is both an honour and a privilege to extend my gratitude to the distinguished participants of the "International Conference on Mental Health, Human Dignity, and Climate Change: Mitigating Global Psychological Risks" (MHHDCC), to be held at the University of Central Punjab from 27th–30th October 2025.

The significance of this gathering cannot be overstated. The intersecting concerns of human dignity, mental health, and climate change constitute some of the most profound challenges of our age, compelling us to re-examine the very foundations of our social, cultural, and intellectual engagements. Within the geo-political scenario of Pakistan these issues acquire an even greater urgency, as communities face compounded risks that threaten both human dignity and psychological well-being.

At a time when marginalized populations are increasingly undermined by inequities and environmental disruptions, and when mental health is jeopardized by local and global uncertainties, this conference assumes exceptional significance. It provides a much-needed platform to address these concerns in a context-sensitive manner, bringing together perspectives that can bridge divides and generate meaningful responses.

Organized in partnership with eminent institutions such as HumanDHS, the University of Oslo, the University of Limerick, and the World Dignity University, this conference creates opportunities for critical reflection, cross-cultural dialogue, and collaborative problem-solving. It is our hope that the deliberations held here will not only advance theoretical understanding but also inform the creation of humane policies and culturally grounded interventions that honour the dignity of all people.

On behalf of the Faculty of Humanities and Social Sciences, I extend my sincere appreciation to the organizers and contributors of this endeavour, and I warmly welcome our esteemed guests to Lahore. May this conference stand as a significant milestone for Pakistan and the wider world, inspiring enduring research and fostering pathways toward a more compassionate and dignified global community.

Mental Health,
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& Climate Change

Prof. Dr. Shazia Hasan

**Head, Department of Psychology
University of Central Punjab, Lahore**

It is with profound honor and a deep sense of responsibility that I welcome you to the International Conference on Mental Health, Human Dignity, and Climate Change: Mitigating Global Psychological Risks (MHHDCC), to be held at the University of Central Punjab from 27th–30th October 2025.

This conference represents far more than an academic gathering. It is a collective call to action—an acknowledgment that the intertwined crises of climate change, violations of human dignity, and escalating mental health challenges are not abstract concerns, but lived realities affecting millions across the globe. As psychologists, scholars, educators, and practitioners, we carry the responsibility to illuminate these intersections and to translate knowledge into practices that safeguard both human dignity and psychological resilience.

The Department of Psychology at UCP takes great pride in leading this initiative in collaboration with HumanDHS, the University of Oslo, the University of Limerick, and the World Dignity University. Through this partnership, we aim not only to engage in critical scholarship but also to craft pathways of hope—developing strategies that empower communities, shape equitable policies, and inspire a global commitment to healing and dignity.

This moment is historic for our department and our university. By bringing together distinguished voices from across the world, we aspire to foster a dialogue that transcends boundaries and plants seeds of change that will resonate well beyond these four days. My hope is that every participant will leave Lahore not only enriched with knowledge but also emboldened with the vision to contribute actively to a more humane, compassionate, and sustainable future.

On behalf of the organizing committee and the Department of Psychology, I extend my heartfelt gratitude to our collaborators, participants, and esteemed guests. May this conference stand as a beacon of scholarly excellence and a testament to our shared resolve to uphold human dignity in the face of global challenges.

Mental Health,
Human Dignity
& Climate Change

Message

Prof. Dr. Evelin Lindner

Medical Doctor; Licensed Clinical Psychologist
Dr. med. (Psychological Medicine, Germany)
Dr. psychol. (Social Psychology, Norway)
Transdisciplinary Scholar in Social Sciences and Humanities
Founding President, Human Dignity and Humiliation Studies (HumanDHS)
Co-founder, World Dignity University Initiative (WDUi)

It gives me immense pleasure to extend my warmest gratitude to the University of Central Punjab (UCP) for hosting the 'International Conference on Mental Health, Human Dignity, and Climate Change: Mitigating Global Psychological Risks', at the end of October 2025, and for welcoming distinguished guests, eminent scholars, practitioners, and students.

This conference represents a unique endeavor by the Faculty of Social Sciences and the Department of Psychology at UCP to broaden the scope of mental health discourse by embedding it firmly within the urgent global reality of climate change. For too long, environmental risks and human psychological well-being have been treated as separate domains. Today, we recognise that ecological crises, natural disasters, forced displacement, and widening inequalities due to climate instability are deeply intertwined with mental health outcomes. Anxiety, trauma, and diminished resilience are among the psychological costs of a changing climate, which must remain at the heart of academic, policy, and community responses.

UCP has been consistently committed to advancing a holistic understanding of mental well-being. Its leadership has been instrumental in guiding this vision forward—particularly Ms. Khadija Amer, Dr. Hadia Awan, and Dr. Khalid Manzoor Butt. I wish to convey great appreciation to the chief conference organizers—Dr. Shazia Hasan, Dr. Bushra Naz, and Miss Naeema Sarfaz—together with their esteemed colleagues in the Department of Psychology, as well as to Dr. Gulnaz Anjum of the University of Limerick, Ireland. Equal recognition is due to collaborators across research institutions, community organisations, and civil society, who tirelessly foster meaningful dialogue around mental health in Pakistan and around the world.

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Message

The inclusion of human dignity at the core of this conference is especially significant. While climate change visibly threatens ecosystems and habitats, its deeper consequence is often an erosion of dignity—seen in the displacement of communities, the marginalisation of the vulnerable, and the erosion of trust in a shared human future.

The conversations convened in this conference will therefore seek to restore dignity as a cornerstone of resilience, health, and adaptability.

I firmly believe this conference will provide a vital platform for researchers and professionals to present new evidence, share cross- and trans-cultural perspectives, and co-create integrative approaches that unite psychological interventions with ecological responsibility. The goal is not merely academic exploration—it is to inspire actionable strategies that foster resilience and healing at community, national, and global levels.

I extend heartfelt gratitude to all speakers, panelists, and participants whose contributions bring this vision to life. May this gathering spark enduring collaborations and move us toward a shared understanding where mental health, human dignity, and ecological sustainability stand together as interconnected pillars of global well-being.

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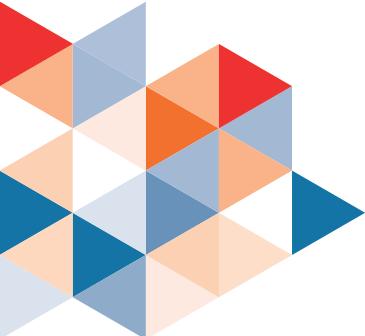
Conference Organizer

Dr. Bushra Naz

Associate Professor
University of Central Punjab, Lahore

It is with great honour and deep appreciation that I welcome all distinguished international and national scholars, professionals, and policymakers to the International Conference on Mental Health, Human Dignity, and Climate Change: Mitigating Global Psychological Risks (MHHDCC-2025).

This conference provides a crucial platform for interdisciplinary engagement and scholarly reflection on global challenges affecting psychological and environmental aspects of human existence. By gathering diverse perspectives, we aim to deepen understanding, foster dialogue, and inspire collaborative solutions for mental well-being, the protection of human dignity, and tackling psychological effects of climate change. My research on smog's psychological impact on working women reflects a commitment to exploring environmental and psychosocial intersections—an increasingly significant area in today's context.

This conference marks both a beginning and a way forward—a collective effort to foster academic exchange, policy innovation, and evidence-based practices for a more humane, equitable, and sustainable world.

My heartfelt gratitude goes to the UCP leadership, Ms. Khadija Amer, Dr. Hammad Naveed, Dr. Khalid Manzoor Butt, and Dr. Shazia Hasan, whose support was pivotal. I also appreciate esteemed scholars Dr. Evelin Lindner, Dr. Beate Seibt, and Dr. Muhammad Abul Kalam Azad, as well as faculty, organizing committees, and the international office, coms, and IT departments for their dedication.

I sincerely thank all speakers, panelists, and participants for their valuable contributions. May this conference inspire lasting partnerships and a deeper commitment to mental health, human dignity, and ecological balance, uniting our mission to safeguard mental health and environmental consciousness in all spheres of life.

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Conference Organizer

Dr. Gulnaz Anjum

Assistant Professor, Department of Psychology
University of Limerick
Local vice Coordinator, Global-MINDS Program

It is both a privilege and a deep personal honor to welcome you to the International Conference on Mental Health, Human Dignity, and Climate Change: Mitigating Global Psychological Risks, hosted here at the University of Central Punjab, Lahore, from October 27–30, 2025. As one of the co-organizers, I extend my sincere gratitude to UCP for convening this dialogue at such a crucial moment, when the global challenges of climate change, mental health, and human dignity intersect in urgent and profound ways.

Pakistan, our host country, has stood at the frontline of climate-related disasters in recent years. From devastating floods to increasingly frequent and deadly heatwaves, these climate shocks have left behind not only physical destruction but also enduring psychological, social, and cultural consequences. Such crises highlight that climate change is not an abstract or distant phenomenon—it is a lived reality, felt daily by communities across the country. The burden, however, is not shared equally. Women, children, and displaced populations face the heaviest tolls, with risks to health, safety, and dignity magnified by structural inequities in housing, healthcare, and governance. It is within this context that our conversations here become so vital. My own research focuses on these human dimensions of climate change, particularly through feminist, equity, and climate justice perspectives. In one of our projects, Heat Beyond the Body: Physical, Psychological and Structural Impacts of Urban Heatwaves, conducted in Karachi and Lahore, we explore how extreme heat affects not only the body but also mental health, livelihoods, and community resilience. Findings from this work underscore the role of gendered labor, collective care, and community networks as vital, though often overlooked, forms of adaptation. This conference offers us the opportunity to share such insights, exchange knowledge across disciplines, and imagine actionable pathways toward a more just, humane, and inclusive climate response. I warmly welcome you all, and I look forward to the contributions of local and international scholars, practitioners, and community voices gathered here at UCP.

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Conference Organizer

Naeema Sarfraz

Principal Lecturer
University of Central Punjab, Lahore

As we conclude the Conference on Mental Health, Human Dignity, and Climate Change, I extend my heartfelt gratitude to all the participants, speakers, researchers, and organizers who made this gathering a success. Over the past days, we have engaged in meaningful discussions that bridged science and humanity, highlighting the urgent need to view mental well-being, dignity, and environmental sustainability as deeply interconnected.

This conference provided a space to listen, learn, and reflect on how the global climate crisis impacts psychological health and challenges our shared sense of human dignity. It also reaffirmed our collective responsibility to build resilient communities, nurture empathy, and advocate for a more compassionate and sustainable world. The insights shared and collaborations formed here remind us that the pursuit of mental health and human dignity cannot be separated from the stewardship of our planet. As we move forward, may the knowledge and inspiration gained through this conference continue to shape research, policy, and practice that honour both people and the planet.

On behalf of the organizing committee, I thank each of you for your contributions, passion, and commitment. Together, we have taken an important step toward creating a healthier, more humane, and more sustainable future.

Mental Health,
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Keynote
Speakers

Prof. Dr. Evelin Lindner
Founding President
Human Dignity and Humiliation Studies (HumanDHS)
Co-founder, World Dignity University Initiative (WDUi)

Dr. Evelin Lindner is a German-Norwegian medical doctor, psychologist, and transdisciplinary scholar renowned for her research on human dignity and humiliation. She holds doctorates in both medicine and social psychology and focuses on the role of humiliation in violence and war, with case studies including World War II, Rwanda, and Somalia. Evelin founded the Human Dignity and Humiliation Studies Network to promote awareness and reduce humiliation globally. Her work advocates for dignity and respect to prevent conflict and build a more peaceful world, combining research with global outreach and education.

Prof. Dr. Beate Seibt
Professor of Social Psychology
Bei University of Oslo

Dr. Beate Seibt is a Professor of Psychology at the University of Oslo, specializing in social psychology and emotion research. Her work focuses on relational coordination and the emotions that bind communities, particularly kama muta—the feeling of being moved by communal experiences. She has collaborated extensively with Alan Page Fiske on developing and extending Relational Models Theory to understand both the formation and breakdown of social bonds. She applies this theoretical framework to pressing social challenges including climate mitigation and war. In interdisciplinary projects on the energy transition she fosters community-based solutions. In the Solidarity Hub, she strengthens communities affected by war and disaster through collaborative capacity-building. She currently leads the development of the first university-accredited Certificate of Open Studies in Mental Health and Psychosocial Support for displaced populations at the GUA - Global University Academy.

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Keynote
Speakers

Dr. Muhammad Younis Zahid
Former Director Environment (Retd)
Environment Protection Department

Dr. Muhammad Younis Zahid is an environmental expert with over 35 years of experience focused on environmental protection and management. He holds a PhD in Environment Management and multiple postgraduate diplomas in environmental laws and health and safety. Formerly the Director of the Environment Protection Department Punjab, he has played key roles in legislation, environmental inspection, and compliance reporting. Dr. Zahid has also contributed significantly to environmental education and training as a Certified Master Trainer, specializing in areas like smog eradication and stack emission control systems. His expertise spans techno-legal environmental compliances and practical implementation of environmental improvements.

Dr. Gulnaz Anjum
Assistant Professor
Department of Psychology, University of Limerick
Local vice Coordinator, Global-MINDS Program

Dr. Gulnaz Anjum is an Assistant Professor of Psychology at the University of Limerick, specializing in social, cultural, community, and climate psychology. Her multidisciplinary research spans gender justice, climate justice, and social justice for marginalized communities, using both qualitative and quantitative methods. She has international teaching and research experience in several countries and is engaged in developmental organizations and marketing research consulting. Dr. Anjum's work emphasizes civic engagement and environmentalism, with a scholarly focus on behavior adaptation to societal and legal contexts.

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Keynote

Speakers

Dr. Anca Minescu

Assistant Professor, University of Limerick
Former Assistant Dean International
Faculty of Education and Health Sciences

Dr. Anca Minescu, PhD, is a psychologist and associate professor specializing in cultural diversity, social inclusion, and activism within ethnic relations and global citizenship. With over 20 years of experience in research and education, she has worked extensively with vulnerable and migrant communities across Europe. She coordinates the European Academic Consortium for Erasmus Mundus Global-MINDS Psychology Master and promotes intercultural competence and decolonizing psychology. Anca is active in various international associations on political and social psychology, with a focus on combating discrimination and fostering positive social change through inclusion.

Dr. Mohammad Abul Kalam Azad

Associate Professor
Manarat International University (Bangladesh)
Former Director, CGED

Dr. Mohammad Abul Kalam Azad is Associate Professor and former Director at Manarat International University, Bangladesh, with a PhD from University of Dhaka in Planning and Development in Islam. He is the first Bangladeshi to earn an MA in Peace Education from the United Nations University for Peace. Dr. Azad has contributed significantly as Advisor of Student Welfare, club moderator, and coordinator at MIU. His experience spans academic administration, international conference participation, and research with USAID. Widely published, he regularly appears on TV discussing peace and development. His lifelong mission is promoting peace, harmony, and sustainable development through education.

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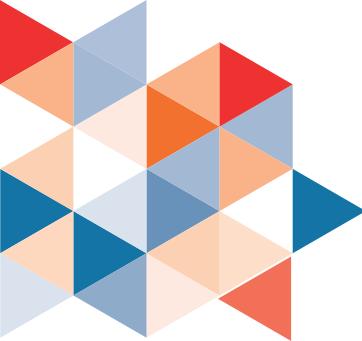
Panellist

Dr. Asir Ajmal

Professor & Dean
at NCBA&E

Panel Chair

Dr. Rafia Rafique

Professor & Director Institute of
Applied Psychology
University of the Punjab

Dr. Shahida Batool

Professor
GC, University
Lahore

Dr. Abul Kalam Azad

Associate Professor
Manarat International University
(Bangladesh)

Dr. Uzma Ali

Professor
Institute of Clinical
Psychology
University of Karachi

Dr. Saqib Bajwa

Assistant Professor &
Head of Psychiatry
Gujranwala Medical College

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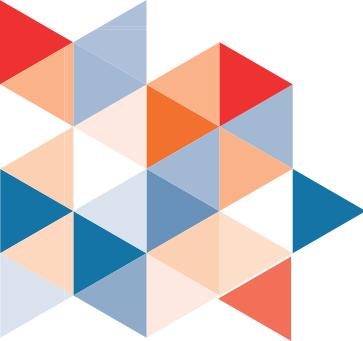
Panellist

Dr. Noor ul Zaman Rafiq

Director
Mental Health Household Survey
PiLL

Panel Chair

Dr. Gulnaz Anjum

Assistant Professor
Department of Psychology
University of Limerick

Dr. Zaqia Bano

Professor/Associate Dean
Clinical Psychology
NUR International University

Dr. Junaid Rasool

Head of Psychiatry
FMH College of Medicine

Dr. Um-e-Kulsoom

Assistant Professor
Shaheed Benazir Bhutto
Women University, Peshawar

Dr. Shazia Hasan

Professor
Head of Department
University of Central Punjab

Mental Health,
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Mental Health, Human Dignity and Climate Change: Mitigating Global Psychological Risks (MHHDCC)

List of Committees

Sr. #	Name of Committees	Members
1.	Chief Organizer	Dr. Shazia Hasan Dr. Evelin Lindner
2.	Conference Organizer	Dr. Bushra Naz Dr. Gulnaz Anjum Ms. Naeema Sarfraz
3.	Conference Secretary	Ms. Momina Nayyer
4.	Editorial Committee	Dr. Shazia Hasan Dr. Alia Asmat Dr. Bushra Naz Dr. Madiha Masood Dr. Faiqa Yaseen Dr. Kashif Fida Ms. Ayesha Noor Mr. Hamid Bilal Ms. Arooj Nazir Ms. Hareem Azam Mr. Imran Mahmood Ms. Naeema Sarfraz
5.	Review and Correspondence Committee	Dr. Shazia Hasan Dr. Bushra Naz (Team lead) Ms. Naeema Sarfraz Ms. Hareem Azam Mr. Imran Mahmood Ms. Pakeeza Haider Qasmi Ms. Sehar Waheed
6.	Abstract Book	Dr. Alia Asmat (team lead) Dr. Madiha Masood Mr. Imran Mahmood

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List of Committees

Sr. #	Name of Committees	Members
7.	Pre-Conference Workshops	Dr. Alia Asmat (team lead) Ms. Ayesha Noor Ms. Ayesha Kashif
8.	Dignilogue	Dr. Bushra Naz (team lead) Dr. Madiha Masood Ms. Hareem Azam Ms. Aliya Attique Dr. Faiqa Yasin
8.	Online-Sessions	Ms. Amina Shahid Ms. Noor ul-Ain (team lead) Ms. Aliya Attique
10.	Reception Committee	Mr. Hamid Bilal (team lead) Ms. Saba Fayyaz Ms. Khushbakht Pari
11.	Accommodation and Transportation	Mr. Hamid Bilal (team lead) Ms. Ayesha Khalil Mr. Imran Mahmood Mr. Mansoor
12.	Registration	Ms. Ayesha Khalil Ms. Shagufta Shaheen (team lead) Ms. Arooba Amjid Ms. Maryam Hussain Ms. Maryam Bibi
13.	Finance Committee	Dr. Shazia Hasan (team lead) Dr. Bushra Naz Mr. Hamid Bilal

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List of Committees

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14.	Sponsorship Committee	Dr. Shazia Hasan (team lead) Dr. Bushra Naz Dr. Alia Asmat Dr. Faiqa Yaseen Dr. Madiha Masood Ms. Neema Sarfraz Ms. Momina Nayyer Ms. Arooj Nazir Ms. Ayesha Kashif
15.	Hall Management	Ms. Momina Nayyer (team lead) Dr. Faiqa Yaseen Ms. Hareem Azam Ms. Zasheer Aman
16.	Stage Committee	Ms. Momina Nayyer (team lead) Ms. Zasheer Aman Ms. Noor ul Ain
17.	Conference Promotion and media coordination	Ms. Arooj Nazeer (team lead) Ms. Saba Fayyaz
18.	Banner and Exhibition Sovenier and gifts	Ms. Momina Nayyer (team lead) Ms. Arooj Nazir Ms. Khushbhat Pari
19.	Audiovisual/IT	Ms. Amina Shahid Ms. Noor ul Ain (team lead)
20.	Report Writing	Ms. Arooba Amjid Ms. Hareem Azam (team lead) Mr. Mansoor Ahmad
21.	Dinner	Ms. Momina Nayyer Ms. Naeema Sarfraz (team lead)

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List of Committees

Sr. #	Name of Committees	Members
22.	Food & Beverages	Ms. Ayesha Kashif (team lead) Mr. Mansoor Ahmad Ms. Saba Fayyaz Ms. Kiran Nawaz Ms. Ayesha Khalil

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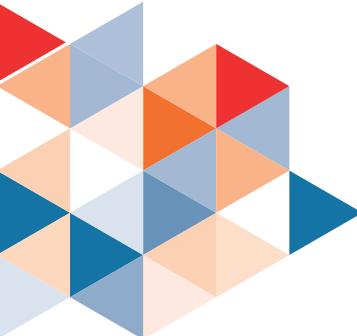
Pre-Conference
Workshops
Pre-Conference
Dignilogues

WWW.UCP.EDU.PK

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Interpretive Phenomenology
Using NVivo Software

Dr. Rab Nawaz Lodhi

Associate Professor, Hailey College of Commerce
University of the Punjab, Lahore
Senior Research Fellow at Virscend University, California

The Department of Psychology, Faculty of Humanities and Social Sciences, organized a pre-conference workshop as part of the International Conference on Mental Health, Human Dignity & Climate Change: Mitigating Global Psychological Risks. In line with the conference's vision, a specialized session titled "Interpretive Phenomenology Using NVivo Software" was conducted to strengthen qualitative research capacity among students and scholars, with a particular emphasis on the practical application of NVivo softwarefor qualitative data analysis.

- The resource person conducted interactive, hands-on sessions where participants
- Practiced transcribing various types of qualitative data
- Learned methods for translation and validation of transcripts.
- Coded, categorized, and interpreted data using NVivo
- Developed strategies to craft qualitative research papers suited for high-impact journals

Mental Health,
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From Awareness to Action: From Awareness to Action:

Embracing Neuroaffirming Approaches in Clinical Practice

Ms. Fariha Mujahid
Sprout Resource Centre

The Department of Psychology, Faculty of Humanities and Social Sciences, in collaboration with the Sprout Resource Centre, organized a pre-conference workshop as part of the International Conference on Mental Health, Human Dignity & Climate Change: Mitigating Global Psychological Risks. The workshop focused on promoting neuroaffirming approaches in clinical practice, in alignment with the broader conference theme of integrating mental health care with human dignity and global sustainability.

The workshop commenced with an overview of neuroaffirming approaches, highlighting the necessity for clinicians to adopt practices that respect individual neurodiverse profiles. Participants engaged in interactive discussions and case studies, allowing for the practical application of concepts. Ms. Mujahid introduced practical tools and techniques that clinicians could employ to foster inclusivity and support in their practic-

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Islamic Teaching on Family Life and Their Role

in Strengthening Mental Health: (Insights from Bangladesh)

Dr. Mohammad Abul Kalam Azad
Associate Professor
Manarat International University (Bangladesh)
Former Director, CGED

As part of the International Conference on Mental Health, Human Dignity, and Climate Change (MHHDDC), a pre-conference seminar was held on October 28, 2025, at the University of Central Punjab. The session, titled "Islamic Teaching on Family Life and Their Role in Strengthening Mental Health: Insights from Bangladesh," was delivered by Dr. Mohammad Abul Kalam Azad, Associate Professor and Former Director, Center for General Education, Manarat International University, Bangladesh.

The seminar drew an enthusiastic and full-house audience of faculty members, students, and professionals keen to explore faith-based perspectives on mental well-being. Dr. Azad's powerful and insightful presentation emphasized how Islamic teachings can foster emotional stability, family cohesion, and community resilience particularly vital for today's youth navigating psychosocial stressors.
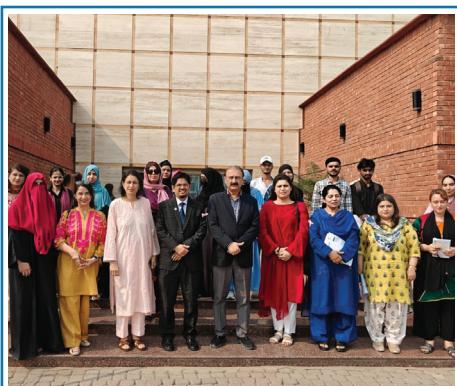
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Pre-Conference Events on

Humiliation and Human dignity

Prof. Dr. Evelin Lindner
Founding President
Human Dignity and Humiliation Studies (HumanDHS)
Co-founder, World Dignity University Initiative (WDUi)

Dr. Evelin conducted a series of insightful sessions, guest lectures, and workshops engaging various faculties and participants across the Punjab Group of Colleges. Her discussions centered on the theme of human dignity from diverse professional and academic perspectives. Through her interactive approach, Dr. Evelin guided students, teachers, and professionals to reflect on how dignity can be integrated into education, law, business, and media practices. Each session encouraged critical thinking and personal growth, fostering a culture of respect and ethical awareness among participants while connecting human values with practical dimensions of teaching, learning, and social responsibility.

Session details:

Wednesday, 22 October 2025
Session with PGC students and staff
Topic: How to incorporate dignity in teaching, learning & living

Thursday, 23 October 2025
Workshop with the faculty of law staff and students
Topic: Human dignity beyond Law

Friday, 24 October 2025
Seminar with the faculty of management sciences
Topic: From Humiliation to Dignity: A Systemic Approach in the Business World

Friday, 24 October 2025
Session with Media students
Topic: From Humiliation to Dignity: Analyzing Media as a Business Model

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Session with PGC students and staff

How to incorporate dignity in teaching, learning & living

Prof. Dr. Evelin Lindner spoke to the staff and students of PGC on the vital importance of placing human dignity at the heart of teaching, learning, and everyday living. She described dignity as the inner worth of every person, independent of status, performance, or background, and argued that education must first protect and then nurture this worth.

In teaching, she highlighted, dignity appears when teachers create safe, respectful classrooms where questions are welcomed, mistakes are treated as learning opportunities, and no student is shamed or excluded. In learning, students honour dignity when they listen to one another, offer constructive feedback, and resist all forms of humiliation, bullying, and discrimination.

Dr. Lindner also invited participants to see dignity as a daily practice in life beyond the classroom: in families, workplaces, and communities. She emphasized empathy, active listening, and fair treatment as concrete habits that transform relationships. By consciously rejecting humiliation and fostering mutual respect, she concluded, PGC can become a model of a dignity-based educational community that prepares learners not only for careers, but for humane, compassionate citizenship.

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Workshop with the faculty of law staff and students

Human dignity beyond Law

Prof. Dr. Evelin Lindner engaged the faculty, staff, and students of the Faculty of Law in a thought-provoking workshop on the theme "Human Dignity Beyond Law." She began by acknowledging the central place of dignity in many constitutions and legal frameworks, yet emphasized that its deepest meaning cannot be fully captured by legal texts alone.

She described human dignity as the unconditional worth of every person, prior to and above any legal status, nationality, or role. Law can protect dignity, she argued, but it is people's daily attitudes and interactions that truly realize or betray it. Within legal education, this means fostering a culture where respect, active listening, and critical reflection are as important as mastering statutes and case law.

Dr. Lindner invited participants to see themselves not only as future practitioners of law but as guardians of dignity in society. By refusing humiliation, discrimination, and abuse of power in classrooms, courts, and communities, they can ensure that human dignity is lived, not only litigated. In this way, legal professionals help bridge the gap between the spirit of the law and the lived reality of human beings.

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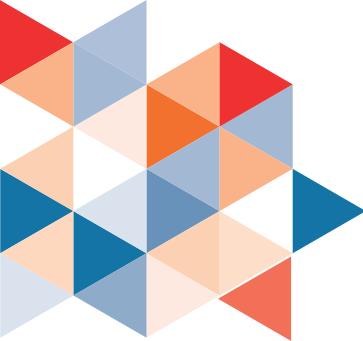
Seminar with the faculty of management sciences

From Humiliation to Dignity: A Systemic Approach in the Business World

Prof. Dr. Evelin Lindner addressed the faculty and students of Management Sciences in a seminar on the theme "From Humiliation to Dignity: A Systemic Approach in the Business World." Drawing on her global work on humiliation and human dignity, she explained how business systems built solely on profit and competition can unintentionally create environments of fear, exclusion, and shame.

She invited participants to examine how humiliation can be embedded in organizational structures, leadership styles, and everyday management practices, and how this harms both people and performance. Moving "from humiliation to dignity" means redesigning these systems so that respect, fairness, and equal worth are not just personal virtues but guiding principles for policies, incentives, and decision-making.

Prof. Lindner emphasized that dignity-based management strengthens trust, creativity, and long-term sustainability across workplaces, supply chains, and customer relations. She encouraged future business leaders to see themselves as change agents who can foster cultures where no one needs to be put down for others to rise, and where economic success is aligned with human dignity and global responsibility.

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Session with Media students

Prof. Dr. Evelin Lindner engaged media students in a session on the theme "From Humiliation to Dignity: Analyzing Media as a Business Model." She invited participants to critically examine how contemporary media industries often use humiliation, sensationalism, and polarization to capture attention, drive ratings, and increase profits, and how this shapes public discourse and social relationships.

She encouraged students to analyze where media content and business logics may degrade people's dignity, reinforce stereotypes, or deepen social divisions, and to imagine alternative models that are both viable and humane. Moving from humiliation to dignity in media means designing content, platforms, and revenue models that prioritize accuracy, respect, and inclusion over exploitation.

Prof. Lindner emphasized that future media professionals hold significant power to influence how societies see themselves and others, whether through news, entertainment, or social media. By choosing dignity-centered narratives, refusing degrading portrayals, and questioning purely profit-driven metrics, they can help build media ecosystems that inform, connect, and uplift audiences rather than humiliating or dividing them.

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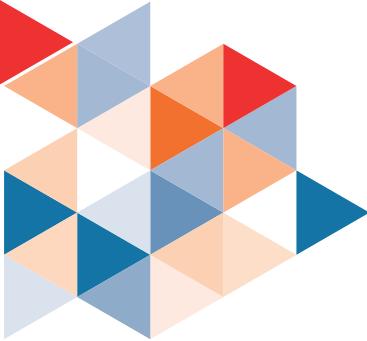
Post-Conference
Events

Post-Conference Seminar
By Dr. Beate Seibt

Post-Conference Workshop
By Dr. Humaira Naz

Organized by
Department of Psychology, UCP

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& Climate Change
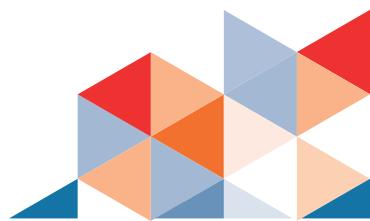
Post-Conference Seminar

Prof. Dr. Beate Seibt

Professor of Social Psychology
Bei University of Oslo

Prof. Dr. Beate Seibt delivered two interlinked sessions that showed how psychological research can drive climate action and public well-being. In the first, she explained how thesis-level research can be transformed into meaningful interventions and policy recommendations when projects are carefully planned, grounded in real problems, and designed with communities in mind. Using air pollution in Lahore as an example, she illustrated how researchers can move from diagnosing issues to proposing concrete measures such as awareness campaigns, active commuting, and inclusive urban planning.

In the second session on environmental psychology, she framed climate interventions as public health and security interventions, emphasizing Lahore's smog crisis as a case of environmental harm with deep physical and mental health consequences. Students mapped feedback loops around smog and explored prevention strategies, from better transport policies to long-term climate planning. Across both talks, Prof. Seibt highlighted universities as trusted partners and urged students to embed climate themes in their theses. She also introduced the emotion "Kama Muta," arguing that feeling moved by collective efforts can powerfully motivate sustained, collaborative climate action.

Session details:

Saturday, November 1, 2025
Title: Climate Action as a Public Health and Security Intervention: Insights from Environmental Psychology

Monday, November 3, 2025
Title: From Problems to Adaptation: Designing Research that Serves People and the Planet

Mental Health,
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Climate Action as a Public Health and Security Intervention:

Insights from Environmental Psychology

The session "Environmental Psychology: Climate Interventions as Public Health and Security Interventions" was delivered by Prof. Dr. Beate Seibt, Social Psychologist at the Department of Psychology, University of Oslo. The lecture explored how environmental conditions, particularly urban pollution, are closely connected with public health, mental well-being, and societal stability, using Lahore's smog crisis as a central example. She explained how transport-related emissions significantly contribute to hazardous air quality and climate change, turning climate interventions into urgent public health and security priorities.

Students engaged in a group activity to map the causes and consequences of smog, identifying harmful feedback loops, such as rising temperatures increasing air conditioner use and fuel consumption, as well as constructive changes like improved public transport and the introduction of electric buses. Prof. Seibt then outlined a step-by-step primary prevention approach, urging students to analyze climate data, examine policy gaps, engage stakeholders, and design strategies with short-, medium-, and long-term impact.

In closing, she introduced the concept of Kama Muta—the feeling of being deeply moved by shared purpose—showing how emotional experiences of unity can inspire sustained, collective climate action, especially among youth, and help shift communities from individualistic patterns toward cooperative, resilient responses to ecological crises.

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From Problems to Adaptation:

Designing Research that Serves People and the Planet

Dr. Beate delivered an insightful talk on how research conducted at the thesis level can be transformed into meaningful action when planned and designed wisely. She emphasized that academic research should not remain confined to theoretical exploration but should contribute to real-world solutions and policy change.

Using her core area of expertise—climate and community behavior—Dr. Beate illustrated how a well-designed research project can influence sustainable practices. She discussed the example of air pollution in Lahore, highlighting how researchers can move from identifying problems to developing adaptive strategies.

She explained that an effective research plan should include actionable goals. For instance, when studying air pollution, researchers might explore practical interventions such as:

- Reducing vehicular use through awareness campaigns and policy advocacy,
- Promoting active commuting options like cycling and walking,
- Encouraging urban planning that supports environmental sustainability, and
- Ensuring that people from all socioeconomic backgrounds, especially those with fewer resources, are included as equal participants in the process.

Dr. Beate further stressed the importance of linking problem identification with adaptive measures. Research should not only describe environmental challenges but also guide communities and policymakers toward feasible adaptation strategies. Her message underscored that impactful research begins with thoughtful planning, participatory design, and an inclusive approach—turning data into action that benefits both people and the planet.

Mental Health,
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& Climate Change

Acceptance and Commitment Therapy for Anxiety

Dr. Humaira Naz
Assistant Professor
Center for Clinical Psychology
University of The Punjab, Lahore

Dr. Humaira introduced the core principles of ACT, emphasizing psychological flexibility as the foundation for effective emotional regulation. Participants were guided through the six key processes of ACT, including acceptance, cognitive defusion, present-moment awareness, self-as-context, values clarification, and committed action. These components were explained through illustrative examples, highlighting their relevance in clinical and counseling practices.

The workshop also addressed how ACT differs from traditional cognitive-behavioral therapy by promoting acceptance instead of symptom elimination. Participants engaged in reflective exercises and brief mindfulness activities to experience how acceptance and value-driven behavior help reduce anxiety's intensity.

Attendees included psychology students, mental health practitioners, and researchers interested in contemporary therapeutic methods. The interactive format facilitated meaningful discussions on case applications, clinical challenges, and cultural considerations in implementing ACT within the Pakistani context.

The session concluded with an engaging question-and-answer segment, where participants expressed appreciation for Dr. Humaira's practical insights and professional clarity. Overall, the workshop effectively contributed to participants' knowledge of modern therapeutic approaches for anxiety management and encouraged further exploration of ACT in both clinical and academic settings.

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Conference
Program

Mental Health, Human Dignity and Climate Change: Mitigating Global Psychological Risks (MHHDCC)

Oct 27 - 30, 2025

Organized by
Department of Psychology, UCP

Day 01 Plan - Oct 27-28, 2025

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

Time	Events
Oct 27th 2:00-5:00	Dignilogue 1 Prof. Dr. Evelin Lindner Founding President Human Dignity and Humiliation Studies (HumanDHS) Co-founder, World Dignity University Initiative (WDUi)
Oct 28th 2:00-5:00	Dignilogue 2 Prof. Dr. Evelin Lindner Founding President Human Dignity and Humiliation Studies (HumanDHS) Co-founder, World Dignity University Initiative (WDUi)

Mental Health,
Human Dignity
& Climate Change

Venue: Auditorium

Day 02 Plan - Oct 29, 2025
Mental Health, Human Dignity and Climate Change: Mitigating Global Psychological Risks (MHHDCC-25)

Time	Events	
11:30	Recitation of the Holy Quran	
11:45	National Anthem	
12:00	Welcome Note by Dr. Khalid Manzoor Butt Dean: Faculty of Humanities and Social Sciences & Faculty of Languages and Literature	
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. Gulnaz Anjum Dr. Abul Kalam Azad Dr. Uzma Ali Dr. Saqib Bajwa
7:00 Onwards	Dinner	

Mental Health,
Human Dignity
& Climate Change

Venue: Auditorium

Day 03 Plan - Oct 30, 2025
Mental Health, Human Dignity and Climate Change: Mitigating Global Psychological Risks (MHHDCC-25)

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 Speaker: Dr. Gulnaz Anjum, University of Limerick, UIO Topic: Climate Justice, Community Repair and Dignity under Urban Extreme Heat and Floods	
10:45	Keynote Speaker: Dr. Mohammad Abul Kalam Azad 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 Minescu, University of Limerick. Ireland	
11:15	Vote of Thanks by Dr. Bushra Naz	
11:20	Panel Discussion Panel Chair: Dr. Noor ul Zaman Rafiq Moderator: Ms. Momina Nayyer Concluding Remarks: Dr. Shazia Hasan	Panelists: Dr. Zaqia Bano 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 & Certificate Distribution Session by the Dean FoHSS, FoLL Dr. Khalid Manzoor Butt and Ms. Naeema Sarfaraz	
04:00	Social Evening	

Mental Health,
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& Climate Change

Dignilogues

Prof. Dr. Evelin Lindner
Founding President
Human Dignity and Humiliation Studies (HumanDHS)
Co-founder, World Dignity University Initiative (WDUi)

The Dignilogues I, led by Dr Evelin Gerda Lindner at the International Conference on Mental Health, Human Dignity, and Climate Change, focused on linking emotional resilience, dignity, and global crises like climate change. Emphasizing the erosion of human connection by humiliation, Dr Lindner advocated for "Dignism," a worldview centered on equality, interconnectedness, and solidarity. The dialogue highlighted the psychological toll of environmental neglect and generational responsibility. Central themes included appreciative inquiry, mutual vulnerability, and global solidarity as means to restore dignity and empathy. The session connected philosophical ideas, such as nondualism and the Axial Age, with practical calls for united global action to foster well-being in an era of ecological and social crisis.

Key Points:

- Climate change impacts emotional stability and human dignity.

- Humiliation erodes connection; dignity restores balance.

- Appreciative Inquiry fosters empathy and mutual respect.

- Vulnerability is vital for love, belonging, and healing.

- Global solidarity transcends social and political boundaries.

- Critique of Western individualism promoting equality vs. unity.

- Spiritual and philosophical reflections reinforce social responsibility.

The Dignilogue session II explored psychological, philosophical, and environmental themes tied to kindness, unity, and human dignity. Discussions included the environmental crises of ecocide and sociocide, introducing "cognitive-cide" to highlight threats to wisdom. The session emphasized dignity as foundational for mental health, invoking ancient wisdom and non-dualism to stress interconnectedness. Key social theories, such as Alan Page Fiske's relational models, enriched the dialogue on human relationships. A strong call for global unity and transforming political structures into collective human responsibility underscored the conversation.

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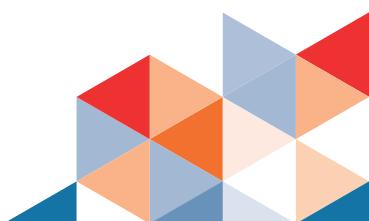
Environmental challenges and urgent action to uphold dignity given ecological threats were central concerns.

Key Points:

- Ecocide and sociocide highlight urgent global crises.
- Cognitive-cide threatens critical thinking and wisdom.
- Dignity is essential for psychological well-being.
- Non-dualism stresses interdependence of all beings.
- Alan Page Fiske's relational models explain human ties.
- Vision for global unity transcending political boundaries.
- Environmental responsibility essential for sustaining dignity.

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Panel Discussion - Day 1

The 1st Day Panel discussion, Moderated by Dr. Bushra Naz, began with reflections on the intersection of climate change and mental health, emphasizing how environmental instability, rising temperatures, and unpredictable weather patterns contribute to elevated anxiety, stress, and cognitive difficulties. Participants stressed that the psychological effects of climate disruption—such as irritability, mood fluctuations, and diminished concentration—are becoming increasingly visible, especially among vulnerable populations like children and older adults. The discussion collectively underlined the importance of culturally sensitive and holistic strategies to address these emerging challenges. Dr. Shahida Batool shared insights on preserving human dignity among individuals displaced by climate-related disasters, highlighting autonomy, belonging,

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Panel Discussion - Day 1

and meaning as essential components of psychological well-being. Dr. Asir Ajmal emphasized policy-level integration of psychosocial strategies within national disaster management frameworks, calling for interdisciplinary cooperation across relevant ministries. Dr. Abul Kalam reflected on environmental stewardship from an Islamic and moral standpoint, urging regional cooperation and the inculcation of compassion and responsibility among youth. Dr. Saqib Bajwa addressed the evolving role of psychiatry, emphasizing the need to balance pharmacological treatment with preventive and resilience-building efforts through community engagement. Dr. Gulnaz highlighted the imbalance between global North and South responses, encouraging inclusive, locally grounded mental health practices. Concluding the session,

Dr. Shazia stressed coordinated action at policy, institutional, and community levels, supported by evidence-based interventions. Overall, the panel underscored the urgent need for integrated, ethical, and dignity-centered strategies that bridge psychology, education, public health, and environmental policy in addressing the mental health consequences of climate change. Dr. Uzma Ali focused on the role of educational institutions in promoting emotional resilience, advocating for counseling centers, volunteer engagement, and government–private collaboration to strengthen student support systems.

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Panel Discussion - Day 2

The 2nd Day Panel discussion, Moderated by Miss Momina Nayyer, centered on the growing intersection between climate change and mental health, focusing on how extreme weather events, ecological degradation, and climate anxiety are influencing the prevalence and manifestation of psychological disorders among vulnerable populations. The discussion opened with an overview of the urgent need for research and adaptation in clinical practice to meet these emerging challenges. Dr. Bano emphasized the importance of applying psychological frameworks to promote mental well-being and underscored the necessity of developing climate resilience at both individual and community levels. Dr. Junaid Rasool shared his clinical observations regarding the rising incidence of depression and anxiety linked with climate variations

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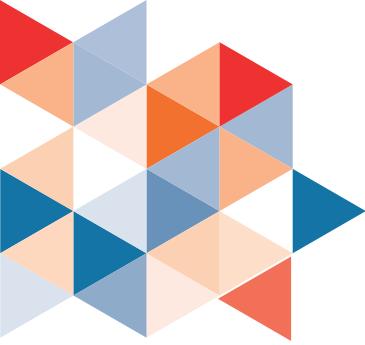
Panel Discussion - Day 2

such as heat waves during summer and persistent smog during winter. Drawing from his experience, he noted that mental distress, trauma, and suicidal behaviors tend to increase during extreme weather conditions, reflecting the deep psychological toll of environmental instability. Highlighting the research perspective, Dr. Um-e-Kalsoom discussed the existing gaps in understanding the relationship between climate change, mental health, and human dignity. She called upon emerging scholars to carry out interdisciplinary studies that could generate evidence-based strategies for addressing these complex issues. Dr. Noor-ul-Zaman Rafiq stressed the critical need for effective policy measures to prioritize mental health and human dignity within national and international climate action plans.

He specifically drew attention to the plight of populations affected by recent floods and earthquakes in Pakistan, emphasizing the lack of comprehensive policymaking in this area. As chair of the session, he commended the valuable contributions of all panelists. Dr. Shazia concluded the discussion by expressing gratitude to the speakers and encouraging psychology students to actively engage in addressing the climate–mental health nexus through awareness, research, and collective community action.

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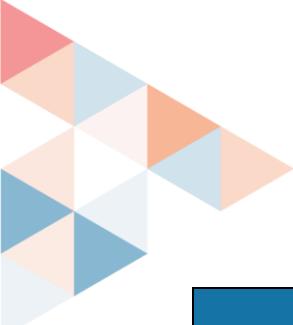
Scientific Session I-A (02:00-03:15 PM)
Theme: Climate Change, Environment, and Psychological Well-being

**Venue: Auditorium: Building A**	
Session Chair: Dr. Farhat Jameel Professor, Institute of Psychology, Beaconhouse National University, Lahore.		**Session Co-Chair:** Dr. Shamaila Asad, Professor, Lahore School of Behavioral Siences, The University of Lahore
Moderator: Ms. Syeda Ayesha Noor		**Facilitator:** Ms. Qaswa Shahzadi

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, Faculty of Humanities and Social Science, 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, Faculty of Humanities and Social Science, University of Central Punjab, Lahore
4	MHCH-102503-121	Securitizing Climate Change in Pakistan: A Buzan Approach **Arooj Fatima Daha** Department of International Relations and Political Science, Faculty of Humanities and Social Science, 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, Lahore
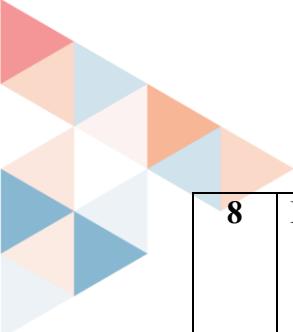
8	MHCH-102503-127	Exploring the interplay of psychological variables in response to climate change **Syeda Ayesha Noor, Ayesha Kashif, & Ayesha Ahmed khan** Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

Lived Experiences of Smog Induced Mental Health Problems in Women

Noor Fatima & Dr. Bushra Naz

Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

As Lahore skies darken under layers of smog during November, this complex atmospheric phenomenon emerges not only as a visible symptom of climate change, but also as a significant contributor posing a critical challenge for cities and the global climate system alike. The aim of this study is to develop a deeper understanding of the lived experiences of climate-induced mental health problems in women, particularly smog. The qualitative study was carried out in order to explore the climate induced mental health impact on women. The age range of participants was between 30-42. All participants were married, employed, and have children, performing multiple responsibilities along with environmental related stresses. A purposive sampling strategy was employed to select the participants and screening was done to get the employed sample who fulfilled the inclusion criteria of the research. A total eight (8) women participants were selected from the pool. Semi-structured interviews were conducted in order to collect the data from the participants. Seven superordinate themes were identified which include; 1. awareness, 2. daily life hassles, 3. challenges of job, 4. impact on physical health, 5. mother's worry related to children's wellbeing, 6. effects of climate change on future generations and 7. psychosocial-spiritual wellbeing that are subdivided into subthemes and coding. Research revealed that smog has a noticeable impact on mental health as they exhibit the symptoms of anxiety, sadness, irritability, helplessness, sleep disturbance and compromised cognitive abilities. Smog is also affecting the physical health as participants report the symptoms of asthma, coughing, fever, breathing issue, allergies along with eyes and throat infections. The implications of this study suggested the need for coping strategies to overcome the issue regarding the impacts of smog on women's mental health

Keywords: Smog, Climate change, Lived experiences, Physical and mental health

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Smog Exposure on Physical and Psychological Health of Asthmatic and NonAsthmatic Individuals

Hira Amjad & Samreen Arshad

Department of Psychology, Government College University Lahore

Awareness about smog exposure is essential for understanding how smog effects on individual's physical and psychological health and the environment. Smog, a hazardous air pollutant, poses significant health risks, especially to vulnerable populations like asthmatic individuals, who are more prone to respiratory issues. However, non-asthmatic individuals are also at risk, as prolonged exposure to smog has been linked to conditions such as cardiovascular diseases, reduced lung function, and mental health issues. Using the Health Belief Model and Biopsychosocial Model theoretical framework, this research explores how individuals perceive and respond to smog-related health risks. In qualitative research design, data was collected through semi structured interviews. The study used purposive sampling and sample size consists of 8 participants (4 asthmatic individuals and 4 non- asthmatic individuals). Thematic analysis revealed several key findings. Physically, asthmatic individuals reported intensified respiratory issues such as shortness of breath, chest tightness, and increased dependency on medication. Non-asthmatic individuals experienced symptoms like eye irritation, sore throat, fatigue, and flu-like conditions. Psychologically, both groups reported anxiety, irritability, fear of health deterioration, and lifestyle changes such as reduced outdoor activity and social withdrawal. Significant themes were temporary relief from daily hectic routine among asthmatic individuals, geographical differences in smog severity, ecological and infrastructure modification, the normalization of smog-related symptoms particularly among non-asthmatic individuals. The study highlights the urgent need for public awareness, better air quality regulations, and targeted health interventions for vulnerable populations. This research contributes to the limited literature on the differential health effects of smog and provides insights for policymakers, healthcare providers, and environmental health professionals. Psychologists use this research to develop a scale.

Keywords: Smog, Air pollution, Asthmatic, Non-asthmatic, Physical health, Psychological health, Coping, Health Belief Model, Biopsychosocial Mode

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From Struggle to Strength: Management of Smog-Induced Mental Health Problems in Women

Noor Fatima & Dr. Bushra Naz

Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

In a world where cities like Lahore live beneath a persistent haze, fighting with smog in the age of climate change demands more than awareness; it calls for bold strategies, innovative solutions, and immediate action. This qualitative study aimed to explore the coping mechanisms employed by women during the smog season. The participants comprised married, employed women aged between 30-42 years, all of whom were mothers managing multiple responsibilities alongside environmental stressors. A purposive sampling strategy was utilized to recruit participants who met the inclusion criteria, with a screening process conducted to ensure their eligibility. In total, 8 participants were selected for the study. Data were collected through semi-structured interviews and analysed by using Interpretative Phenomenological Analysis for an in-depth understanding of participants' experiences. Data analysis revealed four superordinate themes: (1) coping/protective measures, (2) health facilities, (3) collaborative action against smog, and (4) future recommendations. Each theme further divided into subthemes and supported by a coding framework. Findings indicated that smog has a significant impact on women's mental health. However, participants exhibited resilience through the adoption of various adaptive coping strategies. The study underscores the importance of recognizing the mental health implications of environmental stressors such as smog and highlights the need for integrating informed coping strategies into public health and mental health policies.

Keywords: Smog, Climate change, Lived experiences, Mental health coping mechanisms, Physical and mental health

Securitizing Climate Change in Pakistan: A Buzan Approach

Arooj Fatima Daha

Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

Pakistan is one of the most vulnerable to the impacts of climate change despite contributing minimally to global greenhouse gas emissions. The country faces a range of climate-related challenges, including rising temperatures, changing precipitation patterns, more frequent and intense floods, droughts, and glacial melt in the Himalayas. This study seeks to investigate the issue of climate change in Pakistan identifying the root causes of the issue and finding relation

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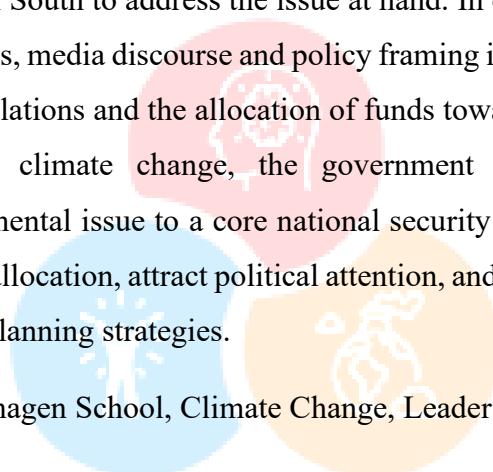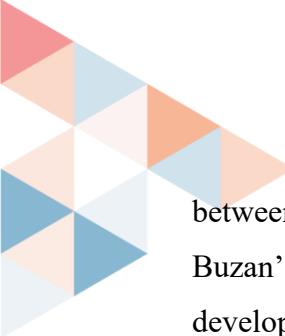
between a non-transitional issue directly effecting the state. The study critically examines Barry Buzan's securitization theory and identifies whether a similar Western model is applicable to developing states like Pakistan. The Copenhagen school and framework adapted to understand non-Western political contexts, such as political actors, institutions, and policy mechanisms in Pakistan, in order to construct climate change as an 'existential threat' to state and societal security. The study will examine national speeches of political leaders and national climate policies using qualitative discourse analysis. The research tends to highlight the limitations of applying a Western securitization model in a South Asian political setting assessing the weak institutional capacity and existing competing development priorities of leaders. Moreover, it is essentially focused on leaders' choice and priorities in terms of state protection and interests. In the context of Pakistan's socio-political dynamic environment, the Buzan's conceptual framework offers a nuanced understanding of how climate change can be constructed as a security issue in the Global South to address the issue at hand. In order to securitize this issue, the role of political speeches, media discourse and policy framing is very crucial in legitimizing stricter environmental regulations and the allocation of funds toward mitigation and resilience projects. By securitizing climate change, the government would elevate it from a developmental or environmental issue to a core national security concern. This would justify emergency-level resource allocation, attract political attention, and integrate climate adaptation into defense and national planning strategies.

Key Words: Copenhagen School, Climate Change, Leader's choice, Securitization Model

Climate Change Adaptation Practices in Agriculture

Ifra Khalil &Iqra Sageer
Lahore School of Behavioural Sciences, The University of Lahore

The present study was conducted to explore the climate change adaptations among the wheat farmers of Pakistan. The purpose of the study was to gain insight into the lived experiences of farmers by exploring thoughts, perceptions and experiences as climate change adaptation and coping strategies utilized by farmers to tackle such destruction. The Phenomenological research design was used. A purposive sampling strategy was employed to collect data from (N=12) farmers. In-depth interviews were conducted with farmers. The participants were interviewed one after the other by keeping in view the ethical considerations. The participants' verbatim responses were transcribed, and Interpretative Phenomenological Analysis (IPA) was applied to derive codes, sub-themes, and master themes from the detailed experiences,

thoughts, and perceptions shared by the wheat farmers during the interviews. The study revealed eight major themes including psychological, physical, social, economic and farming practice challenges. The farmers furthermore reported the system to be unfair and informed about the coping strategies utilized for better crop production under climate change conditions. Likewise, the farmers shared their recommendations for improvement in their farming practices. The findings of this research have significant implications across numerous sectors, including education, research, and policy-making, which can form future climate change adaptation strategies in agriculture.

Keywords: Climate Change, Adaptations, Interpretive Phenomenological Analysis

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
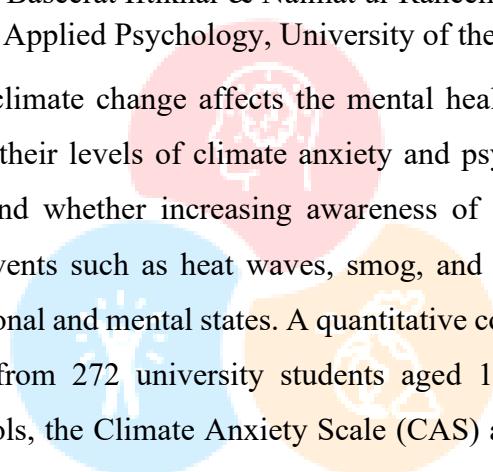
This study explores how climate change affects the mental health of university students in Pakistan, with a focus on their levels of climate anxiety and psychological well-being. The research aims to understand whether increasing awareness of environmental changes and frequent climate-related events such as heat waves, smog, and heavy rainfall are linked to changes in student's emotional and mental states. A quantitative correlational design was used, and data were collected from 272 university students aged 18 to 24 through purposive sampling. Standardized tools, the Climate Anxiety Scale (CAS) and the Psychological Well-Being Scale (PWBS), were used to assess the two main variables. The results showed that students experienced moderate levels of climate anxiety (M = 34.19, SD = 10.48) and relatively higher levels of psychological well-being (M = 57.97, SD = 16.39). A weak positive correlation (r = .159) was found between the two variables, suggesting that as climate anxiety increases, psychological well-being may also slightly increase, though the relationship remains very small. These findings indicate that awareness of climate change may sometimes encourage a sense of responsibility or adaptive coping among students rather than only distress. The study highlights the importance of promoting climate education and psychological support systems on campuses to help young people manage their emotional responses to environmental change.

Keywords: Climate Anxiety, Psychological Well-Being, University Students, Climate Change, Mental Health

Mental Health,
Human Dignity
& Climate Change

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

The present study aimed to examine the relationship between Climate Change Worry, Intolerance of Uncertainty, and Mental Well-Being in Young Adults. Climate change has become an increasingly distressing global concern, particularly among youth, as uncertainty about the planet's future contributes to psychological strain. Therefore, the present study sought to explore how Climate Change Worry and Intolerance of Uncertainty relate to the Mental Well-Being of young adults and whether institutional differences exist. It was hypothesized that (a) There is likely to be a positive relationship between Climate Change Worry and Intolerance of Uncertainty in young adults, (b) There is likely to be a negative relationship between Intolerance of Uncertainty and Mental Well-Being, (c) There is likely to be a negative relationship between Climate Change Worry and Mental Well-Being, (d) Climate Change Worry and Intolerance of Uncertainty are likely to be predictors of Mental Well-Being, and (e) There are likely to be significant institutional differences between Climate Change Worry, Intolerance of Uncertainty, and Mental Well-Being in Young Adults. A non-probability convenience sampling technique was used to collect data from a sample of (N=148) young adults (M = 22.07, SD = 1.32). Data were collected using the Climate Change Worry Scale (Alan E. Stewart, 2021), Intolerance of Uncertainty Scale-12 (Carleton et al., 2007), and Warwick-Edinburgh Mental Well-Being Scale (Tennant et al., 2007). Results from Pearson Product-Moment Correlation revealed that Climate Change Worry and Intolerance of Uncertainty were significantly negatively correlated with Mental Well-Being. Moreover, Multiple Linear Regression analysis showed that Climate Change Worry and Intolerance of Uncertainty negatively predicted Mental Well-Being. The Independent Sample t-test showed significant differences between private and public institutes, Climate Change Worry showing higher mean scores in public institutes, while Mental Well-Being revealed higher mean scores in private institutes. By integrating climate resilience and stress management techniques into educational curricula, institutions can help foster adaptive coping mechanisms among youth. Moreover, interdisciplinary collaborations will be crucial in informing climate policies that prioritize youth mental well-being, promoting a more resilient and sustainable future.

Keywords: Climate Change Worry, Intolerance of Uncertainty, Mental Well-Being, Young Adults

Mental Health,
Human Dignity
& Climate Change

Exploring the Interplay of Psychological Variables in Response to Climate Change

Syeda Ayesha Noor, Ayesha Kashif, & Ayesha Ahmad Khan
Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

The main objective of the study to find out the relationship between climate change worry, climate change denial, eco-anxiety, depression and aggression and also to examine climate change worry as indicative of eco-anxiety, depression and aggression. This study was also conducted to explore the differences in Millennial and Gen Z on the variables of climate change worry and climate change denial. It was a cross-sectional research. For the purpose of this study a sample of 400 participants from Lahore, Gujranwala, Faisalabad, Sialkot and Multan was approached through convenient sampling by means of online survey. The sample was consisted of 50% Millennials and 50% Gen Z. Following scales such as Climate Change Worry Scale, Climate Change Denial Scale, Climate Anxiety Scale (CAS), Patient Health Questionnaire - 9 and Short-Form Buss-Perry Aggression Questionnaire was used to measure the study variables. Data was analyzed through Statistical Package for Social Sciences 26. The results showed that there was positive correlation of climate change worry with eco-anxiety, depression and aggression. Also, there was negative correlation of climate change denial with eco-anxiety and depression. The results of the study revealed that climate change worry positively predicted eco-anxiety and its subscales, depression and aggression. The results depicted that Gen Z were more inclined towards worry related to climate change and on the other hand Millennials showed more climate change denial. It was found that climate change worry predicts eco-anxiety (including cognitive-emotional and functional impairments), depression, and aggression. Notably, Gen Z is more likely to express worry about climate change, while Millennials tend to exhibit denial. Additionally, climate change denial acts as a moderator, reducing the impact of climate change worry on eco-anxiety and depression.

Keywords: Climate Change Worry, Climate Change Denial, Eco- Anxiety, Depression, Aggression, Millennials and Gen Z
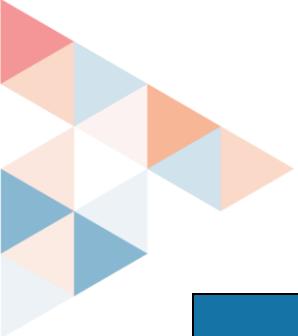
Scientific Session I-B (02:00-03:15 PM)
Theme: Identity, Dignity, and Marginalized Experiences

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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, Department of Psychology, Government College University, Lahore.
Moderator: Ms. Shagufta Shaeen	**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
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
3	MHCH-102503-44	Coping Strategies and Lived Experiences of Women with Endometriosis **Rooha Waseem & Mansoor Ahmed** Department of Psychology, University of Central Punjab
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

Mental Health,
Human Dignity
& Climate Change

Lived Experiences of HIV Positive Women

Fatima Imran & Arooj Nazir
Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

HIV/AIDS remains a significant public health concern in Pakistan, where women face a disproportionate impact due to entrenched gender inequalities and pervasive stigma. This study examined the complex lived experiences of married and widowed women living with HIV, a domain that has received limited scholarly attention. Adopting a qualitative phenomenological design and guided by Interpretative Phenomenological Analysis (IPA), in-depth interviews were conducted with eight women undergoing antiretroviral therapy in Lahore, selected through purposive sampling. The analysis revealed six major themes: (1) pathways to diagnosis, (2) cognitive difficulties, (3) motherhood and maternal roles, (4) womanhood, honour, and psychological strain, (5) diverse coping strategies, and (6) reclaiming life. The findings underscore the pressing need for integrated care models that extend beyond medical treatment to encompass psychological and social dimensions. The study further suggests that reducing stigma through community-based awareness, implementing culturally sensitive mental health interventions, and fostering multidisciplinary approaches within national AIDS programs are essential. Overall, this research lays the groundwork for interventions aimed at enhancing the holistic well-being of women living with HIV in Pakistan.

Keywords: HIV/AIDS, Women's health, Lived experience, Stigma, Qualitative research

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

Marriage is often portrayed as a source of love, stability, and dignity, yet for many women it becomes a cycle of abuse, silence, and psychological suffering. This study explored how cultural expectations of patience, adjustment, and endurance shape the lived experiences of married women in Pakistan. A qualitative phenomenological design was employed, involving ten married women aged 25–50 years (five married ≤10 years, five ≥10 years) selected through purposive and snowball sampling. Semi-structured interviews conducted in Urdu were analyzed using reflexive thematic analysis. Findings revealed six superordinate themes: silence as survival, endurance of abuse, cultural and familial expectations, psychological
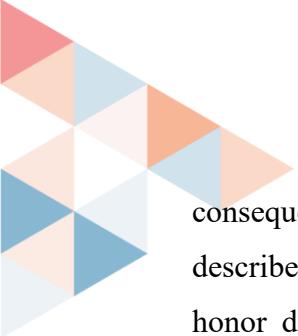
consequences, coping and survival strategies, and cycles of entrapment and hope. Participants described emotional neglect, physical violence, and sexual coercion, often reinforced by family honor discourses such as *apna ghar basao* ("make your marriage work"). Psychological outcomes included depression, anxiety, somatic distress, and loss of identity, while coping strategies relied on faith, emotional detachment, and sacrifice for children. The study highlights how the cycle of abuse and silence sustains women's suffering and undermines dignity, emphasizing the urgent need for culturally sensitive counseling, stronger legal protections, and community-based interventions.

Keywords: Marriage, Cycle of abuse, Silence, Women's mental health, Pakistan, Dignity, Endurance, Coping, Qualitative research

Coping Strategies and Lived Experiences of Women with Endometriosis

Rooha Waseem & Mansoor Ahmed

Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore
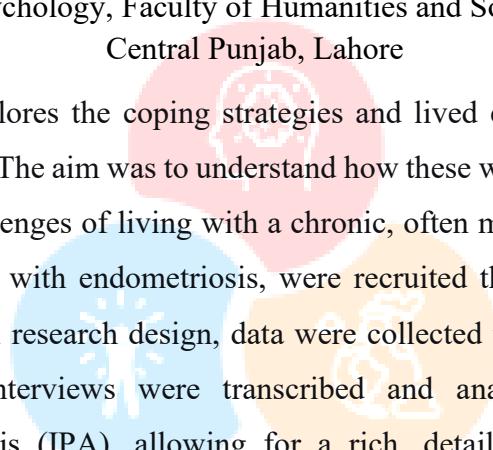
This qualitative study explores the coping strategies and lived experiences of women with endometriosis in Pakistan. The aim was to understand how these women navigate the physical, emotional, and social challenges of living with a chronic, often misunderstood condition. Six participants, all diagnosed with endometriosis, were recruited through purposive sampling. Using a phenomenological research design, data were collected through semi-structured, in-depth interviews. The interviews were transcribed and analyzed using Interpretative Phenomenological Analysis (IPA), allowing for a rich, detailed exploration of personal meaning-making and coping responses. The findings revealed seven superordinate themes: Coping Strategies, Medical Negligence, Gendered Labor of Illness, Social Withdrawal & Isolation, Epistemic Injustice, Bodily Betrayal & Physical Distress, and Fractured Life Course & Identity Disruption. Under Coping Strategies, participants used a mix of motivated, advocacy-oriented, resilient, and destructive coping techniques. Other themes highlighted systemic failures, gendered expectations, relational challenges, and identity loss. Overall, the study underscores the urgent need for improved medical awareness, gender-sensitive healthcare, and psychosocial support systems that validate and empower women living with endometriosis. These insights contribute to a broader understanding of how cultural context and structural inequities shape women's experiences of chronic reproductive illness.

Keywords: Endometriosis, Coping Strategies, Lived Experiences, Chronic Illness, Invisible Illness

Mental Health,
Human Dignity
& Climate Change

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

In many cultures, a preference for male children shapes family dynamics and women's experiences, often leading to pressure, blame, and discrimination against mothers of daughters. These experiences can negatively affect their mental health. Despite existing research on son preference, little is known about mothers with only daughters and how they cope with related interpersonal conflicts within Pakistani culture. This study explores their lived experiences to understand the impact on their mental health, self-perception, and coping strategies, thereby contributing to knowledge on gender norms and women's psychosocial well-being. A phenomenological research design was employed using in-depth interviews to explore mothers lived experiences of having only daughters. Purposive sampling was used to recruit participants. Out of fifteen women approached, five mothers who fulfilled the inclusion criteria were interviewed till the level of saturation. Participants were married women aged 35–45 years, with at least two daughters, living in joint family systems, housewives and in monogamous marriages where their husbands had not remarried. The findings of interpretative phenomenological analysis revealed that mothers with daughters only experienced significant emotional distress, social stigma, and interpersonal conflicts within their families, particularly with in-laws and spouses. Participants reported feelings of self-blame, low self-worth, and psychological strain due to societal expectations of bearing male children. Despite these challenges, mothers demonstrated resilience by employing various coping mechanisms, including emotional withdrawal, spiritual reliance, and focusing on their daughters' upbringing and education as a source of empowerment and pride. The study can help in the development of psychological support programs for mothers facing gender-related societal pressure, along with that, it can contribute to the policy recommendations that encourage gender equity in family structures, education, and opportunities for daughters. The study can raise awareness about the harmful effects of gender preference in society and how it can shape the thought patterns related to the gender of a person.

Keywords: gender preference, interpersonal conflicts, lived experiences, women's mental health

Mental Health,
Human Dignity
& Climate Change

Experiences of Individuals Living with Emotionally Abusive Intimate Partners

Muqadas Shafique & Muhammad Munib Ur Rehman
Department of Psychology, Government College University, Lahore

Emotionally abusive relationships can lead to complex and ambivalent relationship dynamics. It often negatively impacts individuals' social lives. Prolonged exposure to such abuse cycles can erode an individual's sense of self, leading to a distorted self-identity, difficulties in decision-making, and a diminished capacity for healthy relationships. Extensive research has explored the detrimental effects of narcissistic abuse, but the psychological impact of relationships with individuals exhibiting borderline personality disorder (BPD) traits remains understudied. So, this study aimed to fill this gap by exploring the factors that contribute to individual's continued involvement in such abusive relationships and the erosion of their self-identity. A qualitative research methodology was employed. A sample of 10 participants was selected through purposive sampling. Informal screening tools, for measuring borderline personality abuse, were used to select participants who met the inclusion criteria. A 40 to 50 minutes semi-structured interview was conducted with each participant to gather in-depth information about their experiences. The collected data was analyzed using Interpretive Phenomenological Analysis to identify key themes and patterns. Five superordinate themes (viz., Personality Traits of BPD Partner, Symptoms of Emotional Abuse in Victim, Emotional Deprivation: A Reason for Staying in an Abusive Relationship, Tactics of Emotional Abuse, Post Traumatic Growth and Recovery) emerged out of the data. Nineteen subthemes were emerged out of these five main themes. The findings of this research will contribute to filling a significant gap in the literature on the impact of borderline personality disorder related emotional abuse on relationships. Additionally, the data collected can be utilized to develop a standardized scale to measure the specific symptoms of abuse experienced by individuals in relationships with partners who have borderline personality disorder. Furthermore, this research can be used for the development of tailored therapeutic interventions and support strategies for victims of such abuse.

Keywords: Abusive Partners, Borderline Personality Disorder Traits, Distorted Self-Identity, Abuse Cycle
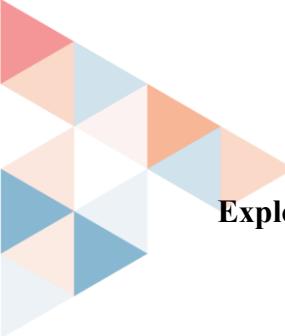
Mental Health,
Human Dignity
& Climate Change

Exploring the Social and Emotional Challenges of Spouses of Breast Cancer Patients

Mahazeb & Naeema Sarfraz
Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

Breast cancer not only affects the patients but also profoundly impacts their spouses, especially within Pakistan's nuclear family systems and traditional gender roles. This qualitative study aimed to explore the emotional and social challenges faced by husbands whose wives were undergoing chemotherapy for breast cancer. The research focused on understanding their psychological struggles, changes in marital and family dynamics, coping strategies, and the cultural constraints that influence male emotional expression. Eight participants, aged between 40 and 50 and married for 20 years, were selected through purposive sampling. All lived in nuclear families and had at least one child under the age of 18. Semi-structured interviews were conducted in Urdu and then transcribed and analyzed using Interpretative Phenomenological Analysis (IPA). The analysis identified several main themes, including emotional shock and psychological distress after diagnosis, persistent loneliness, caregiving burden, and shifting marital and parenting roles. Participants often suppressed their emotional needs due to cultural expectations. They shared various coping mechanisms such as religious faith, solitude, daily routines, and, in some cases, risky behaviors like increased smoking. Financial struggles remained a constant stressor, even among those with Sehat Card coverage, and social isolation was worsened by limited family support. The study concludes that spouses of breast cancer patients in Pakistan silently endure significant emotional and social hardships, often overlooked by healthcare providers and society. This study highlights the urgent need for culturally sensitive psychosocial support programs for male spouses of breast cancer patients in Pakistan.

Keywords: Spousal Caregiving, Breast Cancer Patients, Social and Emotional Challenges

Tokophobia, Medical Mistrust and Self Efficacy in first Pregnancy

Sadia Noreen & Huma Yasin
Department of Psychology, COMSATS, Lahore Campus

This qualitative study examines the ways in which first-time pregnant women Manage tokophobia (the dread of childbirth), medical mistrust, and their perceived Capacity to manage pregnancy-related challenges. The primary objective of the study Was to determine how dread of childbirth and mistrust of medical experts affect Emotional and behavioral responses

throughout the first pregnancy. A secondary Objective was to investigate how women perceive their ability to control and make Informed decisions at this pivotal period. Using purposive sampling, (N= 8) first-time Pregnant women participated in semi-structured in-depth interviews that lasted between 45-60 minutes each. The data were examined using theoretical thematic analysis. Recurring themes and experiences were identified and categorized into master domains, Subdomains, and codes after the transcripts were reviewed multiple times. The findings demonstrate that although tokophobia is typically brought on by negative birth narratives, Past trauma, and a dread of pain or problems, medical mistrust is driven by perceived Clinical insensitivity, a lack of informed communication, and structural constraints within the healthcare system. Despite these challenges, women with greater levels of self-efficacy demonstrated more proactive coping mechanisms, like seeking advice from Others, educating themselves, and relying on trustworthy social networks. Religious belief and spousal support were also identified as significant maternal resilience Variables. This study emphasizes the value of compassionate, patient-centered maternity Care and the complex emotional landscape of first pregnancies in order to build trust and empower expectant moms.
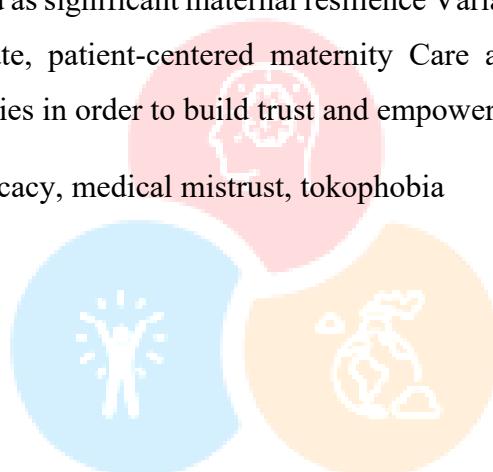
Keywords: self-efficacy, medical mistrust, tokophobia

Mental Health,
Human Dignity
& Climate Change

Scientific Session I-C (12:10-1:30 PM)
Theme: Clinical Assessment, Cultural Adaptation, and Psychometrics-I

		Venue: Board Room Building C
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Session Chair: Dr. Humaira Naz 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, The 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, The University of Lahore,
4	MHCH-102503-31	Non-Suicidal Self-Injury and Depression: Investigating Emotional Dysregulation through Automatic Negative Reinforcement **Wajeeha Nadeem & Dr. Shazia Hassan** Department of Psychology, Faculty of Humanities and Social Sciences, 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** University of Yorkville ON, Canada School of Leadership, Andrews University, Michigan, USA Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab
6	MHCH-102503-67	Trends of Drug Use among Women with Substance Use Disorders: A Socio-Demographic and Behavioral Analysis
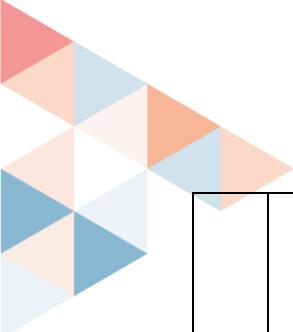
		Bushra Iqbal, Dr. Nooreen Begum, Dr. Tarique Arain & Dr Nazish Anwar
		Model Addicts Treatment & Rehabilitation Centre (*MATRC*) Sukkur

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

Internalized stigma of substance use is evident to have high prevalence among caregivers. The assessment of internalized stigma is thus of significance to intervene for the internalized stigma experienced by caregivers of substance user. Internalized Stigma of Substance Use for Caregivers (ISSA-C) is a psychometrically sound instrument in this regard. The instrument however needs to be translated and validated in Urdu language for caregivers in Pakistan. Present study thus attempted to accomplish this objective. The study comprised of three phases such that phase 1 carried out translation, phase 2 carried out language validation, and phase 3 carried out construct validation of ISSA-C through confirmatory factor analysis (CFA) among caregivers of substance users. The sample of translation phase comprised of three subject matter experts with knowledge of construct and experience in translation of research instruments. Language validation was carried out on sample of 60 caregivers (*M*age= 35.4) and construct validity was determined on 400 caregiver (*M*age = 43.38) with substance using loved one. The translated version of ISSA-C was modified by replacing the idioms with more understandable yet functionally equivalent words. Results for language validation highlighted that correlation coefficients observed for the Urdu-Urdu (UU) group ($r = .75^{**}$) are higher than English-English (EE) group ($r = .68^{**}$) which indicate that Urdu version is more comprehendible. Findings also demonstrate good indices of model fitness for ISSA-C Urdu ($\chi^2/df= 1.93$; *CFI*=.91; *RMSE*=.06) that is indicative of its psychometrically valid nature. Internalized Stigma of Substance Use for Caregivers (ISSA-C) Scale Urdu can be utilized by future researchers to assess the internalized stigma among caregivers of substance users in Pakistan.

Keywords: internalized stigma, caregivers, substance use, translation, validation, Urdu

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, The University of Lahore

The present research was aimed to translate, adapt, and validate the revised version of the Mental Health Self-Direction Scale (MHSD) into Urdu that will be used with the individuals with anxiety disorders in Pakistan. The study was conducted in two primary phases. During the initial stage, the MHSD was translated into Urdu after the rigorous forward-backward translation process, which went through an expert committee to verify conceptual and linguistic accuracy and pilot-tested to verify cultural relevance. The second phase involved the administration of the Urdu version to a sample of 200 subjects with anxiety disorders, aged 18-45 years, who were recruited at the public and private mental health clinics in Lahore. Psychometric analysis involved internal consistency (Cronbach's alpha), split half reliability, exploratory factor analysis (EFA) and validity analysis. The Maryland Assessment of Recovery Scale (MARS-12) was used to establish convergent validity whereas the Depression, Anxiety, and Stress Scale (Urdu version) was used to establish discriminant validity. The Urdu MHSD had good internal consistency (α =.82), and acceptable split-half reliability. Adequacy of sampling was validated using Kaiser-Meyer-Olkin (KMO) measure (KMO = .70) and the test of sphericity was significant as Bartlett test. Exploratory factor analysis indicated a four-factor solution, Understanding, Commitment, Actor ship and Demoralization, which were in line with the theoretical organization of the original scale. The research offers a culturally valid Urdu adaptation of the Mental Health Self-Direction Scale (MHSD), which allows measuring self-direction and recovery properly among the Pakistani population with anxiety disorders. It applies Self-Determination Theory to a group setting and provides a clinician with the practical means to individual, recovery-centered care. This scale facilitates the evidence-based mental health policy due to its promotion of culturally applicable assessment and leading to the subsequent study of various clinical groups.

Keywords: Mental Health, Self-Direction, Urdu Adaptation, Anxiety Disorders, Psychometric Recovery-Oriented Assessment, Self-Determination Theory

Development and Validation of Cognitive Flexibility Scale for Young Adults

Amna Laldin, Nimra Munawar & Eza Rabab
Lahore School of Behavioral Sciences, The University of Lahore

This became an important concept of contemporary psychology, cognitive flexibility. A person can adapt his/her thoughts, feelings, and behaviors to varying circumstances. Cognitive flexibility defines decision-making, solving problems, socialization and emotion regulation. The study involves adapting one's thinking and behavior to new, changing, or unexpected events, which is essential for effective problem-solving, learning, and adaptability in diverse situations (Sayed & Sinha, 2024). Develop cognitive flexibility scale for young adults. Also validate the developed scale. Explore the influence of cognitive flexibility in problem solving and adapting the changes. Also highlight the challenges while showing the cognitive flexibility in daily life. The present research employed mix method exploratory research design to collect the data throughout research process. To exploring cognitive flexibility phenomena, use qualitative approach. And at the end quantify the results by the quantities research designed to check the data and for generalizing finding. The Cognitive Flexibility Scale includes 29 items divided into four subscales. Factor 3 included 3 reversed score items. And over all scale followed 7 Likert scale scoring. It is a consistent and use full for the both researchers and professionals. These items aim to assess the negative effects of cognitive inflexibility in a person's life. It allows for a fair evaluation of how people deal with challenges, uncertainty, and changing situations. This research confirmed the Young Adult Cognitive Flexibility Scale to be an effective scale to be utilized in clinical, academic and organizational settings.

Keywords: Cognitive Flexibility Inventory, Cognitive Resistance Scale, Validation

Non-Suicidal Self-Injury and Depression: Investigating Emotional Dysregulation through Automatic Negative Reinforcement

Wajeeha Nadeem & Dr. Shazia Hasan
Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

The present study explored the emotional dysregulation as risk factor in patients with depression and non-suicidal self-injury (NSSI) behaviors. It was postulated that high scores of emotional dysregulations will most likely increase depression and NSSI behaviors, Higher levels of limited access to emotion regulation strategies, non-acceptance of emotional responses, impulse control difficulties, difficulties engaging in goal-directed behavior, lack or emotional awareness and lack of emotional clarity will positively predict depression and NSSI

behaviors. Automatic Negative Reinforcement (ANR) will mediate the relationship between emotional dysregulation and NSSI behaviors with depression. After observing all stipulated ethical considerations, a sample of 120 participants through snowball sampling ($N = 60$ males, $N = 60$ females) with an age range of 20-29 years was recruited for this cross-sectional correlational research. Tools that were used are; a demographic information sheet, the Difficulties in Emotion Regulation Scale (short form), Patient health questionnaire (PHQ-9) and The Functional Assessment of Self-Mutilation (FASM). Findings showed that higher level of emotional dysregulation, emotional dysregulation strategy and emotional dysregulation clarity significantly predicts depression and NSSI. Moreover, automatic negative reinforcement (ANR) partially mediates the relationship between emotional dysregulation and NSSI behavior with depression whereas automatic negative reinforcement (ANR) fully mediates the relationship between emotional dysregulation impulse and NSSI behavior with depression. The study will be helpful in designing the interventions for individuals with NSSI behaviors, helpful for therapists in understanding the negative emotions and lessen the stigma and motivate individuals to get the treatment.
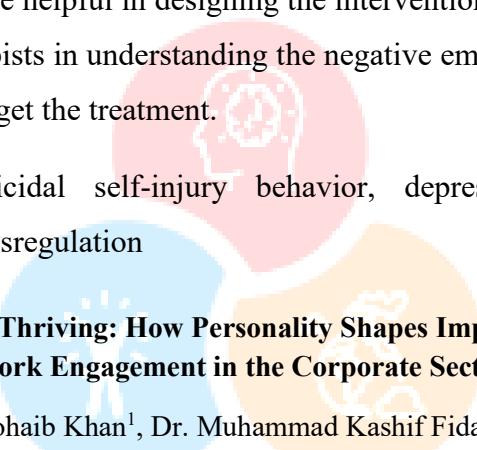
Keywords: Non-suicidal self-injury behavior, depression, automatic negative reinforcement, emotional dysregulation

From Traits to Tactics to Thriving: How Personality Shapes Impression Management and Work Engagement in the Corporate Sector

Dr. Muhammad Zohaib Khan[1], Dr. Muhammad Kashif Fida[2], Dr. Bushra Naz[3]
[1]University of Yorkville ON, Canada, [2]School of Leadership, Andrews University, Michigan, USA, [3]Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

The corporate workplaces reward visibility and perceptions as much as results. In this competitive environment, employees' personality traits shape the impression management (IM) tactics they use, such as self-promotion, ingratiation, and exemplification, which can energize their work engagement. Although prior studies have investigated the link between personality traits and impression management tactics separately, we lack an integrated, mechanism-focused approach, explaining how stable disposition translate into the day-to-day life of self-presentation tactics that, in turn, predict engagement. Therefore, the primary objective of this study was to investigate how personality traits (i.e., honesty-humility, agreeableness, conscientiousness, neuroticism, openness, and extraversion) drive specific impression management tactics (i.e., self-promotion, ingratiation, exemplification, and supplication), and how these tactics influence work engagement (i.e., vigor, dedication and
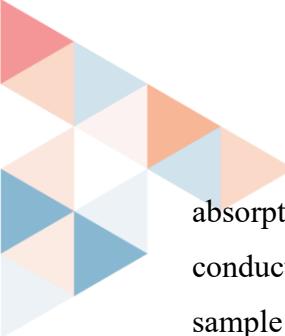
absorption) in the corporate sector. A time-lagged, two-wave panel design was adopted to conduct this investigation. The sample was collected into two waves (T1 & T2). The total sample comprised of 445 corporate-sector employees (male = 296, female = 149) aged 30-60, each with at least five years of work experience. The study variables were assessed using standardized psychological instruments, including the HEXACO Personality Inventory (Lee & Ashton, 2019), Impression Management Tactics Scale (IMTS) (Bolino & Turnley, 2009), and Utrecht Work Engagement Scale (UWES) (Schaufeli & Bakker, 2006). The findings of the study revealed that honesty-humility, conscientiousness, and agreeableness were positively (p < .05) related to ingratiation and work engagement; however, these traits were inversely related to self-promotion, exemplification, and supplication. Moreover, neuroticism was positively associated with self-promotion, exemplification, and supplication. Path analysis using SEM indicated that IM tactics significant mediated the relationships between personality traits and work engagement. The study will help the organizations to build systems that reward authentic, prosocial impression management and provide trait-informed coaching to enhance the organizational work engagement.
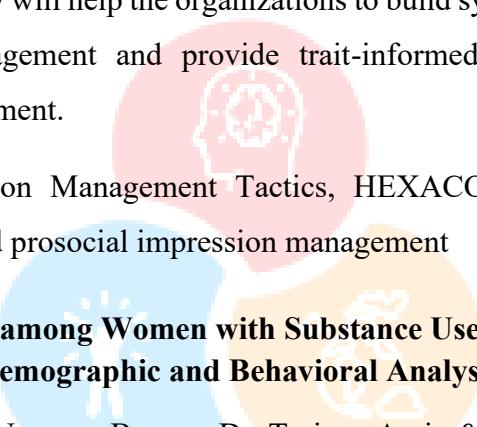
Keywords: Impression Management Tactics, HEXACO Personality Traits, Work Engagement, and prosocial impression management

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 Center (*MATRC*), Sukkur

This study aims to explore trends in drug use among women with substance use disorders (SUDs). A retrospective study was conducted at the Model Addiction Treatment and Rehabilitation Center (MATRC), Anti-Narcotics Force Karachi. Data from 218 female patients admitted between 2017 and August 2024 were reviewed. A purposive sampling method was used to include all eligible cases. Data were collected on age, education, occupation, reasons for drug use, type of drug used, and other socio-demographic variables. Descriptive statistics were performed using SPSS version 25 to analyze socio-demographic and behavioral characteristics of women with SUDs. The majority of participants were aged 26–30 years (27.1%), married (62.4%), and had low education levels, with 38.5% being uneducated. Nearly half (44.9%) belonged to households earning less than Rs. 20,000 per month. Familial influence was substantial, as 66% reported a family history of drug use, primarily involving husbands (31.1%) or brothers (15.1%). Heroin (27.98%) and synthetic drugs (29.35%) were the most

frequiously used substances, with smoking (26.14%) and injecting (29.35%) being the predominant modes of administration. Most participants (75%) used substances one to five times per day, and peer or family influence (36.69%) emerged as the leading reason for initiation. Alarmingly, over half (51.8%) reported engaging in self-harm, primarily through cuts (23.8%) or tattoos (11.92%), while 34.9% had a history of sexual abuse. Only 7.8% had previously sought treatment at rehabilitation centers, highlighting critical gaps in access to and utilization of mental health and addiction services. These findings highlight the complex interplay of socio-demographic, familial, and psychological factors contributing to substance use among women. The results underscore the need for multifaceted intervention strategies that address not only substance use but also the underlying social, economic, and mental health determinants of addiction.

Keywords: Substance Use Disorders, Women, Socio-demographics, Drug Trends, Self-harm, Rehabilitation
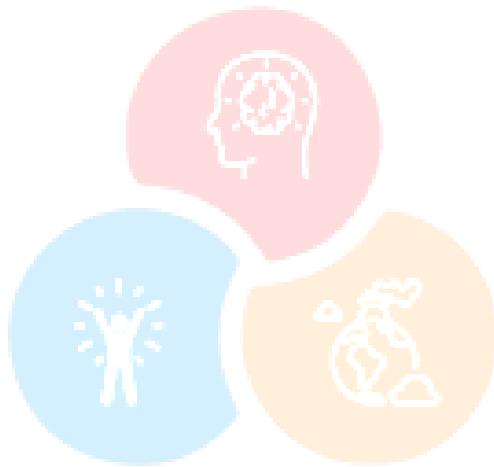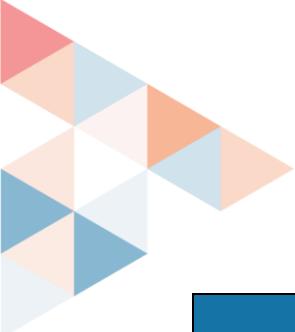
Scientific Session I-D (12:10-1:30 PM)
Theme: Trauma, Abuse, and Psychopathology

Venue: Conference Hall Building A		
Session Chair: Dr. Mohammad Abul Kalam Azad Associate Professor & Former 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, Faculty of Humanities and Social Science, 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, Faculty of Humanities and Social Science, 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

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7	**MHCH-102503-77**	Relationship between Benign Masochism and Drug Dependence among Individuals with SUDs. **Mahnoor 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

Exploring the Experiences of Self-Blame and Non-Disclosure in Trauma-Induced Psychosis

Rabbia Zahid & Momina Nayyer

Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

Mental health in Pakistan is profoundly shaped by religious beliefs and social norms, leading to the stigmatization and non-disclosure of trauma and emotional distress, often driven by fear of ostracism, judgment, and lack of awareness about help-seeking. This study addresses a critical gap by exploring the subjective experiences of individuals navigating the complex link between self-blame and non-disclosure in trauma-induced psychosis cases. The objective is to explore the nuanced experiences of individuals with trauma-induced psychosis. To understand how self-blame is perceived and experienced in individuals with trauma induced psychosis. To discover the experiences of non-disclosure in relation to their mental health. To investigate societal attitudes and stereotypes in shaping individual decision whether to conceal trauma or not. The study employed Interpretative Phenomenological Analysis (IPA) to rigorously explore the lived experiences of eight Pakistani males aged 25–30 in the residual phase of trauma-induced psychosis. Data were collected through in-depth, semi-structured interviews conducted in Urdu. Sampling was purposive, focusing on individuals fitting the inclusion criteria to capture rich, detailed accounts. The analysis identified seven superordinate themes reflecting psychological, social, and cultural dimensions of trauma and disclosure. Research Questions include 1. How do individuals with psychosis describe and make sense of their subjective trauma experiences? 2. How does individual experience of self-blame influence their trauma? 3. How non-disclosure of traumatic experiences influence the onset of psychosis? 4. Does societal attitudes and stereotypes regarding trauma impact non-disclosure of trauma?

Analysis revealed seven key themes: the profound psychological and emotional impact of trauma; fear, shame, and stigma as barriers to disclosure; social isolation and emotional withdrawal; self-blame, guilt, and internal conflict; familial and social support dynamics; coping strategies and pathways to recovery; and the impact of trauma on identity and worldview. Findings show trauma significantly disrupts psychological well-being, while intense fear of judgment and stigma exacerbates self-blame and isolation. Spirituality and purposeful coping emerged as critical resilience factors. These findings highlight the complex interplay of psychological, social, and cultural factors shaping trauma responses within South Asian contexts, where honor, stigma, and gender roles are influential. The research advocates for culturally sensitive, trauma-informed mental health care in Pakistan that validates suffering, integrates family psychoeducation and spiritual constructs into therapy, and fosters safe, community-based disclosure environments. Such approaches could improve psychological well-being and access to mental health services while addressing stigma and disclosure barriers.
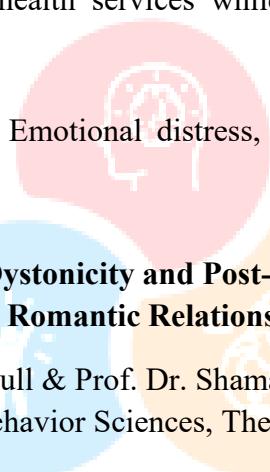
Keywords: Non-disclosure, Emotional distress, Self-blame, Social norms, Trauma, Psychosis, Stigma

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, The University of Lahore

The betrayal in a romantic relationship is such a traumatizing experience and can result in a vast variety of psychological consequences in young adults, culminating in highly emotional distress and the inability to identify themselves in a desirable way. The study was conducted to examine the correlations amid psychological adversities, ego-dystonicity, and post-traumatic growth (PTG) in N=100 young people aged 18 to 25 years (50 men & 50 women) at Lahore, Pakistan, who experienced betrayal in a romantic relationship. A correlational research design was used to conduct this study. Kessler Psychological Distress Scale (K10), Ego-Dystonicity Questionnaire (EDQ), and the Posttraumatic Growth Inventory (PTGI) were implemented as assessment tools. The results showed the presence of high negative correlations between psychological distress and ego-dystonicity and PTG. The results showed that greater amounts of psychological distress and unfamiliar thoughts were related to minor amounts of psychological growth. Also, the subscales of ego-dystonicity like lack of consistency with morals, dislike of thoughts, irrationality, were strongly related to low indicators of PT,G like

appreciation of life, personal strength, and new possibilities. The findings bring into focus the psychological intricacy of betrayal, in which emotional distress and identity conflicts usually accompany the capacity of psychological change. The study shows the role of culturally based mental health interventions in the management of distress and promotion of posttraumatic growth among young adults experiencing betrayal trauma.

Keywords: Romantic betrayal, psychological adversities, ego-dystonicity, posttraumatic growth, young adults, trauma

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
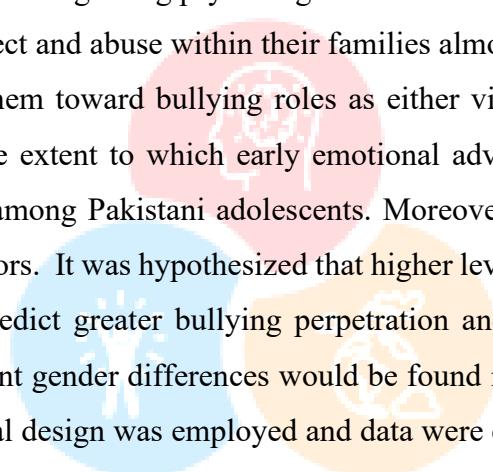
In Pakistan, limited awareness regarding psychological maltreatment leaves many adolescents exposed to emotional neglect and abuse within their families almost every day. These adverse experiences predisposed them toward bullying roles as either victims or perpetrators. This study aimed to explore the extent to which early emotional adversities (neglect and abuse) shape bullying behaviors among Pakistani adolescents. Moreover, it also focuses on gender differences in these behaviors. It was hypothesized that higher levels of emotional neglect and emotional abuse would predict greater bullying perpetration and victimization. It was also hypothesized that significant gender differences would be found in both forms of bullying. A cross-sectional correlational design was employed and data were collected through multistage sampling from boys and girls aged 10–18 years attending schools and colleges. The Childhood Trauma Questionnaire–Short Form and the Illinois Bullying Scale were administered. Results showed that emotional abuse correlated with bullying ($r = .09$, $p < .05$) and victimization ($r = .28$, $p < .01$) while emotional neglect correlated with victimization ($r = .14$, $p < .01$) but not with bullying ($r = .03$, ns). Multiple regression showed that emotional abuse and neglect did not predict bullying perpetuation (Adj. $R^2 = .01$) but did predict victimization (Adj. $R^2 = .07$, $p < .001$). Significant gender differences were found for both perpetuation and victimization. Understanding that emotional neglect and abuse relate to bullying can guide school-based strategies that address early adverse experiences and also reduce students' involvement in bullying.

Keywords: Emotional abuse and neglect, adolescents, Bullying Behavior, School interventions

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Relationship between Premarital Anxiety and Psych ache among Young adults

Nadia Mir & Dr. Umara Rauf

Department of Psychology, Government College Women University, Sialkot

Premarital anxiety, marked by fears and uncertainties about the transition into marriage is becoming a significant concern among young adults and often contributes to emotional turmoil and psych ache. The present study aimed to examine the association between premarital anxiety and psych ache among young adults and to test whether premarital anxiety predicts psych ache and to determine whether this relationship differs by gender. It was hypothesized that 1. Premarital anxiety will be positively correlated with psychache. 2. Premarital anxiety will significantly predict psych ache. 3.The levels of premarital anxiety and psych ache will differ between genders. A correlational, cross-sectional design was used. A sample of 500 unmarried and not-engaged young adults aged 20–35 years was collected from universities through purposive sampling. Self-reported validated measures of pre-marital anxiety and Psych ache were completed by participants. Findings revealed that there is a significant positive association between premarital anxiety and psych ache, $r = .512$, $p < .001$ ($N = 500$). Regression analysis showed that premarital anxiety significantly predicted psych ache ($R = .512$, $R^2 = .262$, adjusted $R^2 = .260$). Gender comparisons revealed a significant difference in premarital anxiety ($t = -4.75$, $p < .001$), but not in psych ache ($t = -0.49$, $p = .62$). This study deepens understanding of how premarital anxiety shapes experiences of psychological pain among young adults, offering meaningful directions for preventive and therapeutic interventions in premarital counselling

Keywords: Premarital anxiety, Psych ache, young adults

Silent Scars: Unveiling the Lived Realities of Young Men Surviving Childhood Sexual Abuse

Laiba Mahmood & Arooj Nazir

Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

Sexual abuse is an adverse experience that deeply affects the psychological well-being and emotional functioning of individuals. The current study aimed to explore the lived experiences of male adults with a history of sexual abuse. A sample size of six males was taken within the age range of 20 to 27 from Faisalabad and Lahore using snowball sampling. The participants were interviewed through a semi-structured interview guide developed and reviewed by experts. The research design was phenomenological, and Interpretative Phenomenological Analysis (IPA) was used for data analysis. The results showed 10 superordinate themes of lived

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experiences of male adults with a history of childhood sexual abuse. These themes included childhood and lived reality of abuse, psychological and emotional impact, family and social dynamic post abuse, self-perception and identity, masculinity and gendered expectations, sexual identity and orientation, coping and resilience strategies, faith and spirituality, cultural structures and systematic gaps, and catharsis and healing through expression. The results of this study have substantial implications for the Pakistani context, including clinical practice, cultural understanding, education policy, and institutional reform. Findings of the study contributed significantly to the pre-existing gap in the literature regarding the experiences of male adults with a history of childhood sexual abuse.

Keywords: lived experiences, sexual abuse, childhood, males, young adults

Exploring the Mental Health Issues of the Individual with Peripheral Neuropathy

Samra Saleem and Arooba Javed
Department of Psychology, Islamia University of Bahawalpur
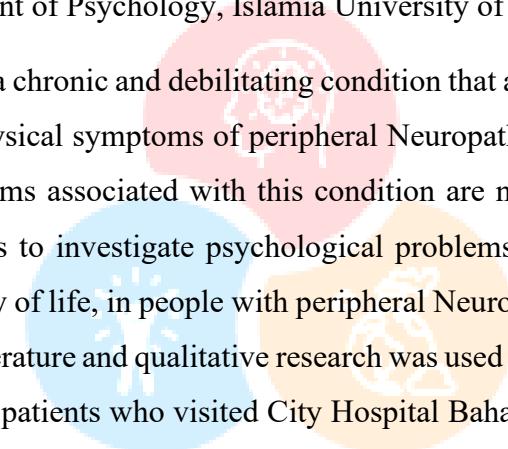
Peripheral Neuropathy is a chronic and debilitating condition that affects millions of people worldwide. While the physical symptoms of peripheral Neuropathy are well documented. The psychological problems associated with this condition are not well understood. The purpose of this study was to investigate psychological problems, including depressions, anxiety, stress, and quality of life, in people with peripheral Neuropathy. A comprehensive review of the available literature and qualitative research was used to collect data. The study participants were sciatica patients who visited City Hospital Bahawalpur from whom data were collected by face-to-face in-depth interviews, and audio was recorded. Before data collection, the objectives of the study were discussed, and written consent was taken from patients selected for the study. After the data were collected and entered using NVivo software, the data were analyzed through the thematic analysis technique. These interviews were audio-recorded and transcribed in written form. Data analysis in qualitative research is the process of making sense of non-numeric data to identify patterns, themes, and insights. The goal is to understand the human experience and create actionable findings. Comprehensive review of the available literature and qualitative research were used to collect data. The findings highlight the significant impact of peripheral neuropathy on mental health and well-being, highlighting the need for comprehensive care that addresses both physical and psychological needs. Thematic analysis revealed a profound impact of peripheral neuropathy on mental health, including heightened anxiety and depression, sleep disturbances, and diminished quality of life. A number of three major themes were

generated from the data analysis process. These themes were formed by using NVivo software. These themes were divided into sub themes: Sense of being unavailable to the family, chaotic experiences, which included two sub themes, physical and psychological changes. Transitional phase, which included two sub themes, increase sense of responsibility, work family imbalance. This ground breaking research underscores the imperative for holistic care models addressing Both physical and mental health needs of individuals with peripheral neuropathy. By revealing the hidden burden of mental health outcomes, this research paves the way for better patient outcomes, improved quality of life, and new treatment options. These findings carry important implications for preserving human dignity, suggesting that care for individuals with peripheral neuropathy must go beyond symptom management to uphold their autonomy, self-worth, and meaningful social roles.

Keywords: peripheral neuropathy, mental health, depression, anxiety, stress, quality of life, psychological

Relationship between Benign Masochism and Drug Dependence among Individuals with SUDs

Mahnoor Zahid & Dr. Umara Rauf
Department of Psychology, Government College Women University, Sialkot
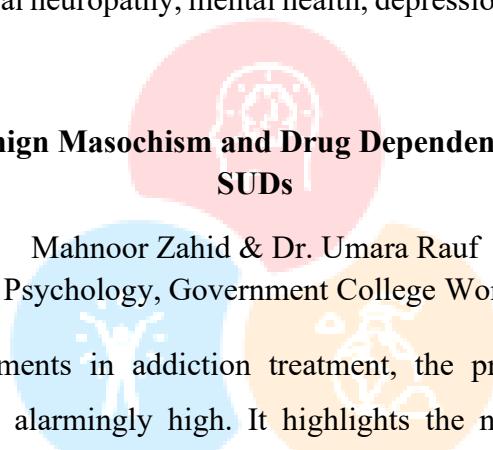
Despite ongoing advancements in addiction treatment, the prevalence of substance use disorders (SUDs) remains alarmingly high. It highlights the need to examine underlying psychological tendencies that reinforce drug dependence. The empirical exploration of how these traits influence drug dependence was limited. This study aimed to fill this gap by systematically examining the relationship between benign masochism and psychological drug dependence and by identifying potential differences across stimulant and depressant users. It was hypothesized that benign masochism will positively predict psychological drug dependence and there will be a significant difference between stimulant and depressant users in levels of focal variables. A correlational cross-sectional design was employed. The sample consisted of 300 drug addicts recruited from rehabilitation centers through purposive sampling. Their age ranged from 18 to 40 years (M= 28.45, SD= 6.31). In the first stage, participants were screened out using the Structured Clinical Interview- DSM V (SCID-V). Then participants completed the Benign Masochism Scale and Leeds Dependence Scale. Findings revealed that benign masochism showed a significant positive correlation with psychological drug dependence ($r = .83$, $p < .001$) and explained 46% variance in drug dependence. Group
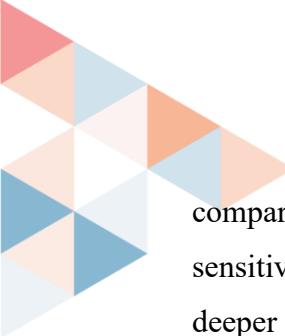
comparison revealed significant mean differences in benign masochism (t= 4.2, p<.01), reward sensitivity (t = 3.27, p < .01) and dependence (t = 2.91, p < .01). This research contributes to a deeper understanding of personality-linked mechanisms in addiction, offering valuable directions for personalized and preventive approaches in clinical settings.

Keywords: Benign Masochism, Reward Sensitivity, Drug Dependence, Substance use Disorder

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 Sciences, University of Central Punjab, Lahore

Heroin dependence is a major public health crisis in Pakistan, complicated by cultural stigma, weak healthcare infrastructure, and limited awareness that restricts effective treatment. Although Medication-Assisted Treatment (MAT) is internationally recognized as effective, its implementation in Pakistan remains underutilized. This study explored the lived experiences of late young adult men recovering from heroin addiction through MAT, with particular attention to motivation, barriers, stigma, and the role of social support, framed by the Transtheoretical Model of Change, Stigma Theory, and Social Support Theory. A qualitative phenomenological design was employed, using Interpretative Phenomenological Analysis (IPA) to examine narratives of six purposively selected participants aged 31–36 with long-term opioid use and repeated relapses. Data were gathered through in-depth semi-structured interviews, transcribed, translated, and thematically analyzed. Findings revealed that readiness for change was fragile and nonlinear, with participants frequently cycling between ambivalence, relapse, and recovery. Family intervention, health crises, and spiritual reflections often acted as cues to action, while stigma, public, familial, and self-directed, was a persistent barrier that undermined self-worth and treatment engagement. Family and peer support provided both encouragement and strain, shaping recovery outcomes. Recovery was experienced as rebuilding identity, hope, and social belonging, yet systemic barriers such as poor treatment quality and lack of follow-up impeded continuity. The study highlights the urgent need for culturally sensitive, stigma-reducing, and family-inclusive approaches to MAT, alongside policy reforms to enhance access, quality, and psychosocial support.

Keywords: Opioid Addiction, Heroin, Medication-Assisted Treatment, Recovery, Lived Experience

Scientific Session I-E (12:10-1:30 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 a risk factor for insomnia and suicidal ideation **Fatima Tariq & Dr. Shazia Hasan** Department of Psychology, Faculty of Humanities and Social Science, 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 **Mahrukh Khan & Dr. Bushra Naz** Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore.
4	MHCH-102503-48	Hypercriticalness Schema, Implicit Beliefs of Intelligence, Academic Self-Efficacy and Imposter Syndrome in High-Stakes Exam Takers **Tooba Hassan** Department of Psychology, Government College University, Lahore
5	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
6	MHCH-102503-126	Expectations from Caregivers of Women with Post-Operative Complications After Delivery: A Qualitative Study **Unshah H Qureshi & Dr. Hina Javed Rana** School of Professional Psychology, University of Management and Technology, Lahore

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7	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

Cluster C Personality Traits as a Risk Factor for Insomnia and Suicidal Ideation

Fatima Tariq & Dr. Shazia Hasan

Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

The aim of the current study was to investigate how Cluster C personality traits, specifically dependent, obsessive-compulsive and avoidant personality traits, predict the emergence of suicidal ideation and insomnia. Personality traits such as vulnerability to depression, anxiety insomnia and suicidal thoughts are persistent thought emotion, and behavior patterns that influence mental health outcomes. Particularly linked to maladaptive coping stress reactivity and sleep disturbances are Cluster C personality disorders which include Obsessive-Compulsive Personality Disorder (OCPD), Avoidant Personality Disorder (AvPD) and Dependent Personality Disorder (DPD). The current study used stress, anxiety and depression as mediating factors to examine the predictive role of Cluster C traits on insomnia and suicidal ideation. The hypothesis was that (a) personality traits of OCPD, AvPD and DPD would predict insomnia (b) this relationship would be mediated by stress anxiety, and depression (c) these traits would predict suicidal ideation and (d) the predictive strengths of OCPD, AvPD and DPD would differ significantly. 150 participants ages 23 to 27 with a diagnosis of insomnia lasting three months to three years were selected using a quantitative research design that used non-probability purposive sampling. The Pittsburgh Sleep Quality Index (PSQI), Insomnia Severity Index (ISI), Depression Anxiety Stress Scale (DASS) and Modified Scale for Suicidal Ideation (MSSI) were among the measures used. The results of hierarchical regression showed that OCPD traits were the best predictor of insomnia (27 percent variance) followed by avoidant traits (3.2 percent) while dependent traits had a negligible impact (0.3 percent). An examination of the path revealed that OCPD was highly associated with stress, anxiety and depression all of which mediated its impact on insomnia. Stress was found to be the most effective predictor of sleep disturbance. OCPD was found to be the most significant predictor of suicidal ideation
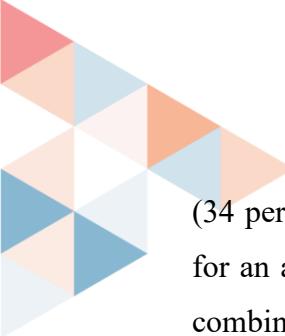
(34 percent variance) by stepwise regression, with dependent and avoidant traits accounting for an additional percent. The results validate the theories emphasizing how cultural norms combine with perfectionism, rejection anxiety and dependency to worsen sleeplessness and suicidal thoughts.

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

Adverse childhood experiences can inculcate abandonment schema and thinking errors related to one's relationships in later life. As the individuals cross the maze of human connection, they may also encounter the intense experience of limerence, which is an overwhelming state marked by deep infatuation and romantic obsession. This research aimed to investigate the relationship between abandonment schema, interpersonal cognitive distortions, and limerence among young adults. It was hypothesized that there would be a significant relationship between study variables. Furthermore, the subdomains of interpersonal cognitive distortions, including; interpersonal rejection, unrealistic relationship expectations, and interpersonal, misperception will mediate the relationship between abandonment schema and limerence among young adults. Convenient sampling was used to collect data from young adults (N=332) enrolled in different public and private universities of Lahore with an age range of 18 to 30 years (M= 21.8, SD=2.05). Abandonment Core Belief Scale (Skeen, 2014), Interpersonal Cognitive Distortions Scale (Hamamcı, 2004), and Wolf & Lemay Limerence Measure (Wolf & Lemay, 2015) were used. The findings indicated that there was a significant positive relationship between abandonment schema, interpersonal cognitive distortions, interpersonal rejection, unrealistic relationship expectations, and interpersonal misperception and limerence. The mediation analysis revealed a significant partial mediation, with unrealistic relationship expectations significantly mediating the relationship between abandonment schema and limerence, while interpersonal rejection and interpersonal misperception did not show significant indirect effects. The insights of the study can inform schema-focused interventions aimed at reducing dysfunctional relational patterns and limerence in youth.

Distress, Emotion regulation, and cognitive failure in IT professionals

Mahrukh Khan & Dr. Bushra Naz

Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

The information technology profession is a rapidly expanding field. Most IT professionals in Pakistan work on night shifts. This study aims to examine the association between study variables, including Distress, Cognitive failure, and Emotion Regulation, and their subdomains. For this purpose, the quantitative research method was employed. Purposive sampling, along with the snowball technique, was used to approach 125 IT professionals working in the IT department or companies. The Data collection was done through PROMIS Short forms of (Anger, Anxiety, Depression), the Emotion regulation questionnaire (Gross and John,2023), and the Cognitive failure Questionnaire (Broadbent et al., 1982). The reliability of all the scales was within an adequate to excellent range (.88 to .96). The Results of this study suggested that Distress has a significant negative correlation with Emotion regulation and its subdomains and a significant positive correlation with Cognitive failure. On the Other hand, Emotion regulation has a significant negative relationship with Distress and cognitive failure. Cognitive failure significantly positively predicts distress and negatively predicts Expressive suppression, explaining 55% of the variance. The Expressive suppression partially mediates between Distress and cognitive failure. Moreover, differences were observed between gender, socioeconomic status, and the Nature of the job. The findings of this study contribute to enhancing awareness of well-being among IT professionals, thereby supporting their productivity in the workplace.

Keywords: IT Professionals, Distress, Emotion regulation, Expressive suppression, Cognitive failure

Hypercriticalness 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

In many South Asian households, conditional affection instills unrelenting standards of self, which contribute to a hypercritical pattern. This hyper criticalness schema can manifest as impostor syndrome wherein individuals struggle with feelings of self-doubt. This study aimed to explore the relationship between hypercriticalness schema, implicit beliefs of intelligence, academic self-efficacy, and imposter syndrome in a sample of 300 students preparing for high-

stakes exams such as the Medical and Dental College Admission Test (MDCAT) and the Central Superior Services (CSS) in Pakistan. The research employed the Young Schema Questionnaire YSQ-L3 (Young & Brown, 2005), the Implicit Self-Theory Scale (Dweck, 2000), the Academic Self-Efficacy Scale (Zajacova et al., 2005), and the Imposter Phenomenon Scale (Clance, 1985). Data was analyzed using SPSS v26 and PROCESS Macro. Descriptive statistics included mean, standard deviation, percentages, and frequencies to summarize the central tendencies and distributions of key variables. Correlation analysis examined the relationships among variables. Mediation analysis identified the mediating role of academic self-efficacy, entity beliefs, and incremental beliefs in the relationship between hypercriticalness schema and imposter syndrome. Moderation analysis examined the impact of exam type and gender on this relationship. The results showed a strong correlation. Mediation analyses showed that academic self-efficacy and incremental beliefs partially mediated the relationship between hypercriticalness schema and imposter syndrome. Gender significantly moderated this relationship, whereas exam type showed a non-significant moderating effect. The findings of this study provided valuable insights for developing strategies to alleviate imposter syndrome and enhance academic self-efficacy.
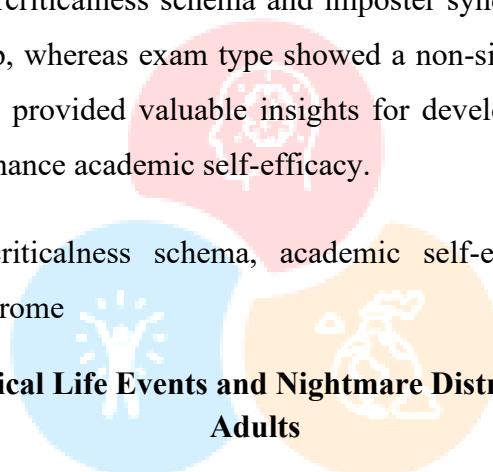
Keywords. Hypercriticalness schema, academic self-efficacy, implicit belief of intelligence, imposter syndrome

Personality Traits, Critical Life Events and Nightmare Distress Among Middle Aged Adults

Hira Ashiq & Saima Bano
Department of Professional Psychology, Bahria University

The research was conducted to explore the interplay of personality traits, critical life events and nightmare distress among middle aged (35 to 60 year) adults. A cross-sectional study design was used to gather information from 205 participants, aged 35 to 60 years, through Brief Personality Inventory, Social Readjustment Rating Scale and Nightmare Distress Questionnaire for assessing personality traits, critical life events and nightmare distress respectively. Descriptive, Correlational, Regression and Independent sample t-test analysis was performed by SPSS. The findings highlighted that neuroticism is a strong predictor of nightmare distress, whereas the openness to experience do not predict distress, suggesting that there could be cognitive flexibility that cushions the negative emotional effects of nightmares. Also, critical life events significantly predict nightmare distress. The findings show that there are no gender and age differences in distress with nightmares, which question prior
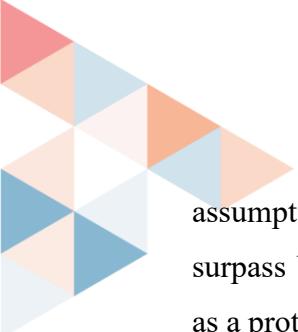
assumptions about demographic vulnerability. Instead, it emphasizes that psychosocial factors surpass biological variables. These contexts, specifically collectivistic frameworks, emerged as a protective factor. The study stresses the need for culturally adaptive interventions that can integrate psychological therapies to reduce nightmare- related distress. These findings provide valuable insights into designing personalized treatments and pave a way for future research to better understand cultural and emotional predictors of dream-related distress across diverse populations.

Keywords: Nightmare Distress, Personality Traits, Neuroticism, Openness to Experience

Expectations from Caregivers of Women with Post-Operative Complications After Delivery: A Qualitative Study

Unshah H Qureshi & Dr. Hina Javed Rana
School of Professional Psychology, University of Management and Technology, Lahore

The current study aimed to explore the expectations of caregivers of women with post-operative complications following delivery in Pakistan. A qualitative phenomenological study design was employed to better understand these caregivers' actual experiences, as well as how they understood and made sense of the caregiving roles. Purposive and snowball sampling were used to recruit individuals, with a sample size of N=7. Data was gathered through one-on-one, in-depth interviews and processed using Interpretative Phenomenological Analysis (IPA). The research results demonstrated that caregivers faced multi-layered expectations divided into three major themes: societal expectations, familial expectations, and self-expectations. Prioritizing caregiving, patience, tolerance, responsibility, and optimism were some of the subthemes that arose. Participants expressed a strong sense of obligation resulting from cultural and familial standards that classify caregiving as a moral and gendered duty. These expectations frequently resulted in emotional weariness, self-neglect, and a need to maintain resilience in both hospital and home environments. The findings highlight the importance of acknowledging and supporting caregivers, particularly women, as they navigate societal and familial expectations. The study adds to the small body of literature on caregiving during postnatal medical problems and has implications for building psychosocial support systems that are sympathetic to Pakistan's collectivist cultural environment.

Keywords: Caregiver expectations, Post-operative Complications, Qualitative phenomenology, Societal and familial roles, Postnatal caregiving in Pakistan

Evaluating Cognitive Function through MOCA: An Occupational Therapy Perspective in Substance Use Disorder Rehabilitation

Muhammad Hammad[1], Noreen Begum[2], Bushra Iqbal[2], & Mr. Muhammad Ali[1]

[1]Sindh Institute of Physical Medicine and Rehabilitation

[2]Model Addicts Treatment & Rehabilitation Centre (*MATRC*), Sukkur

Substance Use Disorder (SUD) significantly affects cognitive functioning, hindering recovery and rehabilitation efforts. The Montreal Cognitive Assessment (MoCA) is a validated screening tool used to detect cognitive deficits in various clinical populations. This cross-sectional study assessed cognitive functioning in 49 inpatients with SUD at different drug rehabilitation centers in Karachi, 15 days after detoxification. The MoCA test was administered to evaluate cognitive performance, and participants were categorized into four cognitive levels: normal, mild, moderate, and severe impairment. Results showed that 30% (n=17) of participants had severe cognitive impairment (score below 10), 57.1% (n=29) exhibited mild impairment (scores 11–15), and only 12.9% (n=3) scored within the near-normal range (scores 16–20). A large proportion of participants were adolescents (41.7%) and single (68.8%). Employment instability was common, with 15.2% unemployed and 41.3% engaged in semi-skilled jobs. Polysubstance use was reported by 51% (n=25), with common combinations including charas, ice, alcohol, and crystal. These findings highlight the persistent cognitive deficits present even after detoxification, emphasizing the importance of early cognitive screening and targeted occupational therapy interventions in addiction treatment programs. Cognitive rehabilitation not only enhances recovery but also upholds human dignity by empowering individuals to make autonomous decisions and reclaim meaningful social roles. By strengthening cognitive abilities, individuals are better able to reintegrate into society, maintain employment, and rebuild supportive social connections—key aspects of dignified living. Integrating cognitive assessment tools like MoCA through occupational therapy interventions into post-detox care enhance both clinical recovery and social reintegration outcomes among individuals with SUD.

Keywords: Occupational Therapy, Substance Use Disorder, Cognitive Impairment, Cognitive Functioning, Cognitive Screening, Social Reintegration

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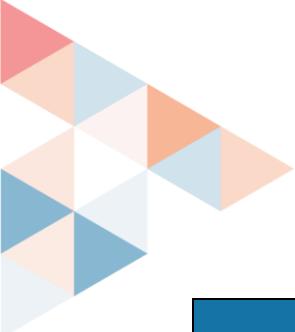
Scientific Session I-F (12:10-1:30 PM)
Theme: Digital Behaviors, Media, and Mental Health

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 Assistant Professor, Department of Psychology, Garrison University, Lahore.
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, Lahore
4	MHCH-102503-82	Social Media Addiction, Sleep Quality and Subjective Well-Being in College Students **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**

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		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 Attique** Department of Psychology, Faculty of Humanities and Social Science, 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

Exploring Perceived Risks of Vlog Consumption in Young Adults

Rameen Arshad & Iqra Sageer

Department of Applied Psychology, Lahore School of Behavioral Sciences, The University of Lahore

This qualitative study explored the perceived psychological, emotional, social, behavioral, and academic risks associated with vlog consumption among young adults in Pakistan. Using semi-structured interviews with eight participants aged 18–25, the researcher used phenomenological research design to examine how frequent engagement with vlogs influences mental well-being and daily functioning. Interpretative phenomenological analysis revealed six major themes: psychological impact (including anxiety, depressive feelings, emotional dysregulation, and low self-esteem); behavioral and habitual impact (compulsive viewing, sleep disruption, and digital dependency); academic distraction (reduced focus, procrastination, and loss of productivity); social and relational disruptions (family conflicts, diminished face-to-face interactions, and peer withdrawal); unrealistic standards and identity crisis (materialism, comparison with idealized lifestyles, and dissatisfaction with one's own achievements); and positive and motivational influences (self-improvement, skill development, cultural exposure, and educational benefits). The study was driven by the need to address the research gap regarding the specific risks of vlog consumption in the Pakistani context, where cultural norms, rapid digitalization, and changing youth preferences intersect. Results highlight how vlogs can both inspire and unsettle young adults, simultaneously offering learning opportunities while fostering unrealistic expectations. The findings underscore the importance of enhancing media literacy programs, fostering critical awareness of online content, and promoting mental health education to counter potential harm. These implications can guide
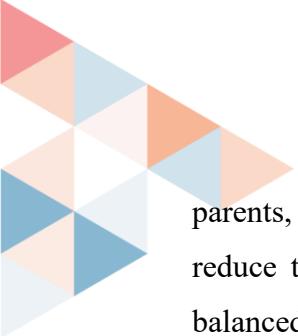
parents, educators, psychologists, and policymakers in designing targeted interventions that reduce the negative effects of excessive vlog consumption and encourage healthier, more balanced media habits among Pakistani youth.

Efficacy Of Cognitive Behavior Therapy Based Counseling for Internet Gaming Addiction Among Youth

Mobeen Rauf & Umara Rauf
Department of Psychology Government College Women University, Sialkot

This study aimed to explore the efficacy of cognitive behavior therapy-based counseling (CBTC) for managing internet gaming addiction (IGA) among youth. Utilizing a quasi-experimental pre- and post-test design, 20 participants aged 16-22 years were selected through a multistage sampling method from various educational institutes in Sialkot, Pakistan. Their minimum qualification level was graduation. This study was carried out in different phases from screening of research participants to implement eight therapeutic group sessions twice a week, each comprised of 40 minutes, followed by post-assessment. Results indicated a marked decrease in the symptoms of demonstrated statistically significant decrease in the symptoms of internet gaming addiction scores from pre-test (M = 34.80) to post-test (M = 14.10), t(19) = 16.13, p < .00. These findings highlight the potential of cognitive behavior therapy as a valuable therapeutic approach for reducing problematic gaming behavior among young adults. This study promotes controlled gaming habits instead of complete abstinence, making therapy appealing and practical for gamers.

Socio-Emotional Experiences of Maladaptive Daydreamers Having Parasocial Relationships

Sameea Hassan & Rabia Dasti
Center for Clinical Psychology, University of the Punjab, Lahore

The present study was a qualitative investigation and in-depth online interviews were conducted with 4 participants including 2 men and 2 women who have been involved in maladaptive daydreaming and currently have a strong, established parasocial relationship with a celebrity or a fictional character. Differential Emotional Processing Theory of Maladaptive
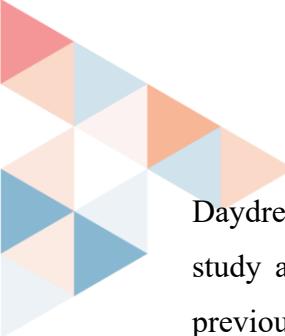
Daydreaming and Social Surrogacy Hypothesis guided the major research question of this study as the theoretical framework. An interview guide was prepared in accordance with previous literature and theoretical foundations and was then reviewed by three professionals in the field of clinical psychology. An advertisement for the research was circulated on social media, specifically the online communities and support groups related to maladaptive daydreaming on Reddit and Facebook. The advertisement poster outlined the aims of the research, researcher's contact information, and a link to the relevant form which contained the demographic sheet and screening questionnaires namely Maladaptive Daydreaming Scale (MDS-16) and Celebrity Persona Parasocial Interaction Scale (CPPI). Relevant participants were screened according to the established cut-off scores and were interviewed. The interviews were recorded and were later transcribed for subsequent analysis. Interpretative phenomenological analysis yielded five superordinate themes along with their corresponding subthemes: Initiation of Emotional Attachment with the Persona, Emotional Proximity through Content Consumption, Integration of the Persona in Daydreams, Social Withdrawal, and Emotional Chamber. Data verification was done with the help of frequent debriefing sessions, peer review, and rich thick description.
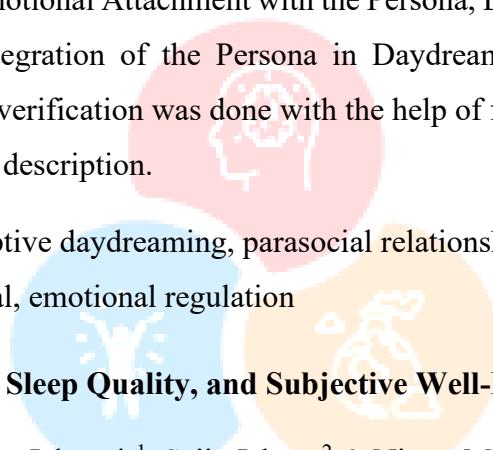
Keywords: maladaptive daydreaming, parasocial relationships, social experiences, emotions, social withdrawal, emotional regulation

Social Media Addiction, Sleep Quality, and Subjective Well-Being in College Students

Dr. Hira Jahangir[1], Sajia Jabeen[2] & Nimra Munawar[3]
[1]Higher Education Department, Government of Punjab, Lahore, [2]Government College University, Lahore, [3]Department of Applied Psychology, Lahore School of Behavioral Sciences, The University of Lahore

The current study aimed to see the relationship between social media addiction, sleep quality and subjective well-being in college students. It is also intended to find out the predictive strength of social media addiction and sleep quality on the subjective well-being of students. Correlation research design was used, with a purposive sample of 350 students (175= men, 175= women), ages ranging between 18 and 25 years (M= 143.41, SD=21.6). Social Media Addiction Scale-Student Form, Sleep Quality Scale and Life Satisfaction Scale were employed. The results showed that social media addiction has a significant negative correlation with sleep quality and subjective well-being, whereas sleep quality showed a positive correlation with subjective well-being. Stepwise regression analysis indicated that social media addiction, sleep quality and gender appeared as significant predictors of subjective well-being. Independent

sample t-test showed that men scored higher on social media addiction compared to women. Women scored higher on subjective well-being. This study has wide implications in social and clinical psychology.

Keywords: sleep quality, social media addiction, subjective well-being, college students

Fear of Missing Out, Impulsiveness, and Mental Well-Being in Android Users

Laiba Saleem & Samer Fatima
Department of Psychology Fazaia College, Lahore

The present study aimed to examine the relationship between Fear of Missing Out, Impulsiveness, and Mental Well-Being in Android Users. The purpose of this study was to explore how the fear of missing out and impulsive behaviors can affect mental well-being among individuals who use Android devices, contributing to the understanding of the psychological impacts of digital engagement. It was hypothesized that (a) there is likely to be a negative relationship between the Fear of Missing Out (FOMO), Impulsiveness (Cognitive Impulsivity, Behavior Impulsivity, Impatience/Restlessness) and Mental Well-Being in Android Users; (b) there is likely to be a predicting effect of Fear of Missing Out (FOMO) and Impulsiveness (Cognitive Impulsivity, Behavior Impulsivity, Impatience/Restlessness) on Mental Well-Being in Android Users; and (c) there is likely to be no gender difference in Fear of Missing Out, Impulsiveness, and Mental Well-Being in Android Users. Purposive sampling was used and a sample of (N = 156) participants (M age = 2.46, SD = .67) were recruited. Fear of Missing Out ([FOMO]; Przybylski et al., 2013), Impulsiveness (Patton et al., 1995), and Short Warwick Edinburgh Mental Wellbeing Scale (SWEMWBS; Tennant et al., 2007) were used. Pearson Product Moment Correlation Coefficient showed that Fear of Missing Out and Impulsiveness (Cognitive Impulsivity, Behavior Impulsivity, Impatience/Restlessness) are significantly negatively correlated with Mental Well-Being. Cognitive Impulsivity, Behavioral Impulsivity, and Impatience/Restlessness negatively predicted Mental Well-Being. No significant gender differences were observed in Fear of Missing Out, Impulsiveness, and Mental Well-Being in Android Users. This study will be helpful for better mental health management among adults, especially those who are using Android gadgets in an unhealthy way

Key words: Fear of Missing Out, Impulsiveness, Mental Well-Being

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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

The present study examined the psychological impact of reliance on artificial intelligence (AI) applications and tools among university students, focusing on how Fear of Negative Evaluation (FNE) contributes to the development of Impostor Syndrome. As AI tools become integral to academic life, their influence on students' confidence and authenticity warrants exploration. Data were collected from 200 undergraduate students who completed standardized questionnaires assessing AI dependence, FNE, and Impostor Syndrome. Correlational analysis revealed significant positive relationships among the three variables, suggesting that greater dependence on AI was associated with higher levels of fear of being negatively judged and stronger impostor feelings. Mediation analysis using Hayes' PROCESS macro (Model 4) indicated that FNE partially mediated the link between AI dependence and Impostor Syndrome. Students who relied heavily on AI reported heightened concerns about evaluation, which in turn contributed to self-doubt and reduced feelings of competence. These findings highlight the potential psychological costs of excessive AI reliance, particularly its role in fostering internalized inadequacy and performance anxiety. Educational institutions should design interventions that promote balanced AI use while enhancing students' self-efficacy and confidence, ensuring technology serves as a supportive tool rather than a source of dependency or psychological distress.
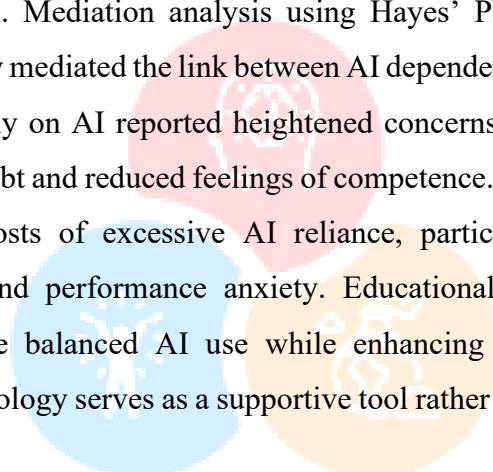
Keywords: Impostor Syndrome, Fear of Negative Evaluation, AI Dependence, Artificial Intelligence

Work Incivility, Digital Self-Efficacy, and Fatigue in Remote Worker

Zohra Fatima & Aliya Atique
Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

The rise of remote work has transformed workplace dynamics, creating both opportunities and challenges for employees. This study investigates the relationship between work incivility, digital self-efficacy, and fatigue among remote workers in Pakistan. A cross-sectional correlational design was used, and data were collected from 220 participants aged 25–35 using purposive and snowball sampling. Standardized instruments were used to assess workplace

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incivility, digital self-efficacy, and fatigue. Statistical analyses, including reliability tests, Pearson correlation revealed that workplace incivility was a significant positive predictor of fatigue, indicating that individuals who experience frequent rudeness, disrespect, or exclusion in digital work settings are more likely to report emotional and cognitive exhaustion. Digital self-efficacy was negatively correlated with work incivility, suggesting that workers who are confident in using digital tools may encounter less mistreatment or cope with it better. However, digital self-efficacy did not significantly predict fatigue. Gender comparisons showed that male participants had significantly higher digital self-efficacy scores, while no gender differences were found in levels of incivility or fatigue. These findings highlight the psychological toll of incivility in digital workplaces and suggest that promoting respectful communication may be more effective in reducing fatigue than focusing solely on technical skills. The study offers practical implications for employers, HR professionals, and policymakers aiming to improve remote work experiences and employee well-being.

Affiliate Stigma, Social Support and Quality of Life in Caregivers of Depressive Patients

Dr. Hira Jahangir[1], Dr. Arooj Zahra Rizvi[2] and Sajia Jabeen[3]
[1]Higher Education Department, [2]GOP, Lahore, Superior University Faisalabad and [3]Healing Spring, Institute, Lahore
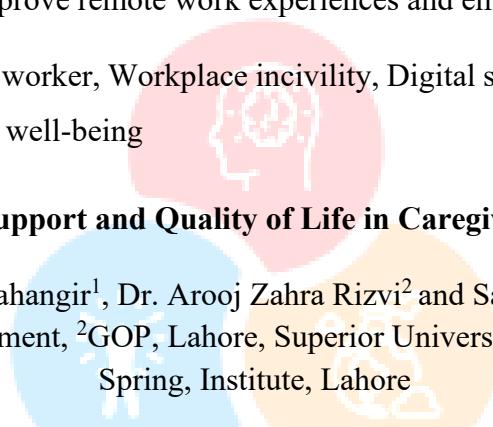
The present study aimed to see the role of affiliate stigma and social support in quality of life of caregivers of depressive patients. A purposive sample comprised of 250 caregivers (n=120 men & n=160 women), with age ranged between 25-40 years, belonged to diverse income groups, family system, and educational levels. Data were collected via Affiliate Stigma, Multidimensional Social Support Scale and WHO-QOL brief. Findings showed significant correlations between affiliate stigma, social support, and quality of life. Affiliate stigma and social support appeared as salient predictors of quality of life. Findings showed significant gender differences in terms of study variables. Findings had important implications in field of health psychology. It provides insights to health practitioners and counsellors to help caregivers in devising strategies that improve their quality of life.

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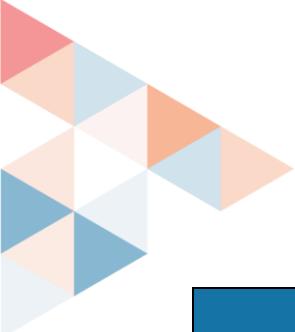
Scientific Session II-A (2:45- 4:15 PM)
Theme: Spirituality, Leadership, and Well-being

**Venue: Meeting Room Building A**	
Session Chair: Dr. Rabia Iftikhar Assistant Professor, Clinical Psychology Unit, GC University, Lahore.		**Session Co-Chair:** Dr. Shazia Habib Assistant Professor, Clinical Psychology Unit, GC University, Faisalabad.
Moderator: Ms. Hareem Azam		**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 and Shagufta Shaheen** Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
3	MHCH-102503-52	Spiritual Leadership, Workplace Spirituality, Spiritual Transcendence, and Organizational Virtuousness in Doctors **Amna Tariq and Shagufta Shaheen** Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
4	MHCH-102503-35	From Passion to Fulfilment: How Calling Shapes Career Satisfaction in Preschool Teachers **Tehreem Asad and 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
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

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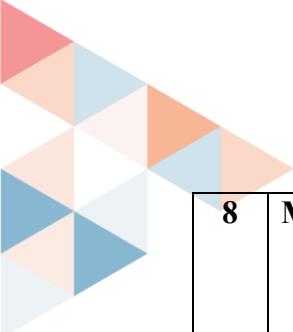
8	MHCH-102503-124	Stress, Psychological Flexibility and Eudaimonic Well-Being in Young & Middle Adults **Ms. Fatima Zafar & Dr. Humaira Naz** Centre for Clinical Psychology, University of the Punjab, Assistant Professor, Centre for Clinical Psychology, PU

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

The proactive approaches like job crafting and playful work design have become important for the IT professionals because in the rapidly changing work environment, employees have to sustain their motivation and performance. The objective of the current study is to explore the impact of proactive work designs (job crafting and playful work design) on job performance and to explore the moderating role of job autonomy and the mediating role of work flow between these relationships. Quantitative (Correlation) research design was used in the study. Non-probability purposive sampling was used in the study, and data were collected from IT professionals working in different software houses in Lahore (N=300). The scales that were used in the current study were "Job Crafting Scale" which was developed by (Tims et al., 2012). "Playful Work Design Questionnaire" was developed by (Scharp et al., 2019). "Factual Autonomy Scale" was developed by (Spector & Fox, 2003). "Work Related Flow Inventory" was developed by Bakker et al. (2008), and "Individual Work Performance Questionnaire" was developed by Koopman et al. (2015). SPSS (Statistical Package for Social Sciences) was used to analyze the data. Results indicated that job crafting and playful work design were positively correlated with job performance. Work flow served as a partial mediator between job creation and job performance and between playful work design and job performance. Furthermore, job autonomy significantly moderates the relationship between job crafting and work flow and playful work design and work flow. The implications of the study findings are that the IT sectors should provide proper autonomy to their employees and encourage proactive approaches so that their productivity and engagement are enhanced. This study not only provides theoretical contribution but also guide the HR policies and employee well-being programs on a practical level.

Keywords: Proactive work design, job crafting, playful work design, job autonomy, work flow, job performance, IT professionals

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Knowledge-Oriented Leadership, Knowledge Sharing, and Employee Performance in University Teachers

Ishmal Zahra & Shagufta Shaheen

Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

Education is considered a key factor in the progress of societies and nations. Higher Education Institutions (HEIs) are vital to this progress by promoting knowledge creation and economic growth. The current research was designed to study knowledge-oriented leadership, knowledge sharing, and employee performance in university teachers. In this study, a quantitative correlational research design was utilized. The sample of the study comprised (N=300) university teachers from the public and private sectors of Lahore with at least 1 year of experience, including both male and female, from various universities through purposive sampling. In this study, Pearson Product-Moment Coefficient of Correlation Analysis, Multiple Linear Regression Analysis, Hayes PROCESS Parallel Mediation Analysis, and independent sample t-test were applied to analyze the data through SPSS 26. The study found significant correlations among the variables. The results of multiple linear regression analysis showed that knowledge-oriented leadership and knowledge sharing (knowledge donating and knowledge collecting) were significant positive predictors of employee performance. The results of parallel mediation analysis showed that knowledge sharing (knowledge donating and knowledge collecting) significantly mediated between knowledge-oriented leadership and employee performance, which means that university teachers with knowledge-oriented leadership relying on the culture of knowledge sharing exhibit better employee performance. The findings of this research hold significant implications for Pakistan's education sector by enhancing teacher's expertise in knowledge-oriented domains promoting their mental health and professional dignity, and ultimately contributing to student's academic achievement and career success, promoting a healthier and more productive academic environment.

Keywords: Higher Education Institutions, Knowledge-oriented leadership, Knowledge Sharing, Knowledge Donating, Knowledge Collecting, Employee Performance

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Spiritual Leadership, Workplace Spirituality, Spiritual Transcendence, and Organizational Virtuousness in Doctors

Amna Tariq & Shagufta Shaheen
Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

The aim of this study was to examine how spiritual leadership influences organizational virtuousness among doctors and whether workplace spirituality and spiritual transcendence mediate this relationship. The sample included 243 practicing doctors from public and private hospitals in Lahore. A quantitative, correlational design was employed, and data were collected using standardized self-report scales. SPSS version 27 was used for analysis, applying Pearson product-moment correlation, multiple linear regression, and Hayes' PROCESS macro for parallel mediation. The results indicated that spiritual leadership positively predicted organizational virtuousness. The mediation analysis showed that workplace spirituality and spiritual transcendence both mediated the relationship between spiritual leadership and organizational virtuousness. All three dimensions of spiritual leadership, vision, altruistic love, and hope/faith, were examined separately. Workplace spirituality and spiritual transcendence mediated the relationship for vision and altruistic love, but spiritual transcendence did not mediate the relationship for hope/faith. These findings emphasize the significance of spiritually grounded leadership in fostering ethical, compassionate, and value-driven organizational cultures within healthcare settings in Pakistan.

Keywords: Spiritual Leadership, Workplace Spirituality, Spiritual Transcendence, Organizational Virtuousness, Doctors, Leadership Psychology

From Passion to Fulfilment: How Calling Shapes Career Satisfaction in Preschool Teachers

Tehreem Asad & Shagufta Shaheen
Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

Preschool teachers play a vital role in shaping children's intellectual and personal development, yet research has rarely examined how intrinsic motivators such as calling and work passion contribute to their career satisfaction, particularly in Pakistan. This study explored the relationships between calling, work passion, and career satisfaction, along with the mediating role of work passion and the influence of demographic factors. Using a cross-sectional design, data were collected from 253 preschool teachers in private schools in Lahore, Pakistan through
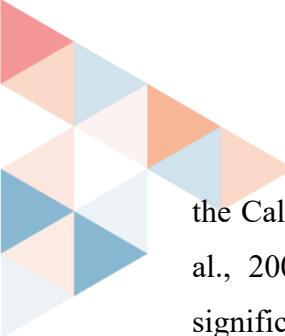
the Calling and Vocation Questionnaire (Dik et al., 2012), the Passion Scale (Carbonneau et al., 2008), and the Career Satisfaction Scale (Greenhaus et al., 1990). Results showed significant positive links among calling, work passion, and career satisfaction. Mediation analysis indicated that work passion fully mediated the relationship between calling and career satisfaction, while regression analysis revealed that both harmonious and obsessive passion significantly predicted career satisfaction. Age and income showed no impact, while experience predicted obsessive passion. These findings highlight the crucial role of work passion in translating a sense of calling into increased career satisfaction. Fostering such passion may not only enhance teachers' professional fulfillment and the quality of early childhood education, as motivated and satisfied educators are better equipped to support children's learning and development, but also safeguard their mental well-being and reinforce their professional dignity.

Keyword: Calling, Work Passion, Career Satisfaction, Mediation Analysis, Teacher Motivation, Early Childhood Education in Pakistan.

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
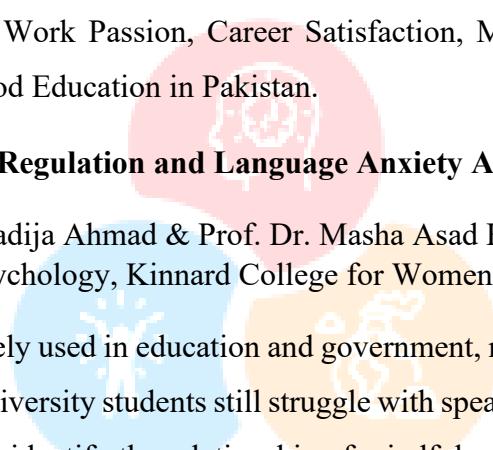
In Pakistan, English is widely used in education and government, making it essential for career growth. However, many university students still struggle with speaking it confidently in public. The current study aimed to identify the relationship of mindfulness, emotional regulation and language anxiety in university students of Pakistan. Moreover, the moderating role of emotion regulation was also examined. A sample of 300 university students of undergraduate and postgraduate programs, both males (50.3%) and females (49.7%), was selected by using purposive sampling. The Mindful Attention Awareness Scale, Emotion Regulation Questionnaire and English Language Anxiety Scale were administered on the participants. Data was analyzed using IBM SPSS version 26. Pearson Product Moment Correlation and moderation analyses were used to analyze the data. The results showed that mindfulness had a moderate, positive correlation with emotional reappraisal and a weak, positive correlation with emotional suppression, indicating that mindful students are more likely to use these emotion regulation strategies. Additionally, mindfulness had a moderate, negative correlation with language anxiety, suggesting that more mindful students experience less anxiety when speaking a foreign language. However, neither emotional reappraisal nor emotional

suppression showed a significant relationship with language anxiety, implying that emotion regulation strategies alone do not strongly impact language anxiety. Further analysis through moderation testing revealed that emotion regulation moderates the relationship between mindfulness and language anxiety. Specifically, the effect of mindfulness on language anxiety was stronger for students who were better at regulating their emotions. The findings highlight that integrating mindfulness and emotional regulation into language learning can reduce anxiety and improve performance.

Keywords: Mindfulness; Emotional regulation; Language anxiety

Religious Orientation and Relationship Commitment: A Mediating Role of Moral Intelligence among Married Couples

Taiba Umar & Dr. Fatima Naeem Malik
Department of Professional Psychology, Bahria University Lahore Campus
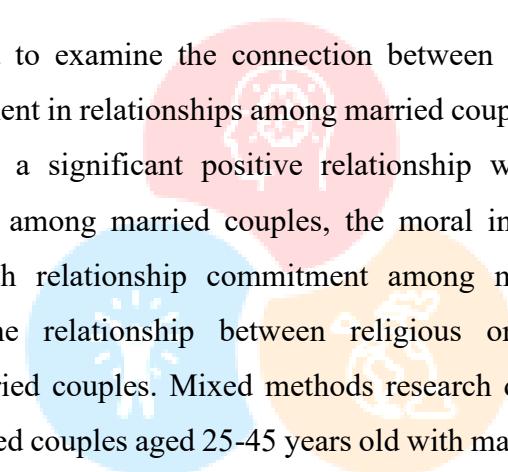
The current study aimed to examine the connection between religious orientation, moral intelligence and commitment in relationships among married couples. It was hypothesized that religious orientation has a significant positive relationship with moral intelligence and relationship commitment among married couples, the moral intelligence has a significant positive relationship with relationship commitment among married couples and moral intelligence mediates the relationship between religious orientation and relationship commitment among married couples. Mixed methods research design was employed and a sample (N= 200) of married couples aged 25-45 years old with marriage duration of 2-10 years was selected through purposive sampling. The data were collected through demographic sheet, religious orientation questionnaire (Khan et al., 2016), Indigenous Moral Intelligence Scale and the Investment Model Scale (Hayee & Kamal, 2023) was employed to measure relationship commitment. Data was analyzed through regression analysis, t-tests and mediation analysis (Hayes PROCESS Macro). Results indicated that religious orientation has a significant positive relationship with moral intelligence and relationship commitment and moral intelligence has a significant positive relationship with relationship commitment among married couples. Results indicated that moral intelligence mediates the relationship between religious orientation and relationship commitment among married couples.

Keywords: Religious orientation, Moral intelligence, Relationship commitment, Married couples

Perceived Parenting Styles, Perfectionism, and Achievement Motivation Among University Students

Natalya Idrees & Dr. Ruhi Khalid

Department of Psychology, Beaconhouse National University, Lahore

This research examines the intricate relationship between perceived parenting styles and their impact on the dimensions of perfectionism and achievement motivation among university students in a collectivist cultural context, specifically Pakistan. A purposive sampling strategy was employed with a sample of 150 undergraduate students who completed self-report measures, which were the Perceived Parenting Styles Scale (determining authoritative, authoritarian, and permissive parenting styles), the Almost Perfect Scale-Revised (assessing adaptive and maladaptive perfectionism), and the University Student Motivation and Satisfaction Questionnaire Version 2 (measuring intrinsic and extrinsic motivation). The data was analyzed using multiple linear regression analyses to determine predictive relationships. The results showed a clear and significant differential influence of parenting styles. Authoritative parenting emerged as a strong and positive predictor with adaptive perfectionism and intrinsic motivation, indicating that a parenting style with warmth and high standards encourages healthy striving and a genuine drive for learning. In contrast, authoritarian parenting was a positive predictor of maladaptive perfectionism and a negative predictor of extrinsic motivation, suggesting that a parenting style with low warmth and a punitive approach is linked to low self-esteem and reduced drive to achieve. No significant associations were found for permissive parenting, implying that a parenting style that lacks structure or control is associated with low criticism and reduced fear of failure. Moreover, Gender differences were not significant across the variables. The findings revealed the critical role of parenting in shaping students' academic and psychological outcomes, highlighting the importance of culturally sensitive parenting practices to encourage positive achievement behaviors and healthy strivings.

Keywords: Parenting Styles, Perfectionism, Achievement Motivation, University Students

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Stress, Psychological Flexibility and Eudaimonic Well-Being in Young & Middle Adults

Ms. Fatima Zafar & Dr. Humaira Naz
Center for Clinical Psychology, University of the Punjab

In a world where stress is an inevitable part of modern life, understanding the psychological processes that promote well-being has become increasingly important. This study explored the relationship between stress and eudaimonic well-being, with psychological flexibility examined as a key mediating variable across different age groups. The previous study investigates that adults who have more psychological flexibility have higher wellbeing. Due to which the stress encountered is dealt effectively because of the psychological flexibility, in turn increasing wellbeing. A total of 255 community-dwelling individuals from Lahore, Pakistan, were recruited through convenience sampling. The final sample included 150 young adults and 105 middle-aged adults. Surveys including the Perceived Stress Scale (PSS-10) (Cohen et al., 1983), the CompACT-15 (B.K Thomas et al., 2023) assessing psychological flexibility, and the 21-item Eudaimonic Well-Being Scale (Watermann et al., 2010). Findings revealed that young adults reported significantly higher stress levels than middle-aged adults, suggesting developmental differences in coping capacity and emotional regulation. Psychological flexibility significantly mediated the relationship between stress and well-being in both groups. Among its dimensions, Valued action consistently emerged as a strong mediator, indicating that commitment to personal values may protect against the adverse effects of stress. Additionally, behavioral awareness was a unique mediator in young adults, highlighting the importance of mindful attention to present experiences during early adulthood. These results underscore psychological flexibility as a crucial resilience factor in sustaining eudaimonic well-being under stress, with implications for age-tailored interventions. Enhancing valued living and behavioral awareness may offer powerful tools for improving psychological functioning, particularly in younger adults navigating high-stress life transitions. The study highlights how psychological flexibility is an important contributing factor in enhancing eudaimonic wellbeing even in daily stressful life conditions. Keywords: Perceived stress, eudaimonic well-being, psychological flexibility, valued action, behavioral awareness, mediation analysis.

Keywords: Perceived stress, eudaimonic well-being, psychological flexibility, valued action, behavioral awareness

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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. Qasir Abbas Assistant Professor, Clinical Psychology Unit, GC University, Faisalabad.
Moderator: Ms. Zasheer 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 and 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

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7	MHCH-102503-37	Understanding Narcissistic Traits and Their Influence on Interpreter 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 Yasin** Department of Psychology, COMSATS, Lahore

Initial Development of the Precursors to Self-harm Scale (PSS)

Maria Noor, Dr. Muniba Shakeel & Areej Asif
Department of Humanities, COMSATS, Lahore

Using the Defective Self Model of Self-Injury, a scale was developed to analyze the precursors to self-harm in young adults. A sample of 250 university students (125 men and 125 women) ranging in age from 19 to 26 years (M = 20.7, SD = 1.68) was selected through convenience sampling from various private and public universities in Lahore, Pakistan. The Precursors to Self-harm Scale was developed in four stages: Stage 1, Domain Identification and Item Pooling; Stage 2, Content Expert Validation; Stage 3, Pilot Study; and Stage 4, Exploratory Factor Analysis. In Stage 4, item factorability was analyzed using KMO and Bartlett's test (0.86), which suggested that the sample was adequate for scale development. The commonalities for most items were above 0.3, indicating that each item shared some common variance with the other items. The rotated component matrix loaded 12 items onto two factors, and after a detailed qualitative analysis, those factors were named "Repetitive Negative Thought" and "Cognitive Distortions." Hence, the Precursors to Self-harm Scale is a 12-item, culturally valid scale developed in Urdu. The scale has practical implications, including screening in the early stage, culturally sensitive, and self-harm prevention of nervous conditions in hospitals and schools.

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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

This study aimed to translate and adapt the Young Schema Questionnaire-Short Form (YSQ-SF) for use with a clinical population in Pakistan. An adaptation framework was employed to ensure both linguistic accuracy and cultural relevance in the cross-cultural adaptation. There were observations of ethical procedures, including informed consent. The study was done in two stages. Phase I YSQ-SF was translated using an intensive forward-backward translation process. Phase II involved a psychometric test to determine the reliability and validity of the scale. Cronbach's alpha was used to measure internal consistency, and the test-retest reliability was used to measure temporal stability. The content, convergent, and criterion validity was also proven. The results indicate that the YSQ-SF is a strong and culturally valid instrument for measuring early maladaptive schemas in clinical practice in Pakistan. Its usability will lead to improved studies on the dynamics of mental health, facilitate culturally sensitive clinical practice, and help minimize the stigma and discrimination of mental illness. In general, this research contributes to cross-cultural psychology and offers a validated tool to enhance a schema-based assessment and intervention in Pakistan.

Keywords: maladaptive schema, depression, anxiety, personality disorder, YSQ-SF, cross-cultural adaptation

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

In the present work, the diagnostic interview named DIVA-5 (Kooij & Francken, 2019) will undergo cross-cultural translation and adaptation into the Urdu language, with the aim of creating a valid and culturally competent tool for diagnosing Attention-Deficit/Hyperactivity Disorder (ADHD) among adult speakers of the Urdu language. The process of cross-cultural translation, involving both forward and backward translation by professional bilingual experts, will be followed to ensure linguistic accuracy and conceptual equivalence. Expert opinion through clinical psychologists will establish content validity, whilst clarity of items,
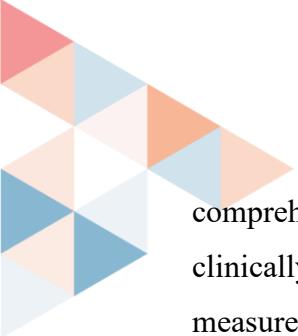
comprehensiveness, and ease of administration will be established through piloting among clinically diagnosed adults. The Urdu DIVA-5 will be compatible with DSM-5 criteria and will measure ADHD symptoms and deficits in functioning throughout childhood and into adult life and include culturally appropriate standards for the purpose of establishing diagnostic accuracy. The study will contribute to enhanced diagnostic practices among Urdu-speaking populations and highlight the increased need for culturally validated assessment tools to develop equitable mental health interventions and optimize outcomes among multicultural populations.

Keywords: DIVA-5, ADHD, cultural adaptation, validation, cross-cultural assessment.

Doomscrolling, Emotional Reactivity and Psychological Distress in Young Adults

Javeria Kainat & Zameena Farooq
Department of Humanities, COMSATS, Lahore

The purpose of the study was to investigate the relationship between doomscrolling, emotional reactivity and psychological distress in young adults. Correlational design was used and the sample of the study was 400 young adults (N = 400), 163 Men 237 Women with age range 18 to 25 (M=20.45, SD=1.52) years. The study variables were evaluated using self-report measures; Doomscrolling Scale (DS: Sharma et al., 2022), Perth Emotional Reactivity Scale-Short Form (PERS-S: Preece et al., 2018) and Kessler Psychological Distress Scale (K10: Kessler et al., 2002). Results revealed that doomscrolling had a positive correlation with negative reactivity and psychological distress. While negative reactivity had a positive correlation with positive reactivity and psychological distress. Moreover, doomscrolling was a positive predictor of psychological distress. Negative reactivity was a positive predictor of psychological distress whereas, positive reactivity was a negative predictor of psychological distress. Emotional reactivity did not moderate the relationship of doomscrolling and psychological distress. The study highlighted that promoting mindful social media use techniques is an effective strategy for lowering psychological distress in young adults. Distress may be further reduced by educational initiatives that focus on emotional reactivity and constructive coping mechanisms.

Keywords: Doomscrolling, emotional reactivity, psychological distress, young adults

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

This study examines whether the relationship between covert narcissism and social inhibition is mediated by emotion dysregulation. A secondary objective was to assess whether emotion dysregulation differently mediates these associations between late adolescents and emerging adults. The study used correlational research design. A sample of 250 participants aged 16-21 years was selected using convenient sampling from different colleges and universities, anonymously completed the self-report questionnaire of covert narcissism, emotion dysregulation and social inhibition. Covert narcissism and emotion dysregulation were positively associated with the three outcomes of social inhibition including behavioral inhibition, interpersonal sensitivity, and social withdrawal. While covert narcissism also showed a positive association with emotion dysregulation. For the mediation analysis a structural equational model was constructed in AMOS to assess the direct and indirect pathways. As hypothesized, findings revealed that emotion dysregulation mediated the association between covert narcissism and three factors of social inhibition, with partial mediation observed for behavioral inhibition and full mediation observed for interpersonal sensitivity and social withdrawal. Further findings from age analysis testing mediated moderation model revealed that age groups (late adolescents and emerging adults) significantly interacted with covert narcissism to predict behavioral inhibition and interpersonal sensitivity but not social withdrawal. Age group analysis showed that conditional direct effects of covert narcissism on behavioral inhibition and interpersonal sensitivity were significant for adolescents and non-significant for emerging adults, highlighting developmental shifts in the manifestation of narcissistic vulnerability. These findings highlight the crucial role of emotion dysregulation as core mechanism underlying social inhibition associated with covert narcissism, especially for adolescents.

Keywords: Covert Narcissism, Social Inhibition, Emotion Dysregulation, Adolescents, Emerging Adults
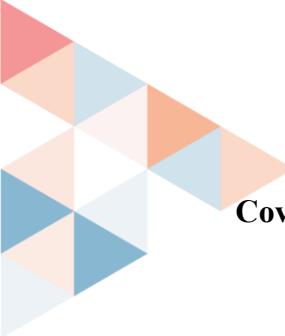
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Covert Narcissism and Social Inhibition in Emerging Adults: Explanatory Role of Cognitive Flexibility and Emotional Regulation

Mahnoor & Dr. Shameem Fatima
Department of Humanities, COMSATS, Lahore

The aim of the current research was to assess the association between covert narcissism and social inhibition among youth. A secondary objective was to assess the explanatory roles of cognitive flexibility and emotion dysregulation in this association. Grounded in the personality and cognitive psychology, the study hypothesized that covert narcissism would be positively associated with social inhibition and emotion dysregulation and inversely associated with cognitive flexibility. It was also predicted that cognitive flexibility and emotion dysregulation will chain mediate the relationship between covert narcissism and social inhibition. Data was collected from a convenience sample of 263 emerging adults between the ages 16-21, with a mean age of 17.70 years. The data was drawn from various public and private sector educational institutes in Lahore, Pakistan. The measures included Hypersensitive Narcissism Scale to assess covert narcissistic traits, Difficulties in Emotion Regulation Scale, Social Inhibition Scale to measure the three-dimensional structure of social inhibition from behavioral inhibition, interpersonal sensitivity and social withdrawal, and the Cognitive Flexibility Scale to measure the degree of cognitive flexibility. The results analyzed using regression analyses and Structural Equation Modelling in AMOS revealed that covert narcissism significantly and positively predicted all three dimensions of social inhibition and negatively predicted cognitive flexibility. Moreover, the chain mediation analysis revealed that cognitive flexibility and emotion dysregulation sequentially mediated the relationship of covert narcissism with interpersonal sensitivity and social withdrawal. While only cognitive flexibility but not emotion dysregulation mediated the association with behavioral inhibition. The study has implications for youth counselling and youth training to improve their cognitive flexibility for better social adjustment.

Keywords: Covert Narcissism, Cognitive Flexibility, Emotion Dysregulation, Social Inhibition, Behavioral Inhibition, Interpersonal Sensitivity, Social Withdrawal

Understanding Narcissistic Traits and Their Influence on Inter-partner Violence: The Mediating Role of Romantic Partner Conflict in Pakistani Married Couples

Maria Arslan[1], Sara Subhan[2], Ayesha Jabeen[1] & Hina Rana[1]

[1]Department of Clinical Psychology, School of Professional Psychology, University of Management and Technology, [2]Department of Psychology, Jeffrey Cheah School of Medicine and Health Sciences, Monash University, Malaysia

Narcissistic personality traits typically involve patterns of entitlement, self-centeredness, and a need for admiration, which may contribute to maladaptive interpersonal outcomes., However, the pathways through which these traits lead to Inter-partner violence are under-researched, especially in the Global South. Therefore, the current study aims to fill this gap by using the cross-sectional research design. The data was collected from the two hundred and fifty-one married couples, aged between 25 to 40 years (M= 33.49 and SD= 4.81) who were provided with the measures Narcissistic Personality Inventory (Raskin & Hall, 1979), Romantic Partner Conflict Scale (Zacchilli et al., 2005) and Interpartner Violence Scale (Munawar & Jabeen, 2022). Results revealed that romantic partner conflict subscales- compromise and interactional reactivity fully positively mediated the relationship between narcissistic personality factor exhibitionism and inter-partner violence (β=.23, p<0.001). The study highlights that compromise may act as a socially acceptable strategy, while interactional reactivity, even as a negative mediator, ultimately transmits the risk of narcissistic tendencies into IPV in collectivistic marital contexts. Therefore, while addressing conflict dynamics in collectivistic cultures, marital counseling should not only focus on reducing IPV risk in individuals with narcissistic vulnerabilities but also address exhibitionism-driven beliefs that normalize dominance and control within intimate partner relationships.

Keywords: Narcissistic personality; exhibitionism; romantic partner conflict; compromise and interactional reactivity; inter-partner violence and married men and women

Parental Bonding, Empathy Gap and Machiavellianism

Momina Mehmood & Maryam Hussain
Department of Clinical Psychology, University of Management and Technology, Sialkot Campus

The present study aims to investigate how parental bonding may be responsible for the development of empathy gap and Machiavellian traits among young adults. It was further hypothesized that empathy gap would moderate between parental bonding and Machiavellianism. Correlational research design has been used. A sample of 200 university

students was selected from private universities of Sialkot city, Pakistan. Urdu translated versions of Parental Bonding Inventory, Interpersonal Reactivity Index and Dark Triad Personality questionnaire were used for assessment purposes. Correlational Analysis and Hierarchical Regression were used to analyze the data. Almost all dimensions of Parental Bonding showed a significant relationship with some factors of the Interpersonal Reactivity Index (Empathy Gap). It was found that the interaction between some aspects of parental bonding and empathy gap was responsible for affecting Machiavellian traits, further depicting that low care from the father and low empathy (both hot and cold aspects) leads to the development of high Machiavellian traits. On the contrary, with high empathy (both hot and cold aspects), high care from father, people develop low Machiavellian traits. The research finding can be beneficial in understanding the causal model for darker personalities, especially the Machiavellian type.

Keywords: Parental Bonding, Overprotection, Empathy Gap, Interpersonal Reactivity Index, Dark Triad Personality, Machiavellianism

Invisible Identities: Intersex Experiences and Epistemic Injustice in Pakistani Society

Asim Ali Shah & Dr. Maryam Amjad
Department of Humanities, COMSATS, Lahore
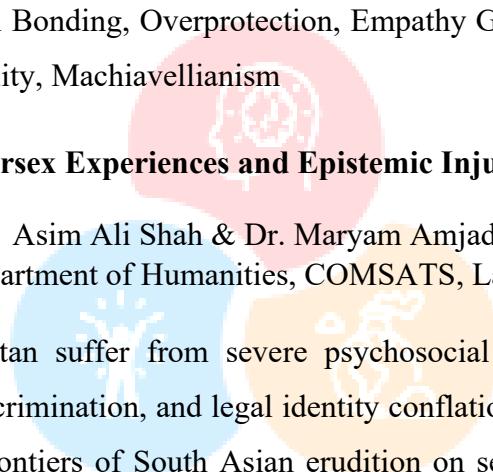
Intersex persons in Pakistan suffer from severe psychosocial distress based on cultural ostracism, institutional discrimination, and legal identity conflation with transgender persons. In an effort to push the frontiers of South Asian erudition on sexuality and culture beyond dominant perspectives, this qualitative study examines their lived worlds from their own perspectives. Semi-structured interviews were conducted with six adult intersex persons residing in Lahore and analyzed through content analysis, which yielded five dominant themes: identity crisis, ostracism, exploitation and abuse, survival struggles, and uncertain futures. The results emphasize widespread family rejection, social abuse, marginalization within the economy, and unresponsive healthcare, but also identify resilience, step-wise self-acceptance, and hopes for dignity. Using Goffman's stigma theory, minority stress theory, and the social ecological model, the study illustrates how intersex individuals navigate intersecting structural and cultural forces that perpetuate epistemic injustice. By situating these narratives in the socio-legal and religious context of Pakistan, the study calls for culturally responsive healthcare, distinct legal recognition of intersex persons, and broader public discourse to dismantle stigma.

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The research contributes to global conversations on sexuality and culture by centering intersex voices in Muslim-majority South Asia.

Cognitive Flexibility and Psychological Resilience as Determinants of Extremist Attitudes in Youth

Laiba Khursheed & Huma Yasin
Department of Psychology, COMSATS, Lahore

The aim of the current study was to see the relationship between cognitive flexibility, resilience, and extremist tendencies in young adults with a focus on the mediating factor in resilience. A convenience sample of N=296 (133 men and 163 women) under the age 18 of 29 and with different academic backgrounds was used to study this sample. Due to the goal to measure core variables, the research used standard components. Correlational analysis results revealed that there is definite positive correlation between the combination of cognitive flexibility and resilience and a negative one between these two and extremist beliefs. In hierarchical regression, they found out that the mathematical behavior of cognitive flexibility on extremism was initially insignificant, but on the addition of resilience to the model, the effect was no longer detected. Mediation analysis substantiated this result, whereby resilience was the full explanation of the relationship between cognitive flexibility and extremism. In effect, the more flexible in thinking a young adult is, the more resilient he/she can be and therefore reduce the chances of them/acquiring extremist ideas. The results of these studies show the importance of fostering resilience and adaptability of thoughts as psychological protective factors against radical ideation. They also provide valuable advice regarding the development of programs of intervention that will help to improve the emotional and cognitive strengths in youth.

Scientific Session II-C (2:45- 4:15 PM)
Theme: Evidence-Based Strategies in Mental Health

**Venue: Board Room Building C**	

Session Chair: Dr. Shamim 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 Ramzan

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
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 Center 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, Lahore
5	MHCH-102503-91	Efficacy of the Sexual Health Manual for Married Individuals in Pakistan **Minahil Ejaz & Hidna Iqbal** Center for Clinical Psychology, University of the Punjab, Lahore
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

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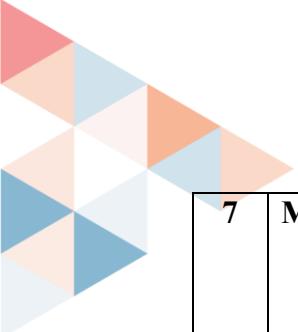
7	MHCH-102503-53	Evaluating the Effects of Murottal Al-Qur'an Therapy on the Quality of Life in Mothers of Intellectually Disabled Children **Taiba Parveen & Dr Wahida Anjum** Lahore School of Behavioral Sciences, University of Lahore
8	MHCH-102503-2	Efficacy of Trauma-Focused Group therapy on children living in an Orphanage **Ume Kalsoom and Dr. Aasma Yousaf** Center for Clinical Psychology, University of the Punjab, Lahore

Effectiveness of Cognitive Behavioral Therapy for Premenstrual Dysphoric Disorder

Zainab Sohail & Dr. Alia Asmat
Department of Psychology, University of Central Punjab, Lahore

Premenstrual Dysphoric Disorder (PMDD) is a clinically significant condition characterized by severe emotional, psychological, and physical symptoms that interfere with daily functioning and overall well-being. Despite its considerable impact, it often remains underrecognized and inadequately addressed in clinical settings. The present study aimed to examine the effectiveness of Cognitive Behavioral Therapy (CBT) in reducing PMDD-related symptoms among females. A quasi-experimental design was employed, with a purposive sample of 8 female university students aged 19 to 25 who scored high on the Premenstrual Dysphoric Disorder Scale. Participants received a structured CBT-based intervention comprising 14 therapeutic sessions. Pre- and post-assessment were conducted using the PMDD Scale, and data were analyzed using SPSS version 27 through a paired sample t-test. Results indicated a significant reduction in 6 out of 7 major domains, including symptomatic features, perceived stress, problems in emotional regulation, maladaptive coping, difficulty in adjustment, and health-related quality of life. The only domain not showing a significant change was seasonal variation. These findings support the efficacy of CBT as a non-pharmacological intervention for the management of PMDD symptoms. The study underscores the need for integrating CBT into clinical practice, particularly for young women in academic environments, to enhance emotional regulation, adaptive functioning, and mental health outcomes.

Keywords: Premenstrual Dysphoric Disorder, Cognitive Behavioral Therapy, non-pharmacological intervention, maladaptive coping

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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

Contemporary young adults face increasing academic and psychosocial pressures but often lack essential cognitive and behavioral life skills required for adaptive functioning and long-term success. Despite global emphasis on life skills education, structured, evidence-based programs remain limited in Pakistani higher education. This true experimental study aims to develop and empirically evaluate a Basic Life Skills Training Program (BLSTP) designed to enhance six key domains of thinking skills, problem solving, decision making, creative and critical thinking, executive functioning, goal setting, and resilience among university students. University students (N=60) with low executive functioning level were selected using purposive sampling and allocated through RCT method to the experimental (n=30) or control group (n=30). The intervention was delivered to the experimental group while the control group received a placebo treatment. It was hypothesized that there would be significant improvements across pre, post, and follow-up assessments in overall six domains of thinking skills and that the experimental group would outperform the control group on all domains. Assessments were conducted using the Problem-Solving Inventory (PSI-20), Runco Ideational Behavior Scale (RIBS), Brief Resilience Scale (BRS), Goal Setting Capacity Scale (GSCS) and Executive Skill Questionnaire-Revised (ESQ-R). The program included 90-minute sessions employing interactive activities, group discussions, role plays and home assignments. Data were analyzed using descriptive statistics, reliability analysis, and Repeated Measure ANOVA. Findings demonstrate that the intervention yielded statistically significant and enduring improvements across multiple domains of thinking skills with gains sustained at follow-up. The study followed ethical guidelines ensuring participants' confidentiality. The findings are expected to provide insight into the effectiveness of the BLSTP in enhancing thinking skill improvement among young adults with potential implications for educational and personal development interventions.

Keywords: Basic Life Skills, Cognitive Development, Problem Solving, Decision Making, Creative and Critical Thinking, Resilience, Executive Functioning

Mental Health,
Human Dignity
& Climate Change

Evaluating Culturally Adapted CBT and Family Interventions for First Episode Psychosis in a Low-Resource Setting

Ayesha Mushtaq[1], Zaib un Nisa[1], Akhtar Zaman[1], Fizza Ameer[1,] Aqsa Sharif[l], Javeria Israr[1], Ameer Bux[1], Dr. Imran Bashir Chaudhry[1] & Dr. Omair Husain[2]

[1] Pakistan Institute of Living and Learning, [2] Centre for Addiction and Mental Health, Toronto

Severe mental disorders like psychosis are some of the primary causes of disability globally, and about 80% of individuals reside in low- and middle-income countries (LMICs) where access to psychosocial treatments is limited (Charlson et al., 2018). Culturally adapted interventions are crucial for enhancing engagement, acceptability, and clinical outcomes within such settings (Naeem et al., 2022). Cognitive Behavioral Therapy for psychosis (CBTp) and Family Intervention (FI) are globally recommended, but in LMICs there is limited evidence of feasibility and cost-effectiveness (NICE, 2014). Therefore, this study aims to assess the clinical effectiveness and cost-effectiveness of culturally adapted CBT for psychosis (CaCBTp) and Family Intervention (CulFI) in patients with First Episode Psychosis (FEP) within a low-resource setting. This multi-center, threearm, assessor-masked clinical trial is being undertaken in 16 psychiatric hospitals in Pakistan. FEP participants are randomized (1:1:1) to treatment as usual (TAU) arm, CaCBT plus TAU, and CulFI plus TAU arm. The main outcome is symptom severity (PANSS total score) at 3, 6, and 12 months. Secondary outcomes are depression, functioning, quality of life, cognition, insight, carer wellbeing, and health economics. Feasibility, acceptability, and fidelity are explored through a qualitative process evaluation. Trial recruitment and intervention delivery are still in process. To date, 244 participants have successfully been randomized, and follow-up assessments of 77 and 41 participants have been completed at 3 and 6 months, respectively. Initial indicators are suggesting encouraging feasibility and retention. The trial will add crucial evidence to literature on the efficacy and scalability of culturally adapted psychosocial treatments for psychosis in Pakistan. The results will inform worldwide strategies to strengthen, improve access, and decrease stigma related to mental health in vulnerable settings.

Keywords: Culturally Adapted Intervention, Psychosis, Cognitive Behavioral Therapy, Family Intervention, Low- and Middle-Income Countries

Mental Health, Human Dignity & Climate Change

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, Lahore

The present study aimed to explore differences in homesickness, emotional and adjustment difficulties among hostel students living away from home. Additionally, the study examined the difference by using two groups, i.e., the experimental group and the control group. The current study consisted of quasi experimental pre-test/post-test design. It consisted of two groups of participants: the experimental group, which was given the intervention program, and the control group, which didn't receive the intervention. Purposive sampling was used in order to select the participants. The experimental group consisted of people aged between 19 and 25 years (M= 21.3, SD= 1.6). Those who fulfilled the criteria were selected for the COMFORT Program, a program designed for the stress management and emotional issues of the hostel students. The control group contained participants of the age 19-25 years old (M=21.5, SD=1.7). The participants didn't go through the intervention program. The hypothesis of the study suggested that, the experimental group will indicate lower levels of homesickness, better emotional functioning and better adaptability and emotional adjustment in comparison to the control group. The tools that measured the outcome of the study were comprised the Utrecht Homesickness Scale (Stroebe et al., 2002), the Kessler Psychological Distress Scale (Kessler et al., 2002) and the Client Satisfaction Questionnaire (Larsen et al., 1979). The translated versions of the questionnaires were used after obtaining permission from the respective authors. The data were analyzed using Man-Whitney U test and Wilcoxon Sign Rank Test. Findings revealed that participants in the experimental group showed a significant reduction in homesickness, less adjustment difficulties, and better emotional difficulties compared to those in the control group. This study highlights the importance of a structured culture-oriented intervention program for dealing with homesickness in hostel students. The COMFORT Program provides a useful paradigm of psychological support in university hostels. Universities and colleges are advised to incorporate such programs in their student support services to consider the emotional and psychological needs of students, especially those students who are leaving home to join the university.

Keywords: homesickness, self-compassion, emotional difficulties, hostel students, intervention, COMFORT Program

Efficacy of the Sexual Health Manual for Married Individuals in Pakistan

Minahil Ejaz & Hidna Iqbal

Center for Clinical Psychology, University of the Punjab, Lahore

Sexual health is a vital and intrinsic component of overall well-being, encompassing not just physical health, but also emotional, mental, and social dimensions of human life. Unfortunately, in Pakistan, sexual health education and services remain underdeveloped due to cultural sensitivities, religious taboos, and inadequate policy frameworks. This highlights the pressing need for indigenous research related to sexual health in Pakistan keeping in mind the sociocultural landscape of the region. This study aimed to evaluate the efficacy of a Sexual Health Program for Married Individuals in Pakistan, designed on the Grounded Theory Model of Sexual Health. A quasi-experimental pre-test/post-test design was employed for this purpose. The sample consisted of 20 married individuals, with 10 participants assigned to the experimental group and 10 to the control group using purposive sampling from public and private secondary healthcare facilities. Both groups underwent a pre-assessment using the Urdu versions of the Multidimensional Sexual Self-Concept Questionnaire (MSSCQ) and the Satisfaction with Life Scale (SWLS) to establish baseline measures. The experimental group then received the intervention which was delivered through six structured sessions lasting 30–45 minutes each. The program included five core modules: Sexual Development, Sex Positivity, Psychosexual Wellbeing, Sexual Assertiveness, and Sexual Health Literacy. Following the intervention, a post-assessment was conducted for both the experimental and control groups using the same MSSCQ and SWLS measures. Statistical analysis included Mann-Whitney U tests to compare between-group differences at pre- and post-intervention levels and Wilcoxon Sign Rank Test to compare pre and post intervention levels within control and experimental groups. Results showed no significant differences between the groups at pre-assessment, confirming baseline equivalence. However, post-intervention findings indicated significant improvements in the experimental group across all MSSCQ subscales and life satisfaction scores ($p < .005$), while the control group demonstrated no significant changes. the results support the effectiveness of a culturally and religiously contextualized sexual health program in enhancing psychosexual functioning and subjective well-being. This program can be institutionalized as part of premarital and marital counseling services at healthcare centers, community clinics, or faith-based institutions to support couples in building informed, respectful, and fulfilling sexual relationships.

Keywords: Sexual Health, Life Satisfaction, Sexual Health Program

Mental Health,
Human Dignity
& Climate Change

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

The current research seeks to assess effectiveness of Self Help Plus (SH+) intervention in addressing psychological distress and emotional dysregulation in women experiencing premenstrual syndrome. The present research utilized a quasi-experimental design involving (N=22) participants, categorized into an experimental group (n = 11) receiving SH+ and a waitlist control group (n = 11), selected via purposive sampling. The participants were screened using the Premenstrual Syndrome Scale (PMSS), the Difficulty in Emotion Regulation Scale (DERS), and the Depression, Anxiety, Stress Scale (DASS) to determine the severity level during both pre and post evaluations. The participants were evaluated using PMSS, and those with a score 1SD above were included in the study. The selected participants underwent the SH+ intervention, which included five sessions lasting 60 to 90 minutes each week. The session topics consist of grounding, unhooking, aligning with your values, practicing kindness and creating space. Results showed significant alleviation in premenstrual syndrome, psychological distress and emotional dysregulation in the experimental group proving the efficacy of (SH+) intervention in managing psychological distress and emotional dysregulation among females with premenstrual syndrome. The results highlight the integration of preventive interventions such as SH+ into university support services and national health plans. Preparing community health workers to implement SH+ can improve access and narrow the gap in mental health treatment in Pakistan.

Keywords: Self Help Plus, Psychological Distress, Emotional Dysregulation, Premenstrual Syndrome, SH+ Intervention

Evaluating the Effects of Murottal 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

This study evaluates the effects of Murottal Al-Quran therapy on the quality of life of mothers of intellectually disabled children. Intellectual disabilities often impose significant emotional and mental challenges on caregivers, leading to heightened stress, anxiety, and reduced well-being. Mixed-method research design. A quasi-experimental research design, incorporating phenomenological and pretest and posttest components, was implemented. This research

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employed the WHOQOL-BREF to assess quality of life. A purposive sampling technique was used to recruit 30 participants, aged 25-50 years, from whom 15 mothers with low QoL scores were selected for the intervention. The therapy consisted of daily sessions over ten weeks, a total of 50 sessions. Findings revealed significant improvements in QoL, particularly in psychological well-being and social relationships as measured by pre- and post-therapy scores. These results suggest that Murottal Al-Quran therapy serves as an effective, culturally relevant intervention for improving the quality of life of caregivers of children with ID. Implications for future research and practical applications within the Pakistani context are discussed.

Keywords: Quality of life, Mothers with intellectually disabled children, Murottal Al Quran therapy

Efficacy of Trauma-Focused Group therapy on children living in Orphanage

Ume Kalsoom & Dr. Aasma Yousaf
Center for Clinical Psychology, University of the Punjab, Lahore
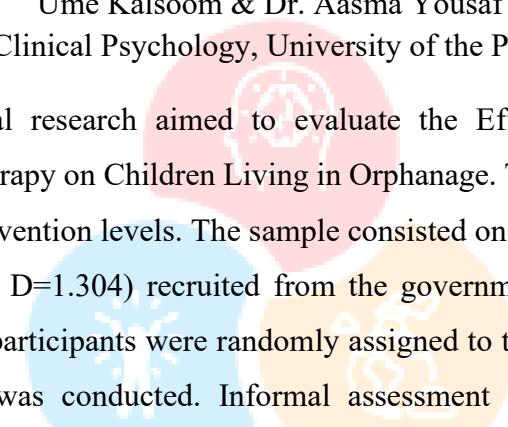
The present experimental research aimed to evaluate the Efficacy of Trauma Focused Cognitive Behavioral Therapy on Children Living in Orphanage. The study has ABA research design with pre-post intervention levels. The sample consisted on 32 participants (Boys n=16, Girls n=16, M=10.09, S. D=1.304) recruited from the government orphanage and through purposive sampling. All participants were randomly assigned to the experimental and control group. The assessment was conducted. Informal assessment includes clinical interview, behavioral observation, and subjective rating of symptoms. Formal Assessment includes the Childhood Abuse scale (K-34, Malik & Shah, 2007) and the Internalizing Behavioral Problem Scale (K-20, Agha, Yousaf, 2023). Twelve group sessions were employed dealing trauma behavioral therapy. Non-parametric analysis was performed for the analysis. The findings of Mann Whitney tests revealed that there was a significant difference in scores between treatment group and control group at the level of post-intervention. Furthermore, results indicated that treatment group has scored significantly different at post intervention level, plus trauma cognitive behavioral therapy significantly reduce internalized behavioral problems depression, (anxiety and hypersensitivity). The study has its practical implication in area of clinical child psychology to prevent vulnerability towards the psychological illness. Future research is needed to assess the applicability of TF-CBT to more vulnerable populations affected by trauma, including adolescents experiencing developmental disabilities, substance use

problems, homelessness, parental mental illness, juvenile justice involvement, or psychotic symptoms.

Keywords: homeless, juvenile justice, psychotic symptoms
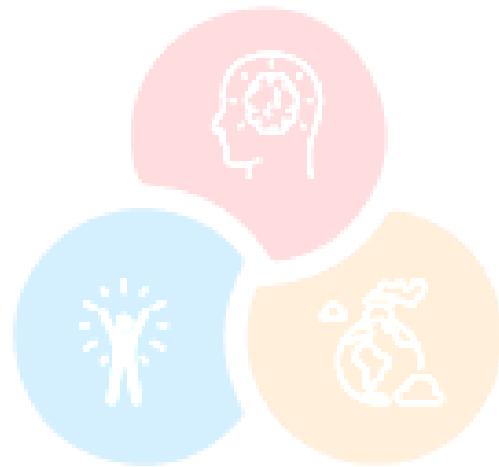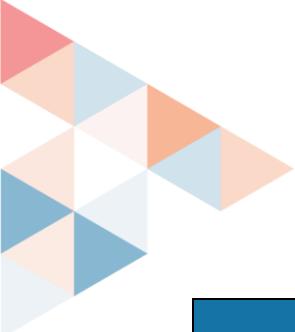
Scientific Session II-D (2:45- 4:15 PM)
Theme: Advancing Practice through Case Studies

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 Shakeel** Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahroe
5	MHCH-102503-1	Navigating Early Gender Identity: Insights from an 8-Year-Old Journey **Aqsa Asif Khan & 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

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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, Lahore

This was a case of the child R.U., a 13-year-old boy who belonged to a low socioeconomic status. He was the lastborn in his family living in a nuclear family system. He was referred by his class teacher for assessment and management of his current problems, such as being unable to pay attention to class work and being a disturbance to others. Psychological assessment based on both informal and formal techniques and management on behavioral principles was done in 12 sessions. Informal assessment was done through Behavioral Observation, Clinical Interview while Portage Guide to Early Education (PGEE) and Baseline Charts was done for formal assessment. Assessment results revealed that child was hyperactive, inappropriate attention span and eye-hand coordination while overall discrepancy was 8-9 years from his chronological age on PGEE. The case formulation was done on the basis of biological, psychological, and social factors to explain the predisposing, precipitating, maintaining, and protective factors of the problems in the client. Individualized training program was devised according to the child's needs and strengths. Management was done by using behavioral modification techniques like deferential reinforcement, shaping, chaining, prompting and fading. The goals for the therapeutic sessions of the child were tuck in shirt, to increase attention span, improve pencil grip and coloring within the lines. The post management assessment revealed the child's significant improvement on goals hosen. There were also some limitations in the case such as the parents were not available to provide the necessary details regarding child's problem.

Keywords: Child Behavior, Attention Deficit, Behavioral Intervention, Psychological Assessment, Skill Development

Case Study: Effectiveness of Association Splitting for an OCD Patient in Pakistan

Sehar Waheed[1], Dr. Shazia Hasan[1] & M. Sohail[2]
[1]Department of Psychology, University of Central Punjab, [2]Department of Psychology, Rashid Latif Khan University

Obsessive-Compulsive Disorder (OCD) is a prevalent mental health condition, affecting nearly 3% of Pakistan's population. Individuals with OCD experience intrusive thoughts, compulsions, rumination, and cognitive distortions that impair daily functioning. Association Splitting is a cognitive technique aimed at weakening maladaptive associations by strengthening neutral or positive alternatives. This case study examined the therapeutic impact of Association Splitting on reducing OCD symptoms, rumination, and cognitive distortions in an individual clinical setting. A 20-year-old male diagnosed with OCD received six sessions of Association Splitting therapy. Pre- and post-intervention assessments included the Obsessive-Compulsive Inventory–Revised (OCI-R), Ruminative Response Scale (RS), and Cognitive Distortions Questionnaire (CDQ). Pre post differences were analysed, and Reliable Change Indices (RCI) were calculated to assess clinical significance. Post-intervention findings indicated substantial reductions in obsessive-compulsive tendencies, rumination, and cognitive distortions. RCI values exceeded the threshold for statistical significance, reflecting meaningful clinical improvement after therapy. The results support the effectiveness of Association Splitting as a brief, targeted cognitive intervention for OCD in Pakistan. This technique can complement traditional cognitive-behavioural approaches, offering culturally adaptable therapeutic strategies. Its successful application in a single case highlights its potential for broader clinical use and future research on scalable interventions for OCD.

Keywords: Obsessive-Compulsive Disorder, Association Splitting, Rumination, Cognitive Errors, Therapy, Pakistan

Therapeutic Management of Autism Spectrum Disorder through Applied Behavior Analysis and Sensory Integration Techniques: A Case Study

Alina Khaliq
Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition characterized by deficits in social communication, restricted interests, and repetitive behaviors that significantly affect adaptive functioning. Individuals with ASD often display limited social interaction, cognitive challenges, and difficulty maintaining attention. The present study aimed to assess and manage
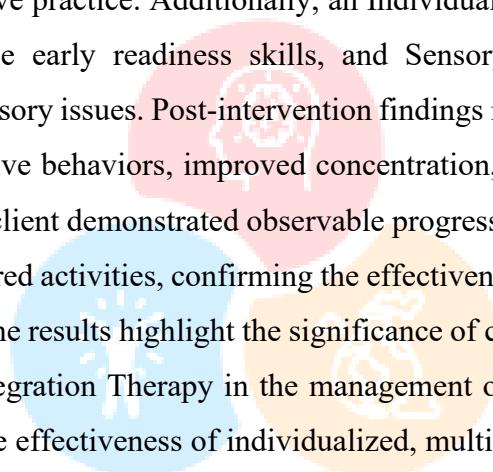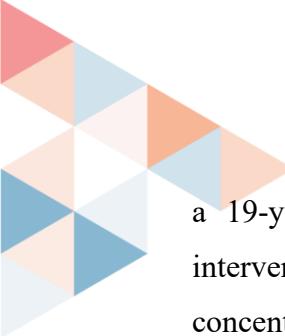
a 19-year-old female client diagnosed with ASD using behavioral and sensory-based interventions. The primary objective was to reduce maladaptive behaviors, enhance concentration, and improve social and adaptive functioning through an individualized behavioral management plan. A single-case study design was employed. The client, a student at the Government Shadab Institute for Special Education, Lahore, was assessed through both informal and formal methods. Informal assessment included behavioral observations, a clinical interview, baseline charting with subjective ratings, and a reinforcement identification checklist. Formal assessment involved the administration of the DSM-5 Diagnostic Checklist for ASD, Childhood Autism Rating Scale (CARS2-ST), and Social Communication Questionnaire (SCQ). Based on the results, the client was diagnosed with autism spectrum disorder. A total of 12 therapeutic sessions were conducted using Applied Behavior Analysis (ABA) techniques such as prompting (verbal, gestural, and physical), positive reinforcement, shaping, fading, and positive practice. Additionally, an Individualized Educational Plan (IEP) was developed to enhance early readiness skills, and Sensory Integration Therapy was incorporated to address sensory issues. Post-intervention findings indicated a notable reduction in maladaptive and repetitive behaviors, improved concentration, and increased participation in social interactions. The client demonstrated observable progress in adaptive functioning and engagement during structured activities, confirming the effectiveness of the applied behavioral and sensory approaches. The results highlight the significance of combining Applied Behavior Analysis with Sensory Integration Therapy in the management of autism spectrum disorder. The findings emphasize the effectiveness of individualized, multi-modal intervention plans in promoting positive behavioral and functional outcomes among individuals with ASD. This approach may serve as a model for clinical and educational professionals working in similar rehabilitation and special education settings.

Navigating Grief and Self-Worth: A Case of Major Depressive Disorder with Anxious Distress

Rabia

Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

This case report presents R.I, a young adult female diagnosed with Major Depressive Disorder, Single Episode, Moderate, with Anxious Distress, following the loss of her father one year ago.

The client exhibited persistent low mood, loss of appetite, fatigue, insomnia, and social withdrawal, alongside feelings of worthlessness and emotional emptiness. Her condition was maintained by unresolved grief, limited family support, and long-standing emotional neglect. Comprehensive psychological assessments, including the Koppitz-2 (Bender Gestalt Test), Rotter Incomplete Sentences Blank (RISB), and Beck Depression Inventory (BDI), indicated average intellectual functioning but revealed emotional tension, cognitive distortions, and depressive thought patterns. Despite her distress, the client demonstrated strong spiritual beliefs and motivation for self-improvement, which served as key protective factors. The management plan was implemented through a structured three-phase therapeutic process. The initial phase emphasized rapport building, psychoeducation, and behavioral activation to reestablish daily structure and self-care. The middle phase focused on cognitive-behavioral techniques to challenge negative thinking, develop emotional regulation, and process grief adaptively. The final phase consolidated coping strategies, enhanced self-efficacy, and created a relapse prevention plan to ensure long-term stability. This case highlights how empathetic alliance, structured CBT interventions, and empowerment-based management can transform emotional suffering into resilience. It underscores the vital role of timely psychological support in helping clients rebuild identity, self-worth, and emotional balance after significant loss.

Keywords: Major Depressive Disorder, Grief, Cognitive Behavioral Therapy, Emotional Regulation, Psychological Intervention

Navigating Early Gender Identity: Insights from an 8-Year-Old Journey

Aqsa Asif Khan[1] &Momina Nayyer[2]

[1]Ehsas Clinic Gulberg, Lahore, [2]Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

Gender dysphoria is a substantial incongruence between the experienced gender and the gender assigned at birth, typically causing distress, social impairment, and comorbid mental health conditions. This case report describes Mr. H, an 8-year-old boy assigned male at birth, who exhibited persistent cross-gender identification since the age of four. He insisted strongly on being a girl, liked stereotypically feminine things like dressing up in a dupatta and dancing, and copied female characters in the media. His behaviors were disapproved of by his family, which led to frequent scolding, bullying at school, and social ostracism from relatives, and resulted in mounting psychological distress. Formal tests, such as the Bender Gestalt, Colored Progressive Matrices, and Child Apperception Test (CAT), results demonstrated average intellectual and neurologic functioning but showed a negative self-concept, emotional
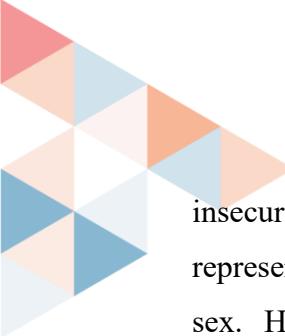
insecurity, and interpersonal relationship conflict. Projective results demonstrated repeated representation of a female figure, which may indicate internal identification with the opposite sex. He displayed unfulfilled emotional needs, problems with authority figures, and helplessness and rejection feelings, especially towards his father and brothers, with partial support from his mother. Treatment involved play therapy and cognitive-behavioral therapy (CBT). Play therapy allowed rapport establishment through storytelling, drawings, and role-playing, to permit the child to communicate his gender-related issues. CBT was aimed at decreasing anxiety, enhancing coping, and promoting self-acceptance and emotion regulation. This study followed single pre–post assessment design, where the client's psychological and emotional functioning were evaluated before and after therapeutic intervention. Between pre- and post-assessment results, the post-assessment indicated improvement in emotional regulation, self-acceptance, and coping abilities. Intervention was seen to be helpful in eliminating psychological distress and promoting healthier adaptation, highlighting the need for early intervention in children with gender dysphoria.
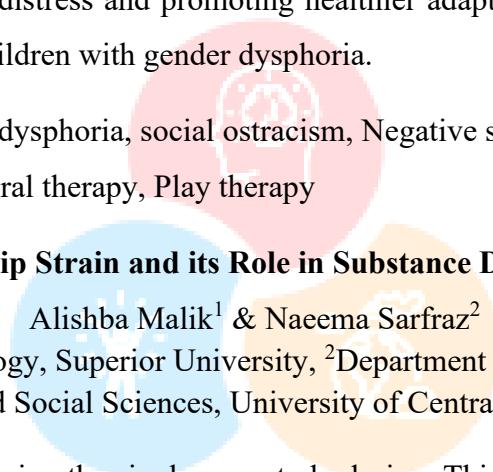
Keywords: Gender dysphoria, social ostracism, Negative self-concept, psychological distress, Cognitive behavioral therapy, Play therapy

Parent–Child Relationship Strain and its Role in Substance Dependence: A Case Study

Alishba Malik[1] & Naeema Sarfraz[2]
[1]Department of Psychology, Superior University, [2]Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

The study was conducted using the single case study design. This case report describes H.A., an 18-year-old male presenting with dependence on alcohol, cannabis, and heroin, accompanied by irritability, impulsivity, guilt, and academic decline. The client's substance use history revealed early experimentation escalating into dependence, with relapse episodes closely associated with frequent conflicts and strained emotional interactions with his mother. In contrast, his father's support functioned as a partial protective factor but was insufficient in preventing recurrent use. Formal assessments, including cognitive screening, projective testing, and substance-use measures, revealed intact intellectual functioning but highlighted emotional instability, poor impulse control, and high craving levels. Interventions involved motivational interviewing, cognitive–behavioral strategies, family-focused psychoeducation, and relapse-prevention techniques. Therapeutic efforts targeted anger regulation, guilt reduction, self-reflection, and strengthening readiness for change. Post-intervention outcomes indicated reduced substance craving, improved emotional regulation, enhanced impulse
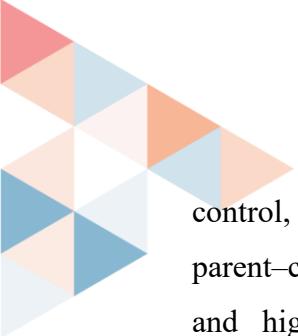
control, and greater motivation for sustained recovery. The case highlights the critical role of parent–child relational strain as a precipitating and perpetuating factor in substance dependence and highlights the importance of incorporating family dynamics within therapeutic interventions for adolescents struggling with addiction.

Keywords: Parent–child relationship, adolescence, substance dependence, family dynamics, relapse prevention, case study

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

Bipolar I Disorder is a recurrent mood condition marked by manic or hypomanic episodes, often complicated by impaired insight and psychosocial instability. A single case study design was used. The following case illustrates the assessment and management of a young adult experiencing a manic episode with psychotic features. Mr. X, a 23-year-old male who exhibited persistent irritability, verbal aggression, impulsivity, suspiciousness toward family members, and exaggerated claims of strength and talent, alongside disturbed sleep and social withdrawal. His symptoms had been episodic for five years, with a recent relapse attributed to medication non-compliance. Psychological assessments, including the MMSE, Bender-Gestalt Test, Human Figure Drawing, Brief Psychiatric Rating Scale, and Young Mania Rating Scale, indicated intact cognition but emotional dysregulation, poor impulse control, dependency traits, and mild mania. He displayed grandiose and mistrustful ideation rooted in long-standing family conflict, particularly with his father, while receiving partial emotional support from his mother. He was diagnosed with Bipolar I Disorder, Current Episode Manic, with Mood-Congruent Psychotic Features, and his case was conceptualized using the Cognitive Behavioral Model of Bipolar Disorder. Management was conducted using a structured CBT and DBT-based approach, addressing Psychoeducation, mood monitoring, cognitive restructuring of grandiose and mistrustful thoughts, cost-benefit analysis for impulsive behaviors, and anger management exercises. Behavioral techniques including sleep hygiene regulation, relaxation training, distress tolerance strategies (such as STOP and GIVE skills). By the termination phase, the patient demonstrated improved self-regulation, reduced aggression, increased adherence to medication, and better interpersonal engagement.

Keywords: Bipolar Disorder; Cognitive Behavior Therapy; Distress Tolerance; Anger Management; Psychoeducation

Scientific Session II-E (2:45- 4:15 PM)
Theme: Women's Mental and Emotional Health

Venue: Webinar Room Building C		
Session Chair: Dr. Khalid Bhatti Associate Professor, Chairperson, 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 Banker **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, Faculty of Humanities and Social Sciences, 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
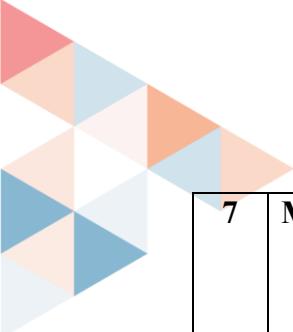
7	MHCH-102503-97	Silent Suffering: Insights from a 38-year-old Woman's Battle with Persistent Depression **Rakhshanda Naz & Momina Nayyer** Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
8	MHCH-102503-105	Premenstrual Syndrome, Disordered eating and Academic performance in university students **Anika Asim Sufi & Amber Baseer** Department of Psychology, Faculty of Humanities and Social Science, 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** Arden University, Ivy College of Management Sciences, Lahore

Workplace Ostracism, Emotional Exhaustion and Mental Wellbeing of Young Women Banker

Hira Jahangier[1], Ahmad Yar Ahmad[2], Ayesha Jahangir[3] & Arooj Zahara Rizvi[2]
[1]Higher Education Department Lahore, [2]Superior University Lahore, [3]Bank Alfalah, Limited

The present study intended to see the role of workplace ostracism and emotional exhaustion in the mental well-being of young women banker. The Convenience sample of young women working as operations managers, customer services mangers, and customer relationship officers (N=300; Men n=130 & Women n=170) with age ranged between 28-42 years, belonging to varied income groups, educational levels and job experience. Data collected through research measures (viz., Workplace Ostracism, Emotional Exhaustion and Mental Well Being Scale). Results indicated significant correlation in study variables. Regression analysis showed that workplace ostracism and emotional exhaustion appeared as significant predictors of mental wellbeing (R^2= .58). Demographic variables (Viz., gender, job experience and monthly income) showed significant differences in term of study variables. Findings had important implications for organizational psychologist working with women banker, to provide insight about importance of workplace ostracism while lessening their emotional exhaustion and enhancing their mental wellbeing.

Keywords: Workplace Ostracism, Emotional Exhaustion, Mental WellBeing, Women Bankers

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& Climate Change

Glass Ceiling Perception, Self-Efficacy, and Work Engagement in Female Bank Employees

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The present study aimed to examine the relationship between Glass Ceiling Perception, Self Efficacy, and Work Engagement in Female Bank Employees. Gender-based barriers in organizations often restrict women's career advancement, affecting their motivation and performance at work. Therefore, this study sought to understand how perceptions of the glass ceiling influence women's confidence and engagement in the workplace. It was hypothesized that (a) There is likely to be a negative relationship between Glass Ceiling Perception (Family Responsibilities, Discriminatory Promotion Practices, Employee Relation, and Lack of Organizational Support), Self-Efficacy, and Work Engagement in Female Bank Employees, (b) There is likely to be a positive relationship between Self-Efficacy and Work Engagement in Female Bank Employees, (c) Glass Ceiling Perception and Self-Efficacy are likely to be the predictor of Work Engagement in Female Bank Employees, and (d) There is likely to be a significant gender-based supervision difference in Glass Ceiling Perception, Self-Efficacy, and Work Engagement in Female Bank Employees. Non-probability convenience sampling was used, and a sample of 150 participants (M age = 29.6, SD = 5.41) were recruited. Glass Ceiling Scale (Jikky P. Shaji & Jojo K. Joseph, 2021), General Self-Efficacy Scale (GSES; Ralf Schwarzer & Jerusalem, 2014), and Utrecht Work Engagement Scale (UWES; Schaufeli & Bakker, 2004) were used. Pearson Product Moment Correlation Coefficient showed that Glass Ceiling Perception (Family Responsibilities and Discriminatory Promotion Practices) negatively correlated with Self Efficacy while (Lack of Organizational Support) positively correlated with Self-Efficacy. Glass Ceiling Perception (Family Responsibilities, Employee Relations, and Lack of Organizational Support) negatively correlated with Work Engagement, meanwhile Self-Efficacy was positively correlated with Work Engagement. Moreover, Multiple Linear Regression Analysis showed that Glass Ceiling Perception (Family Responsibilities and Lack of Organizational Support) negatively predicted Work Engagement, while Self-Efficacy positively predicted Work Engagement. Independent Sample T-Test showed significant differences related to gender-based supervision, that Glass Ceiling Perception (Family Responsibilities and Discriminatory Promotion Practices) showed higher mean scores in Male Supervision, while Self-Efficacy showed higher mean scores in Female Supervision. The findings suggest implementing organizational practices that promote fairness,

strengthen women's confidence, and cultivate an environment of engagement and equal opportunity.

Technophobia, Workplace Stress and Job Performance in College Teachers

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The present study aimed to examine the relationship between Technophobia, Workplace Stress, and Job Performance in College Teachers. The purpose of this study was to address the issue of how technophobia and workplace stress can affect the job performance of college teachers and to provide insights for institutions to improve work outcomes by reducing stress and technology-related anxiety. It was hypothesized that (a) there is likely to be a negative relationship between Technophobia, Workplace Stress, and Job Performance in College Teachers; (b) there is likely to be a predicting effect of Technophobia and Workplace Stress on Job Performance in College Teachers; and (c) there is likely to be an institutional difference in Technophobia, Workplace Stress, and Job Performance in College Teachers. Non-probability convenience sampling was used, and a sample of (N = 180) participants (M age = 48.77, SD = 3.74) were recruited. Technophobia Scale (Khasawneh & Bellamy, 2018), General Work Stress Scale (GWSS; Bruin & Taylor, 2005), and Individual Work Performance Questionnaire (IWPQ; Koopmans, 2015) were used. Pearson Product Moment Correlation Coefficient showed there was a positive correlation between Technophobia, Workplace Stress, and Job Performance in College Teachers. Regression analysis revealed that Technophobia and Workplace Stress were significant predictors of Job Performance in College Teachers. There was also an institutional difference in Technophobia, Workplace Stress, and Job Performance in College Teachers. The result of the Independent Sample t-test showed that public college teachers have a higher mean difference in Technophobia and Workplace Stress than private college teachers, whereas private college teachers have a higher mean difference in Job Performance than public college teachers. The current study provides valuable insight to institutions to focus on developing institutional training to reduce technophobia and workplace stress, thereby enhancing job performance among college teachers.

Keywords: Technophobia, Workplace Stress, Job Performance, College Teachers

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The Impact of Emotional Neglect on Psychological Well-Being and Relationship Satisfaction in Romantic Relationship

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Emotional neglect in romantic relationships is a subtle yet profound violation of emotional dignity, leaving individuals feeling unseen, unheard, and invalidated within bonds meant to provide care and intimacy. Unlike overt abuse, neglect manifests through silence, indifference, or emotional absence, gradually eroding self-worth and psychological security. This study frames emotional neglect as both a loss of dignity in intimate partnerships and a silent global risk factor for psychological suffering, with implications for mental health and relationship well-being across cultural contexts. The objective was to examine how emotional neglect influences psychological well-being and relationship satisfaction, while also identifying its roots and coping responses. A qualitative phenomenological design was employed with ten participants (f5 men and 5 women, aged 25–45) currently in romantic relationships and reporting experiences of emotional neglect. Data were collected through in-depth, semi-structured interviews and analyzed using thematic. Findings revealed that emotional neglect contributes to anxiety, depression, low self-esteem, and emotional fatigue, while simultaneously eroding intimacy, trust, and communication. Participants described their relationships as emotionally distant, mechanical, or loveless, reflecting the painful paradox of being physically present yet emotionally alone. Coping strategies—such as journaling, creative outlets, or seeking social support—offered only temporary relief. Emotional neglect was rarely deliberate, often rooted in external stressors, cultural expectations, or limited emotional literacy, yet its consequences were equally damaging. This study underscores the importance of recognizing emotional neglect as a silent but severe threat to psychological well-being and relational health, emphasizing the need for culturally sensitive interventions that restore dignity, enhance emotional intelligence, and foster relational resilience.

Keywords: Emotional neglect, psychological well-being, relationship satisfaction, intimacy, cultural context

Lived Experiences of Premenstrual Exacerbation among Women with Depression

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Premenstrual exacerbation of an underlying disorder occurs during period of hormonal fluctuations surrounding menstruation. Sharing common risk factors to mental disorders, hormone-sensitive women face a greater risk of developing much severe and long-lasting course of the disorder. As women are more likely to be diagnosed with mood disorders, the aim of this study was to explore the lived experiences and challenges of premenstrual exacerbation (PME) of underlying depression among women, explore the challenges encountered by them due to the exacerbation, and explore if current treatments help manage their depressive symptoms. The study follows interpretative phenomenological analysis (IPA) under the qualitative research design. A sample of 12 participants was collected via purposive sampling, mainly criterion sampling to ensure a reasonably homogenous sample. The participants were screened and interviewed in depth using a range of demographics, questionnaires and the semi structured interview guide. The collected data were analyzed by using thematic analysis following the framework of Smith 1996.The analysis revealed that women who experience exacerbation of depression premenstrual struggle with *fluctuating emotional states*; the unpredictable shifting of emotions (irritability, sadness, crying spells, emotional sensitivity and mood instability) that seemed to intensify around the luteal phase of the menstrual cycle and persist well into their follicular phase. *Emotional exhaustion*; distinct from momentary sadness and temporary fatigue. Emotional exhaustion is something that is persistent, and a consequential burden of PME of depression. *Impaired cognition*; intrusive experiences of persistent difficulties in processing information, sustaining information, organizing thoughts, and task completion were experienced by the participants. *Impaired daily living and social and behavioral issues*; losing the ability to perform daily routine tasks necessary for daily life, consequently having a negative effect on their behaviors. Behavioral shifts noticed by the participants were often reactive, emotionally charged, or avoidant in nature emerging as irritability, verbal outbursts, withdrawal, hypersensitivity in social interactions, and disengagement from tasks and people. A *gap in clinical interventions* and *a need for awareness and support* identified the lack of understanding of how certain aspects of women's mental health are gravely overlooked, denied, and misinterpreted. These results help us understand the complexities and intricacies behind being an individual. That individuality is tied to every aspect of life and living. PME is not just a hormonal or psychological
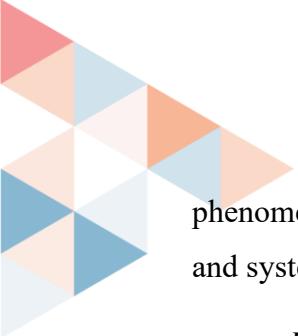
phenomenon, but is also a socially mediated experience requiring tailored clinical awareness and systemic awareness and empathy within the mental health community.

Psychiatric Comorbidities, Coping Styles, and Health-Related Quality of Life among Women with Polycystic Ovary Syndrome

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Lahore School of Behavioral Sciences, The University of Lahore

The current study aimed to investigate the relationship between psychiatric comorbidities, coping styles, and health-related quality of life among women with polycystic ovary syndrome (PCOS). The sample size (N = 300) was calculated through the online G Power calculator and approached through a purposive sampling technique. A demographic information sheet, Health-Related Quality of Life Questionnaire (HRQOLQ), Brief-Coping Orientation to Problems Experienced Inventory, and the Depression, Anxiety, and Stress Scale were used for data collection. The results of the correlational research design showed a significant relationship among psychiatric comorbidities, coping styles, and HRQOL in women with PCOS. Coping strategies and HRQOL showed weak correlations with psychiatric comorbidities. The findings of the study were discussed in the cultural context of Pakistan.

Silent Suffering: Insights from a 38-year-old woman's Battle with Persistent Depression

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Persistent Depressive Disorder (Dysthymia) is characterized by chronic low mood, fatigue, and loss of interest that led to significant emotional and functional impairment. This case report describes Ms. F.A, a 38-year-old divorced female with an 8th-grade education and no occupation, presenting with pervasive sadness, hopelessness, and feelings of worthlessness for the past five years. Her history revealed severe psychosocial stressors, including repeated forced marriages, emotional and physical abuse, and separation from her two daughters under her mother's coercive control. The client resides in a highly dysfunctional household characterized by maternal domination and sibling violence, perpetuating her emotional distress and sense of helplessness. Formal assessment tools, including the Mini-Mental Status

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Examination (MMSE), Bender Gestalt Test (KOPPITZ-2), Human Figure Drawing (HFD), and Beck Depression Inventory (BDI), were administered. Cognitive functioning was within normal limits, while Bender Gestalt findings indicated visual–motor deficits and emotional indicators of depression such as low self-esteem, inner turmoil, and indecisiveness. The Human Figure Drawing reflected a regressed self-image and blunted affect, consistent with depressive symptoms. A BDI score of 34 indicated severe depression. These findings supported a diagnosis of Persistent Depressive Disorder with pure dysthymic syndrome, late onset. Therapeutic intervention was guided by the Cognitive Behavioral Therapy (CBT) framework, focusing on identifying and restructuring maladaptive core beliefs such as "I am powerless" and "I am to blame." The treatment plan emphasized emotional regulation, behavioral activation, and assertiveness training to enhance autonomy and self-efficacy. Early sessions focused on building rapport, psychoeducational, and thought monitoring, while later sessions targeted cognitive restructuring, schema work, and relapse prevention. Overall, therapy facilitated gradual improvement in emotional awareness, coping skills, and self-concept. Early engagement in CBT-based intervention proved beneficial in reducing depressive symptoms, promoting adaptive functioning, and fostering psychological resilience in the face of ongoing environmental adversity.

Keywords: Persistent Depressive Disorder, Dysthymia, Cognitive Behavioral Therapy, Maladaptive Beliefs, Emotional Regulation

Premenstrual Syndrome, Disordered eating, and Academic performance in university students

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Premenstrual syndrome is a prevalent and significant health condition that has consequences on female students eating behaviors and academic performance. The purpose of this study is to investigate the relationship among premenstrual syndrome, disordered eating and academic performance in university students. Furthermore, this current study will analyze if there is a difference between Hostellers and Day scholars in terms of premenstrual syndrome, disordered eating and academic performance. Moreover, the current study was done to analyze if Premenstrual syndrome and disordered eating are predicting decreased academic performance in university students. 300 participants were recruited from different universities across Lahore. The participants were single and bachelor's level students. SPSS 26 model was used. Pearson

Product Moment Correlation, Independent Sample T-test, and Multiple Linear Regression were used to test the current study hypotheses. According to the first hypothesis, there should be a relationship between premenstrual syndrome, disordered eating, and academic performance in university students. The result was significant. According to the second hypothesis, that there will be difference in terms of premenstrual syndrome, disordered eating and academic performance in hostellers and day scholars. However, the current study rejects this hypothesis as it has not found any significant difference between day scholars and hostellers. According to third hypothesis, It was hypothesized that premenstrual syndrome and disordered eating will predict decreased academic performance, The results observed 3.6% prediction. However, results shows that only premenstrual syndrome is a significant predictor of reduction in academic performance. Further research in different settings and population such as Master and PHD students, teachers, workplace performance, adolescents, marital women and single woman parent is needed to confirm these results. Universities should develop policies to promote healthy lifestyle. The unique integration between these factors suggests to promote Interventions, better resources, comprehensive workshops about Premenstrual syndrome.

Keywords: Premenstrual syndrome, disordered eating, academic performance

Social media usage, body Image, and self-esteem among working and non-working women of Pakistan

Zainab Mubeen

Arden University, Ivy College of Management Sciences, Lahore
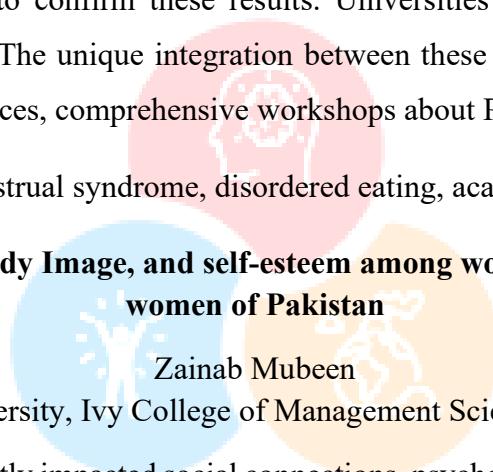
Social media has significantly impacted social connections, psychological well-being, and self-perception, especially among women. Despite global concern, there is a knowledge vacuum about its impact on body image and self-esteem in culturally unique contexts like Pakistan, particularly across various employment statuses. This research explores the relationship between social media use and body image and self-esteem among Pakistani working women and non-working women, and examines whether body image dissatisfaction mediates the relationship. Driven by the theories of social comparison and objectification, the study presumes that exposure to social media encourages upward comparisons and internalised ideals of appearance, which lowers self-esteem by causing body dissatisfaction. A quantitative survey approach was used to gather data from 250 women between the ages of 20 and 50 using validated measures such as the Social Media Use Scale (SMUS), Body Shape Questionnaire (BSQ-16b) and Rosenberg Self-Esteem Scale (RSES). Non-parametric analysis and mediation using Hayes' PROCESS Model 4 were implemented because of the non-normal distribution.
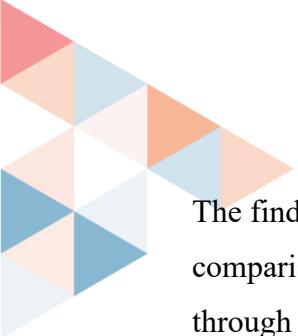
The findings indicated a significant association between social media use based on image and comparison and body dissatisfaction. Belief-based social media use showed full mediation through body dissatisfaction, even though mediation was unsupported across all dimensions. Working women reported using social media more frequently, but they also had higher self-esteem and body image adaptability. With ramifications for culturally appropriate treatments, media literacy education, and body image advocacy across occupational categories, this study provides a new perspective into the psychological processes that connect internet participation to the perception of oneself in Pakistani women.

Keywords: Social Media Use, Body Image, Self-Esteem, Employment Status

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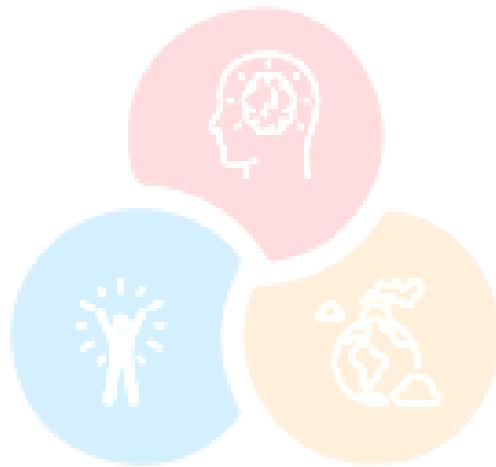
Scientific Session II F (2:45- 4:15 PM)
Theme: Balancing the Mind: Emotional Imbalance, Coping, and Regulation

Venue: Conference Hall Building A		
Session Chair: Prof. Dr. Beate Seibt Professor of Social Psychology Bei University of Oslo		**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
2	MHCH-102503-74	Personality Traits, Distress Tolerance, and Emotional Reactivity in Psychology Students **Aqsa Ijaz & Dr. Mahwesh Arooj** Department of Psychology, Government College University, Lahore
3	MHCH-102503-75	Attachment Styles, Emotional Regulation, and Resilience Among Orphans **Sehar Yasmee & Zarafsheen Khalid** Department of Psychology, University of Central Punjab Department of Psychology, Kinnaird College for Women, Lahore
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, Lahore
6	MHCH-102503-95	Impact of Sleep Deprivation on Psychological Distress and Cognitive Dysfunction in IT Professionals **Mahrukh Khan & Dr. Bushra Naz** Department of Psychology, University of Central Punjab, Lahore

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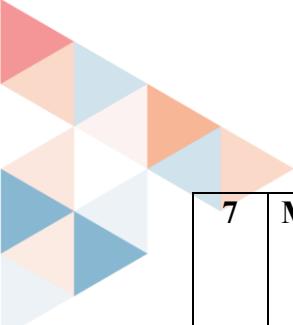
7	MHCH-102503-96	Emotional Desensitization to Violence and Interpersonal Relationships: The mediating role of Empathy among Police Officers **Sana Shoukat & Dr. Aasma Yousaf** Center for Clinical Psychology, University of the Punjab, Lahore

Childhood Adversities, Psychological Distress, Growth Initiative, and Suicidal Ideation in Substance Use Patients

Malaika Farooq & Dr. Bushra Naz

Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

This study examined the relationship between adverse childhood experiences (ACEs), psychological distress, personal growth initiative (PGI), and suicidal ideation among individuals with substance use disorders. A quantitative, cross-sectional research design was employed, and reliable standardized measures were used to assess the variables. Findings showed that ACEs, psychological distress, and PGI were significant predictors of suicidal ideation, with psychological distress emerging as the strongest contributor. Mediation analysis indicated that PGI partially mediated the link between childhood adversity and educational functioning through suicidal ideation, with results supported by strong model fit indices. Correlational analysis further revealed positive associations between suicidal ideation, ACEs, distress, and PGI, with stronger effects for specific PGI components such as intentional behavior, plan-fulness, and resource use. Group comparisons showed that cocaine users reported greater psychological distress and PGI than methamphetamine users, while no differences emerged for ACEs or suicidal ideation. Educational level also influenced suicidal ideation, with higher education associated with greater risk. Overall, the findings highlight that trauma history, emotional distress, and growth capacities collectively shape suicidal ideation in substance-using populations, underscoring the need for trauma-informed and growth-oriented interventions to reduce suicide risk and support recovery.

Keywords: Substance Use Disorder, Suicidal Ideation, Personal Growth Initiative, Psychological Distress

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Personality Traits, Distress Tolerance, and Emotional Reactivity in Psychology Students

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Department of Psychology, Government College University, Lahore

The main purpose of the research was to find out the association among personality traits, distress tolerance and emotional reactivity in Psychology students. Correlational research design was used, through non probability sampling, comprising postgraduate clinical psychology students (private + government sectors) (N=200) between ages from 23 to 25 years (M= 1.78; SD=.76), For data collection demographic sheet, IPIP personality trait scale (Donnellan et al,2006), Distress Tolerance scale (Simon & Gaher, 2005), Perth emotional reactivity scale (Becerra, 2017) used. The findings revealed that tools have good reliability values. Correlational analysis showed that Conscientiousness has a significant relationship with reactivity, Tolerance has a positive significant relationship with positive reactivity but negative relationship with negative reactivity. Distress tolerance has a negative relationship with negative reactivity. Mediation analysis showed that Openness and conscientiousness are negative significant predictors of negative reactivity but distress tolerance did not predict them. While extroversion and agreeableness are positive and significant predictors of positive emotional reactivity, absorption regulation is a positive and significant predictor of general positive emotional reactivity. Nuclear family system showed higher scores on general positive reactivity than joint. Nuclear family system scored higher on negative emotional reactivity than joint system. The future recommendations are that a large sample size can be included with both male and female participants, also older adults, and participants from different social classes and educational backgrounds can be included. This study will help to understand the clinical psychology students about their emotional responses how they have been responding and what are the reasons behind their reactions towards a situation and it also helps them to give proper attention to their own psychological health because they are already studying and handling vulnerable population and it impact their own emotional, physical and psychological health

Keywords: Personality traits, distress tolerance, emotional reactivity

Attachment Styles, Emotional Regulation, and Resilience Among Orphans

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Orphans represent a vulnerable population facing significant loss and trauma, factors known to impact psychosocial well-being and adaptation. This correlational study was designed to investigate the interrelationships between attachment styles, emotional regulation strategies, and resilience in this population. Specifically, the study aimed to: (1) determine the strength and direction of the relationship among these three constructs; (2) identify significant predictors of resilience; and (3) explore potential gender differences across all study variables. A correlational research design was employed. The sample consisted of N = 350 orphans (175 males and 175 females) residing in various institutions across Lahore, Pakistan, aged between 10 and 17 years. Participants were selected using purposive sampling. Data were collected using three standardized instruments: the Attachment Style Classification Questionnaire (ASCQ), the Emotional Regulation Questionnaire for Children and Adolescents (ERQ-CA), and the Child and Youth Resilience Measure-Revised (CYRM-R). Data analysis was conducted using Pearson product-moment correlation, multiple hierarchical linear regression, and Independent-Samples t-tests. The results confirmed a significant positive correlation between attachment styles, emotional regulation, and resilience ($p < 0.001$). Predictors of Resilience: A multiple hierarchical linear regression analysis identified Secure Attachment Style ($\beta = 0.162$) and the emotional regulation strategy of Cognitive Reappraisal ($\beta = 0.418$) as significant positive predictors of resilience. Cognitive Reappraisal emerged as the strongest predictor. Gender Differences: A significant gender difference was observed only in Attachment Styles, with male participants reporting higher mean scores. No significant gender differences were found in the overall levels of emotional regulation or resilience. The findings emphasize the critical role of attachment and emotion regulation in fostering resilience in orphans. The strong predictive power of Secure Attachment and the adaptive strategy of Cognitive Reappraisal suggest that clinical and institutional interventions should be tailored to promote secure relational bonds and teach explicit skills in re-framing emotional situations. Such targeted psychological support is recommended to enhance the mental health and adaptive capacity of orphaned youth.

Keywords: Orphans, Attachment styles, Emotional regulation, resilience

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Psychosocial Impacts and Coping Strategies of Residents Living Near Marble Mining Blasting Sites: A Phenomenological Study

Aleen Fatima[1] & Elum Khan[2]

[1]Behavioral Sciences Dept., Azra Naheed Medical College and [2]Society for the Protection of the Rights of the Child with UNHCR

Although the mining of marbles proves beneficial to certain economies, in most cases; they tend to be psychosocially and biologically imposing to the surrounding communities. The local people, living near the locations of blasting, are often subjected to the noise pollution, natural environments, environmental degradation and safety risks which can result in mental, physical and social health. The study in hand sought to investigate the psychosocial impacts on the lives of people living in and around the marble mining blasting sites within the Buner district of Khyber Pakhtunkhwa and non-essentially determine the coping strategies that the communities have taken to cope with their exposures. The qualitative phenomenological research design was applied, the eight respondents (four men and four women) between the ages of 18 and 30 years (n=8) who lived within three kilometers of the marble blasting areas were randomly chosen by means of purposive sampling. The interviews were carried out through in depth interviews whereby, the informed consent was obtained and ethical considerations made. R Language software was used to analyze the data based on thematic analysis and pictorial manifestation of themes. There were five broad themes, including the experiences related to psychology, sociology, environmental, biological experiences, and coping processes. The interviewees cited some of the challenges such as skin related issues, feelings of depression, phobias, sale and personal conflicts among families, economic pressures, and destruction of the environment and weather disturbances. Some with the avoidance of severely affected corners, physical means of reducing noise exposure (e.g. covering ears), and also open space adaptation to increase safety were the coping mechanisms. Their findings bring to a wider perspective the psychosocial impacts of the mining activities of marble on the local communities; it can be used by the NGOs, drafting policies, and also by the international developmental agencies to design evidence-based rehabilitation workshops, psychological interventions, and environmental protection policies of the population living around the mining areas.

Keywords: Marble Mining, Psychosocial Impact, Environmental Degradation, Coping Strategies, Community Health

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Mindfulness, Resilience and Compassion Fatigue in Psychiatry Staff (Psychiatrists and Clinical Psychologists)

Fatima Nawaz & Sana Nouman
Department of Psychology, Fazaia College

The present study aimed to examine the relationship between Mindfulness, Resilience, and Compassion Fatigue among Psychiatric Staff particularly Psychologists and Psychiatrists. Compassion fatigue is a growing concern among mental health professionals, leading to emotional exhaustion and reduced professional efficacy. Therefore, the objective of this study was to explore how Mindfulness and Resilience contribute to lowering compassion fatigue and to determine whether resilience mediates the relationship between Mindfulness and Compassion Fatigue. Correlational research design was used to investigate the relationship between Mindfulness, Resilience, and Compassion Fatigue in psychiatric staff (e.g., doctors and psychologists). A sample of (N=130) participants (M age=48.25, SD=10.306) was recruited. It was hypothesized that (a) There is likely to be a negative relationship of Mindfulness and Resilience with Compassion Fatigue in Psychiatric Staff particularly psychologists and psychiatrists, (b) Mindfulness and Resilience are likely to predict Compassion Fatigue in Psychiatric Staff particularly psychologists and psychiatrists, (c) There is likely to be a mediating role of Resilience with Mindfulness and Compassion Fatigue in Psychiatric Staff particularly psychologists and psychiatrists, and (d) There is likely to be professional differences between psychologists and psychiatrists in Mindfulness, Resilience, and Compassion Fatigue. Mindful Attention Awareness Scale (MAAS; Brown & Ryan, 2003), Brief Resilience Scale (BRS; Smith et al., 2008), and EFat-Com Scale (Felipe et al., 2023) were used. Pearson's product-moment correlation analyses showed that Mindfulness, Resilience, and Compassion Fatigue are significantly correlated. Mindfulness has a significant negative relationship with Compassion Fatigue. Similarly, Resilience has a significant negative relationship with Compassion Fatigue. Furthermore, mediation analysis revealed that Resilience partially mediated the relationship between Mindfulness and Compassion Fatigue. These results suggest that individuals with higher levels of Mindfulness tend to report lower levels of Compassion Fatigue, and this relationship is strengthened by higher Resilience. The findings have important implications for mental health professionals, emphasizing the need to foster Mindfulness and Resilience in clinical practice to mitigate Compassion Fatigue and enhance psychological well-being among Psychiatric Staff.

Keywords: Mindfulness, Resilience, Compassion Fatigue, Psychiatric Staff

Impact of sleep deprivation on psychological distress and cognitive dysfunction in IT Professionals

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Sleep deprivation can worsen the psychological distress and impair the cognitive functioning among IT professionals who work at night. This study aims to explore the relationship among the study variables. The quantitative research method was employed in this research. A purposive and snowball sampling technique was used to collect 125 IT professionals. The PROMIS Scales to measure psychological distress and sleep disturbances, and the cognitive failure questionnaire (CFQ) by Broadbent et al (1982). These measures' reliability ranged from good to excellent (.88 to .96). Results of this research show that a sleep disturbance positively correlates with overall psychological distress, such as anxiety, anger, depression, and cognitive dysfunction, and their subdomains. Cognitive failure significantly and positively predicts overall distress and sleep disturbance, explaining 41% of the variance. The differences were found among Work type, Work experience, and salary of professionals. This research will help the policy makers to build sleep hygiene routines and provide guidance on mental health issues to improve their cognition and to improve the psychological well-being of IT professionals.

Keywords: IT professionals, Night shift, Sleep disturbance, psychological distress, Cognitive dysfunction

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, Lahore

The current research examined the relationship in emotional desensitization to violence, empathy and interpersonal relationships and also explored the mediating role of empathy between police officers. Purposive sampling was utilized to gather data from police officers serving at various police stations in Lahore (N=120). Inclusion criteria required participants must be currently serving police officers. Emotional Desensitization to Violence, Interpersonal Reactivity Index (IRI) and The Functional Idiographic Assessment Template Questionnaire-Short Form (FIAT-Q-SF) were employed to assess study variables. Pearson Moment Correlation and mediation analysis using process MACRO were applied. The findings of this study indicated that emotional desensitization to violence was negatively correlated with interpersonal relationships, empathic concern and personal distress. Emotional desensitization to violence negatively predicted interpersonal relationships. Empathy, particularly

empathic concern, was proven to be a significant mediator in emotional desensitization to violence and interpersonal relationships. Personal distress did not significantly mediate these relationships. The research would be beneficial in organizational and clinical settings to target empathy training and mental health interventions for managing emotional desensitization to violence and improving interpersonal relationships among police officers exposed to repeated violence.

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

Substance Use Disorder (SUD) is a major public health issue in Pakistan with significant social and economic consequences. Addiction often leads to financial instability, affecting both individuals and their families through job loss, debt, and disrupted recovery. This study *explores the economic impact of drug use, focusing on spending patterns, income sources, and financial strain among individuals with SUD*. A descriptive cross-sectional study was conducted at a drug rehabilitation facility, involving 390 participants selected via non-probability convenience sampling. Data were collected using a structured, non-standardized survey addressing demographics, employment status, income, drug-related expenses, and coping strategies. Most participants were single (57.6%), lived in joint families (61.2%), and had low education levels. While 80.9% were employed full-time, 58.3% reported job loss due to addiction. A majority (66.9%) used personal income to purchase drugs, with 49.6% spending PKR 500–2000 daily. Additionally, 59.4% incurred debt, and coping strategies included selling valuables (30.9%), borrowing (18.3%), and drug distribution (21.6%). Substance use imposes a substantial economic burden, even among the employed. These findings underscore the need for integrated interventions emphasizing financial literacy, vocational rehabilitation, and social reintegration to promote sustained recovery.

Keywords: Substance Use, Economic Burden, Occupational Dysfunction

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Scientific Session II G (2:45- 4:15 PM)
Theme: Psychological Profiles: Patterns, Traits, and Social Behavior

	Venue: Building C Room 202	
Session Chair: Dr. Sarah Shahed Professor, Department of Psychology, Forman Christian College, Lahore.		**Session Co-Chair:** Dr. Shirmeen Ijaz Associate Professor, Superior University, Lahore
Moderator: Ms. Hareem Azam		**Facilitator:** Ms. Sania Jamil

Sr#	Code	Title Author and Affiliation
1	MHCH-102503-98	Exploration of Dependency Traits in Pakistani Young Adult **Sania Jamil & Noorul Ain Basit** Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, 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, University of Central 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 & Dr. Rabia Iftikhar** Department of Psychology, Government College University, Lahore
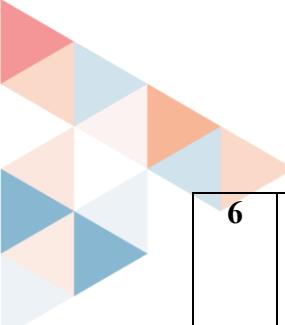
6	**MHCH-102503-102**	Modern Cities, Marginalized voices: Mega Urban Development Projects Creating Climate and Social Vulnerabilities **Lamia Islam Khan** The Mushtaq Ahmad Gurmani School of Humanities and Social Sciences, Lahore University of Management Sciences
7	**MHCH-102503-62**	Communication Styles, Conflict Resolution, Relationship Satisfaction in Married Individuals; Role of Self-esteem and Self Compassion **Maizan Ejaz, Dr. Rabia Farooqi** Nur International University, Lahore

Exploration of Dependency Traits in Pakistani Young Adults

Sania Jamil & Noor ul Ain Basit

Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

The present study explores the dependency traits in young adults in the culture of Pakistan. This study aims to explore the concept of self, interpersonal aspects, decision making, coping strategies and cultural impact on the development of dependency traits. For data collection Dependent Personality Disorder (Urdu Version) was used. Data was collected from 300 participants from different universities of Lahore. On the basis of scores 15 participants (6 Males and 9 Females) were shortlisted which fulfilled the inclusion criteria, out of 6 (3 Males and 3 Females) were recruited for further interview. Thematic analysis was used to analyze the data collected from interviews. Several themes emerged after data analysis, themes in self aspect included preference to others, serving others, self-worth attached to others, investing in un-serving relationships, conflict avoidance. The themes emerged in the interpersonal aspects included: preference for like-mindedness, perseverance of relationships, fear of being left alone and fear of judgment. Moreover, people exhibit dependency on others for decision making. While exploring culture the themes emerged were: restricting autonomy, societal pressure, societal expectations, and gender specific expectations. The study also reveals the facets in which dependency traits vary among males and females.

Keywords: Personality Trait, Dependency Trait, Collectivistic culture, Thematic Analysis, Culture of Pakistan

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From Charm to Harm: The Dark Triad's Pathway to Workplace Incivility in Legal Profession

Zainab

Department of Political Science and International Relations, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

The present study aimed to investigate the relationship between Dark Triad personality traits and workplace incivility among lawyers, with a focus on the mediating role of cognitive empathy. Data were collected from 300 lawyers employed in various firms in Lahore, Pakistan, aged between 18 and 59 years (M = 34.74, SD =7.64). Participants completed the Short Dark Triad Scale (SD3; Jones & Paulhus, 2014), the Instigated Workplace Incivility Scale (Blau & Andersson, 2005), and the Cognitive Empathy Scale (Reniers et.al, 2011). Structural validity of the instruments was confirmed through Confirmatory Factor Analysis, and internal consistency was assessed using Cronbach's alpha, with all scales demonstrating satisfactory psychometric properties. Pearson's correlation analysis indicated that higher levels of Dark Triad traits were associated with increased workplace incivility and lower cognitive empathy. Mediation analysis using Structural Equation Modeling (SEM) in AMOS revealed a significant indirect effect of Dark Triad traits on workplace incivility through reduced cognitive empathy. These findings suggest that Dark Triad traits may predict workplace incivility both directly and indirectly by impairing cognitive empathy. It is recommended that interventions targeting the reduction of Dark Triad tendencies and the enhancement of cognitive empathy may contribute to reducing workplace incivility among legal professionals.

Keywords: Dark Triad, Workplace Incivility, Cognitive Empathy, Lawyers

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

With the integration of Artificial Intelligence (AI) into higher education, understanding psychological factors influencing student engagement has become increasingly important. This study investigated whether Big Five personality traits predict university students' motivations to use AI tools across academic and personal domains. Drawing on the Five-Factor Model and frameworks such as Technology Acceptance Model (TAM) Theory and Unified Theory of Acceptance and Use of Technology 2 (UTAUT2), the study examined whether traits— Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism—significantly

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predicted motivation dimensions: Expectancy, Attainment Value, Utility, Intrinsic Interest, and Cost. A quantitative, cross-sectional design was applied with 135 Pakistani university students (67 males, 68 females) aged 18–25, using the Mini International Personality Item Pool (Mini-IPIP) and Questionnaire of AI Use Motivation (QAIUM) scales. Data analysis via Jamovi included multiple regression and independent-samples t-tests. Results showed that Neuroticism significantly predicted lower expectancy ($\beta = -0.252$, $p = .004$), attainment ($\beta = -0.215$, $p = .013$), and cost ($\beta = -0.197$, $p = .024$). No significant predictive relationships were found for Openness, Conscientiousness, Extraversion, or Agreeableness. Gender-based t-tests revealed that males reported higher expectancy ($p = .041$), utility ($p = .014$), and intrinsic motivation ($p = .008$), while females scored higher in Neuroticism ($p = .050$). These findings suggest that while most personality traits did not predict motivation, Neuroticism and gender differences play a substantial role. Educational strategies should consider emotional stability and gender in the design of AI-based learning tools to enhance motivation and engagement.

Keywords: Big Five Personality Traits, AI Motivation, Educational Psychology, QAIUM, Technology Acceptance

Exploring the Role of Emotional intelligence and Resilience in Predicting Internalizing-Externalizing Behavior among Offspring of Parents with Mental Illness

Rabia Khawar[1], Saher Mehmood[1], Samavia Hussain[1], Imtiaz Ahmad Dogar[2], Tehreem Sultan[1] & Maria Manzoor[1]

[1]Department of Applied Psychology, Government College University Faisalabad,
[2]Department of Psychiatry and Behavioral Sciences, District Headquarter Hospital Faisalabad

Offspring of parents with mental illness (OPMI) are at heightened risk for internalizing (e.g., anxiety, depression) and externalizing (e.g., aggression, hyperactivity) behaviors due to genetic predispositions and stressful environments that can compromise their mental health and psychosocial functioning. Emotional intelligence (EI) and resilience may serve as crucial protective mechanisms that enable individuals to manage stress, regulate emotions, and adapt effectively to adverse circumstances. The present study aimed to examine the protective roles of emotional intelligence (EI) and resilience in reducing these behavioral problems, thereby contributing to an evidence-based understanding of mental health challenges and the development of psychological interventions for this vulnerable population within a South Asian context, where such investigations remain limited. Using a correlational cross-sectional design, data were collected from 200 participants ($M_{age} = 14.81$, $SD_{age} = 2.01$; 55% girls) recruited through a purposive sampling technique from public and private hospitals in

Faisalabad, Pakistan. Emotional intelligence was assessed using the Wong & Law Emotional Intelligence Scale (WLEIS), Resilience was measured through the Connor-Davidson Resilience Scale (CD-RISC), and Internalizing–Externalizing Behavior was assessed using the Strengths and Difficulties Questionnaire (SDQ). Data analyses included Pearson product–moment correlations, hierarchical multiple regression, and mediation analyses using the PROCESS Macro. Emotional intelligence and resilience were significantly negatively correlated with internalizing and externalizing behaviors. Regression analyses revealed resilience as a significant predictor of both internalizing and externalizing behaviors, while EI significantly predicted externalizing behavior. Mediation analysis further indicated that resilience mediated the relationship between EI and externalizing behavior, suggesting that emotionally intelligent children are more resilient, which in turn reduces behavioral difficulties.The findings highlight the importance of emotional intelligence and resilience as protective psychological resources for children facing parental mental illness. By enhancing emotional understanding and psychological flexibility, these factors reduce vulnerability to internalizing and externalizing problems. The results show the need for fostering emotion- and resilience-based interventions within culturally informed frameworks to reduce psychological risks, promote mental well-being, and strengthen human dignity among vulnerable populations.

Keywords: Offspring of parents with mental illness (OPMI), Emotional Intelligence (EI), Resilience, Internalizing-Externalizing Behavior

Role of Gender Differences in Prosocial Behavior and Friendship Quality in School Children

Farhan Hashmi & Rabia Iftikhar
Department of Psychology, Government College University, Lahore

The present research explored Prosocial Behavior and Friendship Quality in School Children. Any behavior that is regarded as being helpful without a need or expectation of anything in return falls under the broad category of helping behaviors termed Prosocial Behavior. Friendship quality is described by how strong and stable a friendship is. The present study was conducted on a sample of School Children to determine the gender related differences in terms of Prosocial Behavior and Friendship Quality in School Children. A total of 600 Schoolchildren were a part of the present study. The sample was collected from various Government and Private Schools of Lahore. School Prosocial Behavior Assessment Scale (SPBAS) and Friendship Quality Scale (FQS) were used in the present study. The results revealed strong

positive correlations between Prosocial Behavior and Friendship Quality. Prosocial Behavior was also predicted by the Help and Closeness subscale of FQS. Differences were also observed in terms of Class, Age and Gender in Prosocial Behavior and Friendship Quality of the School Children.

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

Across South Asia, large-scale urban development projects are transforming riverine and peri-urban landscapes in the name of modernization and climate resilience. Yet, such transformations often intensify environmental degradation and deepen social inequalities. This paper examines how mega urban projects, when imposed on ecologically sensitive regions, reproduce climate and social vulnerabilities rather than mitigating them. Using the transformation of the Ravi River corridor in Lahore as a reference point, it explores how the commodification of fertile land and water resources undermines local livelihoods, disrupts cultural and ecological continuity, and erodes the dignity of communities historically tied to these landscapes. The paper situates these processes within the broader discourse on climate and environmental justice, arguing that dominant models of urban growth and modernization often obscure the lived experiences of displacement, uncertainty, and pressures among affected populations. By highlighting these intersections between ecology, equity, and emotion, the study emphasizes the need to reconceptualize urban progress through an inclusive, human-centered, and ecologically grounded lens. It calls for development models that prioritize environmental integrity and collective well-being over marketability and exclusionary growth. Using a qualitative case study approach, the research integrates policy analysis, spatial mapping, and semi-structured interviews with affected residents, planners, and environmental experts. The analysis explores how land-use change, displacement, and ecological disruption contribute to livelihood insecurity and distress.

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Emotional Desensitization to Violence and Interpersonal Relationships: The mediating role of Empathy among Police Officers

Maizam Ejaz & Dr. Rabia Farooqi
Nur International University, Lahore

This study was intended to examine the impact and inter connection of communication styles, conflict resolution strategies on relationship satisfaction in marriages. The moderator role of self-compassion and mediator role of self-esteem was added. Communication styles and conflict resolution and its linkage with self-esteem and self-compassion is under explored. Using a cross-sectional design, data was collected from married individuals through validated self-report measures assessing communication styles, conflict resolution strategies, self-esteem, self-compassion, and relationship satisfaction. This study hypothized that Positive conflict resolution strategies were associated with higher relationship satisfaction in married adults. Self-compassion played a role of moderator between communication styles and relationship satisfaction whereas Self-esteem served as a mediator between two variables. Data was collected by using the scale of self-perceived Communication in the couple relationship (SCCR/CARP), Romantic Partner Conflict Resolution Scale (RPCS), Rosenberg Self-esteem Scale (RSES), Enrich Marital Satisfaction Scale (EMS) and Self-Compassion Scale (SCS). All the scales used were in Urdu language and adapted for Pakistani population. Participants were chosen using a quantitative, cross-sectional correlational study design with a sample of married men and women aged 30-50 years old, using convenience and snowball sampling methods. Participants showed moderate to high relationship satisfaction, self-compassion, self-esteem, constructive conflict resolution, and communication. Avoidance and submission lowered self-compassion and satisfaction, while effective communication and constructive conflict strategies boosted self-esteem and relationship quality; women reported slightly better communication, and higher self-compassion which amplified these positive effects.

Keywords: Communication styles, conflict resolution strategies, Self-esteem, self-compassion, relationship satisfaction, married adult

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Scientific Session II H (2:45- 4:15 PM)
Theme: Journeys through Psychosis, Depression, and Mood Dysregulation

Venue		

| **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 Psychology, COMSATS University, 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, Faculty of Humanities and Social Sciences, 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, Faculty of Humanities and Social Sciences, 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, Faculty of Humanities and Social Sciences, 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, Lahore
5	MHCH-102503-115	Reclaiming Reality; A Journey Through Schizophrenia in Adulthood **Faria Shoukat & Naeema Sarfraz** Department of Psychology, Faculty of Humanities and Social Sciences, 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, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

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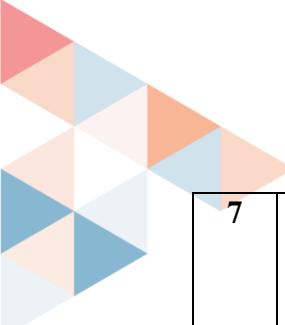
7	MHCH-102503-119	Understanding Persistent Psychotic Features: A Case Study of Schizophrenia (Continuous Type) **Fatima Basharat & Momina Nayyer** Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
8	MHCH-102503-120	Unraveling Psychosis: A Clinical Insight into Trauma-Induced Schizophrenia **Ayman Jalal & Naeema Sarfraz** Department of Psychology, Faculty of Humanities and Social Sciences, 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

Understanding Psychotic Recovery: A Case Study of a 29-Year-Old Male with Schizophrenia

Alishba Nawaz Khan & Naeema Sarfaraz
Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

Schizophrenia is a psychiatric illness characterized by disturbances in perception, thought, and behavior that frequently result in impaired social and occupational functioning. M.A., a 29-year-old divorced male junior clerk, was referred for assessment in regard to paranoia, auditory and visual hallucinations, grandiosity, and hostility. His illness was also complicated by extensive drug use and traumatic bereavement after his son's death. Clinical interview and standardized testing, such as the Mental Status Examination (MSE), Rotter's Incomplete Sentences Blank (RISB), and Positive and Negative Syndrome Scale (PANSS), identified mild to moderate positive symptoms, persecutory delusions, hallucinations, and grandiosity coupled with negative symptoms like emotional withdrawal, apathy, and social isolation. RISB responses showed family dependency, early marriage guilt, and intrapersonal conflict between remorse and normalcy. Partial insight was observed. A 12-session structured Cognitive Behavioural Therapy (CBT) was administered concurrently with pharmacotherapy. Initial sessions focused on building rapport, psychoeducation, and medication compliance; mid-course concentrated on anger management, cognitive restructuring via Socratic questioning, and behavioural activation to restore daily routine and motivation; subsequent sessions on

relapse prevention, coping skills, and therapy blueprint for long-term recovery. Family engagement was designed to enhance schizophrenia awareness and decrease expressed emotion at home. Throughout the course of treatment, M.A. had improved emotional control, partial understanding, and reduced paranoia. This case is illustrative of the efficacy of collaborative CBT, medication, and family involvement in stabilizing schizophrenia symptoms, particularly when complicated by substance abuse and psychosocial stressors.

Understanding Schizophrenia Through One Man's Journey: A Case Report

Eiman Amer & Naeema Sarfaraz

Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
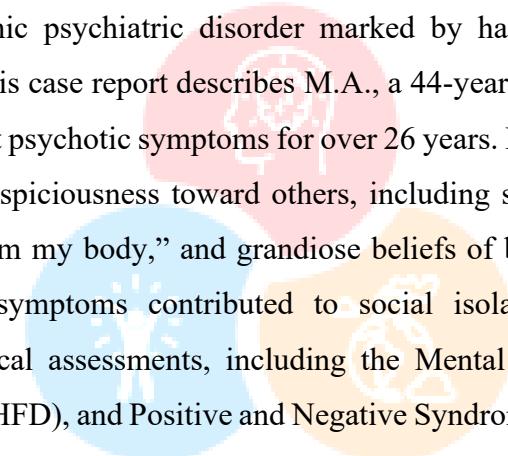
Schizophrenia is a chronic psychiatric disorder marked by hallucinations, delusions, and disorganized thinking. This case report describes M.A., a 44-year-old male from Lahore, who has experienced persistent psychotic symptoms for over 26 years. He presented with delusions, motor retardation, and suspiciousness toward others, including somatic experiences such as "God removes valves from my body," and grandiose beliefs of being chosen by Allah for a higher purpose. These symptoms contributed to social isolation and strained familial relationships. Psychological assessments, including the Mental State Examination (MSE), Human Figure Drawing (HFD), and Positive and Negative Syndrome Scale (PANSS), revealed moderate positive and negative symptoms, emotional difficulties, low self-esteem, and impaired interpersonal functioning. Projective results suggested feelings of helplessness, perceptual distortions, and challenges in planning and decision-making. Treatment comprised 12 sessions of cognitive-behavioral therapy (CBT), incorporating behavioral activation, questioning the evidence, and examining the quality of evidence, alongside structured daily activities and medication adherence monitoring. CBT facilitated restructuring of maladaptive beliefs, enhanced coping strategies, promoted social engagement, and supported daily routine management. The intervention resulted in slightly increased insight, better participation in activities, and readiness for independent coping, highlighting the Importance of structured CBT approaches for adults with chronic schizophrenia.

Keywords: Schizophrenia, Cognitive Behavioral Therapy (CBT), Delusions, Hallucinations, Insight, Coping Strategies, Social Functioning and Psychosis

Silent Battles: Chronic Schizophrenia in the Shadow of Family Absence

Maham Khan & Naeema Sarfraz

Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

Schizophrenia is a chronic psychiatric disorder characterized by persistent psychotic symptoms, cognitive disturbances, and social impairment. This case report describes Z.J., a 30-year-old man, who has experienced continuous psychotic symptoms for the past 12 years, including auditory hallucinations, paranoid and grandiose delusions, disorganized speech, irritability, aggression, and emotional dysregulation. Minimal family support and a toxic home environment exacerbated the severity and persistence of his symptoms. Formal assessments, including the Mental Status Examination (MSE), Koptizz-2, House-Tree Person (HTP) test, and Positive and Negative Syndrome Scale (PANSS), demonstrated intact intellectual and neurological functioning but severe positive symptoms, moderate negative symptoms, and cognitive disturbances. Projective results indicated emotional suppression, grandiosity, feelings of insecurity, and persistent hallucinations. Treatment involved Cognitive Behavioral Therapy (CBT) for psychosis to challenge delusions, reduce hallucinations, improve insight, and enhance coping strategies. Behavioral strategies, including activity scheduling, structured routines, and social skills training, were applied alongside psychoeducation and strict monitoring of medication adherence. Short-term goals focused on symptom reduction, emotional stabilization, and treatment adherence, while long-term goals aimed at relapse prevention, social and occupational functioning, and coping in the absence of family support. Structured, long-term intervention provided stability and significantly improved Z.J.'s ability to manage chronic psychotic symptoms. This case highlights the importance of CBT and comprehensive psychosocial intervention in the management of chronic schizophrenia.

Keywords: Chronic Schizophrenia, Auditory Hallucinations, Paranoid and Grandiose Delusions, Emotional Dysregulation, Minimal Family Support

Brief Psychosis Triggered by Climate-Related Stress: A Case Report

Kinza Bint Sultan

Department of Psychiatry & Behavioral Sciences, Sir Ganga Ram Hospital, Lahore

Background/Introduction & Objectives: This case report describes a 25-year-old male who developed F23 Brief Psychotic Disorder following acute psychosocial stress caused by flood damage to his residence, a climate-related disaster. The objective was to explore the interaction

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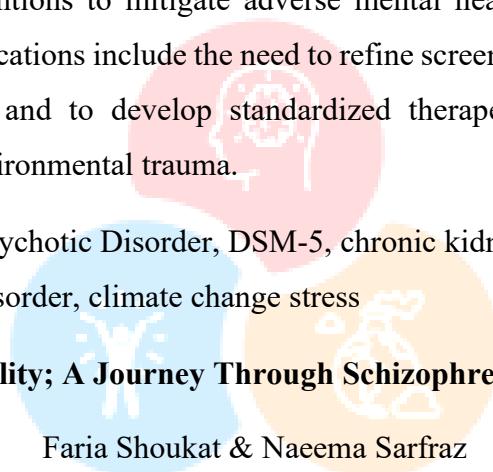
of environmental trauma and medical comorbidity in precipitating acute psychosis and to evaluate the role of resilience-focused therapy. The patient presented with disorganized speech, aggressive behavior, and core psychotic symptoms lasting four days, followed by full remission. His medical history included chronic kidney disease (CKD), which heightens neuropsychiatric risk, and Functional Neurological Symptom Disorder (FNSD), reflecting vulnerability to stress-induced conditions. He received an eight-session psychological intervention that combined cognitive-behavioral and supportive strategies, while climate-related distress was assessed using the Climate Anxiety Scale and the Climate Change Worry Scale. Post-intervention, the patient demonstrated complete symptomatic remission and functional recovery, highlighting the effectiveness of targeted therapy in stress-induced brief psychosis complicated by chronic illness. This case underscores the importance of incorporating climate-related stress assessments into psychiatric evaluations and supports resilience-building interventions to mitigate adverse mental health outcomes in vulnerable populations. Broader implications include the need to refine screening tools for climate-related mental health challenges and to develop standardized therapeutic protocols tailored for individuals exposed to environmental trauma.

Keywords: Brief Psychotic Disorder, DSM-5, chronic kidney disease, Functional Neurological Symptom Disorder, climate change stress

Reclaiming Reality; A Journey Through Schizophrenia in Adulthood

Faria Shoukat & Naeema Sarfraz

Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

Schizophrenia is a chronic and severe psychiatric disorder marked by profound disturbances in perception, thought, emotion, and behavior, often resulting in significant impairment in daily and social functioning. This case report presents W.A., a 38-year-old unmarried man from Faisalabad, who exhibited prominent psychotic symptoms, including auditory hallucinations, persecutory delusions, emotional withdrawal, and disturbed sleep, persisting for two years. His symptoms were exacerbated by unresolved grief following the deaths of his mother and sibling, ongoing familial conflicts, and financial betrayal by his brother. Clinical interviews revealed strained paternal relationships, controlling family dynamics, and pronounced social isolation. Formal psychological assessments, including the Mini-Mental State Examination (MMSE), Bender Gestalt Test (BGT), House-Tree-Person (HTP), and Positive and Negative Syndrome Scale (PANSS), indicated intact cognitive functioning but significant emotional dysregulation,

poor insight, and moderate to severe positive, negative, and general psychopathological symptoms. Projective findings reflected emotional regression, anxiety, and deep-rooted interpersonal conflict consistent with schizophrenic pathology. A diagnosis of Schizophrenia, First Episode, Currently in Remission (F20.9) was made. The treatment plan involved Cognitive Behavioral Therapy for psychosis (CBT) and Social Skills Training (SST) across 14 sessions. Early sessions emphasized therapeutic alliance and psychoeducation, while later sessions focused on cognitive restructuring, coping with hallucinations, and relapse prevention. Structured CBT-based intervention facilitated improved insight, reduced symptom severity, and enhanced emotional and interpersonal stability, underscoring the role of integrated therapy in long-term management of schizophrenia.

Keywords: Schizophrenia, Psychosis, Cognitive Behavioral Therapy, Social Skills Training, Remission, Case Study

Navigating Psychotic Reality; Insights from a 49-Year-Old Journey

Zunaira Farooq & Naeema Sarfraz

Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
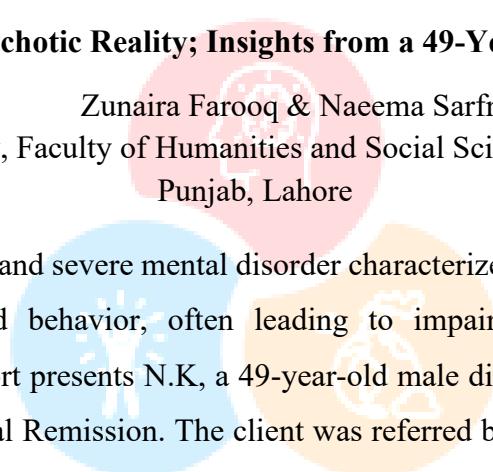
Schizophrenia is a chronic and severe mental disorder characterized by distortions in thinking, perception, emotions, and behavior, often leading to impaired functioning and social withdrawal. This case report presents N.K, a 49-year-old male diagnosed with Schizophrenia (F20.9), Currently in Partial Remission. The client was referred by his brother for psychiatric and psychological assessment due to persistent delusional beliefs, auditory hallucinations, and disorganized thinking that have been present for approximately nine years. The onset of symptoms followed the death of his father, an event he described as deeply distressing and life-altering. Since then, he developed fixed beliefs that he communicates with spiritual beings and that a divine power protects him. He reports hearing a male voice named "Sam," who resides in his teeth, and another female voice that praises him. He also believes that he is a holy prophet and that the world depends on his existence. Formal assessments, including the Mental Status Examination (MSE), Bender Gestalt Test (BGT), Human Figure Drawing (HFD), and Positive and Negative Syndrome Scale (PANSS), were administered. Results revealed a combination of positive and negative symptoms, marked by delusional thinking, auditory hallucinations, and social withdrawal. Cognitive assessment indicated mild visual-motor and organizational difficulties, while projective drawings reflected emotional insecurity, anxiety, and withdrawal tendencies. The client appeared cooperative and maintained personal hygiene, displaying

average intellectual functioning; however, his insight into illness remained limited. The treatment plan involved Cognitive Behavioral Therapy (CBT), focusing on cognitive restructuring, reality testing, relaxation training, and psychoeducation to enhance insight and coping. Long-term therapeutic goals included symptom reduction, improved treatment adherence, and functional recovery. While partial symptom stabilization was achieved, the prognosis remains guarded due to limited insight and minimal family support. This case highlights the importance of sustained psychiatric intervention, structured psychotherapy, and social rehabilitation in promoting better outcomes for individuals with chronic psychotic disorders in partial remission.

Understanding Persistent Psychotic Features: A Case Study of Schizophrenia (Continuous Type)

Fatima Basharat & Momina Nayyer
Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore
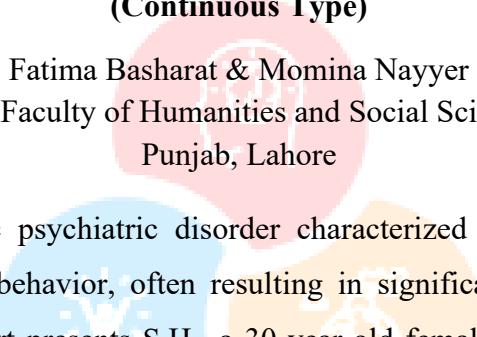
Schizophrenia is a chronic psychiatric disorder characterized by distortions in thinking, perception, emotions, and behavior, often resulting in significant social and occupational impairment. This case report presents S.H., a 30-year-old female with a ten-year history of psychotic symptoms, emotional instability, and social withdrawal. Her symptoms began at age ten following exposure to parental conflict, gradually progressing to auditory hallucinations, paranoid ideation, aggression, and poor self-care. The onset and exacerbation of symptoms were associated with multiple psychosocial stressors, including emotional neglect, bullying, bereavement, and a tense family environment. Formal assessments included the Mini Mental Status Examination (MMSE), Koppitz-2, Human Figure Drawing (HFD), and Positive and Negative Syndrome Scale (PANSS). Results indicated intact cognition (MMSE score: 28), average visual-motor skills (Koppitz-2 percentile: 66), emotional distress and paranoia (HFD), and moderate-to-severe symptom severity (PANSS total: 106/210). The client was diagnosed with Schizophrenia, Continuous (F20.9). From a cognitive-behavioral perspective, her difficulties were maintained by dysfunctional core beliefs ("I am unsafe," "Others will harm me"), negative automatic thoughts, and maladaptive coping behaviors such as withdrawal and aggression. Treatment comprised 16 sessions of CBT focused on psychoeducation, cognitive restructuring, emotional regulation, and behavioral activation, integrated with religious coping.

Improvement was noted in insight, hygiene, and emotional control, though negative symptoms and social withdrawal persisted. The prognosis remains guarded, emphasizing the importance of sustained psychiatric care, structured therapy, and family support for long-term stability.

Unraveling Psychosis: A Clinical Insight into Trauma-Induced Schizophrenia

Ayman Jalal & Naeema Sarfraz

Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

This clinical case report explores a 38-year-old male client, M.G., diagnosed with F20.9 Schizophrenia, Multiple Episodes, whose psychopathology stemmed from severe early-life trauma. The primary trauma of his mother's murder and the secondary trauma of witnessing child molestation in a religious context shaped his chronic mistrust, paranoia, and the symbolic construction of "Shaitaan" as an embodiment of human evil. These experiences contributed to delusional thinking, hallucinations, and significant disturbances in thought, affect, and functioning. Comprehensive assessment using the Mental Status Examination (MSE), Bender-Gestalt Test (BGT), Thematic Apperception Test (TAT), and Positive and Negative Syndrome Scale (PANSS) revealed severe psychotic disturbance, average visual-motor integration, and fragmented ego functioning. The case was conceptualized through a biopsychosocial framework highlighting the interaction of neurobiological vulnerability, psychological trauma, and social stressors. An integrative treatment plan combined Cognitive Behavioral Therapy for Psychosis (CBTp), Dialectical Behavior Therapy (DBT), and Trauma-Informed Therapy. Interventions such as grounding, mindfulness, cognitive restructuring, guided imagery, and behavioral activation facilitated emotional regulation, trauma reprocessing, and reduction in negative symptoms. This case underscores the significance of addressing trauma-based origins in psychosis and demonstrates the efficacy of an integrative, trauma-informed cognitive-behavioral approach in enhancing emotional stability, insight, and recovery.

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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

This case report presents G.A., a 24-year-old unmarried male with primary-level education, recurrent mood instability, and episodic hyperactivation temporally linked to Eid-ul-Azha. Referred to Fountain House after a 19-day inpatient stay for severe irritability, impulsive aggression, insomnia and functional decline, G.A.'s history includes early maternal loss (age 13), visual impairment that curtailed schooling, intermittent work in family shops, two prior suicide attempts (2014, 2020), a motorcycle accident (2022), and a strong family history of bipolar disorder. Mental status examination demonstrated organized thought, limited illness insight, and mild psychomotor agitation. Psychometric results (Koppitz-2 raw = 27; Rotter Incomplete Sentences Blank = 67; YMRS = 18) indicated emotional lability, heightened interpersonal reactivity, and current moderate manic symptomatology. A working diagnosis of Bipolar I Disorder, most recent episode manic, partial remission (F31.73) was made. Treatment emphasized combined biological and psychosocial strategies: mood stabilizers with close monitoring, a 12-session psychosocial package (CBT, DBT-informed emotion-regulation and distress-tolerance techniques including TIPP and breathing exercises, REBT components), family therapy, vision assessment, vocational reintegration, and a written crisis plan. Prognosis is guarded given genetic loading, early onset and adherence challenges, but structured psychoeducation, relapse-prevention planning and culturally sensitive interventions show promise for stabilizing mood and improving functional recovery. (Bipolar I disorder; mania; emotional dysregulation; Eid-linked cultural triggers; DBT; psychosocial rehabilitation)

Keywords: Bipolar I Disorder, mania, emotional dysregulation, Eid-linked cultural triggers, DBT, CBT, REBT, psychosocial rehabilitation

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Scientific Session II I (2:45- 4:15 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 Kasmi		**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, Faculty of Humanities and Social Sciences, 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, Faculty of Humanities and Social Sciences, 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, Faculty of Humanities and Social Sciences, 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, Faculty of Humanities and Social Sciences, 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, Faculty of Humanities and Social Sciences, 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, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

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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 Sciences, University of Central Punjab, Lahore

Conversion Disorder, also known as Functional Neurological Symptom Disorder, involves the presence of neurological symptoms without an underlying organic cause, often emerging as a response to psychological conflict or trauma. This case report presents Mrs. S, a 22-year-old married woman who developed psychological and physical symptoms following a traumatic incident in which she witnessed her infant daughter fall down a staircase. Immediately after the event, she exhibited uncontrollable laughter followed by crying, later developing amnesia regarding recent life events, including her marriage. Since then, she has shown inappropriate emotional expressions, childlike regression, and dependency on family members, accompanied by somatic complaints such as body pain, headaches, and breathlessness. Her family's excessive caregiving reinforced her regressive behaviors, sustaining her symptoms. Psychological assessments, including the Bender Gestalt Test (BGT), Thematic Apperception Test (TAT), and Human Figure Drawing (HFD), revealed impaired integration, dependency needs, emotional deprivation, and unresolved internal conflict. Therapeutic interventions included psychoeducation, mindfulness, extinction techniques, cognitive restructuring, anger management, assertiveness training, and family psychoeducation. Extinction was applied during inpatient sessions but critical due to a blood pressure drop. Gradual improvements were noted through therapy as the client regained partial independence, emotional regulation, and insight into her symptoms. The case underscores the significance of integrating psychodynamic understanding and cognitive-behavioral strategies within the sociocultural context of Pakistan, where family dynamics and gender expectations profoundly shape symptom expression and recovery in conversion disorder.

Keywords: Conversation, Trauma, Dissociative, Symptoms

Unraveling Obsession: CBT Approach for 25-Year-Old Male with Abuse-Linked OCD

Qaswa Shahzadi & Momina Nayyer

Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

Obsessive-Compulsive Disorder (OCD) is a chronic psychological condition characterized by persistent intrusive thoughts and repetitive behaviors aimed at reducing distress. This case report presents F.A.K, a 25-year-old male, referred from the Outpatient Department of Fountain House for evaluation and management of anxiety, intrusive thoughts, and compulsive cleaning rituals. The client belongs to a middle-class family and lives with his mother and sister following his parents' divorce due to his father's abusive behavior. The onset of symptoms began in late 2019, during parental conflict, with progressive worsening after the divorce. The client reported excessive hand washing, prolonged bathing, and repetitive brushing, often lasting several hours daily. These rituals were driven by a persistent fear of contamination and feelings of being dirty, leading to physical discomfort, emotional distress, and social withdrawal. Formal assessments included the Mini Mental Status Examination, Bender Gestalt Test, Human Figure Drawing, and the Yale-Brown Obsessive-Compulsive Scale (Y-BOCS). Results indicated normal cognitive functioning, superior visual-motor integration, and moderate OCD severity (Y-BOCS: 23). Projective findings revealed anxiety, low self-esteem, and obsessive preoccupation with cleanliness. Based on Clark's Cognitive Model of OCD, the client's symptoms were conceptualized as a cycle of intrusive thoughts, anxiety, and compulsive behaviors reinforced by temporary relief. Treatment involved Cognitive Behavioral Therapy focusing on Exposure and Response Prevention, cognitive restructuring, and relaxation training across 15 sessions. The client demonstrated insight, motivation, and gradual progress, leading to a favorable prognosis and reinforcing the efficacy of CBT and ERP in symptom reduction.

Keywords: Obsessive-Compulsive Disorder, Intrusive Thoughts, Compulsive Cleaning, Cognitive Behavioral Therapy, Exposure and Response Prevention
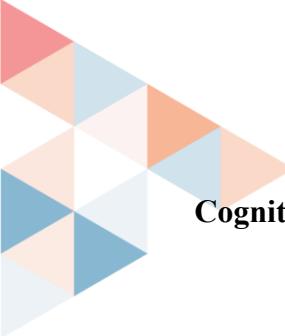
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Cognitive Reappraisal and Cultural Constraints: A Case of Panic Disorder Managed by CBT

Zainab Sadaf & Naeema Sarfaraz

Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

Panic disorder is characterized by recurrent, unexpected panic attacks accompanied by persistent concern about their recurrence, often resulting in significant behavioral avoidance and psychosocial dysfunction. This case report describes a 31-year-old unmarried male from a traditional joint family in Lahore, Pakistan, who presented with recurrent panic episodes following occupational stress. His initial attack occurred on public transport and was accompanied by palpitations, dizziness, chest tightness, and fear of dying, which he persistently misinterpreted as evidence of a cardiac illness despite repeated medical reassurance. Formal assessment through the Beck Anxiety Inventory (BAI), Mental Status Examination (MSE), and House-Tree-Person (HTP) Test indicated severe anxiety (BAI score: 31), intact cognitive functioning, and projective themes of isolation, hypervigilance, and low self-worth. Conceptualized through Clark's Cognitive Model of Panic (1986), the client's symptomatology was interpreted as catastrophic misappraisal of benign physiological sensations, reinforced by cultural expectations of emotional restraint and fear of social judgment. A 12-session Cognitive Behavioral Therapy (CBT) plan, supplemented with Acceptance and Commitment Therapy (ACT) and relaxation techniques, focused on cognitive restructuring, interoceptive exposure, and mindfulness-based grounding. Family psychoeducation was included to reduce enabling behaviors and stigma. Post-intervention, the client demonstrated substantial symptom reduction, enhanced coping, and improved psychosocial functioning. This case highlights the efficacy of culturally attuned CBT in mitigating panic symptomatology and fostering adaptive emotion regulation within collectivistic cultural contexts.

Keywords: Panic disorder, cognitive behavioral therapy, cultural context, anxiety, catastrophic misinterpretation, psychotherapy

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Echoes of Faith and Fear: A Clinical Case of Bipolar 1 Disorder with Psychotic Manifestations

Aimal Fatima & Naeema Sarfaraz

Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

The present case study explores the assessment and management of a 56-year-old unmarried male, M.N.Y., presenting with a 40-year history of psychological illness. The client was re-admitted to Fountain House following the death of his parents, exhibiting symptoms of Bipolar I Disorder with Psychotic Features, including persecutory delusions, hallucinations, disorganized speech, irritability, aggression, insomnia, and poor insight. His delusional beliefs centered around themes of black magic, punishment by a saint, and disturbances from jinns. Psychological evaluations comprising the Mental Status Examination (MSE), Human Figure Drawing Test (HFD), KOPPIZ-2, and Beck Depression Inventory (BDI) revealed poor impulse control, emotional instability, impaired cognitive planning, and moderate depression. Case conceptualization based on the Cognitive Behavioral Therapy (CBT) model highlighted maladaptive core beliefs formed through early trauma and emotional deprivation. A 12-session eclectic management plan integrating CBT, behavioral, and dialectical behavior therapy techniques was implemented. The client demonstrated gradual improvement in insight, emotional regulation, and social functioning. Despite a guarded prognosis, he showed motivation to recover and reintegrate with his family.

Keywords: Bipolar I disorder, Psychotic features, Cognitive Behavior Therapy, Case Study, Delusional Beliefs

Navigating Anxiety in Emerging Adulthood: A Case of Generalized Anxiety Disorder in a 20-Year-Old Female

Sidra Ibrar & Naeema Sarfaraz

Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

Generalized Anxiety Disorder (GAD) is characterized by persistent and excessive worry that is difficult to control and often accompanied by physiological symptoms such as restlessness, fatigue, muscle tension, and irritability. This case report presents *H.N.*, a 20-year-old university student referred for psychological assessment and therapeutic intervention due to ongoing anxiety, academic stress, and low social support. Her history revealed a neglected and emotionally abusive childhood, maternal anger issues, and an emotionally unavailable father,

contributing to emotional insecurity and chronic anxiety. Assessment tools, including the Koppitz-2, Human Figure Drawing (HFD), and Beck Anxiety Inventory (BAI), indicated average intellectual and neurological functioning but moderate anxiety and emotional dysregulation. The tentative diagnosis was Generalized Anxiety Disorder. Therapeutic management followed an eclectic approach, integrating Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) techniques. Early sessions focused on rapport building, psycho-education, and relaxation training (deep breathing, PMR). By the end of sessions, the client demonstrated improved coping, reduced physiological symptoms, and enhanced assertiveness and emotional regulation. The prognosis was favorable, indicating that integrative, skill-based interventions combined with a supportive therapeutic relationship can effectively reduce anxiety and promote adaptive functioning in young adults with GAD.

Keywords; Anxiety, Stress, Adulthood

Untangling Emotional Turmoil: A Clinical Case of Borderline Personality Disorder

Afifa Ramzan & Momina Nayyer
Department of Psychology, Faculty of Humanities and Social Sciences, University of Central Punjab, Lahore

Borderline Personality Disorder (BPD) is a complex mental health condition characterized by emotional instability, impulsivity, unstable relationships, and self-harming behavior. The present case study aims to understand the underlying causes and psychosocial factors contributing to the onset and maintenance of BPD symptoms in a 34-year-old married woman with a Bachelor's degree in Commerce. The client presented with chronic emptiness, fear of abandonment, intense anger, and a history of self-harm that began approximately 1.5 years ago following persistent marital conflict and emotional neglect. The study utilized a qualitative case study design based on clinical interviews, behavioral observations, and psychological assessments, including the Bender Gestalt Test (BGT), Human Figure Drawing (HFD), and Zanarini Rating Scale for Borderline Personality Disorder (ZAN-BPD). Case conceptualization was guided by Linehan's Biosocial Model, which posits that emotional vulnerability combined with chronic invalidation contributes to the development of BPD. Results indicated significant emotional dysregulation, dependency issues, and maladaptive coping mechanisms rooted in interpersonal conflicts and invalidating environments. Based on the findings, Dialectical Behavior Therapy (DBT) was recommended to enhance emotional regulation, distress tolerance, and interpersonal effectiveness. This case emphasizes the importance of early diagnosis and structured intervention in improving emotional stability and relationship

functioning among individuals with BPD, contributing to better clinical understanding and therapeutic outcomes in personality disorder management.
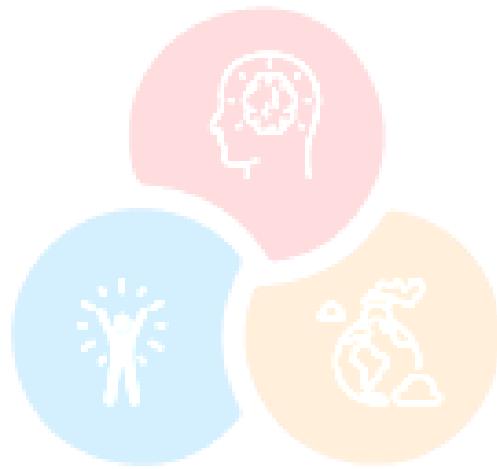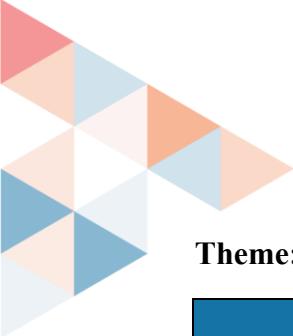
Scientific Session Online-I (12:00 - 1:15 PM)
Theme: Virtual Explorations: Digital Dialogues on Mental Health, Trauma, and Society

	Venue: Online	
Session Chair: Dr. M. Kashif Fida School of Leadership, Andrews University, Michigan, USA		**Session Co-Chair:** Dr. Muhammad Zohaib Khan Post-Doc Scholar, University of Yorkville, ON, Canada
Moderator: Ms. 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, London, UK
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 Riaz** 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

Mental Health, Human Dignity & Climate Change

Repressed fear of death: A Predisposition to psychopathology

Gary Carl & Dr. Sidra Afzal
University of Sunderland, London, UK

The fear of death, or death anxiety (DA) is thought to raise the risk of developing psychopathology. DA is proposed to be transdiagnostic; a mechanism present across disorders, acting as a risk factor of occurrence, co-occurrence, and comorbidity of Psychopathologies. Additionally, exposure to life-threatening events (LTE) is believed to heighten DA, and reduce protective buffers of general anxiety, inducing or worsening psychopathology. Despite the transdiagnostic proposition, DA is not recognized within diagnostic manuals or treatment paths, suggesting a gap in treatment efficacy. The objective of this study is to consolidate the findings of supporting literature, by utilizing regression analyses with interaction effects between predictors. It was hypothesized that the LTE severity predictor would moderate severity of general rumination and DA predictors. It was hypothesized this interaction would predict increased levels of the background anxiety criterion. It was hypothesized that the predictor of LTE severity would mediate general rumination and DA predictor interactions with the psychopathology criterion. However, the cohort's mean DA alarmingly exceeded the clinical cut-off, yet the LTE mean was very low, a discrepancy diverging from supporting literature. The cohort was split into Low and High Trauma groups; exploratory analyses were conducted within groups. In the High Trauma group, LTE severity predicted psychopathology severity and mediated DA's impact on psychopathology, as partially hypothesized. In the High Trauma group, increased DA predicted Background Anxiety severity, and mediated LTE impact on Background Anxiety, partially meeting hypothesis. Further research strongly suggests that the Low Trauma group could have reached clinical DA through internalized abstract cognition. Abstract cognitive trauma, from sources such as life-threatening news or social media reports, may prime individuals with severe DA, in absence of direct trauma exposure. If exposed to a direct life-threatening event, the individual could more readily develop psychopathology than hypothesized. Moreover, cognitive trauma via online or media-driven stimuli, could lead to death-related psychopathologies in absence of direct trauma, at a higher prevalence than DA literature suggests. Results support the study objective and background literatures call to recognize DA within diagnostic manuals and direct treatment paths. In turn, increasing the treatment efficacy of associated psychopathologies.

*Keywords*: Death Anxiety, Psychopathology, Life-Threatening Events, Rumination, Cognitive Trauma

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Perceived Performance Management, Work Task Motivation, Learned Helplessness and Presenteeism in University Teachers

Samreen Sajid[1] & Maryam Hussain[2]

[1]Department of Psychology, University of Management and Technology, Sialkot Campus
[2]Department of Psychology, Faculty of Humanities and Social Science, University of Central Punjab, Lahore

Teachers transform lives, foster aspirations, and push boundaries of human potential. Their responsibility is to guide and educate students so they can contribute to society. Compared to earlier times, the function of teachers in the classroom, society, and the wider world has changed. Performance management is about rewarding the performance of employees but it really is much more. If the system of teacher performance appraisal is properly designed and implemented, it is believed to have favorable consequences in the professional development of teachers and ultimately the academic performance of learners. But when it is simply allowed to happen, it becomes haphazard, unsystematic, a source of conflict between appraisers and appraisees, and a source of inaccurate performance data that lead to subjective personnel decisions. The current study was conducted to investigate the link between perceived performance management, work task motivation, learned helplessness and presenteeism in university teachers. Purposive sampling technique was used in this study to collect the data. A study sample consisted of 223 university teachers. Measurement tools used in this study were PMS accuracy scale, Work Tasks Motivation Scale for Teachers (WTMST), Learned Helplessness Scale (LHS), and The Stanford Presenteeism scale (SPS-6). For data analysis, correlation and mediation (through hierarchical regression) were employed using SPSS version 21. Results of the correlation indicated that there is a significant positive correlation among performance management system, work task motivation, and presenteeism and significant negative correlation between performance management system and learned helplessness. Also learned helplessness was found to have significant negative correlation with presenteeism. No significant relationship was found for work task motivation and presenteeism. The results showed that learned helplessness was established as a mediator whereas work task motivation was not. The current study adds newer dimensions in the literature linked to performance management system and presenteeism as it is first of its kind to take into account variables like performance management system, learned helplessness, motivation and presenteeism in university teachers. Furthermore, administration and organizations will become more aware of the value of performance management system as a result of this study. The mental health of

university teachers is crucial because it has a significant and direct impact on students who are to enter work force after completion of their university degrees.

Witnessing the Floods from Afar: A Quantitative Study of Media Exposure, Empathy, and Climate-Induced Psychological Trauma in Pakistan

Mubsirah Zafar, Aelia Zaidi & Zunaira Riaz
Department of Psychology, University of Karachi

With the rise of global climate change, natural disasters such as floods are increasingly visible through social media and news platforms, exposing millions of people to distressing imagery and narratives. While much of the existing research focuses on direct victims, less attention has been given to the psychological effects of indirect media exposure to such events. Grounded in the Collective Trauma Theory (Alexander, 2004), It is hypothesized that individuals who report higher exposure to flood-related media will show elevated eco-anxiety and trauma scores, with empathy positively correlating with both. Findings are expected to contribute to the understanding of vicarious or collective trauma experienced through media exposure and inform strategies to promote emotional resilience and responsible climate communication. This quantitative study examines how witnessing flood-related content online influences empathy, eco-anxiety, and trauma-like responses among individuals in Pakistan. A sample of 100 adults aged 18 and above will be recruited through via convenience sampling. Participants will complete three standardized self-report measures: the Impact of Event Scale–Revised (IES-R; Weiss & Marmar, 1997) to assess post-traumatic stress symptoms, the Toronto Empathy Questionnaire (TEQ; Spreng et al., 2009) to measure affective empathy, and the Hogg Eco-Anxiety Scale (Hogg et al., 2021) to evaluate climate-related distress. Data will be analyzed using descriptive statistics, correlation, and regression to examine relationships between media exposure, empathy, eco-anxiety, and trauma symptoms.
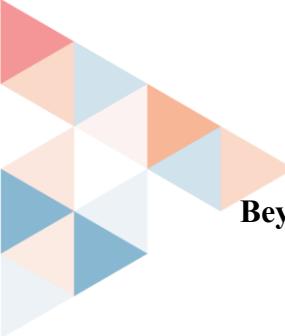
Beyond Slow Learning: A Neuropsychological Exploration of Developmental and Adaptive Deficits

Amna Saleem Khan Lodhy[1], Fariha Tariq[2] & Maria Arslan[2]

[1]The Little Angels Home, [2]Department of Clinical Psychology, School of Professional Psychology, University of Management and Technology

M.S.N., a 30-year-old male student from a senior boys' class at L.A.H. Institute, was referred by his teacher due to slow learning, aggressive behavior, and medical concerns (hypertension). His personal hygiene and social behavior were appropriate, yet cognitive, language, and gross motor functions lagged behind his chronological age. Developmental history revealed prenatal and perinatal complications, including maternal stress, poor prenatal care, intrauterine growth retardation, and delayed milestones, suggesting neurodevelopmental compromise. Assessment procedures included behavioral observations, clinical interviews with mother and teacher, Children Adaptive Behavior Scale (CABS), Bender Gestalt Test (BGT), Digit Span, and Paired Association Test. Findings indicated mild to moderate intellectual disability, with developmental age estimated around 6–9 years. Strengths included developed learning readiness, compliance, and socialization, while weaknesses appeared in economic-vocational functioning, abstract reasoning, and time and money concepts. Case formulation highlighted biological (IUGR, weak immune system), psychological (cognitive delays, low self-esteem), and social (father's harshness, limited maternal availability) factors contributing to the client's condition. Management utilized reinforcement, modeling, prompting, shaping, and chaining techniques targeting functional learning, communication, and self-help skills. Post-intervention results demonstrated marked improvement in task compliance, learning simple words, and independence in basic daily skills. Limitations included limited parental involvement (especially father), short intervention duration, and environmental distractions during testing. It is recommended that consistent behavioral management, parental psychoeducation, and long-term special education support be maintained to strengthen adaptive and cognitive functioning.

Keywords: Intellectual Disability, Cognitive Delays, Behavioral Management, Adaptive Functioning, Neurodevelopmental Factors

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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

The shadow archetype is a representation of the unconscious, suppressed, and concealed components of a person's nature. It is essentially the "dark side" of the self, the parts we consciously reject, ignore, or push away, even though they're still a part of who we are. The suppressed aspects of a person's psyche that were not accepted or integrated are represented by the shadow archetype and might manifest as undesired behaviors. The current study aimed to develop a reliable tool to measure the shadow archetype, due to the complete lack of a standardized instrument for its assessment. The process began with in-depth interviews of 20 university students to capture their firsthand experiences and perspectives. An extensive item pool was created based on a comprehensive review of existing literature and theoretical frameworks, with items carefully worded to ensure clarity and relevance to the construct. The survey used a Likert-type response format, with participants indicating their level of agreement or disagreement with each item. Exploratory Factor Analysis (EFA) was conducted using SPSS 21 to validate the structure of the Shadow Archetype Scale (SAS). Initial analysis confirmed sampling adequacy with a KMO of .711 and a significant Bartlett's test. We employed Principal Component Analysis and Varimax Rotation, setting a factor loading criterion of 0.50 for item retention. The high loading factors were the defined characteristic of Dark Triad that reflects characteristics of shadow archetype. These items imitate the Dirty Dozen scale; a concise measure of the Dark Triad by Jonason et al. (2013). While those items with low or non-discriminant loadings were excluded. After sequentially removing four items that failed to load significantly, the final analysis retained 17 items across five distinct factors. The scale was set at 1 (Never), 2 (Rarely), 3 (Often), 4 (Frequently), and 5 (Always). Higher the scoring, higher the tendency of shadow archetype it indicates. These factors were labeled as: Creativity, Guilt, Unusual Thoughts, Power, and Sexual Desires. Once the tool was drafted, the study moved to the main data collection phase. Data was collected from a sample of 300 university students from Sialkot. The overall scale demonstrated a moderate level of internal consistency with a Cronbach's Alpha (α) of .665. Although subscale reliability varied. The implications of these findings are important for both researchers and mental health practitioners, for assessment and therapeutic purposes respectively.

Keywords: Shadow Archetype, Jungian Psychology, Dark Triad

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Acknowledgement

The Organizing Committee of the International Conference on Mental Health, Human Dignity, and Climate Change: Mitigating Global Psychological Risks 2025 extends heartfelt gratitude to all those whose support made this event a success .

We gratefully acknowledge the generous support of the Dunia Foundation for partnering with us to advance the conference's mission and community impact.

We also extend heartfelt thanks to Dr. Noor ul Zaman Rafiq, Director, Mental Health Household Survey, Pakistan Institute of Living and Learning (PiLL), for his guidance and steadfast encouragement throughout the planning and execution phases.

We sincerely acknowledge our sponsor Aquize for providing healthy water throughout the conference. Special appreciation is extended to Ms. Arooj Nazir, Senior Lecturer, Department of Psychology, for securing the sponsorship and coordinating with all departments, including the Department of Communication, UCP TV, and FM Radio 92.6 from the Faculty of Media and Mass Communication, to ensure the smooth execution of the event.

We also express deep gratitude to the Department of Communication for their outstanding efforts in developing the conference website, designing graphics, and providing videography coverage throughout the Dignilogue and the conference. Their prompt responses, continuous coordination, and support in recording promotional videos for the conference are deeply appreciated.

We are equally thankful to the UCP TV Production House for recording our conference promotional shows aired on UCP TV and for facilitating live coverage of the entire conference, ensuring broader visibility and engagement.

Finally, sincere thanks to the management teams of all faculties and to the students who served on committees and volunteered tirelessly—especially those who supported photography and broader media coverage—for elevating the event's quality and reach. Your collective leadership, dedication, and teamwork made MHHDCC 2025 a truly impactful and memorable event.
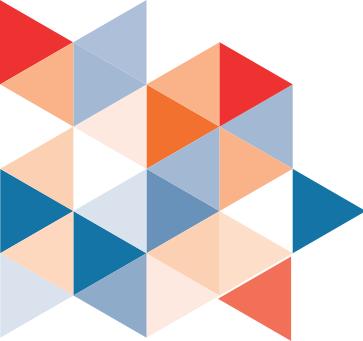
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