
Miss Sumaira Malik

**Contact
Details**

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Personal Details

Name: Sumaira Malik
Date of Birth: 24 June 1986
Gender: Female
Marital status : Married

Education

Ph.D	Psychology (GCU Lahore)	2024
M.Phil	Govt. College University, Lahore	2013
M.Sc	University of The Punjab	2008
B.A	Govt Samnabad College for Women	2006
F.A	Govt Samnabad College for Women	2004
Matriculation	Govt Girls Higher Secondary School, Awan Town Lahore	2002

Research Papers

Sociodemographic Variables as Predictors of Dietary Patterns among Young Adults.
Pakistan Journal of Social Research, 78 (4)

Nutritional Patterns and Executive Functioning among Young Adults: An
Exploratory Study. *Journal of policy research*

Dietary Patterns and Their Role in Predicting Psychological Distress among Young Adults. Pakistan Journal of Society Education and Language

Research Work

Ph.D. Thesis (2024)

Impact of Dietary Patterns on Psychological Distress and Executive Functioning Among Young Adults

M.Phil. Thesis (2010-2013)

- “Personality Characteristics In Relation To Birth Order: An Indigenous Research on Mothers’ Perspective” M-Phil Thesis
- Qualitative Research Project “Prejudice Raised By Humour” Class Project in MPhil”

M.Sc (2008)

- “A Correlation Research on Emotional Intelligence and Academic Achievement”

Seminars

Attend 2 days seminar: **behavioural modification techniques for children with learning disabilities** by: Dr Kosar Sohail chairperson GCU Lahore.

Attend seminar on **CBT** by : DR Kosar Sohail GCU Lahore.

A Talk on **How to handle Behavioral problems of students with conduct disorder** by: Dr Sohail Imam

Challenges on cross cultural research and scale development by Dr. shahida Batool

Attend seminars on **hypnosis** by: Dr Arshad Javeed

Attend seminar on **CBT** by Dr Arshad Javeed

Attend seminar on **scale development and validation.**

Work shops

Workshop on Mixed Method Approach GC University, Lahore

Attend Workshop by Dr. Richard de' Visser (university of sussex) UK held on 25th April, 2017 at GCU Lahore

Session 1: Quality in Qualitative Data Collection

Session 2: designing and conducting mixed method research

Mental Health Week 2017 GC University, Lahore

Attended Three Days **International Conference** on

Health Psychology: issues and challenges

26th -28th April, 2017

➤ **Mental Health Week 2014 GC University, Lahore**

Attended Two Days **International Conference** on

Social Psychology

20th -21st May 2014

➤ **Mental Health Week 2012 GC University, Lahore**

Attended The **First International Conference** on

Developmental Psychology

27th -28th March 2012

➤ **Mental Health Week 2011 GC University, Lahore**

Attended The **First International Conference** on

Emerging Trends In Psychology

29th -30th March 2011

Research experience

- Supervised fifteen Research Projects for Post Graduate Students In Govt Post Graduate College For Women Wahdat Colony Lahore

Much Familiar With

- Qualitative Research Approach
- Quantitative Research Approach
- Full Command on Statical Package For Social Sciences(SPSS)
- AMOSE

Work Experience

- **Govt. Postgraduate College for Women Wahdat Colony Lahore**
Working as Lecturer for Post-Graduate Classes From
28th September (2009-2015)

Allama Iqbal Open University

Working as a resource person for M.A special education workshop
Conducted by Allama Iqbal Open university.

Presentations and Publications

- Presented Research Paper at Two Days International Conference on Social Psychology at GCU Lahore on 20th & 21st May 2014, Entitled “Personality Characteristics In Relation To Gender and Birth Order an Indigenous Research on Mothers’ Perspective”

Well Conversant With

- MS Office 2003,2007,2010
 - Word
 - Excel
 - Power point
 - Net Usage
- Statistical Package For Social Science (SPSS)
- AMOSE

REFERENCES

- Dr. Syeda Salma Hasan, chairperson at department of psychology GC University, Lahore.
Contact No.: 0333-4367870, Email:salmahussan@gmail.com
- Dr. Shahida Batool Associate Professor department of psychology Government College university Lahore
Contact No: 0321-4824602 ,Email:shahidaphd@yahoo.com