

**Urooj Sadiq, PhD**  
**Assistant Professor**  
**Institute of Clinical Psychology**  
**University of Karachi**

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### **EDUCATION**

<b>2009</b>	<b>PhD Clinical Psychology</b> Institute of Clinical Psychology, University of Karachi. <b>Topic: “Psychosocial Determinants of Depression in Prenatal and Postnatal Period”</b>	
<b>2004-2005</b>	<b>MPhil/PhD Course Work and Internship</b> Institute of Clinical Psychology, University of Karachi.	<b>1<sup>st</sup> division</b>
<b>2003</b>	<b>Post Magistral Diploma in Clinical Psychology</b> Institute Of Clinical Psychology, University of Karachi.	<b>2<sup>nd</sup> Division</b>
<b>2001-2002</b>	<b>M.A, Clinical Psychology</b> University of Karachi	<b>1<sup>st</sup> Division</b>
<b>1998-1999</b>	<b>B.A, Humanities</b> PECHS Government College for Women University of Karachi	<b>1<sup>st</sup> Division</b>
<b>1996-1997</b>	<b>Intermediate, Humanities</b> PECHS Government College for Women Intermediate Board of Education Karachi	<b>1<sup>st</sup> Division</b>
<b>1994-1995</b>	<b>Matriculation</b> Educational World School Board of Secondary Education Karachi	<b>1<sup>st</sup> Division</b>

### **EMPLOYMENT**

<b>Aug 24, 2010 till date</b>	<b>Assistant Professor (BPS-19)</b> Institute of Clinical Psychology, University of Karachi. Conducting Researches, Internship Supervision (PMDCP, MPhil, & MS), Research Supervision, Projects, Teaching Courses to Post Magistral Diploma in Clinical Psychology (PMDCP), & MPhil/MS
<b>May 5, 2006- Aug 23, 2010</b>	<b>Research Officer (BPS-17)</b> Institute of Clinical Psychology, University of Karachi. Conducting Researches, Internship Supervision (PMDCP, MPhil, & MS), Research Supervision, Projects, Teaching Courses to Post Magistral Diploma in Clinical Psychology (PMDCP), & MPhil/MS

**May 5, 2005-  
May 4, 2006**      **Cooperative Teacher (BPS-17)**  
Institute of Clinical Psychology, University of Karachi.  
Conducting Researches, Internship Supervision Internship Supervision (PMDCP & MPhil,)  
Projects, Teaching Courses to Post Magistral Diploma in Clinical Psychology (PMDCP), &  
MPhil

## **WORK EXPERIENCE**

### **Supervision:**

- MPhil/PhD Thesis (in process)
- MS/PhD Thesis (in process)
- MS Thesis (in process)

### **Member Editorial Board**

- Pakistan Journal of Psychology
- Pakistan Journal of Clinical Psychology

**March 29-  
30, 2011**      **“Negative Parenting Styles as Determinants of Psychological Problems in among Adolescents”** in 1<sup>st</sup> International Conference; Emerging Trends in Psychology, GC University, Lahore.

**Dec 8-11,  
2010**      Presented a paper entitled **“Prevalence of Depression around childbirth among urban women in Pakistan”** in 10<sup>th</sup> conference of the Asia Pacific Sociological Association (APSA, 2010), Kota Kinabalu-Malaysia

**April 2-4,  
2010**      Presented a paper entitled **“Psychosocial Determinants of Depression in Prenatal and Postnatal Period”** in National Psychiatric Conference, Lahore

**Dec,11-  
13,2009**      Presented a paper entitled **“Perceived Social Support and Depression among Postnatal Women in Pakistan”** in International Psychiatric Conference, Bhurban

**July, 2007 to  
date**      Working in a project of “Institute of Clinical Psychology” in collaboration with the **“Al-Shifa Trust School for Special Children”**.

**March 1 -31,  
2007**      Conducted a **Short Course On Counseling Skills** Institute of Clinical Psychology, University of Karachi.

**Aprils 6,  
2007**      Conducted the workshop **“Vocational and Educational Counseling “**Institute of Clinical Psychology, University of Karachi.

**Sep 11, 2007**      Organizing Committee of International Conference **“Emerging Global Scenario Survival of Muslim Youth in the Realm of Violence and Mental Health of Children, Adolescents and Adults, Etiology, Prevalence and Treatment”**. Institute of Clinical Psychology, University of Karachi.

**July 26,  
2007**      Presented a paper on **Child Sexual Abuse: Intervention and Treatment Issues**. Institute of Clinical Psychology, University of Karachi.

**Sep., 2006**      Project: **“Ethical Codes for Clinical Research and Report Writing”**

Institute of Clinical Psychology, University of Karachi.

**Jan. 23, 2006** Presented a Paper on “**Personnel Selection and Test Development**”  
SUPARCO

**March 10, 2005** Presented a paper “**Blessings of Madness, Schizophrenia and Creativity**” Institute of  
Clinical Psychology, University of Karachi.

### **PUBLICATIONS**

1. Anasri, K., Sadiq, U., & Baig, K. B. (2010). Perceived lack of social support and depression among postnatal women in Pakistan. *Pakistan Journal of Psychology*, 41(1), 109-120.
2. Sadiq, U., & Ansari, K. (2008). Psychosocial determinants of depression in prenatal and postnatal period. *Pakistan Journal of Psychology* 39 (2) 53-72.
3. Ansari, K., Sadiq, U., & Baig, K. B. (2008). A comparative study of marital adjustment and self esteem among husbands of working and non working wives. *Pakistan Journal of Psychology* 39 (1) 65-74.
4. Riaz, Z., Bilal, K., & Sadiq, U. (2008). Emotional intelligence and psychiatric vulnerability in adults. *Pakistan Journal of Clinical Psychology*, 7(1), 17-27.
5. Ansari, K., & Sadiq, U. (2006). Neuroticism and its effects on marital quality. *Pakistan Journal of Clinical Psychology*. 1 (1&2), 73- 83.
6. Ansari, K., Sadiq, U., & Khan, P. (2006). Body image as determinant of self esteem and depression in married females. *Pakistan Journal of Psychology*, 37 (2), 3-14.
7. Ansari, K., & Sadiq, U. (2006). A dimensional model of personality and borderline features; correlation analysis. *Pakistan Journal of Psychology*, 36 (1), 75-89.

### **Job Responsibilities**

**2010**

***Member Editorial Board***

- Pakistan Journal of Psychology (HEC recognized)
- Pakistan Journal of Clinical Psychology (HEC recognized)

***Teaching:*** Course of Psychotherapy,

***Research Supervision:*** MPhil and MS thesis

***Clinical Supervision:*** Internship (MPhil/PhD, MPhil, MS)

***Intake Duties:*** weekly OPD Clinic

***Evening Clinics***

- 2009 *Teaching:* Course of Psychopharmacology  
*Research Supervision:* MPhil and MS thesis  
*Supervision:* Internship (MPhil/PhD, MPhil, MS)  
*Intake Duties:* weekly OPD Clinic  
*Evening Clinics*
- 2008 *Teaching:* Course of Psychopharmacology  
Course of Psychodiagnosis  
*Supervision:* Internship (MPhil/PhD, PMDCP)  
*Intake Duties:* weekly OPD Clinic  
*Evening Clinics*
- 2007 *Teaching:* Course of Psychopharmacology  
*Supervision:* Internship (MPhil/PhD, PMDCP)  
*Intake Duties:* weekly OPD Clinic
- 2006 *Teaching:* Course of Psychopharmacology  
*Supervision:* Internship (MPhil/PhD, PMDCP)  
*Intake Duties:* weekly OPD Clinic
- 2005 *Teaching:* Course of Psychopharmacology  
*Supervision:* Internship (MPhil/PhD, PMDCP)  
*Intake Duties:* weekly OPD Clinic

## **PARTICIPATION**

- September 11, 2007 2<sup>nd</sup> International Conference “**Islamic Identity In Emerging Global Scenario and Mental Health Dilemmas In Modern Society**”. Institute of Clinical Psychology, University of Karachi.
- September 8, 2007 Pre conference workshop “**Classical Muslim Psychology**”, 2<sup>nd</sup> International Conference “Islamic Identity In Emerging Global Scenario and Mental Health Dilemmas In Modern Society. Institute of Clinical Psychology, University of Karachi.
- July 21, 2007 Participated in seminar “**Recent Advances in Psychosocial Rehabilitation**”, Institute of Clinical Psychology, in collaboration with Karwan-e-Hayat.
- June 29 to July 2, 2007 Participated in 11<sup>th</sup> Annual workshop of Psychology on “**Counseling Strategies in Dealing with Trauma of Abuse**”. Department of Psychology, University of Peshawar in collaboration with SAHIL.
- 13 to 15 Nov, 2006 Pre-Post Conference Workshop on “**Movement Disorders and Parkinson Disease**”, “**Leadership Style and Management Skills**”, “**Biological Basis of Emotions**”, “**Stress Management**”, International Conference “**Emerging Global Scenario Survival of Muslim Youth in the Realm of Violence and Mental Health of Children, Adolescents and Adults, Etiology, Prevalence and Treatment**”. Institute of Clinical Psychology, University of Karachi.
- Nov 14, 2006 International Conference “**Emerging Global Scenario Survival of Muslim Youth in the Realm of Violence and Mental Health of Children, Adolescents and Adults, Etiology, Prevalence and Treatment**”. Institute of Clinical Psychology, University of Karachi.

- Nov 3-4, 2006** Multi Disciplinary International Conference on **Qualitative Research In Developing Countries**
- Oct 10, 2006** Seminar on World Mental Health Day, **Building Awareness, Reducing Risk, Mental Illness and Suicide.** University of Karachi.
- September 15, 2006** Seminar **Disaster Management and Rehabilitation** Department Special Education, University of Karachi.
- June 12 to July 8, 2006** Course on **Psychological Medicine**, Institute of Clinical Psychology, University of Karachi.