

ZAEEMA RIAZ, PhD

ASSOCIATE PROFESSOR

Institute of Clinical Psychology
University of Karachi, Karachi-Pakistan

ACADEMIC QUALIFICATIONS

Name and Location of Institution of Learning	Academic Degree/ Diploma / Certificate Obtained	Main Field of Study
University of Karachi , Pakistan	✓ PhD M.Phil /PhD Course work + 2 year Internship +Thesis	Clinical Psychology Statistics, Research Methodology, Personnel Selection
University of Karachi, Pakistan	✓ Post Magistral Diploma in Clinical Psychology, (Course work + Internship)	Psychodiagnosis, Psychotherapy, Ethical Principle in Clinical Practice, Child Psychology, Psychophysiology (Neuropsychology, Psychopharmacology, Physiology)
University of Karachi, Pakistan	✓ Master of Arts (Psychology)	Psychodiagnosis,, Clinical Psychology, Abnormal Psychology, Counseling Psychology, Social Psychology, statistics, History of Psychology, Monograph & Thesis
St. Joseph Government College for women	✓ Bachelor of Arts.	<u>Psychology</u> , Economics & Elective English
St. Joseph Government College for women Karachi, Pakistan	✓ Higher Secondary school certificate	Statistics, Economics & Elective English
Habib Girls School Karachi, Pakistan & Defence Authority Model School Karachi, Pakistan	✓ Secondary school certificate	Chemistry, Physics, Biology & Mathematics

PhD TOPIC

“FAMILY FUNCTIONING AND PSYCHOLOGICAL PROBLEMS AS RISK FACTORS IN THE DEVELOPMENT OF JUVENILE DELINQUENCY”

Professional Affiliation

- Canadian Psychological Association (CPA)
- Pakistan Psychological Association (PPA)
- Pakistan Association of Clinical Psychologists (PACP)
- International Association of Computer Science and Information Technology (IACSIT) Singapore

PROFESSIONAL EXPERIENCE

Nov 2009 to date	Associate Professor (BPS-20) at Institute of Clinical Psychology, University of Karachi
March 2007 to Nov 2009	Assistant Professor (BPS-19) at Institute of Clinical Psychology, University of Karachi Responsibilities include: <ul style="list-style-type: none">• Teaching, Research supervision & Clinical Internship• Supervision at Post Graduate Level• Conducting researches
March 2007 to date	Consultant Clinical Psychologist (part time) at Evening Clinic Institute of Clinical Psychology, University of Karachi Clinical Practice at Clinic of ICP, University of Karachi, including <ul style="list-style-type: none">➤ Provide consultation & taking intakes at OPD➤ Psychotherapy & psychological Assessment with mentally disturbed patients.➤ Marital counseling, family therapy and parental counseling to the parents of the Children with behavior problems.➤ Dealing with children disorders of the childhood and infancy.
June 2002-31 Dec 2004	Clinical Psychologist (BPS-17),
Jan 2005- Nov 2005	Clinical Psychologist (BPS-18), &
Nov 2005-March 2007	Consultant Clinical Psychologist (BPS-18) at Department of Psychiatry, Liaquat National Hospital, Institute for Postgraduate Medical Studies & Health Sciences, Karachi Responsibilities include: <ul style="list-style-type: none">• Psychotherapy

- Independently conducting psychological assessments to complement clinical treatment
 - Individual counseling of patients, including those suffering from traumatic stress, to ensure provision of appropriate clinical and psychological support
 - Conducting one-to-one interviews with patients suffering from trauma to gain thorough understanding of their mental condition and developing individual plans for appropriate interventions
 - Teaching Psychology to nursing students
 - Conducting researches
 - Providing training to Post Graduate Students
 - Supervised M.Phil/PhD Students
- 2001-2002
- Freelance work with **Aventice Pharma** – a leading Pharmaceutical Company on ‘Direct to Consumer’ Education Presented at national forums on mental health topics to generate awareness and raise importance of mental health and need for timely psychological support on the agenda of government and society
- Jan,01, 2000-Dec,31,2000 **Research** (Institute of Clinical Psychology, University of Karachi)
- Jan,01, 1999-Dec,31,1999 **Research** (Institute of Clinical Psychology, University of Karachi)
- 1998 **Hamdard Medical University Hospital**
Internship - Department of Psychiatry
Responsibilities include:
- Attending ward rounds
 - Clinical meetings
- 1995 **Clifton Grammar Junior and Senior School**
Class Teacher
English, Mathematics and History

Other Professional Services

- Associate Editor Pakistan Journal of Clinical Psychology
- Student Advisor, Institute of Clinical Psychology, University of Karachi.
- Member, Academic Committee Institute of Clinical Psychology, University of Karachi.
- Member Editorial Board, Pakistan Journal of Clinical Psychology’

- Volunteer work with different NGO'S regarding training of their staff/social workers.
- Executive Member, News Letter, Motivation, published by Institute of Clinical Psychology, University of Karachi

RESEARCH PUBLICATIONS IN NATIONAL JOURNALS

S. No	Title of Publications	Name of the Journals in which it was published	Number and date of the Journal	Address of the Institution/Organization who published the Journal	ROLE AS	
					PI	CO.PI
1	Imran,H., Riaz, Z., & Mehmood, T. Exploring Determinants of Academic Achievement Among College Students of Age Between 16-18 Years	Pakistan Journal of Psychology	2010, 41, 1, 29-40	Institute of Clinical Psychology, University of Karachi. Pakistan		CO.PI
2	Riaz, Z. Shahzad, S. Self Concept In Intellectually Gifted Secondary School Children	Pakistan Journal of Clinical Psychology (ISSN 1019 – 438 X)	2010, 9, 2, 3-13	Institute of Clinical Psychology, University of Karachi. Pakistan	PI	
3	Riaz, Z. Shahzad, S., & Ansari.S. Trait emotional intelligence as a determinant of life satisfaction and subjective happiness	<i>Pakistan Journal of Psychology (ISSN 0030-9869)</i>	2009, 40, 1, 93-101	Institute of Clinical Psychology, University of Karachi. Pakistan	PI	
4	Riaz, Z. & Iqbal, T. Body Image Dissatisfaction as an indicator of Low Self Esteem and Disturbed Eating Attitude in Adults	<i>Pakistan Journal of Psychology (ISSN 0030-9869)</i>	2008, 39, 2, 37-52	Institute of Clinical Psychology, University of Karachi. Pakistan	PI	
5	Riaz, Z., Bilal, K., & Sadiq, U. Emotional Intelligence and Psychiatric Vulnerability in Adults	<i>Pakistan Journal of Clinical Psychology (ISSN 1019 – 438 X)</i>	2008, 7(1), 17-27.	Institute of Clinical Psychology, University of Karachi. Pakistan	PI	
6	Ahmad, R., & Riaz, Z. Socio- demographics and Clinical Characteristics of Patients with Conversion Disorder.	<i>Pakistan Journal of Psychological Research (ISSN 1016-0664)</i>	(2007). 22(3-4), 107-122.pp	National Institute of Psychology, Quaid-e-Azam University, Pakistan		CO.PI
7	Ahmad, R., Riaz, Z., & Iqbal, S. Birth Order and Mental Health: A Study on Adolescents in Karachi, Pakistan.	<i>Pakistan Journal of Psychology (ISSN 0030-9869)</i>	(2007). 38 (1), 41-55. pp.	Institute of Clinical Psychology, University of Karachi. Pakistan		CO.PI
8	Riaz, Z., Iqbal, S. & Imran, H. Gender Differences in Emotional Intelligence.	<i>Pakistan Journal of Clinical Psychology (ISSN 1019 – 438 X)</i>	(2007)., 6 (1 & 2), 99-109	Institute of Clinical Psychology, University of Karachi. Pakistan	PI	

S. No	Title of Publications	Name of the Journals in which it was published	Number and date of the Journal	Address of the Institution/Organization who published the Journal	ROLE AS	
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9	Riaz, Z., Bilal, K., & Rizwan, M. Self Esteem as a Predictor of Aggression.	<i>Pakistan Journal of Psychology</i> (ISSN 0030-9869)	(2007). 38(1), 71-81.	Institute of Clinical Psychology, University of Karachi. Pakistan	PI	
10	Riaz, Z., & Zaidi, U. Non-Injectable use of Heroin: Patteren and Demographic Characteristics of Addicts of low socioeconomic status in Karachi, Pakistan.	<i>Pakistan Journal of Psychology</i> (ISSN 0030-9869)	(2007), 38 (2), 79-92	Institute of Clinical Psychology, University of Karachi. Pakistan	PI	
11	Riaz, Z., Iqbal, S., & Qureshi, H.R. Gender differences in Anger Expression during Late Adolescence’.	<i>Pakistan Journal of Psychology</i> (ISSN 0030-9869)	(2006). 37(1), 43-52.	Institute of Clinical Psychology, University of Karachi. Pakistan	PI	
12	Riaz, Z., Aftab,S., & Shahzad, S. Suicide Probability and Depression among Male Prisoners.	<i>Pakistan Journal of Psychology</i> (ISSN 0030-9869)	(2005). 36(2), 55-64.	Institute of Clinical Psychology, University of Karachi. Pakistan	PI	
13	Riaz, Z., & Shahzad, S. Antisocial Features and Agression in Drug Addicts: A Comparative Study.	<i>Pakistan Journal of Clinical Psychology</i> (ISSN 1019 – 438 X)	(2005). 5 (1&2), 57-72.	Institute of Clinical Psychology, University of Karachi. Pakistan	PI	
14	Quraishy, M.A., Ahmad, R., & Riaz, Z. Intelligence and Age as Predictors of Adjustment during Adolescence	<i>Medical Channel</i> (ISSN 1681-5491)	(2005), 11(3), 15-18.	Medical Channel Publishing Network		CO.PI
15	Qureshi, A., Sultana, K. & Riaz, Z., Postpartum Depression: Liaquat National Hospital Experience.,	<i>Medical Channel</i> (ISSN 1681-5491).	(2005), 11 (1), 30-32.	Medical Channel Publishing Network		CO.PI
16	Munaf, S., Ahmad, R., Khanam, J.S., & Siddiqui, Z. Relationship of Masculinity to Self Esteem, Self Acceptance and Depression in Pakistani Females.	<i>Pakistan Journal of Psychology</i> (ISSN 0030-9869)	(2003). 34 (1-2), 67-86.	Institute of Clinical Psychology, University of Karachi. Pakistan		CO.PI
17	Munaf, S., Ahmad, R., & Siddiqui, Z. Vigor and Original Thinking as a Dominant Trait of Pakistani Male Bankers	<i>Pakistan Journal of Psychology</i> (ISSN 0030-9869)	(2002). 33(1-2),55-64 pp.	Institute of Clinical Psychology, University of Karachi. Pakistan		CO.PI
	RESEARCH PUBLICATIONS IN INTERNATIONAL JOURNALS					

18	Ahmad, R., Khanum, S.J., Riaz, Z. & Lynn, R. Gender differences in means and variance on the Standard Progressive Matrices in Pakistan.	<i>Mankind Quarterly</i> (ISSN 0025-2344)	2008, 49,1, 50-57pp.	The Council for Social and Economic Studies. Washington, DC, USA		CO.PI
19	Ahmad, R., & Riaz, Z. Communication Deviance and Inconsistent Control in Family: A Study on Male Juvenile Offenders.	<i>Iranian Journal of Psychiatry and Behavioral Sciences</i> (ISSN1735-8639)	(2007). 1(2), 28-32.pp	Mazandaran University of Medical Sciences.Iran		CO.PI
	Riaz, Z. , Ahmad, R. & Bano, N. Translation and Adaptation of Interaction Anxiousness Scale (IAS) and Its Reliability Assessment	<i>The International Journal of Educational and Psychological Assessment</i>	In Press	Time Taylor Academic Journal	PI	
	Publications: Book Chapter					
	Ahmad, R., Khanam, S. J., & Riaz, Z. The Standard Progressive Matrices in Pakistan.	In Uses and Abuses of Intelligence: Studies advancing Spearman and Raven's Quest for Non-Arbitrary Metrics, John, Jean Raven (Eds.)	2008, 402-12 pp	Royal Fireworks Press, New York		CO.PI

Publications: Manual / Book

- Ahmad, R., Riaz, Z., & Khanam, S. J. (2005). *Development of Norms and Application of Wide Range Achievement Test 3 in Pakistan -Trends in Adolescence*. Published by Institute of Clinical Psychology, University of Karachi

POSTGRADUATE RESEARCH SUPERVISION

Ph.D. Research Projects supervised: 03

1. Name of Student: Dr. Uzma Zaidi

Year: 2008

Topic:

“Social Support and Personality Features as Risk Factors in Vulnerability to the Treatment Rejection in Heroin Addicts”

2. Name of Student: Mr. Salman Shehzad

Year: 2011

Topic:

“Impact of Intellectual giftedness on the Psychological well being of Elementary School Children”

3. Name of Student: Mr. Khawer Bilal

Year: 2011

Topic:

“Significance of Emotional Intelligence and Psychological Problems in Marital Adjustment of Couples”

M.Phil. Research Projects supervised: 02

1. Name of Student: Saba Yasin

Year: 2011

Topic:

“An adaptation of scale of perceived social self-efficacy (PSSE) in Pakistan to determine the Relationship between perceived social self-efficacy and depression in adolescents”

2. Name of Student: Nasreen Bano

Year: 2011

Topic:

“Determinants of Social Anxiety: Use of Interaction Anxiousness Scale with Urdu Adaptation”

Post Master Research Projects supervised: 01

1. Name of Student:

Tahira Iqbal

Year: 2008

Topic:

Body Image Dissatisfaction as an indicator of Low Self Esteem and Disturbed Eating Attitude in Adults

Selected Research Grants

1. Ahmad, R., Riaz, Z., & Khanam, S. J. (2005). *Development of Norms and Application of Wide Range Achievement Test 3 in Pakistan -Trends in Adolescence*. Published by Institute of Clinical Psychology, University of Karachi
2. Ahmad, R., Khanam, S. J., & Riaz, Z. (2007). Raven's Standard Progressive Matrices -Application in Pakistan."
3. Ahmad, R., Khanum, S.J., Riaz, Z., Ansari, K. (2008) Normative Study of Reynolds Adolescence Adjustment Inventory (RAASI) in Pakistan (Urdu Adaptation).

CONFERENCES/ SEMINARS/ WORKSHOPS ATTENDED IN PAKISTAN (Where presentations were made: Please extend column if required)

CONFERENCES				
S.No	PERIOD		TITLE	Place & Organizer
	FROM	TO		
1	11 th –13 December	2009	Patterns and Socio-demographic Characteristics of Male Heroin Addicts.	18 th National Conference on Disaster, Resilience, Prevention-A step forward. Organized by Pakistan Psychiatric Society
2	13 th –15 th October	2009	Trait Emotional Intelligence in Intellectually Gifted Secondary School Children.	International Conference on Developmental Psychopathology, Prevalence, Management & Prevention organized by National Institute of Psychology, Quaid-i- Azam University, Islamabad.
3	August-2004		'Family functioning and psychological problems as risk factors in the development of juvenile delinquency'	9 th Annual Conference Organized by University of Peshawar at Bara Gali Campus
4	12 th March	2005	"Communication Skills"	Department of Psychiatry Liaquat National Hospital, Institute for Postgraduate Medical Studies & Health Sciences, Karachi
5	9 th August	2005	"Communication Skills"	Skills Lab & Department of Psychiatry Liaquat National Hospital, Institute for Postgraduate Medical Studies & Health Sciences, Karachi

CONFERENCES/ SEMINARS/ WORKSHOPS ATTENDED OUTSIDE PAKISTAN (Where presentations were made: Please extend column if required)

CONFERENCES				
S.NO.	PERIOD		TITLE	PLACE & ORGANIZER
	FROM	TO		
1	11 th -13 th September 2010		COGNITIVE ADVANTAGES IN PATIENTS OF SCHIZOPHRENIA WITH PARANOID IDEATION	9th Global Conference - Making Sense of: Health, Illness and Disease organized by <i>Inter-Disciplinary.Net - A Global Network for Dynamic Research and Publishing</i> at Oriel College Oriel Square, Oxford ,OX1 4EW United Kingdom
2	2 - 3 OCTOBER 2010		DOES THE SELF ESTEEM DETERMINE SOCIAL ANXIETY IN ADOLESCENTS?	ASEAN REGIONAL UNION OF PSYCHOLOGICAL SOCIETIES (ARUPS) 3RD CONGRESS -2010 organized Malaysian Psychological Association (PSIMA), HELP University College, International Union of Psychological Science (IUPsyS) Kuala Lumpur, Malasia

TRAININGS

- Workshop attended on **‘Stress Management’** organized by Institute of Clinical Psychology University of Karachi, 2006
- Workshop attended on **‘Biological Basis of Emotions’** organized by Institute of Clinical Psychology University of Karachi, 2006
- Workshop attended on **‘Leadership Styles and Management’** organized by Institute of Clinical Psychology University of Karachi, 2006
- Workshop attended on **‘Movement disorder and Parkinson Disease’** organized by Institute of Clinical Psychology University of Karachi, 2006
- **‘Post – Traumatic Stress Management’** Jinnah Medical & Dental College & Medicare Hospital. Sponsored by University of Missouri-Columbia. International Center for Psychosocial Trauma, (ICPT)
- **‘Role of Women in Drug Abuse Prevention’** Organized by Anti Narcotics Force, Sindh in collaboration with NAS,US embassy
- **‘Drug Addicts Treatment and Rehabilitation’** Organized by New Horizons Care Centre Karachi in collaboration with Institute of Clinical Psychology University of Karachi
- **‘Treatment of Language and Speech Disorders’** Organized by University of Peshawar
- **‘Interpersonal Skills and Communication’** Hoechst Pakistan Limited
- **‘Leadership, Goal Orientation and Team Building’** *The ASMAAMMS Group*

Participation in Seminars and Conferences

- International Conference - Organized by Institute of Clinical Psychology, University of Karachi, 2006
- International Conference – Organized by Faculty of Arts, University of Karachi, 2006
- Seminar- Organized by Department of Psychology, University of Karachi, 2006
- National Conference – Organized by Department of Psychology, University of Peshawar, 2004
- Seminar on **Child Psychiatry** ... The Agha Khan Medical University
- Seminar on **Learning Differences** ... Zubaida Medical Centre
- 2nd Annual Hamdard Psychiatric Conference ... Department of Psychiatry, Hamdard University in collaboration with Pakistan Psychiatric Society

Statistics & Research Methodology:

- Experienced in the use of SPSS (statistical package for social sciences)
- Course Research Method and Psychological statistics at Institute of Clinical Psychology, University of Karachi, 2000-2001.

Computer literacy & Information Technology:

- Skilled in literature searches using various databases.
- Skilled in the use of Microsoft Word, Excel and Power Point.
- Skilled in the use of SPSS

Volunteer Community Work

- Freelance work with **Aventice Pharma** –Presented at national forums on mental health topics to generate awareness and raise importance of mental health and need for timely psychological support on the agenda of government and society
- Volunteer work with different NGO'S regarding training of their staff/social workers.
- Volunteer work for 'DRUG FREE PAKISTAN FOUNDATION' as Clinical Psychologist/Research Supervisor
- Volunteer work as family Counselor at New Horizons Care center of Treatment and Rehabilitation of Drug Addicts