

CURRICULUM VITAE	
Name	DR. NASREEN AKHTAR
Current Designation	Assistant Professor (BPS) Department of Psychology Government College University Lahore.
E-mail	nasreenakhtar@gcu.edu.pk
Qualification	PhD Psychology Govt. College University, Lahore. Topic: Conflict Management Styles among University Teaching Faculty M.Phil Psychology Govt. College University, Lahore. Topic: Perception of Criticism and Emotional Over-Involvement in Pakistani Families M. Sc. Psychology Quaid-i-Azam University, Islamabad Topic: Parenting Styles and Achievement among Adolescents Post Graduate Diploma in Forgiveness Psychology from Govt. College University, Lahore
JOB EXPERIENCE	Lecturer Lecturer in Psychology from 2 nd July 2007 to 19th. Jan. 2017 in Govt. College University, Lahore Assistant Professor Assistant Professor from 19th. Jan. 2017 to date in Govt. College University, Lahore.
Teaching Experience	18 and Half years
Teaching Assignments/ Courses	Educational Psychology. Conflict management. Positive Psychology, Psychology of forgiveness. Psychological Assessment (scale development and validation), Organizational Behavior, Expressed Emotion. Statistics in Psychology. Statistical Analysis on SPSS. Neuroscience and Behaviour
Honors and Awards	
1	Secured A+ grade in 5 out of 6 courses during PhD course work from Govt. College University Lahore
2.	Nominated for HEC Best Teacher Award, 2014 by the Chairperson Department of Psychology GC University, Lahore.
3.	Received “A” grade evaluations by the students for courses of Statistics in Psychology, SPSS in Psychology. Neuroscience and Behaviour
4	Passed all the examinations in First Division
5.	Secured First Position (A grade in all courses) in Diploma in Psychology of Forgiveness

PUBLICATIONS	
1	Farooq, Z., & Akhtar, N. (2025). Does Evil Lie Within? Revived Marital Locus of Control in Determining Marital Quality and Instability with Conflict Processes and Communication Patterns as Serial Mediators. <i>Marriage & Family Review</i> , 1–32. https://doi.org/10.1080/01494929.2025.2579780 .
2	Gillani, Y., & Akhtar, N. (2025). Safety Culture and Its Underlying Dimensions: Emergency Services Personnel Perspective. <i>Qlantic Journal of Social Sciences and Humanities</i> , 6(2), 93-102. ISSN: 2791-0229 DOI: https://doi.org/10.55737/qjssh.vi-ii.25354
3.	Murtaza, F., Akhtar, N., & Majeed, A. (2024). Protective and Risk Factors of Mental Health Problems: The University Students Perspective. <i>Journal of Social Sciences Review</i> , 4(4), 109-118. ISSN: 2789-4428 (online) DOI: https://doi.org/10.54183/jssr.v4i4.434
4.	Farooq, Z., Akhtar, N., & Zacchilli, T. (2024). Validation of Romantic Partner Conflict Scale (RPCS) in Pakistani Married Couples: Establishing Measurement Invariance. <i>Interpersona: An International Journal on Personal Relationships</i> , 18(1), 79-103. ISSN: 1981-6472 https://doi.org/10.5964/ijpr.12555
5.	Javaid, L., Akhtar, N., & Batool, I. (2023). Diabetes-specific quality of life scale (DSQOL): Translation and validation of Urdu short version. <i>Journal of University Medical & Dental College</i>, 14(4). 635-640. ISSN: 2221-7827/ ISSN (online) : 2310-5542 DOI: https://doi.org/10.37723/jumdc.v14i4.811
6.	Nasir, T., Sajid, A., & Akhtar, N. (2023). Optimism, adaptive coping strategies and subjective well-being among medical students. <i>Rawal Medical Journal</i> , 48(4), 1023-1023. ISSN: 0303-5212 https://www.rmj.org.pk/?mno=100486
7.	Akhtar, N. ., Batool, I. ., & Zohaib Khan, M. (2023). Perceived Stigma, Social Support and Quality of Life in Patients of Tuberculosis. <i>Pakistan Journal of Health Sciences</i> , 4(01), 89–93. ISSN: 2790-9344 . EISSN:2790-9352. 1302-597/ e-ISSN : 2528-8911. https://doi.org/10.54393/pjhs.v4i01.490
8.	Amjad, A., Batool, I., Akhtar, N., Khan, M. Z., & Tariq, S. R. (2023). Emotional Regulation, Self-Compassion, Medication Adherence and Quality of Life in Dermatologic Patients. <i>Pakistan Journal of Medical and Health Sciences</i> , 17(2), ISSN: 1996-7195 (Print) and 2957-899X (Online). https://doi.org/10.53350/pjmhs2023172145
9.	Younas, F., Akhtar, N., Solomon, V. (2023). Development and Validation of Social Cynicism Scale for Women. <i>Pertanika Journal of Social Science and Humanities</i> , 31 (1), ISSN: 1302-597/ e-ISSN : 2528-8911. DOI: https://doi.org/10.47836/pjssh.31.1.12 .
10.	Abdullah, M., Akhtar, N., Ameer, I., Altaf, A., & Liaqat, F. (2022). Prevalence of Anxiety and Burnout in Paramedics and Security Workers during COVID-19. <i>Pakistan Journal of Medical and Health Sciences</i> , 16(05), 908-910.

	ISSN: 1996-7195 (Print) and 2957-899X (Online) https://doi.org/10.53350/pjmhs22165908
11.	Younas, F., Akhtar, N., Solomon, V. (2021). What makes women social cynics? An exploratory study. <i>Journal of Professional & Applied Psychology</i> , 2(2), 218-234. ISSN 2710-2793 (Online). ISSN 2710-2785 (Print) https://doi.org/10.52053/jpap.v2i2.58 https://iprpk.com/ojs/index.php/jpap/article/view/58 .
12	Akhtar, N., & Batool, I. (2021). Social Stigma Perceived by Patients of Tuberculosis: Gender, Age and Marital Status Based Differences. <i>Rawal Medical Journal</i> , 46(3), 725-728. ISSN: 0303-5212 https://rmj.org.pk/?mno=58269
13	Khan, S., Batool, I., & Akhtar, N. (2021). Burden of Caregiving and Life Satisfaction among the Caregivers of Children with Autism Spectrum Disorder. <i>kyber medical university journal</i> , 13(2), 71-75. ISSN: ISSN (Print): 2305-2643 ISSN (Online): 2305-2651. https://doi.org/10.35845/kmuj.2021.19861
14	Tarar, F. Y., & Akhtar, N. (2021). Constructive Coping Strategies as Predictors of Positive Mental Health in Young Adults. <i>Journal of Pakistan Psychiatric Society</i> , 18(01). 34-38. ISSN: ISSN: 2224-8897 (Online) ISSN: 1726-8710 (Print)' http://www.rmj.org.pk/fulltext/27-1563940291.pdf
15	Akhtar, N., & Hassan, S. S. (2021). Conflict Management Styles as Predictors of Organizational Commitment in University Teachers. <i>Journal of Behavioral Sciences</i> , 31 (1), 98-123. ISSN: 1028-9097. 10.52704/jbs.v31i1.313
16.	Akhtar, N., & Saleem, S. (2020). Happiness and Personality Traits as Predictors of Optimism in School and College Teachers. <i>Pakistan Journal of Psychological Research</i> , 34 (4), 739-751. ISSN: 1016-0604. https://doi.org/10.33824/PJPR.2020.35.4.40
17.	Aman, F., & Akhtar, N. (2020). Religious Coping, Resilience and Spiritual well-being among Women with Breast Cancer; Comparison of different age groups and different stages of Cancer, <i>Journal of Postgraduate Medical Institute</i> . 34 (3), 149-53. ISSN: 1811-9387. https://jpmi.org.pk/index.php/jpmi/article/view/2633 .
18.	Batool, I., Tariq, S., Akhtar, N. & Elahi, F. (2019). Development and validation of altruism scale for Youth, <i>Pakistan Journal of Social and Clinical Psychology</i> , 17 (2), 33-39. ISSN: 1727-4931
19.	Idrees, I., Akhtar, N. & Idrees, S. (2019). Social rejection as a predictor of psychopathology in educated adolescents, <i>Journal of Pakistan Psychiatrists Society</i> , 16(1), 17-20. ISSN: 1726-8710
20.	Batool, H., Akhtar, N. & Pervez, A. (2018). Hope, Compassion Satisfaction and Burnout in Psychologists and Physicians, <i>Journal of Pakistan Psychiatrists Society</i> , 15(2), 8-11. ISSN: 1726-8710. Doi: 10.1080/10615800903085818.

21.	Akhtar, N., Khan, A., Pervez, A., & Batool, I. (2017). Interpersonal Problems in Arranged and Love Marriages, <i>Pakistan Journal of Social and Clinical Psychology</i> , 15 (2), 18-22. ISSN: 1727-4931
22	Naeem, M., & Akhtar, N. (2016). Gratitude, Altruism and Forgiveness in Young and Middle Aged Working Women, <i>Frontier Women University Journal of Social Sciences, Special Issue</i> , 2 (1), 85-96. ISSN: 1995-1272
23	Akhtar, N., & Hassan, S. S. (2014). Experiencing task and personal conflict: a case study of university faculty member, <i>Pakistan Journal of Social and Clinical Psychology</i> , 2 (2), 21-26. ISSN: 1727-4931
24	Jabeer, H., & Akhtar, N. (2013). Empathy and Communicative Competence of Customer Service Representatives in Public and Private Telecom Sectors, <i>Pakistan Journal of Social and Clinical Psychology</i> , 11(2), 47-50. ISSN: 1727-4931
25	Akhtar, N., Suhail, K., Rana, S. A. & Singh, S. W. (2013). Development of Culturally Specific Family Criticism Scale and Emotional Over-involvement Scale, <i>Pakistan Journal of Psychological Research</i> , 28 (2), 199-216. ISSN: 1016-0664. https://pijpr.scione.com/cms/abstract.php?id=302
26.	Rana, S. A., Akhtar, N., & North, A. C. (2011). Relationship between Music, health and Happiness, <i>Journal of Behavioral Sciences</i> , 21 (1), 48-67. ISSN: 1028-9097.
Achievements (Membership in Research Projects)	
1.	Member of Cross-cultural Project 2020-22: Proposing Forgiveness Intervention among People Who Are Homeless: A Program for Reclaiming Lives and Promoting Psychological Health.
2.	Member of PMI-II i.e. Prime Minister (British) Initiative) Award, 2008-2010. Cross-cultural validity of expressed emotion construct.
3.	Merit Scholarships in MSc.
PAPER PRESENTATIONS	
1	Use of Various Conflict Management Strategies in Chairperson-Faculty Conflicts: Experiences of University Faculty Members in an International Conference on organized by Riphah International University Lahore (19-20 Feb.2025).

2	Experiences of Career Threats and their negative impact on mental health of University Teachers in an international conference organized by Lahore College for Women University Lahore (2024).
3	Gender, Age and Culture Based Differences in forgiveness: Scientific Review in an International Conference on peace building organized by Comsats institute of Technology (2023).
4	Psycho-social correlates of workaholic professionals in an International Conference on Sustainable development Goals organized by University of Home Economics Lahore (2023).
5	Eating Attitudes, Body Shape Concerns, and Subjective Well-being of Female medical Students in Conference on Women's Mental Health Care organized by Shaheed Benazir Bhutto Women University Peshawar (2022).
6	Empathy and Proactive Personality as Predictors of Forgiveness in Young Adults in Conference on 'Mental Health & Productivity: The Emerging Challenges for Youth' organized by National Institute of Psychology (2021).
7	Happiness and personality traits as predictors of optimism in school and college teachers in an International Conference on Positive Psychology (Oral Presentation, 2018).
8	Faculty-chairperson Conflict Management Styles in Universities: Impact of Disciplines and University sectors in an International Conference on Health & Well-being (Oral Presentation, 2017).
9	Psychological Resources and Coping Strategies as Predictors of Wellbeing among Young Adults in an International Conference on Health & Well-being (Oral Presentation, 2017).
10	Labelling Psychology a Feminine Subject in Pakistan: Students Experiences and Teachers' Reflections, in an International Conference on Educational Psychology Organized by National Institute of Psychology Islamabad (Oral Presentation Dec. 2016).
11	Motivation and Learning Strategies of College Students: Moderating Role of Parents Education, on an International Conference on Educational Psychology Organized by University of Sargodha, (Oral Presentation Nov. 2016).
12	Gratitude, Altruism and Forgiveness in Young and Middle Aged Working Women, International Conference organized by Shaheed Benazir Bhutto Women University Peshawar (Oral Presentation 12 th Dec. 2015)
13	Effect of paying gratitude to Allah on the Life Satisfaction of University Students on an International Conference on Mental Health at International Islamic University Malaysia (Poster Presentation May. 2015).
14	Student-Teacher Conflict Management Styles in Universities of Lahore on an International Conference on Educational Psychology Organized by National Institute of Psychology Islamabad (Oral Presentation Nov. 2014)

15	Marital Coping and Life Satisfaction among Fertile and Infertile Partners in an International Conference on Social Psychology Organized by GC University Lahore (Oral Presentation May 2014).
16	Development of an Indigenous Altruism Scale in an International Conference on Social Psychology Organized by GC University Lahore (Oral Presentation May 2014).
17	Conception of Spirit: Scholarly and Common man Perspective in an Interdisciplinary International Conference on Ethics Spirituality and Freedom, held in at Fatima Jinnah College Lahore (Oral Presentation Feb.2013).
18	Expressed Emotion: Cross Cultural Differences among White British and Pakistani mental health Professionals in an International Conference Punjab University Lahore (Oral Presentation Dec.2012).
19	Personality Factors and Organizational Citizenship Behaviour in Service Organizations on an International Conference on Industrial and Organizational Psychology Organized by National Institute of Psychology Islamabad (Poster Presentation April. 2012)
20	Perception of Family Criticism and Emotional Over-Involvement in Pakistani Community on a national Conference on Research in Psychology: Indigenous and Cultural Context held in 14 th Oct. 2010. (Oral Presentation)
21	Perception of Professionals towards women employment in Pakistan in an International Conference on Women Universities as Agents of Change held in International Islamic University Islamabad. 26 th -27 th Nov.2010 (Paper Presentation)
22	Cultural Validity of Expressed Emotion Construct in Pakistan on an International Conference on Culture and Mental Health held in March 2009. (Paper Presentation).
Other University Assignments	
	Member Board of Faculty
	Member Departmental Board of Studies since July, 2016.
	Departmental Focal Person Quality Enhancement Cell
	Departmental Focal Person Turnitin
	Advisor Scientific Ravi
	MS I/O (Industrial/Organizational Psychology) program coordinator 2023
	Managing Editor Pakistan Journal of Social and Clinical Psychology since 2016.
	Co-ordinator Tutorial system 21
	MSc coordinator 2016--- 2019
	Tutorial Duty 2007-2012
	Class checking Duty 2007-2009

	B.Sc Coordinator May-Dec, 2011
Supervision of PhD thesis	Psycho-Social Determinants of Marital Quality and Instability in Young Married Couples
Supervision of M.Phil /MS Theses	Titles
2022-24	Rejection Sensitivity and Dark Tetrad Personality as Predictor of Mental Health among Young Adults: The Mediating Role of Self-Esteem
2021-23	Development and Validation of Learning Strategies Scale for University Students of Social Sciences
	Positive Emotions, Social Intelligence, Resilience and Mental Toughness among Adolescents
	Impact of School Organizational Culture and Job Satisfaction on Flourishing and Job Performance in Public School Teachers.
2020-22	Job Value, Job Motivation, Co-Worker-Support and Work Life Balance in Doctors during Covid-19.
	Construction and Validation of Scale on Grit among Young Adults.
	Impact of personality traits and parental favouritism on Sibling relationship among Adults
	Psychological Impact of Participation in Sports: Experiences of Pakistani Women Players.
	Organizational Justice, Work Motivation and Organizational Commitment among Law Enforcement Officials
2019-21	Distress tolerance, resilience, dispositional optimism and mental well-being of Police officials.
	Correlates of Technostress in University Teachers
	Construction and Validation of Scale on Toxic Shame for Young Adults
	Perseverance, Sensation Seeking and Emotional Reactivity as Predictor of Histrionic Tendencies in the Online World: The Mediating Role of Self-Control and Meta-cognition.
2018-2020	
	Psychosocial Determinants of Test Anxiety in university students
	Addictive use of social media, Narcissism and Quality of Life among Young Adults
	Psychological and Job Related Outcomes of Workplace Ostracism in Employees
	Psychological Correlates of Psychological Capital in Employees
2017-2019	

	Psychological and Work Related Outcomes of Workplace Spirituality among Employees
	Psychological Correlates of Career Success in Employees
	Job Insecurity and Mental Health in Employees of Private Sector Banks
	Psycho-Social Correlates of Workholism
2016-2018	
	Psychological Outcomes of Conflict Management Styles among Employees of Food Companies
	Impact of Work-Family Conflict on Job Outcomes In Shift and Non-Shift Workers
	Impact of Perceived Organizational and Supervisor Support on Job Outcomes Among Teachers
	Goal Orientation, Work engagement, Resilience In determining Organizational Commitment and Wellbeing in teachers
	Family Communication Patterns, Empathy and Interpersonal Competence in Young adults
	Development and Validation of Students Academic Cheating Techniques Scale
	Psychological Safety, Team Efficacy and Learning Behavior in Work teams
	Psychosocial Correlates of Work-Family Enrichment in Industrial Employees
Session 2015-17	
	Impact of Psychological Capital and Job Characteristics on Mental Health and Job Outcomes in Call Center Employees (MSIO)
	Leadership Behaviors: Psychological and Work Outcomes in Telecom Sector (MSIO)
	Men in Women Job: Experiencing Gender Role Stereotypes and Gender Discrimination Among Male Nurses (MSIO)
	Psychological Outcomes of Parental Attachment in Adolescents (MPhil)
Session 2014-16	
	Effects of Listening to Music on Motivation to Exercise and Subjective Well Being among Young Adults (MPhil)
	Effects of Prayers on Forgiveness and Subjective Well Being among Young Adults (MPhil)
	Development and Validation of Occupational Stress Scale (MPhil)
	Psychological Empowerment and Organization Based Outcomes Among employees of Information Technology Moderating role of Work Locus of Control (MSIO)
	Psychological Determinants of Employee Adaptation to Organizational Change in Telecom Sector (MSIO)

	Role of Work-family Conflict on Psychological Well-being and Job Satisfaction of Bank Employees: Moderating Role of Proactive Personality (MSIO)
	Role of Organizational Culture on Organizational Effectiveness and Workers Well Being Among Textile Employees: Moderating Role of Work Value (MSIO)
Training/Workshops attended	
15-17 th July. 2023	Workshop on Entrepreneurial Coaching organized by the Department of Management Studies GC University, Lahore
17 th -18 th Aug. 2022	Workshop on Inclusive Education for Special Students organized by the Centre for Special Students GC University, Lahore.
24 th -25 th May, 2018	Workshop on Multivariate Analysis of Variance by Dr Aneeq Ahmad organized by the Department of Psychology GC University, Lahore
18 th -19 th May, 2018	Workshop on Analysis of Variance by Dr Aneeq Ahmad organized by the Department of Psychology GC University, Lahore.
21 st December, 2018	Workshop on Cognition, criminal cognitions, Moral Disengagement, And How they are relevant to Everyone by Dr. Vincent Egan organized by the Department of Psychology GC University, Lahore
9 th May 2017	Workshop on Regression Analysis by Dr. Ashiq Ali Shah organized by the Department of Psychology GC University, Lahore.
25 th April, 2017	Workshop on quality in qualitative data collection, Designing and conducting mixed method research by Dr. Richard deVisser organized by the Department of Psychology GC University, Lahore.
12-15 th Oct. 2015	Faculty Professional Development Programme organized by QEC GC University, Lahore.
22 nd -23 rd September, 2016	Workshop on Structural Equation Modeling by Dr. Jamil Malik organized by the Department of Psychology GC University, Lahore
8 th -9 th June, 2016	Workshop on Exploratory Factor Analysis by Dr. Aneeq Ahmad organized by the Department of Psychology GC University, Lahore
23 rd June, 2016	Workshop on Writing a research paper by Dr. Aneeq Ahmad organized by the Department of Psychology GC University, Lahore.
23 rd November, 2015	Workshop on Conflict Resolution by Oskan Mehmeddaghi organized by the Department of Psychology GC University, Lahore.

19th May, 2015	Workshop on Interpretative phenomenological analysis on 19 th May by Dr. Syeda Shahida Batool organized by the Department of Psychology GC University, Lahore.
23 rd June, 2014	Workshop on Grounded Theory by Dr Aneeq Ahmad Organized by Department of Gender Studies Lahore College For Women University, Lahore
5-7 th April, 2010	Workshop on Conducting and Publishing Research Organized by University of the Punjab Lahore.
21-24 th July 2008	HRDC Cycle III Programme organized by QEC GC University, Lahore.
Journal Reviewer	Forman Journal of Social Sciences
	Khyber Medical University Journal
Thesis External Examiner	External Examiner BS Hons of Psychology thesis at University of Sargodha, COMSATS University Lahore.
	External Examiner of BS Hons thesis at the Department of Psychology Kinnaird College Lahore