

## Erum Makhdoom



### Personal details



Erum Makhdoom



erumalishah4@gmail.com



03228466966



House no 26 A Street 7 Dev  
Samaj Road Islampura Lahore

### Skills

Teaching

Curriculum Development

Student Assessment

Lecture Delivery

Research

Public Speaking

Communication Skills

Educational Technology

Mentoring

Academic Writing

### Languages

English

Urdu

Punjabi

## Profile

Experienced academic professional with extensive background in psychology, specializing in both theoretical and applied aspects. Committed to fostering a dynamic learning environment and contributing to innovative research in health and social psychology fields. Dedicated to advancing psychological knowledge through rigorous research and practical teaching methodologies. Possess strong analytical skills and a passion for guiding students towards academic excellence while actively pursuing a PhD to deepen expertise.

### Education

**PhD in Psychology (In process)**

GCU Lahore, Lahore

**Present**

**MPhil Psychology**

GCU Lahore, Lahore

**2014 - 2016**

**BS Honors Psychology**

GCU Lahore, Lahore

**2010 - 2014**

**FSc Pre Medical**

BISE Lahore, Lahore

**2008 - 2010**

**Matriculations**

BISE Lahore, Lahore

**2008**

### Employment

**Lecturer**

Department of Psychology, GCU, Lahore

**Sep 2019 - Present**

- Current appointment

**Lecturer**

Department of Psychology, Lahore Leads University, Lahore

**Jan 2019 - Present**

**Visiting Lecturer**

Riphah International University

**Sep 2018 - Feb 2019**

**Visiting Lecturer**

GCU Lahore, Lahore

**Feb 2017 - Jan 2019**

### Memberships

**Member of Board of Studies at Clinical**

Psychology Unit GCU Lahore

Since March 2021

**Mar 2021**

# Hobbies

- Public speaking
- Mentoring
- Student Advisory

# Undergraduate Students Dissertations Supervised

<b>Examining the Influence of Pet Ownership on Owner's Quality of Life: A Qualitative Study</b> <a href="#">2020-2024</a>	2020 - 2024
<b>Psychosocial Challenges in the life of Women Serving in Leadership Professional Roles</b> <a href="#">2020-2024</a>	2020 - 2024
<b>Psychosocial Issues and Coping Strategies Among Young Girls Living with Polycystic Ovary Syndrome</b> <a href="#">2020-2024</a>	2020 - 2024
<b>Psychosocial Challenges of Teenage Girls Facing Neglect at Home</b> <a href="#">2020-2024</a>	2020 - 2024
<b>Exploring the Challenges faced by Nurses in Hospital Settings: A Qualitative Investigation of Work-Related Stressors.</b> <a href="#">2020-2024</a>	2020 - 2024
<b>Impact of Sleep Disturbance Patterns on Overall Quality of Life Among Young Adults: A Qualitative Analysis</b> <a href="#">2020-2024</a>	2020 - 2024
<b>Psychosocial determinants of becoming social media influencers</b> <a href="#">2019-2023</a>	2019 - 2023
<b>Psycho-Social experience of young adolescence living with divorced mother</b> <a href="#">2019-2023</a>	2019 - 2023
<b>Stress, Obsession and Anxiety due to COVID-19 in University students</b> <a href="#">2018-2022</a>	2018 - 2022
<b>Lived experiences of post-partum depression in young mothers.</b> <a href="#">2018-2022</a>	2018 - 2022
<b>Gratitude, Perceived stress and Psychological well being Among young adults.</b> <a href="#">2018-2020</a> MSc level, Institute: GCU	2018 - 2020
<b>The Dark Tetrad Personality and Romantic Relationship Among Young Adults</b> <a href="#">2018-2020</a> MSc level, Institute: GCU	2018 - 2020

<b>Forgiveness as a Predictor of Psychological well-being among Young Adults</b> <a href="#">2017-2019</a> MSc level, Institute: GCU	<b>2017 - 2019</b>
<b>Occupational Stress, Psychological well-being and Quality of life among Bank Officers</b> <a href="#">2017-2019</a> MSc level, Institute: GCU	<b>2017 - 2019</b>
<b>Marital Satisfaction and Psychological well-being among Married Primary School Teachers</b> <a href="#">2017-2019</a> MSc level, Institute: GCU	<b>2017 - 2019</b>
<b>Living in a Forced Marriage: An Interpretative Phenomenological Analysis of Young Married Women</b> <a href="#">2016-2018</a> MSc level, Institute: GCU	<b>2016 - 2018</b>
<b>Factors Leading to Divorce among Young Women</b> <a href="#">2016-2018</a> MSc level, Institute: GCU	<b>2016 - 2018</b>

## Service Activity

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<b>Member of Board of Studies at Clinical Psychology Unit GCU Lahore</b> <a href="#">Since March 2021</a>	<b>Mar 2021</b>
<b>Academic Advisor at GCU Lahore</b> <a href="#">Since Feb 2021</a>	<b>Feb 2021</b>
<b>Departmental Placement Officer, GCU Lahore</b>	
<b>Psychological Talks as Community Service on Various Channels and Podcasts</b> <a href="#">Oct 2025 - Dec 2025</a> Special Tv ,Health Matter ,Tv Today	<b>Oct 2025 - Dec 2025</b>
<b>External Examiner for BS Psychology Dissertations at University of South Asia</b>	<b>Jun 2025</b>
<b>External Examiner for BS Psychology Thesis at NUML Lahore</b>	<b>Dec 2025</b>

## Selected Professional Presentations

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<b>Living with Good Cancer: An Interpretative Phenomenological Analysis of Female Patients with Thyroid Cancer</b> <a href="#">2020</a> 2020 NATIONAL CONFERENCE ON QUALITATIVE PSYCHOLOGY (	<b>2020</b>
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**An Exploratory Study of Factors Leading to Divorce in Young Women** **2019**

[2019](#)

2019 NATIONAL CONFERENCE OF PSYCHOLOGY (GNCP, 2019), LAHORE  
GARRISON UNIVERSITY

**Lived Experiences of Women in Forced Marriage** **2018**

[2018](#)

2018 3-DAY INTERNATIONAL CONFERENCE ON GENDER, RELIGION, AND  
CULTURE IN PSYCHOLOGY: ISSUES, CHALLENGES, AND PROSPECTS  
(DEC, 2018) GCU LAHORE

**Psychosocial Experiences of Obesity in Young Women** **2018**

[2018](#)

2018 BAHRIA UNIVERSITY, PUNJAB UNIVERSITY AND RIPHAH UNIVERSITY  
CONFERENCE OF PSYCHOLOGY (COP) 2018, 6-7TH JULY 2018

**Living with Good Cancer: An Interpretive Phenomenological Analysis of Female Patients with Thyroid Cancer** **2017**

[2017](#)

2017 DEPARTMENT OF PSYCHOLOGY, GOVERNMENT COLLEGE  
UNIVERSITY (GCU) INTERNATIONAL CONFERENCE ON HEALTH  
PSYCHOLOGY: ISSUES AND CHALLENGES, 26-28 APRIL, 2017

**Psychosocial and Physical Experiences of Obesity in Young Women** **2017**

[2017](#)

2017 UNIVERSITY OF MANAGEMENT AND TECHNOLOGY ICCP (UMT)  
INTERNATIONAL CONFERENCE ON CLINICAL PSYCHOLOGY AND THE  
DEVELOPING WORLD ISSUES: CHALLENGES AND SOLUTIONS, 9-10  
MARCH 2017

## Achievements

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### Academic Achievements

- 3rd Position in MPhil with CGPA of 3.70.
- Delivered engaging lectures to undergraduate students, enhancing their understanding of complex qualitative research methods.
- Supervised and mentored students in academic projects, fostering critical thinking and problem-solving skills.
- Collaborated with colleagues to organize workshops promoting knowledge sharing.
- Maintained consistent student performance evaluations and provided constructive feedback to support academic growth.
- Designed and facilitated specialized workshops on Interpretive Phenomenological Analysis (IPA) that attracted over 50 participants from multiple academic institutions.

## Workshops

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**Workshop on Interpretative  
Phenomenological Analysis at University of  
Lahore, LSBS**  
[As A Resource Person](#)

**Nov 2025**

**Workshop on Qualitative Research and  
Practical Learning and Application of  
Interpretative Phenomenological Analysis at  
NUML Lahore Campus**  
[As a Resource Person](#)

**Dec 2025**