

Erum Makhdoom



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.

Personal details

 Erum Makhdoom

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 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

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 - Sep 2019

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

Qualities

- Effective communication
- Team collaboration
- Empathy
- Adaptability

Undergraduate Students Dissertations Supervised

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

Forgiveness as a Predictor of Psychological well-being among Young Adults

2017 - 2019

2017-2019

MSc level, Institute: GCU

Occupational Stress, Psychological well-being and Quality of life among Bank Officers

2017 - 2019

2017-2019

MSc level, Institute: GCU

Marital Satisfaction and Psychological well-being among Married Primary School Teachers

2017 - 2019

2017-2019

MSc level, Institute: GCU

Living in a Forced Marriage: An Interpretative Phenomenological Analysis of Young Married Women

2016 - 2018

2016-2018

MSc level, Institute: GCU

Factors Leading to Divorce among Young Women

2016 - 2018

2016-2018

MSc level, Institute: GCU

Service Activity

Member of Board of Studies at Clinical Psychology Unit GCU Lahore

Mar 2021

Since March 2021

Academic Advisor at GCU Lahore

Feb 2021

Since Feb 2021

Psychological Talks as Community Service on Various Channels and Podcasts

Oct 2025 - Dec 2025

Oct 2025 - Dec 2025

Aik News Digital, Special Tv, Health Matter Pakistan, TV Today Digital and Daily Point Platform in About life style with Dr Zainab Gondal.

External Examiner for BS Psychology Dissertations at University of South Asia

Jun 2025

Evaluated 18 Undergraduate Thesis

On 4th June 2025

External Examiner for BS Psychology Thesis at NUML Lahore

Dec 2025

Evaluated 10 Undergraduate Dissertations

On 23rd December 2025

Including Quantitative, Mixed Methods Design and Qualitative Studies

As External Evaluator

Jun 2025

Assessment Team Responsibilities for Program Review for Effectiveness and Enhancement (PREE) Visit of BS Psychology at University of South Asia

Provided the required feedback to the department of Psychology about Improvement of Curriculum and Educational Practices on 12 June 2025

Selected Professional Presentations

Living with Good Cancer: An Interpretative Phenomenological Analysis of Female Patients with Thyroid Cancer

2020

2020

2020 NATIONAL CONFERENCE ON QUALITATIVE PSYCHOLOGY (NCQP2020), NUST ISLAMABAD

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

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 Interpretative Phenomenological Analysis (IPA) that attracted over 50 participants from multiple academic institutions.

Workshops

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

Training Workshop on Psychological First Aid

Dec 2025

Certified Workshop by Centre for Psychotherapy and Clinical Training
Attended and Got Hands on Training for providing Psychological First Aid.

Understanding Toxic Relationship Patterns & the Role of Healthy Boundary Setting in the Pakistani Cultural Context

Dec 2025

Workshop by Centre For Psychotherapy and Clinical Training
An Online Interactive Workshop adding to learning about understanding Toxic relations and ways of Coping