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CAREER FOCUS

I am an aspiring researcher with a strong interest in pursuing a career in Clinical Psychology, Behavioral Neuroscience, and Cognitive Sciences. My research interests center on exploring the integration of psychological interventions to address complex health challenges, particularly in behavior change and improving mental health outcomes. I aim to advance the understanding of psychological disorders and neurocognitive processes to contribute to the development of innovative treatment modalities. With over 2 years of research experience, I am committed to advancing evidence-based approaches in clinical and counseling psychology, as well as in neuroscience and cognition, to foster positive health interventions and improved clinical practices.

RESEARCH & WORK EXPERIENCE

December 2023-Present	Research Co-Ordinator & Program Lead <i>Bangladesh Institute of Innovative Health Research - BIiHR</i>	Designed and delivered research-methods training; managed multi-site data workflows (Google Forms & Kobo Toolbox) and performed data cleaning, coding, and QC using SPSS & R; led manuscript preparation in mental-health studies.
October 2023-September 2024	Research Assistant <i>BONDHU</i>	Supported three workforce-psychology studies by performing survey design, participant management, and statistical preprocessing in SPSS.
June 2023-August 2024	Research Assistant <i>Centre for Research in Multidiscipline</i>	Conducted field data collection and structured assessments; performed dataset handling, labeling, and descriptive analysis for caregiver mental-health studies.
August 2022-February 2023	Research Assistant <i>BONDHU</i>	Executed large-scale data acquisition (1,000+ caregivers) and performed data validation, entry, and reliability checks using Excel & SPSS.
August 2022-January 2023	Intern <i>LifeSpring Consultancy Ltd.</i>	Received training in basic counseling and psychotherapy; maintained structured session notes and assisted in clinical case documentation.

EDUCATION

2022-Present	Bachelors of Science (Hons.) in Psychology Jagannath University <i>Undergraduate Research Project (Ongoing): Prevalence of Alexithymia and Its Association with Depression, Anxiety, and Stress in Bangladeshi University Student: A Cross-Sectional Study</i> <i>Supervisor:</i> Kazi Nur Hossain. <u>CGPA:</u> 3.59 (out of 4.00)
2018-2020	Higher School Certificate (H.S.C.) Notre Dame College <u>GPA:</u> 5.00 (out of 5.00)

TECHNICAL SKILLS & TRAININGS

Bioinformatics Research with AI in Neurosciences - DeepBio Limited	Ongoing
Interdisciplinary Python Training Program - Bangladesh Institute of Innovative Health Research	2025
South and Southeast Asia Climate and Health Responders Course - Global Consortium for Climate and Health Education	2025
Introduction to GBD Online Course - Institute for Health Metrics & Evaluation	2025
Experimental Design in Health and Climate Change Research - SAIST Foundation	2024
Introduction to Systematic Review and Meta-Analysis in Health Research - BRAC James P Grant School of Public Health	2024

Introduction to R - BRAC James P Grant School of Public Health	2024
Data Analysis Using SPSS - Center for Health Innovation, Research, Action, and Learning	2023
Basic Qualitative Research Methodology - BRAC James P Grant School of Public Health	2023
Basic Counselling Skills (With Supervision) - Bondhu: Counselling and Psychosocial Research Centre	2023
Addiction Treatment: Clinical Skills for Healthcare Providers - Yale University (Coursera)	2023
Managing ADHD, Autism, Learning Disabilities, and Concussion in School - University of Colorado (Coursera)	2023
Presentation and Management of Pediatric Acute-Onset Neuropsychiatric Syndrome (PANS) - Stanford University School of Medicine	2023
Training Course on Research Methodology on Social Sciences - Centre for Research in Multidiscipline	2023

CONFERENCE PRESENTATIONS

1. Mia, M. R., **Ahmed, M. F.**, Muna, M. K., Shahariar, M., Dilower, R. (2025). Association Between Mental Health and Overweight/Obesity Among Reproductive Women in Chattogram Division: A Cross-Sectional Study. In *Book of Abstracts*, p. 43. Nutrition Summit 2025, Dhaka, Bangladesh. <https://doi.org/10.13140/RG.2.2.24672.80647>
2. **Ahmed, M.F.**, Paul, A., Aurpa, M.S., Abedin, F., Akter, S., Maria, A., Agrawal, P. (2024). Assessing the level of emotional intelligence among Bangladeshi youth. In *Book of Abstracts*, p. 187. 10th International Public Health Conference 2024, Bogura, Bangladesh. <https://doi.org/10.13140/RG.2.2.31214.11841>
3. Morshed, M.U., Paul, A., & **Ahmed, M.F.** (2024). Anxiety levels among urban caregivers of children in Bangladesh: A cross-sectional study. In *Book of Abstracts*, p. 62-63. 2nd International Conference on Psychometrics 2024, Dhaka, Bangladesh. <https://doi.org/10.13140/RG.2.2.26513.24166>
4. Morshed, M.U., **Ahmed, M.F.**, & Paul, A. (2024). Stress and its correlates among caregivers of children in city dwellers. In *Book of Abstracts*, p. 62. 2nd International Conference on Psychometrics 2024, Dhaka, Bangladesh. <https://doi.org/10.13140/RG.2.2.28190.96326>
5. Barman, M., **Ahmed, M. F.**, & Das, N. (2024). Association between emotional intelligence and sleep quality among university students in Bangladesh. In *Book of Abstracts*, p. 103. 20th International Conference Days of Applied Psychology 2024, Niš, Serbia. <https://doi.org/10.46630/abdp.2024>
6. **Ahmed, M.F.**, Das, N., Akter, S., Abedin, F., Aupsory, A.R. (2024, June 8). Relationship between emotional intelligence and internet addiction among university students in Bangladesh [Poster Presentation]. International Public Health Conference 2024, Dhaka, Bangladesh. <https://www.doi.org/10.13140/RG.2.2.11548.71045>

LIST OF PUBLICATIONS

Original Articles:

1. **Ahmed, M. F.**, Muna, M. K., Shahariar, M., Dilower, R., & Mia, M. R. (2025). Socio-Demographic and Psychological Predictors of Overweight and Obesity in Bangladeshi Women: A Cross-Sectional Study. *South Asian Journal of Health Sciences*. (In Press)
2. Ravi, R. K., Oommen, A., Jacob, J., Sarate, S., Pareek, B., **Ahmed, M. F.**, Renitha, Sr., Muthugounder, K., Sanogo, I., Baby, P., Ramazanu, S. (2025). Migration intent, health, and higher education plans as determinants of professional identity and image of nursing among future nurses in resource-limited health systems: a cross-sectional study. *BMC Nursing*, 24, 1297. <https://doi.org/10.1186/s12912-025-03962-5>
3. **GBD 2023 Causes of Death Collaborators** (2025). Global burden of 292 causes of death in 204 countries and territories and 660 subnational locations, 1990–2023: a systematic analysis for the Global Burden of Disease Study 2023. *Lancet*. [https://doi.org/10.1016/S0140-6736\(25\)01917-8](https://doi.org/10.1016/S0140-6736(25)01917-8)
4. **Ahmed, M. F.** (2025). Prevalence and risk factors of diabetes among Bangladeshi adults: findings from a cross-sectional study. *Discover Public Health*, 22, 450. <https://doi.org/10.1186/s12982-025-00813-1>
5. **Ahmed, M. F.**, Shahariar, M., Shila, F. I., Banik, J. R., & Afifa, F. (2025). Assessing the relationships between Nomophobia, psychological well-being, and insomnia in Bangladeshi youth. *Journal of Public Health*. <https://doi.org/10.1007/s10389-025-02508-y>
6. **Ahmed, M. F.**, Das, N., Abedin, F., Akter, S., Aupsory, A. R., Das, D. Relationship between Emotional Intelligence, Internet Addiction, and Sociodemographic Factors among University Students: A Cross-sectional Study. *Journal of Comprehensive Health*. 13(1), 46-52. https://doi.org/10.25259/JCH_57_2024
7. **Ahmed, M. F.** (2024). Association between sleep quality, internet addiction and its associated factors among Bangladeshi university students: A cross-sectional study. *NPRC Journal of Multidisciplinary Research*, 1(6), 23–38. <https://doi.org/10.3126/nprcjmr.v1i6.71742>
8. **Ahmed, M. F.** (2024). Bengali translation and validation of academic resilience scale in Bangladeshi school-going students. *European Journal of Arts, Humanities, and Social Sciences*, 1(5), 85-93. [https://doi.org/10.59324/ejahss.2024.1\(5\).06](https://doi.org/10.59324/ejahss.2024.1(5).06)
9. Muna, M. K., Jaman, A., **Ahmed, M. F.**, & Das, N. (2024). Understanding polycystic ovary syndrome (PCOS) and mental health disparities in Bangladeshi women: A mixed method approach. *European Journal of Medical and Health Research*, 2(5), 217-225. [https://doi.org/10.59324/ejmhr.2024.2\(5\).22](https://doi.org/10.59324/ejmhr.2024.2(5).22)

Review Articles:

1. **Ahmed, M. F.** (2025). Enhancing Academic Well-Being in Bangladesh: Lessons from School Culture Research. *Nusantara Journal of Behavioral and Social Science*, 4(2), 77–82. <https://doi.org/10.47679/njbs.202585>
2. Islam, S. M. S., Laskar, N., Reza, Md. S., **Ahmed, M. F.**, Iqbal, H., Guia, L. C. D., & Syrmos, N. (2025). Human Metapneumovirus: A critical review of its impact on the immune system and clinical implications. *Journal of Current Health Sciences*, 5(2), 77–80. <https://doi.org/10.47679/jchs.2025111>

3. Mahedi, M. R. A., Roy, P., Radia, A. A., Afrin, S., **Ahmed, M. F.**, & Syrmos, N. (2025). Symptomatic pattern changes and climatic factors in dengue outbreaks in Bangladesh. *Future Health*. https://doi.org/10.25259/fh_78_2024
4. **Ahmed, M. F.**, Jaman, A., Barman, M., Ilanoosi, C., Muna, M. K., & Arefine, R. (2024). Advancing Patient Outcomes through Collaborative Care: A Narrative Review of Evidence from Integrated Behavioral Healthcare. *Europasian Journal of Medical Sciences*, 6(9). <https://doi.org/10.46405/ejms.v6i9.546>

Letter to Editors/Editorials/Commentaries:

1. **Ahmed, M. F.** (2025). Problematic Social Media Use and the Digital Dependency–Distress Cascade: An Urgent Call for Academic and Public Health Action. *Brain and Behavior*, 15(11), e71024 <https://doi.org/10.1002/brb3.71024>
2. Alam, M. S., **Ahmed, M. F.** (2025). Artificial Intelligence (AI) for Equitable Remote Patient Monitoring in Low-Resource Health Systems. *Annals of Medicine and Surgery*. <https://doi.org/10.1097/MS9.0000000000004193>
3. Chaman Lal, K., Ubaid Ullah, A., Iqbal, M., Tahir, Z. B., Kazmi, S. Z., **Ahmed, M. F.** (2025). Comment on “Prevalence and Determinants of Poor Sleep Quality among Patients with Diabetes Mellitus”: Addressing Confounding and Sampling Limitations. *Annals of Medicine and Surgery*. <https://doi.org/10.1097/MS9.0000000000004152>
4. Shafique, M., Karan, C. L., & **Ahmed, F.** (2025). Personalized cancer vaccines: promise, challenges, and the path forward. *Annals of Medicine & Surgery*. <https://doi.org/10.1097/MS9.0000000000003991>
5. **Ahmed, M. F.** (2025). Rethinking Digital Mental Health: From Nomophobia to Neurocognitive Exhaustion in LMIC Youth. *Health Science Reports*, 8(9), e71278. <https://doi.org/10.1002/hsr2.71278>
6. **Ahmed, F.**, & Salomon, I. (2025). Redefining personalized health: gamifying epigenetic fitness through DNA-based challenges. *Discover Nano*, 20, 163. <https://doi.org/10.1186/s11671-025-04350-3>
7. **Ahmed, M. F.** (2025). Transforming Health Insurance in Bangladesh: A Future-Ready Approach. *Health Science Reports*, 8(6), e70945. <https://doi.org/10.1002/hsr2.70945>
8. **Ahmed, M. F.** (2025). Learning from COVID-19: Building better preparedness for human metapneumovirus outbreaks. *Medicine India*. https://doi.org/10.25259/medindia_3_2025
9. Izere, S., Munyaneza, H. I., & **Ahmed, M. F.** (2025). Psittacosis Outbreak in Europe: A Concern for Public Health. *The Clinical Respiratory Journal*, 19(3), e70068. <https://doi.org/10.1111/crj.70068>
10. **Ahmed, M. F.** (2024). Addressing non-communicable diseases in Bangladesh: A perspective on lifestyle changes and public health strategies. *Journal of Innovative Health Research*, 1(1), 4-8. <https://doi.org/10.71351/jihr.v1i1.002>
11. **Ahmed, M. F.** (2024). Importance of community awareness of the Nipah virus. *Journal of Innovative Health Research*, 1(1), 1-3. <https://doi.org/10.71351/jihr.v1i1.001>
12. **Ahmed, M. F.** (2024). Positive psychology perspectives: A multifaceted approach to human flourishing. *Pakistan Journal of Positive Psychology*, 1(1), 1-7.

SCHOLARSHIPS & AWARDS

- January 2025–February 2025
2nd Prize, Scientific Abstract Competition
Nutrition Summit 2025, Dhaka, Bangladesh (2025)
Research poster title: “Association Between Mental Health and Overweight/Obesity Among Reproductive Women in Chattogram Division: A Cross-Sectional Study”
- October 2023–August 2024
Digital Diversity, Equity, and Inclusion Mentorship Program
BRAC James P Grant School of Public Health, BRAC University
Concept Note Title: Exploring Knowledge Regarding Nipah Virus and Its Associated Risks among Students in High-Prevalence Regions of Bangladesh
- April 2022
University Merit Scholarship 2022
Jagannath University
- March 2016
Education Board Scholarship (General: J.S.C.)
Board of Intermediate and Secondary Education, Dhaka

TEACHING ACTIVITIES

Instructor (Basic Research Methodology) - Bangladesh Institute of Innovative Health Research

2024-Present

Tutor (Physics, & Biology) - Commerce Coaching Home, Dhaka

2023-2024

REVIEW ACTIVITIES

- September 2024–Present
PLoS One
Health Science Reports
Scientific Reports

EXTRACURRICULAR ACTIVITIES

General Secretary
Eccutive Member
Campus Ambassador
Volunteer

Psychology Research Club, Jagannath University
Psychology Students Association - PSA
BONDHU

September 2024-Present
March 2023-August 2024
January 2023-December 2023
January 2023-June 2023

MEMBERSHIPS

Undergraduate Student	<i>American Psychological Association</i>	November 2025-Present
Affiliate Member		
GBD Senior Collaborator	<i>Institute for Health Metrics & Evaluation</i>	November 2025-Present
GBD Collaborator		<i>March 2025-October 2025</i>
Member	<i>Australian & New Zealand Mental Health Association</i>	<i>Jan 2025-Present</i>
Affiliate Member	<i>Public Health Association of Bangladesh</i>	<i>May 2024-Present</i>
Aspire Alumni	<i>Aspire Institute</i>	<i>May 2024-Present</i>

REFERENCES

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