



CONTACT

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Numaish, Soldier Bazaar
Karachi

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EDUCATION

IPP, BUKC / MPHIL in Psychology
2022 - 2024
KARACHI, Sindh

IPP, BUKC / BACHELOR in Psychology
2017 - 2021,
KARACHI, Sindh

Universitas Airlangga / Exchange
Program
2023, INDONESIA

CONFERENCES

1. First National Conference on Undergraduate Psychology Research (2021) – Muhammad Ali Jinnah University Participated as a research presenter at a national-level conference
2. National Psychiatry Conference (2021) – National Psychiatry Conference Presented research poster titled “Cognitive Distortion and Low Self-Esteem in Survivors of Childhood Sexual Abuse” and secured 1st Position (Best Poster Award) at the national level.
3. 4th International Conference on Education (ICE-2025) Presented abstract titled “Scrolling, Delaying, and Stressing: How Social Media and Procrastination Shape Test Anxiety” and received the Best Presenter Award.

LANGUAGES

- English
- Urdu
- Indonesian (A1)

HINA USMAN

CLINICAL PSYCHOLOGIST | LECTURER | RESEARCH ASSOCIATE

PROFILE

Dedicated Associate Psychologist, Lecturer, and Research Associate with expertise in evidence-based therapies, psychological assessments, and academic writing. Experienced in clinical practice, teaching, and research, addressing psychological issues across various age groups. Committed to advancing mental health and fostering educational excellence.

PUBLICATION

- Usman, H. (2024). Understanding The Impact of Childhood Sexual Abuse and Child Maltreatment on Non-Suicidal Self-Harm: The Mediating Role of Self-Blame in Young Adults of Pakistan. *Kurdish Studies*, 12(5), 1463-1473. <https://doi.org/10.53555/ks.v12i5.3497>
- Usman, H. (2024). A Comparative Study of the Meaning of Life, Academic Motivation, Learning Styles, Study Habits, and Academic Achievement Between University and College Students in Different Educational Institutions. *Migration Letters*, 21(S14), 525-544. <https://doi.org/10.59670/ml.v21iS14.11300>

WORK EXPERIENCE

- **Senior Lecturer**
Institute of Business Management (IoBM) - Sept 2025 - Present
- **Visiting Faculty**
DHA Suffa University | March 2025 - July 2025
- **Visiting Faculty**
Ziauddin University | Feb 2024 - August 2025
- **Consultant Clinical Psychologist - Part-time**
Hope and Cope | June 2024 - Present
- **Associate Psychologist (Masters)**
Umeed-e-Nau | Sept 2022 - December 2024
- **Volunteer Intern - Associate Psychologist (Masters)**
Karachi Vocation Training Centre | Sep 2024 - December 2024
- **Human Resource Manager**
Stratigia | April 2022 - Feb 2024
- **Behavioral Therapist (Project Based)**
Dar ul Sukun | May 2021 - June 2021
- **Psychology Intern (Bachelors)**
Umeed-e-Nau | Sep 2020 - Jan 2021
- **Wellness & Educational Intern**
Aaina Mental Health Clinic | Oct 2021 - Jan 2022
- **Social Work Intern**
Al-Zohra Welfare Association | Jul 2017 - Aug 2017