

TAFAJJAL ISLAM

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CAREER OBJECTIVE

Seeking a Research Assistant position, to apply my skills in psychological research, data analysis, and clinical studies, contributing to hospital-based research and patient care. Eager to collaborate with multi-disciplinary teams and support evidence-based research in a clinical setting.

PERSONAL DETAILS

Dated of birth: 05 Nov. 1998

Height : 5'6"

Nationality : Bangladeshi

Marital Status: unmarried

Home District: Nilphamari

SKILLS

Language:

Fluent in Bangla and full working knowledge in English.

Computer Skills:

✓ **Research Software:**

Zotero, Mendeley, SPSS, NVivo, Kobo Toolbox, Endnote, Grammarly.

✓ **Software application:** MS

Office -MS Word, MS Excel, MS Access, MS PowerPoint (advanced level)

✓ **Internet Access**

Capability: Browsing, Email checking and (Advance Level)

✓ **Image/Video Process**

Software: Adobe Photoshop, Illustrator, Premiere Pro, Camtasia

✓ **Fast Typing in Bangla and English**

AT A GLANCE

- ❖ MS & BSc in **Psychology** at University of Rajshahi
- ❖ **Research Assistant** at three renowned institutions in more than 3 years at Rajshahi Division.
- ❖ Almost 3 years **work experience** at two renowned institutions.
- ❖ **Research Article:** Published-4; Accepted-4; Conference, P-2
- ❖ **Skill:** Proficient in handling research software such as Zotero, Mendeley, SPSS, Endnote, NVivo, Kobo Toolbox, and LaTeX.

RESEARCH EXPERIENCE

Research Assistant

January 2024 – Present

Health Research Group, Department of the Statistics, University of Rajshahi, Rajshahi-6205, Bangladesh

Ongoing Project: *Patterns of Substance Use Among Psychotic Inpatients: A Cross-Sectional Study*

Completed Research; 7

- ✓ Survey data collection and data analysis
- ✓ Writing manuscripts as a first author
- ✓ Review, edit, and ensure data accuracy

Research Assistant

January 2022 - December 2023

Institute of Natural Resources Research and Development, Rajshahi

Completed Research; 3

- ✓ Writing manuscripts as a first author
- ✓ Review, edit, Conduct literature reviews and data analysis

WORK EXPERIENCE

Intern Psychologist

January- February 2025 || **National Institute of Mental Health, Dhaka**

- Assisted in psychological assessments, counseling, and research.
- Collaborated with psychiatrists and clinical psychologists.

Director

January 2022 – August 2023 || **Focus University Admission Coaching, Rajshahi Branch.**

- Managed academic programs, faculty coordination, and student guidance.
- Oversaw administrative operations and strategic planning for student success.

Others Skill:

- ✓ Excellent written and verbal communication skills.
- ✓ Exceptional organizational skills and attention to detail.
- ✓ Ability to manage multiple tasks efficiently and meet deadlines.
- ✓ A proactive approach to problem-solving and the ability to work independently.

STRENGTH

- ✓ Good attitude and responsible
- ✓ Attractive personality and hard worker
- ✓ Innovative and like challenges
- ✓ High work ethics and dedication

VOLUNTER EXPERIENCE

- ✓ **Divisional Co-Ordinator**, Debate Bangladesh, Rajshahi Zone (June 2023 - Present)
- ✓ **President**, Debate Monch, University of Rajshahi (Jan 2021- Dec 2022)
- ✓ **Vice President**, Samakal Surit Samabes, University of Rajshahi (News Portal, Jan 2021- Present)
- ✓ **Vice President**, Group of Liberal Debaters Bangladesh, University of Rajshahi (GOLD Bangladesh, Jan 2022- August 2023), Debate Organization.
- ✓ **Campus Director**, International Youth Society for Sustainable Development · Internship, Rajshahi University, Rajshahi (Aug 2021 – Dec 2022)

EDUCATION

Master of Science in Psychology || Thesis Group

University of Rajshahi, Rajshahi, Bangladesh

Thesis Topic: *The Mediating Effect of Mental Well-being and resilience on the Association Between Drug Use and Suicidal Thoughts*

CGPA: 3.43 Session:2021-22

Passing year: 2025

Bachelor of Science in Psychology

University of Rajshahi, Rajshahi, Bangladesh

Fieldwork Topic: *The effect of emotional intelligence on academic performance among university students in Bangladesh*

GPA: 3.36 Session:2017-18

Passing year: 2023

Higher Secondary Certificate (HSC)

Ideal College, Jaldhaka

Dinajpur Board, Bangladesh

GPA: 3.92

Passing year: 2017

Secondary School Certificate (SSC)

Balagram High School, Jaldhaka

Dinajpur Board, Bangladesh

GPA: 4.94

Passing year: 2014

TRAINING & COURSES

- ✓ 8TH Univ Workshop on “**A to Z guideline for higher study abroad and scholarships**” organized by Univ Bangladesh, Jan-Feb 2021.
- ✓ “**Research Course: Basic to Advance**” 30 lectures with research software (Zotero, Mendeley, SPSS, NVivo, Kobo Toolbox, Latex) arranged by Research Help Bangladesh, 28 October 2021.
- ✓ “**Training on Systematic Review and Meta-analysis**” at Health Research Group, University of Rajshahi (Sept 2024)
- ✓ Training on “**Background, Neuropsychology and Treatment of Addiction**” at Clinical Psychology department, University of Rajshahi, May 2024
- ✓ Training on “**Relationship Behavior: Physical Problems in people with Intellectual Disabilities**” at the department of Clinical Psychology, University of Rajshahi, May 2024

CONFERENCES & SEMINARS

- ✓ Attended “**23rd International Mathematics Conference 2023**” organized by department of Mathematics, University of Rajshahi, Rajshahi-6205, Bangladesh (17-20 June, 2024)
- ✓ Attended “**Making the transition: Converting Your thesis into an indexed journal**” organized by department of Clinical Psychology, University of Rajshahi, Rajshahi-6205, Bangladesh (June, 2024)
- ✓ Attended “**Significance & and opportunity of Psychological research in Bangladeshi perspective**” organized by biological science faculty, University of Rajshahi, Rajshahi-6205, Bangladesh (June, 2024)

PUBLICATIONS

Published Journal Articles

1. Islam, M. M., Mimi, A., Khatun, M., Sarker, P. C., **Islam, T.**, & Based, M.A.A (2025). Sleeping Patterns and Online Gaming Habits: Unravelling Their Influence on Anger Tolerance Among University Students: Original Research. *Psych. Nurs. J.*, 7(1). 1-6. doi.org/10.53344/pnj.v7.i1.56578
2. Mia M, **Islam T**, Khatun M, Zubair MBU. Common mental health problems among different populations in Bangladesh– A systematic review. *Journal of Fundamentals of Mental Health* 2025 Jan-Feb; 27(1): 1-11. DOI: 10.22038/JFMH.2024.82635.3169
3. **Islam, T.** & Mia, M. (2024). Relationship of Emotional Intelligence with Mental Health and Differences based on Gender. *International Journal of Indian Psychology*, 12(1), 095-101. DIP:18.01.008.20241201, DOI:10.25215/1201.008
4. **Islam, T. (2024).** Gender Differences in Aesthetic and Economic Values: A Comparative Study of Male and Female Students at Rajshahi University. *International Journal of Indian Psychology*, 12(1), 036-045. DIP:18.01.004.20241201, DOI:10.25215/1201.004

Conference Paper

1. **Islam, T.** & Mia, M. (2024). Relationship of Emotional Intelligence with Mental Health and Differences based on Gender. 23 International Mathematic Conference, Department of Mathematics, University of Rajshahi, Bangladesh
2. **Islam, T.** & Mia, M. (2024). Prevalence of Anxiety, Depression, Stress and Suicide in Bangladesh: A Systematic Review. 23 International Mathematic Conference, Department of Mathematics, University of Rajshahi, Bangladesh

Accepted Journal Articles

1. **Islam, T.**, & Mia, M., Mondol, M. H., & Hossain, G. (2024). An epidemiological study on asthma and its association with depressive symptoms among university students in Bangladesh. *PLOS ONE*, 17(10),
2. Mondol, M. H., **Islam, T.**, Mondol, H., Mia, M., & Hossain, G. (2024). Mediating effect of perceived stress and life satisfaction on the association between internet addiction and mental health. *BMC Psych.*
3. Mia, M., **Islam, T.**, Mondol, M. H., & Hossain, G. (2024). Factors influencing panic disorder of university students: A cross-sectional study. *Journal of Affective Disorders*,
4. Mia, M., Islam, M. S., Islam, M. M., **Islam, T.**, Islam, M. R., Hannan, M. A., Farhana, S., Shaikot, M. H., & Kaium, M. A. (2025). Adaptation and validation of the PHQ-9 scale in Bangla for Bangladesh police personnel in Bangladesh. *Frontiers in Psychology*

REFERENCES

Dr. Md. Nur-E-Alam Siddique (Thesis Supervisor)

Professor, Department of Psychology, University of Rajshahi, Bangladesh

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Dr. Golam Hossain (Supervisor, Health Research Group)

Professor, Department of Statistics, University of Rajshahi, Bangladesh

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DECLARATION

As a result of this, I certify that the above information is accurate, and I will render my service to the best to fulfill my responsibility to your satisfaction.



Tafajjal Islam