

Tafazzal Islam

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EDUCATION

Master of Science in Psychology | | Thesis Group

Expected May 2025

University of Rajshahi, Bangladesh

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

Supervisor: Professor Dr. Nur-E-Alom Siddique

Bachelor of Science in Psychology

May 2023

University of Rajshahi, Bangladesh

Undergraduate Thesis title: "The effect of emotional intelligence on academic performance among university students in Bangladesh"

Supervisor: Assistant Professor, Sadeka Banu

RESEARCH INTERESTS

Mental Health; Well-being; Substance Use; Drug; Anxiety; Depression; Social Behavior;

RESEARCH EXPERIENCE

Research Assistant

Jan 2024 - Present

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

- Survey data collection and data analysis
- Writing manuscripts as a first author
- Review, edit, and ensure data accuracy
- Collaborate and coordinate with faculty, staff researcher.

Research Assistant

Jan 2022- Dec 2023

Institute of Natural Resources Research and Development, Rajshahi, Rajshahi-6206, Bangladesh

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

TEACHING AND MENTORING EXPERIENCE

Teacher, Head of Biology

Jan 2022 - August 2023

Focus University Admission Coaching, Rajshahi Branch

- Prepared lectures and class activities focusing on the analysis of determinate and indeterminate structures for admission level.
- My responsibilities include strategic planning, ensuring goal achievement, managing profit and loss, guiding staff in implementing company policies and evaluating processes to solve issues.

Mentor, Health Research Unit

Jan 2025 - Current

Institute of Research and Integrated thoughts (IRIT), Dhaka

- Guided the students in preparation & writing research articles
- Mentored 5 undergraduate students to prepare manuscripts.

Mentor, Social Science Unit

April 2025- Current

Univ, Bangladesh

- Guided the students in preparation & writing research articles
- Mentored 5 undergraduate students to prepare manuscripts.

PUBLICATIONS

PEER REVIEWED PUBLISHED ARTICLES

1. 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

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

ACCEPTED 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

ONGOING ARTICLES

1. Influence of breakfast skipping on adolescent obesity in south Asia: A systematic review and meta-analysis

2. The association between depression and loneliness among adults in Bangladesh

3. Study on Job Burnout and Mental Health Among Clinicians

CONFERENCE PRESENTATIONS

ORAL PRESENTATIONS

Islam, T. & Mia, M. (2024). Relationship of Emotional Intelligence with Mental Health and Differences based on Gender. 23 International Mathematic Conference, Organized by the Department of Mathematics, University of Rajshahi from 16-17 May 2024.

POSTER PRESENTATIONS

Islam, T. & Mia, M. (2024). Prevalence of Anxiety, Depression, Stress and Suicide in Bangladesh: A Systematic Review. 23 International Mathematic Conference, Organized by the Department of Mathematics, University of Rajshahi from 16-17 May 2024.

PROFESSIONAL EXPERIENCE

Psychologist	Jan 2024-Dec 2024, April 2025-Current
Model Addiction & Psychiatry care, Farmgate, Dhaka	
Assisted in psychological assessments, counseling, and research.	
Collaborated with psychiatrists and clinical psychologists.	
Intern Psychologist	Jan 2025-March 2025
National Institute of Mental Health, Dhaka	
Assisted in psychological assessments, counseling, and research.	
Collaborated with psychiatrists and clinical psychologists.	

TECHNICAL 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

LANGUAGES

- Bengali: Native
- English: Proficient

TRAINING & COURSES

“Training on Systematic Review and Meta-analysis” at Health Research Group, RU	Sept 2024
“Background, Neuropsychology and Treatment of Addiction” at Clinical Psychology, RU	May 2024
“Relationship Behavior: Physical Problems in people with Intellectual Disabilities” at Clinical P., RU	May 2024
““Research Course: Basic to Advance”” at Research Help Bangladesh	October 2024
“A to Z guideline for higher study abroad and scholarships” Course at Univ Bangladesh	Jan-Feb 2021
“Background, Neuropsychology and Treatment of Addiction” at Clinical Psychology, RU	May 2024

VOLUNTEERING & LEADERSHIP EXPERIENCE

Divisional Co-Ordinator, Debate Bangladesh, Rajshahi Zone	Jan 2023 - Dec 2024
Campus Director, IYSSD, University of Rajshahi	Jan 2023 - Dec 2024
Vice President, Group of Liberal Debaters Bangladesh, University of Rajshahi	Jan 2022- Dec 2023
Vice President, Samakal Surit Samabes, University of Rajshahi	Jan 2021- Dec 2023
President, Debate Monch, University of Rajshahi	Jan 2021- Dec 2022
President, Debate Monch, University of Rajshahi	August 2021- Dec 2022

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

REFERENCES

Dr. Md. Nur-E-Alam Siddique,
Professor
Department of Psychology
University of Rajshahi, Bangladesh
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Email: nur_psy2011@ru.ac.bd

Dr. Golam Hossain,
Professor,
Department of Statistics,
University of Rajshahi, Bangladesh
Cell phone: +8801914254013
E-mail: hossain95@yahoo.com