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| **Hana Arshad Zaman Bajwa** |
| [hana\_arshad@hotmail.com/](mailto:hana_arshad@hotmail.com/) arshadhana21@gmail.com |
| 0322-4020343  **Research Interests:** Research, Counseling Psychology, Health Psychology, Gender Psychology |

**Publications**

* Arshad H., Malik S. (2019). ‘Exploring Perception of Chronic Hepatitis C: An Idiographic Case Study’. *Pakistan Journal of Psychological Research,* 34 (4), 735-751. <https://doi.org/10.33824/PJPR.2019.34.4.40> (X category)
* Arshad H., Shahed S., (2019). Burden of One’s Gender: Perception of Gender Role Strain in Educated Men and Women. Journal of Arts and Social sciences. VI (1), 68-94. (Z category)
* Malik S., Arshad H. (2018). Psychological Consequences of Chronic Hepatitis C: Comparison of Using and not Using Interferon Injections. *Annals of KEMU*, 24(2), 86-91. (X category)
* Adil F., Shahed S., Arshad H., (2017). The Burden of Being a Man in a Patriarchal Society *Journal of Arts and Social Sciences*, 4 (2), 57-70.(Z category)
* Arshad, H., &Muazzam, A. (2016). Development and Validation of Grief Scale (GS) for Cancer Patients. *Journal of Behavioral Sciences, 26*(1), 1-16. (X category)
* Arshad, H., & Kazmi, R. (2013). Social Support and Coping Strategies among Rheumatoid Arthritis Patients. *Pakistan Journal of Social and Clinical Psychology, 11*(2), 7-13. (Y category)
* Another article titled“Psychological Resilience and Depression among Institutionalized and Community Residing Elders”has been submitted to Pakistan Journal of Psychological Research (PJPR), 2015. It is under consulting editors.
* Article titled“Development and Validation of Gender Role Strain Scale for Women” has been submitted to Pakistan Journal of Gender Studies*,* 2019. It is under initial screening.

**Work Experience**

* **Visiting faculty** at Gender & Development Studies**,** Lahore College for Women University, taught subject **‘Psychology of Gender’** from September 2018 to January 2019.

**Awards/Achievements**

* Poster Presentation on “**Social Support and Coping Strategies among Rheumatoid Arthritis Patients”** in The International Conference of Pakistan Psychological Association (PPA) Lahore Chapter held on October 31, 2013 at Al Hamra Hall III, Mall Road Lahore.
* Oral Presentation on **“Development and Validation of Grief Scale (GS) for Cancer Patients”** in 1st National Conference, Indigenizing Clinical Psychology: Issues and Challenges held on December 16-17, 2015 at UMT, Lahore.
* Oral presentation on ‘‘**Identification and Expression of Grief among Cancer Patients across Gender and Age’’** in 1st National Conference, "EMERGING TRENDS IN CLINICAL PSYCHOLOGY" held on 21-22 September 2016 in COMSATS-IIT Lahore Campus.
* Poster presentation on **“ Exploring Perception of Chronic Hepatitis C: An Idiographic Case Study”** in 6th international conference, Psychology of Gender in perspective: issues and challenges held on 1-2 December 2016 at National Institute of Psychology, Quaid-i-Azam University, Islamabad.
* Oral presentation on **‘‘ Perception of Gender Role Strain in Educated Men and Women’’** in 3-Day International Conference on Health Psychology: Issues & Challenges, Organized by the held on 24th-28th April, 2017 at Government College University (GCU) department of Psychology, Lahore.
* Oral Presentation on Published article **“Development and Validation of Grief Scale (GS) for Cancer Patients”** in Research Colloquium held on October 23-27, 2017 at Lahore College for Women University, Lahore.

**Workshops Attended**

* 3 Day Work shop on **‘Advance Statistical Techniques’** by Dr. Iram Fatima held on August -28-30, 2018 at Lahore College for Women University, Lahore.

**Projects**

* Research project on “Traffic jam as one of the main stressor among university students and its impact on their academic performance”, 2009.
* Research project on ‘’Impact of Mass Media (TV) on children”, 2004.

**Education**

* Enrolled in PhD (Applied Psychology, 2014), Lahore College for Women University, Lahore.
* MS in Health Psychology (2012), with 3.47 G.P.A from Lahore College for Women University.
* BS (Hons) in Applied Psychology (2009), with 3.30 G.P.A from Lahore College for Women University.
* Intermediate (2005), Lahore College for Women University, 680 out 1100.
* Matriculation (2003), The Lahore School (Private), BISE, Lahore (Pakistan), 639 out of 850.
* Schooling from Beacon House Public School (Karachi, K.G- 3 class), International School and College of Pakistan (Kuwait 4 – 5 class), The Lahore School (Lahore, 6 – 10 class).

**Internships**

* Shaikh Zayed Hospital, Department of Paediatrics, Lahore (2011).
* National Intern under Government of Punjab, Health Department (Women Medical Officers, WMO Section), Lahore (2010-2011).
* Fatima Memorial Hospital, Department of Psychiatry& Behavioural Sciences, Lahore (2009).

**Skills**

* Fluent in English and Urdu
* Working knowledge of MS Office (Word, Excel, Power Point & SPSS)

**Personal Characteristics**

* An enthusiastic self-starter with strong leadership, communications skills, highly motivated and hardworking

**References**

1. **Dr. Sarah Shahed,** Professor of Psychology, Forman Christian College, Lahore / Former Director Women Institute of Leadership and Learning, Lahore College for Women University (LCWU), Lahore.

Contact no. 03213939657

1. **Dr. Subha Malik,** Assistant ProfessorApplied Psychology/ Head of Gender Studies,

Lahore College for Women University (LCWU), Lahore.

Contact no. 03004400259