

EXECUTIVE SUMMARY

www.drsukoon.info

I have been working on several pioneering constructs within the philosophy and science of psychology. With an impressive array of qualifications including a PhD, an MPhil, and an MSc in Clinical Psychology, my portfolio is coupled with over 25 years of invaluable experience in research, teaching, and clinical practice. My work is labeled as ‘Natural Psychology’ which is the ‘Sensory & Ultimate Knowledge On Observing Nature – SUKOON’. It is an enlightening approach that explores the intersection of the Quran and modern psychology. It differentiates Nature from Nurture and highlights the unequivocal importance of Nature in shaping lifelong psychosocial grooming and achieving optimal psychosocial health. I extracted profound insights on human psychology from the Quran and introduced the concept of four distinct selves, each characterized by a unique nature. Furthermore, I unveiled the existence of eight types of intelligence, unraveled the intricacies of behavior execution and free will, and delved into the realms of psychosocial health, wellness, and illness. My research journey also encompassed intelligential naturalization, selective sociality, a model of lifelong learning for educational excellence, and the identification of two previously unknown mental conditions: atimiaphobia and charismaphobia. Empowering clinicians and researchers alike, I have developed a comprehensive clinical framework for understanding, diagnosing, and treating psychosocial problems. My innovative approach has further led to the creation and validation of more than 30 new psychological scales, revolutionizing the assessment and measurement of various psychological phenomena. To delve deeper into my groundbreaking work and remarkable publications, I invite you to visit my engaging website and video channel.

Website: www.drsukoon.info YouTube Channel: <https://www.youtube.com/@DrSukoon>

ACADEMIC QUALIFICATION (DEGREES)

University of Peshawar, Pakistan

- Ph.D. Psychology with Research in Clinical Psychology
- M.Phil. Psychology with specialization in Clinical Psychology
- M.Sc. Psychology with specialization in Clinical Psychology
- B.A. with Psychology as major

RESEARCH PROFILES 63 papers published, 28 papers submitted, 5 books published, 20 studies in progress

Platform	ID	H-Index	i10-Index	Citations	Reviews	Reads
Clarivate Web of Science	A-8738-2018	8		170	203	
Scopus	57112142400	8		165		
Google Scholar	Waqar Husain	15	21	774		
Research Gate	Waqar Husain	14		536		56059
ORCID	0000-0003-3047-1834					

ABILITIES

In connection to the professional potentials, following are some of my features revealed through a reliable psychological test:

- I am a bold & innovative thinker; self-confident; self-reliant; extremely independent; very strong willed; incisive; highly individualistic; masterful; steadfast and persevering; good at putting things into practice and able to bring things into manifestation.
- I learn rapidly; achieve the goals through willpower and organization; exercise authority with much courage; and act in a vigorous and organized manner.
- I have a dynamic personality; able to cut through illusion; a keen, piercing, and penetrating mind; dynamic intensity of thought; power to analyze and criticize; ability to stand alone; readiness to scale the heights; sense of discipline, and emotional control.
- My personality characteristics include decisiveness; fearlessness; obstinacy; pride; leadership and sense of command.

PERSONAL INFORMATION



Name: Waqar Husain
Father’s Name: Sabir Husain
Date of Birth: March 9, 1976
Religion: Islam
Nationality: Pakistani
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PROFESSIONAL EXPERIENCE IN ACADEMIC INSTITUTIONS **14 years**

Tenured Associate Professor of Psychology *COMSATS University Islamabad, Islamabad, Pakistan*
(Mar. 2021 till date) Teaching different areas of Psychology and supervising research projects.

Assistant Professor of Psychology *COMSATS University Islamabad, Islamabad, Pakistan*
(Mar. 2015 till Mar. 2021) Teaching different areas of Psychology and supervising research projects

Head of Psychology Department *Foundation University, Islamabad, Pakistan*
(Jan.2014 till Mar. 2015) Teaching different areas of Psychology at undergraduate and post-graduate levels. Supervising scientific studies and projects. Overall management of the department including teaching methodologies and quality, research and projects, examinations, faculty's performance, initiating new programs, preparation of budgets, etc.

Assistant Professor of Psychology / Program Manager *Foundation University, Islamabad, Pakistan*
(May.2013 till Jan. 2014) Teaching different areas of Psychology and supervising research projects

Assistant Professor of Psychology *Hazara University, Mansehra, Pakistan*
(Mar.2012 till Feb. 2013) Placement through Higher Education Commission Pakistan's IPFP program for one year. Teaching different areas of Psychology at undergraduate and post-graduate levels. Supervising scientific studies and projects.

Psychology Teacher *Army Burn Hall College for Girls, Abbottabad, Pakistan*
(Oct. 2009 till Feb, 2012) Teaching different areas of Psychology at post-graduate level. Supervising researches and projects.

PROFESSIONAL EXPERIENCE IN HUMANITARIAN AGENCIES **12 years**

Founder & Executive Director *Sukoon*
(Nov.2006 till April, 2013) The overall management of the society and her activities (unpaid) including project management, proposal writing, financial planning and management, human resources management, coordination with prospective donors, stakeholders and beneficiaries, etc.

Executive Director *Sohni Dharti Development Foundation*
(Jan. 2008 till Sep. 2009) Planning and executing the funded community based projects, hiring and managing human resources, reporting to the donors, organizing capacity building workshops for partner organizations, conducting field based surveys, etc.

Project Evaluator (External) *People in Need*
(Dec. 2008) Conducting the final evaluation of a UNICEF funded project on Psychosocial Assistance to the Earthquake Affected Population in Districts Bagh and Muzaffar Abad of Azad Jammu & Kashmir

Human Rights Analyst Assistant *European Union Election Observation Mission*
(Dec. 2007 till Feb. 2008) Conducting and reporting analysis of Human Rights related issues during the electoral process in Pakistan

Psychosocial Activities Coordinator *Terre Des Hommes*
(Mar. 2006 till Oct. 2006) The overall coordination of TDH and UNICEF funded Psychosocial Support project for the earthquake affected children of 35 villages of District Mansehra; supervising more than 250 project staff including Child Protection Coordinators, Child Protection Managers, Child Protection Monitors, Field Officers, etc.; handling of Project's physical resources

Child Protection Program Manager *Terre Des Hommes*
(Nov. 2005 till Feb. 2006) The overall management of TDH funded Psychosocial Support project for the earthquake affected children of 35 villages of District Mansehra, Pakistan; supervising more than 200 project staff including Child Protection Coordinators, Child Protection Managers, Child Protection Monitors, Field Officers, etc. Designing and implementation of recreational activities / play therapy for disaster affected children

Child Protection Manager *International Rescue Committee*
(Oct. 2005 till Nov. 2005) The overall management of Child Friendly Spaces established for children affected by the earthquake

Protection Specialist *International Rescue Committee*
(Apr. 2004 till Sep. 2005) Monitoring and Integration of Protection principles in all the projects of IRC Pakistan; Capacity building of IRC Pakistan staff on Protection, Human Rights, Refugee Rights, etc. Mainstreaming Gender related elements in IRC's projects

Project Manager *Ministry of Law, Justice and Human Rights / Save the Children*
(Jun. 2003 till Feb. 2004) The overall management of a project "Psychological Correction & Rehabilitation of Juvenile Delinquents in Haripur Prison" to provide the juvenile delinquents with basic education, applied skills and modifying their behaviors constructively

Counselor Information *Norwegian Refugee Council*
(May 2002 till Jan. 2003) Providing counseling sessions to Afghan Refugees on Relocation and Repatriation related issues

Field Clerk *United Nations High Commission for Refugees*
(April, May 2002) Providing administrative and technical assistance to Afghan Refugees in Relocation and Repatriation

Psychologist *Ministry of Law, Justice and Human Rights / International Labor Organization*
(Sep. 2000 till Apr. 2002) Psychological Correction & Rehabilitation of Juvenile Delinquents; Psychological Assessment; Psychotherapies; Counseling; Behavior Modification, etc.

PROFESSIONAL EXPERIENCE IN PSYCHOTHERAPEUTIC PRACTICE **20 years**

Psychotherapist *Private Practice*
(Sep. 1998 till date) I have developed a new psychosocial approach (SUKOON; www.drసుకూం.info) for prevention and response to psychosocial problems. I have been providing psychotherapeutic interventions to the mentally ill and psychologically disturbed since 20 years.

SINGLE AUTHOR

1. Waqar Husain. (2022). It's time to translate the Quranic words, Nafs & Qalb as referring to Mind & Intelligence. *ISLĀMIYYĀT - The International Journal of Islamic Studies*, 44(2), 77-95. <https://doi.org/10.17576/islamiyyat-2022-4402-06>
2. Waqar Husain. (2021). Components of psychosocial health, *Health Education*, 122(4), 387-401. <https://doi.org/10.1108/HE-05-2021-0084>
3. Waqar Husain. (2023). Charismaphobia: diagnosis and measurement of the psychodermatological symptoms. *Journal of skin and stem cell*, 10(2), e137387. <https://doi.org/10.5812/jssc-137387>
4. Waqar Husain. (2022). Women are the better halves: Gender-based variations in virtues and character strengths. *Journal of Human Values*. 28(2), 103-114. <https://doi.org/10.1177/09716858211039984>
5. Waqar Husain. (2018). Prevalent tendencies for mental disorders in Pakistan. *Clinica y Salud*, 29(1), 34-38. DOI: <https://doi.org/10.5093/clysa2018a6>
6. Waqar Husain. (2019). Barriers in seeking psychological help: public perception in Pakistan. *Community Mental Health Journal*, 56(1), 75-78. DOI: <https://doi.org/10.1007/s10597-019-00464-y>
7. Waqar Husain. (2020). Depression, anxiety, and stress among urban and rural police officers. *Journal of Police and Criminal Psychology*, 35(4), 443-447. <https://doi.org/10.1007/s11896-019-09358-x>
8. Waqar Husain. (2019). The psychosocial variations in grieving parental and spousal death. *Journal of Loss and Trauma*, 25(1), 99-104. DOI: <https://doi.org/10.1080/15325024.2019.1645926>
9. Waqar Husain. (2020). The levels of perceived emotional abuse among Pakistani husbands and wives. *Global Drugs and Therapeutics*, 1 (1), 1-3. <http://dx.doi.org/10.31487/j.GDT.2020.01.05>
10. Waqar Husain. (2014) Depression, anxiety and stress among junior and senior police officers. *Academic Research International* (5)3, 239-244. [http://www.savap.org.pk/journals/ARInt./Vol.5\(3\)/2014\(5.3-27\).pdf](http://www.savap.org.pk/journals/ARInt./Vol.5(3)/2014(5.3-27).pdf)
11. Waqar Husain. (2014). The levels of depression, anxiety and stress in police officers. *Academic Research International* (5)4, 458-465 [http://www.savap.org.pk/journals/ARInt./Vol.5\(4\)/2014\(5.4-46\).pdf](http://www.savap.org.pk/journals/ARInt./Vol.5(4)/2014(5.4-46).pdf)

FIRST AUTHOR

12. Waqar Husain, Farrukh Ijaz, Muhammad Ahmad Husain, Marwa Zulfiqar, & Javeria Khalique. (2024). Simplifying the understanding and measurement of mental disorders thru a comprehensive framework of psychosocial health. *OBM Integrative and Complementary Medicine*, 9(1), 011. <http://dx.doi.org/10.21926/obm.icm.2401011>
13. Waqar Husain, Abeera Kiran, Umara Qasim, Saliha Gul, & Javairia Iftikhar. (2023). Measuring sexual intelligence for evaluating sexual health. *Psychological Reports*. <https://doi.org/10.1177/00332941231152388>
14. Waqar Husain, Neha Zahid, Areej Jehanzeb, & Momina Mehmood. (2022). The psychodermatological role of cosmetic-dermatologists and beauticians in addressing charismaphobia and related mental disorders. *Journal of Cosmetic Dermatology*, 21(4), 1712-1720. <https://doi.org/10.1111/jocd.14317>
15. Waqar Husain, Ayesha Inam, Samia Wasif, & Sahira Zaman. (2022). Emotional Intelligence emotional expression and emotional regulation for intrinsic and extrinsic emotional satisfaction. *Psychology Research and Behavior Management*, 15, 3901-3913. <https://doi.org/10.2147/PRBM.S396469>
16. Waqar Husain & Zaufishan Qureshi. (2016). Preferences in marital sexual practices and the role of pornography. *Sexologies*. 25(2), e35-e41. <https://doi.org/10.1016/j.sexol.2016.01.005>
17. Waqar Husain, Marwa Zulfiqar, & Javeria Khalique. (2024). Love, sex, respect, and physical attractiveness in marital satisfaction and remarriage: a comparison between monogamous and polygynous marriages. *Interpersona: An International Journal on Personal Relationships*. <https://doi.org/10.23668/psycharchives.14125>
18. Waqar Husain, Samia Wasif, & Insha Fatima. (2023). Profanity as a self-defense mechanism and an outlet for emotional catharsis in stress, anxiety, and depression. *Depression Research and Treatment*, 15, 3901-3913. <https://doi.org/10.1155/2023/8821517>
19. Waqar Husain, Larail Rahim, & Farrukh Ijaz. (2022). Sexually assertive content in English, Urdu, and Punjabi songs from 1970 till 2019, *Journal of Poetry Therapy*, 35(4), 219-230. <http://dx.doi.org/10.1080/08893675.2022.2113278>
20. Waqar Husain, Nashia Ahmed, & Rida-e-Fatima. (2023). The actual and the desired verbal and non-verbal sexually assertive communication between married couples from a collectivistic Muslim culture. *Family Journal*. <https://doi.org/10.1177/10664807231157033>
21. Waqar Husain, Kainat Shams, Afsheen Behram, Resham Tahir, & Samha Rafique. (2023). Paternal and maternal love for married and unmarried sons and daughters. *Families, Relationships and Societies*. <https://doi.org/10.1332/204674321X16895779405910>
22. Waqar Husain & Ameena Nadeem. (2022). Measurement of marital readiness to avoid possible divorce. *Journal of Divorce & Remarriage*, 63(4), 262-276. <https://doi.org/10.1080/10502556.2022.2045462>
23. Waqar Husain & Fatima Rooh-e-Zainab. (2022). Construction and initial structure of Sexual Dysfunctions Tendencies Measure. *Journal of Psychological Research*, 4(3), 4798. <https://doi.org/10.30564/jpr.v4i3.4798>

24. Waqar Husain & Neelum Aziz. (2014). The levels of body esteem among veiled and unveiled women. *FWU Journal of Social Sciences*. (8)1, 46-49.
http://sbbwu.edu.pk/journal/FWU_Journal_Summer2014.Vol.8.No.1/7_The_levels_of_body_esteem_among_veiled_and_unveiled_women_-_revised.pdf
25. Waqar Husain, Pakeeza Majeed, Farrukh Ijaz, Muhammad Ahmad Husain. (2023). The predictive role of Big-5 Personality Traits and Psychosocial Health in Marital Readiness. *Journal of Internal Medicine: Science & Art*, 4, 11-18.
<https://doi.org/10.36013/jimsa.v4i.116>
26. Waqar Husain & Ammarah Riasat. (2022). Attitudes toward mental health and psychotherapy: variations by gender, age, education, marriage, profession and income. *Journal of Internal Medicine: Science & Art*, 3(1), 28-35.
<https://doi.org/10.36013/jimsa.v3i1.101>
27. Waqar Husain, Tooba Nasir, Muhammad Ahmad Husain, & Farrukh Ijaz. The perception of feminism and the inclination for empowerment among educated Muslim women from Pakistan. *Middle East Journal of Islamic Studies and Culture*, 4(1), 11-19
https://kspublisher.com/media/articles/MEJISC_41_11-19.pdf
28. Waqar Husain, Yasmin Almashouk, & Haitham Jahrami. (2024). Integrating Psychological Care in Sports Injury Rehabilitation: A Comprehensive Mini-Review. *Tunisian Journal of Sports Science and Medicine*, 2(1), 14-20.
<https://tunisportscimed.com/index.php/tjssm/article/view/11>
29. Waqar Husain, Asma Sadiqa, Eman Zahid, Fatima Idrees, Achraf Ammar, Zahra Saif, Khaled Trabelsi, Seithikurippu R. Pandi-Perumal, Mary V. Seeman, & Haitham Jahrami. (2024). The Translation and Preliminary Psychometric Validation of the Ghosting Questionnaire in Urdu. *European Journal of Investigating in Health, Psychology and Education*, 14(3), 554-562.
<https://doi.org/10.3390/ejihpe14030037>
30. Waqar Husain, Shakeela Ibrahim, & Sadia Mushtaq. (2023). The relationship between mother-in-law and daughter-in-law: An Eastern perspective. *Pakistan Journal of Social Research*, 5(2), 1027-1036. <https://doi.org/10.52567/pjsr.v5i02.1215>
31. Waqar Husain & Umaima Usman. (2022). Cultural impact on Islamic matrimonial beliefs: a comparison between Pakistan and Qatar. *El Harakah Jurnal Budaya Islam*, 24(2), 221-237. <https://dx.doi.org/10.18860/eh.v24i2.17721>
32. Waqar Husain, Muhammad Ahmad Husain, & Farrukh Ijaz. (2022). The sufferings of abuse, depression, and anxiety among female domestic workers: clinical interviews with 250 housemaids from Pakistan. *International Journal of Psychiatry Research*, 4(2): 17-21 <https://doi.org/10.33545/26648962.2022.v4.i2a.50>
33. Waqar Husain, Fayyaz Ahmed Faize, Javaria Urooj, & Rabia Tariq. (2023). Beyond the grades: measuring teacher's efficacy for the psychosocial grooming of students. *Open Praxes*, 15(1), 60-72. <https://doi.org/10.55982/openpraxis.15.1.540>
34. Waqar Husain & Fayyaz Ahmad Faize. (2020). Public awareness of psychological problems in Pakistan. *Mental Health Review Journal*, 25(1), 35-45. <https://doi.org/10.1108/MHRJ-09-2019-0033>
35. Waqar Husain & Fayyaz Ahmad Faize. (2021). The state of education in Pakistan: assessment through Bloom's Taxonomy. *Contemporary Education and Teaching Research*, 3(1). <https://doi.org/10.47852/bonviewCETR2022030101>
36. Waqar Husain & Fayyaz Ahmad Faize. (2018). Depression, anxiety and stress of police officers in sensitive and insensitive police stations. *Archives of Psychiatry and Behavioral Sciences*. 1(2), 26-31
37. Waqar Husain & Sehrish Mobeen. (2021). The relationship between IT use and aggression in Pakistani youth. *Archives of Psychiatry & Mental Health*, 5(1), 022-024. <https://www.heighpubs.org/hjcap/apmh-aid1031.php>
38. Waqar Husain, Kiren Zahoor, & Farrukh Ijaz. (2021). The levels of joy in Muslims' celebrations: a comparison between Eid and weddings. *El Harakah Jurnal Budaya Islam*, 23(2), 219-237. DOI: <http://dx.doi.org/10.18860/eh.v23i2.14084>
39. Waqar Husain & Mibarra Imran. (2020). Infertility: as seen by the infertile couples from a collectivistic culture. *Journal of Community Psychology*. 49(2), 354-360. <https://doi.org/10.1002/jcop.22463>
40. Waqar Husain & Amir Gulzar. (2020). Translation, adaptation and validation of Depression Anxiety and Stress Scale in Urdu. *Insights on the depression and anxiety*, 4, 001-004 <https://www.heighpubs.org/had/pdf/ida-aid1011.pdf>
41. Waqar Husain, Amir Gulzar & Shanza Tofail. (2016). How Pakistanis cope with stress. *Pakistan Perspectives*. 21(2), 189-206.
<https://search.proquest.com/openview/4ca3dd3e4deed16efacad042d425846b/1?pq-origsite=qscholar&cbl=616532>
42. Waqar Husain, Amir Gulzar, Muhammad Aqeel, & Aziz-ur-Rahman Rana. (2016). The mediating role of depression, anxiety and stress between job strain and turnover intentions among male and female teachers. *FWU Journal of Social Sciences*. 10(1), 48-57.
<http://www.sbbwu.edu.pk/journal/Summmer%202016%20Vol.10.No.1/6%20The%20Mediating%20Role%20of%20Depressio%20Anxiety%20and%20Stress.pdf>
43. Waqar Husain & Amir Gulzar. (2015). The psychosocial preferences in mate selection among Pakistanis. *FWU Journal of Social Sciences*. 9(1), 29-31.
<http://www.sbbwu.edu.pk/journal/Journal%20June%202015/5.The%20psychosocial%20preferences%20in%20mate-1.pdf>
44. Waqar Husain & Sehrish Mobeen. (2020). The relationship between IT consumption and anxiety in Pakistani youth. *Archives of Psychiatry & Mental Health*, 4(1), 084-086. <https://www.heighpubs.org/hjcap/apmh-aid1026.php>
45. Waqar Husain & Umme Furwah. (2020). The role of gender in personality disorders. *Journal of Clinical Neurology, Neurosurgery and Spine*, 3(1), 125. <https://scientificliterature.org/Neurology/Neurology-20-125.pdf>

46. Waqar Husain, Rahat Sajjad & Atiq ur Rehman. (2014). Depression, anxiety and stress among female and male police officers. *Pakistan Journal of Clinical Psychology*. (13)1, 3-14.
47. Waqar Husain, Muhammad Aqeel & Noor ul Ann. (2014). Level of anxiety in Tajik and Pakhtun Afghan refugees. *Academic Research International*. (6)1, 173-177. [http://www.savap.org.pk/journals/ARInt./Vol.6\(1\)/2015\(6.1-16\).pdf](http://www.savap.org.pk/journals/ARInt./Vol.6(1)/2015(6.1-16).pdf)
48. Waqar Husain & Rahat Sajjad. (2012). Depression, anxiety and stress among married and unmarried police officers. *FWU Journal of Social Sciences* (6)1, 43-47.

COLLABORATOR

49. Haitham Jahrami, Zahra Saif, Achraf Ammar, Waqar Husain, Khaled Trabelsi, Hadeel Ghazzawi, Seithikurippu R. Pandi-Perumal, & Mary V. Seeman. (2024). Development and Validation of a Food Frequency Questionnaire for Evaluating the Nutritional Status of Patients with Serious Mental Illness (DIETQ-SMI). *Brain Sciences*, 14(4), 312. <https://doi.org/10.3390/brainsci14040312>
50. Eghosa Ekhaese & Waqar Husain. (2022). Psychosocial Wellbeing Determinants (PWDs) and Occupants Happiness in Green Neighborhood/Community. *Frontiers in Built Environment*. 8. <https://doi.org/10.3389/fbuil.2022.816390>
51. Fayyaz Ahmed Faize & Waqar Husain. (2020). Students with severe anxiety during COVID-19 lockdown – exploring the impact and its management. *The Journal of Mental Health Training, Education and Practice*. 16(2), 153-163. <https://doi.org/10.1108/JMHTEP-09-2020-0062>
52. Fayyaz Ahmad Faize, Waqar Husain, & Mubeen Akhtar. (2018). Exploring students' competency in personal information management: problems and prospects. *Pakistan Journal of Information Management and Libraries*. 20, 1-18. <http://111.68.103.26/journals/index.php/pjiml/article/viewFile/1048/657>
53. Fayyaz Ahmad Faize, Waqar Husain & Farhat Nisar. (2018). A Critical Review of Scientific Argumentation in Science Education, *EURASIA Journal of Mathematics, Science and Technology Education*, 14(1), 475–483. <https://doi.org/10.12973/ejmste/80353>
54. Sehrish Hassan & Waqar Husain. (2020). The differences in depression and anxiety among Pakistani professionals. *Insights on the depression and anxiety*, 4, 001-004 <https://www.heighpubs.org/hda/pdf/ida-aid1014.pdf>
55. Asma Naseer & Waqar Husain. (2020). The relationship of cell phone use and aggression among young adults with moderating roles of gender and marital status. *Insights on the depression and anxiety*, 4, 055-058 <https://www.heighpubs.org/hda/pdf/ida-aid1020.pdf>
56. Sehrish Hassan, Muhammad Aqeel, & Waqar Husain. (2015). The relationship between social support and conflict management among university students. *Academic Research International*. (6)2, 356-366. [http://www.savap.org.pk/journals/ARInt./Vol.6\(2\)/2015\(6.2-35\).pdf](http://www.savap.org.pk/journals/ARInt./Vol.6(2)/2015(6.2-35).pdf)
57. Aqsa Javed, Amir Gulzar & Waqar Husain. (2015). Organizational politics and bank frontline employee outcome with the mediating role of work engagement. *International Journal of Academic Research in Business & Social Sciences*. 5(3), 225-233. http://hrmars.com/hrmars_papers/Organizational Politics and Bank Frontline employee Outcomes with the Mediating Role of Work Engagement.pdf
58. Haider Raza Abid, Amir Gulzar & Waqar Husain. (2015). The impact of servant leadership on organizational citizenship behaviors with the mediating role of trust and moderating role of group cohesiveness: a study of public sector in Pakistan. *International Journal of Academic Research in Business & Social Sciences*. 5(3), 234-242. http://hrmars.com/hrmars_papers/The impact of servant leadership on organizational citizenship behaviors with the mediating role of trust and moderating role of group cohesiveness A Study of public Sector of Pakistan.pdf
59. Sara Qaiser, Amir Gulzar, Waqar Husain, & Hassan Shabbir. (2015). Influence of work overload, work family conflict and negative affectivity on job embeddedness and emotional exhaustion: the moderating role of coworker support (case of health management). *Journal of Scientific Research & Reports*. 7(1), 75-85. <https://journalsjrr.com/index.php/JSRR/article/view/416>
60. Noor-ul Ann, Shabbir Rana, & Waqar Husain. (2015). Impact of Energy Crisis on Subjective Wellbeing: Case Study of a Pakistani Town. *Pakistan Journal of Social & Clinical Psychology*, 13(2), 60-66. <https://www.gcu.edu.pk/pages/gcupress/pjscp/volumes/pjscp20152-9.pdf>
61. Maher Bano, Ale Ahmad, Madiha Asghar, Uzma Gilani, & Waqar Husain. (2007). The remedial effects of humanitarian relief services on post-traumatic stress in post disaster situation. *Preston Journal of Social Sciences*. (1)1, 63-68.
62. Rahat Sajjad & Waqar Husain. (2005). Level of anxiety among married and unmarried Afghan refugees. *Pakistan Journal of Psychology*. (36)2, 35-41.
63. Rahat Sajjad, Erum Irshad & Waqar Husain. (2005). Stressful life events and gender differences. *Journal of Personality and Clinical Studies*. (21)1, 87-90.

RESEARCH PAPERS SUBMITTED FOR PUBLICATION:

64. Theory of hybrid behavior: an explanation to behavioral mechanics thru natural, nurtural, and supernatural agents involved in the execution of human behavior
65. Atimiophobia: The undiscovered burden of honor cultures and shame societies on mental health

66. Avoid and Rule: selective sociality as a psychosocial skill for enhancing psychosocial health in a digitally socialized world
67. Behind body shaming and colorism: unveiling the psychosocial variations through body shapes and skin tones
68. Craving for touch: a comparison of received and desired touch from family and friends
69. Development and validation of Believers' Death Anxiety Scale: integrating religious dimensions into death anxiety assessment
70. Development and validation of Sukoon Religious, Moral, and Spiritual Intelligence Scale
71. Development and Validation of the Brief Fear of Aging Scale: Exploring Psychometric Properties and Psychosocial Correlates
72. Education without aptitude: compatibility between RIASEC vocational personalities and career interests of Pakistani university students
73. Infidelity in Pakistan: trends and suggestions
74. Prevalence and measurement of criminal tendencies among Pakistani prisoners and general population
75. Public perception on the major issues of Pakistan
76. Sexual frustration: an under-researched issue of emerging adults who are culturally deprived of sexual encounters
77. Sexual orientation of married and unmarried Muslim women from a collectivistic culture
78. The gender-specific dynamics of charismaphobia in relation to body-esteem and self-esteem: implications for cosmetic and psycho-dermatology
79. The ideal features of physical attractiveness for different relations
80. The levels of psychosocial health, satisfaction with life, and personal growth initiative among women in Pakistani shelter homes: comparisons with women in general
81. The predictive role of personality disorders and personality traits in death anxiety
82. The predictive role of religious beliefs, psychosocial illness, and fear of aging in death anxiety among Muslims: a comparative analysis with Christians
83. Development and Validation of the Profanity Scale: the first ever instrument to measure the habit of using profane language in daily communication
84. The psychopathological predictors and effects of death anxiety
85. The Quranic perspective on psychopathology and psychotherapy: a comprehensive guide for psychotherapists of Islamic world
86. The role of gender, age, and education in being hopeful toward personal, social and professional domains of life
87. The role of household chores in marital satisfaction and psychosocial health of Muslim housewives from a collectivistic culture
88. The role of pornography and social media consumption in the prevalence and nature of sexual fantasies among unmarried, engaged, and married population from a collectivistic culture
89. The subjective measurement of marital satisfaction
90. Thinking positively after being raped: hints for therapists dealing with rape survivors
91. Unveiling the sex life of housewives from a collectivistic Muslim culture

RESEARCH PROJECTS IN PROGRESS:

92. Compliance to majority opinion: trends and effects
93. Daddy's princess: Marital satisfaction of the fatherly husbands and daughterly wives
94. Environmental Intelligence Scale
95. Intellectual Naturalization. The role of intelligence in psychosocial health and psychosocial illness
96. Pleasure Scale
97. Professional brotherhood and social support among different professional communities
98. Professional Excellence Scale
99. Psycho-religious Beliefs Scale
100. Psychosocial Life Satisfaction Scale
101. Psychosocial Personality Inventory
102. Romantic Readiness: The measurement of romantic initiation and romantic permissiveness toward committed partner and attractive stranger
103. Sukoon Cognitive Intelligence Scale
104. The ideal attributes of orthodox South-East Asian lovers: content analysis of Indian and Pakistani songs
105. The involvement of personal autonomy and self-efficacy in social intelligence
106. The mishmash of culture and Islam
107. The process in the execution of human behavior
108. The psychosocial dynamics of women autonomy and internalizing patriarchal oppression
109. The relationship of marital satisfaction with character strengths
110. The role of parental love in sexual health, sexual intelligence, sexual frustration, and romantic readiness
111. Translation and validation of Psychosocial Health Evaluator

1. Waqar Husain. (1998). Paranoia. In Rahat Sajjad (Eds.) *Classification of mental disorders*. Peshawar: Top Printers.
2. International Rescue Committee Pakistan. (2005). *Pyam-e-Nijat*: Peshawar: Print Man.
3. Mehr-e-Sukhan. (2012). *Nazm-e-Taghazzul* (Urdu Poetry). Abbottabad: Sukoon Publications.
4. Waqar Husain. (2014). *Stress, anxiety and depression: a research oriented account*. Germany: Lambert Publications. ISBN: 978-3-659-66240-9
5. Maryam Munawar, Muhammad Aqeel, & Waqar Husain. (2015). *School truancy: psychosocial factors in truancy*. Germany: Lambert Publications. ISBN: 978-3-8484-9140-7

CUMMUNITY SERVICES

Apart from offering different psychotherapeutic interventions as a clinician; I offer the following services to the public free of charge:

- *Sukoon Marital Adjustment Analysis & Uplift*: marital testing and counseling to couples to avoid maladjustment
- *Sukoon Poverty Alleviation Therapy*: vocational guidance to the poor families to uplift their socio-economic status
- *Sukoon Faith Healing*: spiritual healing to the believers in all faiths and religions
- *Awareness Raising on Mental Health*: information dissemination through website, flyers, workshops, seminars, etc.

EDITOR* / REVIEWER IN JOURNALS

SAGE:

- Clinical Medicine Insights: Psychiatry
- Criminal Justice Review
- Culture and Psychology
- Journal of Applied Social Science
- Journal of Psychosexual Health
- Personality and Social Psychology Bulletin
- Police Quarterly
- Psychological Reports
- Sage Open *
- Sexual Abuse
- Transcultural Psychiatry

TAYLOR & FRANCIS:

- Asian Journal of Women Studies
- Atlantic Journal of Communication
- British Journal of Guidance & Counselling
- Counselling Psychology Quarterly
- International Journal of Sexual Health
- Marriage & Family Review
- Psychology and Health

SPRINGER:

- Administration and Policy in Mental Health and
- Archives of Dermatological Research
- Community Mental Health Journal
- Dermatology and Therapy
- Integrative Psychological and Behavioral Science
- International Journal for Educational & Vocational Guidance
- Journal of Contemporary Psychotherapy
- Mental Health Services Research
- Scientific Reports
- Sexuality Research and Social Policy

PLOS:

- PLOS Global Public Health

ELSEVIER:

- Current Research in Behavioral Sciences

EMERALD:

- Journal of Criminal Psychology
- Mental Health Review Journal

APA:

- International Perspectives in Psychology: Research, Practice, Consultation
- Journal of Psychotherapy Integration

BMC:

- BMC Psychology
- BMC Public Health
- BMC Research Notes

WILEY:

- Child & Family Social Work
- Family Process
- Family Relations
- International Social Sciences Journal
- Journal of Community Psychology
- Performance Improvement Quarterly
- Sociological Inquiry

FRONTIERS:

- Frontiers in Psychology
- Frontiers in Public Health

OTHERS:

- Advance in Research
- Advances in Public Health
- African Journal of Reproductive Health
- ANALES DE PSICOLOGIA / Annals of Psychology
- Archives of Current Research International
- Asian Journal of Advances in Medical Science
- Asian Journal of Advances in Research
- Asian Journal of Education and Social Studies
- Asian Journal of Medicine and Health
- Asian Journal of Probability and Statistics
- Asian Journal of Research in Medical and Pharmaceutical Sciences
- Asian Research Journal of Arts and Social Sciences
- Environment and Social Psychology
- International Journal of Medical & Pharmaceutical Case Reports
- International Journal of Tropical Disease & Health
- International Neuropsychiatric Disease Journal
- Journal for Educators, Teachers, and Trainers
- Journal of advances in medicine
- Journal of Education, Society and Behavioural Science
- Journal of Evidence based Psychotherapies
- Journal of Global Research in Education
- Journal of Humanities & Social Sciences
- Journal of Medicine & Health Research
- Journal of Medicine & Medical Research
- Journal of Pharmaceutical Research International
- Psychological Research & Behavior Management
- Universa Medicina
- Uttar Pradesh Journal of Zoology

SUPERVISED RESEARCH OF MPhil PSYCHOLOGY / MS CLINICAL PSYCHOLOGY

1. The levels of life satisfaction and body esteem among veiled and unveiled women: MPhil thesis, Neelum Aziz, Hazara University
2. Death anxiety and religiosity: MPhil thesis, Nagina Bano, Hazara University
3. The impact of late marriage on marital adjustment: MPhil thesis, Zaufishan Qureshi, Foundation University
4. The levels of life satisfaction, mental wellbeing and body esteem in urban, rural and nomadic women: MPhil thesis, Sumera Aziz, Foundation University
5. The prevalence and effectiveness of super-natural healing for mental disorders: MPhil thesis, Sehrish Naeem, Foundation University
6. The role of information technology in the development of psychological distress, anxiety, and aggression among Pakistanis: MPhil thesis, Sehrish Mobeen, Foundation University
7. Sense of community in Pakistanis: a chronological and geographical comparison: MPhil thesis, Bushra Musawwir, Foundation University
8. The impact of height on self-esteem and body-esteem: MPhil thesis, Ayesha Bibi, Foundation University
9. The relationship of cellphone use and aggression with moderating roles of gender and marital status: MPhil thesis, Asma Nasir, Foundation University
10. Life of women living in Pakistani shelter homes: a psychological perspective: MS Clinical Psychology thesis, Anna Irshad, Foundation University
11. The impact of occupational stress on depression and anxiety with moderating roles of personal and professional attributes. MS Clinical Psychology thesis, Sehrish Hassan, Foundation University
12. The role of co-education in Gender Dysphoria and Personality Disorders among studying adolescents. MS Clinical Psychology thesis, Umme Furwah, Foundation University
13. Role of parenting in TV addiction. MS Clinical Psychology thesis, Anum Tariq, Foundation University
14. Role of personality traits in depression, anxiety and stress among drug addicts, MS Clinical Psychology thesis, Maha Khan, Foundation University (in progress)
15. Relationship between psychopathy and suicidal ideation among male and female substance users. MPhil Psychology thesis, Samia Mazhar, Preston University
16. The effect of task-based and grammar translation methods of teaching on English paragraph writing skills. MS English thesis, Saba Aziz, COMSATS University

FACILITATION IN TRAINING WORKSHOPS AS A RESOURCE PERSON

- Co-facilitated in Building Safer Organizations – Investigation Workshop
Humanitarian Accountability Partnership, Nairobi, Kenya
- Consultation workshop on Psychosocial Care and Protection
Foundation Terre Des Hommes, Lausanne, Switzerland
- Co-facilitated in Refugee Protection workshop
International Rescue Committee, Kabul, Afghanistan
- Human Rights & Refugee Protection
- Humanitarian Operations in Emergencies
- Teaching Human Rights to Children
- Building Safer Organizations (preventing beneficiaries from sexual abuse and exploitation)
- Child Protection
- Legal Standards in Child Protection
- Sexual Abuse & Gender based Violence
- Mainstreaming Gender Analysis in Humanitarian Work
- Do No Harm
- Community based Psychosocial Interventions in Post-disaster Situations
- Community Mobilization
- Disaster Psychology
- Psychosocial Interventions for Children
- Child Development & Participation
- Child to Child Approach
- Methods in Social Research

Different organizations and institutions in Pakistan

PARTICIPATION IN TRAINING WORKSHOPS

- Building Safer Organizations – Training of Trainers workshop *Humanitarian Accountability Partnership, Nairobi, Kenya*
- Building Safer Organizations – Follow Up Workshop *International Council of Voluntary Agencies, Nairobi, Kenya*
- Building Safer Organizations – Investigation Workshop *International Council of Voluntary Agencies, Cairo, Egypt*
- Repatriation & Protection of Refugees *Norwegian Refugee Council, Peshawar, Pakistan*
- Convention on the Rights of the Child *Save the Children Sweden, Peshawar, Pakistan*
- Monitoring and Evaluation *NGOs Resource Center, Agha Khan Foundation, Karachi, Pakistan*
- Methods in Social Research *NGOs Resource Center, Agha Khan Foundation, Lahore, Pakistan*
- Trafficking in Persons *International Organization for Migration, Peshawar, Pakistan*
- Gender Mainstreaming for Development *International Rescue Committee, Peshawar, Pakistan*
- Project Cycle Management *Terre Des Hommes, Mansehra, Pakistan*

(Appropriate references may be furnished on demand)

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