

**EXECUTIVE SUMMARY**

[www.drsukoon.info](http://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 involves 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](http://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**

**88 papers published, 26 papers submitted, 20 studies in progress**

Platform	ID	H-Index	i10-Index	Citations	Reviews
Clarivate Web of Science	<a href="#">A-8738-2018</a>	10		258	239
Scopus	<a href="#">57112142400</a>	10		268	
Google Scholar	<a href="#">Waqar Husain</a>	18	30	1102	
Research Gate	<a href="#">Waqar Husain</a>	15		759	
ORCID	<a href="#">0000-0003-3047-1834</a>				

**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  
Mobile Phone No.: +92(0)3005960102  
Email: [drwaqar@comsats.edu.pk](mailto:drwaqar@comsats.edu.pk)  
[drsukoon@gmail.com](mailto:drsukoon@gmail.com)  
Web: [www.drsukoon.info](http://www.drsukoon.info)

**PROFESSIONAL EXPERIENCE IN ACADEMIC INSTITUTIONS** **15 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** **26 years**

**Psychotherapist** **Private Practice**  
(Sep. 1998 till date) I have developed a new psychosocial approach (SUKOON; [www.dr.sukoon.info](http://www.dr.sukoon.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. (2024). The Quranic perspective on psychopathology and psychotherapy: a comprehensive guide for psychotherapists of Islamic world. *International Journal of Islamic Psychology*, 7, 29-57. <https://journal.iamphome.org/index.php/IJIP/article/view/58>
2. 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>
3. Waqar Husain. (2021). Components of psychosocial health, *Health Education*, 122(4), 387-401. <https://doi.org/10.1108/HE-05-2021-0084>
4. 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>
5. 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>
6. Waqar Husain. (2018). Prevalent tendencies for mental disorders in Pakistan. *Clinica y Salud*, 29(1), 34-38. DOI: <https://doi.org/10.5093/clysa2018a6>
7. 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>
8. 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>
9. 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>
10. 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>
11. 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)
12. 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**

13. Waqar Husain, Farrukh Ijaz, Muhammad Ahmad Husain, Achraf Ammar, Khaled Trabelsi & Haitham Jahrami. (2025). Development and Validation of the Women Autonomy Scale for Measuring Psychosocial Freedom from Conventional Gender Roles. *BMC Psychology*, 13:88. <https://doi.org/10.1186/s40359-025-02393-w>
14. Waqar Husain, Afnan Kamal, Farrukh Ijaz, Muhammad Ahmad Husain, Khaled Trabelsi, Achraf Ammar, & Haitham Jahrami. (2025). Redefining social intelligence through self-efficacy and personal autonomy: Development and validation of the efficient social intelligence scale. *Journal of Human Behavior in the Social Environment*. <https://doi.org/10.1080/10911359.2025.2454265>
15. Waqar Husain, Areen Jamal Haddad, Muhammad Ahmad Husain, Hadeel Ghazzawi, Khaled Trabelsi, Achraf Ammar, Zahra Saif, Amir Pakpour, & Haitham Jahrami. (2025). Reliability generalization meta-analysis of the internal consistency of the Big Five Inventory (BFI) by comparing BFI (44 items) and BFI-2 (60 items) versions controlling for age, sex, language factors. *BMC Psychology*, 13:20 <https://doi.org/10.1186/s40359-024-02271-x>
16. Haitham Jahrami, Waqar Husain, Khaled Trabelsi, Achraf Ammar, Seithikurippu R. Pandi-Peruma, Zahra Saif, Marc N. Potenza, Chung-Ying Lin, & Amir H. Pakpour. (2024). A Meta-Analysis Assessing Reliability of the Yale Food Addiction Scale: Implications for Compulsive Eating and Obesity. *Obesity Reviews*, e13881. <https://doi.org/10.1111/obr.13881>
17. Waqar Husain, Achraf Ammar, Khaled Trabelsi, and Haitham Jahrami. (2024). Development and validation of Believers' Death Anxiety Scale: integrating religious dimensions into death anxiety assessment. *Discover Mental Health*, 4:64 <https://doi.org/10.1007/s44192-024-00120-2>
18. Waqar Husain, Farrukh Ijaz, Muhammad Ahmad Husain, Achraf Ammar, Khaled Trabelsi, & Haitham Jahrami. (2024). The Quality of Psychosocial Health and Psychosocial Illness Among Women with and without Shelter Homes: A Cross-Sectional Study. *BMC Health Services Research*, 24, 1368. <https://doi.org/10.1186/s12913-024-11823-1>
19. Waqar Husain, Fatima Babar, Fizza Raza, Khalid Trabelsi, Amir H. Pakpour, Haitham Jahrami. (2024). The predictive role of personality disorders and personality traits in death anxiety. *OMEGA Journal of Death and Dying*. <https://doi.org/10.1177/00302228241298137>
20. Waqar Husain, Seithikurippu R. Pandi-Perumal, & Haitham Jahrami. (2024). Artificial Intelligence-assisted Adjunct Therapy (AIAAT): advocating the need for valid and reliable AI tools in mental healthcare. *Alpha Psychiatry*, 25(5), 667-668. <https://doi.org/10.5152/alphapsychiatry.2024.241827>

21. Waqar Husain, Ashraf Atta M. S. Salem, Achraf Ammar, Khaled Trabelsi, Hadeel Ghazzawi, Zahra Saif, Mai Helmy, Seithikurippu R. Pandi-Perumal, Mary V. Seeman, Amir H. Pakpour, & Haitham Jahrami. (2024). Translating and validating the Ghosting Questionnaire into Arabic: Results from a Classical Test Theory and Item Response Theory analyses. *BMC Psychology*, 12, 599. <https://doi.org/10.1186/s40359-024-02107-8>
22. Waqar Husain & Fayyaz Ahmed Faize. (2024). Education without aptitude: mismatched vocational personalities for professional placements. *E-mentor*, 4(106), 13-21. <https://www.doi.org/10.15219/em106.1675>
23. Waqar Husain, Farrukh Ijaz, Muhammad Ahmad Husain, Ammar Achraf, Hasan M. Isa, Khaled Trabelsi, Seithikurippu R. Pandi-Perumal, Amir H. Pakpour, Haitham Jahrami. (2024). Gerascophobia or Excessive Fear of Aging Scale (GEFAS): Development, Validation, and Exploration of Psychometric Properties of a Brief Instrument Using Classical Testing Theory and Item Response Theory. *Archives of Gerontology and Geriatrics*. <https://doi.org/10.1016/j.archger.2024.105599>
24. Waqar Husain, Bushra Parveen, Haitham Jahrami, Achraf Ammar, & Khaled Trabelsi. (2024). The predictive role of religious beliefs, psychosocial illness, and fear of aging on death anxiety among Christians and Muslims. *Pastoral Psychology*. <https://doi.org/10.1007/s11089-024-01159-2>
25. Waqar Husain, Manahil Mehmood Malik, Amna Shakeel, Aliya Riaz, & Haitham Jahrami. (2024). The Psychopathological Predictors and Effects of Death Anxiety. *OMEGA – Journal of Death and Dying*. <https://doi.org/10.1177/00302228241272502>
26. Waqar Husain, Aqsa Murtaza, Muhammad Ahmad Husain, & Farrukh Ijaz. (2024). Development and validation of the Criminal Aptitude Inventory (Urdu): a comprehensive assessment across convicted prisoners and the general population. *Annals of Military and Health Sciences Research*, 22(2), e145109 <https://doi.org/10.5812/amh-145109>
27. Waqar Husain & Maha Nasir Malik. (2024). The gender-specific dynamics of charismaphobia in relation to body-esteem and self-esteem: implications for cosmetic and psycho-dermatology. *Journal of Skin and Stem Cell*, 11(2), e145103. <https://doi.org/10.5812/jssc-145103>.
28. 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*, 18(2), 174-188. <https://doi.org/10.5964/ijpr.11759>
29. Waqar Husain, Tooba Nasir, Muhammad Ahmad Husain, & Farrukh Ijaz. (2024). 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](https://kspublisher.com/media/articles/MEJISC_41_11-19.pdf)
30. 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>
31. 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>
32. 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>
33. Waqar Husain, Abeera Kiran, Umara Qasim, Saliha Gul, & Javairia Iftikhar. (2023). Measuring sexual intelligence for evaluating sexual health. *Psychological Reports*, 127(5), 2608-2630. <https://doi.org/10.1177/00332941231152388>
34. 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>
35. 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>
36. 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>
37. 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>
38. 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>
39. 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>
40. 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>

41. 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>
42. 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>
43. Waqar Husain, Laraib 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>
44. 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>
45. 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>
46. 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>
47. 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>
48. 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>
49. 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>
50. 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>
51. 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>
52. Waqar Husain & Mibarrah 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>
53. 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>
54. 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>
55. 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>
56. 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
57. 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>
58. 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=gscholar&cbl=616532>
59. 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/Summer%202016%20Vol.10.No.1/6%20The%20Mediating%20Role%20of%20Depressio%20Anxiety%20and%20Stress.pdf>
60. 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>
61. 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](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)
62. 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.
63. 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)
64. 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

65. Manel Kerkeni, Mohamed Kerkeni, Achraf Ammar, Abdul Rashid Aziz, Anwar Jallouli, Aseel AlSaleh, Waqar Husain, Hadeel A Ghazzawi, Wassim Moalla, Hamdi Chtourou, Haitham Jahrami, & Khaled Trabelsi. (2025). 4-Week intervention combining kiwifruit consumption and small-sided soccer games improves sleep quality in children with overweight/obesity and pre-existing sleep problems. *Nutrition and Health*. <https://doi.org/10.1177/02601060241311385>
66. Inês Luana Correia, Waqar Husain, Maria Teresa Gonçalves, Luís Pires, Khaled Trabelsi, Ammar Achraf, Seithikurippu R. Pandi-Perumal, Perry M. Nicassio, Markus Jansson-Fröjmark, Michael V. Vitiello, Daniel Ruivo Marques, and Haitham Jahrami. (2024). A reliability generalization meta-analysis of the internal consistency and test-retest reliability of the Pre-Sleep Arousal Scale (PSAS). *Sleep Medicine*. <https://doi.org/10.1016/j.sleep.2024.12.030>
67. Omar A. Alhaj, Nour A. Elshahry, Feten Fekih-Romdhane, Manar Wishah, Dima H. Sweidan, Waqar Husain, Ammar Achraf, Khaled Trabelsi, James R. Hebert, & Haitham Jahrami. (2024). Prevalence of emotional burnout among dietitians and nutritionists: A systematic review, meta-analysis, and meta-regression, and a call for action. *BMC Psychology*, 12:775 <https://doi.org/10.1186/s40359-024-02290-8>
68. Haitham Jahrami, Khaled Trabelsi, Amir H. Pakpour, Achraf Ammar, Waqar Husain, Seithikurippu R. Pandi-Peruma, Zahra Saif, Mary V. Seeman, Michael V. Vitiello. (2024). Assessing the Psychometric Properties of the Biphasic Sleep Scale (BiSS): A Novel 16-Item Self-Report Measure. *Journal of Sleep Research*. <https://doi.org/10.1111/jsr.14424>
69. Haitham Jahrami, Khaled Trabelsi, Waqar Husain, Achraf Ammar, Ahmed S. BaHammam, Seithikurippu R. Pandi-Perumal, Zahra Saif, & Michael V. Vitiello. (2024). Prevalence of Orthosomnia in a General Population Sample: A Cross-Sectional Study. *Brain Sciences*, 14(11), 23. <https://doi.org/10.3390/brainsci14111123>
70. Aseel AlSaleh, Waqar Husain, Khaled Trabelsi, Hadeel Ghazzawi, Achraf Ammar, Zahra Saif, Seithikurippu R. Pandi-Peruma, Maha M AlRasheed, Ahmed S BaHammam, Haitham Jahrami. (2024). Pre-sleep arousal scale (PSAS): translation and evaluation of its psychometric properties in an Arabic version. *Nature and Science of Sleep*, 16, 1725-1735. <https://doi.org/10.2147/NSS.S490206>
71. Haitham Jahrami, Amir H. Pakpour, Waqar Husain, Achraf Ammar, Zahra Saif, Ali Husain Alsalman, Adel Aloffi, Khaled Trabelsi, Seithikurippu R. Pandi-Perumal, & Michael V. Vitiello. (2024). How accurately can supervised machine learning model predict a targeted psychiatric disorder? *BMC Psychiatry* 24, 691. <https://doi.org/10.1186/s12888-024-06152-w>
72. Salma Yasser Abu-Saleh, Wajihah Irsheid, Waqar Husain, Achraf Ammar, Hadeel Ghazzawi, Khaled Trabelsi, Ahmed S. BaHammam, Zahra Saif, Amir Pakpour, & Haitham Jahrami. (2024). A multicountry study on the psychometric properties of the Arabic version of the Sleep Preoccupation Scale (SPS) using both classical testing theory and item response theory. *BMC Psychology*, 12, 542. <https://doi.org/10.1186/s40359-024-02038-4>
73. Haitham Jahrami, Waqar Husain, Chung-Ying Lin, Gunilla Björling, Marc N Potenza, Amir Pakpour. (2024). Reliability generalization Meta-Analysis and psychometric review of the Gaming Disorder test (GDT): Evaluating internal consistency. *Addictive Behaviors Reports*. <https://doi.org/10.1016/j.abrep.2024.100563>
74. 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>
75. 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>
76. 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>
77. 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>
78. 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>
79. 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/pjimpl/article/viewFile/1048/657>
80. 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>
81. 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)
82. 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](http://hrmars.com/hrmars_papers/Organizational_Politics_and_Bank_Frontline_employee_Outcomes_with_the_Mediating_Role_of_Work_Engagement.pdf)

83. 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](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)
84. 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://journaljsrr.com/index.php/JSRR/article/view/416>
85. 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>
86. 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.
87. Rahat Sajjad & Waqar Husain. (2005). Level of anxiety among married and unmarried Afghan refugees. *Pakistan Journal of Psychology*. (36)2, 35-41.
88. 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:**

89. Atimiophobia: The undiscovered burden of honor cultures and shame societies on mental health
90. Avoid and Rule: selective sociality as a psychosocial skill for enhancing psychosocial health in a digitally socialized world
91. Basic Intelligence Scale (BIS) based on the Cognitive Domain of Bloom's Taxonomy: validation through Classical Testing procedures and Multidimensional Item-Response Theory analysis
92. Bearing the Burden: Household Chores, Marital Satisfaction, and Psychosocial Health Among Muslim Housewives in Pakistan
93. Behind body shaming and colorism: unveiling the psychosocial variations through body shapes and skin tones
94. Craving for touch: a comparison of received and desired touch from family and friends
95. Development and validation of a rapid and robust measure for sexual, emotional, social, moral, and spiritual satisfaction with life
96. Development and validation of Religious, Moral, and Spiritual Intelligence Scale
97. Development and validation of the Brief Environmental Awareness Measure (BEAM)
98. Development and Validation of the Profanity Scale: the first ever instrument to measure the habit of using profane language in daily communication
99. Development and validation of sexual distress scale
100. From Traits to Character: Development and Validation of the Personality and Character Scale
101. Infidelity in Pakistan: trends and suggestions
102. Intelliential Therapy: the psychotherapeutic function of different types of intelligence as mediators between psychosocial illness and wellness
103. Public perception on the major issues of Pakistan: repercussions for psychosocial health
104. Queens are captives? The psychosocial dynamics of women's autonomy and disempowerment
105. Sexual fantasies of Pakistani men and women: an in-depth exploration and correlation with social media and porn consumption
106. Sexual orientation of married and unmarried Muslim women from a collectivistic culture
107. Success State Scale: an objective measure for evaluating the current state of psychosocial success in a multidimensional mode
108. The ideal features of physical attractiveness for different relations
109. The role of gender, age, and education in being hopeful toward personal, social and professional domains of life
110. The subjective measurement of marital satisfaction
111. Theory of hybrid behavior: an explanation to behavioral mechanics thru natural, nurtural, and supernatural agents involved in the execution of human behavior
112. Theory of sinful majority: the Quranic condemnation of cultural conditioning
113. Thinking positively after being raped: hints for therapists dealing with rape survivors
114. Unveiling the sex life of housewives from a collectivistic Muslim culture

#### **RESEARCH PROJECTS IN PROGRESS:**

115. Big-5 personality factors in psychosocial health
116. Daddy's Princess - Husband's Queen: Variations in the love of married women for fathers and husbands

117. Death anxiety and spiritual, moral, and religious intelligence
118. Economic Stress Scale
119. Gender and personality traits
120. Household Intelligence: The unrewarded qualities of housewives
121. Midlife Crisis
122. Mindset scale
123. Personality and intelligence
124. personality traits and character strengths in marital satisfaction
125. Professional brotherhood and social support among different professional communities
126. Psychosocial Health and Psychosocial Illness among Men and Women
127. Psychosocial Intelligence Scale
128. Religious Cultures or Cultural Religions
129. Romantic Loneliness Scale
130. Romantic Readiness Scale
131. Social intelligence in charismaphobia
132. The ideal attributes of orthodox South-East Asian lovers: content analysis of Indian and Pakistani songs
133. The psychosocial correlates of adulthood
134. Translation and validation of Psychosocial Health Evaluator



## EDITOR\* / REVIEWER IN JOURNALS

### **LANCET:**

- eClinicalMedicine

### **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