

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 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

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

ACADEMIC QUALIFICATION (DEGREES)

- 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

109 papers published, 85 papers submitted

Platform	ID	H-Index	i10-Index	Citations	Reviews
Google Scholar	Waqar Husain	20	31	1286	
Clarivate Web of Science	A-8738-2018	11		323	253
Scopus	57112142400	12		359	
Research Gate	Waqar Husain	17		914	
ORCID	0000-0003-3047-1834				

PHILOSOPHICAL INNOVATIONS

Unity of Thought (Wahdat-al-Khayal)

Wahdat-al-Khayāl (Unity of Thought) posits that thought—not being or witnessing—is the ultimate ontological ground. Unlike traditional Islamic metaphysical doctrines such as Wahdat-al-Wujūd (Unity of Being) and Wahdat-al-Shuhūd (Unity of Witnessing), which emphasize existence and perception, this model asserts that all cosmic phenomena are projections of divine thought. This vision dissolves dualisms between subject-object and mind-matter and recasts reality as mental in essence. It offers transformative insights for philosophical inquiry and psychological practice by aligning human wellness with unity in divine consciousness.

The **Theory of Hybrid Behavior** conceptualizes human behavior as a multifaceted act that can be undertaken, abstained from, or observed. It asserts that behavior is not solely driven by human agency but is primarily influenced by biological, cognitive, environmental, and spiritual factors. The theory delineates two dimensions of behavioral influence: (1) **Natural agents** such as neurological processes, emotions, and desires—intrinsic and purely human in nature; and (2) **Natural and supernatural agents**—including societal norms, cultural forces, and metaphysical entities like God or the devil—which lie beyond individual control. This integrative model challenges traditional views on volition and behavioral autonomy, offering a holistic and interdisciplinary framework. It also introduces a five-step method for understanding behavior execution, with broad implications across psychology, neuroscience, sociology, religious studies, and philosophy.

The **Theory of Sinful Majority** challenges the long-held belief that societal progress stems from majority conformity, arguing instead that the majority often embodies ignorance and stagnation. Drawing from religious texts, philosophy, and history, it posits that true social change is driven by wise, marginalized individuals who dissent from prevailing norms.

The **Holistic Model of Intelligence** categorizes intelligence into eight distinct yet interconnected domains. Basic intelligence is the capability of utilizing reason in a logical and rational manner. It encompasses processes like remembering, evaluating, analyzing, applying, and creating. Sexual intelligence is the ability to perceive, understand and respond to sexual needs and desires in a personal and social context. Emotional intelligence is the ability to express and regulate emotions for intrinsic and extrinsic

emotional satisfaction. Social intelligence is the ability to comprehend and respond to social norms in a subjectively autonomous manner, involving individual agency and fulfillment alongside societal rules. Environmental awareness further equips individuals with a deeper understanding of how environmental factors impact both personal health and the broader surroundings. Religious intelligence is the ability to validate religious beliefs from the most authentic sources. Moral intelligence is the ability to distinguish good from bad based on humanistic virtues. Spiritual intelligence is the ability to feel and experience the higher dimensions of mind.

The **Psychosocial Health Model** represents a significant departure from traditional perspectives in the dynamic landscape of clinical psychology. The model eloquently characterizes psychosocial health as the "sexual, emotional, social, environmental, cognitive, religious, moral, and spiritual satisfaction" of an individual, thereby acknowledging the rich diversity of human experiences contributing to mental wellbeing.

The **Lifelong Learning Model for Educational Excellence** presents a comprehensive, self-actualizing framework that integrates multidimensional aspects of personal development to enhance the overall quality of life. Central to the model is the process of self-recognition, which unfolds through the progressive realization of the *inner self*, *outer self*, *ideal self*, and ultimately the *real self*, culminating in self-transcendence. This dynamic journey toward self-awareness is grounded in the recognition and cultivation of diverse domains: from *sexuality*, *emotions*, and *cognition* (inner self), to *society*, *environment*, and *religion* (outer self), extending further to *knowledge and wisdom*, *courage*, *humanity*, *justice*, *temperance*, and *transcendence* (ideal self). Each domain is further broken down into specific constructs such as *sexual understanding*, *emotional assertiveness*, *social intelligence*, *leadership*, and *religiousness*, reflecting the model's emphasis on holistic development. Parallel to this path is the development of self-efficacy, encompassing *behavior*, *personality*, *character*, and *aura*, all of which synergistically contribute to educational excellence. This model offers a multidisciplinary framework that bridges psychology, education, sociology, and spirituality to foster lifelong learning, psychosocial well-being, and meaningful self-actualization.

PSYCHOPATHOLOGICAL DISCOVERIES

I have identified and conceptualized two previously unrecognized mental health conditions, thereby contributing to the expansion of diagnostic nosology within contemporary psychopathology.

Atimiaphobia is a specific phobia defined as the intense and persistent fear of losing honor (particularly for men) or being labeled as shameless (particularly for women). Rooted in patriarchal, collectivist, and honor-based cultures, Atimiaphobia manifests through intrusive thoughts, hypervigilance, emotional turmoil, and compulsive conformity to social norms.

Charismaphobia is the fear of being or becoming unattractive, a distressing psychological experience that may affect both men and women, and which operates at the intersection of self-perception, societal standards of beauty, and the psychosocial consequences of physical desirability.

PSYCHOTHERAPEUTIC INNOVATIONS

I regard psychotherapy as an activity-based educational method that focuses on the evolution of human *intelligence* for psychosocial rehabilitation and transcendence.

Sukoon Intelligential Therapy is a pioneering psychotherapeutic approach that personalizes treatment by enhancing the specific type of intelligence—cognitive, emotional, social, sexual, moral, religious, or spiritual—most relevant to an individual's psychosocial challenges, thereby promoting holistic mental health and wellbeing.

Sukoon Life Coaching for Psychosocial Growth is a structured, ten-session, individualized program that empowers clients through collaborative goal-setting, self-discovery, and decision-making support to enhance self-awareness, well-being, and purposeful living.

Sukoon Confession & Confrontation Therapy is a culturally sensitive and holistic psychotherapeutic model that integrates confession, logical confrontation, and cultural-religious beliefs to promote realistic self-assessment, enhance self-esteem, and foster adaptive personal and social adjustment.

Sukoon Anti-Depression Exercises (SADEX) is a rapid, drug-free psychotherapeutic technique that swiftly transforms depressive moods into states of joy and euphoria within 30 minutes, empowering clients to proactively pursue deeper therapeutic recovery.

Sukoon Marital Adjustment Analysis & Uplift is a culturally grounded intervention that employs a scientifically validated marital assessment tool to identify and address maladjustments in couples, offering tailored, evidence-based psychosocial strategies to enhance relational harmony and overall psychosocial wellness.

Sukoon Aggregate Success Chart offers a culturally responsive and psychologically enriching paradigm shift from the conventional, reductive metrics of success—namely wealth and beauty—toward a multidimensional, individualized conception of life achievement. By incorporating emotional well-being, mental clarity, social contribution, and personal development, this framework empowers individuals to redefine success in alignment with intrinsic values and holistic psychosocial fulfillment.

Sukoon Charisma Therapy is a five-hour psychological intervention that empowers individuals—particularly women—to cultivate authentic, self-sustaining beauty and inner charisma by rejecting superficial enhancements and embracing their inherent personal attributes.

Sukoon Emotional Healing is a scientifically grounded program that guides individuals in exploring and experiencing a broad spectrum of emotions, whether previously unencountered or artificially induced—within a safe and supportive environment to promote profound emotional insight, healing, and personal growth.

Sukoon Poverty Alleviation Therapy is a family-centered psychotherapeutic intervention that combines emotional support, skills development, vocational training, and entrepreneurial empowerment to address both immediate needs and long-term goals, thereby breaking the cycle of extreme poverty and fostering sustainable socioeconomic uplift.

Sukoon Faith Healing is a culturally sensitive therapeutic approach that empowers clients to deepen their spiritual beliefs, drawing strength, comfort, and resilience from their faith traditions to promote holistic mental health and spiritual well-being.

Sukoon Anti-Magic Occult is a therapeutic approach that integrates para-psychological and psychotherapeutic techniques to help clients overcome beliefs in black magic by addressing their psychological effects, thereby promoting mental well-being and fostering rational societal perceptions.

PSYCHOMETRIC INNOVATIONS

I have developed and psychometrically validated over 30 original psychological scales to assess a wide range of constructs related to psychosocial functioning, mental health, and individual differences. Some examples are as below:

Psychosocial Health: Sukoon Psychosocial Illness Scale, Psychosocial Health Evaluator, Psychosocial Life Satisfaction Scale, Success State Scale, Financial Economic Stress Scale, Selective Sociality Scale, Believers' Death Anxiety Scale, Measure of Religious Beliefs on Mental Health, Personality and Character Scale, Atimiaphobia Scale, Charismaphobia Scale, Gerascophobia or Excessive Fear of Aging Scale, Women Autonomy Scale

Intelligence: Basic Intelligence Scale, Sexual Intelligence Scale, Emotional Intelligence Scale, Efficient Social Intelligence Scale, Religious, Moral, and Spiritual Intelligence Scales, Brief Environmental Awareness Measure

Romantic & Marital Dynamics: The Love Scale, Romantic Readiness Scale, Romantic Loneliness Scale, Sukoon Marital Readiness Scale, Mother-in-Law Profiler, Dauther-in-Law Profiler, Marital Beliefs Survey, Sexual Distress Scale, Sexual Dysfunctions Tendencies Measure – Male Version, Sexual Dysfunctions Tendencies Measure – Female Version

PUBLICATIONS (RESEARCH PAPERS)

109 published, 85 submitted

SINGLE AUTHOR

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13. 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)

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15. Waqar Husain, Khaled Trabelsi, Achraf Ammar, Zahra Saif, & Haitham Jahrami. (2025). The development and validation of a one-off scale to measure procrastination and precrastination traits in young adults. *BMC Psychology*, 13: 773 <https://doi.org/10.1186/s40359-025-03072-6>
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23. 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*, 26 (4), e13881. <https://doi.org/10.1111/obr.13881>
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RESEARCH PAPERS SUBMITTED FOR PUBLICATION:

1. A comprehensive meta-analysis assessing the reliability of the Lubben Social Network Scale: Implications for Social Connectedness and Social Support
2. A reliability generalization meta-analysis of the internal consistency of the Generalized Anxiety Disorder 7 (GAD-7)
3. A Robust Examination of the Internal Consistency of the Pediatric Daytime Sleepiness Scale: A Meta-Analytic Investigation Across Diverse Populations
4. Adapting the Gastroesophageal Reflux Disease Questionnaire (GerdQ) for Arabic-speaking Populations: A Study of Psychometric Properties
5. An Umbrella Review of Reliability Generalization Meta-Analyses on Sleep Scales
6. Artificial Intelligence in Sleep Medicine: A Scoping Review of Applications, Advancements, and Future Directions
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64. The Reliability and Factorial Validity of the Ultra-Brief Arabic Version (6-Item) of the Shirom-Melamed Burnout Measure
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67. The Role of Ludic Support in Boosting Engagement and Academic Performance: The Case of Blood Circulation in the Elementary Sciences Class
68. The translation and validation of the procrastination and precrastination traits scale in Arabic modern language
69. The translation and validation of the YouTube addiction scale in Arabic modern language
70. The subjective measurement of marital satisfaction
71. Theory of hybrid behavior: an explanation to behavioral mechanics thru natural, nurtural, and supernatural agents involved in the execution of human behavior
72. The translation and validation of the Arabic language version of the Biphasic Sleep Scale among young adults
73. The translation and validation of the simplified Chinese version of the Ghosting Questionnaire (GHOST) using classical testing theory, item response theory and Mokken analysis
74. Theory of sinful majority: the Quranic condemnation of cultural conditioning
75. Translation and Psychometric Validation of the Gerascophobia or Excessive Fear of Aging Scale (GEFAS) into Urdu
76. Translating and Validating the Ghosting Questionnaire (GHOST) into French: Results Against the Romantic Ghosting Scale (RG-C)
77. Translation, Adaptation, and Psychometric Validation of the Urdu Version of the Gaming Disorder Test (GDT-Urdu)
78. Understanding profanity in daily communication: Development and validation of the Prevalence and Causes of Profanity Scale (PCPS)
79. Urdu Translation, Validation, and Cultural Adaptation of the YouTube Addiction Scale
80. Validation of the Arabic Translation of the Situational Interest Scale in Physical Education
81. Validation Study of the Arabic Translation of the Sleep Regularity Questionnaire (SRQ)
82. Validation of the Climate Change Distress and Impairment Scale among Turkish Pregnant Women: A Psychometric Evaluation
83. Wisdom in the Anthropocene
84. Women are the better halves: gender-based variations in personality traits
85. Women's autonomy across institutional living arrangements: Comparing student hostels, shelter homes, and working women hostels

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; 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

PROFESSIONAL EXPERIENCE IN ACADEMIC INSTITUTIONS**16 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**27 years****Psychotherapist****Private Practice**

(Sep. 1998 till date) I have developed a new psychosocial approach (SUKOON; 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.

ABILITIES

In connection to professional potential, the 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
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