

INAYAT SHAH

Contact and Postal Address: Main Academic Block, Department of Psychology, Faculty of Social Sciences, University of Malakand, Chakdara, Lower Dir, Khyber Pakhtunkhwa Pakistan

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Designation: Lecturer/Incharge
Department of Psychology
University of Malakand

Qualification MS in Psychology
PhD (in Progress Session 2019-2020, University of Peshawar)

Biography Starting University level Teaching Career after completing BS Psychology with Distinction and Gold Medal in 2012, as Visiting Faculty in the Department of Psychology, Faculty of Social Sciences, International Islamic University, Islamabad. The passion for teaching and academia continued. After completing MS in Psychology in August 2015, from International Islamic University Islamabad, he joined Department of Psychology, Faculty of Social Sciences, University of Malakand in January 2016 as Regular Lecturer. He is enrolled in PhD Program in Psychology, University of Peshawar in Session 2019-2020. His research interest areas include Social Psychology, Educational Psychology, Developmental Psychology, Cross-cultural Psychology, and Psychometrics.

Profile Links

Google Scholar:

https://scholar.google.com/citations?view_op=list_works&hl=en&user=zGlz9DkAAAAJ

Research Gate:

<https://www.researchgate.net/profile/Inayat-Shah-3>

ORCID: <https://orcid.org/0000-0002-2264-2667>

Academic Background

PhD in Psychology Session 2019-2020 (Progress)
Department of Psychology, University of Peshawar, (UOP)

MS Psychology Session (2012-2013)
Department of Psychology, International Islamic University Islamabad (IIUI)

Diploma in Child Psychology: Session 2012
Skill Development Council, Lahore

BS Psychology Session 2008-2012 (With a Distinction and Gold Medal Award)
Department of Psychology, International Islamic University Islamabad (IIUI)

Work Experience

S. No	Designation	Organization	Duration/ Year of Services
1.	In-charge	Department of Psychology, University of Malakand	October 8 th , 2019 – till present
2.	Semester Coordinator	Department of Psychology, University of Malakand	Nov 2017 - Nov 2019
3.	Lecturer Psychology (BPS – 18)	Department of Psychology University of Malakand, Chakdara, Lower Dir, KP, Pakistan	Jan 2016 - till Present
4.	Visiting Faculty Member	Department of Psychology IIUI	Feb-2012 – Dec 2015

Professional Affiliation

Lifetime Member of Pakistan Psychological Association (PPA)

Courses Taught

Understanding of Psychology, Personality Theories, Social Psychology, Developmental Psychology, Educational Psychology, Psychological Testing (Psychometrics), Psychology of Criminal Behavior, Cross-Cultural Psychology, Cognitive Psychology, Research Methodology and Experimental Psychology

BS Level Supervision

Paghunda Rubab, Sara Safi, & Mahnoor Rashid, (2022). Impact of parenting styles on emotional intelligence and identity.

Muhammad Idrees, Muhammad Hamid, & Zia ur Rehman. (2022). Relationship between academic stress and suicidal ideation among university students.

Sidra Gul, Saba Kamal, & Saira Bano (2022). The role of peer pressure enhancing self-esteem and Pro-social behavior among late adolescents.

Syeda Hajra Waqar, Urooj Jan, & Sheema Mumtaz (2022). Relationship of body shaming, self-esteem and emotional reactivity among youth

Akrama Ahmad and Farhan Khan (2021). Relationship between Emotional Intelligence and Mindfulness: A Study on University Students.

Ghufran ud Din, Muhammad Naeem, & Murtaza Khan (2021). Investigating the Role of Radicalization and Parenting in Delinquent Behavior among youth.

Publications

1.	Zia, K., Arouj, K., Shah, I. , & Mushtaq, R. (2023). Efficacy of Social Streaming Training on High School Boys' Aggression and Perceived stress. <i>Multicultural Education</i> ,
2.	Zia, K., Raza, H., Arshad, B., Zia, K., Shah, I. , & Qazi, Z. (2023). Impact Of Distraction Techniques on Adolescents' Hope and Resilience: An Intervention-Based Study. <i>Journal of Positive School Psychology</i> , 7(4), 1003-1018
3.	Shah, I. , Ahmad, S., Zia, K., & Ali, H. (2021). Impact of Trust and Marital-Satisfaction on Intimacy among Wedded Couples: A Covid-19 Lockdown Analysis. <i>Webology</i> , 18(5), 4222-4233.
4.	Shah, I. , Khalily, M. T., Ahmad, I., & Hallahan, B. (2019). Impact of Conventional Beliefs and Social Stigma on Attitude Towards Access to Mental Health Services in Pakistan. <i>Community Mental Health Journal</i> , 55(3), 527–533. https://doi.org/10.1007/s10597-018-0310-4
5.	Ahmad, I., Khalily, M. T., Hallahan, B., & Shah, I. (2017). Factors associated with psychotic relapse in patients with schizophrenia in a Pakistani cohort. <i>International Journal of Mental Health Nursing</i> , 26(4), 384–390. https://doi.org/10.1111/inm.12260

Conference Proceedings

1.	Hussain, B., Khan, S. H., Irfan, S., & Shah, I. (2017). Prevalence of Depression, Stress, Anxiety, Subjective wellbeing & Life Satisfaction among Refugee & on Visa Afghan Students in Pakistan. Conference proceeding 2nd International conference of mental health, 2015, Kuala Lumpur, Malaysia.141-151.
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Sub-Editor

1.	Khalily, M, T., Loona, M, I., Shah, I. , Arshad, H., Hussain, B., & Khan, S, H. (2013). Proceedings of the first international conference on mental health. Department of psychology, IIUI. IRI Press IIUI.
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Trainings Conducted

S. No	Designation	Theme	Institute	Duration	Year
1.	Resource Person	One Day seminar on Depression & Suicide Prevention	Department of Psychology, UoM	16 th Oct	2019
2.	Resource Person	Pakistan Army De-Radicalization Program (MISHAL)	Pakistan Army (MISHAL)	10 th Dec to 05 th March	2019
3.	Resource Person	Training Workshop for Competitive Examination Preparation	Department of Pashto UoM	29 th October	2018
4.	Resource Person	Training of Community Ulumaa/Khateeb	Jamia al-Kauthar I-8 Islamabad	1-month Series	2012
5.	Master Trainer	Training of Madrassa Teachers, Uluma and Khateeb <ul style="list-style-type: none"> • Conflict Management • Critical Thinking and 	Collaboration of Department of Psychology,	Two Batches of six weeks each	2012

Reasoning	Department of
• Classroom Organization	Education, IIUI with
• Effective Use of Technology in Teaching	Peace Education Foundation (PEF)

Trainings and Certification

S. No	Activity	Title	Duration/Year	Institution
1.	3-Day Workshop	Psychopathology: Assessment, Diagnosis, and Clinical Management	2023	Riphah International University, Chakdara Campus, Lower Dir, KP
2.	Seminar	Mental Health Promotion and Suicide Prevention	2019	Dept of Psychology UOM
3.	Training Workshop	First Aid Responders Training	1-Day	UOM & Sehat Kahani, UNDP
4.	Seminar	Neurodevelopmental Disorders	2-Day, 2021	UOM & Autism Spectrum Disorder Welfare Trust
5.	Training	Diversity Management	1-Day, 2021	HERA, KPK & UOM
6.	Workshop	A 3-Day International Training Workshop on “Qualitative and Quantitative Research Methodologies”	3-Day, 2020	School of Social Sciences and Public Policy, Kings College London Department of Sociology, UOM
7.	Workshop	Peace & Tolerance	1 Day, 2020	Shaoor Foundation for Education and Awareness
8.	Workshop	Peace & Tolerance	1 Day, 2019	Office of the District Youth Officer, Lower Dir, Department of Youth Affairs, KPK
9.	Workshop	Psychological First Aid (PFA)	20 th Oct, 2019	Mental Health Assistancy
10.	Workshop	2 nd Two Days Workshop on Basic Data Handling & Data Analysis using SPSS	24 th – 25 th June 2019	Department of Psychology University of Malakand
11.	Workshop	Autism, ADHD, Learning Disabilities & AAC app	17 – 18 June, 2019	Department of Psychology University of Malakand
12.	Workshop	Intellectual Property Rights	April, 2019	Office of Research, Innovation & Commercialization (ORIC) UoM
13.	Training	De-Radicalization Program Lectures/Training	10 th Dec 18 to 05 th March 2019	Directorate of De-Radicalization & Emancipation Programme PAITHOM Swat
14.	Training	Training for Economic and Entrepreneurial Capacity Enhancement and Linkages Development Program	4 days 2018	Shaoor Foundation for Education and Awareness
15.	Training	“Acceptance and	12 th – 13 th Dec 2018	Department of Psychology

	Workshop	Commitment Therapy (ACT)		University of Malakand
16.	Seminar	Seminar on World Mental Health Day 2018 “Young People & Mental Health in Changing World”	24 th Oct 2018	Department of Psychology University of Malakand
17.	Training	Training regarding Interviews for Competitive Exams	1-Day 2018	Department of Pashto, UOM
18.	Training	Motivational Speech “Importance of Goals in Life”	12 th April	Department of Psychology University of Malakand
19.	Consultancy Workshop	“Problems and Challenges to English Language, Teaching Reforms in Religious Madrassas of Pakistan”	1 Day 2017	Department of English University of Malakand
20.	Workshop	Quantitative Data Analysis using SPSS, AMOS, & EVIEWS”	Two Days 2017	Department of Management Studies, University of Malakand
21.	Training	“Societal Harmony, Religious Tolerance and Education System”	Two Days 2017	Pak Institute for Peace Studies
22.	Training Course	2 nd Continuous Professional Development (CPD) for Mental Health Professionals	One Day 2017	Khalily Psychology Clinic Ali Hospital, I-9 Markaz, Islamabad
23.	Consultancy Workshop	“Causes & Consequences of HIV/AIDS in Rural and Urban Communities of Pakistan”	1 Day 2016	Department of Sociology University of Malakand
24.	Training Course	Continuous Professional Development (CPD) for Mental Health Professionals	15 th May – 7 th August 2016	Khalily Psychology Clinic Ali Hospital, I-9 Markaz, Islamabad
25.	Workshop	Schema Focused CBT	4 Days, 2015	Bahria University Islamabad
26.	Workshop	“Psychological Trauma and Play Therapy”	One Day 2015	Serendip Ministry of Change
27.	Workshop	“Test Construction”	Two Days 2014	Department of Psychology IIUI
28.	Workshop	“Healing with Mind & Body Wisdom”	One Day	Bahria University Islamabad Transformation
29.	Workshop	Ethics in Psychological Research and Clinical Practice	Two Days 2014	Dept of Behavioral Sciences School of Social Sciences, NUST
30.	Workshop	“Designing Research Projects”	Two Weeks 2013	Department of History & Pakistan Studies, IIUI
31.	Workshop	“Interpretation of Projective Techniques, Report Writing of a Psychological Test &	One Week 2013	Department of Psychology IIUI

Qualitative Research Methods”				
32.	Workshop	Psychological Autopsy	1 Day 2012	Department of Psychology IIUI
33.	Training Workshop	Workshop on Evidence Based Treatment Strategy (EEG Neurofeedback Therapy)	1 Day 2012	Department of Psychology IIUI
34.	Training As Master Trainer	Certified Trainer From UNODC for(drug control And treatment)	7 – days 2012	United Nation Office for Drug Control (UNODC)
35.	Training Workshop	21st Islamic Tarbiyah Course for Students of IIUI	10 Days 2012	Dawah Academy, IIUI

CONFERENCES

Organizer, Paper Presenter, Participant

Co-curricular Activities					
Sr.	Role	Certification	Institution	Date	Year
1.	Participant	2-Day International Conference on Prevention, Treatment, and Rehabilitation of substance use Disorder	National University of Modern Languages, Rawalpindi Campus	28 th – 29 th Dec	2022
2.	Participant	12 International Conference of CBT “Youth, Psychosis & CBT”	Pakistan Association of Cognitive Therapies (PACT), Lahore	14th to 16th Oct	2022
3.	Organizer	National Research Conference Applied Management Research for Solving Indigenous Problems	Department of Commerce and Management Studies University of Malakand	25 th – 26 th April	2019
4.	Organizer	1 st National Research Conference on Contemporary Issues & Practices in Business and Management	Department of Commerce & Management Studies University of Malakand	13 th – 14 th September	2018
5.	Participant	1 st National Conference of Psychology on “Emerging Social and Mental Health Issues in Society”	Department of Psychology Lahore Garrison University	12 th – 13 th December	2017
6.	Paper Presenter	1 st National Conference of Psychology on “Emerging Social and Mental Health Issues in Society”	Department of Psychology Lahore Garrison University	12 th – 13 th December	2017
7.	Organizing member	Two Day International conference on “Problems and Challenges to English Language Teaching Reforms in Religious Madrassas of Pakistan”	Department of English University of Malakand	15 th – 16 th November	2017
8.	Paper Presenter	Two-Day International Conference on “Causes &	Department of Sociology	5 th – 6 th April	2017

		Consequences of HIV/AIDS in Rural and Urban Communities of Pakistan”	University of Malakand		
9.	Participant	1 st International Conference on Mental Health	Department of Psychology, FSS, International Islamic University Islamabad	29 th – 30 th March	2012
10.	Organizer	Organizing Member of Scientific Committee of 1 st International Conference on Mental Health	Department of Psychology, FSS, International Islamic University Islamabad	29 th – 30 th March	2012
11.	Editor	Worked on the Conference Proceeding of 1 st International Conference on Mental Health	Department of Psychology, FSS, International Islamic University Islamabad	29 th – 30 th March	2012
12.	Participant	International Conference on “Pakistan, South Asia & Muslim Societies”	Iqbal International Institute for Research and Dialogue (IRD) IIUI	6 th – 7 th March	2012
13.	Participant	13 th National Psychology Conference	Pakistan Psychological Association	10 th – 11 th February	2012