

Muhammad Waseem Tufail (Ph.D.)

(Curriculum Vitae)



Lodhran city, near district office,
Tehsil and District Lodhran,
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Education

Degree	Majors	Year of Passing	Institution
Ph.D.	Psychology (Clinical)	2018	Sultan Idris Education University (UPSI), Malaysia
M.S	Clinical Psychology	2013	The Islamia University Bahawalpur, Pakistan
B.S (Hons)	Applied Psychology	2011	The Islamia University of Bahawalpur, Pakistan
Intermediate	Biology Chemistry Physics	2007	Govt. Post Graduate College Bahawalpur, Pakistan
Matriculation	Biology Chemistry Physics	2005	Govt. High School Lodhran, Pakistan

Career Objectives

To establish a career and work hard with a progressive organization where my personal skills, abilities and performance can have an impact on the organizational growth, resulting in future career advancement opportunities.

Work Experience

- ✚ Assistant Professor (October-2018 to December-2019) at Institute of Southern Punjab (ISP), Multan, Pakistan, for teaching and research supervision of MPhil, ADCP, and B.S classes.
- ✚ Research Assistant (December-2015 to May-2016) at University Research Project (UPSI-GRU Grant) funded by Sultan Idris Education University (UPSI), Malaysia.
- ✚ Research Assistant in Curriculum development and academic accreditation of higher education (January-2016 to August-2016) in UPSI-USM Joint Degree Project for Master and PhD (Clinical Psychology & Neuropsychology), Malaysia.
- ✚ Clinical Psychologist-honorary basis (May-2015 to August-2018) at Wellness and Psychological Center (WPC), FPM, Sultan Idris Education University (UPSI), Malaysia.
- ✚ Lecturer (January-2013 to April-2015) at Virtuous Study Consultants Bahawalpur, Pakistan, for teaching and research supervision of Advance Diploma in Clinical Psychology (ADCP Post-Master) classes.
- ✚ Lecturer (September-2011 to February-2015) at Ali Post Graduate College of Education and Commerce, Rahim Yar Khan, Pakistan, for teaching and research supervision of Master Classes part-I and part-II.
- ✚ Lecturer-visiting (September-2011 to August 2012) at department of Applied Psychology, The Islamia University of Bahawalpur, Pakistan, for teaching of B.S and MSc Classes.
- ✚ 4-month clinical experience at Shakoor Mind Care Institute (SMI) Pakistan, during internship of M.S Clinical Psychology.
- ✚ 6-week clinical experience at Fountain House Lahore during internship of B.S (Hons).

Subjects Taught

Abnormal Psychology	Neuro Psychology
Cognitive Psychology	Psychotherapy
History & System of Psychology	Research Methods
Psychological Testing & Measurement	Social Psychology
Forensic Psychology	Health Psychology

Research Experience

- ✚ Research Supervisor at Institute of Southern Punjab (ISP), Multan, Pakistan for MPhil, and B.S students.
- ✚ Research Assistant (December-2015 to May-2016) at Sultan Idris Education University (UPSI) in University Research Project (UPSI-GRU Grant) Malaysia.
- ✚ Research Assistant (January-2016 to August-2016) at Sultan Idris Education University (UPSI) in UPSI-USM Joint Degree Project for Master and PhD (Clinical Psychology & Neuropsychology), Malaysia.
- ✚ Research Supervisor at Virtuous Study Consultants Bahawalpur (VSC) for Advance Diploma in Clinical Psychology (ADCP) students.
- ✚ Research Supervisor at Ali post Graduate Education and Commerce College Rahim Yar Khan for Master in Applied Psychology Students.
- ✚ Ph.D. Thesis on the topic of the efficacy of psycho-physical interventions for obesity and associated factors among women: a randomized controlled trial study.
- ✚ M.S Thesis on the topic of Internet addiction: its relation with attention deficit hyperactivity disorder (ADHD), dissociative experiences and loneliness among undergraduate students of south-Punjab, Pakistan.
- ✚ B.S (Hons) Dissertation on the topic of impact of parenting style and self-esteem on academic achievement among post graduates of IUB.

Publications

JOURNAL PUBLICATIONS

————— 2014 —————

- 1 Khan, A. A., Tufail, W. M., Hussain, I. (2014). A study on impact of parenting styles and self-esteem on academic achievement of postgraduate students. *The Sindh University Journal of Education*, 43, 96-112.

————— 2015 —————

- 2 Tufail, W. M., Saleem, M., Khan, R. (2015). A link between internet addiction and attention deficit hyperactivity disorder symptoms in Pakistani undergraduates. *Jurnal Psikologi Malaysia*, 29(2), 71-80.
- 3 Saleem, M., Owaisi, A. & Tufail, M.W. (2015). Internet Addiction: It's Impact on Procrastination of Higher Learning Students in Pakistan. *Sindh University Journal of Education*. Pp. 205-230.

- 4 Saleem, M., Tufail, M.W., Atta, A. & Asghar, A. (2015). Innovative Workplace Behavior, Motivation Level, and Perceived Stress among healthcare employees. *Pakistan Journal of Commerce and Social Sciences*. Pp. 438-446.
- 5 Saleem, M., Tufail, M.W., Khan, R. & Ismail, R.B. (2015). Internet Addiction: It's Relation with Loneliness among Undergraduate Students of South-Punjab, Pakistan. *Science International Lahore*, 27(2), 1469-1479.
- 6 Saleem, M., Tufail, M. W., Zafar, M., Nadeem, M., Kasim, A.C. & Zakaria, E. (2015). Impulsivity: Effect of its Kinds on Substance Abuse and Manic Patients. *Science International Lahore*, 27(2), 1339-1342.

————— 2016 —————

- 7 Tufail, M. W., Khan, R., Shahadan, A. Md., Saleem, M., (2016). Interventions for Body Fat Reduction among Pakistani Women: A Randomized Control Trial Study. *International Journal of Academic Research in Psychology*, 4(1), 20-30. DOI: 10.6007/IJARP/v4-i1/2702.

————— 2017 —————

- 8 Tufail, M. W., Khan, R., Shahadan, A. Md., Saleem, M., (2016). A Psycho-Physical Intervention for Waist Circumference and Waist Hip Ratio Among Pakistani Women: A Randomized Control Trial Study. *Jurnal Psikologi Malaysia*, 31(3), 137-146.
- 9 Adeeb, M., Saleem, M., Kynat, Z., & Tufail, W. M. (2017). Quality of Life, Perceived Social Support and Death Anxiety Among Cardiovascular Patients of South Punjab. *Pakistan Heart Journal*, 45(03), 81-85.

————— 2018 —————

- 10 Adeeb, M., Saleem, M., Khan, M., Tufail, W. M. & Zafar, M. (2018). Exploring Common Perceptions of Educated Youth About Punjab Protection of Women Against Violence Act 2016 Gender Based Narratives in Focus. *Pakistan Journal of Psychological Research* 33(2):367-375

CONFERENCE PAPERS

————— 2015 —————

- 11 Tufail, M. W., Kazmi, A., Saleem. M., Khan, R., (2015). Facebook addiction: its relation with academic performance of University students. Social Sciences International Postgraduate Seminar, At University Science Malaysia USM - Pinang, Volume: e-ISBN-978-967-11473-2-0
- 12 Tufail, M. W., Khan, R., Saleem, M., (2015). Is Internet Addiction Leads to Attention Deficit Hyperactivity Disorder Symptoms? A Case of Pakistani Undergraduates. Malaysian International Psychology Congress 2015 (MIPC-2015), At University Kebangsaan Malaysia.

————— 2016 —————

- 13 Tufail, M. W., Khan, R., Shahadan, A. Md., Saleem, M., (2016). Exploring Self-control and Body-image that amounts Adolescents Obesity: An Inception from UPSI Students. Social Sciences International Postgraduate Seminar, At University Science Malaysia USM - Pinang, Malaysia.
- 14 Asghar, S., Tufail, M. W., Khan, A. A., Khuram, F. (2016). Impact of Parenting Style and Self-Esteem on Academic Achievement among Graduates of IUB. 1st

- International Research Conference on Economics, Business and Social Sciences
At: Venue 1: Holiday Inn Hotel Penang, Malaysia. Venue 2: School of
Economics, Bahauddin Zakariya University Multan Pakistan.
- 15 Saleem, M., Adeeb, M., Khan, M., Zaffar, M., & Tufail, W. (2016). Exploring the Common Perceptions about Punjab Protection of Women against Violence, Act-2016 among Educated Youth - FGD Based Narratives in Focus. In Psychology of Gender in Perspective: Issues and Challenges, At National Institute of Psychology, Quaid-E-Azam University Islamabad. Quaid-E-Azam University Islamabad.
 - 16 Saleem, M., Adeeb, M., Khan, M., Zaffar, M., & Tufail, W. (2016). Impact of Terrorism on Academic Outcomes among Higher Learning Students of Punjab, Pakistan. In 15th Annual Conference of Psychology at Summer Campus Bara Gali (p. 15). Bara Gali.
 - 17 Saleem, M., Saleem, S., Tufail, M. W., Sathoo, K. D., (2016). The Impact of Terrorism on Subjective Happiness and Satisfaction with Life of Pakistani Youth. 1st International Conference (ICCTP- 2016), BZU. Multan.
 - 18 Saleem, M., Gull-e-Zahra, Tufail, M. W., Ismail, R. B., (2016). Influence of Optimism and Hope on Subjective Well-being of Youth. 1st International Conference (ICCTP- 2016), BZU. Multan.

————— 2017 —————

- 19 Tufail, M. W., Khan, R., Shahadan, A. Md., Saleem, M., (2017). Weight Loss Interventions for Pakistani Women: A Randomized Trial Study. Malaysian International Psychology Conference 2017 (MIPC 2017) At: HELP University - Subang 2 Campus Persiaran Cakerawala Subang Bestari, Shah Alam, Selangor.
- 20 Tufail, M. W., Tanveer, N., Saleem, M., Shahana, U. (2017). The Role of Learning Styles and Emotional Intelligence in Academic Performance. Malaysian International Psychology Conference 2017 (MIPC 2017) At: HELP University - Subang 2 Campus Persiaran Cakerawala Subang Bestari, Shah Alam, Selangor.
- 21 Tufail, M. W., Asmatullah, K., Tanveer, N., Kazmi, A. (2017). Self-Presentation and Selfie Craze on Facebook Among Undergraduates. Malaysian International Psychology Conference 2017 (MIPC 2017) At: HELP University - Subang 2 Campus Persiaran Cakerawala Subang Bestari, Shah Alam, Selangor.
- 22 Muhammad, A., Saleem, M., Tufail, M. W., Mustapa, M. (2017). The Effect of Self-Efficacy and Emotional Intelligence on Happiness of Literate Youth: A Mediating Role of Resilience. 3-Day International Conference on Health Psychology: Issues and Challenges At: GCU Lahore

————— 2018 —————

- 23 Tufail, M. W., Zafar, U., Saleem, M., Akhter, S., Makhdoom, J. B. (2018). Male or Female are More Hotheaded? A Comparison of Aggression Level among Medical Students. 1st International Conference on Teaching and Learning At: The Islamia University of Bahawalpur, Pakistan.
- 24 Tanveer, N., Tufail, M. W., Saleem, M. (2018). Computer Anxiety and Attitude toward Internet: A Positive Influence of Computer on Academic Performance. 1st International Conference on Teaching and Learning At: The Islamia University of Bahawalpur, Pakistan.
- 25 Noreen, S., Shahana, U., Tufail, M. W., Saleem, M. (2018). Is depression Cause of Job Burnout? A Comparison of Daansih and Government Secondary School

- Working Women. 1st International Conference on Teaching and Learning At: The Islamia University of Bahawalpur, Pakistan.
- 26 Shams, S., Jamil, B., Tufail, M. W. (2018). The impact of psychological contract on knowledge sharing in the banking organizations. Conference of Psychology (COP-2018) At: The University of Punjab, Lahore, Pakistan.

2019

27. Kalsom, S., & Tufail, M. W. (2019). Relationship of attitude towards honor killing among university college and madrassa staff. 2nd International conference on social sciences and humanities At: Kinnaird College for Women, Lahore, Pakistan.
28. Rubab, U., Tufail, M. W., Saleem, M. (2019). Role of Career decision self-efficacy in career decision making difficulties among university students. 2nd International conference on social sciences and humanities At: Kinnaird College for Women, Lahore, Pakistan

Supervision

I have supervised a growing number of under and post-graduate student dissertations.

Membership

- Malaysian Psychological Association (PSIMA)
- The International Association of Muslim Psychologists (IAMP)

Scales/Questionnaire Translation & Adaptation

Adult ADHD-ASRS (6-Question)	Original: Ronald C. Kessler, Ph.D. (kessler@hcp.med.harvard.edu) World Health Organization (WHO), Available at https://www.hcp.med.harvard.edu/ncs/asrs.php Urdu version (2017) Urdu version: waseemtufail.pk@gmail.com
Three Factor Eating Questionnaire (TFEQ R-21)	Original: Jan Karlsson (jan.karlsson@medicine.gu.se) Urdu version (2016) Urdu version: waseemtufail.pk@gmail.com
Brief Self-Control Scale (BSC)	Original: June Tangney, Ph.D. (jtangney@gmu.edu) Urdu version (2016) Urdu version: waseemtufail.pk@gmail.com
Sedentary Behavior Questionnaire (SBQ) for Adults	Original: Dori E. Rosenberg (rosenberg.d@ghc.org) Urdu version (2016) Urdu version: waseemtufail.pk@gmail.com
Chin Internet Addiction Scale (CIAS)	Original: Sue-Huei Chen, Ph.D (shchen@ntu.edu.tw) Urdu version (2013) Urdu version: waseemtufail.pk@gmail.com
Dissociative Experiences Scale (DES-II)	Original: Frank W. Putnam (frank_putnam@med.unc.edu)

Urdu version (2013)

Urdu version: waseemtufail.pk@gmail.com

UCLA Loneliness Scale

Original: Daniel W. Russell, Ph.D.
(drussell@iastate.edu)

Urdu version (2013)

Urdu version: waseemtufail.pk@gmail.com

Professional skills and Expertise

- Psychological testing
- Administering and interpreting different Clinical tests such as, MMPI, BDI, BAI, PANS, EPPS etc
- Projective type techniques to explore hinder conflicts and motives of the individual from psychological tests such as, DAP, HFD, TAT, HTP
- Measure intellectual abilities of the individual
- Measure attitude and particular interest of the individual
- Establishing Rapport and interpersonal relationship with patients
- Conducting clinical interviews such as, DIS, SADS
- Identifying the patient problem and diagnosis of the disorder
- Behavioral observation
- Psychosocial trained from NIP & UNDP workshops training program

Language

English

Urdu

Punjabi

Saraiki

Activities & Honors

- Head of Department in Ali Post Graduate College of Education and Commerce, Rahim Yar Khan
- Organize and Manage all departmental functions
- Participating and organizing focus group discussions (Qualitative Research), as well departmental functions.
- Remaining C.R during 6 years of university (IUB) education.
- Interest in reading a book related to profession and writing a review
- Attend 5 days TOT workshop on Psycho social expert from National Institute of Psychology, Quaid-i-Azam University Islamabad.
- Attend 5 days' workshop on advance data analysis techniques
- Work as an internee in Fountain House Lahore, and Shakoor mind care institute bahawalpur

- Completing Training of psychosocial expert NIP-UNDP project.
- Contributing seminar on cognitive behavior therapy.
- Athletic activities during school level.
- Zonal award in basketball.
- Compete ball through.
- Compete Hammer through.

Referees

1. Dr. Rahmattullah Khan
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2. Dr. Muhammad Saleem
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The Islamia University of Bahawalpur (IUB), Pakistan
Email: chsaleem_1@hotmail.com

3. Dr. Asma Perveen
Senior Lecturer (Assistant Professor)
Department of Psychology and Counseling
Sultan Idris Education University (UPSI), Malaysia
Email: asmaperveen@fpm.upsi.edu.my