

SUMMARY

- *Experience in large scale collaborative as well as independent research and project management with expertise in quantitative and qualitative research methods.*
- *Skills in postgraduate teaching. Experience in training and coaching individuals and groups in community and organizations*
- *Proficiency in advanced data analysis with command over SPSS, MPlus and Amos*
- *Culturally sensitive psychologist with DHCR acceptance*
- *Knowledge and skills in Psychodiagnostic, neuropsychological, occupational and personality assessment. Registered with British Psychological Society's register for qualification in Educational and Occupational assessment*

PROFESSIONAL EXPERIENCE

28 Oct, 2021 to date

Assistant Professor, College of Medicine, University of Sharjah, UAE

16th December, 2014 to Oct, 2021

Psychologist, Private Practice, Islamabad

Practicing as a Psychologist; conducting therapy, and assessments for Dr. Farah Qadir (Chartered Counseling Psychologist). I offer in-depth psychological assessment for children, adolescents and adults for emotional/behavioral difficulties, learning disability, neuropsychological and cognitive difficulties. I develop a bespoke roadmap for moving forward with issues and challenges, write assessment reports, tailor recommendations and guide further treatment avenue.

12th November, 2017 to April, 2021

Senior Researcher, Carpe Omnia LLC, USA

Carpe Omnia is a Limited Liability Company registered in US. It is an international multi-dimensional company which endeavors outreach community programs to improve well-being and enhance quality of life. The company specializes in providing research consultancies and corporate coaching. My role at Carpe Omnia is to assist the founder and CEO, Dr. Farah Qadir in coaching and training individuals, groups and organizations. I am also the lead researcher involved in design, implementation, data analysis, monitoring and evolution of researches. A significant part of the role is to carry out occupational and personality assessments to guide best practices in coaching.

28th August, 2015 to Feb, 2021

Assistant Professor (Tenure Track), Department of Behavioral Sciences, Fatima Jinnah Women University FJWU, Pakistan.

My role encompasses all activities that directly facilitate student learning, including curriculum design and development, grading, student advising, and related duties. Being part of a first women university which has significant graduate programs, part of the role involves supervising young graduate and post graduate students and serving on thesis committees. The research component includes scholarly publication, attending academic conferences and obtaining grants. Further the service at the University involves membership in departmental, and university committees and developing community outreach programs. I am involved with Quality Enhancement Cell at FJWU and serving the Student's Counseling Center at FJWU which is responsible for student psychological support throughout the academic year.

26 March, 2018 to March, 2019

Affiliate at the University of Glasgow UOG, UK

Affiliate status is awarded in recognition of an individual's contribution to teaching, research and scholarship at UOG. Affiliate status was granted as a result of Charles Wallace funded research fellowship at UOG to develop collaborations with Prof. Dr. Chris Williams and Dr. Julie Langan Martin at the Institute of Wellbeing.

26th November, 2009 – 27th August, 2015

Lecturer, Department of Behavioral Sciences, FJWU, Pakistan

My responsibilities as a lecturer were to teach at undergraduate and graduate level. To carry out research, produce publications, obtain research funding support, supervise thesis students, contribute to the development, planning and implementation of a high quality curriculum.

9th February, 2009 – 9th May, 2009

Research Assistant, Department of Behavioral Sciences, FJWU, Pakistan

I was hired as a research assistant on a study looking at Dementia, its prevalence and care giver's burden called Mirpur Attock Bradford Study MABS which was a joint venture between Bradford University, King's College London and FJWU. I was primarily responsible for data collection which involved interviewing dementia patients and their caregivers, data entry, and cleaning.

1st July, 2008 – 12th August, 2008

Internee psychologist, The Institute of Psychiatry, Rawalpindi General Hospital, Pakistan

One of the requirements for my Master's degree in behavioral sciences was to complete supervised training in Counseling at the WHO collaborating hospital in Rawalpindi. As an internee psychologist I was involved in assessment, report writing and supervised counseling of the inpatients and outpatients suffering from various mental health problems at Benazir Bhutto Hospital, Rawalpindi.

QUALIFICATIONS

2010-2014 PhD in Clinical Psychology (Fully funded), University of Edinburgh, UK

2007-2009 MSc in Behavioural Sciences, FJWU, Pakistan

2004-2006 BSc in Applied Psychology, University of Punjab, Pakistan

September, 2016 Certificate in Educational Assessment accredited by British Psychological Society, UK

September, 2015 Certificate in Occupational Ability and Personality Assessment Level A & B, accredited by British Psychological Society, UK

February, 2013 Certificate in Interpersonal Psychotherapy for Adolescents (IPT-A). Level A- Interpersonal Psychotherapy Scotland, University of Edinburgh, UK

AWARDS AND GRANTS

14th Jan, 2019

British Council in collaboration with School of Psychology, Bangor University, UK awarded a grant to attend the Researcher Connect Workshop in Istanbul, Turkey

10th Oct, 2018

Higher Education Commission HEC, Pakistan Start-up Research Grant as a Co-investigator for the project titled “*Preparation and pilot testing of indigenous manual based training for lowering stress and anxiety levels, and enhancing performance among Pakistani youth*”.

2nd June, 2017

Charles Wallace Visiting Fellowship Award by British council to visit Dr. Chris Williams and Dr. Julie Langan Martin at Glasgow University, UK and Dr. Stella Chan at the University of Edinburgh, UK.

20th May, 2016

Higher Education Commission HEC, Pakistan Start-up Research Grant for the project titled “*A pilot controlled trail study of life skills classes for young people with low mood and anxiety in Pakistan*”. The project will explore the feasibility of using Urdu version of the Living Life to the Full LLTTF intervention to treat low mood and anxiety among school going adolescents in Pakistan.

14th April, 2015

Royal Society of Edinburgh Research Visitors to Scotland Grant to support my visit to Dr Stella Chan at the University of Edinburgh, UK to develop research collaboration.

8th October, 2015

FJWU research grant for the project titled “*Social Correlates and Mental Health among Pakistani Youth*”.

25th February, 2010

Fully Funded PhD scholarship by HEC for faculty development.

RESEARCH PROJECTS:

Co-investigator on a project funded by Higher Education Commission HEC titled “*Preparation and pilot testing of indigenous manual based training for lowering stress and anxiety levels, and enhancing performance among Pakistani youth*”.

Principal investigator of a project funded by Higher Education Commission HEC titled “*A pilot controlled trail study of life skills classes for young people with low mood and anxiety in Pakistan*”

Involved in cultural adaptation and Urdu translation of Living Life to The Full (LLTTF) course by Dr. Chris Williams (University of Glasgow, UK). Living Life to the Full is a series of 8 booklets that address topic areas known to be affected during times of low mood and stress. The translation and cultural adaptation of the course has been completed. Have supervised the study evaluating the intervention among depressed and anxious Pakistani females. Have also secured seed money from HEC to test the feasibility of LLTTF among school going adolescents in Pakistan.

Involved in a project titled “Responses to difficult situations” with my colleagues (Dr Stella Chan, Prof. Dr. Matthias Schwannauer at The University of Edinburgh and Dr Fiona Ashworth at Anglia Ruskin University, UK). This study is looking at level of self-compassion and well-being among adolescents cross-culturally.

Principal investigator on project titled “Social correlates and mental health among Pakistani youth (Awarded by FJWU).

PUBLICATIONS

- Khalid, A., Haqqani, S., Qadir, F., Willaims, C. (in press). *A feasibility study of life skills classes for young people with low mood and anxiety in Pakistan. Journal of affective disorders.*
- Khalid, A., Qadir, F., Chan, S. W., & Schwannauer, M. (2018). Parental bonding and adolescents' depressive and anxious symptoms in Pakistan. *Journal of affective disorders*, 228, 60-67.
- Khalid, A., Qadir, F., Chan, S. W., & Schwannauer, M. (2018). Adolescents' mental health and well-being in developing countries: a cross-sectional survey from Pakistan. *Journal of Mental Health*, 1-8.
- Qadir, F., Maqsood, A., us-Sahar, N., Bukhtawer, N., Khalid, A., Pauli, R., ... & Essau, C. A. (2017). Factor Structure of the Urdu Version of the Spence Children's Anxiety Scale in Pakistan. *Behavioral Medicine*, 1-8.
- Qadir, F., & Khalid, A. (2017). Linguistic Validation and Psychometric Properties of the Urdu Version of MACH IV Scale Among Pakistani Women. *Journal of Behavioral Sciences*, 27(1).
- Qadir, F., Khalid, A., & Medhin, G. (2015). Social Support, Marital Adjustment, and Psychological Distress among Women with Primary Infertility in Pakistan, *Women & Health*, 55:4, 432-446, DOI: 10.1080/03630242.2015.1022687.
- Khalid, A., Qadir, F., Werner, P. D., & Green, R.-J. (2014). Urdu translation of the California Inventory for Family Assessment for use in Pakistan. *Journal of Comparative Family Studies*, XLV(3), 367-387.
- Qadir, F., Haqqani, S., Khalid, A., Huma, Z., & Medhin, G. (2014). A pilot study of depression among older people in Rawalpindi, Pakistan. *BMC research notes*, 7(1), 409.
- Qadir, F., Zafar, P., Khalid, A., & Essau, C. (2014). Feasibility of Obsessive Compulsive Inventory revised in Pakistan: Pilot study. *Journal of Behavioral Sciences in Asia*, 2(7), 50-62.
- Qadir, F., Gulzar, W., Haqqani., & Khalid, A. (2013). A pilot study examining the Awareness, Attitude and Burden of Informal caregivers of Dementia Patients. *Care Management Journals*. 14(4), 230-240
- Qadir, F., Khalid, A., Haqqani, S., & Medhin, G. (2013). The association of marital relationship and perceived social support with mental health of women in Pakistan. *BMC Public Health*, 13(1), 1150.

CONFERENCE PAPERS PRESENTATIONS

- Khalid, A. (2018). *A feasibility study of life skills classes for young people with low mood and anxiety in Pakistan.* Paper presented at the Proceedings of the 46th Annual Conference and Workshops of BABCP (19-20 July 2018). University of Strathclyde, UK.
- Fazal, S., & Khalid, A. (2016). A pilot study examining the gender differences in prevalence of psychological distress and its impact on the well-being of the adolescents. Paper presented

at the Proceedings of the 6th International Conference in Psychology of Gender in Perspective: Issues and Challenges (1-2 Dec 2016). Institute of Psychiatry, Quaid-e- Azam University, Islamabad.

- Khalid, A., & Schwannauer, M., (2013). Validity of the BBC Well-Being Scale for Use with Adolescents. Paper presented at the Proceedings of the 8th International Conference on Child and Adolescent Psychopathology (15 – 17 July 2013). University of Roehampton, London.
- Khalid, A., & Qadir, F. (2012). Strategies and methods for translating instruments. Paper presented at the Proceedings of the World Psychiatric Association Congress (17-21 October, 2012). Prague, Czeck Republic.

SEMINARS AND WORKSHOPS CONDUCTED

27th April, 2019	Facilitated a workshop on “Working together” during inclusive health conference organized by Special Olympics Pakistan (SOP) at Regents Plaza Hotel Karachi, Pakistan
28th November, 2018	Facilitated a workshop on ‘ <i>the healing power of story-telling</i> ’ at COMSATS, Islamabad
4th May, 2018	Facilitated a workshop on ‘ <i>Implementing the Psycho-educational Model for Teachers as Counselors in School Setting</i> ’ organized by Fatima Jinnah Women University in collaboration with PRIC under Thematic Research Grant, HEC
15th March, 2018	Co-Chaired a session at the 1st National Conference on Promoting Tolerance and well-being: Emerging Trends, Challenges and Implications for Research at FJWU
14th November, 2017	Facilitated a workshop on ‘ <i>Mental Health among Adolescents</i> ’ for Higher secondary school teachers at Federal Directorate, Rawalpindi
21st October, 2016	Facilitated a workshop on ‘ <i>Psychological needs of Special Children</i> ’ at APS special school, Rawalakot for teachers and parents
10th December, 2015	Guest Speaker ‘ <i>Problems Faced by Adolescent Girls</i> ’ at The Army Public School Phase II, DHA, Islamabad, Pakistan
9th December, 2015	Guest Speaker “ <i>Special Olympics Family Health Forum</i> ” Nasheman Special School, Wah Cantt, Pakistan
2nd July, 2015	Speaker “ <i>Adolescent Mental Health in Pakistan</i> ” School of Health in Social Science, University of Edinburgh, UK

PROFESSIONAL DEVELOPMENT

2018	Two-day training workshop on Career Counseling organized by Punjab Higher Education Commission on 9 th to 10 January 2018.
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- 2018** Attended an International Certified Seminar on *Meeting Students Where they are: addressing student needs and facilitating Academic success* held on February 21st, 2018 organized by Fatima Jinnah Women University under Thematic Research Grant project of HEC.
- 2018** Attended training on *Eradicating the Menace of plagiarism by using turnitin* on 28th August 2018 organized by Quality enhancement cell of Fatima Jinnah Women University.
- 2018** Two-day training workshop on Career Counseling organized by Punjab Higher Education Commission on 9th to 10 January 2018.
- 2016** One-day Seminar on promoting inquiry informed practices about teaching and assessment of higher order thinking skills at higher education.
- 2013** One-day training on *Social Skills Training for Childhood Anxiety*, Department of Psychology, The University of Roehampton, UK.
- 2012** One-day training on *How to be a Journal Peer Reviewer*, The University of Edinburgh, UK.
- 2012** Two-day workshop on *Structural Equation Modeling using MPlus*, University of Edinburgh, UK.
- 2012** Seminar on *Mixed Methods Designs: their development and use*. Scottish Graduate School of Social Sciences. The University of Strathclyde, UK.
- 2012** Two-days training workshop on *Regression Modelling for Categorical Data*, Applied Quantitative Methods Network, University of Glasgow, UK.
- 2012** Two-days training workshop on *Latent Trait and Latent Class Analysis for Multiple groups using MPlus*, Applied Quantitative Methods Network, University of Glasgow, UK.
- 2011** One-day training on *Introduction to research funding*, The University of Edinburgh, UK.
- 2011** One-day training *Professional integrity in research relationships*, The University of Edinburgh, UK.

MEMBERSHIPS

- Dementia Friend as part of Global Dementia Friends Movement
- Member American Psychological Association, USAID 00242984
- Member British Psychological Society, UK
- HEC approved supervisor in Psychology for PhD scholars.
- Member Academic Council for BS Psychology at Air University, Islamabad
- Departmental representative for Self Assessment Report
- Register of Qualification in Test Use for Educational and Occupational assessment at the British Psychological Society.

- Member Edinburgh Research Group in Developmental Psychopathology EIDP, University of Edinburgh.
- Member Applied Quantitative Methods Network (AQMeN)

COURSES TAUGHT

Courses	Degree Level
Ethics in Research	PhD
Academic Writing	PhD
Evidence based psychological interventions	PhD
Research Methodology	PhD
Data Analysis	MPhil
Cognitive Behavioral Therapy: From Theory to Practice	MPhil
Advanced Techniques of Counseling	MPhil
Advanced Psychological testing	MPhil
Research Methods in Counseling	MPhil
Advanced Analytical Skills in Counseling	MPhil
Epidemiology	Masters
Skills for Research	Masters
Clinical Assessment	Masters and Under Graduate
Research Methodology	Under Graduate
Neuropsychological assessment	Under Graduate
Abnormal Psychology	Under Graduate
Counseling and Psychotherapy	Under Graduate
SPSS workshop	Under Graduate

THESIS SUPERVISED (selected)

Thesis Title

Degree level

1.	Perceived parental criticism, Self-esteem and Socio-emotional well-being among High School Students in Rawalpindi, Pakistan.	MPhil
2.	The impact of social support on marital adjustment among infertile females: exploring the role of self-silencing.	MPhil
3.	Assessment and Evaluation for low mood and anxiety among Women: Testing Urdu version of LLTTF intervention	MPhil
4.	Role of Metacognition in Association between Parental Bonding and Generalized Anxiety Disorder among Adolescents	MPhil
5.	A pilot study examining the Obsessive compulsive symptomatology and its correlates among youth	MPhil
6.	Association between parents and peers attachment and adolescent's mental health	MPhil
7.	Type D personality, Health Behaviours and Subjective Wellbeing among patients with Diabetes and General Population in Pakistan	Mphil
8.	Parental Attachment, Health Behaviors and Psychological Distress among Adolescents in a General Medical Outpatient Clinic in Pakistan	Masters
9.	Attachment with Significant others; Emotion Regulation and Quality of Sleep among Youth	Masters
10.	Parental Attachment, Social Connectedness and Well-being among College Students	Under Graduate
11.	Self-compassion and well-being among Pakistani adolescents: A pilot study	Under Graduate
12.	Pilot study examining the psychometric properties of Beck Youth Inventory in Pakistan	Under Graduate
13.	Fear of Success, Sex-Role Attitudes and Well-Being Among Pakistani Working Adults: A Pilot Study	Under Graduate