

Curriculum vitae



Dr. Zaqia Bano

Associate Professor, Department of Psychology, National University of Medical Sciences (NUMS)
PWD Campus, Rawalpindi, Pakistan

PhD Thesis Topic “Morbidity and Consequences of Social Anxiety in Adolescent Students”

HEC (Pakistan) Approved Supervisor

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QUALIFICATION

PhD (Clinical Psychology). Institute of Clinical Psychology, University of Karachi.

ACADEMIC POSTS

- 25 Sep 2014 to 24 Dec 2014 Assistant Professor in University of Management and Technology, Lahore Pakistan
- 25 Dec 2014 - May 31st 2016.: Associate Professor/ Chairperson. Department of Psychology, University of Gujrat, Sialkot Sub- campus
- 1st June 2016 to 30 June 2021 :Assistant Professor, University of Gujrat, Hafiz Hayyat Campus, Gujrat
- Associate Professor. National University of Medical Sciences (NUMS) PWD Campus, Rawalpindi from 1st July 2021 to till now.

Supervision

PhD Students Completed (4) Under Process (3), M.Phils Thesis : (33), Master Thesis (6)

Publications

- Zakia Bano & Riaz Ahmad. Validity Assessment of Pakistani Version of Social Anxiety Scale for Adolescents. Pakistan Journal of Clinical Psychology 2013, 12(2), 55-67.
- Riaz Ahmad & Zakia Bano. Translation and Psychometric of Adolescents of Social Anxiety Scale for Assessment. Pakistan. Pakistan Journal of Psychology . 2013, 44(1), 67-80.
- Riaz Ahmad, Zakia Bano, Zaeema Riaz & Kausar Ansari. Bahria Journal of Professional Psychology. 2014, 13(1), 36-47.
- Zakia Bano, & Nabgha Batool. Cognitive Emotion Regulation and Emotional Distress in Adolescents of Fathers Employed Abroad. Pakistan Journal of Clinical Psychology. 2017, 16(2), 3-20.
- Naeem Ullah Leghari, Zakia Bano, Zoofishan Ahmad, Bushra Akram. Substance Use Disorder: Stigma in People: Role of Perceived social support in Depression. The Professional Medical Journal. 2018, 25(2):325-331.
- Iram Naz, Zaqia Bano Naeem Ullah Leghari. Construction on scale on depression, anxiety and conduct disturbance of adjustment for adults: Developing a reliable measure . ISRA Medical Journal. 2018, 10(5):310-314.
- Saima Riaz, Zakia Bano, Raheel Abbas, Muhammad Rizwan. Dilemmas of Adolescents: Drak Triad and Relational aggression Moderated By Economical status. Review of Economic and Developmental Studies. 2018, 4: 209-218.

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- Razia Anjum & Zakia Bano Childhood Maltreatment As Pathway of Delinquency. *Journal of Pakistan Psychiatric Society (JPPS)*. 2018, 15(4) (1): 121-125.
- Saima Riaz & Zaqia Bano. Development and Psychometric Properties of Moral Disengagement Scale for Adolescents. *Pakistan Journal of Psychology*. 2018; 49(1) , 49, 1, 3-22.
- Razia Anjum & Zakia Bano. Development and Psychometric Properties of Adult Temperament Scale: A reliable measure for adjustment and psychopathology. *Rawal Medical Journal*. (2019), 44(1), 121-125.
- Zakia Bano & Nabgha Batool. Cognitive Emotion Regulation and Externalizing Adjustment Problems in Adolescents of Fathers Employed Abroad. *Pakistan Journal of Language and Translation Studies*. 2018, 6: 57-68.
- Zakia Bano & Saima Rani. Development and psychometric properties of Conflict Management Scale for Adolescents. *Rawal Medical Journal*. 2019, 44(2): 298-301
- Zakia Bano & Saima Rani. Parenting styles as Determinants of Conflict Mnagement and anxiety among adolescents. *Isra Medical Journal*. 2019,11(2),86-90.
- Zakia Bano & Imtiaz Ahmad Warriach,IramNaz,Aqsa Shahzadi. Review of Economic and Developmental Studies. 2019,5(2),387-396.
- Zaqia Bano, Sabeen Fatima, Iram Naz. Stigma as a Predictor of Psychological among orphans resides in orphanages. *Pakistan Armed Forces Medical Journal*. 2019; 69 (3): 631-637.
- Iram Naz,Zakia Bano,RaheelAbbas, Muhammad Rizwan. Relationship Between Socio-economic Factors and Adjustment of Women Burn Survivors: An Emperical Evidence from Primary Data Analysis. *Pakistan Journal of Social Sciences (PJSS)*. 2019; 39(2): 447-457.
- Saima Riaz & Zaqia Bano. Development and Psychometric Properties of Moral Disengagement Scale for Adolescents. *Pakistan Journal of Psychology*. 2018; 49(1) , 49, 1, 3-22.
- Zaqia Bano, Iram Naz, Naeemullah Leghari, Ishtiaq Ahmad. Psychological Well-being of Substance Use Patients: Role of Religious Therapy as a Treatment. *Pakistan Journal of Medical Sciences*. 2019, 35(5),1376-1381.
- Zaqia bano, Riaz Ahmad, saima Riaz. Social anxiety in adolescents: prevalence and morbidity. *Pakistan Armed Forces Medical Journal*. 2019; 69 (5): 1057-1060.
- Saima Riaz, Zaqia Bano, Ishtiaq Ahmad.Moral Disengagement and relational aggression: The The mediating role of Machiavellianism, narcissism and psychopathy. *Rawal Medical Journal*. 2019, 44(4): 781-784.
- Zaqia Bano, Hajrah Aslam, Iram Naz. Suicidality Scale: Suicidal ideation, intention and attempt is risk factor in adolescents. *Isra Medical Journal*. 2019,11(4) 286-289.
- Zaqia Bano, Hajrah Aslam, Iram Naz.Learned helplessness and Suicidality: Role of cognitive behavior therapy. *Rawal Medical Journal*. 2019,44(3), 569-572.
- Zaqia Bano, Noureen Kausar, Saima Riaz, Najm Us Saqib Khan.Work Locus of Control as Determinant of Work Life Balance and Job Satisfaction in Gazetted Administrative Officer. *Pakistan Armed Forces Medical Journal*. 2020, 70 (1), 190-194.
- Zaqia Bano, Saba Pervaiz. **The Relationship Between Resilience, Emotional Intelligence And Their Influence On Psychological Wellbeing: A Study With Medical Students**. *Pakistan Armed Forces Medical Journal*. 2020, 70 (2), 390-394.
- Sameera Shafiq, Mah-e.Neem- Mah, Zaqia Bano. **Impac Of Social Support And Adjustment Problems On Perceived Lonliness In Elderly**. *Pakistan Armed Forces Medical Journal*. 2020, 70 (2), 474-479.
- Iram Naz, Zaqia Bano, Ishtiaq Ahmad, Saima Riaz, Raazia Anjum. Impact Of Burn Severity, Time Since Burn and Age on the Cognitive Functioning of Who Had Burn Injries. *Pakistan Armed Forces Medical Journal* 2020, 70 (2), 513-518

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- Saima Riaz, Zaqia Bano . The Correlation, Receiver-Operating Characteristics (ROC) analysis and percentiles; Validatio of moral disengagement scale for adolescents. Rawal Medical Journal. 2020, 45(2): 323-326.
- Iram Naz, Zaqia Bano. Post-traumatic stress disorder and cognitive functioning of female burn survivors by Cause, severity and health complaints. Rawal Medical Journal. 2020,45(3): 561-564.
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- Mueen Abid· Dr.Zaqia Bano .Development and Psychometric Properties of Oppositional Defiant Behaviors Scale for Adolescents. Pakistan Armed Forces Medical Journal. 2020, 70 (4), 1544-1548.
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- Maryam Riaz, Mueen Abid, Dr. Zaqia Bano.Psychological problems in general population during covid-19 pandemic in Pakistan: role of cognitive emotion regulation. Annals of Medicine. 53:1, 189-196

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- Shameem Akhtar, Zaqia Bano.Development and Psychometric Properties of Parental Expressed Emotions Scale. Pakistan Armed Forces Medical Journal. 2021; 71 (Suppl-1): S219-23
- Zaqia Bano & Maria Ijaz. Assessment of Prevlence of Anxiety in Adult Population and Development of Anxiety scale: A study of 819 Patients with Anxiety Disorder. Pakistan Journal of Medical Sciences. 2021, 37(2),472-476.

- Zaqia Bano, Aniq Khalid. Development And Validation Of Indigenous Psychological Distress Scale For Adults. 2019;50 (2): 21-37.
- Tahira Perveen & Zaqia Bano. Development of Emotional Distress Scale for Adolescents. Pakistan Armed Forces Medical Journal. 2021; 71 (1): 309-313

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- Saima Riaz , Zaqia Bano , Istiaq Ahmed , Iram Naz. Predictive relationship of narcissism and psychopathy with relational aggression moderated by age among adolescents. Journal of Ayub Medical College, Abbottabad.2021;33(2), 231-235
- Zaqia Bano, Muhammad Ali Shah. Development of intermittent explosive behavior scale: A reliable measure. Rawal Medical Journal. 46. No. 2, April-June 2021
- Mueen Abid, Maryam Riaz, Zaqia Bano. Association Between Fear of COVID-19 and Emotional Distress in Nurses with Mediating Role of Scio-Demographic Features. Frontiers in Psychology. 01 October 2021 | <https://doi.org/10.3389/fpsyg.2021.734623>
- Saba Asif, Zaqia Bano. Effectiveness of Assertive Training in Developing Social-Emotional Competencies among Adolescents. Pakistan Social Science Review. 2021(5-IV)05