

Dr. Roomana Zeb

Objective

I joined the profession of teaching due to my love of knowledge. The motto of my life is to acquire and impart knowledge. I was more interested initially in the field of Clinical psychology at the time of my MSc, but my PhD proved to be a turning point which shifted my area of interest to Psychometrics and Psychology of religion. It was a multidisciplinary task in which the areas of clinical psychology, psychology of religion and psychometrics were used, although the certificate specifies my specialization in psychometrics. I have developed a Multidimensional measure of personality encompassing religiosity, psychopathology, mental health and optimism as the subscales. Whoever is interested can contact me on my official email and can get the soft version of the test. Personally I think it is a high time to recognize the need of developing indigenous measures to make psychological assessment more accurate, as well as to learn the application of modern software packages. My brief CV shows my research interest through the researches I have supervised as well as published.

Education

- 2014** **Ph.D (Specialization in Psychometrics)**
Topic: Development and standardization of a multi dimensional personality inventory.
Shaheed Benazir Bhutto Women University Peshawar
- 2003 - 2004** **Masters in Philosophy (Gold Medal)**
University of Peshawar (Private student)
- 1996 – 1997** **Masters in Psychology (Gold Medal)**
University of Peshawar (Department of Psychology)
- 1994-1995** **Bachelors in Arts**
University of Peshawar (Jinnah College for Women)
- 1992-1993** **F.A (over all 3rd in Peshawar Board)**
Peshawar Board (Jinnah College for Women)
- 1990-1991** **Matric :Humanities group (1st in humanities group in school)**
Peshawar Board (University Model School)

Experience

Assistant Professor: Since November 2016, Department of Psychology, UoP.

Lecturer : Since September 2008 to October 2016 , department of Psychology, University of Peshawar.

Lecturer: December 2005 – August 2008 Frontier Women University Peshawar.

Lecturer: September 2002-March 2003, Jinnah College for Women against a leave vacancy post.

Lecturer on ad hoc: September 1999- September 2001, department of Psychology, UoP.

Publications

- 1) Zeb, R. (1998). Phobic Disorders. In R. Sajjad & Final Year (Eds.), *Classification of Mental Disorders: Volume I*, (pp 21-25) . Peshawar: Top Printers Pvt Ltd.
- 2) Zeb, R., Riaz, M. N., Jahangir, F. (2013). Development and standardization of multi dimensional personality inventory. *FWU Journal of Social Sciences*, 7 (2), 113-123.
- 3) Zeb, R., Riaz, M. N., Jahangir, F. (2015). Religiosity and optimism as predictors of psychopathology and mental health. *Journal of Asian Development Studies*, 4(1),67-75.

Research Work

Supervision of MPhil Scholars

- 1) Miss Hira Jamshed: Impact of emotional intelligence on the relationship between work-family conflict and job satisfaction. (completed)
- 2) Miss Barjees Khattaq: The role of religiosity, locus of control and resilience in protecting Army Public School affectees (16 December 2014) against psychopathology. (In Progress)
- 3) Miss Faiza Ali: Adaptation of Thematic Apperception Cards. (In Progress)
- 4) Mr. Umair Ahsen: Attachment to God, emotional intelligence, and forgiveness in clinical and nonclinical sample. (In Progress)
- 5) Miss Abida Khalil: Death anxiety, resilience and spiritual wellbeing: A comparative study of health professionals working in intensive care units and general wards. (In Progress)
- 6) Miss huma Mughal: Effectiveness of Dialectic Behavior Therapy (DBT) in enhancing distress tolerance and emotional regulation for the treatment of Conversion Disorder. (In Progress)

Paper Presentation

- 1) Zeb, R. (2010, June). The creation of a human bomb. In J. Khan (Chair), *War on Terror: Psych-social effects and workshop on Neuropsychology*. Paper presented at Department of Psychology UOP 14th annual conference , Bara Gali Campus.

Computer Skills / Expertise

1. MS Office 2. SPSS 3. NVIVO 4. AMOS