

## **CURRICULUM VITAE**

**Name: Humera Shafi**

**Parentage: Dr. Mohd. Shafi.**

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### **ESSENTIAL QUALIFICATION**

- Ph.D: Department Of Psychology, Aligarh Muslim University Aligarh.(2002)
- M.A. : Department Of Psychology, Aligarh Muslim University, Aligarh (1997-1999)
- B.A.: Govt. Degree College For Women, Moulana Azad Road. Srinagar. Kashmir. (1996)

### **PRESENT POSITION**

Working as Sr. Assistant Professor (On Substantive Post) in the Department of Psychology since 2004.

### **FIELD OF INTEREST**

Health Psychology

### **PROJECTS**

- Working as Co. Principal Investigator on the project entitled “Optimism and Coping as predictors of post-traumatic-growth: A study of cancer survivors. Funded by Indian Council of Social Science Research. New Delhi.

### **RESEARCH SUPERVISION**

- Ph. D scholars presently enrolled: 4
- M. Phil. awarded: 6

### **PAPERS PUBLISHED**

1. **Beigh, S. & Shafi, H. (2017).** Us and Them: Robotics and Cognitive Neuroscience. Journal of Neurology and Neuroscience, 8(54): 230 - {ISSN: 2171-6625}.

2. **Urooj-un-nisa, & Shafi, H. (2016).** Psychological factors and self-care behaviors as correlates of Medication Adherence among Insulin-taking Type 2 Diabetes patients. IOSR Journal of Humanities and Social Science (IOSR-JHSS), 21(11), 01-06. ISSN: 2279-0845.
3. **Urooj-un-nisa, & Shafi, H. (2016).** Diabetes related emotional distress and depression: a study of patients with type 2 diabetes mellitus" International Journal of Advanced Research, 04(11): 2213 -2219 {ISSN: 2320-5407}
4. **Bashir, N., Shafi, H., Yousuf, U., Parveen, S., & Akhter, K. (2016).** Spiritual well being and Depression among middle aged people" The Journal of Indian psychology, 3(2): 36 -41 {ISSN: 2348-5396}
5. **Shafi, H., Khan, A., Maqbool, A., Ahmad, B., Hassan, M., & Sharif, R. (2016).** A study of Perceived social support and self esteem among medical professionals" International Journal of Positive Psychology, 07(2): 215 -217 {ISSN: 2229-4937}
6. **Rehman, A. Shafi, H. & Rizvi, T. (2016).** Internet addiction and psychological well-being among youth of Kashmir. The international journal of Indian Psychology, 3(3), 6-11.
7. **Beigh, S. & Shafi, H. (2016).** Elapsed past and snubbed existence: Contribution of Islam to modern psychology. Quest International Multidisciplinary Research Journal, 5(1), 44-52.
8. **Urooj-un-nisa, & Shafi, H. (2015).** Parental aggression and parental education as agents of problem behaviour: a study of rural children. International Journal of Research in Management & Social Science, 1(5), 1-6. ISSN 2322-0899.
9. **Kawa, M. & Shafi, H. (2015).** Evaluation of internet addiction, impulsivity and psychological distress among university students. International journal of clinical therapeutics and diagnosis, 3(1), 70-76. {ISSN: 23322926}
10. **Kawa, M. & Shafi, H. (2015).** Religious orientation and psychological distress among parents of mentally retarded children. The international journal of Indian Psychology, 2(2), 5-17

11. **Kawa, M. & Shafi, H. (2015).** Evaluation of internet addiction and psychological distress among university students. *International journal of Modern Social Sciences*, 6(1), 29-41. ISSN:2169-9917, Impact factor:1.258,
12. **Urooj-un-nisa, & Shafi, H (2015).** Spiritual Wellbeing and Emotional Distress among insulin taking Type 2 Diabetic adults: A correlational study. *Quest International Multidisciplinary Research Journal*, 4(6): 5 11. {ISSN: 22784497}
13. **Shafi, H. et. al. (2015).** A study of relationship between marital satisfaction and psychological wellbeing among infertile women. *Research Expo: International Multidisciplinary Research Journal*, 5(11): 21 28. {ISSN: 22501630}
14. **Beigh, S. & Shafi, H. (2015).** Internet Addicted: Only Online" *International Journal of Indian Psychology*, 3(1): 83 87. {ISSN: 23485396}
15. **Beigh, S. & Shafi, H. (2015).** Substance Abuse: Factors and Implications" *Global Academic Research Journal*, 3(10): 24 26. {ISSN: 23473592}
16. **Urooj-un-nisa, & Shafi, H. (2014).** Association between Spiritual Well-being and Depression among Adults with Type 2 Diabetes.. *Indian journal of health and well-being*, 5(8), 969-972. ISSN 2229-5356. Impact Factor = 0.47
17. **Urooj-un-nisa, & Shafi, H. (2014).** A study of spiritual well-being and self-esteem among physically challenged adults. *Conflux Journal of Education*, 1(8). ISSN 2320-9305.
18. **Urooj-un-nisa, & Shafi, H. (2014).** Psychological well-being and psychological distress as correlates of educational adjustment among university girl hostellers. *The communications: Journal of Distance Education*, University of Kashmir. 22(1), 52-57. ISBN:0975-6558.
19. **Nisa, S. U. Shafi, H. & Rizvi, T. (2014).** Stress and depression among mothers of children with mental retardation. *Indian journal of health and well being*, 5(8): 998 999 {ISSN:2229-5356}
20. **Shafi, H. (2014).** Studies in Spiritual Psychology. Paper in edited book. Research India Press E6/34, Sangam Vihar. New Delhi 110062. {ISBN:9788189131883}. pp 13
21. **Kawa, M. & Shafi, H. (2013).** A study of depression and coping strategies among parents of mentally retarded children. *Research expo: International Multidisciplinary Journal*, 3(3), 131-141. ISSN:2250-1630, Impact factor:2.235.

22. **Kawa, M. & Shafi, H. (2013).** A comparative study of stress and depression among parents of mentally retarded children. *Quest International Multidisciplinary Journal*, 2(2), 24-34. ISSN:2278-4497, Impact factor: 1.732.
23. **Shaban, S. & Shafi, H. (2013).** The study of hope and quality of life among family care givers of cancer patients. *Cognitive discourses international multidisciplinary journal*, 1(3). [23211075]
24. **Shafi, H. & Dar, M. A. (2013).** A study of spiritual well being and depression among middle aged people. *Conflux journal of education*, 1(6) [23209].
25. **Shafi, H. & Sheikh, N. (2013).** Self efficacy and proactive attitude: A comparative study among diabetic patients with respect to certain demographic variables (2013). *Journal of pedagogic research and renovations*, 1(1): ISSN[23477482].
26. **Shafi, H. & Naseer, N. (2013).** Job Satisfaction and self esteem among government middle school teachers. *Journal of Humanities and social studies*, 2(4):5661. [ISSN:2319829X]
27. **Shaban, S. & Shafi, H. (2013).** Depression and quality of life among family caregivers of cancer patients (2013). *Innovative Thoughts International Research Journal*, 1(3), ISSN: 23215453.
28. Study of religiosity and depression among kashmiris (2013). *Innovative Thoughts International Research Journal*, 1(2), 107-112. ISSN:23215453.
29. **Shafi, H. Bhat, A. B, & Shams, N. (2011).** Correlates Of Depression Among Parents Of Children With Mental Retardation. *Journal Of Personality Study And Group Behaviour*. Vol 31. (Accepted For publication).
30. **Shafi, H. & Naseer, N. (2011).** Self Esteem and Spiritual Wellbeing: A Comparative Study among Physically Challenged And Normal Adults. (Accepted for Publication).
31. **Shafi, H. & Wani, S. S. (2010).** Alexithymia and clinical anger among hypertensives . *Human Behaviour: Journal Of Applied Psychology*. Vol. 5(1).
32. **Shafi, H. & Hamid, N. (2009).** Study Of Post Traumatic Stress Disorder Among Physically Injured in Kashmir. *Human Behaviour: Journal Of Applied Psychology* Vol 4 Dec. 2009 p111-120.

33. Javed, A. Shafi, H. & Saun, G. H. (2006) Need for Moral Virtues In Sports. In Mohan. J. & Sehgal, M. (Eds.) *Readings In Sports Psychology*. Friends Publications New Delhi. India.

### **PAPERS PRESENTED**

1. Presented a paper (oral) in "International Conference on Islamic Nature, Methods and Applications", on "Family Relationship and Self-concept: A Correlational Study of Muslim Adolescent Girls", organized by Indian Council on Islamic Perspective in Psychology (ICIIP), from 25-11-2017 to 26-11-2017.
2. Presented a paper (oral) in "conference", on "Association between spirituality and diabetes-related emotional distress among patients with type 2 diabetes mellitus", organized by Indian Academy of Health Psychology, from 16-12-2016 to 18-12-2016
3. Presented a paper (oral) in "11th JK SCIENCE CONGRESS". Organized by University of Kashmir, from 12-10-2015 to 14-10-2015
4. Presented a paper (oral) in "NAPS". Organized by *University of Chandigarh*, from 08-10-2015 to 09-10-2015
5. Presented a paper (oral) in "40th Annual Conference". Organized by *Indian Psychiatric Society North Zone*, from 03-10-2015 to 04-10-2015.
6. Presented a paper (oral) in "National Seminar on Health And Well being". Organized by *Jamia Millia Islamia University. New Delhi*, from 12-11-2014 to 13-11-2014.
7. Presented a paper on the topic "Emotional intelligence and Stress among working women." 9th j&k (2013) science congress: Innovations and advances in science and technology. University of Kashmir. Srinagar. Kashmir.
8. Presented a paper entitled "Study Of Mental Health And Adjustment Among Adolescent Orphans" International Conference On Poverty And Human Development: Alternative Conceptualization And Measurement. Organized By National Academy Of Psychology And IRMA. 12-14 December 2011.
9. Presented a paper entitled "Concept of Healthy Personality in Islam". International Conference On Concept Of Psyche In Islam from 26-28, Oct 2009. Organized By Department Of Psychology Aligarh Muslim University Aligarh and Institute Of Objective Studies. New Delhi.

10. National Conference on Research in Clinical Psychology 21-24 February, 2001. All India Institute of Medical Sciences, New Delhi.

### **TRAINING COURSES/WORKSHOPS/SEMINARS ATTENDED**

1. Five day training programme on mhGAP intervention guide 16.09.2013-20.09.2013. Organized by Royal College of psychiatrist London and Directorate of Health services Kashmir.
2. Attended Six days UGC workshop on Management skills enhancement modules.27th may 1<sup>st</sup> June 2013 organized by Women studies centre. University of Kashmir
3. Workshop on “Basic Counselling Skills”. Conducted by Medicines Sans Frontiers Srinagar. 14<sup>th</sup>- 25<sup>th</sup>April, 2003.
4. Two Day Short Term Course On Research Methodology From 6.7.2011 To7.7.2011 Organized By Academic Staff College, University Of Kashmir.
5. Seven Day Workshop On The Development Of Syllabi Of Psychology For Classes XI And XII From 21-27 September 2011 At BOSE Bemina, Srinagar.
6. Workshop On Assessment And Psychodiagnostics From 31<sup>st</sup> October To 6<sup>th</sup> November, 2011. Organized By Department Of Psychology, University Of Kashmir, Srinagar
7. Capacity Building Of Women Managers In Higher Education. From 23<sup>rd</sup> - 27<sup>th</sup> June 2008 Held At University Of Kashmir For The State Of Jammu And Kashmir.
8. Workshop On “Stress Management And Its Role Of Life Skills For Succeeding In Life.”26<sup>th</sup> March 2007.
9. National Seminar On Mental Health Organized By Department Of Psychology 2006
10. Workshop on Stress Management and Healthy Ageing, Organized by department of Physical Health and Sports India 25<sup>th</sup>-27<sup>th</sup>Oct, 2002. Aligarh Muslim University. Aligarh.

### **OTHER EXPERIENCES**

- Resource Person for Composite Regional Centre
- External Examiner for Composite Regional Centre, Bemina, Srinagar.
- Supervised twenty-six Project Works at PG Level in the Department Of Psychology, University Of Kashmir, Srinagar.

- Resource Person For Institute Of Management And Public Administration(IMPA) M.A. Road Srinagar.2011
- Panel Member for Hindustan Petroleum Corporation Limited. For National Institute Of Technology Srinagar.Kashmir.2010
- Resource Person for Workshop Organized on Disability Conducted by directorate Of Life Long Education. University Of Kashmir ,Srinagar Kashmir.2011
- Resource Person for Career Counseling And Guidance with Majestic Voluntary Organization.
- Worked As Counselor In The Family Counseling Centre Of Association For Social Health And Rehabilitative Action By Youth..From 01.04.2000-31.05.2000.

#### **COORPORATE ACTIVITIES**

- Nodal officer DIQA
- Member departmental purchase committee
- Member departmental research committee
- Member board of under-graduate studies
- Member board of post-graduate studies

**Humera Shafi**