



Scientific Session I-A

Theme: Family, Faith, and Mental Health: Islamic Perspectives on Nurturing Well-Being

Time: 12pm – 1pm

Venue: Main Auditorium

Session Chair: Dr. Kehkashan Arouj, *Assistant Professor/In Charge Academic Affairs, Department of Psychology, International Islamic University, Islamabad.*

Session Co-Chair: Dr. Mifrah Rauf Sethi, *Assistant Professor/HOD, Department of Applied Psychology, Riphah International University, Islamabad.*

Moderator: Ms. Samiya Ashraf

Facilitator: Ms. Sawaira Mehreen

1.	IPCON 28	(Un)Breaking the Cycle: Impacts of Parental Childhood Experiences on the Implementation of Tarbiyah for Preschoolers Nurashikin Binte Salim ¹ & Ayşe Şafak ² <i>^{1,2}Department of Psychology, Ibn Haldun University</i>
2.	IPCON 46	Examining The Role of Parents' Spiritual Strength on Children Subjective Well-being: A study among Long Distance Families in Yogyakarta, Indonesia Emi Zulaifah ¹ <i>¹Chair - Center for Islamic Psychology Studies, Department of Psychology, Universitas Islam Indonesia, Yogyakarta, Indonesia</i>
3.	IPCON 49	Religiously Integrated Forgiveness Therapy: A Psychoeducational Group Therapy for Depression among Women with Divorce Tamkeen Saleem ¹ & Maria Bashir ² <i>¹Associate Professor/HOD, Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan ²Lecturer, Department of Psychology, University of Poonch, Rawalakot Azad Jammu & Kashmir</i>
4.	IPCON 67	Emotional & Spiritual Care: Stepping Stones for Decolonized Muslim Mental Health Care Farha Andrabi Navaid ¹ <i>¹Stanford University Medical Center</i>
5.	IPCON 68	Unveiling the Paradigm Shift: Exploring New Frontiers in Understanding Human Psychology Neelam Ehsan ¹ , Tahir Khalily ² & Tamkeen Saleem ³ <i>^{1,2,3}Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad</i>



Scientific Session I-B

Theme: Islamic Approaches to Healing, Morality, and Social Dynamics

Time: 12pm – 1pm

Venue: Conference Room

Session Chair: Prof. Dr. Ziasma Hanif Khan, *Department of Psychology, University of Karachi*

Session Co-Chair: Dr. Aneela Maqsood, Associate Professor, *Department of Psychology, Fatima Jinnah Women University*

Moderator: Ms. Museera Aymen

Facilitator: Ms. Mahnoor Tabassum

1.	IPCON 04	Stages of Life and Unconscious Mind: A Fundamental Understanding of Islamic Worldview Dr. Saleha Sami ¹ <i>¹Consultant Clinical Psychologist, Sindh Institute of Urology and Transplantation (SIUT), Karachi, Pakistan</i>
2.	IPCON 08	Addiction and Sharia: "New Perspectives in the Psychosocial Care of Muslim Individuals Affected by Addiction: The care project, Al Mudmin Abdulqadeer Butt ¹ & Lukas Müller ² <i>¹Chair, Saphir e.V. Germany, ^{1,2}Al Mudmin, Germany</i>
3.	IPCON 11	Beyond Coping: Spiritual Resilience in PTSD Treatment Through Islamic Practices: Perspectives of Psychotherapists Amna Tayyab ¹ <i>¹Centre for Personal and Professional Development (CPPD), Karachi, Pakistan</i>
4.	IPCON 12	Exploration of Gender Roles and Dispositions in Islamic Perspective: A Discourse Analysis Hafsa Kanwal ¹ , Fareeha Saleem ² & Sidra Shoaib ³ <i>^{1,2}MS Scholar, Bahria University, Karachi, & ³Senior Lecturer, Bahria University, Karachi</i>
5.	IPCON 33	Islamic Psychology, from Hypothetical to Empirical: The Case of The International Students of Islamic Psychology (ISIP) Esra Ahmed Abdulhalim Mustafa ¹ <i>¹Universitas Islam International Indonesia</i>
6.	IPCON 35	The Islamic Motivation and Coaching Model (IMCM): A Conceptual Framework Wajeeha Nisar Ahmed Khan ¹ <i>¹Adjunct Faculty, Center for Leadership and Decision-Making (LeaD), PU & Senior Lecturer, International Open University, Gambia</i>
7.	IPCON 64	Promoting Mental Health in Singapore: The Role of Club HEAL in Addressing Gaps Among Malay-Speaking Muslims Dr. Bibi Jan Mohamed Ayyub ¹ <i>¹Club HEAL, Singapore</i>



Scientific Session I-C

Theme: Unmasking Human Complexities and Contemporary Challenges in Psychology

Time: 12pm – 1pm

Venue: CF-10

Session Chair: Prof. Dr. Jamil A. Malik, *National Institute of Psychology, Quaid-e-Azam University, Islamabad.*

Session Co-Chair: Prof. Dr. Sobia Masood, *Department of Psychology, Rawalpindi Women University, Rawalpindi.*

Moderator: Ms. Anum Gull

Facilitator: Ms. Zarsha Khan

1.	IPCON 05	The Attitude of People Towards Piri-Muridi Relationship: The Moderating Effect of Demographic Factors Asim Siddique Bhatti ¹ , Prof. Dr. Anila Kamal ² , & Prof. Dr. Farrah Iqbal ³ ¹ PhD Scholar ³ Professor & Chairperson, Department of Psychology, Karachi University, Karachi ² Vice Chancellor, Rawalpindi Women University, Rawalpindi
2.	IPCON 26	Examining the Relationship between Gaslighting and Psychological Distress among Married people: Mediating Role of Marital Satisfaction Maryam Naveen Shakir ¹ & Dr. Nasreen Rafique ² ^{1,2} Shifa Tameer-e-Millat University, Islamabad, Pakistan
3.	IPCON 32	Impact of Social Comparison on Schadenfreude Among Young Adults: Mediation by Malicious Envy Maaz Sultan ¹ & Prof. Dr. Jamil A Malik ² ^{1,2} National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan
4.	IPCON 54	The Impact of Spirituality on Resilience and Emotional Challenges Across Life Stages: Adolescents vs. Young Adults Emaan Abid ¹ , Eman Farooq Awan ² & Aneela Mushtaq ³ ^{1,2,3} Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan
5.	IPCON 59	The Interplay Between Forgiveness, Relationship Quality, and Psychological Well being Mishal Fatima ¹ , Hira Anwar ² , Syeda Wedad ³ & Ayesha Khurram ⁴ ^{1,2,3,4} Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan



Scientific Session I-D

Theme: Islamic Worldview, Personality, and Moral Development

Time: 12pm – 1pm

Venue: CF-02

Session Chair: Dr. Nazia Iqbal, *Assistant Professor/Chairperson, Department of Psychology, International Islamic University, Islamabad*

Session Co-Chair: Dr. Humaira Jami, *Assistant Professor, National Institute of Psychology, Quaid-i-Azam University, Islamabad*

Moderator: Ms. Mishaal Babar

Facilitator: Ms. Syeda Azqa Hassan Gillani

1.	IPCON 15	Exploring the Effectiveness of the Psychospiritual Intervention Model in Enhancing Resilience, Spiritual Intelligence, and Bonding to God among University Students Faheem uddin ¹ & Prof. Dr. Muhammad Jahanzeb Khan ² ^{1,2} <i>University of Peshawar</i>
2.	IPCON 45	Spiritual Wisdom Tazkiya and Insight Cultivation of Wisdom Dr. Javed Iqbal ¹ ¹ <i>Islamic Research and Resource Center</i>
3.	IPCON 53	The impact of Tawakkul on Guilt and Suicidal ideation among young adults Shanzay Khan, ¹ Talia Tahir ² , Minahil Raza ³ , & Aneela Mushtaq ⁴ ^{1,2,3,4} <i>Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
4.	IPCON 55	Understanding the Gaps, Current Status and Path Forward for Suicide Prevention in Islamic World Syeda Ayat-e-Zainab Ali ¹ & Dr. Tamkeen Saleem ^{1,2} <i>Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
5.	IPCON 61	Relationship of Personality Traits and Religiosity with Paranormal Beliefs in Pakistan Dr. Nasreen Rafiq Kausar ¹ & Irum Shezadi ² ¹ <i>Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i> ² <i>Alumni, Islamabad College for Girls, F-7/2, Islamabad</i>



Scientific Session I-E

Theme: Nexus Between Religiosity and Psychological Well-Being in
Modern Era

Time: 12pm – 1pm

Venue: CF-09

Session Chair: Dr. Malik Mureed Hussain, *Associate Professor, Department of Psychology, Bahauddin Zakariya University, Multan*

Session Co-Chair: Dr. Saima Kulsoom, *Assistant Professor, Principal & Head of Department, Department of Professional Psychology, Bahria University*

Moderator: Ms. Noor-al-Ain

Facilitator: Ms. Hadia Nawaz

1.	IPCON 10	Spiritual Intelligence and Religiosity: Predictors of Life Satisfaction among University and Madrassa Students Armaghan Saboor ¹ , Maria Bashir ² , Dr. Sayed Jawad Zareen ³ , & Bibi Hajra ⁴ ^{1,2,3} <i>University of Poonch, Rawalakot, AJK</i> ⁴ <i>University of Wah, Wah Cantt</i>
2.	IPCON 37	Association Between Religious Coping and Death Anxiety Among Thalassemia Patients: Post Traumatic Growth as moderator Aimen Noor ¹ , Inshal Khizer ² , & Ayesha Umar ³ , ^{1,2,3} <i>Bahria School of Professional Psychology, Islamabad, Pakistan</i>
3.	IPCON 50	Faith in Mind: Role of Religiosity on Self-Compassion and Mental Health of Adults Areej Naseer Rao ¹ & Dr. Syeda Ayat-e-Zainab Ali ² ^{1,2} <i>Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
4.	IPCON 51	Religiosity, Subjective Happiness and Life Satisfaction among University Teachers Areeba Pervez ¹ & Dr. Syeda Ayat-e-Zainab Ali ² ^{1,2} <i>Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
5.	IPCON 63	Religiosity as A Moderator in The Relationship Between Procrastination, Fear of Failure, and Life Satisfaction Among Muslim Hostelites Dr. Kehkashan Arouj ¹ & Haleema Faheem ² ^{1,2} <i>Department of Psychology, International Islamic University, Islamabad, Pakistan</i>



Scientific Session II-A

Theme: Mindful Spirit: Integrating Spiritual Interventions in Mental Health Care

Time: 2pm – 3pm

Venue: Conference Room

Session Chair: Prof. Dr. Muhammad Rizwan, *Head of the Department, Department of Psychology, National University of Medical Sciences, Rawalpindi (NUMS)*

Session Co-Chair: Dr. Anum Khan, *Assistant Professor, Department of Psychology, Rawalpindi Women University, Rawalpindi*

Moderator: Ms. Haiqa Zahid Abbasi

Facilitator: Ms. Huria Afzal

1.	IPCON 02	Perceived Parenting Styles and Moral Development among Teenagers Rameeza Islam ¹ & Amna Nawaz ² <i>^{1,2}Government College University Lahore, Pakistan</i>
2.	IPCON 14	Exploring Islamic Mindfulness: The Role of Islamic Cognitive Restructuring on Stress Reduction and Spiritual Well-Being Rida Batool ¹ , Dr. Wardah Ishfaq ² , & Dr. Beena Mamoon ³ <i>^{1,2}Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i> <i>³Kulsum International Hospital</i>
3.	IPCON 27	Parent-Child Intervention (PCI) Based on Ghazali Parenting Skills: A Holistic Approach to Addressing Disruptive Behavior Disorders in Children Dr. Sameena Iqbal ¹ & Dr. Mamoon Ismail Loona ² <i>¹Assistant Professor, Bahria University, H.11 Campus, Islamabad, Pakistan</i> <i>²Assistant Professor, Department of Psychology, International Islamic University, Islamabad, Pakistan</i>
4.	IPCON 40	Healing Minds and Souls: The Impact of Traditional Islamically Integrated Psychotherapy on Cyberbullied Adolescents Sameera Jabeen ¹ & Dr. Neelam Ehsan ² <i>¹Department of Psychology, International Islamic University, Islamabad, Pakistan</i> <i>²Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
5.	IPCON 57	Harnessing the Power of Religious Affirmations: A Boosting Strategy for Mental Health in University Students Amal Tariq ¹ , Akifa Muhammad ² , Zahra Batool ³ & Dr. Syeda Ayat-e-Zainab Ali ⁴ <i>^{1,2,3,4}Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
6.	IPCON 60	Impact of Listening to Quranic Recitation of Surah Rehman on Mood Shifts and Burnout Among School Teachers Shanza Akbar ¹ , Maria Tanvir ² , Iman Khalil ³ & Syeda Ayat e Zainab Ali ⁴ <i>^{1,2,3}Riphah International University, Islamabad, Pakistan</i> <i>⁴Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>



Scientific Session II-B

Theme: Environmental Psychology and Behavior

Time: 2pm – 3pm

Venue: CF-10

Session Chair: Prof. Dr. Muhammad Saleem, *Chairman, Department of Applied Psychology, Islamia University Bahawalpur*

Session Co-Chair: Dr. Sabir Zaman, *Assistant Professor, Department of Psychology, International Islamic University, Islamabad*

Moderator: Ms. Maria Rafique

Facilitator: Ms. Momina Zafar

1.	IPCON 25	Hope, Emotions, and Adaptation in the Context of Climate Change: A Systematic Review Uzma Ilyas ¹ , Javeria Asim ² , & Dr. Sana Ilyas ³ ¹ <i>Senior Lecturer, Forman Christian College University</i> ² <i>Lecturer, Bahria University Islamabad Campus</i> ³ <i>Post-Doctoral Researcher, Tashkent Institute of Irrigation and Agricultural Mechanization Engineers-National Research University Uzbekistan</i>
2.	IPCON 39	Factors Influencing Pro-Environmental Behaviors Among Youth: A Systematic Review Muhammad Arham Khan ¹ , Samiya Ashraf ² , & Iman Amir ³ ^{1,2,3} <i>Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
3.	IPCON 41	Ecological Footprint Awareness and Pro-Environmental Behaviour: The Moderating Role of Religiosity in Shaping Sustainable Consumption Patterns Sabiha Mir ¹ , Dua Ahmed ² , Museera Aymen ³ , & Rania Imran ⁴ ^{1,2,3,4} <i>Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
4.	IPCON 42	Environmental Self Identity and Green Consumerism: Mediating role of Personal Norms Tayyabah Yaseen ¹ , Dr. Aisha Zubair ² , Samiya Ashraf ³ , Syeda Dua Tanveer ⁴ & Kainat Latif ⁵ ^{1,2,4,5} <i>National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan</i> ³ <i>Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>



Scientific Session II-C

Theme: Spirituality, Stress and Resilience

Time: 2pm – 3pm

Venue: CF-02

Session Chair: Dr. Rabia Mushtaq, *Assistant Professor, Department of Psychology, International Islamic Psychology, Islamabad*

Session Co-Chair: Dr. Basharat Hussain, *International Mental Health Officer, World Health Organization, Afghanistan*

Moderator: Ms. Sundus Khattak

Facilitator: Ms. Maham Tanveer

1.	IPCON 01	Spirituality and Empathy Among Mental Health Practitioners: Role of Mindfulness Nosheen Nasir ¹ & Dr. Shazia Yusuf ² ¹ <i>Alumni, Department of Professional Psychology, Bahria University E-8 Campus, Islamabad</i> ² <i>Head of Department, Department of Professional Psychology, Bahria University H-11 Campus, Islamabad</i>
2.	IPCON 06	Conceptualization of the Spiritual Distress as a construct within Muslim Population Dr. Wardah Ishfaq ¹ & Dr. Rabia Mushtaq ² ¹ <i>Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i> ² <i>Department of Psychology, International Islamic University Islamabad.</i>
3.	IPCON 43	Islamic Strategies for Management of Compassion Fatigue for Job Performance among Clinical Psychology Interns: A Mixed Methods Study Sehrish Altaf ¹ , Dr. Tamkeen Saleem ² & Dr. Syeda Ayat-e-Zainab Ali ³ ^{1,2,3} <i>Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
4.	IPCON 47	The Relationship between Mental Wellbeing and Post-Traumatic Stress Disorder (PTSD) Among Trauma Survivors: Spiritual Jihad as a Moderator Rameen Rehman ¹ , Sania Arshad ² , Eman Sarwar ³ , Aneela Mushtaq ⁴ , & Amina Parveen ⁵ ^{1,2,3,4,5} <i>Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
5.	IPCON 65	Predictive Relationship Between Life Satisfaction and Negative Emotional States Among Mothers of Children with Thalassemia Major Aneela Mushtaq ¹ , Shafaq Ahmed ² & Museera Aymen ³ ^{1,3} <i>Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i> ² <i>Institute of Clinical Psychology, University of Karachi</i>



Scientific Session II-D

Theme: Islamic Frameworks for Mental Health

Time: 2pm – 3pm

Venue: CF-09

Session Chair: Dr. Sadaf Ahsan, Associate Professor/*Head of the Department,*
Department of Psychology, Foundation University

Session Co-Chair: Dr. Ansa Qurat-ul-Ain, *Chair, Department of Psychology, Air*
University, Islamabad

Moderator: Dr. Syeda Ayat-e-Zainab Ali

Facilitator: Ms. Farayha Ahsan Jan

1.	IPCON 30	Coping through Religion: Mediating role of Religious coping between Terrorism Catastrophizing and Psychological Distress Rahma Sohail ¹ <i>¹Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
2.	IPCON 31	A Qualitative Exploration of Spirituality in Relapse Prevention among Recovering Drug Addicts Muhammad Younas ¹ , Prof. Dr. Saima Ehsan ² & Maaz Sultan ³ <i>^{1,2}Department of Psychology, Foundation University Rawalpindi</i> <i>³NIP, Quaid-i-Azam University, Islamabad, Pakistan</i>
3.	IPCON 34	A case study of Major Depressive Disorder: Efficacy of Traditional Islamically Integrated Psychotherapy (TIIP) as a treatment modality Fiza Rehman ¹ & Dr. Neelam Ehsan ² <i>^{1,2}Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
4.	IPCON 52	A Desk Review of Moral Development Frameworks: A Comparative Analysis of Western Theory and Islamic Teachings from the Qur'an and Sunnah Arooj Ashraf ¹ , Dr. Tamkeen Saleem ² & Sidra Ashraf ³ <i>^{1,2}Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i> <i>³Al Huda International Islamabad</i>
5.	IPCON 66	The Effect of Islamically Integrated Art Therapy on Depression, Anxiety and Stress Levels of Musculoskeletal Pain Patients Fatima Waheed ¹ , Dr. Neelam Ehsan ² , & Tamkeen Saleem ³ <i>^{1,2,3}Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>



Poster Presentations

Time: 11:45am – 12pm

Venue: Main Lobby

Evaluators:

Dr. Ulfat Nisa, *Head of the Department, Department of Applied Psychology, National University of Modern Languages*

Dr. Naila Batool, *Head of the Department, Department of Psychology, Kohsar University, Murree*

Moderator: Dr. Fatima Khurram

Facilitators: Ms. Irum Javed

1.	IPCON 18	Impact of Islamic Rituals on Psychological Well-Being among University Students Moderating Role of Self-Control Salwa Jahan ¹ & Kehkashan Arouj ² <i>^{1,2}International Islamic University, Islamabad, Pakistan</i>
2.	IPCON 20	Journey of the Soul: Exploring Female Subjective Experiences Post-Umrah Pilgrimage Mishal Fatima ¹ <i>¹Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan</i>
3.	IPCON 36	Post Traumatic Growth: A Comparative Analysis of Islamic and Positive Psychology Perspectives Rahma Sohail ¹ & Wardah Ishfaq ² <i>^{1,2}Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad, Pakistan</i>
4.	IPCON 44	Impact of Infertility Stigma on Psychological Distress and Coping Strategies Among Married Women Maria Rafique ¹ <i>¹Szabist University Islamabad</i>
5.	IPCON 56	The Considerable Contribution of Childhood Physical Abuse on Psychological Well-Being of Adolescents with Substance Use Disorder Hafiza Nimra Ali ¹ , Dr. Shafaq Ahmed ² , Aneela Mushtaq ³ & Amina Perveen ⁴ <i>^{1,2,3,4}Institute of Clinical Psychology, University of Karachi. ^{1,2,3,4}Department of Clinical Psychology, Shifa Tameer-e-Millat University, Islamabad</i>