



University of Central Punjab

(Incorporated by Ordinance No. XXIV of 2002 promulgated by Government of the Punjab)

Faculty of Humanities & Social Sciences (FHSS)

▪ Journal Publications 2025

Sr. No.	Faculty Member's Name	Designation	Title of Publication	Name of Journal	HEC Category of Journal	Journal's Impact Factor
1	Dr. Faiqa Yaseen	Associate Professor	The role of psychological assessment and family support in enhancing emotional well-being and academic performance of children with learning disabilities	Acta Psychologica	W	2.7
2	Dr. Faiqa Yaseen	Associate Professor	Serial mediating role of hardiness and positive reinterpretation in optimism and work place stress among young doctors	WORK: A Journal of Prevention, Assessment & Rehabilitation	W	1.5
3	Dr. Faiqa Yaseen	Associate Professor	Breaking HIV stigma: the role of communication and treatment adherence in the mental health of injected drug users in Pakistan	AIDS Reviews	W	1.9
4	Dr. Faiqa Yaseen	Associate Professor	PUBG Game addiction, emotional regulation and aggression among young adults	Journal of Asian Development Studies	Y	Non-Impact Factor
5	Dr. Faiqa Yaseen	Associate Professor	Pubg game addiction, cognitive reappraisal and aggressive behaviour in students	Journal of Clinical Medicine and Practice	Y	Non-Impact Factor
6	Dr. Faiqa Yaseen	Associate Professor	Father-Daughter relationship, self-confidence, and decision making; a serial mediation model	The Family Journal	X	1.2



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7	Dr. Faiqa Yaseen	Associate Professor	Gaming Addiction, Negative Emotions, and Aggression in Young Adults	Pakistan Journal of Applied Psychology (PJAP)	Y	Non-Impact Factor
8	Dr Arslan Tariq Rana	Associate Professor	Rational leadership and the strategic pursuit of national and international goals	Chinese Political Science Review	X	3.1
9	Dr Arslan Tariq Rana	Associate Professor	Social clauses in free trade agreements: an efficient tool to improve labour standards?	The World Economy	W	2.4
10	Dr. Muhammad Irfan Ali	Assistant Professor	Educational sessions on biopsychosocial pain assessment and management for effective DrEaMing after surgery	BJA Open	X	Non-Impact Factor
11	Dr. Muhammad Irfan Ali	Assistant Professor	The role of generative ai in undermining electoral integrity a study on AI driven election interference	Global Political Review (GPR)	Y	Non-Impact Factor
12	Dr. Muhammad Irfan Ali	Assistant Professor	Nuclearization of Indian ocean and its impact on Pakistans maritime security	Global Foreign Policies Review (GFPR)	Y	Non-Impact Factor
13	Saba Fayyaz	Lecturer	Work motivation and organizational commitment in retail market: Moderating role of personality traits	Journal of Development and Social Sciences	Y	Non-Impact Factor
14	Dr Waheed Khan	Associate Professor	China's Policy towards afghanistan in the aftermath of the U.S. withdrawal	Advance Social Science Archive Journal	Y	Non-Impact Factor
15	Dr Waheed Khan	Associate Professor	Strengthening regional interdependence: The evolution of Pakistan-Central Asia relations	Regional Studies	Y	Non-Impact Factor
16	Dr Waheed Khan	Associate Professor	Challenges in implementing international norms and laws on women's rights in Pakistan	ASIAN Journal of International Peace & Security (AJIPS)	Y	Non-Impact Factor
17	Mian Muhammad Ahmad Iqbal	Assistant Professor	Mediating role of civic engagement, political cynicism, and political apathy among youth	Child & Youth Services	X	0.9



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18	Dr Humera Akhtar	Assistant Professor	Russia-Ukraine War: A shift from eurocentrism to multipolarity	Journal of Politics and International Studies	Y	Non-Impact Factor
19	Dr Humera Akhtar	Assistant Professor	Impact of climate change on the SAARC region: National security implications for Pakistan	Journal of Climate and Community Development	Y	Non-Impact Factor
20	Dr Humera Akhtar	Assistant Professor	The China factor in Pakistan's Middle East diplomacy: A Shift from religious solidarity to strategic realism	Advance Social Science Archive Journal	Y	Non-Impact Factor
21	Dr Humera Akhtar	Assistant Professor	The Global Rivalry in Syria and the security dilemma in the middle east	Pakistan Social Sciences Review	Y	Non-Impact Factor
22	Dr Humera Akhtar	Assistant Professor	Pakistan- US Relations since 2017: Strategic shifts in the transforming world	Policy Journal of Social Science Review (PJSSR)	Y	Non-Impact Factor
23	Dr Humera Akhtar	Assistant Professor	NAVIGATING Corridors: SINO-US rivalry in the perspective of CPEC and IMEC	Journal of Policy Research	Other than	Non-Impact Factor
24	Dr Humera Akhtar	Assistant Professor	Divine Resistance: Hezbollah's Theocratic Duality of Politics and Military Power	Journal of Political Studies	Other than	Non-Impact Factor
25	Dr Sawaira Rashid	Assistant Professor	Beyond Bureaucracy: Public administration reforms and the quest for inclusive societies in the developing world	Qualitative Research Journal for Social Studies	Y	Non-Impact Factor
26	Dr Bushra Naz	Associate Professor	The Impact of the forgiveness-based intervention on mental health among elderly living in shelter home: A Pre-post study	Pakistan Languages and Humanities Review	Y	Non-Impact Factor
27	Dr Muhammad Naveed Ul Hasan Shah	Assistant Professor	Digital silk roads: The Geopolitics of Tech infrastructure in emerging Asia	Advance Social Science Archive Journal	Y	Non-Impact Factor



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28	Dr Muhammad Naveed Ul Hasan Shah	Assistant Professor	Diasporic diplomacy: Asian migrant communities as non-state actors in global politics	Journal of Religion and Society	Y	Non-Impact Factor
29	Dr Muhammad Naveed Ul Hasan Shah	Assistant Professor	Lack of a unified global south voice in climate discourse an ecofeminist Perspective	Advance Social Science Archive Journal	Y	Non-Impact Factor
30	Dr Muhammad Naveed Ul Hasan Shah	Assistant Professor	Middle Powers in Flux: Rethinking ASEAN's role in a multipolar Asia	Advance Social Science Archive Journal	Y	Non-Impact Factor
31	Dr Muhammad Naveed Ul Hasan Shah	Assistant Professor	China-India Strategic Competition and the Fragmentation of Asian Regionalism	Advance Social Science Archive Journal	Y	Non-Impact Factor
32	Dr Muhammad Naveed Ul Hasan Shah	Assistant Professor	The attack on Qatar by Israel: What it means to regional stability and the future of the middle east peace	Journal of Media Horizons	Y	Non-Impact Factor
33	Dr Muhammad Naveed Ul Hasan Shah	Assistant Professor	Pakistan's strategic calculus: Navigating the Iran-Saudi rivalry	Journal of Religion and Society	Y	Non-Impact Factor
34	Dr Muhammad Naveed Ul Hasan Shah	Assistant Professor	Border fencing and diplomacy: Pakistan's strategies toward Afghanistan and Iran	Advance Social Science Archive Journal	Y	Non-Impact Factor
35	Dr Muhammad Naveed Ul Hasan Shah	Assistant Professor	The China factor in Pakistan's middle east diplomacy: A shift from religious solidarity to strategic realism	Advance Social Science Archive Journal	Y	Non-Impact Factor
36	Dr Muhammad Naveed Ul Hasan Shah	Assistant Professor	The Quad and East Asian security: evaluating its role in countering China's influence	Journal of Religion and Society	Y	Non-Impact Factor



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37	Dr Muhammad Naveed Ul Hasan Shah	Assistant Professor	Climate change and water resource management in the Indus basin: A focus on the Tarbela dam	Sociology & Cultural Research Review	Y	Non-Impact Factor
38	Dr Shazia Hasan	HOD	Effect of yoga in premature ejaculation: A systemic review and meta-analysis	International Journal of Yoga	X	1.1
39	Dr Shazia Hasan	HOD	Development and validation of interpersonal patterns scale for married couples	Social Science Review Archives	Y	Non-Impact Factor
40	Dr Alia Asmat	Associate Professor	Mental health expert's perspective on risk and protective factors of suicide ideation in Patients with OCD and depression	BMC Psychiatry	W	3.6
41	Dr Alia Asmat	Associate Professor	Unseen heroes: Exploring the impact of schizophrenia caregiving on families	Journal of Evaluation in Clinical Practice (JECPP)	W	2.1
42	Dr Alia Asmat	Associate Professor	Urdu Translation and validation of burden scale for family caregivers short version for caregivers of individuals with drug addiction in Pakistan	Journal of Nursing and Allied Health	Y	Non-Impact Factor
43	Dr Alia Asmat	Associate Professor	Translation and validation of internalized stigma of substance abuse scale Urdu version	SOCIAL PRISM	Y	Non-Impact Factor
44	Dr Alia Asmat	Associate Professor	Metacognitive beliefs and unhelpful metacognitive coping strategies of caregivers with patients of schizophrenia: A systematic review	Social Science Review Archives	Y	Non-Impact Factor
45	Dr Alia Asmat	Associate Professor	Personality traits and academic achievements of university students	Annual Methodological Archive Research Review	Y	Non-Impact Factor
46	Dr Alia Asmat	Associate Professor	Translation and validation of the Urdu version of the family questionnaire for assessing expressed emotion	Annals of King Edward Medical University	X	0.4



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47	Amber Baseer	Lecturer	Understanding the role of knowledge-oriented leadership and knowledge sharing in improving performance of University Teachers	Social Science Review Archives	Y	Non-Impact Factor
48	Amber Baseer	Lecturer	Understanding impediments in achieving gender equality in higher education in Pakistan: Perspectives of educationists and policy makers	The Critical Review of Social Sciences Studies	Y	Non-Impact Factor
49	Hamid Bilal	Principal Lecturer	Analyzing the role of enterprise social media and employee performance in presence of workplace isolation: A social exchange perspective	Journal of the Knowledge Economy	Other than	Non-Impact Factor
50	Hamid Bilal	Principal Lecturer	Behavioral and managerial antecedents of investment performance: Mediating role of strategic decision-making quality	Contemporary Issues in Social Sciences and Management Practices	Y	Non-Impact Factor
51	Ayesha Nasim	Senior Lecturer	Beyond constraining alliances: Re-thinking Pakistan-Russia ties in a multipolar world	Qualitative Research Journal for Social Studies	Y	Non-Impact Factor
52	Maryam Hussain	Senior Lecturer	Collective efficacy as a moderator between emotional dysregulation and mental health problems among rescue workers	Forman Journal of Social Sciences (FJSS)	Y	Non-Impact Factor
53	Maryam Hussain	Senior Lecturer	Premenstrual symptoms and sleep quality among Pakistani women: The mediating role of interpersonal relationships and moderating role of emotional regulation	Applied Psychology Review	Y	Non-Impact Factor
54	Maryam Hussain	Senior Lecturer	Workaholic behaviors, obsessive beliefs and the mediating role of work family conflict	NUST Journal of Social Sciences and Humanities	Y	Non-Impact Factor



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55	Ayesha Kashif	Assistant Professor	The role of family dynamics, health literacy, and community support in shaping mental Well-being: The mediating effect of social stigma in urban Pakistan	Journal of Humanities, Health and Social Sciences	Other than	Non-Impact Factor
56	Ayesha Kashif	Assistant Professor	The role of workplace stress, sleep patterns, and Dietary choices in predicting Cardiovascular health: The mediating effect of physical activity in Pakistan	Journal of Humanities, Health and Social Sciences	Other than	Non-Impact Factor
57	Abdul Rehman	Senior Lecturer	The role of generative ai in undermining electoral integrity: A study on ai driven election interference	Global Political Review	Y	Non-Impact Factor
58	Abdul Rehman	Senior Lecturer	Nuclearization of Indian Ocean and its impact on Pakistan's maritime security	Global Foreign Policies Review	Y	Non-Impact Factor
59	Syeda Ayesha Noor	Principal Lecturer	Family functioning and intimate partner violence: A mediating role of emotional intelligence	Insights-Journal of Health and Rehabilitation	Other than	Non-Impact Factor