



Sadia Zaman

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WORK EXPERIENCE

[2 Jan 2025 – Current]

Postdoc Researcher

Institute of Social Communication Research, Slovak Academy of Sciences

City: Bratislava | **Country**: Slovakia

Key responsibilities include conducting independent and collaborative research, developing and managing projects, and securing research funding through grant writing. Key tasks involve data collection and advanced analysis, producing peer-reviewed publications, preparing research reports, and mentoring junior researchers. The role also includes organizing and participating in seminars, interdisciplinary collaborations, and community outreach to disseminate research findings. Engaging in professional development, networking, and translating research into actionable policy recommendations are integral, alongside contributing to the institute's mission of advancing social communication studies.

[1 Feb 2023 – 15 Jun 2024]

Course Instructor

SWPS University

City: Wroclaw | **Country**: Poland

Psychology of Emotion and Motivation

Psychology of Individual Differences

Performed the task covering course design and planning, instruction, assessment, student support, curriculum development, administration, professional development and provided an inclusive teaching environment.

[1 Oct 2020 – 30 Sep 2023]

University research assistant

SWPS University

City: Wroclaw | **Country**: Poland

Project Beethoven Classic - examining commitment to multiple identities and identity goals co-existing such as being a parent and professional at the same time, maintaining national and religious identities, becoming a pro-environment and pro-health person, or being bicultural.

I managed to collect data from varied samples through the platforms of Prolific, Ariadna, beSample, Toloka, and Mturk.

Equipped me with different research designs and statistical software to analyze data in quantitative (SPSS, JASP, JAMOVI, AMOS) and qualitative (LIWC) formats.

[1 Jan 2020 – 30 Sep 2020]

Research Associate

Allama Iqbal Open University

City: Islamabad | **Country**: Pakistan

Department Gender and Women Studies.

The main tasks involved course and curriculum development for the BS Gender Studies Program.

[1 Jul 2018 – 30 Jan 2019]

Lecturer

Capital University of Science and Technology

City: Islamabad | **Country**: Pakistan

Designing an Experimental Psychology Lab on campus by e-surveying all universities of Islamabad having psychology labs and finalizing equipment its utilization merchandise, and procurement from vendors for a lab in the university. Courses Taught were Introduction to Psychology, History, and Schools of Psychology, and Laboratory Psychology

[1 Jul 2015 – 1 Jul 2016]

Project Officer

IDRAK Development Society (NGO)

City: Islamabad | **Country:** Pakistan

The segment of the Project: Sexual and Reproductive Health Rights Mapping in Pakistan. In alliance with UNWOMEN Pakistan, the Embassy of the Kingdom of Netherlands, JICA's Japan Alumni Association of Pakistan, the Social Welfare Department & Women Welfare Center, and Capital Administration & Development Division's CA&DD ministry. Establishment Division Cabinet Secretariat. Situational analysis on reproductive health-specific policy framework works and national and international commitments, implementation status, and M&E mechanisms in Pakistan.

EDUCATION AND TRAINING

[1 Oct 2020 – Current]

PhD in Psychology

SWPS University

City: Wroclaw | **Country:** Poland | | **Level in EQF:** EQF level 8

[1 Feb 2016 – 1 Jan 2018]

Masters of Philosophy in Psychology

National Institute of Psychology, Quaid-i-Azam University

City: Islamabad | **Country:** Pakistan | **Field(s) of study:** Psychology | **Final grade:** 4.2/5 CGPA | **Level in EQF:** EQF level 8 | **Thesis:** Effect of Gender Role Attitudes, Perceived Discrimination, and Personal Growth Initiative on Women's Empowerment

[1 Feb 2013 – 1 Feb 2015]

Masters of Science in Psychology

National Institute of Psychology, Quaid-i-Azam University

City: Islamabad | **Country:** Pakistan | **Field(s) of study:** Psychology | **Final grade:** 4.2 / 5 | **Level in EQF:** EQF level 8 | **Thesis:** Role of Personal Growth Initiative as a Moderator between Stress and Mental Health among Adolescents

[24 Jun 2023 – 4 Jul 2023]

Research and Publication Training

ARTS workshop - ESCP Business School, London Campus United Kingdom

City: London | **Country:** United Kingdom |

[1 Aug 2022 – 10 Aug 2022]

Multilevel Modelling in R and MIWin

26th Summer School in Social Science Methods- Università Della Svizzera Italiana

City: Lugano | **Country:** Switzerland |

[1 Apr 2022 – 6 Apr 2022]

Structural Equation Modelling

Psychometric Center University of Cambridge

City: Online | **Country:** United Kingdom |

LANGUAGE SKILLS

Mother tongue(s): Urdu

Other language(s):

Panjabi; Punjabi

LISTENING C1 READING C1 WRITING B2

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

English

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

My Digital Skills**Software**

IBM Statistical package for Sciences (SPSS) | Good use of SPSS, JASP and JAMOVI | LIWC | Survey Programs | Survey Software - Qualtrics, Tripetto, Survey Monkey, Google Forms | knowledge of presentation platforms (PowerPoint, Prezi, Canva) | Online behavioral experiments (Pavlovia, Gorilla, Prolific) | Microsoft Office package: Microsoft Word, Excel, PowerPoint, Access | Confirmatory Factor Analysis (CFA) | Video Conferencing (Zoom, Teams, Skype, Webex) - Advanced | Digital Competency Certificate- Advanced | Mediation Moderation HAYSS Macro

CONFERENCES AND SEMINARS**International Congress of Psychology ICP – 2024** Czech Republic

Outfits serve as symbols for overlapping feminine and STEM identity goals

European Association of Study of Religion EASR Conference – 2022 Ireland

*Religion and Nationality in the Lens: The Impact of Multifinality on the Identity Goal Overlap*description...

PSPS Congress – 2021 Online - Poland

Perception of Inter-Goals Facilitation and Conflict in the Context of Health and Environmental Identity Goals

International Conference on Environmental Psychology – 2021 Italy

Saliency of Multifinal Means Increases Identity Goal Overlap: Individuals Pursuing both Environment and Health Identity Goals

International Conference on Gender Research – 2021 Portugal

Gender Discrimination and Personal Growth Initiative in Pakistan: A Moderated Mediation Model

International Conference on Positive Psychology – 2018 Pakistan

Validation and Adaption of Personal Growth Initiative Scale-II on Indigenous Population.

International Conference on Gender, Religion, and Culture: Issues, Challenges, and Prospects – 2018

Pakistan

Qualitatively Exploring Perceived Gender Discrimination among Adult Pakistani Females

• International Conference on Social Sciences and Humanities in the New Millennium: Challenges and Prospects – 2017

Pakistan

Moderating Role of Personal Growth Initiative Between Stress and Mental Health among Pakistani Adolescents

International Conference on Gender - 2016 Pakistan

Personal Growth Initiative, Stress, and Mental Health: Demographic Profiling and Comparisons of Pakistani Boys and Girls

PROJECTS

[1 Oct 2022 – Current]

The role of emotional intelligence, resilience, and social support to mental health among high school teachers and students

Collaboration: Advanced Research Training Seminar (ARTS) and International Association of Applied Psychology (IAAP)

[1 Oct 2020 – 30 Sep 2023] **Identity goal systems: Aspired-to selves in interaction and context**

Collaboration: National Science Foundation Poland (SWPS University) and Deutsche Forschungsgemeinschaft Germany (University of Konstanz).

[1 Jun 2016 – 1 Aug 2017] **Sexual and Reproductive Health Rights Mapping in Pakistan**

Collaboration: IDRAK Development Society, Pakistan, and the Royal Norwegian Embassy