

Dr. Humaira Mujeeb

Professional Summary

Dedicated and passionate academic in mental health and social sciences, seeking to leverage extensive research experience and a strong background in psychology, sociology, and communication sciences to contribute to teaching excellence, innovative research, and the mental well-being of students and faculty members at higher education institutions. Committed to fostering inclusive environments and advancing knowledge through collaborative national and international initiatives and partnerships.

Education

- **Ph.D. in Mental Health**
Lancaster University, UK
 - **M.Phil. in Communication Sciences (Behavior Change Communication)**
Karakoram International University, Pakistan
 - **M.Sc. in Behavioral Sciences (Clinical and Counseling Psychology)**
Fatima Jinnah Women University, Rawalpindi, Pakistan
 - **B.A. in Psychology and Sociology**
University of the Punjab, Pakistan
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Professional Experience

1. **Assistant Professor**
Department of General Education, Modern College for Business and Sciences, Oman
[January 2025 till date]
 2. **Senior Lecturer**
Department of General Education, Modern College for Business and Sciences, Oman
[January 2017 till September 2018]
 3. **Lecturer**
Department of Behavioral Sciences, Karakoram International University, Pakistan
February 2011 to January 2017]
 4. **Teaching Assistant**
Department of Behavioral Sciences, Karakoram International University, Pakistan
February 2010 to January 2011]
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Research Interests

- **Perinatal Mental Health:** Investigating links between mental health issues during the perinatal period and socio-cultural, economic, and behavioral factors.
 - **Interdisciplinary Research:** Exploring intersections of psychology, sociology, anthropology, and communication sciences to address complex mental health issues.
 - **Behavior Change Communication:** Analyzing effective communication strategies for promoting mental health and well-being in diverse populations.
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Publications

1. Mujeeb, H (in press). Mama is a student: A Qualitative Exploration of Academic Challenges and Coping Strategies of Mothers with Young Children in Higher Education Institutions (HEIs) in Oman.
 2. Mujeeb, H. (in press). Women's experience of Postpartum Emotional Distress (PPED) during the COVID-19 pandemic in the UK.
 3. Mujeeb, H. (in press). Research approaches to explore postpartum emotional distress (PPED) during COVID-19 Pandemic in the UK: A Scoping Review.
 4. Mujeeb, H. (in press) Challenges and Opportunities of Being a Prosumer Researcher exploring women's experience of Postpartum Emotional Distress (PPED): Been There, Done That?
 5. Mujeeb, H. (2024). Countering Stigma towards Mental Illness through Facebook. 10th International Conference on Cyberpsychology & Mental Health: Challenges, Trends and Solution.
 6. Mujeeb, H., & Qadir, F. (2015). Gender of the Infant and Interpersonal Relationship Correlates of Postpartum Depression among Women in Gilgit, Gilgit-Baltistan, Pakistan. *Journal of Behavioral Sciences (Suppl)*.
 7. Khalida & Mujeeb, H. (2015). Association between Post-partum Depression and Types of Pregnancy among Women in Danyore, Gilgit, Baltistan, Pakistan. *Journal of Behavioral Sciences (Suppl)*.
 8. Iqbal, N., & Mujeeb, H. (2015). Suicidal Ideations in Young Females of Ghizer, Gilgit-Baltistan, Pakistan. *Journal of Behavioral Sciences (Suppl)*, p. 102.
 9. Mujeeb, H., & Qadir, F. (2013). Infant Related Factors and Postpartum Depression in Gilgit, Gilgit-Baltistan, Pakistan. Pakistan Psychological Association. Lahore: PPA, p. 20.
 10. Mujeeb, H., & Qadir, F. (2012). Association between Gender of the Infant and Postpartum Depression in Women in Gilgit, Gilgit-Baltistan, Pakistan. *Journal of Behavioral Sciences, Vol 22 Suppl ed., p. 21.*
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Skills & Expertise

- **Teaching:** Experienced in developing curricula and delivering lectures on topics such as psychology, sociology, communication, and organizational behavior.

- **Research:** Proficient in conducting qualitative and quantitative research, data analysis, writing academic papers and thesis supervision.
 - **Communication:** Skilled in interpersonal, intercultural, and organizational communication.
 - **Collaborations:** Able to engage in national and international research partnerships and initiatives.
 - **Mental Health Advocacy:** Passionate about improving mental health awareness and support, particularly in academic settings.
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