

**Imtiyaz Ahmad Dar**

Faculty

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**Profile Links:**

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- Google Scholar profile: <https://scholar.google.com/citations?user=oFmGSNgAAAAJ&hl=en>

**Qualifications****Academic:**

- **Ph.D.** in Psychology, *Jamia Millia Islamia, New Delhi* (2021)
  - Thesis: "Secondary Traumatic Stress and Vicarious Posttraumatic Growth Among Healthcare Professionals: Role of Empathy and Rumination"
  - Supervisor: Prof. Naved Iqbal
- **M.Phil.** in Psychology (2013)
- **M.A.** in Cl. Psychology (2010)
- **B.A.** (Psychology, Education, and Pol. Science) (2008)
- **B.ED. & M.ED.** (2011 & 2015)

**Experience****Teaching:**

- **Faculty, Postgraduate Program**  
*Department of Psychology, University of Kashmir, Srinagar*
  - March, 2024 - Present
  - February 16, 2023 – December 31, 2023
  - March 25, 2022 - January 31, 2023
- **Faculty, Undergraduate Program**  
*Department of Psychology, Govt. Degree College, Ganderbal*
  - July 29, 2021 - December 25, 2021
- **Empaneled Academic Counsellor (ID: FCYPD3310R/001), Postgraduate Program**  
*Indira Gandhi National Open University - Study Centre Jamia Millia Islamia*
  - August 2019 – Present (Online)
- **Visiting Faculty, Undergraduate Program**  
*Center for Physiotherapy and Rehabilitation Sciences, Jamia Millia Islamia, New Delhi*
  - July 2020 - June 2022: Continued delivering engaging and informative sessions, adapted to an online format due to COVID-19, covering a range of diverse psychological concepts.
  - July 2019 - June 2020: Conducted offline sessions on practical applications of psychological concepts for healthcare professionals, optimizing patient care and prioritizing mental well-being.

## Research Supervision:

- **University of Kashmir, Srinagar**
  - **2024:** Supervised master's research on the topic "Caregiver Burden and Suicidal Ideation: Examining Moderating Role of Resilience and Socioeconomic Status."
  - **2023:** Supervised master's research on the topic "From Past Wounds to Present Thoughts: The Interplay of Impulsivity as a Mediator between Childhood Maltreatment and Suicidal Ideation."
  - **2022:** Supervised master's research on the topic "Moral Injury and Posttraumatic Distress Among Kashmiri Youth: Examining Sex as a Potential Moderator."
  
- **Indira Gandhi National Open University (IGNOU), New Delhi**
  - **2021 – 2023:** Supervised **three** master's research theses.

## Peer Reviewer:

- **American Psychological Association**
  - Psychological Trauma: Theory, Research, Practice, and Policy
  - Traumatology
- **Wiley**
  - Stress and Health
  - Journal of Clinical Psychology
- **Springer**
  - Journal of Happiness Studies
  - Journal of Child & Adolescent Trauma
- **Public Library of Science**
  - Plos One



## Publications

- Dar, I. A., Iqbal, N., Emran, A. (2023).** Secondary Traumatic Stress, Vicarious Posttraumatic Growth, and Rumination Among Healthcare Professionals: Examining Conditional Indirect Effect of Secondary Exposure to Trauma. *Traumatology*, 29. <https://doi.org/10.1037/trm0000443> (**American Psychological Association; Impact factor: 3.20**). Scopus Indexed.
- Khan, I., **Dar, I. A.**, Bano, S., Iqbal, N. (2021). Gender Differences in Childhood Maltreatment: A Comparative Study of Nightmare Sufferers and Non-sufferers. *Journal of Child and Adolescent Trauma*, 14(4), 483-491. <https://doi.org/10.1007/s40653-020-00338-6> (**Springer; Impact factor: 1.50**). Scopus Indexed.
- Dar, I. A. & Iqbal, N. (2020).** Beyond Linear Evidence: the Curvilinear Relationship between Secondary Traumatic Stress and Vicarious Posttraumatic Growth among Healthcare Professionals. *Stress and Health*, 36(2), 203-212. <http://doi.org/10.1002/smi.2932> (**Wiley; Impact factor: 4.10**). Scopus Indexed.
- Emran, A, Iqbal, N., **Dar, I. A.** (2020). 'Silencing the self' and women's mental health problems: A narrative review. *Asian Journal of Psychiatry*, 53,102197. <https://doi.org/10.1016/j.ajp.2020.102197> (**Elsevier; Impact factor: 9.50**). Scopus Indexed.

- Dar, I. A. & Iqbal, N.** (2020). The Curvilinear Association Between Posttraumatic Distress and Posttraumatic Growth Among Pellet Gun Victims: The Moderating Roles of Time Since Trauma and Age. *Journal of Traumatic Stress*, **33**(6), 1130-1136. <http://doi.org/10.1002/jts.22564> (**Wiley; Impact factor: 4.00**). Scopus Indexed.
- Iqbal, N., Srivastava, S., **Dar, I. A.**, (2020). An Interpretative Phenomenological Inquiry into Experience, Expression, and Effect of Gratitude among Males and Females. *Qualitative Report*, **25** (9), 3425-3439. <https://doi.org/10.46743/2160-3715/2020.4406> (**NSU, USA; Impact factor: 1.31**). Scopus Indexed.
- Iqbal, N., **Dar, I. A.**, & Khan, I. (2020). Impact of Indian demonetization on working and non-working married women: An Interpretative Phenomenological Analysis. *Qualitative Report*, **25**(3), 843-862. <https://doi.org/10.46743/2160-3715/2020.4128> (**NSU, USA; Impact factor: 1.31**). Scopus Indexed.
- Fafoo, M. A., **Dar, I. A.**, Ali, R. (2020). *A Handbook on Psychology*. Rudra Publications. ISBN: 978-93-89960-25-9
- Dar, I. A.** and Iqbal, N. (2019). Stress and coping in relation to gender and domicile among college students in Kashmir. *Sri Lanka Journal of Social Sciences*, **42**(2), 127–136. <http://doi.org/10.4038/sljss.v42i2.7796> (**National Foundation of Sri Lanka; Impact Factor: 0.55**). Scopus Indexed.



## Achievements and Recognition

### Academic:

- **University Grants Commission (UGC) National Eligibility Test (NET) in Psychology**  
National Testing Agency, New Delhi.  
Years: 2019 & 2022
- **University Grants Commission (UGC) State Level Eligibility Test (SET) in Psychology**  
University of Kashmir, Srinagar.  
Year: 2016

**Note:** It is worth mentioning that these qualification are granted exclusively to the top 5 percent of applicants. These accomplishments not only underscore my overall academic excellence but also affirm my suitability for the position of an assistant professor in Indian Universities.

### Research:

- **Outstanding Achievement in Research**  
*Best Paper Award (First Position)*  
International Conference  
National Institute of Technology (NIT), Jammu & Kashmir, and Krishi Sanskriti, New Delhi.  
Year: 2019
- **Doctoral Excellence Recognition**  
*Doctoral Fellowship*  
Indian Council of Social Science Research (ICSSR), New Delhi.  
Year: 2018



## Professional Recognition

- **Professional Memberships:**
  - *American Psychological Association (APA)*
  - *Member since 2024.*
- **Expert/Examiner for Master's Thesis Evaluation and Viva Voce**  
*Indira Gandhi National Open University (IGNOU), Regional Center, Srinagar.*  
*Date : January 29, 2024.*
  - Evaluated master's theses submitted by students to ensure academic quality and adherence to university standards.
  - Conducted viva voce examinations to assess students' understanding of their research topics and ability to defend their theses orally.
- **External Expert**  
*Indira Gandhi National Open University (IGNOU), Regional Center, Srinagar.*  
*Date : November 12, 2023.*
  - Performed extensive Viva Voce assessments for the practicum in psychology, encompassing first and second-year postgraduate students.
  - Evaluated students' understanding and application of essential psychological concepts.



## Projects

Shastri Indo-Canadian Institute (Shastri Research Grant, SRG- 2017-18) project entitled **"Conception, components and sources of wisdom: Comparison between India and Canada"**. In collaboration with Dr. Igor Grossmann (PI-1; University of Waterloo, Canada) and Prof. Naved Iqbal (PI-2; Jamia Millia Islamia, India).



## Paper presentations

**Examining Curvilinear Relationship between Secondary Traumatic Stress and Vicarious Posttraumatic Growth among Healthcare Professionals:** Paper presented in the 28<sup>th</sup> Annual Convention of the National Academy of Psychology (**NOAP**) and international Conference on *"Towards Building Inclusive Societies"*. Organized by the Department of Applied Psychology Ramanujan College, University of Delhi, Delhi, India, December 19-21, 2018.

★ **Posttraumatic Distress and Posttraumatic Growth among Pellet Victims: Time since trauma as a possible Moderator:** Paper presented at the international conference on *"Contemporary issues in Engineering, Agriculture, Applied Sciences and Humanities"* Organized by the "Department of Metallurgical and Material Engineering," NIT Srinagar, J&K, and "Krishi Sanskriti", New Delhi, June 22- 23, 2019.

**Secondary Traumatic stress and Vicarious Posttraumatic Growth among Healthcare Professionals: Role of Empathy and Rumination:** Paper presented at Doctoral Conclave 2018, organized by New Delhi Institute of Management in collaboration with PHD Chamber of Commerce & Industry, May 5, 2018.

**Stress and Coping among College Students in Kashmir:** Paper presented in the International Conference on *"Health and Wellbeing: An interdisciplinary Inquiry"*. Organized by Department of Psychology, Jamia Millia Islamia, New Delhi, March 22-23, 2017.

**Islamic Perspective on Patience:** Paper Presented at the National Conference on “*Islamic Perspective in Psychology: Challenges & Future Prospects*”. Organized by the Center for Study and Research, Hyderabad & Indian Council on Islamic Perspective in Psychology, New Delhi, November 14-15, 2016.

**Gender Differences in Personality Among OCD Patients:** Paper presented in the International Conference on “*Psychological Perspectives on Health & Wellbeing*”. Organized by Department of Psychology, Jamia Millia Islamia, New Delhi, March 1-2, 2016.



## Seminars/Conferences/Workshops:

- ❖ Attended a webinar on “ **Appreciating the Patient Experience: The Path to Improved Outcomes and Practice Growth**” organized by American Psychological Association, May 3, 2024.
- ❖ Attended a webinar on “ **Science Training Sessiona: Introduction to Factor Analysis**” organized by American Psychological Association, April 26, 2024.
- ❖ Attended a webinar on “ **Artificial Intelligence and Psychological Research: Can AI Replace Human Participants?**” organized by American Psychological Association, April 12, 2024.
- ❖ Delivered lecture on “**Decoding Myths and Taboos: A Step Towards Suicide Prevention**” organized by Psychological Counseling Cell, Government Degree College, Ganderbal, August 24, 2021
- ❖ Participated in the post conference workshop on “**When Doctors Fail and Exorcists Succeed**” organized by Department of Psychology, Jamia Millia Islamia, New Delhi, March 14, 2019.
- ❖ Participated in Author workshop on “**Academic Publishing for Quality Research: How to Get Published and How to Avoid Pitfalls**” Jointly organized by Wiley and Dr. Zakir Hussain Library, Jamia Millia Islamia, January 22, 2019.
- ❖ Participated in one day workshop on “**Islamic Psychology: Concepts and Methods**” Jointly organized by CSR, Hyderabad, & ICIPP, New Delhi, August 12, 2018.
- ❖ Participated in Author workshop on “**How to Write and Publish Scholarly Articles**” Jointly organized by Dr. Zakir Hussain Library, Jamia Millia Islamia & Springer Nature, August 24, 2017.
- ❖ Attended one day orientation programme on “**Islamic Psychology**” organized by the Center for Study and Research (CSR), Hyderabad and Indian Council on Islamic Perspective in Psychology (ICIPP), Delhi.
- ❖ Participated in the National Conference on “**Philosophy- Science Interface: Key Issues & Texts (T-PhiSci)**” organized by Department of IlmuAdvia, Aligarah Muslim University, Aligarh and co-sponsored by the Center for Study and Research (CSR), Hyderabad, April 20-22, 2017.
- ❖ Participated in the post conference workshop on “**Psychology and Public Health: An Interface**” organized by Department of Psychology, Jamia Millia Islamia, New Delhi, March 24, 2017.
- ❖ Attended seminar on “**Reference Management In Research**” organized by Dr. Zakir Husain Library, Jamia Millia Islamia, New Delhi, 2017.
- ❖ Participated in three days’ workshop on “**Scale Construction**” organized by Department of Psychology, Jamia Millia Islamia, New Delhi, December 1-3, 2016.
- ❖ Attended Extension lecture on “**The Great Debate: Nature versus Nurture**” by Dr. Cathy Fernandes organized by Department of Psychology, Jamia Millia Islamia, New Delhi, November 16, 2016.

- ❖ Attended Extension lecture on **“Mental Health: The Reality”** by Mr. Abdul Mabood organized by Department of Psychology, Jamia Millia Islamia, New Delhi, October 20, 2016.
- ❖ Participated in a workshop on **“PLS-SEM (Advanced Computational Models)”** organized by Department of Psychology, Jamia Millia Islamia, New Delhi, September 24, 2016.
- ❖ Participated in a workshop on **“Introduction to SEM and PLS -SEM”** organized by Department of Psychology, Jamia Millia Islamia, New Delhi, September 23, 2016.
- ❖ Participated in a workshop on **“Partial Least Square (PLS), Structural Equation Modeling, using Smart-PLS”** organized by Department of Psychology, Jamia Millia Islamia, New Delhi, July 20, 2016.
- ❖ Participated in a three-day workshop on **“Qualitative Research Methodology”** organized by Department of Psychology, Jamia Millia Islamia, New Delhi, June 1-3, 2016.
- ❖ Participated in three days' Workshop on **“Rorschach Psycho-diagnostics”** organized by Department of Psychology, Barkatullah University, Bhopal, 2010.
- ❖ Attended seminar on **“Rorschach test: An Introduction”** by Dr. Dawarka Parasad in the Department of Psychology Barkatullah University, Bhopal, 2009.



## Research Focus

- My research delves into diverse psychological realms, focusing on trauma, mental health, and the intricate interplay of individual and societal factors.
- Specifically, I explore Primary and Secondary Traumatic Stress, direct and indirect Posttraumatic Growth, Childhood Maltreatment, Moral Injury, and Women's Mental Health.
- Committed to developing precise, culture-specific measurement tools, my research bridges theory and practical applications within psychology.



## Know-Hows

- Two years Clinical training with psychiatric patients (Assessment, Psycho-diagnostics, and Psychotherapy).
- Conversant with MS Office, Excel, Mplus, and SPSS
- Good proficiency of written and spoken English, Urdu and Kashmiri.
- Reading proficiency in Arabic and Hindi, respectively.



The above-mentioned facts are true to the best of my knowledge and understanding.