

EDUCATION AND TRAINING

- **PhD (Cognitive Sciences/Psychology)**
Area: Attentional regulation and bias in anxiety
Indian Institute of Technology Kanpur(IITK), Uttar Pradesh, India
 - **M. Phil. (Clinical Psychology)**
Area: Neuropsychological aspects of traumatic brain injury
National Institute of Mental Health and Neurosciences(NIMHANS), Bangalore, Karnataka, India
 - **Masters (Psychology)**
Area: Adolescents issues
University of Kashmir, Jammu & Kashmir, India
 - **Bachelors (Psychology, English Literature, & Functional English)**
Project: Adolescents issues
Amar Singh College, Jammu & Kashmir, India
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CERTIFICATION, SCHOLARSHIPS, AND MEMBERSHIPS

2020 - Present	Student membership cognitive science society, Canada
2015 - Present	International affiliate of American Psychological Association, Washington, DC (Member number: C2002550813)
2015 - Present	Lifetime membership of the International Society for Research and Development (Membership Number: M3140900409)
2013 - 2017	Student Fellowship Indian Institute of Technology Kanpur, Uttar Pradesh, India
2013 - Present	Professional Membership of Indian Association of Clinical Psychologists (Registration Number: PLM419/11/13)
2012 - Present	Licensed Clinical Psychologist (RCI Registration number: A25415, full registration with a license to practice as a Clinical Psychologist)
2012 & 2014	National Eligibility Test for Lectureship (UGC Ref No.:10278/NET-JUNE 2012) & (5238/NET-JUNE 2014)
2009 - 2011	Student Fellowship National Institute of Mental Health and Neurosciences, Karnataka, India

COURSES STUDIED

PhD (Cognitive Sciences), Indian Institute of Technology Kanpur (IITK): Completed postgraduate level module in disaster mental health (PSY 794), fundamentals of neuropsychology (PSY 775), human cognitive processes (PSY 790), qualitative research methodology (PSY 774), introduction to statistical inferences (SOC 723), and seminar course in psychology (PSY 776).

Masters of Philosophy (Clinical Psychology), National Institute of Mental Health and Neurosciences (NIMHANS): Completed postgraduate level module in psychosocial foundations of mental health, dimensions of mental health, psychotherapy and counselling, behaviour medicine, clinical in psycho-diagnostics, methods of psychosocial research and statistics, and biological foundation of mental health.

Masters (Psychology), University of Kashmir: Cognitive processes I & II, applied statistics, research methodology, biological processes, assessment and psycho-diagnostics, psychopathology,

behaviour modification, disabilities and rehabilitation, counselling psychology, intervention strategies, health psychology and foundations of applied social psychology.

Bachelor's (Psychology), Amar Singh College: Psychology, Functional English, English Literature, and General English.

RESEARCH EXPERIENCE

Current research

- *Religious symbols, gratitude and prosocial behaviour*- involves designing, programming, acquisition, analysis, and interpretation of questionnaires and behavioural experiments in college students
- *Attentional bias in anxiety*- involves designing, programming, acquisition, analysis, and interpretation of behavioural and psychophysical in healthy adults.

Previous research

- *Accuracy and speed on a sustained attention task*, involve designing, acquisition, analysis, and interpretation of neuropsychological measures among healthy young adults.
 - *Self-report and performance-based measurement of laterality*, involves designing, acquisition, analysis, and interpretation of self-report and performance-based measures among young adults.
 - *Mental health and self-esteem of institutionalized adolescents*, involves designing, acquisition, analysis, and interpretation of self-report measures and interviewing.
 - *Neuropsychological aspects of traumatic brain injury*, involves designing, acquisition, analysis, and interpretation of neuropsychological and self-report measures in patients with traumatic brain injury.
 - *Self-esteem and psycho-social issues*, involves designing, acquisition, analysis, and interpretation of self-report measures among young adults.
 - *Perseverance and attitude in adolescents and young adults*, involves designing, acquisition, analysis, and interpretation of self-report measures among young adults.
 - *Perception of illness in traumatic brain injury*, involves designing, acquisition, analysis, and interpretation of self-report measures.
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SKILL TRAINING AND WORKSHOPS

1. **Programming/Software:** Open-sesame, E-prime, Psychopy, Psychtoolbox (Matlab), eye tracker (Tobii), SPSS, JASP, MegaStat, Windows OS, Linux OS, Mac OS, and other software.
2. Attended two weeks “**Refresher Course in Psychology**” organised by Teaching Learning Centre, Ramanujan College, University of Delhi (30 December, 2022 - 13 January, 2023).
3. Completed a training course on ICD-11 guidelines for mental health and neurodevelopmental disorders titled “**Welcome to ICD-11**”organised by WHO collaborating centre for capacity building and training in global mental health. (31 October, 2022).
4. Completed a training course on ICD-11 guidelines for mental health and neurodevelopmental disorders titled “**Anxiety or Fear-related disorders**”organised by WHO collaborating centre for capacity building and training in global mental health. (13 November, 2022).
5. Completed a training course on ICD-11 guidelines for mental health and neurodevelopmental disorders titled “**Obsessive Compulsive or related disorders**” organised by WHO collaborating centre for capacity building and training in global mental health. (23 November, 2022).
6. Attended 9 days national workshop on “**Analytical Techniques for Statistical Analysis in Mental Health**” organised by AIIMS, New Delhi (15th July – 23th July 2021).

7. Attended 7 days “**Faculty Development Programme on Online Tools for Effective Teaching**” Organized by Department of Information Technology National Institute of Technology Srinagar, Hazratbal (26th March-30th March 2021).
8. Attended 15 days “**Faculty Development Programme on Research Methodology**” organised by Teaching Learning Centre, Ramanujan College, University of Delhi (October 2020).
9. Attended webinar on “**Data Analysis using MS Excel**” organized by Centre for Research and Innovation and Training, IIS University, Jaipur (May 2020)
10. Attended webinar on “**Accelerate Research Planning Using Elsevier’s Scopus, ScienceDirect & Mendeley**” organized by IUST Kashmir, Pulwama (May 2020)
11. Attended 21 days “**UGC-Sponsored 84th orientation programme**” organised by UGC-Human Resource Development Centre, University of Kashmir, Srinagar (February 20, 2020 – March 12, 2022).
12. Attended 15 days workshop organised by IBRO-APRC School on “**Cognitive Neuroscience-5th Bangalore cognition workshop**”, IISC, Bangalore, India (2018).
13. Attended 5 days workshop on “**CognEx 2.0: A Workshop on Experimental Methods in Cognitive Science**” jointly organised by the Humanities and Social Sciences & Inter-disciplinary Program for Cognitive Sciences at Indian Institute of Technology Kanpur, Uttar Pradesh, India (July 2017).
14. Attended 5 days workshop on “**CognEx 1.0: A Workshop on Experimental Methods in Cognitive Science**” supported by the Institute of Technology Kanpur & Association for Cognitive Science at IIT Kanpur, Uttar Pradesh, India (2016).
15. Completed an online course in ‘**Understanding Research Methodology**’ and ‘**Clinical Psychology of Children and Adolescent**’ via Coursera conducted by the University of London and the University of Edinburgh, respectively (2014).
16. Completed international author workshop on ‘**how to write for and get published in journals and publish manuscripts**’ conducted by Springer and Edanz at IGNOU, New Delhi (2013).
17. **A licensed clinical psychologist** in diagnosis, psychological testing (intelligence, aptitude, cognitive functions, learning disabilities, personality, psycho-diagnostic and neuropsychological testing), psychotherapy (supportive therapy and cognitive behavioural therapies) and neuro-rehabilitation (cognitive retraining and neuro-feedback) in various emotional, psychiatric and neurological disorders.
18. Completed workshop on ‘**The Art & Science of Marital Therapy: The Gottman Model**’ by Dr. Vagdevi, Texas, US at National Institute of Mental Health and Neurosciences, Bangalore, India (2010)
19. Completed workshop on ‘**Chronic Pain Assessment and Management**’ supported by the International Association for the study of Pain (IASP) at the National Institute of Mental Health and Neurosciences, Bangalore, India (2009).
20. Completed ‘**Advanced Diploma in Computer Software**’ at S. N. Das Gupta College, Srinagar, J&K (2006).

PROFESSIONAL AND TEACHING EXPERIENCE

- Taught different topics of **Psychology** to undergraduate students in the Department of Psychology, J&K Higher Education Department from Jan 2017 to present.
- Taught **Introduction to Psychology** (PSY 151 & PSY 151A) to undergraduate students at Humanities and Social Sciences, Indian Institute of Technology Kanpur (2016).

- Taught **Introduction to Psychology** (PSY 151 & PSY 151A) to undergraduate students at Humanities and Social Sciences, Indian Institute of Technology Kanpur (2016).
 - Taught **English Communication** (COM 200) to undergraduate students at Humanities and Social Sciences, Indian Institute of Technology Kanpur (2016).
 - Taught Clinical psychology courses to **undergraduate and postgraduate** students and interns for one year (2012-13) at Government Medical College and Hospital, Chandigarh, India.
 - Conducted '**Counselling training cum supervision programme**' with counsellors of Childline at Srinagar, Jammu & Kashmir, India (2011).
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EMPLOYMENT

2018- Present	Academic counsellor (Post Graduate) IGNOU, New Delhi
2017 – Present	Assistant Professor Department of Psychology, J&K Higher Education Department
2012 - 12.2013	Consultant Clinical Psychologist Government Medical College and Hospital, Chandigarh, India
2011 - 04.2012	Consultant Clinical Psychologist & Freelance Mother Care Clinic, Jammu & Kashmir, India
2008 - 04.2009	Chief Counsellor Vision Public School, Jammu & Kashmir, India

ADMINISTRATIVE RESPONSIBILITIES AND SERVICE TO COMMITTEES

Member, Board of Studies, Cluster University Srinagar, Gogji-bagh, Srinagar (2018 – Present)

Member, Board of Studies, Government Degree College Baramulla, National Highway Road, Khwaja-Bagh, Baramula, Jammu and Kashmir (State) 193101 (2023-Present)

Dean, Social Sciences, Cluster University Srinagar, Gogji-bagh, Srinagar (2023 – Present)

District Coordinator (Shopian), Manodarpan (2019- Present)

PEER-REVIEWED JOURNAL PUBLICATIONS (Citation: 75 till now)

ORCID ID: <https://orcid.org/0000-0001-8634-7176>

1. **War, F. A.**, Maqbool, M., Kumar, R., Hassan, M. (In process). Assessing performance in a digit cancellation task: a methodological note. *Cognitive processing*.
2. Shahnawaz, M., Nabi, W., Nabi, S., Afaq, M., Paul, M. A., **War, F. A.**, & Shah, N. N. (2022). Relationship between intolerance of uncertainty and symptom severity in Covid-19 patients: the mediating role of illness perception and Covid-19 fear. *Current Psychology*, 1-8. <https://doi.org/10.1007/s12144-022-03577-y>
3. Paul, M. A., **War, F. A.**, Sharma, V. & Kushwaha, S. (2018). MRI and neuropsychological correlates of sub-cortical vascular dementia (SVaD). *Asian journal of neurosurgery*. 13 (3) 631-635.
4. Maqbool. M., **War, F. A.**, Kumar, M. (2017). Stinky-finger syndrome: a case study. *Indian Journal of psychological medicine*. 39(5):663-4 (Online ISSN: 0975-1564)

5. **War, F. A.**, Saroosh, R., Paul, M. A. (2016). Mental health and self-esteem of institutionalized adolescents affected by armed conflict. *Journal of Religion and Health*, 55(2), 593–601, DOI: 10.1007/s10943-015-0057-y. (Online ISSN: 1573-6571)
 6. **War, F. A.**, Jamuna, R., Arivazhagan, A. (2014). Cognitive and sexual functions in patients with traumatic brain injury. *Asian Journal of Neurosurgery*, 9(1), 29-32. (Online ISSN: 2248-9614).
 7. Paul, M.A., **War, F. A.**, Saroosh, R., Jan, S., Jan, R., Shah, S. A. (2014). Effect of gender and domicile on adolescent problems in Kashmir. *International journal of education and psychological research*, 3(3), 79-81. (Online ISSN: 2279 - 0179)
 8. **War, F. A.**, Jamuna, R. (2013). Quality of life and perception of illness in patients with traumatic brain injury. *Indian Journal of Neurotrauma*, 10(2): 115-119. (Online ISSN: 0973-0508)
 9. Hassan, M., Paul, M. A., Mishra, D., **War, F. A.**, Kumar, P., Kumar, D., Khan, A. (2012). Comparative study of memory deficits in first-episode schizophrenia and chronic schizophrenia and non-patient group. *Indian Journal of Health & Wellbeing*, 3(2): 571-574. (Online ISSN: 2229-5356)
 10. **War, F. A.**, Jamuna, R. (2012). Perception of illness in patients with traumatic brain injury. *Indian Journal of Psychological Medicine*, 34(3): 223-226. (Online ISSN: 0975-1564)
 11. **War, F. A.**, Paul, M. A., Kumar, P., Shah, S. A. (2011). Self-esteem and psycho-social problems among Kashmiri Youth. *Delhi Psychiatric Journal*, 14 (2): 307-313. (Online ISSN: 0971-9571).
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BOOK/ MONOGRAPH/ CHAPTER PUBLICATIONS

1. **War, F. A.** (2016). Psychosocial aspects of trauma and related disorders. In Baker, M., Ford, J., Canfield, B., & Grabb, T., Identifying, Treating, and Preventing Childhood Trauma in Rural Communities (pp 1-15). IGI Global publications (ISBN10: 1522502289; ISBN13: 9781522502289; DOI:10.4018/ 978-1-5225-0228-9)
 2. Singh, A., Khess, C & **War, F. A.** (2014). Psycho-social wellbeing of wives with alcohol-dependent husbands. Lambert Academic Publishing house, Germany. (ISBN 978-3-659-50444-0).
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OTHER PUBLICATIONS

Writing articles in reputed local newspapers, magazines, and newsletters about different mental health issues like *puzzling pain*, *suicide before you decide*, *difficulties of parenting*, *don't be dependent*, *before you quit*, *the pleasure of pain*, *patients have a say* and *beyond counselling*.

JOURNAL EDITORIAL BOARD & REVIEWER ETC.

Community Mental Health Journal
Journal of Religion and Health
Indian Journal of Neurotrauma.
Insights in Psychology

PAPER PRESENTATIONS AND CONFERENCE ATTENDED

1. Presented a paper titled “*relationship between intolerance of uncertainty and symptom severity in covid-19 patients: mediating role of perception of illness and covid-19 fear*” at the 31st convention of national academy of psychology 2021-2022 organised by the psychophysiology laboratory, department of humanities and social sciences, Indian Institute of Technology Bombay from 4-6 March, 2022

2. Attended 4 days “**43rd Annual Virtual Meeting of cognitive science society**” organised cognitive science society of Seattle, US (26th July – 29th July 2021).
3. Attended international webinar on “**Managing Difficult Behaviours**” organized by Kidsen connect, Telangana (May 2020).
4. Attended international webinar on “**Speech & Language Development in Children Between 0-6 Years**” organized by Kidsen connect, Telangana (May 2020).
5. Attended international webinar on “**UN₇₅ The Multilateralism We Want: Psychological Contributions to Building Bridges Among and Withing Nations**” organized by Psychology coalition at the United Nations (PCUN) (May 2020).
6. **War, F. A.** (February 2021). *Accuracy and Speed Across Different Digits: A Paper Pencil Approach* at 39th National Annual Conference of Indian Association of Clinical Psychologists at AFMC Pune, India.
7. **War, F. A.** (2016). International Conference on "Contemporary trends in Clinical Psychology: Training, Research and Practice" organized by Department of Clinical Psychology, National Institute of Mental Health and Neurosciences (NIMHANS), Bangaluru.
8. **War, F. A.** (December 2014). *Cultural Diversity and Healing: Transcending the Biomedical Approach to Mental Health* in a symposium on *Toward a Culturally Contextualized Understanding of Mental Health: The Significance of Exploring Human Suffering and Healing* at 24th Annual Convention of National Academy of Psychology (NAOP) at IIFM, Bhopal, India.
9. **War, F. A.** (September 2014). *Mental health and self-esteem of institutionalized adolescents affected by armed conflict* at 3rd international conference on psychology and allied sciences at Amity University, Uttar Pradesh, India.
10. **War, F. A.** (September 2014). *Cultural healing: need of the hour.* 3rd international conference on psychology and allied sciences at Amity University, Utter Pradesh, India.
11. **War, F. A.** (September 2014). *Cultural healing: need of the hour.* 3rd international conference on psychology and allied sciences at Amity University, Utter Pradesh, India.
12. **War, F. A.** (February 2013). *Sexual functions in patients with traumatic brain injury* at 39th National Annual Conference of Indian Association of Clinical Psychologists at AIIMS, New Delhi, India.
13. **War, F. A.** (February 2013). *Quality of life and perception of illness in patients with traumatic brain injury* at 39th National Annual Conference of Indian Association of Clinical Psychologists at AIIMS, New Delhi, India.
14. **War, F. A.** (March 2012). *Cognitive and sexual functions in patients with traumatic brain injury*” at International internet conference on recent advances in cognitive psychology held online by National University of Ostroh Academy, Ukraine.
15. **War, F. A.** (February 2012). *Perception of illness in patients with traumatic brain injury* at the International conference of applied psychology held at Punjab University, Chandigarh, India.

REFERENCES:

On demand

CONTACT DETAILS

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Declaration: This is to confirm that all the information provided in my curriculum vitae is true as per my best of the knowledge and belief.