**RESUME**

**Name: DR SADAF AIJAZ**

**Father’s name: Dr AIJAZ ARAIN**

**Email ID**: [sadafaijaz@gmail.com](mailto:sadafaijaz@gmail.com)

**Phone: 0557286513**

**Postal Address:** C/O Dr. Aijaz Arain

House # 14-A/156 Defence Housing society Hyderabad, Pakistan.

**RELIGION: ISLAM**

**STATUS: MARRIED**

**DATE OF BIRTH: 27th September 1982**

**EDUCATION:**

* **MBBS** Liaquat university of medical & health sciences (LUMHS) **2003**
* **FCPS** (Fellow of College of Surgeons and Physicians Pakistan) Psychiatry**, 2013**

**TEACHING EXPERIENCE**

* **Assistant Professor (Psychiatry) –** LIAQUAT UNIVERSITY OF MEDICAL HEALTH SCIENCES Jamshoro Pakistan; **since** **14th February, 2014 till to date**.
* **Assistant Professor (Psychiatry) –** College of Medicine, Northern Border University, Ar’ar KSA. **Since September 2017 till to date.**

**RESEARCH PUBLICATIONS:**

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| [1](https://scholar.google.com/scholar?oi=bibs&hl=en&cites=17754635225147897361) | 2021 |  |
| [Factors for Social Stressors Among Type 2 Diabetics Versus Non-Diabetics Using the Hamilton Depression Rating Scale](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=XjquShkAAAAJ&citation_for_view=XjquShkAAAAJ:u-x6o8ySG0sC)  SY Raja, U Ghori, HA Naqvi, S Aijaz, A Anwar, AA Hashmi  Cureus 12 (12) | [1](https://scholar.google.com/scholar?oi=bibs&hl=en&cites=3467048053901955004) | 2020 |
| [Factors for Social Stressors Among Type 2 Diabetics Versus Non-Diabetics Using the Hamilton Depression Rating Scale](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=XjquShkAAAAJ&citation_for_view=XjquShkAAAAJ:d1gkVwhDpl0C)  A Muacevic, J Adler, S Raja, U Ghori, H Naqvi, S Aijaz, A Anwar, ...  Cureus 12 (12) |  | 2021 |
| [Immediate and Long term Complication associated with Non-Conventional ECT in Tertiary care Hospital Faisalabad](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=XjquShkAAAAJ&citation_for_view=XjquShkAAAAJ:Tyk-4Ss8FVUC)  I Siddique  Journal of Pakistan Psychiatric Society 17 (4) |  | 2020 |
| [SUICIDE INTENT: DEPRESSIVE PATIENTS HAVING SUICIDE INTENT SOCIO DEMOGRAPHIC PROFILE PRESENTED AT DEPARTMENTS OF PSYCHIATRY LUMS, SCJIP, HYDERABAD AND DHQ HOSPITAL/PMC FAISALABAD.](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=XjquShkAAAAJ&citation_for_view=XjquShkAAAAJ:u5HHmVD_uO8C)  I Siddique, S Aijaz, MA Parvez, IA Dogar, M Ansari, N Haider  The Professional Medical Journal 23 (08), 996-1000 |  | 2016 |
| [The Impending Suicidal Intent in depressed patients coming to Psychiatry Departments at LUMHS Hyderabad & DHQ Hospital, PMC Faisalabad.](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=XjquShkAAAAJ&citation_for_view=XjquShkAAAAJ:UeHWp8X0CEIC)  S Aijaz, MA ANSARI, I SIDDIQUE, IA Dogar  Journal of Pakistan Psychiatric Society 12 (2) |  | 2015 |
| [THE IMPENDING SUICIDAL INTENT IN DEPRESSED PATIENTS COMING TO DEPARTMENTS OF PSYCHIATRY LUMHS, SCJIP HYDERABAD AND DHQ HOSPITAL/PMC FAISALABAD.](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=XjquShkAAAAJ&citation_for_view=XjquShkAAAAJ:qjMakFHDy7sC)  S AIJAZ, IA DOGAR  Journal of Pakistan Psychiatric Society 12 (1) |  | 2015 |
| [SOCIODEMOGRAPHIC PROFILE AMONG PATIENTS WHO HAVE DEPRESSION WITH SUICIDE INTENT PRESENTED AT DEPARTMENTS OF PSYCHIATRY LUMHS, SCJIP, HYDERABAD AND DHQ HOSPITAL/PMC FAISALABAD.](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=XjquShkAAAAJ&citation_for_view=XjquShkAAAAJ:2osOgNQ5qMEC)  I SIDDIQUE, S AIJAZ, IA DOGAR  Journal of Pakistan Psychiatric Society 12 (1) |  | 2015 |
| [Effect of Learning Styles on Self-Esteem and Stress Levels of University Students](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=XjquShkAAAAJ&citation_for_view=XjquShkAAAAJ:Y0pCki6q_DkC)  SAA RAHMAN, HW ALI, G RASOOL, I SIDDIQUE |  |  |
| [Association of Self-Esteem with Gender and Medical Year: A Cross Sectional Study](https://scholar.google.com/citations?view_op=view_citation&hl=en&user=XjquShkAAAAJ&citation_for_view=XjquShkAAAAJ:zYLM7Y9cAGgC)  SAA RAHMAN, G Rasool, HW Ali, I Siddique |  |  |

#### SKILLS & PROFFEICIENCY

* Communication skills
* Counseling
* EMDR
* Cognitive behavioral therapy
* CBT IN OCD
* CBT OF phobias
* Anger management
* Problem solving
* Group therapy of drug addicts
* Relapse prevention
* Trauma & grief counseling
* Team Building
* Organizational & Management skills
* Leadership

**KEY RESPONSIBILITIES CONDUCTED**

1. Utilized acquired knowledge, experience, and skills in the diagnosis of a broad range of psychiatric cases
2. Facilitated several individual and group therapies, cognitive behavioral therapies
3. Attended numerous informative and counseling meetings organized by clinics and hospitals
4. Coordinated with the members of the hospital staff in handling patients with critical psychiatric cases
5. Prescribed medications and other necessary treatment options

**WORKSHOPS ATTENDED**

* Research methodology & biostatistics
* Communication skills
* Computer skills including MS Office.
* Clinical Research
* Teaching and coaching Undergraduate & Postgraduate Medical students
* EMDR
* COUNSELLING
* Family Therapy
* CBT(COGNITIVE BEHAVIOURIAL THERAPY)
* BLS

**WORKSHOPS ATTENDED AT NBU:**

**LIFE TIME EXPERIENCE**

* Received bronze medal and certificate of appreciation on securing 3rd position in final year MBBS, 2003.
* Worked as an active facilitator & coordinator in earthquake 2005 along with team of psychologist & psychiatrist “Aberdeen trauma centre”
* Worked with **WHO EPI programme .**
* As a facilitator in summer camp 2010 in PNS SHIFA Karachi in imparting concepts of behavioral sciences to undergraduates and college students
* Awarded with appreciation on attending one month intensive course in psychotherapy by Pakistan Psychological Association &EDUCAR PSYCH SERVICES.
* Facilitator in workshops conducted PACT ,in various medical colleges

**AWARDS/ CERTIFICATES/ CONFERENCES:**

* Received bronze medal and certificate of appreciation on securing 3rd position in final year MBBS, **2003**.
* Certificate on securing 7th position on 2nd professional MBBS,**2000**
* Certificate on communication skills by WHO Collaborating center for Research and Training in Educational Development of Health Personnel in collaboration of College Of Physicians and Surgeons Pakistan., **November 21-23,2005**
* Certificate on Research Methodology, Biostatistics &Dissertation writing by WHO Collaborating center for research and training in educational Developments of health personnel in collaboration with College of surgeons and physicians Pakistan, **December 12-16,2005**
* Certificate of Computer skills by College of surgeons and Physicians Pakistan, **May 10 ,2010**
* Certificate of participation in “Assessment & Management of trauma Victims & research Issues “by Department of Psychiatry Military Hospital, Rawalpindi, Pakistan in Collaboration with Aberdeen center for Trauma Research, United kingdom,**2005**
* Certificate of Participation on National Conference on Medical Editing, Research methodology & Medical practice by Army Medical College, Rawalpindi, Pakistan .**April 23-25,2007**
* Certificate of participation in training workshop on “Research Methodology in Medical Practice”, held at Army medical College ,**3rd February 2006**
* Certificate of Intermediate Module Examination, college of physicians and surgeons, Pakistan, **March 16,2011.**
* Certificate awarded by PNS Shifa Karachi in conducting a workshop, one of a kind, imparting behavioral sciences principals in undergraduate students, communication skills, Non pharmacological Interventions ,Psychological Principles & cardio-pulmonary Resuscitation from **28th June to 8th July ,2010.**
* Certificate Awarded by College of Surgeons And Physicians in attending 2nd postgraduate training course in Psychiatry. From **8th March-14 March,2010.**
* Certificate Awarded by College of Surgeons And Physicians in attending 3nd postgraduate training course in Psychiatry. **From 19th September to 23rd September,2011**
* Certificate awarded by PNS Shifa in facilitation organization and CBT conference held at PNS Shifa ,**18th Dec 2011**.
* Certificate on attending CBT workshop ON OCD by Pakistan Association of Cognitive and Behavioral Therapist (PACT),**16th July 2011.**
* Certificate of attendance on attending preconference trainers workshop on CBT in Depression & Anxiety Disorders, 17th **December 2011.**
* Certificate of participation on BLS workshop ,**1st January 2011**
* Certificate of participation on BLS workshop, 1st January ,**2014.**
* Certificate awarded by one month intensive course in psychotherapy by Pakistan Psychological Association &EDUCAR PSYCH SERVICES, **June 3-28, 2013**.
  + **TOTAL POST GRADUATE TRAINING PERIOD AS PER CPSP RULES THAT IS 4 YEARS OF FCPS TRAINING COMPLETED SUCESSFULY** .

**POST TRAINING WORK EXPERIENCE :**

* **2011-2012**-Sir Cowasjee Jehangir Hospital Hyderabad as an additional attachment.
* Working as an honorary assistant professor since June **2013 till February 2014** in Sir Cowasjee Jahangir institute of Psychiatry ,LUHMS .
* Working as a Consultant Psychiatrist in Aga khan Maternal and Child Care Centre Hyderabad (AKMCC) till August 2017