


Farida Bibi Mughal

Pre- Candidate Ph.D., University of Michigan, School of Nursing

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EDUCATION

Doctor of Philosophy in Nursing, University of Michigan, Ann Arbor, MI	08/2026
Master of Science in Nursing, Aga Khan University School of Nursing and Midwifery, Pakistan	11/2018
Bachelor of Science in Nursing, Aga Khan University School of Nursing and Midwifery, Pakistan	11/2014

CERTIFICATION

Registered Nurse, Pakistan Nursing Council	2022-2027
PEERS: Human Subjects Protection, University of Michigan	09/2022
Collaborative Institutional Training Initiative, Aga Khan University (ID: 38670946)	10/2020-10/2023
Basic Life Support Provider, American Heart Association	12/2022-12/2024
Advance Cardiac Life Support Provider, American Heart Association	2016

ACADEMIC APPOINTMENTS

Pre-PhD Lead, School of Nursing University of Michigan, Michigan	06/2023- 09/2023
Instructor, Department of Nursing Aga Khan University School of Nursing and Midwifery, Pakistan	06/2020-05/2022
Master Trainer, Stunted and Wasting Training Youth Empowerment Project by United Nations Development Programme, Pakistan	09/2020
Visiting Faculty, Early Childhood Development Course Hashoo Foundation, Pakistan	06-07/2017

CLINICAL APPOINTMENTS

Clinical Coordinator Global Health Directorate Indus Health Network, Pakistan	03/2019-05/2020
Registered Nurse Post Anesthesia Care Unit Aga Khan University, Hospital, Pakistan	08/2014-12/2016

NON-PROFIT APPOINTMENTS

Leadership Council, Graduate Nursing Student Academy	2023-2025
Convener, His Highness Prince Aga Khan Shia Imami Ismaili, Council for Garden, Pakistan	07/2019-07/2023
Regional Secretary, AKYSBP Girl Guide Association, Pakistan	01/2018-12/2019
Guider, AKYSBP Darkhana Girl Guide Company, Pakistan	01/2010-12/2019
Honorary Secretary, Aga Khan Education Board Darkhana Library & Reading Room	01/2015-12/2017
In-charge, Aga Khan Education Board Darkhana Library and Reading Room	01/2014-12/2015

MEMBERSHIPS IN PROFESSIONAL SOCIETIES

Graduate Nursing Student Academy (Membership #: 190907)	08/2022-08/2027
Sigma Theta Tau International, Rho Delta Chapter (Membership #: 1068225)	04/2013-04/2014

TRAINING

Designing and Conducting a Mixed Methods Dissertation or Thesis The University of Michigan Mixed Methods Program	14-16/06/2
The Clinical Ethnographic Narrative Interview, MiStory International	2024

HONORS AND AWARDS

<i>Gupta Value Scholar</i> , (USD \$ 7,500) University of Michigan	2023-2024
<i>Exceptional Early Career Teaching Award</i> , Instructor Aga Khan University, School of Nursing & Midwifery, Pakistan	02/2022
<i>Great Distinction Award</i> , Master of Science in Nursing Aga Khan University, School of Nursing & Midwifery, Pakistan	11/2018
<i>Punjab Education Endowment Fund Scholarship</i> (USD \$ 12,940) Master of Science in Nursing- Aga Khan University, School of Nursing & Midwifery, Pakistan	2017-2018
<i>Khyber Pakhtun Khunwa Education Academy Scholarship</i> (USD \$ 2,500) Bachelor of Science in Nursing- Aga Khan University, School of Nursing & Midwifery, Pakistan	2010-2014

PUBLICATIONS

1. **Mughal, F. B.**, & Saint Arnault, D. (2024). Protective factors affecting trauma recovery among female South Asian immigrant intimate partner violence survivors: a scoping review. *Trauma, Violence, & Abuse*, 15248380241231602.
2. **Mughal, F. B.**, Karmaliani, R., Asad, N., & Bhamani, S. S. (2023). A pilot study of offering a positive disciplining module for public school teachers in Hyderabad, Pakistan: A quasi-experimental study. *International Journal of Psychology*, 58 (4), 388-395.
3. Abdul Majeed, I., Jivani, K. K., **Mughal, F. B.**, Karim, K., Mistri, N., Shamsheer Ali, S., ... & Carroll, K. (2023). Application of Virginia Henderson's Theory Within an Intimate Partner Violence Scenario. *Nursing Science Quarterly*, 36(4), 343-347.
4. Tharani, A., Lalani, S., **Mughal, F. B.**, & Momin, R. B. (2022). Developing mental health competency in undergraduate nursing students amid pandemic: A hybrid model approach. *Teaching and Learning in Nursing*, 17(3), 277-281.
5. Anwar, N., Amin Rattani, S., Shams, S., **Mughal, F. B.**, & Jalaluddin, S. (2022). People's Preferences for Traditional, Spiritual, Religious, and Folk Healers for Oncological Disorders. *Asian Journal of Research in Nursing and Health*, 5(4), 74-92.
6. Khowaja, B., **Mughal, F. B.**, & Valliani, K. (2021). The Factors Influencing Cesarean-Section Rates-A Narrative Review from Pakistan. *Pakistan Journal of Medical Research*, 60(3), 143-147.
7. Valliani, K., & **Mughal, F. B.** (2021). Human emotions during COVID-19: A lens through Kubler-Ross Grief theory. *Psychological Trauma: Theory, Research, Practice, and Policy*, 14(2), 247.
8. Rafiq, N., **Mughal, F. B.**, & Valliani, K. (2021). Assessing Nurses' Knowledge regarding Ventilator Mechanics. *Pakistan Journal of Public Health*, 11(3), 172-177.
9. **Mughal, F. B.**, Rafiq, N., & Irshad Ali, B. H. (2020). Nursing Education amidst COVID-19: Obstacles and Way Forward. *Pakistan Journal of Public Health*, 10(4), 199-200. <https://doi.org/10.32413/pjph.v10i4.690>
10. Rafiq, N., & **Mughal, F. B.** (2020). Evolving nurse leadership role in 2020. *Journal of the College of Physicians and Surgeons Pakistan*, 30(12), 1243-1244.
11. **Mughal, F. B.** (2019). Enhancing patient well-being: apply positive psychology in nursing practice, *Journal of Clinical Review and Case Report*, 8(4). DOI.org/10.33140/JCRC.04.08.03
12. **Mughal, F. B.** (2018). Depression in medical students: a worldwide psychiatric issue or much ado about nothing? *i-manager's Journal on Nursing*, 8(2), 40-42. DOI:10.26634/jnur.8.2.14322
13. **Mughal, F. B.**, & Ali, B. H. I. (2018). Epidemiology of rabies in Pakistan: a review of literature. *Journal of Infectious Diseases and Medical Microbiology*, 2(1), 18-21.
14. **Mughal, F. B.**, & Ali, B. H. I. (2017). Enhancing patient well-being: applying environmental theory in nursing practice. *Annals of Nursing and Practice*, 4(3), 1085.
15. **Mughal, F. B.**, & Ali, B. H. I. (2017). The horns of dilemma: life or sovereignty? *Journal of Clinical Research and Bioethics* 8(6), 1000317.

ORCID ID: <https://orcid.org/0000-0003-4198-4387>

GRANTS

1. Topic: Short- and long-term impact of COVID-19 on mental health and well-being of health workers in Pakistan
Granting Agency: Canadian Institute of Health Research (CIHR)
Amount: CAD \$302,175
Duration: March 2021 to April 2022
Role: Co-investigator-Recruitment, piloting, and validation of study instruments, survey dissemination, and resource development and dissemination.
2. Topic: Fostering resilience in teachers: Helping teachers support students through traumatic times in the context of COVID-19 and other traumas
Granting Agency: Aga Khan University, Hospital
Amount: USD \$ 6,018
Duration: November 2021 to October 2022
Role: Co-investigator- Module development, stakeholder meetings, survey dissemination.
3. Topic: Open Book Exams: An Unprecedented Challenge for Faculty in Nursing Education Granting Agency: AKU- School of Nursing and Midwifery (Mental Health Stream Budget)
Amount: USD \$ 535
Duration: December 2020 to June 2021
Role: Co-investigator-Proposal development, a semi-structure guide for data collection, manuscript writing
4. Topic: Capacity building training plan for Lady Health Visitors (LHVs) and Midwives
Granting Agency: Aga Khan Health Services for Pakistan
Amount: USD \$ 9,200
Duration: June 2020 to July 2021
Role: Co-investigator- Training content development and its implementation for capacity building of LHVs and Midwives for dealing with mental illness among children and women

PRESENTATIONS

Speaker

1. **Mughal, F. B.**, (6th January 2022). Human emotions during COVID-19: A lens through Kubler-Ross grief theory. Presented insights about my published manuscript virtually in the 9th Virtual Journal Club Session organized by the Student Research Forum, Aga Khan University, School of Nursing and Midwifery, Pakistan.

Poster Presentation

1. **Mughal, F. B.**, Arnault, D. S. (April 3rd 2023). Psychometric Evaluation of a Multicultural Instrument: Normalization of Gender- Based Violence against Women Scale. Blitz presentation was given virtually at the U- M School of Nursing Dean's Research Day 2023, Ann Arbor, MI.
2. Karmaliani, R., Khuwaja, H. M., **Mughal, F. B.**, Lakhdir, M. P., Meghani, S. N. (March 6th 2023). Measuring Social Emotional and Behavioral Learning Outcomes among Primary School Children in Sindh, Pakistan. Poster presentation presented at the Health Science Research Assembly at the Aga Khan University, Hospital, Pakistan.
3. Karmaliani, R., Puyat, J., Idrees, S., Shaheen, F., Shah, N Z., Hirani, S., Bhamani, S. S., Sayani, S., Asad, N., **Mughal, F.B.**, Kassam, R. (October 5-7th 2023). Mental Health Impact of the COVID-19 Pandemic on Health Care Workers in Pakistan. E- Poster presentation at the American Academy of Nursing 2023 Health Policy Conference, Washington DC, USA.

Conference Attendee

1. Sexual Violence Research Initiative Global Conference on Violence against Women and Violence against Children. September 19-23rd 2022, Cancun, Mexico.
2. Graduate Nursing Student Academy Conference. August 17-18th 2023, Washington DC, USA.