

Name of Scale & Population	Description	Cronbach's alpha	Authors	Reference	Thesis Title	Session
Thesis in DCP						
F2021381029						
1 Anger Expression Scale for Adolescents			Thesis in GCUL			
1 Anger Expression Scale for Adolescents			Baber, A. (2012). Anger, Parent-Adolescent Relationship and Self-Esteem among Adolescents	Anger, Parent-Adolescent Relationship and Self-Esteem among Adolescents	MS 2010-12	
1 Anger Expression Scale for Adolescents	<ul style="list-style-type: none"> 74 items F1 Mind Reading F2 Self Labeling F3 Fortune Telling F4 Maximization F5 Minimization F6 Should/Must 		Bashir, A. (2012). Cognitive Errors and Mental Health Problems among Adolescents	Cognitive Errors and Mental Health Problems among Adolescents	MS 2010-12	
1 Anger Expression Scale for Adolescents	<ul style="list-style-type: none"> 62 Items Factor 1: Solution Focused coping Factor 2: Emotion Focused coping Factor 3: Avoidance Factor 4: Seeking Help Factor 5: Spirituality 		Irshad, S. (2012). Coping Styles and Mental Health Functioning among University Students	Coping Styles and Mental Health Functioning among University Students	MS 2010-12	
4 Coping Scale for University Students	<ul style="list-style-type: none"> 68 items F1 Solution Focused Coping F2 Emotional Focused Coping F3 Avoidance F4 Seeking Help F5 Spirituality 		Shaista Irshad, Sadia Saleem, Zahid Mahmood	Coping Strategies of University Students: A Validation Study		
5 Resilience Scale for Adolescents	<ul style="list-style-type: none"> 68 items F1 Self Regulation F2 Self Confidence F3 Robustness F4 Optimism F5 Tolerance F6 Poor problem Solving Skills 		Rakhanda Rasheed & Sadia Saleem	Rasheed, R. (2012). Resilience, Mental Health Problems and Bullying Victimization among Adolescents	Resilience, Mental Health Problems and Bullying Victimization among Adolescents	MS 2010-12
6 Self-concept Scale for Adolescents			Nazia/Perveen& Sadia Saleem	Perveen, N. (2011). Relationship between Emotional and Behavioral Problems, Self-Concept and Self-Esteem among Adolescents	Relationship between Emotional and Behavioral Problems, Self-Concept and Self-Esteem among Adolescents	MS 2011-2009
7 Self-esteem scale for university students	<ul style="list-style-type: none"> 59 Items F1 Low Self-Esteem F2 Competence F3 Anxious/Withdrawn F4 Sociability F5 Self Confidence 		Nazia Zafar & Sadia Saleem	Zafar, N., Saleem, S., & Mahmood, Z. (2011). Development of Self-Esteem Scale for University Students and Its Relationship with Academic Performance	Development of Self-Esteem Scale for University Students and Its Relationship with Academic Performance	MS 2011-2009
8 Social Intelligence Scale for Adolescents.	<ul style="list-style-type: none"> 86 items F1 Social Deviousness F2 Dominance and Control F3 Social Facilitation F4 Pro-Social F5 Social Desirability F6 Social Etiquettes 		MadihaYousaf& Sadia Saleem	Yousaf, M (2012). Social Intelligence, Self-Esteem and Mental Health Problems among Adolescents	Social Intelligence, Self-esteem and Mental Health Problems among Adolescents	MS 2010-12
9 Student Problem Checklist	<ul style="list-style-type: none"> 45 items F1 Dysfunctional F2 Loss of Confidence F3 Lack of Self Regulation F4 Anxiety Proneness 		Mahmood, Z., & Saleem, S. (2011). Assessing psychological problems in University students in Pakistan: A psychometric study. FWUJournal of Social Sciences, 4(2), 20-38.			
10 Social Intelligence Scale for University Students	<ul style="list-style-type: none"> 68 items F1 Social Skills F2 Social Manipulation F3 Cooperation F4 Socially Facilitating F5 Acceptance and Consistency F6 Absence of Negative Traits 		Shazia Habib, Zahid Mahmood& Sadia Saleem	"Development Of Social Intelligence Scale (Sis) For University Students"	2008-2010	
11 Athlete Resilience Checklist	<ul style="list-style-type: none"> 27 Items F1 Self- Determination F2 Physical Toughness F3 Emotional Control and Maturity 		Sara Subhan & Tazvin Ijaz	Resilience Scale for Athletes		2011
12 EMBU-C						
13 EMBU-A	<ul style="list-style-type: none"> 27 items 					
14 DASS-21	<ul style="list-style-type: none"> 21 Items 					
15 GHQ	<ul style="list-style-type: none"> 30 items 					
16 CBCL Teacher						
17 Identity Styles Inventory-V	(0-3)					
18 General Self-Efficacy Scale	<ul style="list-style-type: none"> 10 Items 		Jerusalem and Schwarzer, 1979			
19 Big-Five Personality Inventory	<ul style="list-style-type: none"> 44 items F1 Extroversion F2 Agreeableness F3 Conscientiousness F4 Neuroticism F5 Openness to Experience 					
20 Difficulties in Emotion Regulation Scale (DERS)	<ul style="list-style-type: none"> Items 36 F1 Non-Accept F2 Goals F3 Impulse F4 Awareness F5 Strategies F6 Clarity 			Gratz, K. L. & Roemer, L. (2004). Multidimensional assessment of emotion regulation and dysregulation: Development, factor structure, and initial validation of the Difficulties in Emotion Regulation Scale. Journal of Psychopathology and Behavioral Assessment, 26, 41-54.		
21 Post Traumatic Stress Disorder Checklist for DSM-5	<ul style="list-style-type: none"> 20 Items 					
22 Multi Dimensional Scale of Perceived Social Support	<ul style="list-style-type: none"> Items 12 F1 Family F2 Friends F3 Significant Others 	Translated		Zimet, G.D., Dahlem, N.W., Zimet, S.G. & Farley, G.K. (1988). The Multidimensional Scale of Perceived Social Support. Journal of Personality Assessment, 52, 30-41.		
23 Family Cohesion Scale	<ul style="list-style-type: none"> 62 Items F1 Balanced Cohesion F2 Balanced Flexibility F3 Disengaged F4 Enmeshed F5 Rigid F6 Chaotic F7 Family Communication F8 Family Satisfaction 	Translated				
24 Short Dark Triad Scale	<ul style="list-style-type: none"> 27 items F1 Machiavellianism F2 Narcissism F3 Psychopathy 	Adapted	Jone & Paulhus, 2013. Introducing the short Dark triad social intelligence and mental health problems in law students	Dark triad social intelligence and mental health problems in law students	MS 2015-2017	
Thesis in UMT						
Sr. No	Name of Scale	Description	Authors	Reference	Thesis Title	University & Session

1	1. Brief Pain Symptoms Scale 2. Pain Symptoms Scale 3. Pain Rating Scale 4. Statement of Psycho-education 5. Verbatim of the PMR 6. Verbatim of GI	<ul style="list-style-type: none"> Items 17 (0-3) Items 26 (0-3) (0-9) Pre & Post 0 Never 1-3 Mild 4-6 Moderate 6 or Above Severe 	Sadia Qadeer & Zahid Mahmood	Qadeer, S., & Mahmood, Z. (2015). The Effect of Cognitive Behavior Interventions on the Management of Pain in Patients with Chronic Pain.	UMT (2013-2015)			
2	1. Causes of Anger Scale (CAS)	<ul style="list-style-type: none"> Items 49 (0-3) 2 factors Threat Frustration 	Abdifatah H. Daud & Zahid Mahmood	Daud, A. H., & Mahmood, Z. (2015). Attachment Styles Causes and Expression of Anger in Pakistani and Somali Adolescents.	UMT (2013-2015)			
3	1. Identity Scale for Adolescents (ISA)	<ul style="list-style-type: none"> Items 61 (0-3) 4 factors Positive Self Identity Negative Self Identity Weak Self Identity Arrogant Self Identity 	Shumaiza Iqbal & Sadia Saleem	Iqbal, S., & Saleem, S. (2015). Perceived Parenting Styles and Identity in Adolescents.	UMT (2013-2015)			
4	1. Test Anxiety Scale 2. Perfectionism Inventory	<ul style="list-style-type: none"> Items 23 5 point rating Items 25 5 point rating 3 sub scale Self Oriented Perfectionism Other Oriented Perfectionism Socially Prescribed Perfectionism 	Sabrina Asim & Zahid Mahmood	Asim, S., & Mahmood, Z. (2015). Perfectionism and Test Performance Anxiety in University Students.	UMT (2013-2015)			
5	2. Expression of Anger Scale	<ul style="list-style-type: none"> Items 26 (0-3) 4 factors Anger Out Anger In Anger Coping Break Up 	Abdifatah H. Daud & Zahid Mahmood					
6	Asthma Symptoms Checklist (ASC)	<ul style="list-style-type: none"> Items 47 (0-3) 	Maryam Amjad & Zahid Mahmood	Amjad, A., & Mahmood, Z. (2015). Quality of Life and Depression in the Patients with Bronchial Asthma.	UMT (2013-2015)			
7		<ul style="list-style-type: none"> 32 items F1 Emotional Bullying F2 Verbal Bullying F3 Physical Bullying 	Siham Amjad & Sadia Saleem	Amjad, S. (2014). Perceived Parental Disharmony and Experience of Bullying Victimization.	MS UMT 2012-14			
8	Burnout Scale for University Students	<ul style="list-style-type: none"> 44 items F1 Emotional Exhaustion F2 Irritability F3 Boredom F4 Dependability 	Afifa Shahzad & Sadia Saleem	Shahzad, A. (2014). Personality Types and Burnout in University Students.	MS UMT 2012-14			
9	Burnout Scale for University Students	<ul style="list-style-type: none"> 4 factors Emotional Exhaustion Irritability Boredom Dependability 53 items (0-3) 	Afifa Shahzad & Sadia Saleem	Shahzad, A. (2014). Personality Types and Burnout in University Students.	MS UMT 2012-14			
10	Cognitive Error Scale (CES)	<ul style="list-style-type: none"> Items 36 (0-3) 4 factors Other's Negative Evaluation of Self A sense of Failure Other's Behavior Towards Me Exaggeration 	Khadiaj Khaliq & Sadia Saleem	Khaliq, K., & Saleem, S. (2015). Cognitive Errors, Interpersonal Difficulties and Mental Health Problems in University Students.	UMT (2013-2015)			
11	Coping Strategies for Adolescents	<ul style="list-style-type: none"> 3 factor Emotion Focused Coping Problem Focused Coping Spirituality 47 items 0-3 Age (13-19) 	Shazia Sharif & Sadia Saleem	Sharif, S. (2014). Emotional and Behavioral Problem and Coping Strategies in Orphan and Widowed Children.	MS UMT 2012-14			
12	Coping Strategies for Adolescents		Shazia Sharif & Sadia Saleem	Sharif, S. (2014). Emotional and Behavioral Problem and Coping Strategies in Orphan and Widowed Children.	MS UMT 2012-14			
13	Cyberbullying Assessment Scale	<ul style="list-style-type: none"> Items 49 (0-3) yes or no 	Maaza Saeed & Maryam Rizvi	Saeed, M., & Rizvi, M. (2015). Cyber Bullying and Mental Health Problems in University Students.	UMT (2013-2015)			
14	Development of Interpersonal Difficulties Scale for University Students	<ul style="list-style-type: none"> 59 items F1 Dominated by Others F2 Low Self-confidence F3 Mistrust F4 Lack of Assertiveness F5 Lack of Boundaries F6 Unstable Relationships 	Sadia Saleem, Zubailhsan, and Zahid Mahmood	Saleem, S., Ihsan, Z., & Mahmood, Z. (2013). Interpersonal Difficulties, Social Intelligence and Mental Health Problems in University Students.	UMT Top Up 2012-13			
15	Development of Interpersonal Difficulties Scale for University Students	<ul style="list-style-type: none"> Six factors Proneness to Passivity Low Self Confidence Lack of Social Support Lack of Assertiveness Lack of Boundaries Unstable Relations 61 items 0-4 rating 	Sadia Saleem, Zubia Ihsan, and Zahid Mahmood	Saleem, S., Ihsan, Z., & Mahmood, Z. (2013). Interpersonal Difficulties, Social Intelligence and Mental Health Problems in University Students.	UMT Top Up 2012-13			
16	Embitmentment Scale for University Students	<ul style="list-style-type: none"> 35 items F1 Egocentric F2 Over Sensitive 	Arfa Habib & Sadia Saleem		Attachment Styles and Embitterment in University Students	2014-2016		
17	Emotion Regulation Questionnaire for Adolescents (ERQA)	<ul style="list-style-type: none"> Items 60 (0-3) 3 factors Internalizing Active Resolution Distraction 	Tehmina Yasser & Sadia Saleem	Yasser, T., & Saleem, S. (2015). Emotion Regulation Strategies and Mental Health Problems in Adolescent Children.	UMT (2013-2015)			
18	Fear Scale for School children		Maheen Saleem & Sadia Saleem	Saleem, M. (2014). Perceived Parenting Styles and Fears in Mainstream and Shanty Town School Children.	MS UMT 2012-14			
19	Fears Scale for Children	<ul style="list-style-type: none"> 0-3 rating 44 items Age Range (10-15) Single Factor 	Maheen Saleem & Sadia Saleem	Saleem, M. (2014). Perceived Parenting Styles and Fears in Mainstream and Shanty Town School Children.	MS (2012-2014)			

20	Identity Scale for College Students (ISCS)	<ul style="list-style-type: none"> • Items 21 • 7 point rating • 3 factors <ul style="list-style-type: none"> Arrogant Identity Social Identity Independent Identity 	Asma Ijaz & Maryam Rizvi	Ijaz, A., & Rizvi, M. (2015). Identity and	Identity and Mental Health Issues in College Students	UMT (2013-2015)			
21	Knowledge and Attitude towards HIV/AIDS among Healthcare Providers	20 items	Nyla Iram,						
22	Knowledge Scale of HIV/Aids for Health Care Providers	<ul style="list-style-type: none"> • 5 factor <ul style="list-style-type: none"> o Emotions towards HIV o Working with HIV o Effectiveness Care o Fear of Contamination o Willingness to care • 20 Items 	Naïla Irum & Zahid Mahmood	Irum, N. (2014). A Study of Knowledge and Attitudes Towards HIV/Aids among Health	A Study of Knowledge and Attitudes Towards HIV/Aids among Health	CMS (2012-2014)			
23	Mental Toughness Scale for University Students (MTS)	<ul style="list-style-type: none"> • Items 37 F1 Personal Strength F2 Optimism F3 Honesty 	Sarah Anthoney & Sadia Saleem	Anthoney, S., & Saleem, S. (2015). Mental	Mental Toughness and Mental Health Problems in University Students	UMT (2013-2015)			
24	Mother's Perception Scale of Disability (MPS)	<ul style="list-style-type: none"> • Items 25 • 5 point rating • 2 factors <ul style="list-style-type: none"> Negative Mother's Perception Positive Mother's Perception 	Syeda Wajeeda Zehra and Zahid Mahmood	Zehra, S. W., & Mahmood, Z. (2015). Per	Perception of Child's Development Disability and the Quality of Life of	UMT (2013-2015)			
25	Occupational Stressors Scale for nurses	<ul style="list-style-type: none"> • 4 factors <ul style="list-style-type: none"> Workload Stress Lack of Respect Lack of Autonomy • 40 items 	Najda Khawaja & Zahid Mahmood	Khawaja, N. (2014). Occupational Stresso	Occupational Stressors, Coping Styles and Mental Health Problems in Nu	MS (2012-14)			
26	Occupational Stressors Scale for nurses		Najda Khawaja & Zahid Mahmood	Khawaja, N. (2014). Occupational Stresso	Occupational Stressors, Coping Styles and Mental Health Problems in Nu	MS UMT 2012-14			
27	Perceived Parental Disharmony in adolescents	<ul style="list-style-type: none"> • 27 Items F1 Lack of Understanding F2 Financial Issues F3 Lack of Trust 	SihamAmjad& Sadia Saleem	Amjad, S. (2014). Perceived Parental Dish	Perceived Parental Disharmony and Experience of Bullying Victimization	MS UMT 2012-14			
28	Perceived Parental Disharmony in adolescents	<ul style="list-style-type: none"> • 3 factors <ul style="list-style-type: none"> Lack of Understanding Financial Issues Lack of Trust • 27 items • (0-3) • Age(12-18) 	Siham Amjad & Sadia Saleem	Amjad, S. (2014). Perceived Parental Dish	Perceived Parental Disharmony and Experience of Bullying Victimization	MS UMT 2012-14			
29	Perceived Parenting Styles	<ul style="list-style-type: none"> • Items 24 • 2 factors <ul style="list-style-type: none"> Warmth Control 	Raba Nasir & Fatima Naem	Nasir, R., & Naem, F. (2015). Perceived	Perceived Parenting Styles & Social Intelligence among College Students	UMT (2013-2015)			
30	Premenstrual Symptoms (PMS)	<ul style="list-style-type: none"> • Items 25 • 4 point rating • 2 factors <ul style="list-style-type: none"> General Symptoms Specific Symptoms 	Binish Khalid & Sadia Saleem	Khalid, B., & Saleem, S. (2015). Prevalen	Prevalence of Pre Menstrual Symptoms in University Students	UMT (2013-2015)			
31	Psycho-Social Problems Scale	<ul style="list-style-type: none"> • Items 32 	Amber Ijaz and Ayesha Jabeen	Ijaz, A., & Jabeen, A. (2015). Psychosoc	Psychosocial Problems, Coping Strategies and Attachment Styles in Pol	UMT (2013-2015)			
32	Psychosocial Scale for Infertile Females (PSSIF)	<ul style="list-style-type: none"> • Items 31 • (0-3) 	Arjumand Shaheen & Sadia Saleem	Shaheen, A., & Saleem, S. (2015). Psycho	Psychosocial Issues in Infertile Females; an Exploratory Study	UMT (2013-2015)			
33	Resilience Scale for University Students (RS)	<ul style="list-style-type: none"> • Items 50 • (0-3) • 4 factors <ul style="list-style-type: none"> F1 Lack of Emotional Regulation F2 Self Confidence F3 Robustness F4 Problem solving 	Benish Khadim & Sadia Saleem	Khadim, B., & Saleem, S. (2015). Perceiv	Perceived Parenting Styles, Resilience and Mental Health problems in U	UMT (2013-2015)			
34	Rule breaking Behaviors in Adolescent Boys	48 Items <ul style="list-style-type: none"> F1 Sexual Rules Breaking F2 Offensive Rules breaking F3 Rules breaking in Group F4 Neophysical Bullying F5 In-group Violence Behavior 	MahreenNaem&ZahidMahmood	Naem, M. (2014). Social Intelligence and	Social Intelligence and Rule breaking Behaviors in Adolescent Boys	MS UMT 2012-14			
35	Rule breaking Behaviors in Adolescent Boys	<ul style="list-style-type: none"> • 4 Factors <ul style="list-style-type: none"> Sexual Rules Breaking Offensive Rules Breaking Rules Breaking in Groups Non Physical Bullying • Age Range (12-18) • Items 50 • Rating(0-3) 	Marina & Zahid Mahmood	Naem, M. (2014). Social Intelligence and	Social Intelligence and Rule breaking Behaviors in Adolescent Boys	MS UMT 2012-14			
36	Scale for Job Related Stressors of Police Officers		Ayesha Triaq&ZahidMahmood	Tariq, A. (2014). Job Related Stressors and	Job Related Stressors and Mental Health of Police Officers	MS UMT 2012-14			
37	Scale for Job Related Stressors of Police Officers	<ul style="list-style-type: none"> • Items 38 • 0-3 • Age(21-60) 	Ayesha Triaq& Zahid Mahmood	Tariq, A. (2014). Job Related Stressors and	Job Related Stressors and Mental Health of Police Officers	MS UMT 2012-14			
38	Scale for sleep problems in university Students		HumairaFarid&ZahidMahmood	Farid, H. (2014). Sleep Problems and Men	Sleep Problems and Mental Health Issues in University Students	MS UMT 2012-14			
39	Scale for sleep problems in university Students	<ul style="list-style-type: none"> • 2 Factors <ul style="list-style-type: none"> Sleep Problems No Sleep Problems • 21 items • (0-7) 	Humaira Farid & Zahid Mahmood	Farid, H. (2014). Sleep Problems and Men	Sleep Problems and Mental Health Issues in University Students	MS UMT 2012-14			
40	Self-reported Depressive Symptomatology in Adolescents: A Psychometric Study		Sadia Saleem, Tooba Khalid and ZahidMahmo	Saleem, S., Khalid, T., & Mahmood, Z. (20	Attachment Styles, Depressive Symptomatology and Self Concept in Adolescents	UMT Top Up 2012-13			
41	Self-reported Depressive Symptomatology in Adolescents: A Ps	<ul style="list-style-type: none"> • 4 factors <ul style="list-style-type: none"> Sadness Indecisiveness Irritability Psychosomatic • 27 items • (0-3) • Age (12-18) 	Sadia Saleem, Tooba Khalid and ZahidMahmo	Saleem, S., Khalid, T., & Mahmood, Z. (20	Attachment Styles, Depressive Symptomatology and Self Concept in Adolescents	UMT Top Up 2012-13			
42	Self-Concept Scale	<ul style="list-style-type: none"> • Items 22 • 2 factors <ul style="list-style-type: none"> Positive Self Concept Negative Self Concept 	Sana Rehman & Ayesha Jabeen	Rehman, S., & Jabeen, A. (2015). Temper	Temperament, Self Concept and Emotional Behavioral Problems in Adol	UMT (2013-2015)			
43	Sementic Differential	<ul style="list-style-type: none"> • 21 items F1 Positive F2 Negative 	Dr. Sadia Saleem						
44	Sensation Seeking Scale University Students		Feryal Iqbal & Zahid Mahmood	Iqbal, F. (2014). Sensation Seeking and M	Sensation Seeking and Mental Health Problems in University Students	MS UMT 2012-14			

45	Sensation Seeking Scale University Students	<ul style="list-style-type: none"> 4 factors Danger Loving (12-Items) Adventure Seeking (11-Items) Rule Breaking (8-Items) Being different (8-Items) Items 39 (0-2) 	Feryal Iqbal & Zahid Mahmood	Iqbal, F. (2014). Sensation Seeking and Mental Health Problems in University Students	Sensation Seeking and Mental Health Problems in University Students	MS UMT 2012-14			
46	Social Adjustment Scale (SAS)	<ul style="list-style-type: none"> Items 43 (0-3) 4 factors Social Difficulties Isolation Adjustment to University Problems Lack of Facilities 	Hifza Muzammal & Zahid Mahmood	Muzammal, H., & Mahmood, Z. (2015). Social Adjustment and Coping Strategies in Hostel Living and Day School	Social Adjustment and Coping Strategies in Hostel Living and Day School	UMT (2013-2015)			
47	Social Rejection Peer Scale	<ul style="list-style-type: none"> Items 35 (0-3) 4 factors Social Rejection Bullying Dominance Control Testing 	Komal Huma & Zahid Mahmood	Huma, K., & Mahmood, Z. (2015). Social Rejection by Peers and Social Anxiety in Adolescents	Social Rejection by Peers and Social Anxiety in Adolescents	UMT (2013-2015)			
48	Social Skill Scale for Adolescents (SSS)	<ul style="list-style-type: none"> Items 24 (0-3) 3 factor Getting Along Skills Social Attributes Friendship Skills 	Sana Hamid & Ayesha Jabeen	Hamid, S., & Jabeen, A. (2015). Social Skills, Coping Styles, Emotional and Behavioral Problems in Adolescents	Social Skills, Coping Styles, Emotional and Behavioral Problems in Adolescents	UMT (2013-2015)			
49	Social Skills Scale for Adolescent	<ul style="list-style-type: none"> Items 24 (0-3) 3 Factors Getting Along Skills Social Attributes Friendship Skills 	Sana Hamid & Ayesha Jabeen	Hamid, S., & Jabeen, A. (2015). Social Skills, Coping Styles and Behavioral Problems in Adolescents	Social Skills, Coping Styles and Behavioral Problems in Adolescents	UMT (2013-2015)			
50	Student Teacher Relationship Scale	<ul style="list-style-type: none"> Items 21 7 point rating 2 factors Positive Student Teacher Relationship Negative Student Teacher Relationship 	M. Amer & Sadiya Saleem	Amer, M., & Saleem, S. (2015). Perceived Student-Teacher Relationship, Self-Esteem, Internalizing and Externalizing Problems in University Students	Perceived Student-Teacher Relationship, Self-Esteem, Internalizing and Externalizing Problems in University Students	UMT (2013-2015)			
51	Student's Procrastination Scale (SPS)	<ul style="list-style-type: none"> Items 32 (0-3) 	Qandeel Mahmood & Sara Subhan	Mahmood, Q., & Subhan, S. (2015). Perceived Parenting Styles, Procrastination and Self-Esteem in University Students	Perceived Parenting Styles, Procrastination and Self-Esteem in University Students	UMT (2013-2015)			
52	Temperament Scale for University Student	<ul style="list-style-type: none"> 56 items F1 Apprehension F2 Impulsivity F3 Cautiousness F4 Introversion F5 Submissiveness F6 Extroversion 	Sara Mehmood Durrani, Zahid Mahmood and Sadiya Saleem	The Development and Validation of Temperament Scale for University Students	The Development and Validation of Temperament Scale for University Students				
53	Temperament Scale for Boys (Maternal Perspective)	<ul style="list-style-type: none"> 69 Items F1 Rigid/Aggression F2 Carelessness F3 Passive/Withdrawn F4 Sociability 	Hajra Amin, Sadiya Saleem	The Development of a Temperament Scale for Young Children: A Maternal Perspective	The Development of a Temperament Scale for Young Children: A Maternal Perspective	2014-2016			
54	Temperament Scale for Girls (Maternal Perspective)	<ul style="list-style-type: none"> 61 Items F1 Rigid/Aggression F2 Oversensitivity F3 Social F4 Irritability/Demanding 	Hajra Amin, Sadiya Saleem	The Development of a Temperament Scale for Young Children: A Maternal Perspective	The Development of a Temperament Scale for Young Children: A Maternal Perspective	2014-2016			
55	Psychosocial Problems of Women with Menopause Scale	<ul style="list-style-type: none"> 38 items Single Factor 	Hafiza Neelam Younas, Umaiza Bashir	Personality Traits, Coping and Psychosocial Problems of Women with Menopause	Personality Traits, Coping and Psychosocial Problems of Women with Menopause				
56	Bully's Characteristics Scale for University Students	<ul style="list-style-type: none"> 48 Items Single Factor 	Chandni Hafeez, Sadiya Saleem	Personality Traits, Social Intelligence and Bully's Characteristics in University Students	Personality Traits, Social Intelligence and Bully's Characteristics in University Students				
57	Emotion Regulation Scale for University Students	<ul style="list-style-type: none"> 50 Items F1 Emotion Dysregulation F2 Emotion Regulation 	Sara Mehmood Durrani, Zahid Mahmood	Temperament, Emotion Regulation and Mental Health Issues in University Students	Temperament, Emotion Regulation and Mental Health Issues in University Students				
58	Test Anxiety Scale for University Students	<ul style="list-style-type: none"> 23 items Single Factor 	Sabrina Asim, Zahid Mahmood	Perfectionism and Test Performance Anxiety in University Students	Perfectionism and Test Performance Anxiety in University Students				
59	Post Traumatic Embitterment Disorder								
60	Cognitive Error Scale for Transgender	<ul style="list-style-type: none"> 42 items F1 Negative Self Content F2 Negative Perception of Others F3 Over Compensatory Reaction 	Mehwish Iqbal, Ayesha Jabeen	Attachment Styles, Cognitive Errors and Social Intelligence in Transgenders	Attachment Styles, Cognitive Errors and Social Intelligence in Transgenders				
61	Pregnancy Consequences Scale	<ul style="list-style-type: none"> 27 Items F1 Anxiety F2 Domestic Problems F3 Depression F4 Somatic Problems 	Amber Ashfaq, Zahid Mahmood	Psycho Social Reactions of Pregnant Women and Mental Health during Three Trimesters	Psycho Social Reactions of Pregnant Women and Mental Health during Three Trimesters	2017			
62	Self-Compassion Scale for University Students	<ul style="list-style-type: none"> 27 Items F1 Self-kindness F2 Mindfulness F3 Spirituality 	Atiya Batool, Ayesha Jabeen	Self-Compassion, Interpersonal Difficulties and Mental Health Problems in University Students	Self-Compassion, Interpersonal Difficulties and Mental Health Problems in University Students	2017			
63	Psychosocial Stressors Scale of Mothers of Children with Thalassemia	<ul style="list-style-type: none"> 32 items F1 Lack of Emotional Regulation F2 Lack of Social Support 	Ummay Kalsoom, Fatima Naecem	Psycho Social Stressors and Coping Strategies of Mothers of Children with Thalassemia	Psycho Social Stressors and Coping Strategies of Mothers of Children with Thalassemia	2016			
64	Coping Strategies Scale of Mothers of Children with Thalassemia	<ul style="list-style-type: none"> 18 Items F1 Active Coping F2 Passive Coping 	Ummay Kalsoom, Fatima Naecem	Psycho Social Stressors and Coping Strategies of Mothers of Children with Thalassemia	Psycho Social Stressors and Coping Strategies of Mothers of Children with Thalassemia	2016			
65	Peer Relationship Scale for School Children	<ul style="list-style-type: none"> 43 items F1 Positive Attributes F2 Negative Attributes 	Mehwish Nasreen, Fatima Naecem	Perceived Peer Relationship, Self Esteem, Emotional and Behavioral Problems among Adolescents	Perceived Peer Relationship, Self Esteem, Emotional and Behavioral Problems among Adolescents	2016			
66	Perfectionistic Tendencies Scale for University Students	<ul style="list-style-type: none"> 72 Items F1 Work Related Perfectionism F2 Being Critical to self and others F3 Interpersonal Idealism 	Tabinda Masood, Fatima Naecem	Perfectionism, Self Concept and Interpersonal Difficulties in University Students	Perfectionism, Self Concept and Interpersonal Difficulties in University Students	2016			
67	Functional Developmental Profile for boys 5-6 years	<ul style="list-style-type: none"> 20 items Social/Emotional Area Cognitive Area Communication Area Adaptive Functioning Physical Area 	Ali Jawad, Fatima Naecem						
68	Marriage Proposal Rejection Reaction Scale	<ul style="list-style-type: none"> 33 Items F1 Frustration F2 Internalizing Anger F3 Externalizing Anger 	Zaib-un-Nisa & Sara Subhan						
69	Romantic Relationships Breakup Scale (RRBS)	<ul style="list-style-type: none"> 34 items F1 Withdrawal F2 Diffuse Anger F3 Negative Self Image 	Anifa Sarwar & Sara Subhan	Parenting, Coping and Psychosocial Reactions of University Students with Romantic Relationships Breakup	Parenting, Coping and Psychosocial Reactions of University Students with Romantic Relationships Breakup				

70	Student Procrastination Scale	• 32 Items Single Factor	Qandeel Mahmood & Sara Subhan	Perceived Parenting, Procrastination and Self-Esteem of University Students	
71	Romantic Relationships Breakup Coping Scale (RRBCS)	• 23 Items F1 Distraction F2 Emotion Focus Coping	Anila Sarwar & Sara Subhan	Parenting, Coping and Psychosocial Reactions of University Students with Romantic Relationships Breakup	
72	Self-Criticism Scale for University Students	• 61 items F1 Hopelessness F2 Lack of Self Confidence F3 Rejection F4 Over Sensitive F5 Anxious F6 Lack of Initiative	Mafia Shhadi & Sadia Saleem	Personality Types, Self-Criticism and Interpersonal Problems among University Students	2016
73	Coping Strategies Scale for Adolescents	• 41 Items F1 Emotion Focused Coping F2 Problem Focused Coping F3 Spirituality	Shazia Sharif & Sadia Saleem	Emotional and Behavioral Problem and Coping Strategies in Orphan and Non-Orphan Institutionalized Adolescents	2014
74	Perceived Parental Efficacy Scale for Adolescents	• 33 Items F1 Freedom of Choice F2 Care and Nurture F3 Awareness	Sana Fatima & Ayesha Jabeen	Parental Efficacy, Parental Disharmony and Emotional Behavioral Problems: Child's Perception	2017
75	PsychoSocial Problems of Unmarried Females	• 26 Items F1 Emotional Rejection F2 Cultural Rejection F3 Negative Thinking	Adeeba Younas, Dr. Zahid Mahmood	Perceived Parental Rearing Practices, Self-Concept and Psychosocial Problems of Unmarried Females	2017
76	Psychosocial Problems of Female Flight Attendants	• 33 Items F1 Social Stressors F2 Psychosomatic Stressors	Fatima Atzaal & Ayesha Jabeen	Personality Traits, Burnout Tendencies and Psychosocial Problems of Female Flight Attendants	2017
77	Orphan Children Problems Scale	• 29 Items F1 Lack of Emotional Support F2 Lack of Social Support F3 Lack of Interpersonal Support	Quratul Ain Jamil & Zahid MAHMood	Gender Differences in Psychosocial Problems and Self Esteem of the School Orphans in Lahore	2017
78	Psychopathic Trait Scale for Police Officers	• Items 36 F1 Dominance F2 Manipulation F3 Egocentrism	Sadia Afikhar & Sadia Saleem	Psychopathic Traits, Self-Concept and Mental Health Problems in Police Officers	2017
79	Self Concept Scale for Police Officers	• Items 20	Sadia Afikhar & Sadia Saleem	Psychopathic Traits, Self-Concept and Mental Health Problems in Police Officers	2017
80	Self Injurious Behavior Scale for Adolescents	•	Farha & Sadia Saleem		
81	Psychosocial Stressors of Working Mothers	• Items 30 F1 Lack of Self Regulation F2 Lack of Familial Support	Zahra Bakhat Awaisi, Fatima Naem	Psychosocial Stressors, Coping Strategies, and Mental Health Problems of Working Mothers (Bankers)	2017
82	Psychosocial Problems of Eczema Patients Scale	• 41 Items F1 Depressive Symptomatology F2 Preoccupation with Disease	Nida Abdul Khaliq, Ayesha Jabeen	Attachment Styles, Embitterment and Psychosocial Problems of Eczema Patient	2017
83	Neuro-Cognitive Assessment Battery for Stroke Patient	• 7 Cognitive Areas Orientation Attention Memory /New Learning Arithmetic Naming Reasoning Hemineglect • 9 Sub test Orientation Digit Span Paired Associate Learning Test Naming Similarities Arithmetic Bells Test Block Design Non Verbal Visual Learning Test	Syeda Namrah Mahmood, Ms. Umaiza Bashir	The Development of Neuro-Cognitive Assessment Battery for Stroke Patients (N-CABS)	2017
84	Maternal Stress Scale	• 21 Items 1 factor	Shehnaaz Akhter, Dr. Zahid Mahmood	Effects of Group CBT on Stress of Mothers with Intellectually Disabled Child	2017
85	Interpersonal Workplace Strain	• Items 54 1 Factor	Nimra Wahid, Dr. Zahid Mahood	Interpersonal Workplace Strain, Coping Strategies and Mental Health Problems in Doctors	2017
86	Postpartum Body Image Satisfaction	• 14 Items Negative Positive	Hira Saleem, Ms Umaiza Bashir	Psychosocial Problems, Postpartum Body Image Satisfaction and Mental Health of New Mothers	
87	Psychosocial Problems of New Mothers	• 23 items F1 Self Regulation F2 Socioemotional Ability	Hira Saleem, Ms Umaiza Bashir	Psychosocial Problems, Postpartum Body Image Satisfaction and Mental Health of New Mothers	2017
88	Stress Scale	• 37 Items F1 Personal Challenges F2 Interpersonal Challenges F3 Personal Malfunctioning	Sadaf Farooq, Dr. Muhammad Rafiq Dar	Personality Traits And Self-Awareness of Stress in University Teachers	2017
89	Obsessive Compulsive Symptoms Checklist(OCSC)	• 27 Items			
90	Humanism Scale for University Students	• 45 Items F1 Personal Qualities F2 Interpersonal Skills F3 Absence of Negative Character	Tooba Shaukat, Dr. Zahid Mahmood	Personality, Social Intelligence and Humanism in University Students	2017
91	Drive for Muscularity Inventory (DMI)	• 26 Items F1 Muscle Enhancing Behaviors F2 Thoughts and Desires Related Muscular Body	Sadia Rehman, Ms. Umaiza Bashir	Personality Traits, Drive for Muscularity and Tendencies of Muscle Dysmorphia among Bodybuilders	2017
92	Stressors in Lawyers	• 36 Items F1 Lack of Interpersonal Skills F2 Lack of Intrapersonal Skills F3 Appreciativeness	Rabbia Bsharat, Dr Fatima Naem	Personality Type, Social Intelligence and Occupational Stressors among Lawyers	2017
93	Motives for Using Facebook Scale in University Students	• 20 Items F1 Social Factor F2 Functional Factor	Mubashira Asma, Dr. Zahid Mahmood	Socio-Psychological Correlates of Emotional Self-Disclosure on Facebook among University Students	2017
94	Emotional Self Disclosure on Facebook Scale in University Students	• 36 Items F1 Anxiety Emotional Self-Disclosure F2 Happiness Emotional Self-Disclosure F3 Depression Emotional Self-Disclosure	Mubashira Asma, Dr. Zahid Mahmood	Socio-Psychological Correlates of Emotional Self-Disclosure on Facebook among University Students	2017
95	Burnout tendencies scale	• 41 Items F1 Feeling of Exhaustion F2 Feeling of Dysfunctional F3 Somatic Complaints	Sana Daud & Zahid Mahmood	Daud, S. & Mahommd, Z. (2017). Burnout Tendencies and Mental Health Issues of University Administrators	2017
96	Relationship Scale for Diabetic Patient	• 34 Items F1 Coexistence F2 Companionship F3 Accommodation	Sadia Irfan, Maryam Rizvi	Embitterment, Interpersonal Relationship and Mental Health Problems in Patients with Diabetes	2016- 2018
97	Level of Nostalgia in Hostel Students	• 31 Items F1 Homesickness F2 Somatic Reactions Positive Attitude	Syeda Ailia Batool Kazmi, Dr. Zahid Mahmood	Temperament Style, Attachment Pattern and Level of Nostalgia in Hostel Students	2018

98	Temperament Scale for University Students (it was already established)	• 48 Items F1 Extroversion F2 Introversion F3 Competence	Syeda Ailia Batool Kazmi, Dr. Zahid Mahmood	Temperament Style, Attachment Pattern and Level of Nostalgia in Hostel Students		2018
99	Interpersonal Dependency Scale (IPDS)	• Items 65 F1 Negative Self Image F2 Help Seeking F3 Social Anxiety F4 Support Seeking F5 Appeasing Others	f Nadeem, Dr. Zahid Mahmood, Dr. Sadia Saleem	Perceived Parental Practices, Interpersonal Dependency, and Mental Health Problems in University Students: Intervention		2018
100	Teacher Student Interaction (TSI) Scale	• 29 items F1 Positive Interaction F2 Negative Interaction	Ushna Farrukh, Umaiza Bashir	Teacher Student Interaction and Emotional Behavior Problems in Madrassa and Mainstream School Students		2018
101	Family Cohesion Scale (3) for Adolescents	• 30 items F1 Cohesion F2 Unstructured / Controlling F3 Structured / Chaotic	Halima Khurshid, Dr. Zahid Mahmood	Social Competence and Bullying Victimization in Adolescents		2018
102	Social Competence Scale for Adolescents	• 20 items F1 Personal Social Skills F2 Mutual Social Skills	Halima Khurshid, Dr. Zahid Mahmood	Social Competence and Bullying Victimization in Adolescents		2018
103	Self Harm Tendencies Scale	• 41 Items F1: Emotional Relational Problems F2: Acting out Tendencies	Ifra Saleem & Maryam Rizvi	Self-Harm Tendencies, Emotional Disclosure and Self-Harm Tendencies in Early Adults		2018
104	Psychosocial Problems Scale for Farmers	• 32 Items F1: Psychosomatic Problems F2: Interpersonal Difficulties	Lubna Shahzadi & Ayesha Jabeen	Perceived Social Support and Psychosocial Problems in farmers		2018
105	English Vocabulary Test for School Children for Grade 6th, 7th & 8th	• 39 Items F1: Grief Reactions	Ayesha Amin & Fatima Naeem	English Vocabulary Test for School Children of Grade 6th, 7th and 8th		2018
106	Grief Reaction Scale (GRS)	• 39 Items F1: Grief Reactions	Suneela Asif & Sara Subhan	Grief Reaction and Grief reaction in Females with recurrent Miscarriages		2018
107	Role Identification Scale for Adults	• 34 Items F1: Aggressor F2: Hero F3: Withdrawal	Noor Zainab & Sara Subhan	Role Identification and Mental Health Problems in Adults Zainab, N. & Subhan, S. (2018). Family cohesion, role identification and mental health problems in adults. Journal of the Pakistan Psychological Association, 23(1), 1-10.		2018
108	Juvenile Criminal Thinking Styles' Inventory (JCTSI)	Three Scales - Juvenile Social Alienation Scale (JSAS) • 18 items, F1: Disgruntled, F2: Disaffection, F3: Estranged - Juvenile Vindication Scale (JVS) • 19 items, F1: Exonerated, F2: Refutation, F3: Estimation, F4: Incrimination - Juvenile Domination Scale (JDS) • 15 items, F1: Self-assertive, F2: Hubristic pride, F3: Indomitable	Fatima Sana & Dr. Muhammad Rafiq	Parenting, Criminal Thinking Styles, and Identity among Juvenile Delinquents Sana, F. (2017). Parenting, criminal thinking styles, and identity among juvenile delinquents (Masters Thesis, University of Management and Technology).		2017
108	Psychosocial Issues associated with Internet Pornography	• 37 Items F1: Anxiousness F2: sexual Preoccupation F3: Neurotic Guilt F4: Low self Esteem	Komal Razzqa & Dr. Rafiq dar	Psychosocial Issues Associated with Internet Pornography in University Male Students		2018
109	Psychosocial issues of Hirsuti Women	• 26 item F1: Psychological burden F2: Social burden	Sundas Hassan & Dr. Rafiq Dar	Coping Strategies and Mental health of Women with Hirsutism		2018
110	Problem Checklist of Border Areas	• 30 Items F1: Personal disruption F2: Family Disruption F3: Social Disruption	Fatrima Ashraf & Dr. Zahid Mahmood	Problem Checklist of Border Areas: Post-Traumatic Stress Reactions in Working Boundary Area Population.		2018
111	Self Criticism Scale for Addicts	• 27 items F1: Self-blaming F2: Negative Cognition	Sana Ajmal & Ayesha Jabeen			2016
112	Adjustment Problems in 1st year Students	• 27 Items F1: Academic Problems F2: Social Problems	Fareeha Naseer & Dr. Zahid Mahmood			2018
113	Psychosocial Issues in University Cricketers	• 52 items F1: Distractability F2: Lack of Support F3: Lack of Emotional Regulation F4: Fear of failure F5: Lack of Facilities	Zainab Javed & Sara Subhan			2018
114	Maternal Self-Efficacy Scale	18 items F1: General child Care F2: Mother Child Interaction	Khadija Mahrugh & Umaiza Bashir	Maternal Self-Efficacy and Fussy Eating in Children: Mother's Perception		
115	Self-Concealment Scale	Items: 17 F1: Fear of others F2: Personal Attributes	Sohaila Javed & Ayesha Jabeen	Support, Self Concealment and Mental Health Problems in University Students Javed, S., & Jabeen, A. (2018). Attachment style, Perceived Social Support, Self-Concealment, and Mental Health Problem in University Students. U		2018
116	Coping Strategies of Patients with Hepatitis	Items: 29 F1: Problem Focus F2: Emotional Focus	Taiba Afzal & Dr. Rafiq Dar	Coping Strategies and Mental Health of Patients with Hepatitis		2018
117	Psychosocial Issues of Hepatitis Patients	Items: 41 F1: Psychosocial Difficulties F2: Social Withdrawal	Taiba Afzal & Dr. Rafiq Dar	Coping Strategies and Mental Health of Patients with Hepatitis		2018
118	Resilience at Work Scale (Psychiatric attendants)	Items: 22 F1: personal and Social Resources F2: Spiritual Orientation	Asma Nazir & Umaiza Bashir	Resilience, and Turnover Intentions in Psychiatric Attendants		2018
119	Quality of Father-Child Relationship	Items: 26 F1: Positive Quality of Relationship F2: Negative Quality of relationship	Asma Rafiq & Dr. Zahid Mahmood	Quality of Father-Child Relationship and Emotional Regulation and Interpersonal Difficulties in University Students		2018
120	Quality of Mother-Child Relationship	Items: 26 F1: Positive Quality of Relationship F2: Negative Quality of relationship	Asma Rafiq & Dr. Zahid Mahmood	Quality of Mother-Child Relationship and Emotional Regulation and Interpersonal Difficulties in University Students		2018
121	The Gullibility Scale	Items: 30 Single factor	Ayesha Shafiq & Sara Subhan	Social Intelligence, Gullibility and Mental Health Issues of University Students		2018
122	psychosocial problems of hostel roommates by Fatimah Ilyas	Items: 24 Factor 1: Personal Life Interference F2: Lack of Assertiveness	Fatimah Ilyas & Dr. Zahid Mahmood	Social Intelligence, Interpersonal Difficulties and Psychosocial Problems of Hostel Roommates		2018
123	Social Support Scale of Dialysis Patients	Items: 11 Single factor solution	Aqsa Rauf & Zahid Mahmood	Embitterment, Social Support and Mental Health Problems in Dialysis Patients		2018
124	Psychosocial Scale for systemic Lupus erythematosus for female	Items: 48 Factor 1: psychological Factor 2: Somatic Factor 3: Social	Muzammal Shafiq & Rafiq dar	Humanism, Perceived Social Support and Psychosocial Problems in Married Women with Systemic Lupus Erythematosus		2018
125	Help Seeking Behavior in University Students	Items: 29 F1: Intrapersonal F2: Interpersonal	Sidra Naz & Dr. Zahid Mahmood	Personality Types, Help seeking behavior and Mental health Issues in University Students		2018
126	Psychosocial Issues of Myocardial Infarction	Items: 29 F1: Psychosomatic compalits F2: Rational restlessness F3: Social Concerns	Timzeela Khaliq & Rafiq dar	Psychosocial Issues, Coping strategies and Mental health Problems in Myocardial Infarction		2019

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1	Orthorexia Symptom Scale (OSS)	28 items and three factors (1: Appearance Concerns, 2: Body Perfectionist Control). The scale was based in 4 points likert scale (0 = never frequently and 3 = always)	0.81	Noor ul Ina and Sami Fatima	(Huda & Fatima, 2020)		Obsessive Compulsive Symptoms, Self-Criticism, Social Support and Orthorexia Symptoms in University Students		
1	Psychosocial Issues in call center employees scale	23 items, 2 factors: Depressive symptomatology and	0.93	umer sultan & Dr. Zahid Mahmood	(sultan & Mahmood, 2020)	Maqsood & Jabben 2020	Temperament, psychosocial issues and burnout in call center employees		
1	Psychosocial Issues in employees scale	F1 Exhaustion (9 items) F2 Withdrawal (9 items) F3 Reduced Self-Efficacy (8 items) F4 Negative Compensation	0.91	Naila Saeed Maqsood & Ayesha Jabben				?	2020
1	emotional neglect scale	F1: dominance and control F2: lack of attention total 24 items	0.92	anum karamat and sadia saleem	(Karamat & Saleem, 2020)		Family Environment, Emotional Neglect, Self-Injurious Behavior and Depressive Symptoms in Adolescence		
1	Gender Dysphoria Tendency Scale	F1: Gender Dissatisfaction F2: Body Image TOTAL: 15 ITEMS	0.74	wania habib and anum karamat	(habib & Karamat, 2022)		Parental Rejection, Emotional Neglect, and Gender Dysphoria Tendencies in Adolescents		
1	body shaming victimization scale	Factor 1: Poor Self Image Factor 2: Social Isolation Factor 3: Fear of Social Rejection total 30 items	0.86	shafia ameer and anum karamat	(Ameer & Karamat, 202)		Family Environment, Body Shaming and Self-Injurious Behavior in Adolescents		
1	Sense of Self-Efficacy in University Athletes scale	16 items and 2 factors 1. Player related skills (9 items) 2. Situation related skills (7 items)		Sibgha Farooqi & Rabia Khadim	Farooqi & Khadim (2020).		Sense of self-efficacy, competitive anxiety and psycho social issues in university athletes.		2018-2020
1	Competitive Anxiety in University Athletes Scale	21 items and 2 factors 1. Somatic Problems (10 items) 2. Pre-occupation with performance (11 items)		Sibgha Farooqi & Rabia Khadim	Farooqi & Khadim (2020).		Sense of self-efficacy, competitive anxiety and psycho social issues in university athletes.		2018-2020
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1	Health Related Anxiety Scale	24 items with two factors were named as Health Worries (15i items) and Inferiority Complex (9 items). Likert scale (Never-0, Sometimes 1, Often-2, Always 3).	0.86	Laiba Raza and Sama Fatima	(Raza & Fatima, 2021)		Health Related Anxiety, Perceived Social Support, Self-Criticism and Mental Health in University Students		
1	Tolerance of Uncertainty Scale for university students	(36 items) 4 factors F1 Apprehension (9 items) F2 Lack of decisiveness (9 items) F3 Lack of stability (11) F4 Lack of Acceptance (7 items)	0.81	Hafiza Zaiabn Sajjad & Dr Ayesha Jabben	Sajjad, Z. H, & Jabben, A. (2021).		Intolerance of Uncertainty, Coping, Social Support and Sense of being Dysfunctional in University Students		Fall 2019- Spring 2021
1	Fear of Missing Out Scale	41 items Four Factors F1 Low Self-Esteem F2 Lack of Contentment F3 Apprehensions and Jealousy	0.9	Amna Saba Sabir & Ayesha Jabben	Sabir, S. A., & Jabben, A (2021).		Attachment Styles, Mindfulness, Interpersonal Difficulties and Fear of Missing Out In University Students		Fall 2019- Spring 2021
1	Academic Stressors Scale	30 items Two factors F1 Sustaining Performance F2 Psychosocial stressors	0.92	Maria Khan & Ayesha Jabben		Khan & Jabben, 2021	Academic Stressors, Eating Problems and Mental Health Issues in College Students		Fall 2019- Spring 2021.
1	Driving Anger Scale (DAS)	25 items Two factors F1 Moral Values F2 Violating Rules	0.93	Nafesa Saleem & Ayesha Jabben		Saleem & Jabben, 2021	Extroversion, Distress Tolerance and Driving Anger in Motorcyclists		Spring 2019- Fall 2021
1	Self-Compassion Scale	F1 Mindfulness F2 Self-Kindness F3 Spirituality	0.93	Atia Batool & Ayesha Jabben		Batool & Jabben, 2021	Self-Compassion Interpersonal Difficulties and Mental Health Problems in University Students.		2019-2021
1	Father Daughter Relationship Scale	F1 Sense of Support F2 Sense of Security	0.98	Gichan Bano Zaidi & Ayesha Jabben	Zaidi & Jabben, 2021		Father Daughter Relationship, Self-Concept and Quality of Relationship with Spouse : A Women's Perspective		2021
1	Psychosocial Issue Scale	(27 items) 2 Factors F1 Deffiance (13 items) F2 Disruptive behaviour (10 items)	0.89	Farwa Ashraf & Dr Ayesha Jabben	Ashraf, F, & Jabben, A		Executive Functioning, Adaptive Behavior and Psychosocial Issue in Middle Childhood		Fall 2019 spring 2021
1	Adjustment Difficulties in Preschoolers	(31 items) 3 Factors F1 Lack of Assertiveness (8 items) F2 Interactional Difficulties (15 items) F3 Lack of Emotional Stability (7 items)	0.91	Ayesha Haider & Dr. Ayesha Jabben	Haider, A. & Jabben, A. (2021).		Temperament, Quality of Parent-Child Relationship and Adjustment Difficulties in Preschoolers.		Fall 2019-Spring 2021
1	Pathological Guilt in Young Adults	27 items and 3 factors 1. Deflated self worth (16 items) 2. Self Depreciation (7 items) 3. Spornal Compensation (4 items)	0.87	Faiha Zulfqar & Rabia Khadim	Zulfqar & Khadim (2020).		Attachment to God, Pathological Guilt and Mental Health problems in Young Adult		2019-2021
1	Paranoid Tendencies Scale	22 items and 3 factors 1- Interpersonal mistrust 2- Poor self image 3-Social isolation		Fatima Aslam and Sadia Saleem	Aslam & Saleem (2021)		Perceived Parenting styles, Paranoid Tendencies and interpersonal Mistrust in Young Adults		2019-2021
1	Presentation Anxiety Scale for University Students	27 items Factor 1: Fear of Evaluation (18 items) Factor 2: Nervousness (9 items)	0.93	Aiman Fatima & Halima Kharshid	Fatima, A. & Kharshid, H. (2022). Apprehension, emotion regulation strategies and pres		Apprehension, Emotion Regulation Strategies and Presentation Anxiety in University Students		2019-2021
1	Perceived Father-Son Relationship Scale for Male Young Adults	30 items F1 Supportive (12 items) F2: Controlled (9 items) F3: Neglect (9 items)	93 F1: .79 F2: .79 F3: .70	Dania Waseem & Halima Kharshid	Waseem, D. & Kharshid, H. (2022). Perceived father-son relationship, resilience and psy		Perceived Father-Son Relationship, Resilience and Psychological Distress in Male Young Adults		2019-2021
1	Perceived Daughter-Father Communication Scale	26 items F1: Hesitant Communication (13 items) F2: Discrete Communication (8 items) F3: Expressive Communication (5 items)	F1: .82 F2: .71 F3: .73	Tooba Haider & Halima Kharshid	Haider, T. & Kharshid, H. (2022). Perceived daughter-father communication, self-conce		Perceived Daughter-Father Communication, Self-Concept and Interpersonal Difficulties in Female Young Adults		2019-2021
1	Perceived Parental Favoritism Scale of Adolescents	24 items and 4 factors 1. Emotional Closeness (7 items) 2. Providing Support (7 items) 3. Preferred Relationship (5 items) 4. Providing Protection (5 items)	0.8	Tooba Karwal & Rabia Khadim	Karwal & Khadim (2021).		Perceived Parental Favoritism, Family Communication, Identity And Emotional Behavioral Problems in Adolescents		2018-2021

