GIFT UNIVERSITY · SCHOOL OF ARTS AND SOCIAL SCIENCES

Published Research and the Sustainable Development Goals

Journal articles by School faculty, read from their titles and abstracts and mapped to the UN Sustainable Development Goals 3, 4, 5 and 17. Each paper is listed once, with every goal it supports. Student theses are reported under the "Student theses" tab.

Data as of 2 November 2026 · 178 goal mappings across 144 papers

144	91	99	92
PAPERS MAPPED	GIFT AFFILIATION PRINTED	STRONG OR VERIFIED FIT	DATED 2024 TO 2026
31 faculty members · 8 departments	63.2% of papers	68.8% of papers	Papers range from 2015 to 2026

GOAL: All goals | DEPARTMENT: All departments | FACULTY MEMBER: All faculty | YEAR: All years | SCOPUS: Any status

SEARCH: title, author, journal | ☐ Strong / verified fit only | ☐ GIFT affiliation printed only | Clear filters

Papers by goal

Select a bar to filter the register. A paper supporting two goals counts once under each.

SDG 3 · Good Health & Well-being	87	59 strong
SDG 4 · Quality Education	35	22 strong
SDG 5 · Gender Equality	16	9 strong
SDG 17 · Partnerships (topic match)	1	0 strong
SDG 17 · International co-authorship	39	16 verified

Strong (clear topic fit) / Verified (international co-author and GIFT affiliation both printed)

Moderate (secondary link) / To verify (affiliation not confirmed)

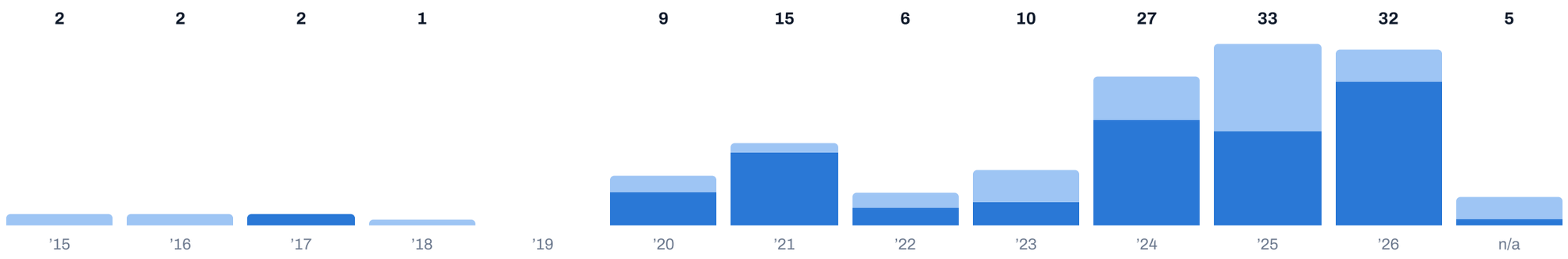
Papers by department

Select a department to filter. Bar length is papers, shaded by fit.

Psychology	72
Food & Nutrition	32
English	16
Mass Communication	10
Education	6
Islamic Studies	5
Humanities & Social Sciences	2
Political Science	1

Papers by year

Select a year to filter. Darker shading marks papers that print a GIFT affiliation on their first pages.



GIFT affiliation printed | Not printed on the first pages

Goal concentration by department

Papers per department and goal. Darker cells carry more papers; select a cell to filter by both. A paper that supports two goals appears in two cells, so the "Mappings" total (178) is higher than the paper count (144).

	3 · Good Health & Well-being	4 · Quality Education	5 · Gender Equality	17 · Partnerships (topic match)	17 · International co-authorship	Mappings
Psychology	60	15	3	0	12	90
Food & Nutrition	23	2	0	0	19	44
English	1	7	6	0	3	17
Mass Communication	3	4	0	0	4	11
Education	0	5	2	0	1	8
Islamic Studies	0	0	5	0	0	5
Humanities & Social Sciences	0	2	0	0	0	2
Political Science	0	0	0	1	0	1
All departments	**87**	**35**	**16**	**1**	**39**	**178**

SORT BY

Research register

All 144 papers

Newest first | Download CSV

REF	PAPER	JOURNAL AND YEAR	GOALS SUPPORTED	GIFT AFFILIATION	SCOPUS
SM-003 SM-143	Anti-hypercholesterolemic Effects of Barley and Its Role in the Management of Metabolic Disorders: A Comprehensive Review Dr. Usman Khalid · Food & Nutrition	**2026** JSFA Reports	SDG 3 · Strong SDG 17 · international co-authorship · Verified	Printed	Not checked
SM-149	Arousal Attenuates Directed Forgetting of Affective and Neutral English Words in an Item-Method Recognition Paradigm Ather Mujitaba · Psychology	**2026** Pakistan Social Sciences Review	SDG 17 · international co-authorship · Verified	Printed	**Not confirmed**
SM-004 SM-144	Biological Activities, Medicinal Uses, and Nutritional Effects of Terminalia arjuna (Roxb. ex DC.) Wight & Arn.: Phytochemical Insights and Therapeutic Benefits in Ulcerative Colitis Dr. Usman Khalid · Food & Nutrition	**2026** Food Science & Nutrition	SDG 3 · Strong SDG 17 · international co-authorship · Verified	Printed	Not checked
SM-075	Brief Negative Core Beliefs Inventory (B-NCBI): Psychometric Properties and Validation Ather Mujitaba; Dr. Um e Laila · Psychology	**2026** Cognitive Therapy and Research	SDG 3 · Moderate	Printed	Not checked
SM-098	Communicative Readiness as Prepared Participation: Evidence from an AI-Assisted TMTBLT Course in Pakistani Higher Education Dr. Taimu Kiyani · English	**2026** Pakistan Languages and Humanities Review	SDG 4 · Strong	Printed	**Not confirmed**
SM-021	Digital Health Tool Usage and Cyberchondria Among University Students: Investigating the Mediating Role of Digital Literacy Amna Azam · Psychology	**2026** Pakistan Journal of Social Sciences Review	SDG 3 · Strong	Printed	Not checked
SM-106	Digital Literacy and Institutional Digital Transformation as Determinants of Service Quality in Higher Education Amna Azam · Psychology	**2026** International Journal of Social Sciences Bulletin	SDG 4 · Strong	Printed	**Not confirmed**
SM-076 SM-113	Effects of Dietary Habits on Academic Performance among University Students Daud Afzal · Psychology	**2026** Advance Social Science Archive Journal	SDG 3 · Moderate SDG 4 · Moderate	Printed	Not checked
SM-029	Emotional Regulation and Perceived Stress Among Young Adults: A Quantitative Study Across Two Age Groups (18-20 and 21-25 Years) Daud Afzal · Psychology	**2026** Advance Social Science Archive Journal	SDG 3 · Strong	Printed	Not checked
SM-061 SM-158	Ethnobotanical Survey and Therapeutic Ranking of Medicinal Plants in Muzaffargarh, Pakistan: From Traditional Use to Research Priority Dr. Usman Khalid · Food & Nutrition	**2026** Journal not stated	SDG 3 · Moderate SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-025	Evaluating the Effectiveness of Metacognitive Techniques in Reducing Body Dissatisfaction Among Pakistani Young Adults: A Pilot Randomized Controlled Trial Ather Mujitaba · Psychology	**2026** Regional Lens	SDG 3 · Strong	Printed	Not checked
SM-079 SM-176	Existential concerns and developmental crisis in emerging adulthood: cross-cultural study Title not printed on the pages reviewed; this line describes the paper. DOI 10.1007/s10804-026-09554-0 Dr. Um e Laila · Psychology	**2026** Journal of Adult Development	SDG 3 · Moderate SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-118 SM-137	Generational and Gender Differences in Digital Literacy among Adults in Pakistan: A Cross-Sectional Comparative Study Dr. Talha Khalid; Naba Noor · Psychology	**2026** Journal of Psychology, Health and Social Challenges	SDG 4 · Moderate SDG 5 · Moderate	Printed	**Not confirmed**

SM-114 SM-136	Impact of Attention Span on Academic Performance: Does Gender Play a Role? Daud Afzal · Psychology	**2026** International Journal of Social Sciences Bulletin	SDG 4 · Moderate SDG 5 · Moderate	Printed	Not confirmed
SM-099	Impact of ChatGPT Usage on Critical Thinking and Academic Performance of University Students in Pakistan Syeda Humda · English	**2026** Liberal Journal of Language & Literature Review	SDG 4 · Strong	Printed	Not checked
SM-030	Impact of Mindfulness Meditation and Physical Activity on Stress Levels in University Students Daud Afzal · Psychology	**2026** Advance Social Science Archive Journal	SDG 3 · Strong	Printed	Not checked
SM-031	Impact of Self-Efficacy and Resilience on Psychological Well-Being among University Students Daud Afzal · Psychology	**2026** Advance Social Science Archive Journal	SDG 3 · Strong	Printed	Not checked
SM-115	Impact of Social Media Usage on Academic Performance and Concentration Level among University Students Daud Afzal · Psychology	**2026** International Journal of Social Sciences Bulletin	SDG 4 · Moderate	Printed	Not confirmed
SM-032	Investigating the Impact of Physical Activities and Sleep Quality on Mental Health among Young Adults in Gujranwala Daud Afzal · Psychology	**2026** Advance Social Science Archive Journal	SDG 3 · Strong	Printed	Not checked
SM-116	Investigating the Impact of Social Media Usage on Academic Performance Among Youth in Gujranwala Daud Afzal · Psychology	**2026** Journal of Health, Wellness and Community Research	SDG 4 · Moderate	Printed	Not checked
SM-033	Investigating the Relationship Between Smartphone Addiction and Daytime Sleepiness Among Adults in Gujranwala Daud Afzal · Psychology	**2026** Advance Social Science Archive Journal	SDG 3 · Strong	Printed	Not checked
SM-005	Nutritional Profiling, Antioxidant Activity, and In Vivo Toxicological Evaluation of Myristica fragrans Seeds: Renal-Protective Insights from Molecular Docking Dr. Usman Khalid · Food & Nutrition	**2026** International Journal of Food Science and Technology	SDG 3 · Strong	Not printed	Yes
SM-001	Phytochemicals in Oxidative Stress and Cancer Prevention: Emphasis on Seed-Derived Bioactives, Mechanistic Insights, and Nanotechnological Advances Areej · Food & Nutrition	**2026** Journal not stated	SDG 3 · Strong	Not printed	Not checked
SM-056 SM-177	Posttraumatic Stress Disorder in Adolescents of Pakistan: 2 Years Following the 2022 Torrential Flood Sana Rehman · Psychology	**2026** Psychological Trauma: Theory, Research, Practice, and Policy	SDG 3 · Strong SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-006 SM-159	Small Intestinal Bacterial Overgrowth: Microbiome Dysregulation, Gut-Brain Axis Disruption, and Systemic Consequences Dr. Usman Khalid · Food & Nutrition	**2026** Molecular Nutrition & Food Research	SDG 3 · Strong SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-068	Surah Ar-Rahman Recitation and Affective-Cognitive Outcomes in Young Adults: An Experimental Study of Anxiety, Mood and Selective Memory Consolidation Ather Mujitaba · Psychology	**2026** The Critical Review of Social Sciences Studies	SDG 3 · Moderate	Printed	Not checked
SM-069	The Effects of a Brief Game-Based Mobile Phone Detox on Executive Functioning among Undergraduate Students: An Experimental Study Using Ludo Ather Mujitaba · Psychology	**2026** Pakistan Journal of Social Sciences Review	SDG 3 · Moderate	Printed	Not checked
SM-077	The Impact of Social Media Silent Treatment on Attachment Style and Interpersonal Anxiety Daud Afzal · Psychology	**2026** Advance Social Science Archive Journal	SDG 3 · Moderate	Printed	Not checked

SM-093	The Role of Feedback Quality and Student-Supervisor Relationships in Developing Thesis Writing Skills among Undergraduates in Pakistan Afeef Tahir Butt; Dr. Taimu Kiyani · English	**2026** Pakistan Languages and Humanities Review	**SDG 4** · Strong	Printed	**Not confirmed**
SM-034	To What Extent Do Interpersonal Trust and Emotional Security Predict Psychological Well-Being Among Young Adults? Daud Afzal · Psychology	**2026** Sociology & Cultural Research Review	**SDG 3** · Strong	Printed	Not checked
SM-150	Translation, Adaptation, and Norming of Culturally Grounded Affective Words for Valence, Arousal, and Dominance Ather Mujitaba · Psychology	**2026** Research Journal of Psychology	**SDG 17 · international co-authorship** · Verified	Printed	Not checked
SM-022	Urdu Translation and Validation of the HEMO-FISS-QoL Questionnaire in a Pakistani Population Amna Azam · Psychology	**2026** International Journal of Social Sciences Bulletin	**SDG 3** · Strong	Printed	**Not confirmed**
SM-007 SM-160	A Comprehensive Review on the Bioactivity and Pharmacological Attributes of Withania somnifera Dr. Usman Khalid · Food & Nutrition	**2025** Natural Product Research	**SDG 3** · Strong **SDG 17 · international co-authorship** · To verify	Not printed	Not checked
SM-008 SM-161	A Comprehensive Review on the Molecular Mechanism of Lycopene in Cancer Therapy Dr. Usman Khalid · Food & Nutrition	**2025** Food Science & Nutrition	**SDG 3** · Strong **SDG 17 · international co-authorship** · To verify	Not printed	Not checked
SM-057 SM-178	A Systematic and Meta-Analytical Review of Acceptance and Commitment Therapy for PTSD Sana Rehman · Psychology	**2026** Journal of Loss and Trauma	**SDG 3** · Strong **SDG 17 · international co-authorship** · To verify	Not printed	Not checked
SM-100	AI-Driven Adaptive Learning's Effect on Student Motivation and Self-Efficacy in Public Sector Universities Hajra Imran · Food & Nutrition	**2025** International Journal of Social Sciences Bulletin	**SDG 4** · Strong	Printed	**Not confirmed**
SM-146	Assessing the Digital Divide and Its Implications in Pakistan: The Role of Media Dr. Mohsin Shams · Mass Communication	**2025** Journal of Media Horizons	**SDG 17 · international co-authorship** · Verified	Printed	**Not confirmed**
SM-162	Assessment of Ultrasound-Assisted Dried Withania somnifera: Nutritional Value, Functional Characteristics of Supplemented Flour, Dough Rheology, and Sensory Attributes of Flat Unleavened Bread Dr. Usman Khalid · Food & Nutrition	**2025** Journal of Food Processing and Preservation	**SDG 17 · international co-authorship** · To verify	Not printed	Not checked
SM-009	Circadian Cuisine in Synchronizing Holistic Nutrition and Biological Rhythms Dr. Usman Khalid · Food & Nutrition	**2025** World Nutrition	**SDG 3** · Strong	Not printed	Not checked
SM-010 SM-163	Citrullus colocynthis and Human Health: Transforming Nature's Bitterness to Healing Medicine Dr. Usman Khalid · Food & Nutrition	**2025** Journal not stated	**SDG 3** · Strong **SDG 17 · international co-authorship** · To verify	Not printed	Not checked
SM-040	Efficacy of Single-Session Brain Working Recursive Therapy for Intrusion as a Symptom of PTSD: Assessing Immediate Outcome Dr. Talha Khalid · Psychology	**2025** Journal of Social Signs Review	**SDG 3** · Strong	Printed	**Not confirmed**
SM-103	Examining ChatGPT Usage Effect on Students' Engagement, Student Performance and E-learning Satisfaction: Empirical Investigation in Pakistan Dr. Mohsin Shams · Mass Communication	**2025** Journal for Social Science Archives	**SDG 4** · Strong	Printed	**Not confirmed**
SM-062 SM-145	Fig (Ficus carica) as a Source of Bioactive Compounds: Nutritional, Medicinal, and Food Industry Perspectives Dr. Usman Khalid · Food & Nutrition	**2025** International Journal of Food Science and Technology	**SDG 3** · Moderate **SDG 17 · international co-authorship** · To verify	Not printed	**Yes**

SM-134	Gender Performance and Identity Issues in Ministry of Utmost Happiness Hunny Manzor; Saima Sarfraz · English	**2025** Annals of Human and Social Sciences	SDG 5 · Moderate	Printed	Not confirmed
SM-078 SM-117 SM-152	Glossophobia Traits and Academic Performance among University Students: Fear of Negative Evaluation as a Mediator Daud Afzal · Psychology	**2025** Journal of Advanced Psychology	SDG 3 · Moderate SDG 4 · Moderate SDG 17 · international co-authorship · Verified	Printed	Not confirmed
SM-035 SM-153	Impact of Social Media Usage on Social Comparison and Body Dissatisfaction among University Students Dr. Talha Khalid · Psychology	**2025** Pakistan Journal of Positive Psychology	SDG 3 · Strong SDG 17 · international co-authorship · Verified	Printed	Not confirmed
SM-164	Integration of Multi-Cereals Into Wheat Flour: Nutritional Composition, Dough Rheology, and Sensory Profile of Composite Breads Dr. Usman Khalid · Food & Nutrition	**2025** Food Science & Nutrition	SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-151	Mapping Culturally Grounded English Word Affect in Pakistan: A Valence-Arousal-Dominance Lexicon Ather Mujitaba · Psychology	**2025** SSHRR	SDG 17 · international co-authorship · Verified	Printed	Not checked
SM-023	Migraine Related Stigma, Pain Perception and Treatment Satisfaction in Individuals with Migraine Amna Azam · Psychology	**2025** Policy Research Journal	SDG 3 · Strong	Not printed	Not checked
SM-002	Nutritional Evaluation, Functional Optimization, and Molecular Characterization of Turmeric-Based Dietary Supplement for Glycemic Support Areej · Food & Nutrition	**2025** Food and Nutrition Insights	SDG 3 · Strong	Not printed	Not checked
SM-011	Phyllanthus emblica: Its Health Benefits and Phytochemistry; A Detailed Review Dr. Usman Khalid · Food & Nutrition	**2025** Scholars Academic Journal of Biosciences	SDG 3 · Strong	Not printed	Not checked
SM-165	Phytochemical profiling of Withania somnifera and its effect on thermal stability of soybean oil Dr. Usman Khalid · Food & Nutrition	**2025** Journal not stated	SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-067	Psychosocial Aspects of Split Shift in Professionals Amna Naz · Psychology	**2025** Jinnah Business Review	SDG 3 · Moderate	Not printed	Not checked
SM-080 SM-154	Quarter-life Crisis Episodes in Emerging Adulthood: A Mixed-Methods Analysis of Data From Eight Countries Dr. Um e Laila · Psychology	**2025** Emerging Adulthood	SDG 3 · Moderate SDG 17 · international co-authorship · Verified	Printed	**Yes**
SM-024	Role of Vested Interest and Machiavellianism in Drug Addiction Tendencies among Young Adults: A Psychosocial Perspective within Workforce Settings Amna Azam · Psychology	**2025** Journal not stated	SDG 3 · Strong	Printed	**Not confirmed**
SM-012 SM-166	Safety Study and Molecular Docking Analysis of Phyto-Constituents from Withania somnifera Leaves: Insights into Dipeptidyl Peptidase-4 (DPP-4) Inhibition and Therapeutic Potential Dr. Usman Khalid · Food & Nutrition	**2025** Journal of the American Nutrition Association	SDG 3 · Strong SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-036	Screen Addiction in Adolescents: Exploring the Impact on Emotion Regulation and Social Impairment Dr. Talha Khalid · Psychology	**2025** Journal of Psychology, Health and Social Challenges	SDG 3 · Strong	Printed	**Not confirmed**
SM-064 SM-111	The Correlation Between Social Media Engagement and Academic Performance of Students in Pakistan During the COVID-19 Pandemic Dr. Mohsin Shams · Mass Communication	**2025** Policy Journal of Social Science Review	SDG 3 · Moderate SDG 4 · Moderate	Printed	Not checked

SM-070	The Future-Positive Core Beliefs Scale (FPBS): Construction, Validation and Initial Psychometric Properties Ather Mujitaba · Psychology	**2025** Journal of Social Sciences Review	SDG 3 · Moderate	Printed	Not checked
SM-071	The Mediating Role of Negative Core Beliefs in Parental Acceptance-Rejection and Cognitive Distortion among Young Adults Ather Mujitaba · Psychology	**2025** Journal of Social Sciences Research & Policy	SDG 3 · Moderate	Printed	Not checked
SM-167	Ultrasound-assisted extraction of Hibiscus rosa-sinensis flower extracts to be utilized as a sustainable ingredient for the development of functional tea Dr. Usman Khalid · Food & Nutrition	**2025** Journal not stated	SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-042	Understanding Involuntary Admission: A Qualitative Exploration of Persons with Substance Use Disorders in Rehabilitation Centers Dr. Talha Khalid; Naba Noor · Psychology	**2025** Journal of Social Signs Review	SDG 3 · Strong	Printed	**Not confirmed**
SM-072	Unleashing the Power of Proactive Thought Control: An Experimental Study on Intrusive Thoughts in Young Adults Ather Mujitaba · Psychology	**2025** Kashf Journal of Multidisciplinary Research	SDG 3 · Moderate	Printed	Not checked
SM-135	Women's Imamah (Leading Prayer): A Study of the Methodology of Maulana Umar Ahmad Usmani and the Majority of Jurists in Interpreting the Texts (in the light of Fiqh al-Qur'an) [English rendering of Urdu title] Dr. H. Muhammad Ashfaq · Islamic Studies	**2025** Dialogue Social Science Review	SDG 5 · Moderate	Printed	Not checked
SM-073	Words That Sting, Words That Soothe: A Two-Phase Experimental and Norming Study on Emotionally Valenced Word Lists for Social Anxiety in Pakistan Ather Mujitaba · Psychology	**2025** Quarterly Journal of Social Sciences	SDG 3 · Moderate	Not printed	Not checked
SM-052	A Case Study of Multidisciplinary Rehabilitation in Ovarian Cancer: Motion Therapy and Psychological Approaches for Chemotherapy-Induced Neuropathy Dr. Um e Laila · Psychology	**2024** International Journal of Contemporary Medicine	SDG 3 · Strong	Printed	**Not confirmed**
SM-043	A Case Study on the Integrated Rehabilitation of Chemotherapy-Induced Peripheral Neuropathy in a Patient Dr. Um e Laila · Psychology	**2024** Journal of Health and Rehabilitation Research	SDG 3 · Strong	Printed	**Not confirmed**
SM-147	Adoption and Adaptation: Social Media Practices among Young Entrepreneurs Dr. Waqas Mehmood · Mass Communication	**2024** Journal of Development and Social Sciences	SDG 17 · international co-authorship · Verified	Printed	**Not confirmed**
SM-088	An Analysis of Child Labor in District Gujrat, Punjab, Pakistan, Demonstrates the Impact of Socio-Economic Factors on Primary Education Dr. Lazar Paul · Education	**2024** Journal not stated	SDG 4 · Strong	Printed	Not checked
SM-168	Characteristics of lacto-fermented whey, milk, hemp and lupine proteins Dr. Usman Khalid · Food & Nutrition	**2024** LWT - Food Science and Technology	SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-089 SM-140	Comparison of Pedagogical Challenges Faced by Public and Private Novice Teachers at Elementary Level Dr. Lazar Paul · Education	**2024** Pakistan Research Journal of Social Sciences	SDG 4 · Strong SDG 17 · international co-authorship · Verified	Printed	**Not confirmed**
SM-054	Effects of Sleep Quality on Psychological Distress in Teachers: The Role of Social Support Habiba Tariq · Psychology	**2024** Pakistan Journal of Social Issues	SDG 3 · Strong	Printed	**Not confirmed**

SM-044 SM-107	Evaluating the Efficacy of Role Play Intervention in Mitigating the Effects of COVID-19 and Facilitating Academic Achievement in Children with Mild Psychological Issues Dr. Um e Laila · Psychology	**2024** Pakistan Social Sciences Review	SDG 3 · Strong SDG 4 · Strong	Printed	Not confirmed
SM-013 SM-169	Exploring the Therapeutic Potential of Caralluma fimbriata for Antioxidant and Diabetes Management Dr. Usman Khalid · Food & Nutrition	**2024** Toxicology Research	SDG 3 · Strong SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-063 SM-170	Hepatotoxicity Evaluation of Ethanol Root Extract of Pentadiplandra brazzeana Baill. Dr. Usman Khalid · Food & Nutrition	**2024** Nigerian Journal of Biochemistry and Molecular Biology	SDG 3 · Moderate SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-045	Impact of Parental Conflicts and Parental Support on Children's Life Satisfaction: Mediating Role of Psychological Well-Being Dr. Um e Laila · Psychology	**2024** International Journal of Contemporary Issues in Social Sciences	SDG 3 · Strong	Printed	Not confirmed
SM-148	Impact of Short Videos on Political Information and Participation of Teens Dr. Waqas Mehmood · Mass Communication	**2024** Pakistan Languages and Humanities Review	SDG 17 · international co-authorship · Verified	Printed	Not confirmed
SM-171	Nutritional and Physico-Chemical Profiling of Tribulus terristris and its Nutraceuticals Application Dr. Usman Khalid · Food & Nutrition	**2024** Journal of Population Therapeutics & Clinical Pharmacology	SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-014	Phytochemicals Analysis via GC-MS, Assessment of Anti-Inflammatory, Anti-Bacterial, and Anti-Fungal Properties of Cassia fistula Pod-Based Functional Tea Dr. Usman Khalid · Food & Nutrition	**2024** Journal of Population Therapeutics & Clinical Pharmacology	SDG 3 · Strong	Not printed	Not checked
SM-128	Post-Divorce Maintenance (Mata-At Talaq) and Women Empowerment Dr. Ayesha Rafiq · Islamic Studies	**2024** Shnakhat	SDG 5 · Strong	Not printed	Not checked
SM-026	Psychological Impact of the COVID-19 Pandemic on the Pakistani Population and Health Care Providers Ather Mujitaba · Psychology	**2024** Journal of Islamabad Medical & Dental College	SDG 3 · Strong	Printed	Not confirmed
SM-015 SM-172	The Association and Interactions of Malnutrition, Micronutrients and Drug Therapy in the Management of Tuberculosis Dr. Usman Khalid · Food & Nutrition	**2024** World Nutrition	SDG 3 · Strong SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-037 SM-175	The Effectiveness of the Community Reinforcement Approach (CRA) in the Context of Quality of Life and Happiness among People Using Drugs Dr. Talha Khalid · Psychology	**2024** Frontiers in Public Health	SDG 3 · Strong SDG 17 · international co-authorship · To verify	Not printed	Not checked
SM-046 SM-108	The Impact of Teacher's Empathy on Students' Self-Compassion: An Evidence-Based Intervention Study Dr. Um e Laila · Psychology	**2024** Annals of Human and Social Sciences	SDG 3 · Strong SDG 4 · Strong	Printed	Not confirmed
SM-112	The Nexus of Family Influence, Academic Satisfaction and Career Adaptability: The Mediating Role of Academic Satisfaction Ather Mujitaba · Psychology	**2024** International Journal of Social Sciences Bulletin	SDG 4 · Moderate	Printed	Not confirmed
SM-087	The Relationship between Personality Traits and Anxiety with the Mediating Role of Desire for Fame among TikTokers Habiba Tariq · Psychology	**2024** Al-Qamar	SDG 3 · Moderate	Printed	Not checked
SM-053	The Relationship between Social Support and Self-Esteem with the Mediating Role of Stigmatization among Obese Individuals Dr. Um e Laila; Habiba Tariq · Psychology	**2024** Al-Nasr	SDG 3 · Strong	Printed	Not confirmed

SM-081 SM-119	The Role of Educational Career and Parental Support in Shaping Life Satisfaction and Mental Well-Being among University Students Dr. Um e Laila · Psychology	**2024** JIBAS	SDG 3 · Moderate SDG 4 · Moderate	Printed	Not checked
SM-041	Tobacco Craving Questionnaire Short Version: Translation and Validation in Urdu Dr. Talha Khalid; Naba Noor · Psychology	**2024** Journal of Education and Social Studies	SDG 3 · Strong	Printed	**Not confirmed**
SM-074	Translation and Validation of the Negative Core Beliefs Inventory (NCBI) in Urdu Ather Mujitaba · Psychology	**2024** Applied Psychology Review	SDG 3 · Moderate	Printed	Not checked
SM-055	Unveiling the Nexus of Personality Traits, Ostracism, and Mental Health Issues in University Students Habiba Tariq · Psychology	**2024** Contemporary Journal of Social Science Review	SDG 3 · Strong	Printed	**Not confirmed**
SM-132	Unveiling the Veiled: A Novel Exploration of Gendered Slang Usage among Pakistani University Students Dr. Lazar Paul · Education	**2024** Journal not stated	SDG 5 · Moderate	Printed	Not checked
SM-047	A Comparative Study of Spirituality and Mental Health in Spiritual Leaders (Muslim: Gaddi Nasheen, Christian: Fathers) and in Adults Dr. Um e Laila · Psychology	**2023** Al-Idrak Research Journal	SDG 3 · Strong	Printed	**Not confirmed**
SM-016	Comparison of Foam Sclerotherapy and Cyanoacrylate Glue for Preventing the Recurrence of Varicose Veins Dr. Usman Khalid · Food & Nutrition	**2023** International Journal of Health Sciences	SDG 3 · Strong	Not printed	Not checked
SM-090	Comparison of Pedagogical Challenges Faced by Public and Private Novice Teachers at Primary Level at Gujrat Dr. Lazar Paul · Education	**2023** Scholar Insight Journal	SDG 4 · Strong	Printed	**Not confirmed**
SM-038	Effectiveness of Combined Repetitive Transcranial Magnetic Stimulation and Community Reinforcement Approach for Smoking Cessation Dr. Talha Khalid · Psychology	**2023** KEPES	SDG 3 · Strong	Not printed	Not checked
SM-017	Enhancing General Physicians' Awareness for Prompt Specialist Referral in a Treatable Rare Pathology Dr. Usman Khalid · Food & Nutrition	**2023** International Journal of Health Sciences	SDG 3 · Strong	Not printed	Not checked
SM-018	High Dose Tirofiban versus Standard Therapy in Primary PCI for ST-Segment Elevation Myocardial Infarction (STEMI) Dr. Usman Khalid · Food & Nutrition	**2023** International Journal of Health Sciences	SDG 3 · Strong	Not printed	Not checked
SM-174	Look at the Sender, Ignore the Information: Authenticity and Opinion Leaders in Spreading Fake Information to Teenagers Dr. Waqas Mehmood · Mass Communication	**2023** Pakistan Social Sciences Review	SDG 17 · international co-authorship · To verify	Not printed	**Not confirmed**
SM-082 SM-138	Problem-Solving Skills and the Impact of Work and Family Spillover on Marital Distress and Psychological Well-Being in Pakistani Working Married Women Dr. Um e Laila · Psychology	**2023** JIBAS	SDG 3 · Moderate SDG 5 · Moderate	Printed	Not checked
SM-101	The Importance of Elementary School Teachers in Encouraging Students to Learn the English Language Hajra Imran · Food & Nutrition	**2023** Global Educational Studies Review	SDG 4 · Strong	Not printed	**Not confirmed**
SM-120	The Level of Cultural Dissonance in Cambridge and General Education System Dr. Um e Laila · Psychology	**2023** Journal not stated	SDG 4 · Moderate	Printed	Not checked

SM-065	Effects of Drugs Depiction in Bollywood Movies on Youth of District Gujranwala Kiran Sajid · Mass Communication	**2022** International Journal of Special Education	SDG 3 · Moderate	Printed	Not checked
SM-091 SM-123	Exploring Gender Differences in Students' Attitude towards Science at Elementary School Level Dr. Lazar Paul · Education	**2022** Annals of Human and Social Sciences	SDG 4 · Strong SDG 5 · Strong	Not printed	**Not confirmed**
SM-110	Jamia Islamia (1963-1975): The First Islamic University of Pakistan Adil Farooq · Humanities & Social Sciences	**2022** Journal not stated	SDG 4 · Moderate	Not printed	Not checked
SM-060 SM-133	Psycho-dramatic Analysis of Mahesh Dattani's Thirty Days in September Dr. Taimu Kiyani · English	**2022** Journal of Development and Social Sciences	SDG 3 · Moderate SDG 5 · Moderate	Printed	**Not confirmed**
SM-039	Psychometric Properties of the Pakistani Version of the Fagerstrom Test for Nicotine Dependence Dr. Talha Khalid · Psychology	**2022** Journal of Education and Social Studies	SDG 3 · Strong	Not printed	**Not confirmed**
SM-125	Silence, Oppression and Women: A Feminist Reading of Lorca's Selected Plays Dr. Taimu Kiyani · English	**2022** Pakistan Languages and Humanities Review	SDG 5 · Strong	Printed	**Not confirmed**
SM-083 SM-121	An Empirical Study of Emotional Distress, Motivation, and Work-related Performance among College Teachers Dr. Um e Laila · Psychology	**2021** Clinical & Counselling Psychology Review	SDG 3 · Moderate SDG 4 · Moderate	Printed	Not checked
SM-094	An Evaluation of English Textbook at Primary Level in Punjab, Pakistan Anna Ali · English	**2021** Pakistan Languages and Humanities Review	SDG 4 · Strong	Printed	**Not confirmed**
SM-066	Covid-19: Analyzing Sports, Sleeping, Family Behavior during Pandemic Kiran Sajid · Mass Communication	**2021** Turkish Journal of Physiotherapy and Rehabilitation	SDG 3 · Moderate	Printed	Not checked
SM-048	Dark Tetrad Personality during COVID-19: An Overview of Psycho-Somatic Therapies for Managing Mental Health Dr. Um e Laila · Psychology	**2021** Psychiatria Danubina	SDG 3 · Strong	Printed	Not checked
SM-104	Dissecting Education and Employment Association in Khyber Pakhtunkhwa Kiran Sajid · Mass Communication	**2021** Gazi University Journal of Science	SDG 4 · Strong	Printed	Not checked
SM-141	Diverse Animals' Imagery, Symbolism and Vitality in the Poetry of Ted Hughes Dr. Taimu Kiyani · English	**2021** Pakistan Social Sciences Review	SDG 17 · international co-authorship · Verified	Printed	**Not confirmed**
SM-129	Eradicating Gender-Based Violence against Female-Intimate Partner in Pakistan: A Theoretical Framework from Islamic Philosophy Dr. Ayesha Rafiq · Islamic Studies	**2021** Academic Journal of Interdisciplinary Studies	SDG 5 · Strong	Printed	Not checked
SM-105	Exploring Students Online Learning: A Study of Zoom Application Kiran Sajid · Mass Communication	**2021** Gazi University Journal of Science	SDG 4 · Strong	Printed	Not checked
SM-102	Jamya Abbasid (1925-1963): A Model for Religious/Traditional and Modern Curricula Synthetization in Pakistan Adil Farooq · Humanities & Social Sciences	**2021** Journal not stated	SDG 4 · Strong	Not printed	Not checked
SM-155	Religious Affiliation, Daily Spirituals, and Private Religious Factors Promote Marital Commitment Among Married Couples: Does Religiosity Help People Amid the COVID-19 Crisis? Dr. Um e Laila · Psychology	**2021** Frontiers in Psychology	SDG 17 · international co-authorship · Verified	Printed	Not checked

SM-092	Role of Higher Education Commission in Developing Entrepreneurship Education in Pakistan Dr. Lazar Paul · Education	**2021** Webology	**SDG 4** · Strong	Not printed	Not checked
SM-084 SM-122	Students and COVID-19: A Phenomenological Study of Undergraduate Students in Pakistan Dr. Um e Laila · Psychology	**2021** Pakistan Social Sciences Review	**SDG 3** · Moderate **SDG 4** · Moderate	Printed	**Not confirmed**
SM-109	Students' Achievement at Primary Level and Parents' Interest in their Children's Education: A Correlational Study Dr. Um e Laila · Psychology	**2021** Pakistan Social Sciences Review	**SDG 4** · Strong	Printed	**Not confirmed**
SM-124	The Good Woman is the Silent One: A Feminist Critique of Proverbial Stance on Gendered Talk Dr. M. Ajmal Khan · English	**2021** Pakistan Journal of Applied Social Sciences	**SDG 5** · Strong	Printed	Not checked
SM-085	The Impact of Work Demands and Work Group Support on Emotional Exhaustion among Medical Doctors: A Moderating Analysis Dr. Um e Laila · Psychology	**2021** Pakistan Social Sciences Review	**SDG 3** · Moderate	Printed	**Not confirmed**
SM-058	Child with Intellectual Disability Misdiagnosed as Autism: A Case Study Sibgha Farooqi · Psychology	**2020** Journal of the Pakistan Medical Association	**SDG 3** · Strong	Not printed	Not checked
SM-139	China and India: On the Edge of Water Disputes and Co-operations Dr. Naila Afzal · Political Science	**2020** Journal of Arts and Social Sciences	**SDG 17** · Moderate	Not printed	Not checked
SM-095	Convolutions in Teaching English to ESL Learners in Pakistan Dr. Humaira Yaqub · English	**2020** Pakistan Social Sciences Review	**SDG 4** · Strong	Printed	**Not confirmed**
SM-059	Impact of Parental Rejection and Emotional Intelligence on Psychological Maladjustment among Adolescents Tayyab Habib · Psychology	**2020** International Journal of Academic Multidisciplinary Research	**SDG 3** · Strong	Printed	Not checked
SM-097	Investigating Speaking Skills Problems of Pakistani Learners in ESL Context Dr. Humaira Yaqub · English	**2020** Journal not stated	**SDG 4** · Strong	Printed	Not checked
SM-027	Perception of Blood Donation among Pakistani Youth Ather Mujitaba · Psychology	**2020** Pakistan Armed Forces Medical Journal	**SDG 3** · Strong	Not printed	Not checked
SM-049	Pharmacological Treatment during COVID-19 and Mental Health Issues Dr. Um e Laila · Psychology	**2020** Rivista di Psichiatria	**SDG 3** · Strong	Printed	Not checked
SM-050	Psychological Aid to COVID-19 Pandemic: A Mental Health Response to Crises Management Dr. Um e Laila · Psychology	**2020** Psychiatria Danubina	**SDG 3** · Strong	Printed	Not checked
SM-086 SM-156	The New World 2020: A Crucial Paradigm for Meeting Fast Changing World Demands in Pakistan after COVID-19 Outbreak Dr. Um e Laila · Psychology	**2020** Psychiatria Danubina	**SDG 3** · Moderate **SDG 17 · international co-authorship** · Verified	Printed	Not checked
SM-157	Politics of Resistance against Capitalism in Transcultural Adaptations of Brecht's The Caucasian Chalk Circle by Ajoka Theatre in Pakistan Dr. Taimu Kiyani · English	**2018** Journal not stated	**SDG 17 · international co-authorship** · To verify	Not printed	Not checked
SM-126	Subversion of Traditional Feminine Stereotyped in Selected Pakistani Fiction Dr. Taimu Kiyani · English	**2017** Pakistan Social Sciences Review	**SDG 5** · Strong	Printed	**Not confirmed**
SM-142	Transcultural Adaptation of Brecht's Work by Ajoka Theatre in Pakistan: A Critical Review Dr. Taimu Kiyani · English	**2017** Pakistan Social Sciences Review	**SDG 17 · international co-authorship** · Verified	Printed	**Not confirmed**

SM-096	Intra-Rater Reliability of Holistic and Rubric-Based Assessment of Essay Writing in Pakistan Dr. Humaira Yaqub · English	**2016** Science International (Lahore)	**SDG 4** · Strong	Not printed	Not checked
SM-051	Life Stress and Somatic Symptoms among Adolescents: Gender as Moderator Dr. Um e Laila · Psychology	**2016** Journal not stated	**SDG 3** · Strong	Not printed	Not checked
SM-028	Anger, Depression and Locus of Control among Heavy Smokers, Cannabis Users and Heroin Addicts Ather Mujitaba · Psychology	**2015** International Journal of Indian Psychology	**SDG 3** · Strong	Not printed	Not checked
SM-130	Role of Guardian in Muslim Woman's Marriage: A Study in the Light of Religious Texts Dr. Ayesha Rafiq · Islamic Studies	**2015** IJISET - International Journal of Innovative Science, Engineering & Technology	**SDG 5** · Strong	Not printed	Not checked
SM-019	Analysis of Potential Factors Influencing EPI Implementation in Punjab, Pakistan Sulsabel Iftikhar · Food & Nutrition	**Year not stated** Journal not stated	**SDG 3** · Strong	Not printed	Not checked
SM-173	Assessment of Physicochemical, Functional, Rheological and end-use properties of Tribulus terrestris Dr. Usman Khalid · Food & Nutrition	**Year not stated** International Journal of Food Properties	**SDG 17 · international co-authorship** · To verify	Not printed	Not checked
SM-020	Awareness and Regulation of (Non-Physiological) Mental Health Issues in Pakistan Sulsabel Iftikhar · Food & Nutrition	**Year not stated** Journal not stated	**SDG 3** · Strong	Not printed	Not checked
SM-131	Religion, Women & Hermeneutical Shifts Dr. Ayesha Rafiq · Islamic Studies	**Year not stated** Journal not stated	**SDG 5** · Strong	Not printed	Not checked
SM-127	Socio-Psychological Analysis of Desire in Honor Killing in Sharmeen Obaid Chinoy's Documentary, A Girl in the River: The Price of Forgiveness Dr. Taimu Kiyani · English	**Year not stated** Journal not stated	**SDG 5** · Strong	Printed	Not checked

Method, assumptions and limitations

- **What is listed.** 144 research papers by School faculty, found in the School's own records and mapped to SDG 3 (health and well-being), SDG 4 (quality education), SDG 5 (gender equality) and SDG 17 (partnerships). Papers that fit none of these four goals were reviewed but are not listed, so this is *not* a complete publication list of the School.
- **How papers were mapped.** Each paper was read from its title and first pages and linked to a goal by subject. *Strong* is a clear fit; *Moderate* is a secondary link. For SDG 17, the international co-authorship row (17.4) applies when a co-author's non-Pakistani affiliation is printed: *Verified* if a GIFT affiliation is also printed, *To verify* if it is not. Strength is a judgement and should be reviewed by each department before external use.
- **GIFT affiliation.** “Printed” means an author's affiliation line on the first pages names GIFT University. An e-mail address, or a publisher's “Downloaded by GIFT University” access stamp, does not count. Faculty papers published before joining GIFT, or under another institution's name, therefore show “not printed”.
- **Scopus.** THE Impact Rankings count Scopus-indexed output only. “Yes” means the journal is listed on SCImago (built on Scopus data) with coverage of the paper's year; the individual article is not checked (3 papers). “Not confirmed” means no Scopus or SCImago listing was found for the journal in web searches on 29 October and 2 November 2026; this is not proof the journal is absent (48 papers). “Not checked” means the journal has not been looked up. Treat all counts as internal until verified against a Scopus or SciVal export.
- **Data quality.** Years and journals come from the papers themselves; where a paper does not state them the field is blank (5 papers have no year, 18 no journal named). Every listed paper was re-checked against its PDF on 2 November 2026.

Source: *SDG 3-4-5-17 Mapping* sheet of the SDG data-collection workbook, School of Arts and Social Sciences, GIFT University. Goal identity colours follow the UN Sustainable Development Goals visual identity.