



Curriculum Vitae



Title	Dr.	First Name	Sameer	Last Name		Photograph
Published Name		Sameer Ansari				
Designation		Assistant Professor				
Address		4, Patel Marg, Maurice Nagar, New Delhi, Delhi-110007 (India)				
Email – ID		sameer@dr.du.ac.in ; sameerpsy.jmi@gmail.com				
Phone No.		+91-8826314026				
Web pages/Research IDs		📄 Scopus: 58571055000 🌐 Web of Science: ISS-6912-2023 🔍 ResearchGate: Sameer-Ansari-9 🆔 ORCID: 0000-0003-0561-1014 👤 Google scholar: Sameer Ansari				
Educational Qualification						
Degree		Institution				Year
Ph.D. (Psychology)		Jamia Millia Islamia, New Delhi, India				2021 – 2026
M.A. (Psychology)		University of Delhi (North Campus), India				2016 – 2018
B.A. (H) (Psychology)		Dr. Bhim Rao Ambedkar College, University of Delhi, India				2013 – 2016
Diploma in Computer Applications		National Institute of Electronics and Information Technology (N.I.E.L.I.T.), New Delhi, India				2012 – 2013
Career Profile						
Post		Institution				Year
Assistant Professor (Permanent)		Daulat Ram College, University of Delhi, Delhi, India				July 2026 – till date
Assistant Professor (Ad-hoc)		Daulat Ram College, University of Delhi, Delhi, India				Apr – Sept 2021
Counselor		Vallabhbhai Patel Chest Institute, University of Delhi, Delhi, India				2020 – 2021
Areas of Interest/Specialization						
Human–computer interaction; positive and health psychology; quantitative research; medieval psychology						
Subjects Taught						
Statistics & research methods in psychology, applied psychology, psychology of individual difference						

Administrative Assignments
Member of discipline committee
Research Fellowship Award
Junior Research Fellowship (JRF) was awarded by University Grants Commission (UGC) in 2020 to pursue doctoral study which was in effect from 2021 and later upgraded to Senior Research Fellowship (SRF) in 2023.

Published Papers in Journals
Ansari, S., Shaheer V., S., & Iqbal, N. (2026). Prevalence and correlates of phantom phone signals: A machine learning-assisted systematic review and multilevel meta-analysis. <i>Psychology of Popular Media</i>. Advance online publication https://doi.org/10.1037/ppm0000651 (APA, Q1, Scopus & WOS indexed, impact factor = 1.6) Ansari, S., Shaheer V., S., & Iqbal, N. (2026). Stress and Emotional Well-Being Among Healthcare Students: A Systematic Review and Multilevel Meta-Analysis. <i>Current Psychology</i>, 45, 526. https://doi.org/10.1007/s12144-025-08661-7 (Springer, Q1, Scopus & WOS indexed, impact factor = 2.7) Ansari, S. & Iqbal, N. (2025). Prevalence of Exam Anxiety: A Systematic Review and Meta-Analysis. <i>Canadian Journal of Behavioural Science</i>. Advance online publication https://doi.org/10.1037/cbs0000473 (APA, Q2, Scopus & WOS indexed, impact factor = 1.6) - Asif, R., Iqbal, N., Aleem, S., Ansari, S., Hashim, M., Danyal, K., Farooqui, S.R., Dar, I. A. (2025). Association Between Attachment Styles and Shame Proneness: A Systematic Review and Meta-Analysis. <i>Psychiatry</i>, 1–24. https://doi.org/10.1080/00332747.2025.2528527 (Taylor & Francis, Q2, Scopus & WOS, PubMed indexed, impact factor = 2.4) Ansari, S., & Iqbal, N. (2025). Association of stress and resilience in college students: A systematic review and meta-analysis. <i>Personality and Individual Differences</i>, 236, 113006. https://doi.org/10.1016/j.paid.2024.113006 (Elsevier, Q1, Scopus & WOS indexed, impact factor = 2.8) Ansari, S., Iqbal, N., Azeem, A., & Danyal, K. (2024). Improving Well-Being Through Digital Detoxification Among Social Media Users: A Systematic Review and Meta-Analysis. <i>Cyberpsychology, behavior and social networking</i>, 27(11), 753–770. https://doi.org/10.1089/cyber.2023.0742 (Sage, Q1, Scopus, WOS & PubMed indexed, impact factor = 4) Ansari, S., Khan, I., & Iqbal, N. (2025). Association of stress and emotional well-being in non-medical college students: A systematic review and meta-analysis. <i>Journal of affective disorders</i>, 368, 200–223. https://doi.org/10.1016/j.jad.2024.09.029 (Elsevier, Q1, Scopus, WOS & PubMed indexed, impact factor = 5.7) Ansari, S., Iqbal, N., Asif, R., Hashim, M., Farooqi, S. R., & Alimoradi, Z. (2024). Social Media Use and Well-Being: A Systematic Review and Meta-Analysis. <i>Cyberpsychology, behavior and social networking</i>, 27(10), 704–719. https://doi.org/10.1089/cyber.2024.0001

(Sage, Q1, Scopus, WOS & PubMed indexed, impact factor = 4)

9. **Ansari, S.**, Azeem, A., Khan, I., & Iqbal, N. (2024). Association of Phubbing Behavior and Fear of Missing Out: A Systematic Review and Meta-Analysis. *Cyberpsychology, behavior and social networking*, 27(7), 467–481. <https://doi.org/10.1089/cyber.2023.0761>

(Sage, Q1, Scopus, WOS & PubMed indexed, impact factor = 4)

10. Hashim, M., Alimoradi, Z., Pakpour, A., Pfaltz, M., **Ansari, S.**, Asif, R., & Iqbal, N. (2024). Association of Childhood Emotional Maltreatment with Adolescents' Psychopathology: A Systematic Review and Meta-Analysis. *Trauma, violence & abuse*, 25(4), 2986–3004. <https://doi.org/10.1177/15248380241233538>

(Sage, Q1, Scopus, WOS & PubMed indexed, impact factor = 6.7)

11. **Ansari, S.**, & Iqbal, N. (2023). Contributions of Muslim medieval scholars to psychology. *Archive for the Psychology of Religion*, 45(3): 308–333. <https://doi.org/10.1177/00846724231197238>

(Sage, Q1, Scopus & WOS, impact factor = 1.6)

Paper presentations

1. Paper entitled “*Prevalence of exam anxiety in Eastern and Middle Eastern students: A systematic review and meta-analysis*” was presented in an International Virtual Conference on February 13, 2024, organized by Delhi Metropolitan Education, Management School, Noida, U.P., India.
2. Paper entitled “*Association of stress and emotional well-being in college students: A systematic review and meta-analysis*” was presented in an International Virtual Conference on December 1, 2023, organized by Shri Vaishnav Institute of Social Sciences, Humanities & Arts, Indore, Madhya Pradesh, India.
3. Paper entitled “*Digital detoxification, social media use and quality of life: Narrative review*” was presented in an International Conference on November 25, 2022, organized by the Department of Psychology, Aligarh Muslim University, U.P., India.
4. Paper entitled “*Role of digital social media and infodemic in CoVID-19: Exploring issues on mental health*” was presented in an International Conference on September 2, 2022, organized by Student’s Counselling Center, Aligarh Muslim University, India.
5. Paper entitled “*COVID-19: A shift to pro-environment behavior*” was presented in National Webinar on June 24, 2020, organized by the Central University of Punjab, India.

Workshops and other participations

1. Participated in the *National Education Policy (NEP) 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP)* organized by MMTTC, Jamia Millia Islamia, New Delhi, India. Mar 3 to 12, 2025
2. Participated as volunteer at the National Conference on “*Psychology in a Globalized World (NCPGW 2025)*” organized by the Department of Psychology, Jamia Millia Islamia, in collaboration with ICSSR and DRDO, New Delhi, India. Feb 6 to 7, 2025
3. Participated in a workshop on “*The business case for DEI in information management*” conducted by Delhi Metropolitan Education Management School, Noida, U.P., India. Feb 16, 2023

4. Participated in a workshop on “*Unlocking the power of DEI and Mental well-being: Global catalyst for organizational change and development*” conducted by Delhi Metropolitan Education Management School, Noida, U.P., India. Feb 16, 2023
5. Participated in a workshop on “*Mastering Bibliometric Analysis for Quality Research*” conducted by Delhi Metropolitan Education Management School, Noida, U.P., India. Feb 14, 2023
6. Participated in a workshop on “*Equity at the workplace: Roadmap to organizational success*” conducted by Delhi Metropolitan Education Management School, Noida, U.P., India. Feb 13, 2023
7. Participated in a workshop on “*Business case for diversity and inclusion*” conducted by Delhi Metropolitan Education Management School, Noida, U.P., India. Feb 13, 2023
8. Participated in a two days’ workshop on “*Qualitative, Quantitative, and SPSS analysis of data in Social Science Research*” conducted offline by Department of Sociology, Jamia Millia Islamia, New Delhi, India. Nov 23 to 24, 2023
9. Attended lecture on the topic “*Organizational Behavior in India: Past, Present, and Future*” conducted online by Scholarshight. Oct 7 2023
10. Attended lecture on the occasion of World Environment Day – 2023 on the topic “*Psychologists’ Role in Meeting the Challenges of Environmental and Climate Change*” conducted online by National Academy of Psychology, India. June 5, 2023
11. Attended workshop on “*SPSS in Research*” conducted online by Department of Economics, Jamia Millia Islamia, India. Sep10, 2022
12. Attended two days’ workshop on “*R programming for Social Science Research and Data Analytics*” conducted online by Department of Economics, Jamia Millia Islamia, India. Sep 16 to 17, 2022
13. Attended one day workshop on “*Improving Research Performance using reference books and journals on the ScienceDirect Platform*” conducted online by Elsevier at AKTU, India. Aug 31, 2022
14. Attended one day workshop on “*Managing References made easy using Mendeley*” conducted online by Elsevier at University of Delhi, India. May 25, 2022
15. Attended three days international conference on ‘*Infections and Immunity*’ conducted online by the department of Zoology, Daulat Ram College, University of Delhi, India. Oct 8 to 10, 2021
16. Participated in a national webinar on ‘*Mental in an Unequal World*’ conducted online by the department of PG studies and research in psychology, Sri Dharamsthala Manjunatheshwara College, Ujir, PIN-574240 (India) University of Rajasthan, Oct 13, 2021
17. Participated in a national webinar on ‘*Mental Health for All: The More You Invest, The More You Gain*’ conducted online by the department of psychology, University of Rajasthan, India. Oct 10, 2020
18. Participated in a national webinar on ‘*Revisiting Self: A Pathway towards Sustainable Mental Health*’ conducted online by department of psychology, University of Rajasthan, India. Sep 15, 2020
19. Participated in a webinar on ‘*Role of Herbal Immunomodulator*’ conducted online by Shaheed Bhagat Singh College of Pharmacy. July 25, 2020
20. Participated in an international webinar on ‘*Strategical Framework for Post COVID-19 Educations: Some Reflections*’ conducted online by Shaheed Bhagat Singh College of Education, Punjab, Inida. July 6 to 7, 2020
21. Participated in a webinar on ‘*Career Guidance System: The missing link in transition from school to job market in India*’ conducted online by FICCI, India. June 29, 2020

22. Participated in a webinar on '*Counselling: A Bhagwat Gita Perspective*' conducted online Central University of Haryana, India. June 24, 2020
23. Participated in a webinar on '*Gender Implications of COVID-19 Pandemic: A Way Ahead*' conducted online by the department of clinical psychology, Mizoram University, India. June 7, 2020
24. Participated in a webinar on '*Psychology of Crisis and Resilience to Change*' conducted online by St. Anne's Degree College for Women, Bengaluru, India. June 16 to 17, 2020
25. Participated in a national webinar on '*Calm in Crisis*' conducted online by Shaheed Baba Deep Singh College of Education. June 15, 2020
26. Participated in a webinar on '*The upside of stress: Staying psychologically fit and productive during the pandemic and beyond & coping with stress during the 2019-ncov outbreak*' conducted online by the department of clinical psychology, Mizoram University, India. June 10, 2020
27. Participated in a national webinar on '*Emotional Issues and Well-being during COVID-19*' conducted online by Vision Divyang. May 27, 2020
28. Participated in a webinar on '*Overcoming Loneliness*' conducted online by Psychowellness Center. May 27, 2020
29. Participated and volunteered in a three-day national seminar on '*Emerging forms of vulnerabilities: dialogues, discourses and debates*' at department of Psychology, University of Delhi (North Campus), India. Mar 7 to 10, 2017
30. Participated as volunteer at food festival organized by National Association for Street Food Vendors of India (NASVI), New Delhi, India. Dec 25 to 28, 2014

(Dr. Sameer)
