



CURRICULUM VITAE



PERSONAL DETAILS

Full Name	Akmarina binti Ahmad Othman
Date of Birth	2 nd August 1990
Nationality	Malaysian
E-mail	akmarina@upm.edu.my
Handphone	6013-3309831
Area of Specialization	Clinical mental health counselling, acceptance and commitment therapy, cognitive behavior therapy, guidance and counselling.

ACADEMIC QUALIFICATIONS

1. Doctor of Philosophy in Counseling

Year : 2023

Institution : Universiti Putra Malaysia, Malaysia

2. Master of Education in Guidance and Counseling

Year : 2018

Institution : Universiti Putra Malaysia, Malaysia

3. Bachelor of Medicine and Surgery (MBBS)

Year : 2014

Institution : Universiti Teknologi MARA, Malaysia.

WORKING EXPERIENCES

1. **Senior Lecturer.** Universiti Putra Malaysia, Serdang. (November 2023 – Current)

2. **Lecturer (Part-time).** Universiti Putra Malaysia, Serdang. (October 2023 – November 2023).

3. **Lecturer (Part-time).** Universiti Tenaga Nasional, Putrajaya Campus. (August 2023 – September 2023).
4. **Counselor.** Mental Illness Awareness and Support Association (MIASA), Malaysia. (Oct 2019 – Nov 2020).
5. **Private Tutor.** Spektrum Ilmu Home Tuition. (Feb 2018 – Feb 2019).
6. **Medical Doctor.** Ministry of Health, Malaysia. (Aug 2014 – Sept 2016).

PROFESSIONAL CREDENTIALS

1. Registered Counselor (KB08154/PA07735) with the Board of Counselors Malaysia.
2. Member and trainer of Association of Contextual Behavioral Science Malaysia.

PRESENTATIONS/ PROCEEDINGS

1. Speaker “Application of Acceptance & Commitment Therapy for Depression”. International Conference on Educational Counsellor. Organized by Ministry of Education. 18th October 2023.
2. Speaker “Aplikasi Acceptance & Commitment Therapy (ACT) Dalam Menangani Kemurungan”. 7th & 10th June 2023.
3. Speaker “Discovering Your Future Career: A Training Program for Secondary School Students”. Organized by Yayasan Tenaga Nasional. 30th May 2023.
4. International Conference on Education, Counseling, & Behavioral Science 2022 in Medan, Indonesia. 4th – 5th Sept 2022.
5. Seminar Regional “Preparation of the Millennium Generation in Social Change”. Organized by Department of Counselor Education and Counseling Psychology, Faculty of Educational Studies, UPM and Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Negeri Padang. 4th – 5th July 2019.
6. Presenter in Seminars on Mental Health: Skills and Prevention. Organized by Ministry of Women, Family and Community Development (KPWKM). 17th – 18th October 2018.
7. Speaker in Bengkel Aplikasi DSM-5 Pegawai Psikologi KPWKM. Organized by Ministry of Women, Family and Community Development (KPWKM). 30th & 31st October 2017.

PUBLICATIONS

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Ahmad Othman, A., Wan Jaafar, W. M., Zainudin, Z. N., & Yusop, Y. M. (2023). Effectiveness of cognitive behavior therapy and acceptance and commitment therapy on depression and anxiety among emerging adults in Malaysia. <i>Current Psychology</i>, 1-18. https://doi.org/10.1007/s12144-023-05064-4 | <p><u>Indexed by</u>
JCR:
Q2</p> |
| <ol style="list-style-type: none"> 2. Othman, A. A., & Jaafar, W. M. W. (2022). Features of Emerging Adulthood: What are their relationship with depression symptoms?. <i>The Open Psychology Journal</i>, 15 (1). http://dx.doi.org/10.2174/18743501-v15-e2208010 | <p><u>Indexed by</u>
CIJ
Scopus</p> |

3. Ahmad Othman, A., Wan Jaafar, W. M., Zainuddin, Z. N., & Mohamad Yusop, Y. (2020). Effectiveness of cognitive behaviour therapy on depression among haemodialysis patients: A systematic review of literature. *Cogent Psychology*, 7 (1), 1794680. <https://doi.org/10.1080/23311908.2020.1794680>

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PROFESSIONAL SERVICES

1. Journal Reviewer. *Cogent Psychology*; United Kingdom. (2020).
2. Journal Reviewer. *Emerging Adulthood*; United Kingdom. (2023).
3. Journal Reviewer. *Current Psychology*; United States. (2023).
4. Journal Reviewer. *Current Psychology*; United States. (2023).
5. Journal Reviewer. *Current Psychology*; United States. (2024).

REFERENCES

Dr. Muhammad Asyraf Che Mat

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