

Malik Muhammad Sohail, PhD



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Current Academic Positions

- **Assistant Professor**, Department of Sociology, IIUI Islamabad, Pakistan, Jan 2025–Present
- **Coordinator**, Forum for Religion, Wellbeing and Social Change, Department of Sociology, IIUI, Sep 2025–Present
- **Editorial Board Member**, International Journal of Psychiatry in Medicine (IJPM), Dec 2020–Present
- **Senior Research Fellow**, Centre for Health Policy & Inequalities Research, Duke University, USA, Jun 2018–Present
- **Faculty Scholar (Non-Resident)**, Centre for Spirituality, Theology and Health, Duke University, USA, Jun 2021–Present

Past Academic Positions

- Adjunct Assistant Professor, Department of Internal Medicine, Yale School of Medicine, USA, Sep 2024–Jun 2025

- Chairman, Department of Sociology, University of Chakwal, Pakistan, Apr 2022–Jan 2025
- Founding Director, Centre for Religion, Science and Social Wellbeing, University of Chakwal, Sep 2022–Jan 2025
- Lecturer, Institute of Arts and Sciences, GCUF Chiniot Campus, Sep 2020–Apr 2022
- Research Fellow, Department of Anthropology, Harvard University, Dec 2017–Jun 2018

Administrative Roles

- Chair / In-Charge, Department of Sociology, University of Chakwal, Sep 2022–Jan 2025
- Additional Director, Quality Enhancement Cell, University of Chakwal, Nov 2022–Dec 2024, Deputy Director, Quality Enhancement Cell, University of Chakwal, Apr–Nov 2022

Education

- **PhD Sociology**, University of Sargodha, Pakistan, 2014–2020
Dissertation: Role of Religion, Spirituality and Social Support in Coping with Chronic Illness among Hepatitis patients in Punjab, Pakistan
- **MPhil Sociology**, GC University Faisalabad, Pakistan, 2011–2013
- **MSc Sociology**, University of Sargodha, Pakistan, 2009–2011

Professional Achievements

- SSHRC Research Grant, 2020, CAD 5,000
- PPSC Lectureship First Position in Punjab, 2017
- Gold Medal, MSc Sociology, University of Sargodha
- HEC-approved PhD Supervisor, since Jul 2022

Institutional Initiatives

- Founder Director, Centre for Religion, Science and Social Wellbeing, University of Chakwal
- Founder Coordinator, Forum for Religion, Wellbeing and Social Change, IIUI

International Collaborations

- Duke University, USA
- Yale School of Medicine, USA
- The City College of New York, USA
- Witten/Herdecke University, Germany
- The Faraday Institute for Science and Religion, UK

Research Grants & Awards

- SSHRC Explore Grant, 2020–2022, CAD 4,999
- MacMillan Center for International and Area Studies at Yale Grant, Jun 2024–Apr 2025, \$12,100
- Duke University Spirituality & Health Research Workshop, \$3,600, Aug 2022

Publications

H-Index: 18 | **I-10 Index:** 30 | **Citations:** >1389 | **Impact Factor Total:** >34.434

(Selected Publications)

1. Haider, S. I., Della Puppa, F., & **Sohail, M. M.** The Paradox of Remote Protection: Digital Surveillance and Intergenerational Conflict in Pakistani Transnational Families. *Frontiers in Human Dynamics*, 8, 1732791. <https://doi.org/10.3389/fhumd.2026.1732791>
2. **Sohail, M. M.**, Lee, B.-H. J., & Proeschold-Bell, R. J. (2026). Examining Marital Quality within the Clergy Profession: The Relationship between Occupational Stress, Positive Occupational Factors, and Marital Satisfaction. *Journal of Family Issues*, 0(0). <https://doi.org/10.1177/0192513X261418737>
3. Huma, Z. E., Sania, A., Doolittle, B., & **Sohail, M. M.** (2025). Between Trust and Tension: Psychosocial Impacts of AI Integration on Health Professionals' Wellbeing. *The International Journal of Psychiatry in Medicine*, 0(0). <https://doi.org/10.1177/00912174251387812>
4. **Sohail, M. M.**, Arshad, U. & Büssing, A. (2025). Triggers of Spiritual Dryness: Insights from Imams in a Muslim Majority Society. *Pastoral Psychology*. <https://doi.org/10.1007/s11089-025-01253-z>
5. **Sohail, M. M.**, Ahmad, A., & Büssing, A. (2025). Transformational Spirituality, Transcendence, and Awe/Gratitude: Examining Their Influence on Prosocial and Pro-Environmental Behavior in Pakistan. *Religions*, 16(5), 595. <https://doi.org/10.3390/rel16050595>.

6. Ahmad, A., **Sohail, M. M.**, Saeed, S., & Saud, M. (2025). Lived Experiences of Quarantined Muslim Students in China and Italy. *Journal of Muslim Minority Affairs*, 1-16. <https://doi-10.1080/13602004.2025.2476135>.
7. **Sohail, M. M.**, Yao, J., Jane Lee, B. H., Nascimento Salgado, G., & Proeschold-Bell, R. J. (2025). The relationship between burnout and Outlook, resilience, and other emotional styles: Evidence from United Methodist clergy. *Journal of Workplace Behavioral Health*, 1-21. <https://doi.org/10.1080/15555240.2025.2459276>
8. **Sohail, M. M.**, Nawaz, K., & Doolittle, B. (2024). Thriving among Pakistani physicians: A qualitative study. *The International Journal of Psychiatry in Medicine*, 0(0). <https://doi.org/10.1177/00912174241272545>
9. Asim, M., Hameed, W., **Sohail, M. M.**, Saleem, S., Hayward, M., & Turan, J. M. (2024). Barriers and facilitators to perinatal care of women with disabilities in lower-and middle-income countries: a study protocol for scoping review of qualitative studies. *BMJ open*, 14(6), e079605.
10. Huynh, H. V., Proeschold-Bell, R. J., **Sohail, M. M.**, Nalianya, M., Wafula, S., Amanya, C., ... Whetten, K. (2023). What processes or key components do teachers attribute to their well-being? A cross-cultural qualitative study of teacher well-being in Cambodia, Kenya, and Qatar. *Psychology in the Schools*, <https://doi.org/10.1002/pits.23043>
11. **Sohail, M. M.**, Baghdady, A., Choi, J., Huynh, H. V., Whetten, K. & Proeschold-Bell, R. J. (2023). Factors influencing teacher wellbeing and burnout in schools: A scoping review. *WORK*, pp. 1-16. DOI: 10.3233/WOR-220234.
12. Ahmad, A., Asim, M., Malik, N., Safdar, M. R., Sher, F., & **Sohail, M. M.** (2023). Between Life and Death: How do Muslim Terminal Patients in Pakistan cope with Hepatitis C utilizing their Beliefs and Social Support?. *Journal of Religion and Health*, 1-19.
13. Jafree, S. R., Mahmood, Q. K., **Sohail, M. M.**, Asim, M. & Barlow, J. (2022). Narrative synthesis systematic review of Pakistani women's health outcomes from primary care interventions. *BMJ open*, 12:e061644. doi:10.1136/bmjopen-2022-061644.
14. Mahmood, Q.K., **Sohail, M.M.**, Qureshi, W.A. et al. Role of positive mental health in reducing fears related to COVID-19 and general anxiety disorder in Khyber Pakhtunkhwa, Pakistan. *BMC Psychol* 10, 163 (2022). <https://doi.org/10.1186/s40359-022-00869-7>
15. **Sohail, M.M.**; Frick, E.; Büssing, A. (2022). Spiritual Care Competences among Health Care Professionals in Pakistan: Findings from a Cross-Sectional Survey. *Religions*, 13, 370. <https://doi.org/10.3390/rel13040370>
16. Lagziel, T.; **Sohail, M.M.**; Koenig, H.G.; Janis, J.E.; Poteet, S.J.; Khoo, K.H.; Caffrey, J.A.; Lerman, S.F.; Hultman, C.S. (2022). Spiritual Healing: A Triple

- Scoping Review of the Impact of Spirituality on Burn Injuries, Wounds, and Critical Care. *Eur. Burn J.* 3, 188–196. <https://doi.org/10.3390/ej3010016>
17. Ahmad, A., **Sohail, M. M.**, & Safdar, M. R. (2021). Religious construction and interpretation of pain: Lived experiences of terminally ill hepatitis C Muslim patients. *Journal of Community Psychology*, 1–9.
 18. Saeed, S., Asim, M. & **Sohail, M.M.** (2021). Fears and barriers: problems in breast cancer diagnosis and treatment in Pakistan. *BMC Women's Health* 21, 151.
 19. **Sohail, M. M.**, Manj, Y. N. & Sher, F. (2021). Religiosity for terminal illness scale; Development and initial validation among hepatitis patients, *Rawal Medical Journal*, 46 (1), 144-147.
 20. Mahmood, Q. K., Jafree, S. R., **Sohail, M. M.** & Akram, M. B. (2021). A Cross-Sectional Survey of Pakistani Muslims Coping with Health Anxiety through Religiosity during the COVID-19 Pandemic, *Journal of Religion and Health*. DOI: [10.1007/s10943-021-01218-5](https://doi.org/10.1007/s10943-021-01218-5).
 21. Wilder, J. M., Evon, D. M., Jean Proeschold-Bell, R., Yao, J., **Sohail, M.M.**, Niedzwiecki, D., ... & Muir, A. J. (2021). Why do patients with chronic hepatitis C drink alcohol? An examination of pain, depression, and drinking motives. *Journal of Viral Hepatitis*. DOI: [10.1111/jvh.13474](https://doi.org/10.1111/jvh.13474).
 22. **Sohail, M.M.**, Jia, Y., Muir, A., Evon, D., & Proeschold-Bell, R.J. (2021). Change in alcohol use and association with positive and negative emotions: Results from an alcohol treatment study with hepatitis C patients. *Alcoholism Treatment Quarterly*, DOI: [10.1080/07347324.2020.1868957](https://doi.org/10.1080/07347324.2020.1868957).
 23. **Sohail, M. M.**, Manj, Y. N., & Sher, F., (2020). Socio-Demographic Differences in Coping among Chronic Hepatitis Patients. *International Review of Social Sciences*, 8(9), 272-281.
 24. Mahmood, Q.K., Jafree, S.R. & **Sohail, M.M.** (2020). Pakistani Youth and Social Media Addiction: the Validation of Bergen Facebook Addiction Scale (BFAS). *International Journal of Mental Health and Addiction*. <https://doi.org/10.1007/s11469-020-00391-0>
 25. Keyes, C.L.M., **Sohail, M.M.**, Molokwu, N.J., Parnell, H., Amany, C., Kaza, V. G. K., Saddo, Y. B., Vann, V., Tzudier, S., & Proeschold-Bell, R.J. (2020). How would you describe a mentally healthy person? A cross-cultural qualitative study of caregivers of orphans and separated children. *Journal of Happiness Studies*.
 26. **Sohail, M. M.**, Qaisar Khalid Mahmood, Falak Sher, Muhammad Saud, Siti Mas'udah & Rachmah Ida (2019). Coping Through Religiosity, Spirituality and Social Support Among Muslim Chronic Hepatitis Patients. *Journal of Religion and Health*.

27. **Sohail, M. M.**, Ahmad, S. & Maqsood, F. (2019). The Role of Socio-demographics in Adoption of Religious–Spiritual and Other Coping Strategies Among Muslim Chronic Patients with Hepatitis C in Pakistan, *Journal of Religion and Health*,
28. Proeschold-Bell, R. J., Molokwu, N. J., Keyes, C. L., **Sohail, M. M.**, Eagle, D. E., Parnell, H. E., ... & Biru, B. M. (2018). Caring and thriving: An international qualitative study of caregivers of orphaned and vulnerable children and strategies to sustain positive mental health. *Children and Youth Services Review*.
29. Hussain, M. H. A. G., Mohyuddin, A., & **Sohail, M. M.** (2018). An ethnographic study on TB control program in Pakistan. *Rawal Medical Journal*, 43(4), 586-592.
30. **Sohail, M. M.** Belief in God’s Help during Hepatitis-C; A Qualitative Study on Muslim Patients, *Journal of Religion and Health*, 2018;
31. **Sohail, M. M.** & Yasin, G. Religious coping in hepatitis C in Punjab, Pakistan, *Rawal Medical Journal*, 2018; 43 (1), pp. 14-17
32. Asim, M. & **Sohail, M. M.** Nawaz, Y. Khalid, I., Ain, Q., & Faisal, F. K. Childhood illness prevalence and health seeking behavior of mothers in Faisalabad, Pakistan, *Rawal medical journal*, 2017; 42(4), pp. 563-566.
33. **Sohail, M. M.** & Yasin, G. A systematic review on religiosity, spirituality and health, *Rawal medical journal*, 2017; 42(4), pp. 575-580.
34. Asim, M. Saeed, S. **Sohail, M. M.** Safdar, R. & Sher, F. Religiosity in coping with pain, dejection and social isolation; a qualitative study on cancer patients, *JUMDC*, 2017; 8(3).
35. **Sohail, M. M.**, Ahmad, S. & Yasin, M. G. A phenomenological account of social sources, coping effects and relational role of social support in nursing among chronic patients with hepatitis, *Journal of Research in Nursing*, 2017; 0(0) 1–17.
36. Mahmood, B., Mahmood, N., **Sohail, M. M.** Saeed, S. The Role of Entrepreneurship in Sustainable Livelihood Strategies of Old Aged People; Evidence from Sargodha, Pakistan, *British Journal of Economics, Management & Trade*, 2016; 14(2): 1-16.
37. Asim, M. **Sohail, M. M.** & Mahmood, B. Infant Health Care; Practices in Pakistan: A Systematic Review, *The Professional Medical Journal*, 2015; 22(8): 978-988.
38. Asim, M. **Sohail, M. M.** & Nawaz, Y. Reproductive Health Issues of Mothers; a Study in Faisalabad, *The Professional Medical Journal*, 2015; 22(9):1164-1169.
39. **Sohail, M. M.**, Mahmood, B. & Asim, M. Mother’s Knowledge, Attitude and Practices about Child Immunization: A Study in District Faisalabad, *Rawal medical journal*, 2015; 40(4): 441-444.
40. **Sohail, M. M.**, Mahmood, B. Assessing the Level of Awareness about Malnutrition and Poor Drinking Water Affecting Child Health in District Chiniot, Punjab, Pakistan, *Pakistan Journal of Nutrition*, 2013, 12 (11): 978-982.

41. Qayyum, S., Malik, N., Iqbal, M. M. A., Anwar, H. N., & **Sohail, M. M.** Exposure to Violent Television Programs and Its Effect on Siblings Aggressive Behavior: Parents' Perceptions, *International Journal of Business and Social Science*, 2013; 4(7).
42. Javed, M., Azhar, Z., Anwar, H. N., & **Sohail, M. M.** Socio-Economic Factors Affecting to Juvenile Delinquency: A Study Conducted at Borstal Jails of Punjab, *Asian Journal of Empirical Research*, 2013; 2(6):183-197.
43. **Sohail, M. M.** & Mahmood, B., The Sociology of Classroom and Student 's Family Background Influencing Student 's Learning: A Study at University of Sargodha, *International Journal of Asian Social Science*, 2012; 2(4), pp. 513-529.
44. Nazir, S., Saeed, S., **Sohail, M. M.**, Sher, F., Azhar, Z. & Safdar, M. R. Parental conflict and its effects on youth self-esteem (a study at university of Punjab), *International Journal of Asian Social Science*, 2012; 2(9):1392-1400.

Book Chapters

- Duke University Religion Index (DUREL), *International Handbook of Behavioral Health Assessment*, Springer.

Conferences, Seminars and Trainings

- Completed The Faraday Institute Summer Course, *Art and Science of Human Health and Spirituality*, 1-5 July 2024, by The **Faraday Institute for Science and Religion**, Cambridge UK
- Presented a paper on *Mental health and wellbeing of Imams in a Muslim Majority Society* in 3 days Symposium on Religious Studies, 11-13 Mar 2024, St. Anne College, Oxford University, United Kingdom.
- Contributed in 3 days conference on *Gender, Piety and Secularity: Conversations with Saba Mehmood*, 10-13 December 2023, School of Humanities and Social Sciences, Lahore University of Management Sciences, Lahore.
- Participated in a One-Day Capacity Building Training Workshop titled "Teaching as a Profession and Use of ICT in Training and Education" at Continuous Professional Development Center (CPDC), University of Chakwal (UoC), September 21, 2023.
- Presented a paper "Teacher Wellbeing: A Scoping Review of the Factors affecting Teacher Wellbeing and Burnout" in a one day "International Conference: The role of Social Sciences in the achievement of SDG's 2030" held on 31st May, 2022 in Quaid e Azam University, Islamabad.
- Attended a seminar on "Worker Well-Being during COVID: Lessons Learned" by Lee Kum Sheung Center for Health and Happiness at Harvard T.H. Chan School of Public Health, held on Jul 21, 2021.
- Attended a workshop on "Anxiety & Depression in Children" facilitated by Rutgers New Jersey Medical School, New Jersey, USA on 27 August 2021.
- Presented a paper titled 'Coping with Terminal Illness: Role of Faith and Social Relationships' in the International Online Medical Sociology Annual Conference 4-5 January 2021 Organized by the Department of Sociology, Bahauddin Zakariya

University Multan, Pakistan.

- Participated in Pre-Conference Workshop on ‘Researching A Sensitive Issue: Some Methodological Considerations’ held on 3rd January 2021 Organized by The Department of Sociology, Bahauddin Zakariya University Multan, Pakistan.
- Attended an online webinar on Women in Science and Global Health by Agha Khan University, Karachi, Pakistan on November 25, 2020
- Presented paper “Coping through Religiosity, Spirituality and Social Support among Muslim Chronic Hepatitis Patients” in 1st National Conference on Public Health held on March 08, 2019 in Department of Public Health, Institute of Social and Cultural Studies, University of the Punjab, Lahore
- Attended induction training for lecturers by Punjab Public Service Commission from 9th to 21st July 2018, Government College of Science, Faisalabad.
- Presented paper “Faith and Wellbeing of Patients: Future Role of Sociology in Healthcare” in a two days 1st National Conference on Teaching Sociology in the Muslim World: Challenges and Remedies” held on 21-22nd March, 2017 in Department of Sociology, Gujrat University, Gujrat
- Attended the workshop offered through Duke University’s Social Science Research Institute (SSRI) on Qualitative Data Analysis on 14 February, 2018
- Attended a Seminar on Theology, Medicine, and Culture Initiative at Duke Divinity School and the Trent Center for Bioethics, Humanities & History of Medicine at Duke University on 16 February 2018
- Attended a conference (Mind Body Research Conference) in School of Public Health, University of Maryland College Park USA on 10 April 2018.
- Regular participant of Science, Religion, and Culture (SRC) Colloquium at Harvard Divinity School
- Attended a conference, Department of Anthropology, Quaid-i-Azam University Islamabad Pakistan and co-authored paper on “Evaluation of International Migration as a Determinant of Poverty Reduction in Faisalabad, Pakistan” 27-28 March, 2014 supported by Higher Education Commission Govt. of Pakistan, British Council Islamabad, University of Sussex, Brighton, UK, and Preston University, COMSATS & International Labor Organization (ILO).
- Presented paper “Social and Psychological Issues of Left behind Families of Workers Migrated to Gulf Countries” in Two Days International Conference on Labor Migration and the Role of Broker in the Recruitment of Work force in Pakistan held on 17-18, February 2016 in University of Sargodha, Pakistan
- Presented paper “Who Gives and Why? A Study on Social Factors Affecting Charity Giving Behavior” in Two Days International Conference on Islamic Charity and Social Development in Pakistan held on 09-10, March 2016 in Quaid-e-Azam University Islamabad, Pakistan (HEC Funded Thematic Research Project Phase III)

Invited Presentations and Lectures

- Sohail, M. M. A lecture presented on *Understanding Phenomenology; Lived Experience of Health & Illness* in a Workshop on Research Methodology in Social Sciences, Department of Sociology, International Islamic University, Islamabad (Female

Campus), Pakistan, November 24-28, 2025.

- Sohail, M. M. Religion, *Spirituality, and the Dynamics of Medical Pluralism*, Keynote lecture presented in a One Day National Health Summit on Complementary & Alternative Medicines, Department of Sociology, Fatima Jinnah Women University, Rawalpindi, Pakistan, October 23, 2025.
- Sohail, M. M. *Women's Rights and the Importance of a Balanced View*, Lecture presented in an international seminar, "Breaking the Silence: Addressing Domestic Violence Against Women in Pakistan" at Government College University Faisalabad (Chiniot Campus), Pakistan, December 24, 2024.
- Sohail, M. M. *Medical Pluralism: Religion, Spirituality and Health*, Lecture presented at Department of Community Health Sciences, Aga Khan University, Karachi, Pakistan, February 07, 2024.
- Sohail, M.M., Proeschold-Bell, R.J., & Huynh, H. (2022, March 9). *Inaugural teacher wellbeing research report launch*. Webinar hosted by The Wellbeing Project and WISE of the Qatar Foundation. 400 participants registered; attendees from Ethiopia, South Africa, Nigeria, Kenya, Uganda, Sudan, Burkina Faso, Qatar, Kuwait, Pakistan, India, Cambodia, Malaysia, Indonesia, Portugal, Spain, Belgium, Austria, France, Greece, Poland, Scotland, Sweden, Turks and Caicos, Nicaragua, Canada, Australia, the United States, Haiti, the Philippines, and Colombia.
- An invited talk on "Teacher wellbeing and quality of education" at The Millennium Universal College (TMUC) Faisalabad, Jan 29 2022
- Sohail, M. M. Qualitative Research Paradigms: Post-positivism, interpretivism & pragmatism, Lecture presented at Department of Sociology, University of Sargodha, June 03 2021.
- Sohail, M. M. Qualitative Research Paradigms, Lecture presented in a virtual short course "Qualitative Research Methods in Sexual and Reproductive Health and Rights" offered by The Eastern Mediterranean Regional Hub for Research Capacity Strengthening of Department of Community Health Sciences, Aga Khan University, Karachi, Pakistan, February 02, 2021.
- Sohail, M. M. Qualitative Research Paradigms, Lecture presented in a virtual short course "Research Capacity Strengthening in SRHR-Qualitative Research Methods Virtual Course for Eastern Mediterranean Region" from June 06 to June 17, 2022, Department of Community Health Sciences, Aga Khan University, Karachi, Pakistan.

Teaching & Supervision

- Undergraduate & Graduate Courses in Sociology (Sociological Theory, Philosophy of Social Sciences, Political Sociology, Sociology of Human Rights, Qualitative Research Methods, Medical Sociology, Religion & Health)

- Supervising: 04 PhD scholars

Reviewer

- Journals: *Qualitative Health Research, Journal of Community Psychology, BMC Psychology, PLOS-One, Journal of Religion and Health, International Journal of Human Rights in Healthcare, Journal of Research in Nursing, Rawal Medical Journal, SAGE Open, etc.*