

TAIMOOR ASGHAR

Physician, Community Medicine Researcher
Research Mentor and Digital Research Builder

PROFILE

Physician and community-medicine researcher working across epidemiology, student mental health, psychometrics, medication safety, medical education, scientific communication, and digital research infrastructure. Experienced in guiding student teams from early research questions through study design, analysis, interpretation, manuscript development, and publication.

CURRENT APPOINTMENT

Demonstrator, Department of Community Medicine

Azra Naheed Medical College, Lahore, Pakistan. Teaching and research role with active involvement in student-led and collaborative public-health research.

RESEARCH LEADERSHIP AND MENTORSHIP

Guide and supervise students in research planning, questionnaire design, data preparation, statistical reasoning, interpretation, scientific writing, reviewer responses, and publication strategy. Translate complex methods into practical decisions while maintaining research integrity and clear professional boundaries.

SELECTED RESEARCH

Psychometric properties and symptom profiles of the PHQ-9 and DASS-21

First and corresponding author | BMC Psychology | 2026 | DOI 10.1186/s40359-026-05332-5

Study of 602 medical and non-medical university students combining symptom comparisons with reliability, factor, item-response, and network analyses.

Self-medication among medical and non-medical students

First and corresponding author | Pakistan Journal of Medical & Cardiological Review | 2025

Cross-sectional study of 699 students examining medicine use, knowledge, motivations, sources, antibiotics, and side effects.

Comparative analysis of first-aid awareness and practices

Co-author and corresponding author | Pakistan Journal of Medicine and Dentistry | 2025

Assessment of first-aid knowledge, attitudes, training exposure, and preparedness among 584 university students.

Mindfulness and its demographic and behavioral correlates

Co-author | Multidisciplinary Surgical Research Annals | 2025

Study of mindfulness reliability, score profiles, gender patterns, and behavioral correlates among 344 university students.

CONTACT

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RESEARCH FOCUS

Student mental health
Psychometrics
Epidemiology and public health
Medical education
Medication safety
Clinical and behavioral research

METHODS

Cross-sectional studies
Questionnaire research
Systematic review planning
Regression and effect estimation
CFA and measurement models
Reliability and scale evaluation

TOOLS

SPSS
R and lavaan
Python and scikit-learn basics
Excel and Google Sheets
WordPress, HTML, CSS, JavaScript

RESEARCH PRACTICE

Research-team coordination
Student supervision
Scientific writing
Peer review
Reviewer responses
PRISMA reporting
Data cleaning and coding
Publication graphics
Evidence communication

COLLABORATION

Research partnerships
Student projects
Statistical and psychometric work
Scientific writing and review
Speaking and workshops
Research websites and tools

PROFESSIONAL LINKS

Google Scholar
ResearchGate
taimoorasghar.com
WhatsApp

CAPABILITIES AND PRACTICE

STUDY DESIGN

Research questions, PICO development, eligibility criteria, outcomes, variables, sampling, questionnaires, and feasible analysis planning.

EVIDENCE SYNTHESIS

Literature searching, screening, extraction planning, PRISMA, conventional and network meta-analysis concepts, heterogeneity, and subgroup reasoning.

STATISTICS

Descriptive analysis, chi-square, parametric and non-parametric comparisons, correlation, regression, effect sizes, confidence intervals, and interpretation.

PSYCHOMETRICS

Reliability, confirmatory factor analysis, factor structure, measurement invariance concepts, item-level evaluation, and questionnaire validation.

SCIENTIFIC COMMUNICATION

Manuscripts, abstracts, methods, results, discussion, limitations, reviewer responses, technical checks, figures, and citation verification.

ADDITIONAL PUBLICATIONS

Male mental health among medical students at ANMC Lahore

Co-author | [Pakistan Journal of Medical & Cardiological Review](#) | 2025

PHQ-9-based analysis of depressive symptoms and associated financial, smoking, and activity factors among 312 male medical students.

Artificial intelligence in early cancer detection

Co-author | [Journal of Medical & Health Sciences Review](#) | 2025

Interdisciplinary report on AI-assisted oncology diagnostics and implementation considerations in Pakistan, presented with explicit reporting caveats.

DIGITAL RESEARCH AND PORTFOLIO PROJECTS

Achawaqat Research

achawaqat.com/research

WordPress-based research publishing and dissemination platform.

Achawaqat Calculators

achawaqat.com/calculators

Interactive tools combining structured logic, usability, and accessible results.

Achawaqat Games

achawaqat.com/games

Lightweight HTML, CSS, and JavaScript experiences.

PROFESSIONAL APPROACH

Available for research collaboration, student supervision, statistical and psychometric projects, scientific writing and review, speaking, and evidence-led digital work. Scope, research integrity, authorship, confidentiality, and professional boundaries are agreed before work begins.