

CURRICULUM VITAE

I. PERSONAL

- a) Name : Dr. MUBARAK RAHAMATHULLA
- b) Address for communication: Department of Social Work and Social Planning,
Flinders University,
GPO Box 2100,
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II. EDUCATION

- 1998-2000** M.Sc. (Master of Science) in Information Technology at the Northern University of Malaysia.
- 1989-92** PhD. (Doctor of Philosophy) in Social Work under the Faculty of Mental Health and Neurosciences, Bangalore University, India: "Stress, coping and Social Support among the families of unmarried Muslim women with neurosis".
- 1986-88** M.Phil. (Master of Philosophy) in Psychiatric Social Work under the Faculty of Mental Health and Neuroscience, Bangalore University, India.
- 1982-84** M.A. (Master of Arts) in Social Work, Bharathiar University, India. Overall grade point average: 5.69 out of 6.00.
- 1978-81** B.A. (Bachelor of Arts, First Class) in Public Relations, University of Madras, India
- 1995-96** Certificate Course in Bahasa Malaysia, Universiti Sains Malaysia, Pulau Pinang.

Academic and Professional memberships and awards

- 2009** Flinders University Faculty of Social Sciences Teaching Award
- 2003-2005** Elected Executive Committee member in the South Australian branch of the Australian Association of Social Workers
- 2002-to date** Friend of International Federation of Social Workers
- 1998-to date** Member, Asia Pacific Association for Social Work Education (APASWE).

III. PRESENT POSITION

Senior Lecturer (Level C), Department of Social Work and Social Planning, Flinders University, Adelaide (since 4th February, 2001).

IV. PROFESSIONAL EXPERIENCE

- a) Assistant Professor, Department of Social Work and Psychology, National University of Singapore, **23rd December 1991 – 31st December 2001**. Duties:
- b) Lecturer at the School of Social Sciences, University of Science Malaysia, Penang, Malaysia, **31st December 1993 - 22nd December 1999**. Duties:
- c) Social Worker from **1st September 1992 to 30th November, 1993** in a Community Based Rehabilitation Unit sponsored by the Inter-Community Welfare Foundation, Kuala Lumpur, Malaysia.
- d) Senior Research Assistant in a Government of India Research Project, "Evaluation of the Government of India Scholarship for the disabled in the State of Karnataka", from **15th October 1991 to 15th July 1992**.
- e) Research Officer in a Research Project, "An assessment of drug abuse, drug users and prevention services", sponsored by the Ministry of Welfare, Government of India from **1st December 1988 to 31st July 1989**. Multi-centered project across India.
- f) Junior Research Fellow in a Research Project, "Ethno-biology of the tribals of Western Ghats", from **16th January 1986 to 31st August 1986**. During this period of time I visited and lived with indigenous people in Kerala, South India.
- g) Social Worker in a NGO Christian Childrens Fund from **15th September 1984 to 31st October 1985**. Responsibilities:

V. CLINICAL EXPERIENCE AS A PART OF M.Phil in Psychiatric Social Work

- a) **Clinical training in adult and geriatric psychiatry units:**
 - i) underwent training in conducting mental health assessments to derive psycho-social diagnosis and plan psycho-social rehabilitation management programs.
 - ii) trained under supervision in conducting family group sessions, individual and family social work, group work for people with addictions.
 - iii) worked with the community towards deinstitutionalization of people with mental illnesses.
- b) **Clinical training at Child Guidance Clinic:**
 - i) underwent training in conducting mental health assessments to derive psycho-social diagnosis of mental health problems common among children and adolescents
 - ii) planned psycho-social management for specific clients
 - iii) Conducted educational groups for parents with children with mental instability.

- c) **Clinical training at Family Psychiatry Unit:**
 - i) analyzed family dynamics of referred patients and planned psycho-social management at family level.
- d) **Clinical training at the Psychiatric, Neurological and Neuro-Surgical Rehabilitation Units:**
 - i) trained in planning rehabilitation programmes for patients referred from psychiatric and neurological units with specific rehabilitation needs
- e) **Clinical training at the Neurological and Neuro-Surgical Units:**
 - i) trained in conducting crisis intervention and individual and family therapy for people with neurological and neuro-surgical problems.

VI. PUBLICATIONS

Mubarak, A.R.; Zeitz, J., & Slee, P.T. (in Press). **Value-Me: A school based intervention**. IN **Slee, P.T., Skrzypiec, G., & Cefai, C. (eds).** ‘Child and Adolescent Well-being and Violence Prevention in Schools’. Ch. 21. Routledge. London.

Mubarak, A.R., (2017). General strain theory of problem use of social networking sites (SNS) and internet addiction, **Journal of information, communication and ethics in society (Accepted for publication)**.

Govindappa, L., Kasi, S., Mubarak, A.R., (2016). Internet use among adolescents: Risk taking behaviour, parental supervision and implications for safety, **Indian journal of social psychiatry (Accepted for publication) <http://www.indjsp.org/aheadofprint.asp>**.

Mubarak, S and Mubark, A.R., (2015). Online self-disclosure and wellbeing of adolescents: A systematic literature review. In **Proceedings of 26th Australasian conference on information systems (ACIS, 2015)**, 30 November – 4 December 2015.

Mubarak, A. R., (2015). Child Safety Issues in Cyberspace: A Critical Theory of Trends and Challenges in the ASEAN Region, **International Journal of Computer applications, 129 (1)**, <http://www.ijcaonline.org/archives/volume129/number1/23041-2015906925>.

Abdul, W., and Mubarak, A.R., (2015). A conceptual framework of risk-taking behaviours of adolescents while using the internet in Bangladesh, **International Journal of Computer Applications, 132 (16): 35-45**, <http://www.ijcaonline.org/archives/volume132/number16/23681-2015907699>.

Mubarak, A.R., Social work In: Handsley, E., MacDougall, C., and Rich, M., (eds) (2015) **Children’s wellbeing in the media age – Multidisciplinary perspectives from the Harvard-Australia symposium**, The Federation Press, New South Wales, 2015. Australia ISBN 9781760020286.

Mubarak, A.R., O’Sullivan and Harrison (2014) Bridging the Gap between Adolescents and Adults: A Case Study on Experiences of Teenagers while using Social Networking Sites and their Willingness to Seek Adult Help, **International Journal of Computer Applications, 102 (6), September 18, 2014**.

Mubarak, A.R., (2013). “A theoretical framework on risk taking behaviours of adolescents

while using the internet in Australia” **International journal of technology, knowledge and society, 8 (5): 27 – 37.**

Mubarak, A.R., and Blanksby, P., (2013). “A study on problem and pathological gambling Among university students in South Australia” – **Journal of Higher Education Policy and Management, 2013, 35 (2): 192 - 203.**

Mubarak, A.R., (2009). ‘The social benefits of on-line chat rooms for university students: an explorative study’. **The Journal of Higher Education Policy and Management, May 2009, 31 (2): 161 - 174.**

Mubarak, A.R. (2006). ‘Employment status, psychiatric disability and quality of life: comparison of men and women with schizophrenia in Malaysia’. **International Journal of Social welfare, 15: 240 – 246, 2006.**

Mubarak, A.R., (2005). ‘Social functioning and quality of life of people with schizophrenia in the northern region of Malaysia’. **Australian e-Journal for the Advancement of Mental Health (AeJAMH), 4(3), 2005, ISSN: 1446-7984.**

Mubarak, A.R., Low, H.C., and Quah, S.H., (2003). ‘Quality of life of schizophrenia patients In Penang, Malaysia’. **Australian and New Zealand Journal of Psychiatry, 37(5):77 – 85, 2003.**

Mubarak A.R., (2003). ‘Malaysia’s social policies on mental health: A critical theory’. **Journal of Health and Social Policy, 17(1): 55-72, 2003.**

Mubarak A.R., Barber, J.J., (2003). ‘Expressed emotions and quality of life of patients with schizophrenia’, **Journal of Social Psychiatry and Psychiatric Epidemiology, 38(7):380-384.**

Mubarak, A.R., (1998). ‘Family’s influence on the religious orientation of women in Malaysia – A Social Work perspective’. **Asia Pacific Journal of Social Work, 8(2):16-29, 1998.**

Mubarak, A.R., Low, H.C., and Quah, S.H., (1997). ‘The impact of Family Environment and Social Supports on the mental health of Indian women in Malaysia – A rural-urban comparison’. **Malaysian Journal of Psychiatry, 5(2): 75-87, 1997.**

Mubarak, A.R., (1997). ‘Psychiatric morbidity among women living in the general population in Malaysia’. **International Medical Research Journal, 1(2): 141-145, 1997.**

Mubarak.A.R., (1997), ‘A comparative study on family, social supports and mental health of rural and urban Malay women’. **Medical Journal of Malaysia, 52(3): 274-282, 1997.**

R. Mubarak Ali (1996). Book Review of Smith, A.R., and Bond, M.H., ‘Social Psychology across cultures’. **Higher Education, 2(2): 77-79, 1996.**

R.Mubarak Ali and R.Parthasarathy (1991). ‘Community participation in mental health care’.,
Social Change, 21(1): 60 -64, 1991.

Books and book chapters

Andressen, C., Mubarak, A.R., Xiaoi, W., (Eds) (2013). *Sustainable development in China*, Routledge, Sydney.

Sekar, R., and Sekar, K., Mubarak, A.R., (Eds) (2010). **Women and mental health**, National Institute of Mental Health and Neurosciences Press, India.

Mubarak, A.R., (2010). **Women and mental health – An Australian perspective**. In: Sekar, R., Sekar, K., and Mubarak, A., National Institute of Mental Health and Neurosciences Press, India.

Mubarak, A.R. (2007). **The impact of new technologies on the digital generation: a critical analysis and review of policy making in Australia**. In: Philips, R., (Ed.) *Generational Change and new policy challenges – Australia and South Korea*, Sydney University Press, 2007.

Mubarak, A.R., Low Heng Chin and Quah Soon Hoe (1998). **Women, culture and Mental Health in Malaysia – An inter-ethnic and Inter-regional study focusing on Kedah and Penang**. Universiti Sains Malaysia Publication.

R. Mubarak Ali (1996). **Culturally-oriented family influence on the mental health of Muslim females in India**. In: Dharam Vir and Kamlesh Mahajan (Eds) **Contemporary Indian women-Volume 5**, New Academic Publishers, New Delhi.

VII. PAPERS PRESENTED IN CONFERENCES

Invited as a key note speaker by the College of Professional Psychology to speak on the topic, "Internet overuse and addiction: an outline, roadmap and guide for clinicians".

Mubarak, A.R., (2017). Digital divide and its implications for social development in India – A case study – Paper presented at the 20th Biennial symposium of the International Consortium for social development held at Zagreb, Croatia during 7 -11th July 2017.

Mubarak, A.R., Slee, P., and Zeits, J., (2016). Evaluation of a school-based intervention program developed for teenage girls identified as at risk of self-harm in Adelaide – Paper presented at the SWAPv conference held during 13-15 July 2016 at Flinders university.

Mubarak, A.R., Slee, P., and Zeits, J., Skrzypiec, G, (2015). Evaluation of a school-based intervention program developed for teenage girls identified as at-risk of self-harm in Adelaide, South Australia, Paper presented during the 14th ISPCAN European regional conference on child abuse and neglect held during 27-30th September 2015 at JW Marriott Hotel, Bucharest, Romania.

Mubarak, S., and Mubarak, A.R., (2015). Online self-disclosure and wellbeing of adolescents: A systematic literature review, Paper presented during the 26th Australasian conference on information systems held in Adelaide during 30th November – 4th December.

“Development of a training program on safe use of social networking sites for adolescents in Australia,” Paper presented during the 13th ISPCAN European regional conference on child abuse and neglect held in Dublin, Ireland during 15 – 18 September 2013.

“A theoretical framework on risk taking behaviours of adolescents while using the internet in Australia”, paper presented in 8th international conference on technology knowledge and society held in the University of California Los Angeles during 16 – 18 January 2012.

Invited as a key note speaker for an international conference on “Women and Mental Health” held in Mangalore organized by Roshni Nilaya, Mangaore, India during 28th to 30th October, 2010.

“Women and mental health – An Australian perspective,” paper presented in the International conference on “Women and Mental Health” held in Mangalore organized by Roshni Nilaya, Mangaore, India during 28th to 30th October, 2010.

“Digital generation in Australia – Challenges in policy making,” paper presented in the International conference on Social Change: Limits and possibilities organized by the Chinese Academy of Social Sciences, Beijing from 22nd-24th September 2009.

“A study on risk taking behaviours of adolescents while using the internet in Bangalore, India and their implications on child safety in India”, paper presented in the International Consortium for Social Development conference held in Kathmandu, Nepal from 26th-28th November 2008.

“Quality of life of persons with first episode psychosis: What makes their experiences unique?”, paper presented in the 18th Asia Pacific Social Work conference held at the Cultural Centre, Seoul from 20th-23rd September 2005.

“Please trust us, we are fine: Experiences of young people interacting through the Internet chat rooms”, paper presented in the International conference of the International Association of Schools of Social Work/ International Federation of Social Work held in Adelaide during 21st-24th October, 2004.

“Quality of life of patients with schizophrenia in the Northern Region of Malaysia”, paper presented in the 10th Psychological Medicine Conference held during 24th-26th June, 2004 in Kuala Lumpur.

“Quality of Life of patients with chronic mental illnesses and their relevance to Social Work profession in Malaysia”, paper presented at the IFSW/ AASW/APASWE Conference held in Brisbane, Australia in the year 1999.

VIII. MEDIA CONSULATION

12/9/17 – 2GB radio network in Sydney interviewed me on the topic of internet addiction