



CURRICULUM VITAE

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Education

1. Ph.D. (2011), International Islamic University Malaysia,
2. M.A. (2003), Universiti Kebangsaan Malaysia,
3. B. A. (2000), Universiti Putra Malaysia

Areas of Interest

Work and Family Psychological Well-Being; Personality and Individual Differences and Individual Coping

Appointments

Position	Duration
1. Senior Lecturer,	June 2011- to date
2. Tutor	2004- 2011

Publications

Journals

1. A Abdollahi, MA Talib, SN Yaacob, **Z Ismail** (2016). Problem-solving skills and suicidal ideation among Malaysian college students: The mediating role of hopelessness. *Academic Psychiatry* 40 (2), 261-267
2. A Abdollahi, MA Talib, SN Yaacob, **Z Ismail** (2016). Emotional Intelligence, Hardiness, and Smoking: Protective Factors Among Adolescents. *Journal of Child & Adolescent Substance Abuse* 25 (1), 11-17
3. A Abdollahi, MA Talib, P Carlbring, R Harvey, SN Yaacob, **Z Ismail** (2016). Problem-solving skills and perceived stress among undergraduate students: The moderating role of hardiness. *Journal of Health Psychology*, 1359105316653265
4. Zarinah. A, Farah Syuhada, P., **Zanariah, I.**, & Rozumah, B. (2016). Parenting Stress and Family Functioning of Commuter Family in Malaysia. *Asian Social Science*. 12 (7), 178-175.
5. A Abdollahi, M Abu Talib, SN Yaacob, **Z Ismail** (2015). The role of hardiness in decreasing stress and suicidal ideation in a sample of undergraduate students. *Journal of Humanistic Psychology* 55 (2), 202-222.
6. A Abdollahi, MA Talib, SN Yaacob, **Z Ismail** (2015). Problem-Solving Skills Appraisal Mediates Hardiness and Suicidal Ideation among Malaysian Undergraduate Students. *Plos One* 10 (4), e0122222

7. A Abdollahi, MA Talib, SN Yaacob, **Z Ismail** (2014). Hardiness as a mediator between perceived stress and happiness in nurses. *Journal Of Psychiatric And Mental Health Nursing* 21 (9), 789-796
8. A Abdollahi, MA Talib, SN Yaacob, **Z Ismail** (2014). Problem-solving skills and hardiness as protective factors against stress in Iranian nurses. *Issues In Mental Health Nursing* 35 (2), 100-107.
9. S. T. T'ng, Rozumah, B & **Zanariah, I.** (2014). Antisocial Behaviour in Malaysian Adolescents: Assessing Measurement Equivalence Across Gender Differences. *Child Indicators Research*, Springer.
10. S Karbalaei, A Abdollahi, M Abu, S Nor, **Z Ismail** (2013). Locus of control, problem-solving skills appraisal as predictors of waste prevention behaviors. *Romanian Journal of Applied Psychology* 15 (2), 51-58.
11. **Zanariah, I.** & Mohamed, S. N. (2012). Teachers' Work-Family Conflict in Malaysia: Scale Validation. *International Journal of Business & Social Research*. 2. 122-131
12. **Zanariah, I.** & Mohamed, S. N (2012). Teachers' Work-Family Conflict Efficacy in Malaysia: Scale Validation. *International Journal of Humanities and Social Science*. 2. 127-132.

Publications

Chapters in Book

1. Amira, Y., Rozumah, B., & **Zanariah, I.** (2015). Ibu bapa bekerja dan Keibubapaan. In Rozumah Baharuddin & Zainal Madon. (Eds). *Keibubapaan dan Kesejahteraan Anak*. Serdang: UPM Press. pp. 128-141

Conference Proceedings

1. Yahya, A. N., Zulkefly, N.S., Baharudin, R., & **Ismail, Z.** (2014). Paternal Parenting Behaviour and Psychological Well-Being in Malaysian Adolescents: Variation by Sex. *Ist International Social Development Conference Proceedings*. 484-491. Kedah, Malaysia: Universiti Utara Malaysia.
2. **Zanariah, I.**, Zarinah., & Lee, J. Y. (2013). Relationship Between Work-Family Conflict and Job Satisfaction with Turnover Intention among White-Collar Workers in Selangor. *National Psychology 2013 Seminar II Proceeding*. Kota Kinabalu, Sabah.
3. **Zanariah, I.** & Ssekamanya, S. A. (2013). Teachers' Religious Coping in Malaysia: Scale Validation. *International Conference on Islamic Education 2013*. Kajang, Selangor, Malaysia.

Research Grants

No	Project Title	Amount (RM)	Year	Fund	Status
1.	Ecosystemic of Adolescent Suicide: A Critical Incidents of 1-2-3 Thought Process of Completed Attempt and Non Attempt	50,000	2011	ERGS	Completed
2.	The Relationship between Social Support and Work-Family Conflict Efficacy among Married Working Mothers in	19,400	2013	UPM	Completed



Urban Areas					
3.	Developing a Model of Strengths and Stressors of Dual Earner Commuter Family	76,800	2014	FRGS	Completed
4.	Kajian Pembentukan Model Kesejahteraan Psikologi Belia	25,000	2014	IPBM	Completed
5.	Relationships between Work-Family Conflict, Social Support and Psychological Well-Being among Employees of Public Sector	10,000	2015	IPS UPM	Completed
6.	Work-Family Conflict and Psychology Well-Being: Perception on Challenges, Impication and Coping of Low Income Working Parents	58,000	2016	FRGS	Ongoing
7.	Family Stress Model Of B40 Family	57,000	2016	FRGS	Ongoing
8.	Modul Berasaskan Hujah Dalam Menangani Pengaruh Golongan Anti Hadis Di Malaysia : Aplikasi Kaedah Saintifik, Rasional Dan Logik.	57,600	2015	FRGS	Ongoing
