

Policy Document 2025-26

The Mind - Journal of Psychology (TMJP)

1. About the Journal

1.1. Introduction

The Mind-Journal of Psychology encourages and appreciates social scientists to work with loyalty, originality, and innovation in the field of Psychology, including clinical Psychology, applied psychology, developmental psychology, industrial psychology, and other branches of psychology. This journal covers various topics, from clinical psychopathology to positive psychology. The journal publishes both qualitative and quantitative research. The area of interest is related to human psychology, from identification to treatments of mental disorders as well as psychometrics. The major goal of this journal is to contribute to the research community of Pakistan. The authors are encouraged to relate their findings to the Pakistani context.

1.2. Journal Full Name: The Mind - Journal of Psychology

1.2.1. **Abbreviation:** TMJP

1.3. ISSN

1.3.1. **pISSN:** 2957-8493

1.3.2. **eISSN:** 2957-8507

1.4. Discipline: Biological and Health Sciences

1.4.1. **Subject Area:** Psychology

1.4.1.1. **Subject Sub Category:** Psychology (miscellaneous)

1.5. Frequency: Annual

1.6. **E-mail:** editor.themind@riphahfsd.edu.pk

1.7. **Language of Publication:** English

1.8. **Published by:** Riphah International University, Faisalabad Campus, Faisalabad

1.9. **Publication Platform:** OJS

1.10. Indexation

1.10.1. Crossref

1.10.2. Google Scholar

1.10.3. ROAD

1.10.4. OUCI

1.10.5. Scilit

1.10.6. Academic Resource Index

1.10.7. CLOCKSS

2. Aim and Scope

2.1. Aims of 'The Mind' Journal

The primary aim of The Mind Journal is to provide a platform for disseminating high-quality, evidence-based research related to mental health and well-being. It seeks to achieve this by pursuing the following objectives:

2.1.1. Advanced Knowledge and Understanding

The journal aims to contribute to the existing body of knowledge in the field of psychology by publishing cutting-edge research that advances our understanding of mental health and well-being. By doing so, it fosters an ongoing dialogue among researchers and helps drive the development of new theories, methodologies, and interventions.

2.1.2. Inform Practice

'The Mind' aims to bridge the gap between research and practice by providing mental health professionals with the latest evidence-based findings. This information can be used to enhance their clinical practice, inform treatment decisions, and ultimately improve the lives of those affected by mental health issues.

2.1.3. Promote Collaboration and Interdisciplinary Approaches

Recognizing the importance of interdisciplinary collaboration in addressing complex mental health issues, the journal encourages submissions from researchers across diverse fields and disciplines. By fostering a collaborative environment, 'The Mind' aims to facilitate the exchange of ideas, promote innovative approaches, and ultimately contribute to more effective mental health interventions.

2.1.4. Encourage Methodological Rigor and Transparency

The journal is committed to upholding the highest standards by promoting methodological rigor and transparency. By publishing well-designed, meticulously executed studies, 'The Mind' aims to set a benchmark of quality in mental health and well-being research.

2.1.5. Facilitate Knowledge Dissemination and Accessibility

'The Mind' seeks to make research findings widely accessible to researchers, practitioners, policymakers, and the public. The journal ensures that its content can easily be accessed and used by those who can benefit from it the most by providing an open-access platform.

2.1.6. Support Early Career Researchers

The journal aims to support early career researchers by providing them with a platform to showcase their work and gain recognition within the field. By offering opportunities for mentorship, peer review, and networking, 'The Mind' aims to help cultivate the next generation of mental health researchers and professionals.

2.1.7. Foster Global Perspectives

To address the diverse needs of individuals and communities worldwide, 'The Mind' encourages submissions from researchers across the globe. The journal aims to promote a more comprehensive understanding of mental health and well-being issues by including a wide range of perspectives and cultural contexts.

2.1.8. Advocate for Mental Health Awareness and Stigma Reduction

Finally, 'The Mind' aims to contribute to the broader conversation surrounding mental health and well-being by raising awareness and reducing stigma. By providing accurate, evidence-based information and promoting open discussions, the journal seeks to challenge misconceptions, foster empathy, and ultimately create a more supportive environment for those affected by mental health issues.

2.2. Scope of 'The Mind' Journal

The Mind – Journal of Psychology has been established by the Department of Psychology at Riphah International University Faisalabad Campus. It is an inclusive platform for disseminating research findings in mental health and well-being. Its scope encompasses several topics and methodologies, making it a valuable resource for researchers, practitioners, and the public. By offering insights into the latest developments in psychological research, the journal aims to advance the understanding and treatment of mental health issues and improve overall well-being.

2.2.1. Topics Covered

The Mind focuses on several key areas within mental health and well-being research, including but not limited to:

1. Clinical psychology, focusing on the assessment, diagnosis, and treatment of mental disorders
2. Cognitive psychology, investigating mental processes such as perception, memory, and problem-solving
3. Developmental psychology, examining the changes in psychological functioning across the lifespan
4. Health psychology, explores the relationship between psychological factors and physical health
5. Neuropsychology, studying the brain mechanisms underlying cognitive and emotional processes
6. Social psychology, investigating the influence of social factors on human behavior and cognition
7. Positive psychology, emphasizing the promotion of mental health and well-being
8. Educational psychology, exploring the processes of teaching, learning, and human development in educational settings
9. Cultural psychology, examining the influence of culture on psychological processes.

2.3. Research Methodologies

The journal encourages submissions employing a variety of research methodologies to ensure a comprehensive understanding of mental health and well-being. These methodologies include, but are not limited to:

1. Quantitative research, employing statistical techniques to examine the relationships between variables
2. Qualitative research, utilizing interviews, observations, or other methods to explore the lived experiences of individuals and communities
3. Experimental research, investigating the causal relationships between variables through controlled experiments
4. Longitudinal research, examining changes in psychological phenomena over time
5. Meta-analyses and systematic reviews, synthesizing the findings of multiple studies to provide an overall understanding of a particular topic
6. Case studies, providing in-depth insights into specific instances or individuals
7. Mixed-methods research, combining quantitative and qualitative approaches to provide a richer understanding of the topic

2.4. Target Audience

The Mind is designed to cater to a diverse audience, including:

1. Researchers, who can benefit from the latest findings and contribute to the field's advancement
2. Mental health professionals, who can utilize the research to inform their practice and better serve their clients
3. Educators, who can integrate the journal's insights into their teaching and support the development of future psychologists
4. Policymakers, who can use evidence-based research to inform mental health policies and interventions
5. The general public, who can gain a greater understanding of mental health and well-being issues and access resources to support their own well-being

3. Privacy Statement

The names and email addresses entered in this journal site will be used exclusively for the stated purposes of this journal. They will not be made available for any other purpose or to any other party.

4. Editorial Team Formation

The Editorial Team will be formatted according to the HEC Journals' Editorial Team/ Editorial Board/Advisory Board formation instructions.

5. Policies

5.1. Open Access Policy

The Mind – Journal of Psychology (TMJP) will be published through an open-access journal system that allows readers to read, download, copy, distribute, print, search, or link to the full texts of its articles. All current/previous issues and complete articles can be viewed or downloaded from *The Mind's* Website.

5.2. Policy for the Editor

- The editor is wholly responsible to establish/maintain the quality of the journal.
- He/ She has full authority to accept or reject any research paper keeping in view the publishing policy of the Journal or the standard of the topic/ references/ material/ presentation/ language of the submitted paper and professional demands as well.
- The editor ensures the process of blind peer review of every paper.
- The editor ensures the Plagiarism Check of every paper and strictly follows the HEC Plagiarism Policy regarding this matter.
- The editor is bound to follow the journal's policy without any institutional pressure.
- The editor would provide a corrigendum for any correction, clarification, and apologies when required.
- The editor may appoint Members of the Editorial Board/ Advisory Board and change them anytime.
- The editor ensures the smooth functioning of the journal and conducts the editorial board meeting on regular basis.
- The editor would disregard the discriminating factors, e.g. gender, race, ethnicity, religious belief, cultural sentiments, political affiliation, seniority, and/or institutional association of the author(s) while selecting articles for publication.

- The editor would try to promptly respond to the author (s) of the papers submitted for publishing, for any query.
- The editor will not edit any submitted paper which would have any conflict of interest. He/She is responsible to ask the reviewers/evaluators also for disclosing any conflict of interest regarding the submitted research paper to ensure impartiality.
- The editor ensures the confidentiality of the content of the manuscript before publishing at his and the reviewer's end.

5.3. Peer Review Policy

The Mind – Journal of Psychology (TMJP) is a double-blind peer-reviewed, open-access publication established by the Department of English, Riphah International University Faisalabad Campus. The review process allows the author(s) to improve their manuscript through editorial communications. Scholars/ Reviewers accepting to review a research paper have an ethical responsibility to complete this assignment professionally. The quality, credibility, and reputation of a journal also depend on the peer-review process. The peer-review process depends on trust and demands that a reviewer is supposed to fulfill ethically. The reviewers should:

- Immediately inform the editor if they do not have the subject expertise required to carry out the review.
- Be responsible to act punctually and submit review reports on time. They should immediately inform the editor of any possible delays.
- The data included in the research paper is confidential and the reviewer is not allowed to use it for his/her study or any other academic or professional purpose.
- Reviewers would consider the research paper a confidential document. They must not discuss its content on any platform except in cases where professional advice is being sought with the authorization of the editor. They are bound not to disclose the details of any research paper before its publication without the prior approval of the editor.
- A reviewer must declare any conflicting interests (e.g., personal, financial, intellectual, professional, political, or religious). She/he should declare if the research paper under review is the same as his/her presently conducted study.
- A reviewer should be honest enough to declare if she/he is biased at any level toward the manuscript submitted.
- The reviewer may justifiably criticize a manuscript, but it would be inappropriate to resort to personal criticism of the author(s). He/she is supposed to objectively review with consideration high academic, scholarly, and scientific standards.
- A reviewer should bring to the editor's notice, before writing the evaluation report, if the research paper is based on any previous research study is a replica of an earlier work, or work is plagiarized. Moreover, if the reviewer suspects the given results to be untrue/unrealistic/fake, or there has been an indication of violating ethical norms in the treatment of human beings (e.g., children, females, poor people, disabled, elderly, etc.), all these points should also be identified to the editor.
- For writing an evaluation report, reviewers are sent a prescribed form(s) from the editor, and they are supposed to share their comments on that form.

- The editor will surely consider the reviewer's comments and may send the paper to someone else for another opinion or send it back to the author(s) for revision before making any decision. However, the final decision about publishing a research paper (either accept or reject) will solely rest with the editor. A reviewer cannot challenge the decision of the editor in any forum.

5.4. Originality And Plagiarism Policy

The Mind – Journal of Psychology (TMJP) strictly follows the [Plagiarism Policy](#) as per the guidelines of HEC (Pakistan). The Similarity Report on [Turnitin](#) should be below 19 percent.

5.5. License Policy

All articles published in *The Mind – Journal of Psychology (TMJP)* are licensed under the [Creative Commons Attribution \(CC BY 4.0\)](#) license. This license permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

5.6. Copyright Policy

Authors retain copyright of their articles without restriction.

6. Submission

6.1. Guidelines

The following ethical guidelines are mandatory for all author(s). Violation of these guidelines may result in the application of penalties by the competent authorities, which will lead to the suspension or cancellation of publishing rights.

6.1.1. Reporting Standards:

- Will ensure that the research report and data contain satisfactory detail and references.
- False, knowingly inaccurate, or inappropriate statements are unethical and unacceptable in any way/case.

6.1.2. Originality of Research and Plagiarism:

- If Plagiarism is found in any of its forms, it sets up unethical publishing manners and leads to the rejection of research.
- Material quoted in the same must be placed in quotation marks.
- The similarity index shouldn't be more than 19%, As per HEC's policy.

6.1.3. Declaration & Certificate:

- A declaration certificate will be required that the Article/Research Paper/ manuscript contains the only author(s) original work that is not under consideration for publishing in any other journal/proceedings in any form.
- The co-authored paper must be accompanied by an undertaking to claim the right to authorship and to ensure that all have agreed to the sequence/order of authorship.

6.1.4. Submission to Other Journals for Publication:

- Submission of the same manuscript to more than one journal is unethical and leads to rejection at once.

6.1.5. Acknowledgment of Sources in Research:

- A paper must contain a proper acknowledgment of the work of others.
- The author(s) must also acknowledge the contributions of people, organizations, and institutes who assisted the process of research or financial funding (in the acknowledgment).
- It is the duty of the author(s) to conduct a literature review and cite the original publications.

6.1.6. Research Work Authorship Credit:

- Authorship of the work will be only credited to those who have made a significant contribution to the presentation of the concept, data analysis, and writing up of the manuscript.
- The corresponding author(s) should ensure that all co-authors have seen and approved the final version of the paper and have agreed to its submission for publication.

6.1.7. Privacy of Participants/Author(s):

- Author(s) must respect the privacy of the participant(s) of the research.
- Authors must ensure that in examples where the identity of the participant needs to be revealed in the study, obvious and informed consent of the concerned party is obtained.

6.1.8. Research Data Access and Preservation:

- If any question arises about the accuracy or validity of the research work during the review process the author(s) should provide raw data to the Editor.

6.1.9. Already Disclosure and Conflicts of Interest:

- The potential conflicts of interest of the author(s) must be conveyed to the editor at the earliest possible stage, including but not limited to employment, consultancies, honoraria, etc.
- If necessary for Research, all sources of financial support for the project should be disclosed at the earliest.

6.1.10. Conditions of Manuscript's Acceptance and Rejection:

- 60 days after submission of the Paper and receiving an acknowledgment letter, the author can ask about the status of his article.
- In case of any recommended and suggested revision, the author(s) will be demanded to revise his research accordingly in the time given by the Editor. Later, he must provide a description of all corrections made in the manuscript and the revised copy.
- If the author is not satisfied with the decision of rejection, the author can appeal the decision by contacting the Editor.

6.2. Submission Preparation Checklist

6.2.1. Article Format and Style Sheet

Note: The entire manuscript needs to be written in Times New Roman. Font sizes are mentioned in detail in each section below. Page size should be A4 with indentation as 1.15 for left and right, and 1.65 for top and bottom.

6.2.2. Title

The title should be center-aligned, UPPERCASE, and **bold** in size 16. The word limit for the title is 15. The use of formulae, acronyms, and jargon should be avoided in titles, since they are commonly utilized by readers to identify particular content.

6.2.3. Author(s) Details

A maximum number of 3 authors are allowed for each article. The author name(s) should be center-aligned and written in font size 10 underneath the title with the following details and sequence:

- Full Name
- Academic/Occupational Affiliation (Designation and Institute Name)
- E-mail ID (in *Italic*)

6.2.4. Abstract

The Abstract is compulsory and needs to be of a minimum of 250 words in font size 12. It should briefly include the rationale, research design, findings, and significance of the study.

6.2.5. Keywords

It is compulsory to add at least 7-10 keywords. Make sure that the list of keywords is in *Italics*, is alphabetized, has commas in between each keyword, and ends with a period.

6.2.6. Manuscript

For the entire manuscript, the font size should be 12 in single-line spacing. Line spacing before each paragraph needs to be 0 pts, and after each paragraph needs to be 6 pts. All headings need to be in **bold** following APA parameters. The page limit is 15-20, including the list of references. The manuscript must include the following sections: **Introduction, Methodology, Results, Discussion, and Conclusion**. An embedded review of relevant literature may be included in the Introduction section if required. Appendices are not allowed.

The manuscript should be free of grammar, punctuation, and spelling errors. New Scholars are advised to get their draft reviewed by an English language expert before submission.

6.2.7. Tables, Figures, and Images

Visual material such as tables and figures can be used quickly and efficiently to present a large amount of information to an audience, but visuals must be used to assist communication, not to use up space, or disguise marginally significant results behind a screen of complicated statistics. Only relevant tables, figures, and illustrations may be included in the text's main body.

References in the text need to be made to **ALL** tables and figures used, along with a comprehensive explanation as to what the reader should look for when using the table or figure. For formatting tables and figures, APA 6th Edition needs to be followed.

6.2.8. References

References made in the text should be included alphabetically at the end of the research article in APA style (6th Edition). Please make sure that each reference included in the list corresponds to an entry in the text and vice versa. Citations are not permitted in the article's abstract. Personal discussions and findings that have not yet been published can be mentioned in the text but not in the reference list.

6.2.9. Language

Since Inception is a monolingual journal, articles submitted primarily in the English language only shall be considered for processing. However, references and examples from other languages may be included.

7. Publication Fee

7.1. Article Processing & Publishing Charges (APCs) Information (Pakistan)

Processing Charges: PKR 5,000

Publishing Charges: PKR 20,000

7.2. Article Processing & Publishing Charges (APCs) Information (Foreign)

Processing Charges: USD 50

Publishing Charges: USD 100

8. Publication Deadlines

- Issue 2 Publication Deadline: 31 December

9. Deadlines of Processes

Submission of papers	Week 1- 10
Editorial Review Proofreading	week 11-13
National Review Process	Week 13-16
International Review Process	Week 13-16
Communication to authors for revision	weeks 16-18
Submission of the revised paper	weeks 18-20
Preparation of final draft	week 20- 22
Online Publication of the Journal	week 23-24

Dr. Muhammad Luqman Khan
Chief Editor
The Mind – Journal of Psychology

Dr Muddassir Ahmad
Chairman,
Riphah International University
Faisalabad Campus

AUTHOR AGREEMENT FORM

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