

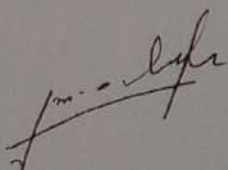
**To Whom It May Concern**

**Subject:** Ethical Approval of Research Project Involving Human Participants

This is to certify that **Saba Ahmad**, bearing Student ID **211520014**, from the Department of Psychology at GIFT University Gujranwala, has received ethical approval for the research project titled "**The Effectiveness of Proactive Thought Control in Modification of Negative Core Beliefs and Cognitive Biases in Individual with Social Anxiety: A Pilot RCT Study**" as of **22<sup>th</sup> March 2025**.

The research comprised single study using a parallel RCT design and involving human participants. The study had been thoroughly reviewed and adhered to the ethical standards and guidelines outlined in the **APA 7th Edition** for research including obtaining informed consent from all participants, strictly maintaining the confidentiality and privacy of participant data, minimizing potential risks, promptly reporting any adverse events to the Ethics Committee, and all necessary steps to ensure full compliance with the APA 7th Edition guidelines.

This letter serves as official documentation of ethical clearance and may be presented to journal editors, reviewers, or any concerned parties requiring proof of ethical approval. For further details, **Mr Ather Mujitaba** can be contacted and is available to provide additional information. We commend **Saba Ahmad** on the commitment to conducting ethically responsible research and wish success in all academic and professional endeavours.



**Dr. Ume-E-Laila**

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