Khadijah Kainat
School of Business and Economics



Biography

I am a Doctor of Philosophy (PhD) in Information Studies at the School of Business and Economics, Åbo Akademi University, Finland. I am currently working as a postdoctoral researcher at the same school, focusing on the intersection of information science, human–AI interaction, and people's well-being in professional Finnish work environments. My academic work also examines information behavior from migration and integration perspectives, as well as topics related to business and marketing management.
My research is situated within the multidisciplinary fields of Information Studies, Social Science, Business and Economics, and Migration Studies, drawing on theoretical and methodological perspectives across these domains. My research focuses on the ways in which individuals and professionals interact with information and digital technologies in contemporary societies. My work is situated at the intersection of information science, human–AI interaction, and occupational well-being, with particular emphasis on the mental health implications of working with advanced digital systems. Another core strand of my research concerns trust in information, examining how individuals assess and rely on information sources in the context of artificial intelligence. A further focus of my work addresses how individuals cope with information overload and navigate increasing cognitive demands in AI-driven professional environments.
Recently, in 2025-26, I have been involved in an Academy of Finland funded project Mobile Futures about diversity, trust and two way integration as a postdoctoral researcher where I have been investigating the role of trust in information in everyday life.
My research adopts both qualitative and quantitative methodological approaches, and I have experience working with mixed-methods designs. I have conducted qualitative studies using in-depth interviews, focus groups, and qualitative content analysis, participatory observation and quantitative studies employing surveys, statistical analysis, and multivariate techniques. I have practical experience with statistical and qualitative analysis software, including SPSS, SmartPLS, and NVivo. I am keen to further develop expertise in diverse and innovative research methodologies in the fields.

Beyond academia, I guide adults in wellness as a yoga and swimming instructor, with a focus on women's well-being. I am also a solo traveler and Instagram content creator, having explored 70 countries, experiences that fuel my love for adventure. Feel free to visit my personal website khadijahkainat.com to explore more about my academic and research activities, my lifestyle, and my journeys and adventures around the world.

Qualifications

PhD, Doctor of Philisophy in Information Studies, Åbo Akademi University
Award Date: 14 Mar 2025

Master, Masters in Information and Knowledge Management , Åbo Akademi University
1 Aug 2016 → 3 Apr 2018
Award Date: 3 Apr 2018

Bachelor, Bachelor of Honors (Accounting and Finance), Nilai University
Award Date: 27 Oct 2010

Master, Masters in Business and Administrative (MBA), HELP University
1 Jan 2011 → 30 Oct 2012

Employment

School of Business and Economics

Åbo Akademi University
1 Sept 2026 → 31 Aug 2027

Visiting Researcher

University of Borås
Borås, Sweden

1 May 2019 → 30 Oct 2019

Publications

Cultural community as an information ground of Middle Eastern women refugees in Sweden: a road to better integration into society
Kainat, K. & Eriksson-Backa, K., 25 May 2026, In: Information research: an international electronic journal. 31, ISIC (2026) , p. 258-275 18 p.

Employment-related information-seeking behaviour of South Asian immigrant women in Finland
Kainat, K., 15 Oct 2025, In: Information Research. 30, 3, p. 242-266

Health information-seeking behaviour of South-Asian immigrant women in Finland: A socio-cultrual perspective
Kainat, K., 20 Aug 2025, (E-pub ahead of print) In: Journal of Information Science. 01655515251359772.

Navigating New Horizons of Socio-Cultural Transition: Information seeking behaviour of migrant women in the context of integration
Kainat, K., 14 Mar 2025, Åbo: Åbo Akademi. 300 p.

Sociocultural barriers to information and integration of women refugees
Kainat, K., Eskola, E.-L. & Widén, G., 22 Dec 2021, In: Journal of Documentation.

Health Information Literacy: The Saving Grace During Traumatic Times
Ghorbanian Zolbin, M., Kainat, K. & Nikou, S., 23 Jun 2021, *34th Bled eConference Digital Support from Crisis to Progressive Change: June 27 – 30, 2021, Online Conference Proceedings.* Pucihar, A., Kljajić Borštnar, M., Bons, R., Cripps, H., Sheombar, A. & Vidmar, D. (eds.). University of Maribor: University of Maribor, Faculty of Organizational Sciences, p. 295-308

User Information Satisfaction among Female Refugees and Immigrants as Assessed by the Level of Information Literacy on Social Media
Kainat, K., Ghorbanian Zolbin, M., Widén, G. & Nikou, S., 23 Jun 2021, *34th Bled eConference Digital Support from Crisis to Progressive Change: June 27 – 30, 2021, Online Conference Proceedings.* Pucihar, A., Kljajić Borštnar, M., Bons, R., Cripps, H., Sheombar, A. & Vidmar, D. (eds.). University of Maribor: University of Maribor, Faculty of Organizational Sciences, p. 337-350

Adding the information literacy perspective to refugee integration research discourse: a scoping literature review
Eskola, E.-L., Khan, K. S. & Widén, G., 19 Dec 2020, *Information research: an international electronic journal: Special supplement: Proceedings of ISIC, the Information Behaviour Conference, Pretoria, South Africa, 28-30 September, 2020. .* (Information research: an international electronic journal; vol. 25, no. 4 Special supplement: Proceedings of ISIC 2020).

The cultural landscape of women refugees in Sweden - a road to information and integration
Khan, K. S. & Eskola, E.-L., 19 Dec 2020, *Information research: an international electronic journal: Special supplement: Proceedings of ISIC, the Information Behaviour Conference, Pretoria, South Africa, 28-30 September, 2020..* (Information research: an international electronic journal; vol. 25, no. 4 Special supplement: Proceedings of ISIC 2020).

Participant observation approach to study refugees' information practices
Khan, K. S., 28 Oct 2020, *Information Research Days.* 2-3 ed. Informaatiotutkimuksen yhdistys - ITY ry, Vol. 39. p. 89-92 4 p. (Informaatiotutkimus).