

# CURRICULUM VITAE

## 1. INFORMATII PERSONALE

Nume, prenume: Oltean, Roxana Andreea-Ioana  
E-mail: [roxanaoltean@psychology.ro](mailto:roxanaoltean@psychology.ro); [roxana.cardos@ubbcluj.ro](mailto:roxana.cardos@ubbcluj.ro);  
Researchgate: [https://www.researchgate.net/profile/Cardos\\_Roxana](https://www.researchgate.net/profile/Cardos_Roxana)  
ORCID: orcid.org/0000-0002-9447-8034

## 2. DOMENII DE INTERES ȘTIINȚIFIC

- Eficiența tratamentelor psihologice în domeniul sănătății mintale.
- Eficiența intervențiilor validate științific bazate pe tehnologie.
- Prevenția în sănătatea mintală.
- Mecanismele cognitive implicate în intervențiile psihoterapeutice.

## 3. EXPERIENȚA PROFESIONALĂ

### 3.1. Prezent:

**Februarie 2017- Prezent:** **Lector Asociat**, Universitatea Babeș-Bolyai, Facultatea de Psihologie și Științe ale Educației, Departamentul de Psihologie Clinică și Psihoterapie; cursuri: Psihologie Evoluționistă, Consiliere genetică, Practică Clinică.

**Septembrie 2017- Prezent:** **Psiholog**, Clinica Universitară de Psihologie Babeș Bolyai – PsyTech, Universitatea Babeș-Bolyai; *Psiholog clinician și psihoterapeut- servicii către comunitate*.

**Martie 2019- Prezent:** **Cercetător**, Universitatea Babeș-Bolyai, Facultatea de Psihologie și Științe ale Educației, Departamentul de Psihologie Clinică și Psihoterapie.

### 3.2. Trecut:

**2021-2022:** **Cercetător post-doctoral**, Universitatea Babeș-Bolyai; UEFISCDI; Proiect “REThinkEmotions: Gamified assessment of emotional regulation skills and prevention online game-based personalized assessment of emotional disorders in children (PI Dr. Oana David).

**2020-2021:** **Cercetător post-doctoral**, Universitatea Babeș-Bolyai; UEFISCDI; Proiect ‘REThinkWELL: A scientifically validated integrative platform for the prevention of emotional disorders in children and adolescents (PI Dr. Oana David).

**2019-2021:** **Postdoctoral Fellow**, The International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babeș-Bolyai University, Cluj-Napoca, Romania, Advisors: Dr. Oana David.

**2014- 2017:** **Asistent de cercetare**, Universitatea Babeș-Bolyai; National Grant from The Executive Agency for Higher Education, Research, Development and Innovation Funding (UEFISCDI); Evidence-based therapeutic online game for child and adolescent mental health. (PI Dr. Oana David).

2015- 2017: **Asistent de cercetare**, Universitatea Babeş-Bolyai; National Grant from The Executive Agency for Higher Education, Research, Development and Innovation Funding (UEFISCDI); A Clinical Trial Study for the Investigation of the Efficiency of a Smartphone Application for the Management of Breast Biopsy Symptoms. (PI Dr. Mădălina Sucală).

**2017- 2018:** **Psiholog**, Universitatea Babeş-Bolyai; Proiectul privind Învățământul Secundar (ROSE), Schema de Granturi Necompetitive Pentru Universități Beneficiar: Universitatea Babeş-Bolyai Titlul subproiectului: *Stop Abandonului la Mate-Info! Yes to your future! (STAY!)*

#### **4. EDUCAȚIE**

**Septembrie 2013- Iulie 2017:** **Studii doctorale**, ‘Școala Doctorală “Psihodiagnostic și intervenții psihologice validate științific”, Universitatea Babeş-Bolyai, Departamentul de Psihologie Clinică și Psihoterapie; Coordonator științific: Prof. Univ. Dr. Daniel David; lucrare: *A Multilevel Analysis of Computer Mediated Interventions in Flight Anxiety*.

**2011-2013:** **Studii masterale** în “Psihologie clinică, consiliere psihologică și psihoterapie”, Facultatea de Psihologie și Științe ale Educației, Universitatea Babeş-Bolyai, Cluj-Napoca.

**2008-2011:** **Studii de licență**, în Psihologie, Facultatea de Psihologie și Științe ale Educației, Universitatea Babeş-Bolyai, Cluj-Napoca.

#### **5. PREMII**

- 2017      **“Florian Ștefănescu Goangă Award” for young Ph.D. in psychology field**  
Babeş-Bolyai University, Cluj-Napoca, Romania
- 2017,      **Yearly publication awards**  
2018,      Romanian National Council for Scientific Research (CNCS).
- 2019
- 2020      **Fellowship- Entrepreneurial project for innovation through doctoral and postdoctoral research** (Babes-Bolyai University, 2020).

#### **6. EXPERIENȚĂ DIDACTICĂ**

**2013-prezent:** Lector Asociat, Practică clinică, Departamentul de Psihologie Clinică și Psihoterapie, Universitatea Babeş-Bolyai din Cluj-Napoca.

**2019-** Lector Asociat, Psihologie clinică și intervenții individuale și de grup, Departamentul de Psihologie Clinică și Psihoterapie, Universitatea Babeş-Bolyai din Cluj-Napoca.

**2017-2022-** Lector Asociat, seminarii Intervenții cognitiv-comportamentale în domeniul muncii organizațional, Departamentul de Psihologie Clinică și Psihoterapie, Universitatea Babeş-Bolyai din Cluj-Napoca.

**2017-prezent:** Lector Asociat, Consiliere Genetică, Departamentul de Psihologie Clinică și Psihoterapie, Universitatea Babeş-Bolyai din Cluj-Napoca.

**2019-prezent:** Lector Asociat, Psihologie Evoluționistă, Departamentul de Psihologie Clinică și Psihoterapie, Universitatea Babeș-Bolyai din Cluj-Napoca.

## **7. ALTE COMPETENȚE**

- În prezent, *psiholog clinician și psihoterapeut sub supraveghere în intervenții cognitiv-comportamentale*, atestat de Colegiul Psihologilor din România.
- *Train the Trainers Certificate*, National Council in Adult Training.

## **8. LIMBI**

- Română- limba maternă
- Engleză- Avansat, (Nivel European- C1)
- Franceză- (Nivel European B1)
- Italiană – (Nivel European A2)

## **9. POZIȚII ÎN ORGANIZAȚII PROFESIONALE**

Membru în:

- Colegiul Psihologilor din România
- Asociația Română de Psihoterapie Cognitiv-Comportamentală
- Institutul Internațional de Studii Avansate în Psihoterapie și Sănătate Mintală Aplicată

## **10. GRANTURI DE CERCETARE**

### **10.1. Coordonator (PI)**

**2023- prezent:** Developing and analyzing the efficacy of a board game for anxiety disorders in children and adolescents (2023-2024), Babeș-Bolyai University, through Young Researchers Grants.

**2022- prezent:** OCD in the time of COVID-19 pandemic: new prevention approaches based on network analysis (2022-2024), National Grant from The Executive Agency for Higher Education, Research, Development, and Innovation Funding (UEFISCDI).

**2020- 2021:** Developing and analyzing the efficacy of a board game for promoting mental health in children and adolescents (2020-2021), Babeș-Bolyai University, through Young Researchers Grants.

**2013** Ph.D. research grant (2013-2016), Sectorial Operational Program for Human Resources Development 2007-2013, co-financed by the European Social Fund, Economic and Social Research Council.

### **10.2. Membru în echipe de cercetare**

- *REThinkEmotions*, financed by The Executive Agency for Higher Education, Research, Development and Innovation Funding (UEFISCDI), 2021-2022, PI: Oana David, Ph.D., Babeș-Bolyai University, Romania (<https://rethinkplatform.ro/rethink-emotions-project/>)
- *REThinkWell*, financed by The Executive Agency for Higher Education, Research, Development and Innovation Funding (UEFISCDI), 2020-2021, PI: Oana David, Ph.D., Babeș-Bolyai University, Romania (<http://rethinkwell.org/>).

- *REThink: Evidence-based therapeutic online game for child and adolescent mental health*, financed by The Executive Agency for Higher Education, Research, Development and Innovation Funding (UEFISCDI), 2014-2017, PI: Oana David, Ph.D., Babeş-Bolyai University, Romania (<http://rethink.info.ro/>)
- *Bio-H App: A Clinical Trial Study for the Investigation of the Efficiency of a Smartphone Application for the Management of Breast Biopsy Symptoms*, financed by The Executive Agency for Higher Education, Research, Development and Innovation Funding (UEFISCDI), 2015-2017, PI: Madalia Sucala, Ph.D., Babeş-Bolyai University, Romania and Mount Sinai School of Medicine, New York, SUA (<https://biohapp.com/>)
- *Increasing employability through successful practice (PRACT-IT)*, financed by The European Social Fund through the Sectoral Operational Program- Human Resources Development, 2007-2013, PI: Anca Andreica, Cluj IT Company (<http://www.clujit.ro/>)

## 11. PUBLICAȚII

### Articole indexate ISI Web of Science

- Cardoş, R. A., David, O. A., & David, D. O. (2017). Virtual reality exposure therapy in flight anxiety. Computers in Human Behavior, 72(C), 371-380. doi: 10.1016/j.chb.2017.03.007.
- David, O. A., Cardoş, R. A.,& Matu, S. (2018). Is REThink therapeutic game effective in preventing emotional disorders in children and adolescents? Outcomes of a randomized clinical trial. European child & adolescent psychiatry, 1-12.
- David, O. A., Cardoş, R. A.,& Matu, S. (2018). Changes in irrational beliefs are responsible for the efficacy of theREThink therapeutic game in preventing emotional disorders in children and adolescents: mechanisms of change analysis of a randomized clinical trial. European child & adolescent psychiatry, 1-12.
- Sucala, M., Cuijpers, P., Muench, F., Cardoş, R., Soflau, R., Dobrea, A., & David, D. (2017). Anxiety: There is an app for that. A systematic review of anxiety apps. Depression and Anxiety.1-8. doi: 10.1002/da.22654
- David, O. A., Costescu, C., Cardos, R., & Mogoase, C. (2020). How effective are serious games for promoting mental health and health behavioral change in children and adolescents? A systematic review and meta-analysis. In Child & Youth Care Forum (pp. 1-22). Springer US.
- David, O. A., Predatu, R., & Cardoş, R. A. (2021). Effectiveness of the REThink therapeutic online video game in promoting mental health in children and adolescents. Internet Interventions, 25, 100391.
- Cardoş, R. A, Şoflău R., Gherman A., Sucală M., & Chiorean A. (2017). A mobile intervention for core needle biopsy related pain and anxiety: A usability study. Journal of Evidence-Based Psychotherapies, 17(1). doi: 10.24193/jebp.2017.1.2
- Cardos, R. A., & Mone, I. S. (2016). Religiousness, Spirituality and Work Values: A Step Forward for Work-Life Balance?. Journal of Evidence-Based Psychotherapies, 16(1), 67-77.

- David, Daniel; Bizo, Aurelian; Cimpean, Alina Ioana; Oltean, Horea; Cardos, Roxana; Soflau, Radu; Negut, Alexandra; ,The effect of research method type on stereotypes' content: A brief research report,The Journal of Social Psychology,158,3,379-392,2018,Routledge.
- Milea, Ion; Cardoş, Roxana AI; David, Daniel; ,The map of cognitive processes in boredom: multiple mediation models, Behavioural and Cognitive Psychotherapy,49,4,441-453,2021,Cambridge University Press.

### **Articles publicate în volume ISI Proceedings**

- Cardoş, R.A., Predatu, R., & David, O. A. (2017). Development and validation of a cartoon based set of children's facial emotion stimuli for the REThink online therapeutic game. 2nd International Congress on Cognitive Behavioral Coaching (16-19 June 2016, Athens, Greece). Bologna: Editografica.
- Predatu, R., Cardoş, R.A., & David, O. A. (2017). Effectiveness of the REThink online video game in coaching rational thinking skills in children and adolescents: The ThinkUP resources game. 2nd International Congress on Cognitive Behavioral Coaching (16-19 June 2016, Athens, Greece). Bologna: Editografica.

### **Capitole publicate indexate WorldCat**

- David O.A., Cardos R., Oltean HR. (2018) Parent and Family Coaching. In: Bernard M., David O. (eds) Coaching for Rational Living. Springer, Cham. [https://doi.org/10.1007/978-3-319-74067-6\\_21](https://doi.org/10.1007/978-3-319-74067-6_21)
- David O.A., Oltean H., & Cardos R.A. (2019). REBT and parent interventions. In M.E. Bernard & W. Dryden (Eds.), REBT: Advances, in theory, research, prevention, promotion. New-York: Springer Press
- David, D., Cardoş, R., Cândea, D., Oltean, H., & Ştefan, S. (2019). REBT and depressive disorders. In REBT with diverse client problems and populations (pp. 23-44). Springer, Cham.
- David, D. O., Silviu, M. A., & Cardos, R. A. (2020). Applications of Rational-Emotive and Cognitive-Behavior Technologies with Children and Adolescents. In Rational-Emotive and Cognitive-Behavioral Approaches to Child and Adolescent Mental Health: Theory, Practice, Research, Applications. (pp. 513-530). Springer, Cham.

### **Lucrări publicate la conferințe naționale și internaționale**

- Cardoş, R., David, O.A., Mogoşa, C., Costescu, C., Sucală, M. (2017, June). How effective are serious games for promoting mental health and health behavioral change in children and adolescents? A systematic review and meta-analysis. Paper presented at the 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, Romania.
- Sucală, M., David, O.A., Predatu, R., Cardoş, R. (2017, June). Efficacy of the REThink therapeutic online video game in promoting mental health in children and adolescents: A pilot study. Paper presented at the 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, Romania.
- David, O.A., Sucală, M., Mogoşa, C., Costescu, C., Cardoş, R., Dobrean, A., Lupu, V. (2017, June). The REThink game: Development, protocol and relevance of a new therapeutic game for promoting child and adolescent mental health. Paper presented at the 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, Romania.

- Predau, R., David, O.A., Cardoş, R. (2017, June). The effectiveness of the REThink online game in developing psychological resilience in children and adolescents: Study protocol of a randomized controlled trial. Paper presented at the 9th International Congress of Cognitive Psychotherapy, Cluj- Napoca, Romania.
- Sucală, M., Șoflău, R., Cardoş, R., Ștefan, S. (2017, June). Clinicians' usages patterns and criteria for recommending health apps. Paper presented at the 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, Romania.
- Cardoş, R., Sucală, M., Șoflău, R., Ștefan, S. (2017, June). A mobile intervention for core needle biopsy related pain and anxiety: A usability study. Paper presented at the 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, Romania.
- Cardoş, R., David, O.A., David, D. (2017, June). Virtual reality exposure therapy in flight anxiety: A quantitative metaanalysis. Paper presented at the 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, Romania.
- David, O. A. Mogoşa, C., Costescu, C., Sucală M., & Cardoş, R. (2016, September). Current status of therapeutic video games in promoting mental health in children and adolescents. Paper presented at the 46th European Association of Behavioral and Cognitive Therapies Congress, Stockholm, Sweden.
- David, O. A. Mogoşa, C., Costescu, C., Sucală M., & Cardoş, R. (2016, September). A systematic review of video therapeutic games: features, relevance and efficiency. Poster presented at the 46th European Association of Behavioral and Cognitive Therapies Congress, Stockholm, Sweden.
- David, O. A. Mogoşa, C., Costescu, C., Sucală M., & Cardoş, R., Dobrean, A., & Predatu, R. (2016, September). REThink therapeutic game: initial development of a new therapeutic video game used for developing emotional resilience in children and adolescents. Poster presented at the 46th European Association of Behavioral and Cognitive Therapies Congress, Stockholm, Sweden.
- David, O. A., Cardos, R., & Predatu, R. (2016, June). Development and validation of a cartoon based set of children's facial emotion stimuli for the REThink online therapeutic game. Paper presented in symposium "Coaching assessment and outcome evaluation in coaching: effective practices and future challenges", at the 2nd International Congress of Cognitive Behavioral Coaching "Evidence-based coaching", Athens, Greece.
- David, O. A., Predatu, R., & Cardos, R. (2016, June). Effectiveness of the REThink online video game in coaching rational thinking skills in children and adolescents: The Thinking Better resources game. Paper presented in symposium "Evidence-based coaching: towards evidence-based coaching practice", at the 2nd International Congress of Cognitive Behavioral Coaching "Evidence-based coaching", Athens, Greece.
- Cardoş, R., & David, O.A. (2015, May). Testing the psychological content of REThink online therapeutic game to promote mental health in children and adolescents [Testarea conținutului psihologic al jocului terapeutic online REThink pentru promovarea sănătății mintale la copii și adolescenți]. Paper presented in National Symposium of Rational-Emotive and Behavioral Education in School, Turda, Cluj, România
- David, O. A., & Cardos, R. (2014, June). Integrating Advancements from CBT into CBC: Attention Bias Modification for coaching public speaking skills. Paper presented in symposium Innovative

technology and coaching, at 1st International Congress of Cognitive Behavioral Coaching “From CBT to CBC”, Cluj-Napoca, Romania.

## **9. REVIWER INVITAT**

Ad-hoc reviewer pentru următoarele jurnale:

- Journal of Rational-Emotive & Cognitive-Behavior Therapy
- Journal of Evidence-Based Psychotherapies
- Journal of Depression and Anxiety
- Computers in Human Behavior Journal
- Games for Health Journal
- BMJ Open

## **10. COMPETENȚE ÎN PROGRAME DE ANALIZE STATISTICE**

- SPSS (excelent)
- Excel (excelent)
- Comprehensive Meta-Analysis (excelent)
- Mplus (de bază)
- Inquisit (mediu)
- PsychoPy (mediu)
- BrainVision Analyzer (de bază)

## **11. ABILITĂȚI DE CERCETARE**

- Experiență în dezvoltarea designului, implementarea și analiza datelor studiilor experimentale și meta-analitice.
- Abilități de recrutare, planificare și organizare a sesiunilor din cadrul studiilor psihologice.
- Experiență în programarea sarcinilor experimentale (ex. Inquisit, PsychoPy)
- Experiență în scrierea și publicarea de articole științifice în jurnale cu un impact.
- Experiență în analiza critică a articolelor științifice.