

LISTA de LUCRĂRI - Póka Tünde

a. Lucrările cele mai relevante

- Póka, T., Fodor, L-A., Barta, A., & Mérő, L. (2023). A systematic review and meta-analysis on the effectiveness of self-compassion interventions for changing university students' positive and negative affect. *Current Psychology*, <http://dx.doi.org/10.1007/s12144-023-04834-4>
- Póka, T., & Barta, A. (2024). The effectiveness of Compassionate Mind Training (CMT) for undergraduate students. *Journal of Evidence-Based Psychotherapies*, 24(2), 69-104. DOI: 10.24193/jebp.2024.2.12
- Póka, T., Barta, A., & Mérő, L. (2024). A validation study of the Self-Compassion Scale – Short Form – Hungarian version (SCS-SF-HU) with University Students. *European Journal of Applied Positive Psychology*, 8(2), 1-14, <https://www.nationalwellbeingsservice.org/volumes/volume-8-2024/volume-8-article-2/>
- Póka, T., Barta, A., & Mérő, L. (2022). Predictive power of self-compassion in anticipating positive and negative workout-related emotions during COVID-19. *European Journal of Applied Positive Psychology*, 6(14), 1-10. <https://www.nationalwellbeingsservice.org/volumes/volume-6-2022/volume-6-article-14/>
- Póka, T., Barta, A., & Mérő, L. (2023). Self-compassion mediates the relationship between university students' mindfulness, dysfunctional attitudes, and various distress and well-being indicators. *Journal of Research in Higher Education*, 2(7), 35-66. <http://dx.doi.org/10.24193/JRHE.2023.2.2>
- Póka, T., Barta, A., Veres, A., & Mérő, L. (2023). Hungarian adaptation of Types of Positive Affect Scale: Differentiation between activating and soothing positive affect. *Studia UBB Psychol.-Paed.*, 68(2), 5-21. DOI:10.24193/subbpsychol.2023.2.01
- Póka, T. (2024). *Együttérző elme tréning*. Presa Universitară Clujeană, ISBN: 978-606-37-2368-1
- Póka, T. (2024). Barátkozás önmagaddal – Az önegyüttérzés gyakorlása. In I. Kotta (ed.), *Zúgolódók (Vol. 2)*, 107-116. Presa Universitară Clujeană. ISBN: 978-606-37-2287-5
- Póka, T. (2024). Kognitív viselkedésmódosító eljárások. In I. Kotta (ed.), *Zúgolódók (Vol. 2)*, 59-70. Presa Universitară Clujeană. ISBN: 978-606-37-2287-5
- Póka, T. (2024). Prevenációs célzatú készségtréning. In I. Kotta (ed.), *Zúgolódók (Vol. 2)*, 117-132. Presa Universitară Clujeană. ISBN: 978-606-37-2287-5

b. Teza de doctorat

- Póka, T. (2024). *Developing self-compassion and assessing its affective benefits for university students*. Doctoral Thesis

c. Brevete de invenție și alte titluri de proprietate industrială

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d. Cărți și capitole în cărți

- Póka, T. (2024). *Együttérző elme tréning*. Presa Universitară Clujeană, ISBN: 978-606-37-2368-1
- Póka, T. (2024). Barátkozás önmagaddal – Az önegyüttérzés gyakorlása. In I. Kotta (ed.), *Zúgolódók (Vol. 2)*, 107-116. Presa Universitară Clujeană. ISBN: 978-606-37-2287-5
- Póka, T. (2024). Kognitív viselkedésmódosító eljárások. In I. Kotta (ed.), *Zúgolódók (Vol. 2)*, 59-70. Presa Universitară Clujeană. ISBN: 978-606-37-2287-5
- Póka, T. (2024). Prevenációs célzatú készségtréning. In I. Kotta (ed.), *Zúgolódók (Vol. 2)*, 117-132. Presa Universitară Clujeană. ISBN: 978-606-37-2287-5
- Bagdi, B. & Póka, T. (2023). Önmagunkkal való együttérzés. In B. Bagdi (Ed). *Boldogságóra önbizalom program. Kézikönyv pedagógusoknak és szülőknek (12-18 éveseknek)*(pp. 183-214), Mental Focus Kiadó, ISBN: 978-615-82365-2-2
- Bagdi, B. & Póka, T. (2023). Önmagunkkal való együttérzés. In B. Bagdi (Ed). *Boldogságóra önbizalom program. Munkafüzet (12-18 éveseknek)*(pp. 109-128), Mental Focus Kiadó, ISBN: 978-615-82365-3-9

e. Articole/studii în extenso, publicate în reviste din fluxul științific internațional principal

- Póka, T., Fodor, L.-A., Barta, A., & Mérő, L. (2023). A systematic review and meta-analysis on the effectiveness of self-compassion interventions for changing university students' positive and negative affect. *Current Psychology*, <http://dx.doi.org/10.1007/s12144-023-04834-4>
- Póka, T., & Barta, A. (2024). The effectiveness of Compassionate Mind Training (CMT) for undergraduate students. *Journal of Evidence-Based Psychotherapies*, 24(2), 69-104. DOI: 10.24193/jebp.2024.2.12
- Póka, T. (2024). Aktív ember = boldog ember? *Korunk*, 3(12), 44-56.
https://epa.oszk.hu/00400/00458/00721/pdf/EPA00458_korunk_2024_12_044-055.pdf
- Póka, T., Barta, A., & Mérő, L. (2024). A validation study of the Self-Compassion Scale – Short Form – Hungarian version (SCS-SF-HU) with University Students. *European Journal of Applied Positive Psychology*, 8(2), 1-14, <https://www.nationalwellbeingservice.org/volumes/volume-8-2024/volume-8-article-2/>
- Póka, T., Barta, A., & Mérő, L. (2022). Predictive power of self-compassion in anticipating positive and negative workout-related emotions during COVID-19. *European Journal of Applied Positive Psychology*, 6(14), 1-10. <https://www.nationalwellbeingservice.org/volumes/volume-6-2022/volume-6-article-14/>
- Póka, T., Barta, A., & Mérő, L. (2023). Self-compassion mediates the relationship between university students' mindfulness, dysfunctional attitudes, and various distress and well-being indicators. *Journal of Research in Higher Education*, 2(7), 35-66. <http://dx.doi.org/10.24193/JRHE.2023.2.2>
- Póka, T., Barta, A., Veres, A., & Mérő, L. (2023). Hungarian adaptation of Types of Positive Affect Scale: Differentiation between activating and soothing positive affect. *Studia UBB Psychol.-Paed.*, 68(2), 5-21. DOI:10.24193/subbpsyped.2023.2.01
- Póka, T., Veres, A., & Barta, A. (2023). Self-compassion predicts student athletes' negative and positive affect after remembering exercise-related setbacks. *Studia Educatio Artis Gymnasticae*, 68(3), 31-44. [https://doi.org/10.24193/subbeag.68\(3\).21](https://doi.org/10.24193/subbeag.68(3).21)

- Póka, T., Barta, A., & Mérő, L.** (2024). The effectiveness of online mindfulness training for reducing stress in academic context during COVID-19 restrictions. *International Journal of Stress Prevention and Wellbeing*, 8(3), 1-14. <https://www.stressprevention.net/volume/volume-8-2024/volume-8-article-3/>
- Barta, A., **Póka, T.**, & Tamás, B. (2024). Metacognitive awareness and group membership as predictors of academic performance. *Educatia 21 Journal*, 27, 7. doi: 10.24193/ed21.2024.27.07 <https://educatia21.reviste.ubbcluj.ro/data/uploads/article/2024/ed21-no27-art07.pdf>
- Barta, A., Tamás, B., & **Póka, T.** (2024). The comparison of several factorial structures of the Cornell Critical Thinking Test Level Z. *Studia UBB Psychol.-Paed.*, 69(1), 5-26. DOI:10.24193/subbpsychped.2024.1.01
- Mérő, L., & **Póka, T.** (2023). Tudásunk határai: A véletlen matematikája és pszichológiája. *Korunk*, 34(3), 3-11. https://epa.oszk.hu/00400/00458/00700/pdf/EPA00458_korunk_2023_03_003-011.pdf
- Veres, A., & **Póka, T.** (2024). Personality traits and work values as predictors of vocational interests among university students. *Studia UBB Psychol.-Paed.*, 69(1), 97-114. DOI:10.24193/subbpsychped.2024.1.05
- Gyarmathy, É., Mérő, L., Kovács, K., Kökényesi, I., Petró, P., **Póka, T.**, & Fenyvesi, K. (2023). A Mondrian Blocks Játék alkalmazása az oktatásban és a kognitív tesztelésben. *Magyar Tudomány*, 184(11), 1382-1393. DOI: 10.1556/2065.184.2023.11.4 https://mersz.hu/hivatkozas/matud202311_po-heading-id_nfrjtxGMg0C9_DejsDpexA_p12/

f. Publicații în extenso, apărute în lucrări ale principalelor conferințe internaționale de specialitate

- Barta, A., Tamás, B., Gálfi, B., **Póka, T.**, & Szamosközi, I. (2021). Excellence-based predictors of undergraduate students' metacognitive awareness. *8th SWS International Scientific Conference on Social Sciences – ISCSS*, 8(21), 205-214. <https://doi.org/10.35603/sws.iscss.2021/s06.20>
- Barta, A., Tamás, B., Gálfi, B., **Póka, T.**, & Szamosközi, I. (2021). Excellence-based predictors of undergraduate students' critical thinking. *8th SWS International Scientific Conference on Social Sciences – ISCSS*, 8(21), 215-222. <https://doi.org/10.35603/sws.iscss.2021/s06.21>

g. Alte lucrări și contribuții științifice

1. The Compassionate Mind Foundation's 10th International ONLINE Conference on the 11th-14th October 2021, "Past, Present and Future"
 - Poster: Self-Compassion Among Adults Who Used to Work Out in the Gym Before COVID-19
2. Conferință Națională "Psihologie și Tehnologie: conexați la Viitor" organizată de către Asociația Psihologilor din România (APR) în perioada 11-14 noiembrie 2021.
 - Prezentare: Rolul autocompasiunii în timpul pandemiei Covid-19, în cazul adulților care se antrenează fizic
3. Conferința Națională ACT – A doua ediție, „Aprofundarea conexiunilor interpersonale din perspectiva paradigmei contextual comportamentale”, organizat de Asociația de Terapie a Acceptării și Angajamentului (ACBS) în perioada de 20 – 22 mai 2022.
 - Prezentare: Beneficiile programului de mindfulness în context academic – studiu de eficacitate
4. LEPSY CEEPUS NETWORK – 1st Research and Cooperation Conference, 12 March, 2024, organized by Ludovika University of Public Service, Budapest
 - Veres, A. & Póka, T. (2024). The relationship between personality traits and career interests among university students

- Barta, A. & Póka, T. (2024). The measurement of metacognitive processes in psychology research – Review

Data
30.12.2024.

Semnatura
Póka Tünde