

PERSONAL INFORMATION

Radu Șoflău



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Sex Male | Date of birth 05/10/1989

WORK EXPERIENCE

2020-Present

Senior Assistant Professor (Lector Universitar), Department of Clinical Psychology and Psychotherapy Babes-Bolyai University, Cluj-Napoca, Romania
Babes-Bolyai University, Cluj-Napoca (Romania)

01/09/2020-Present

Postdoctoral researcher in the MAPsy Project (The Relative Effectiveness of Psychological Interventions for Psychosis: A Systematic Review and Network Meta-Analysis; PN-III-P1-1.1-PD-2019-1252, PD 70 din 11/08/2020)

Babes-Bolyai University, Cluj-Napoca (Romania)

<https://mapsyproject.wordpress.com/>

01/10/2020-30/11/2020

Advanced Fellowship

Babes-Bolyai University;

Institute of Advanced Studies in Science and Technology (STAR-UBB)

01/10/2018-30/04/2020

Postdoctoral researcher in the ADAPT Project (Predictors and moderators of response to cognitive behavioral therapy for anxiety disorders: a step toward personalized treatments: PN-III-P1-1.1-TE-2016-1054)

Babes-Bolyai University, Cluj-Napoca (Romania)

<https://adaptprojectonline.wordpress.com/>

- Conducting literature reviews concerning the efficacy of CBT for anxiety disorders
- Writing research papers, reports, reviews and summaries
- Creating databases in Excel, SPSS, CMA, and STATA
- Recording and analysing data

2017-2020

Associated Senior Assistant Professor (Lector Universitar Asociat), Department of Clinical Psychology and Psychotherapy Babes-Bolyai University, Cluj-Napoca, Romania

Courses taught: Clinical Practicum (graduate)

02/06/2017–30/09/2018

Research assistant in the FP7 DREAM Project (Development of Robot-enhanced Therapy for Children with Autism Spectrum Disorders, No. 611391)

Babes-Bolyai University, Cluj-Napoca (Romania)

<http://www.dream2020.eu/>

- Conducting literature reviews concerning the efficacy of robot-based interventions
- Writing research papers, reports, reviews and summaries
- Planning and conducting experiments
- Recording and analysing data
- Developing solutions to problems occurring in human-robot interaction

- 01/10/2015–30/06/2017 **Research assistant in the Bio h-app Project (Randomized Clinical Trial of a mobile health app for symptom management for patients undergoing core needle breast biopsy)**
Babes-Bolyai University, Cluj-Napoca (Romania)
- Conducting literature reviews
 - Writing research papers, reports, reviews and summaries
 - Recording and analysing data
 - Supervising junior staff
- 01/10/2015–30/04/2016 **Research assistant in the SIGMA Project (A Self-help, Integrated, and Gamified Mobile-phone Application for Weight Management in Young Adults)**
Babes-Bolyai University, Cluj-Napoca (Romania)
- Reviewing literature
 - Analysing data
 - Writing research reports and summaries
 - Working with the tech team in the app development (evaluation and intervention modules)
 - Providing app specifications
- 01/10/2014–30/09/2017 **Research assistant in the SWARA Project (Mobile System for Rehabilitative Vocal Assistance of Surgical Aphonia)**
Babes-Bolyai University, Cluj-Napoca (Romania)
<http://speech.utcluj.ro/swara/index.html>
- Planning and conducting experiments
 - Carrying out fieldwork
 - Writing research papers and reports
 - Identifying system functional requirements
 - Liaising with technical and medical staff
- 01/11/2014–Present **Clinical psychologist and psychotherapist**
“Babes-Bolyai – PsyTech” Psychological Clinic (PsyTech Clinic)
<http://clinicadepsihologie.ro/about-us-en/>
- 03/04/2012–31/12/2012 **Research assistant in the ISOFIE Project (Internet Based CBT for Social Anxiety Disorder)**
Babes-Bolyai University
www.iterapi.se/sites/isofie/
- Conducting clinical evaluation and structured clinical interviews (SCID for DSM-IV-TR)
 - Providing guidance for the online CBT modules
 - Providing technical assistance
 - Analysing data

EDUCATION AND TRAINING

- 01/10/2013–14/07/2017 **Ph.D. in Psychology**
Doctoral School "Evidence-based assessment and psychological interventions"; Babes-Bolyai University, Cluj-Napoca (Romania)

01/10/2011–15/07/2013 **Master's Degree in Clinical Psychology and Psychotherapy**
 Faculty of Psychology and Educational Sciences; Babes-Bolyai University, Cluj-Napoca (Romania)

01/10/2008–15/07/2011 **Bachelor's Degree in Psychology**
 Faculty of Psychology and Educational Sciences; Babes-Bolyai University, Cluj-Napoca (Romania)

PERSONAL SKILLS

Mother tongue(s) Romanian

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	C1	C1
French	A2	B1	A2	A2	B1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
Common European Framework of Reference for Languages

Communication skills

- Effective communication skills developed through working in interdisciplinary research teams
- Active listening skills and empathy developed through my training in psychotherapy and clinical practice
- Clarity and concision

Organisational / managerial skills

- Goal setting skills gained during my academic training, clinical practice and research activities
- Keeping deadlines and managing appointments
- Team management skills developed through coordination experience (coordinating graduate students in different research projects)
- Event coordination skills (member of the Local Organizing Committee at ICCP 2017 and ICCBC 2014)

Job-related skills

- Reviewing and reporting skills gained during my Ph.D. research and through my work in different research projects
- Data collection and data analysis skills (SPSS, CMA)
- Research presentation skills (oral and written)
- Critical thinking
- Methodological research skills (mainly quantitative methods)

Digital competence

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Proficient user	Proficient user	Independent user	Proficient user	Independent user

Digital competences - Self-assessment grid

Proficient with MS Word, Excel, and PowerPoint

Publications

- Șoflău, R., & David, D. (2019). The Use of Virtual Reality in the Assessment of Paranoid Thoughts: A Comparison with Desktop-Based Tools. *Interacting with Computers*.
- Șoflău, R., & David, D. O. (2018). The Impact of Irrational Beliefs on Paranoid Thoughts. *Behavioural and cognitive psychotherapy*, 47(3), 270-286 . doi: 10.1017/S1352465818000565
- Sucala, M., Cuijpers, P., Muench, F., Cardoso, R., Șoflău, R., Dobrean, A., ... & David, D. (2017). Anxiety: there is an app for that. A systematic review of anxiety apps. *Depression and anxiety*, 34(6), 518-525. doi: 10.1002/da.22654.
- Cardos, R. A., Șoflău, R., Gherman, A., Sucala, 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), 21.
- Tiple, C., Matu, S., Dinescu, F. V., Muresan, R., Șoflău, R., Drugan, T., ... & Chirila, M. (2015, November). Voice-related quality of life results in laryngectomies with today's speech options and expectations from the next generation of vocal assistive technologies. In *E-Health and Bioengineering Conference (EHB), 2015* (pp. 1-4). IEEE.
- David, D., Bizo, A., Cimpean, A. I., Oltean, H., Cardoso, R., Șoflău, R., & Negut, A. (2017). The effect of research method type on stereotypes' content: a brief research report. *The Journal of social psychology*, 1-14. doi: 10.1080/00224545.2017.1361375
- Șoflău, R., & David, D. O. (2016). A Meta-Analytical Approach of the Relationships Between the Irrationality of Beliefs and the Functionality of Automatic Thoughts. *Cognitive Therapy and Research*, 1-15. doi: 10.1007/s10608-016-9812-y.
- Șoflău, R., & David, D. O. (2017). The Impact of Music-Based Rational-Emotive and Cognitive-Behavioral Education on Positive and Negative Emotions: A Preliminary Investigation in Ecological Conditions. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*. doi: 10.1007/s10942-017-0275-1.
- Șoflău, R., & Matu, S. (2016). Explicit and implicit attitudes toward heights: relationship with acrophobic symptoms and sensitivity to cognitive-behavioral treatment. A preliminary report. *Romanian Journal of Psychology*, 18(1).
- David, O. A., Șoflău, R., & Matu, S. (2018). Technology and coaching. In *Coaching for Rational Living* (pp. 199-209). Springer, Cham.
- David, D. O., Sucală, M., Coteș, C., Șoflău, R., & Vălenaș, S. (2019). Empirical Research in REBT Theory and Practice. In *Advances in REBT* (pp. 101-119). Springer, Cham.

Conferences (selection)

- Șoflău, R. & David, D. (2019). REBT and psychoses: Conceptualization, treatment, and preliminary data. The 4th International Congress of Rational Emotive Behavior Therapy (REBT 2019), Cluj-Napoca, Romania.
- Matu, S., David, D., Dobrean, A., Szentagota-Tătar, A., Costescu, C., Șoflău, R., Ciocan, A., Selescu, M., Mureșan, L. (2018). Robot enhanced therapy for children with autism spectrum disorders: A randomized clinical trial. •48th Annual Congress of the European Association (EABCT 2018), Sofia, Bulgaria
- David, D., Dobrean, A., Szentagota-Tătar, A., Costescu, C., Matu, S., Șoflău, R., Ciocan, A., Selescu, M. (2018). Eficiența robototerapiei pentru copii cu tulburări de spectru autist: un studiu clinic controlat. •Conferința Internațională ABA, București, România
- Costescu, C., David, D., Dobrean, A., Szentagota-Tătar, A., Matu, S., Șoflău, R. (2017). The use of social robots in evidence-based psychotherapy: Applications for individuals with ASD. The 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, România
- Matu, S., David, D., Dobrean, A., Szentagota-Tătar, A., Costescu, C., Șoflău, R. (2017). Improving turn-taking skills with robot-enhanced CBT for children with ASD. The 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, România
- Ciocan, A., David, D., Dobrean, A., Szentagota-Tătar, A., Matu, S., Costescu, C., Șoflău, R. (2017). Efficacy of robot-enhanced CBT for joint attention in children with ASD. The 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, România
- Șoflău, R., David, D., Dobrean, A., Szentagota-Tătar, A., Costescu, C., Matu, S. (2017). Establishing the efficacy of robot-based CBT: The protocol for a randomized clinical trial. The 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, România
- Costescu, C., Matu, S., Șoflău, R. (2017). Workshop: Establishing the efficacy of robot-based CBT: The protocol for a randomized clinical trial. The 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, România
- Sucală, M., Ștefan, S., Gherman, A., Cardoso, R., Șoflău, R. (2016). *Anxiety: There's an app for that*. Poster presentation held at the "46th European Association Of Behavioral And Cognitive Therapies Congress (EABCT)", Stockholm, Sweden.

- Podina, I.R., Șoflău, R. (2016). *The efficacy of eHealth interventions for weight loss in overweight and obese people. A systematic review & meta-analysis*. Poster presentation held at the “46th European Association Of Behavioral And Cognitive Therapies Congress (EABCT)”, Stockholm, Sweden.
- Podina, I.R., Fodor, L., Șoflău, R., Boian, R. (2016). *SIGMA: A Self-help, Integrated, and Gamified Mobile-phone Application for weight management in young adults*. Poster presentation held at the “30th Conference of the EHPS/DHP – “Behaviour Change: Making an impact on health and health services”, Aberdeen, Great Britain.
- Sucala, M., Cardos, R., Șoflău, R. (2017). *Clinicians’ usages patterns and criteria for recommending health apps*. Poster presentation held at the 31st Conference of the EHPS: Innovative Ideas in Health Psychology, Padova, Italy.
- Costescu, C., David., D, Dobrean, A., Szentagotai-Tatar, A., Matu, S., Șoflău, R. (2017). *The use of social robots in evidence-based psychotherapy: Applications for individuals with ASD*. Paper presented at The 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, Romania.
- Matu, S., David., D, Dobrean, A., Szentagotai-Tatar, A., Costescu, C., Șoflău, R. (2017). *Improving turn-taking skills with robot-enhanced CBT for children with ASD*. Paper presented at The 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, Romania.
- Ciocan, A., David., D, Dobrean, A., Szentagotai-Tatar, A., Costescu, C., Matu, S., Șoflău, R. (2017). *Efficacy of robot-enhanced CBT for joint attention in children with ASD*. Paper presented at The 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, Romania.
- Oprean, A., David., D, Dobrean, A., Szentagotai-Tatar, A., Costescu, C., Matu, S., Șoflău, R. (2017). *Robotic and human mediators in developing imitation skills in children with ASD: Results from a series of single case experiments*. Paper presented at The 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, Romania.
- Șoflău, R., David., D, Dobrean, A., Szentagotai-Tatar, A., Costescu, C., Matu, S. (2017). *Establishing the efficacy of robot-based CBT: The protocol for a randomized clinical trial*. Paper presented at The 9th International Congress of Cognitive Psychotherapy, Cluj-Napoca, Romania.

Data: 13.07.2020

Semnătura

